



WHATS INSIDE THIS WEEK:



BIVOUAC EXERCISE PREPARES MINOT AIRMEN FOR EXPEDITIONARY OPERATIONS

A3



91ST MAINTENANCE GROUP WELCOMES THEIR NEW COMMANDER

A7



FCC WELCOMES THEIR NEWEST CHILD CARE PROVIDERS

B1



250 YEARS OF THE USA

For the fourth consecutive year, Ashley Cunniff, her daughter Addison, and friends Ava and Camila Zarrella gathered at Freedom Fest on Minot AFB to watch the annual fireworks display. This year, they were convinced to watch from the field—and discovered it offered the best view yet.

NATALY ZARRELLA PHOTO



See pages B2-B5 for more photos and coverage of Freedom Fest as we join the nation in commemorating America's 250th anniversary.

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July Squadron of the Month

23rd Bomb Squadron

The 5th Bomb Wing Command team would like to congratulate the 23rd Bomb Squadron on being selected as Squadron of the Month. The 23rd Bomb Squadron oversees 86 combat mission ready aircrew capable of executing a full range of both conventional and nuclear capabilities in support of the United States’ strategic objectives. The squadron maintains continuous readiness through rigorous training, integration with joint and allied forces, and

participation in bomber task force missions across the world. Recently, the 23rd Bomb Squadron supported Operation SOUTHERN SPEAR. They flew over 1,200 hours while providing strategic long-range options to the combatant commanders in four Areas of Operation. Additionally, the 23rd Bomb Squadron set the record for longest B-52H combat mission flown at 37 hours.



The 23rd Bomb Squadron deployed in support of global operations



B-52H returning from a conditioning sortie



B-52H air refueling from a KC-135 in support of global operations

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BABY GIRL BORN
JUNE 19, 2026 TO:
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BABY GIRL BORN
JUNE 20, 2026 TO:
AUBRIANA AND JONIS NAVA
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BABY BOY BORN
JUNE 20, 2026 TO:
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A LOOK BACK

THIS WEEK IN USAF HISTORY

OPERATION NEW TAPE

JULY 8, 1960

USAF C-130 from the 40th Tactical Airlift Squadron loads up Swedish troops who were deployed to Congo on July 20, 1960. (UN Photo)

In 1960, the Belgian Congo, a colony in West Central Africa, was granted independence and became the Republic of the Congo. Due to a power-sharing struggle between two opposing political parties and continuing unrest, a civil war broke out. The United Nations deployed troops to help keep the peace as the nation was torn apart. In order to evacuate refugees from the Belgian colony, Operation NEW TAPE began on July 8, 1960. The operation evacuated over 300 American civilians, delivered more UN troops, and flew other humanitarian relief missions. USAF in Europe provided medical air support. The 317th Tactical Hospital Detachment from Evreux Air Base, France, even set up a dispensary. C-130s and C-124s from various American and European squadrons were used to airlift over 1,000 tons of food and over 2,500 refugees. Operation NEW TAPE lasted four years and at the time, became the biggest airlift since the Berlin Airlift.

Information courtesy of: media.defense.gov / airforcemedicine.af.mil / air.museum / arsof-history.org

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U.S. Air Force Staff Sergeant Rick Romero, pl-1 area supervisor, 5th Security Force squadron, puts out a fire as a part of burn training during the bivouac exercise at Fargo Air National Guard Base, North Dakota, June 1st, 2026. Air Force burn training consists of specialized live-fire exercises conducted by Fire Protection Specialists to handle aircraft crashes, structural fires, and wildland emergencies.

Bivouac exercise prepares Minot Airmen for expeditionary operations

AIRMAN 1ST CLASS ANTHONY RAMEY, MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D.

FARGO, N.D. — More than 120 Airmen from Minot Air Force Base spent four days honing expeditionary skills and strengthening mission readiness during a bivouac exercise at the 119th Air National Guard Regional Training Site in Fargo, North Dakota.

A bivouac is a field training exercise that places Airmen in a temporary encampment designed to replicate deployed conditions. Airmen trained on contingency equipment established expeditionary-infrastructure and practiced mission essential tasks in an austere environment.

The 5th Mission Support Group (5 MSG), brought together personnel from the 5th Civil Engineer Squadron, 5th Security Forces Squadron, 5th Force Support Squadron, 5th Logistics Readiness Squadron and other mission partners to train in a simulated deployed environment.

For many participants, the exercise provided their first opportunity to work with bare base assets and practice establishing and sustaining operations from a remote location.

“We brought 124 personnel out here from across the 5 MSG,” said Maj. Dylan Bechen, exercise commander and director of operations for the 5th Civil Engineer Squadron. “Our primary goal was to get our young Airmen hands-on experience with contingency assets and expose them to the types of threats and challenges they could face in a deployed environment.”

The training focused on foundational wartime skills required to establish and recover a contingency air base. Across the exercise, Airmen completed more than 70 learning objectives tailored to their specific career fields.

Electricians practiced setting up expedient airfield lighting systems, power production specialists operated generators and aircraft arresting systems, and other engineering teams trained on equipment used to support life support areas and expeditionary operations.

The exercise represented six months of planning between squadron leaders, subject matter experts and the 119th Air National Guard Regional Training Site staff. While blue cell planners focused

on logistics, transportation and training objectives, white cell planners developed realistic exercise scenarios and injects designed to challenge participants throughout the week.

For 1st Lt. Bridget Cain, white cell officer in charge, one of the key insights she took away was witnessing experienced noncommissioned officers (NCOs) work alongside younger Airmen to create a successful training environment.

“The biggest thing I learned was just how awesome it is to have a team of rock stars to work with,” said Cain. “Being able to trust our NCOs, lean on them and work together to execute something this large was huge.”

The training also highlighted the Air Force’s increasing emphasis on Agile Combat Employment and expeditionary operations, particularly in support of potential Indo-Pacific missions where forces may need to rapidly establish operations at austere locations.

“This training is important because deployments are changing,” said Master Sgt. Marquis Tinsley, Base Engineer Emergency Force (Prime BEEF) manager for the 5th Civil Engineer Squadron. “Instead of going somewhere that’s already built up and ready for forces, we’re preparing for environments where there may be nothing there. Our Airmen need to be ready to get off an aircraft, establish a base and sustain operations.”

Prime BEEF is a program that prepares Air Force Civil Engineers to rapidly deploy and support infrastructure in contingency environments.

Many of the Airmen participating were new to the Air Force and had little to no experience with contingency equipment. According to Tinsley, the exercise not only tested technical proficiency but also it challenged Airmen to adapt, solve problems and apply concepts under realistic conditions.

“We had Airmen fresh out of technical school who had never touched some of this equipment before,” Tinsley said. “What impressed me most was their resilience. Once they understood the mission and the training plan, they took ownership and exceeded expectations.”

At the conclusion of the exercise, leaders emphasized that readiness remains a continuous process requiring constant training and adaptation.

“The only thing certain about life is uncertainty,” Bechen said. “Our Airmen are hungry and ready to get as much experience and exposure as possible. The attitude, morale and hustle we saw throughout this week showcased the readiness and dedication of our team.”

As global challenges continue to evolve, exercises like bivouac provide Airmen the opportunity to build confidence, sharpen expeditionary skills and prepare to operate wherever the mission requires.



Senior Airman Mathew Plummer, pavements and equipment journeyman, 5th Civil Engineering squadron operates a compact tract loader, while repairing a crater during the bivouac exercise at Fargo Air National Guard Base, North Dakota, June 2nd, 2026. The objective of the crater repair exercise is to rapidly fix bombed-out runways so aircraft can continue to land and launch under pressure.



U.S. Air Force Airman 1st Class Alannique Jacobs, assigned to structures, 5th Civil Engineering Squadron builds the baseboards for a medium California tent during the bivouac exercise at Fargo Air National Guard Base, North Dakota, May 31, 2026. Medium California tents are capable of housing large assets, serving as a maintenance bay, or operating as a command center in extreme climates.



A group of Airmen from the 5th Force Support squadron pose in front of the expandable single pallet expeditionary kitchen (espek) at Fargo Air National Guard Base, North Dakota, May 31, 2026. The espek provides safe climate-controlled environments for food prep, cooking, and serving Airmen while in a deployed environment.

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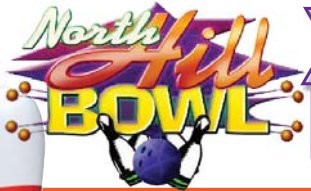
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Grilling School



SHE'S NOT FROM AROUND HERE

AMY ALLENDER

A few weeks ago in Medora, I managed to burn almost an entire batch of campfire ham and cheese sliders.

I prepped the sandwiches at home. Grilling them outdoors would be easy—after all, they just needed to get warm and gooey in their foil pouches.

Easy, right?

Turns out, it wasn't so easy for me.

Apparently, I needed grill school. Luckily, a few months earlier, I received an invitation from the North Dakota Beef Commission to attend an event called Girls Who Grill in Carrington. With all of summer's busyness, I almost didn't sign up. Squeezing one more thing into my schedule felt like a recipe for burnout.

Turns out, I couldn't have been more wrong.



I was especially grateful for "Grilling School" on the heels of a mishap with grilled sandwiches in Medora."

AMY ALLENDER PHOTO



UPSIDE DOWN UNDER

MARVIN BAKER

A 125-year-old vacant country school that hasn't been used for education since 1959, is coming back to life on the windswept prairie in Emmons County.

Often times called the Gimbel School, Gayton School No. 4 near Hazelton was the scene June 12-19 of what could only described as the same as a pioneer barn raising.

Twenty-six volunteers came from as far away as Tennessee, Texas and western Montana to renovate a building that despite it's age, is in relatively good condition. Numerous donations came in as well to help in purchasing tools and materials.

But long-distance volunteers were only part of the equation. Three of the volunteers actually attended Gayton School No. 4 and wanted to help. Leroy and Monte Humann and

The event not only allowed me to connect with women from across the state, but it also provided some of the most practical education I've received in a long time.

A small group of women gathered for the event at Cows & Co. Creamery. I'd seen dreamy photos online, but experiencing it in person was even better. The patio had been transformed into an outdoor classroom, complete with grilling stations, a demonstration area, and long tables filled with fresh, potted herbs, and crocks of spices.

Inside, the café featured a tablescape that looked ripped from the pages of a lifestyle magazine—the kind of space Martha Stewart herself would admire.

But the event offered far more than atmosphere. Lessons abounded, and with grilling season in full swing, I thought I'd share some of the most practical—and surprising—tips I learned.

SEASONING VS. FLAVORING

Most of us think about flavor first. Marinades, sauces, rubs and special recipes get all the attention. Our instructor explained that flavoring and seasoning are actually two different things. Flavoring is optional. Seasoning is not.

Seasoning, they taught us, means salt and pepper. Salt does more than make food taste better. It helps draw moisture to the surface of the meat, creating better browning and enhancing beef's natural flavor.



The North Dakota Beef Commission hosts the annual free military lunch at the North Dakota State Fair. But they also offer education experiences, like Girls Who Grill.

AMY ALLENDER PHOTO

Whatever you do, according to the experts, don't skip seasoning.

HOT AND FAST

If you've ever hovered nervously over a grill, constantly flipping meat because you're afraid it will burn, you're not alone. That was always my technique.

The experts taught us the opposite. Get the grill hot—at least 500 degrees—and cook beef quickly. Don't over-flip or open the grill too often. Instead, wait until the meat naturally releases from the grates before attempting to turn it. If it's sticking, it's not ready.

THE 20-MINUTE MARINADE

Traditional marinating requires hours, but vacuum-sealing can drop the process to just 20 minutes by forcing the marinade into the meat more efficiently. At the class, we used a FoodSaver, and as someone who is always pressed for time, I found this tip especially intriguing.

Since I don't own a vacuum sealer, I tried a hack I learned afterward: Place the meat and marinade in a large zip-top bag, seal it almost completely, then submerge it in a bowl of water. The water pressure pushes out most of the air before you finish sealing the bag. It worked surprisingly well.

THE RIGHT TEMPERATURE TEST

It turns out I've been checking the temperature of my meat all wrong. Thermometers have a small notch on the probe that indicates how deeply it must be inserted to get an accurate reading. If you insert the thermometer vertically, your reading may be inaccurate because

the tip ends up too close to the grill surface, or the probe doesn't reach the notch. Instead, insert it from the side of the cut.

For medium doneness, aim for 125 to 130 degrees. The temperature will continue to rise as the meat rests after coming off the grill.

AGAINST THE GRAIN

Finally, we performed a side-by-side taste test comparing beef sliced with the grain and against the grain. The difference was remarkable.

One bite was tender and easy to chew. The other felt like a workout for my jaw.

This simple step alone can dramatically improve the texture of your meat.

Naturally, I had to test my new skills.

Last week, I found a London broil on sale at the commissary. Traditionally, it's considered a tougher cut of meat, but I followed everything I had learned. I used a "Beef. It's What's For Dinner" recipe for the marinade, tried the zip-top bag hack, heated the grill properly, and paid attention to temperature instead of guessing.

The result was the best beef I've ever grilled.

The entire thing disappeared.

Turns out, I didn't just need better recipes. I needed someone to teach me the basics.

Who knew a weekend called Girls Who Grill would turn a sandwich-burning mom into a grilling guru?

For recipes and more tips, visit ndbeef.org. For more from me, head to amyallender.com or follow @heyminot on your favorite social media platform.

The prairie spirit still lives

Myron Opp were there as children in the 1950s and all three came back to their beloved elementary roots.

In fact, Leroy Humann, Menoken, spent three days doing various tasks from cleaning to putting on new siding to removing electrical wiring that had been installed in the early 1950s. And, for about an hour, Humann worked alongside 11-year-old Leo Small of Rapid City, S.D., a representation of four generations working at the same time.

The others, well let's just say, all of them have some connection to the school. Parents may have gone there, some may have voted there, or gone to a pie social, or may have been part of German meals that were once quite popular in northwest Emmons County.

The building didn't look so good, when work began. There was a hole in the roof in which rain and melted snow leaked in and destroyed part of the ceiling and a chalkboard. The siding, which hadn't been painted since 1992, was replaced, the windows removed to be rebuilt and the chimney repaired.

The one-room school had to be thoroughly cleaned numerous times because birds and raccoons gained access. While cleaning a couple of very interesting discoveries were made.

When the volunteers got started, the ceiling was sagging. One of the volunteers crawled up in the attic only to find that porcupines had eaten through four of the six support beams. In addition, when the stove was cleaned out, a partially burned page of the Bismarck Tribune indicated the last time the stove was used was sometime close to April 7, 1977.

Several desks were in good shape, except that they were riddled with bird droppings. That was all cleaned off, the desks sanded and revarnished. In the process, it was discovered that several names were carved into the wood. It is believed that one name, Yvonne, was a student there in the 1940s.

This wasn't just a renovation project. Some of the good stories resurfaced, about the students, about the teachers, about Christmas parties and some stories were quite hilarious.

But some of those stories, are too precious to be put in a newspaper article. What happens in Gayton, stays in Gayton. Kidding aside, yes the stories were told on the worksite, but it was agreed they would stay on the worksite and were perhaps a perk of being a volunteer.

Several of the stories have been in the public domain. In one, the

students went on a field day to Bismarck. When they got back, the barn to keep students' horses, had burned to the ground and apparently, one horse was lost in the blaze.

In another, volunteers talked about the teachers, how they often lived with a student's parents and who they were. Several names surfaced including Everett Brandt, who was apparently the inaugural teacher when the school opened in 1901, two years before Hazelton existed.

One of the unique things about the Gimbel School, is that well into the 1920s, it was also used as a church because at that time, 12 miles to Hazelton or 28 miles to Linton were long distances.

Thus, my own maternal grandparents, John and Katherine "Gimbel" Ackerman, were married in the school in June 1924 and their daughter Amelia (my aunt) taught there for three years.

Every volunteer and donor has some connection to the school and maybe that's why the project came together like it did. And some of the volunteers hope Gayton School No. 4 is an inspiration to fix up other township schools in rural North Dakota.

The prairie spirit lives on!

Who Would Have Thought?



A VIEW FROM OUR SIDE

ROD WILSON

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It was June of 1976, and my telephone rang...no cell phones back then, the phone was hanging on the wall in the apartment we were renting in Grand Forks, North Dakota. A local broadcasting organization was looking for help staffing remote broadcast trucks on the 4th of July. "You will be part of a broadcast crew supplying live broadcasts from one of many locations in the mid-west" said the voice on the other end "we don't know where you will be assigned, it's up to NBC."

Really? I thought. NBC...well for sure I'm in. "The closest location to where you live will be in Minot, North Dakota. We plan on going live from their festival." So now, let's fill in the blanks. I was a recent broadcasting graduate from the University of North Dakota, and in June of 1976, I did not have a job... albeit like any recent graduate I was keeping busy doing odd jobs like bartending and construction to pay the rent. I had applied for several jobs, but none of those applications were in Minot, North Dakota.

I had done a lot of remote broadcasting gigs in my year at UND, mainly because of their Division I hockey program. I had also interned and eventually worked at WDAZ, the ABC affiliate in Grand Forks, and also did a short summer internship in Minneapolis. "Certainly" I thought "I can handle what they assign me to do."

In later conversations I learned that the celebration in Minot was the Festival in the Parks. I also was informed that they would put me on a list of people to be part of the Minot crew, but NBC had not decided whether Minot, North Dakota was going to be a major, or a minor broadcast. As I understood, major would involve talent from NBC being on camera in Minot, minor would be talent in New York talking over live video from Minot. Based on who they had listed for other crew, I would not be part of a minor broadcast "Are you still interested?" said the gentlemen from NBC. "Of course," I replied, "there's always a chance- and it would look great on my resume."

If you've gotten this far, please keep reading, because the story gets a little more interesting, especially as it pertains to Minot.

If you haven't had time to figure it out, 1976 was the Bi-Centennial celebration of the U.S.A. Many communities were making plans to celebrate on the 4th of July, including Minot. But as I would learn later, Minot had a leg up on

most other communities because somewhere along the timeline Minot had organized an annual Festival In The Park, and it was based in Roosevelt Park taking advantage of both the Roosevelt Park Swimming Pool and the Roosevelt Park Zoo. I'm not completely sure how it was that the folks at NBC had heard about this community wide celebration, but they focused in on being live from Minot.

The broadcast truck that NBC had rented would come from WCCO in Minneapolis. A majority of the broadcast crew would come from NBC affiliate KFYY-TV in Bismarck. Going live then was a completely different story. No satellites, nope, they used microwave. The link back to NBC alone would be a challenge.

So, let's tie up the ends here. 1) NBC decided that Minot would be a minor broadcast point, so I wasn't needed. 2) The guys in the truck? Most of them would eventually be my co-workers as I was offered a job at their sister station, KMOT-TV in Minot. 3) I served on the Festival in The Parks committee in Minot for several years. There were several chairs by names like Hardy Leiber and Mike Nilson led the committee to keep the event going. However, because of a lack of volunteers, the festival would eventually come to an end. 4) The live broadcast in Minot? The broadcast truck and crew were ready at 6 AM in case they went live in the Today Show...and they were ready all day as NBC ran a special Bi-Centennial celebration telecast. In the middle of the afternoon the call came in. "You guys are next. And for 31 seconds there was live video from Minot, and that was it.

As you can imagine the broadcast crew was pretty disappointed, but they were certainly ready for something more, had NBC made the call. Funny how small of a world it really is, as my career path would take me to Minot, NBC, and the Festival in the Parks. One never knows. What do I know? I will be around for the celebration of 250 great years for the U.S.A. in 2026, I really doubt that I will be here in 2076. That will be up to the next generation to plan and orchestrate.

MORE QUESTIONS THAN ANSWERS

As a young journalist my news director sent me to cover a multi-vehicle accident where we knew there were casualties. His advice to me? "There are going to be more questions than answers. Don't overdo it when you are asking questions that you know may not have answers. As I watched the news conference from Edwards Air Force Base I had that very thought in my mind. As a weekly newspaper the Northern Sentry does not cover a lot of breaking news types of stories. "Our mission is to cover their mission" the owner/publisher Ted Bolton would say.

I just want to add a little perspective in that our staff was quickly transformed to family that Tuesday afternoon. The military family is small, the Air Force family is smaller, and finally the B 52 family is a very small, and very close family. That is the message we received from those we know on base.

There is a myriad of questions about that Tuesday, June 15th event, and the answers will certainly come

with time. And when they do, we will approach the story as we would every other story...what is best for Minot Air Force Base, and how can we provide a service to the mission.

TODAY'S MEANINGFUL THOUGHT

Growth often happens in the quiet, unseen moments rather than during major, public achievements.



The statue of Teddy Roosevelt was to be the background for the 1976 NBC Festival in the Parks broadcast.

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MISSION COMPLETE: COL. JIMMY SCHLABACH TAKES HIS FINAL FLIGHT AT MINOT AFB

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U.S. Air Force Col. Jimmy Schlabach (right), 91st Missile Wing commander, and U.S. Air Force Col. Jesse Lamarand, 5th Bomb Wing commander, pose for a photo following Schlabach’s orientation flight at Minot Air Force Base, North Dakota, June 17, 2026. The orientation flight highlighted the seamless partnership between the 91st Missile Wing and 5th Bomb Wing, demonstrating how Airmen across Minot AFB work together to ensure a safe, secure and effective nuclear deterrent.



A B-52H Stratofortress takes flight for U.S. Air Force Col. Jimmy Schlabach, 91st Missile Wing commander’s orientation flight at Minot Air Force Base, North Dakota, June 17, 2026. The 5th Bomb Wing supported Schlabach’s orientation flight, reflecting the close partnership between Minot AFB’s bomber and missile wings in sustaining two legs of the nation’s nuclear triad.



Monica Schlabach (left), spouse of U.S. Air Force Col. Jimmy Schlabach, 91st Missile Wing commander, and Airman 1st Class Denley Henry, 69th Bomber Generation Squadron crew chief, signal a stop to a B-52H Stratofortress following Col. Schlabach’s orientation flight at Minot Air Force Base, North Dakota, June 17, 2026. As the only U.S. Air Force base that hosts two legs of the nuclear triad, Minot AFB demonstrated the partnership between the 91st Missile Wing and 5th Bomb Wing as bomber Airmen supported Schlabach’s final days as wing commander.



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91st Maintenance Group welcomes their new commander

AIRMAN JOSELINE CHACON, MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. — The 91st Maintenance Group (MXG) welcomed its new commander during a change of command ceremony at Minot Air Force Base, N.D., June 5, 2026.

U.S. Air Force Col. Jimmy Schlabach, 91st Missile Wing commander, officiated over the ceremony as Col. Joseph Edington, 91 MXG outgoing commander, relinquished command to Col. Adam T. Rector, 91 MXG incoming commander. The ceremonial passing of the guidon symbolized the formal transfer of authority and responsibility.

Rector assumed command after serving as commander of Air Force Operational Test and Evaluation Center Detachment 3 for the past three years. As commander of the 91 MXG, he now leads Airmen responsible for maintaining the capabilities that enable the wing’s safe, secure and effective strategic deterrence mission.

Edington concluded two years as commander of the 91 MXG, where he led Airmen whose dedication and expertise ensured the sustained readiness, reliability and effectiveness of one of the Air Force’s most critical missions.

The 91 MXG oversees maintenance, supply, transportation and munitions operations supporting the 91 MW global strike mission. The group ensures the readiness, reliability and sustainment of the wing’s strategic weapon systems, providing safe, secure and effective support to the nation’s nuclear deterrence mission.



U.S. Air Force Col. Adam T. Rector, incoming 91st Maintenance Group (MXG) commander, delivers remarks during a change of command ceremony at Minot Air Force Base, North Dakota, June 5, 2026.



U.S. Air Force Col. Jimmy Schlabach, 91st Missile Wing commander (left), U.S. Air Force Col. Adam T. Rector, incoming 91st Maintenance Group (MXG) commander (center), and U.S. Air Force Col. Joseph Edington and 91st Maintenance Group (MXG) commander (right), engage during the 91st MXG change of command ceremony at Minot Air Force Base, North Dakota, June 5, 2026. The 91st MXG oversees maintenance, supply, transportation and munitions operations that support the wing’s global strike mission and long-term mission readiness.



U.S. Air Force Col. Adam T. Rector, incoming 91st Maintenance Group (MXG) commander (right), accepts the guidon from U.S. Air Force Col. Jimmy Schlabach, 91st Missile Wing commander (left), during the 91st MXG change of command ceremony at Minot Air Force Base, North Dakota, June 5, 2026. Following three years as Air Force Operational Test and Evaluation Center Detachment 3 commander, Rector assumed command of the 91st MXG, bringing his experience and leadership to an organization critical to sustaining the wing’s readiness and strategic deterrence mission.

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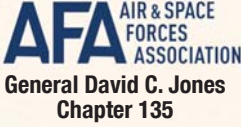
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Replace Your Wiper Blades
We’ve had no shortage of rain already this year, which means your wiper blades have likely been getting a workout. On average they should be changed every six months or whenever you begin to notice streaking, skipping, bending, 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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VOL 12, NO 8 MINOT, ND JULY 23, 1976

Airman Oliver named Airman of Month for July

Airman of the Month for July at Minot AFB is A1C Kelton H. Oliver. Airman Oliver is assigned to the 91st Missile Security Squadron (MSS).

The runner-up for this month's honor is A1C Larry J. Dawson. He is a medical service specialist assigned to the USAF Regional Hospital emergency room.

A native of Texas, Airman Oliver graduated from Washington High School, Washington, Okla., in May 1975. While attending high school, Airman Oliver worked as a farm laborer, a dishwasher, a Red Cross first aid instructor and an electronics technician. He entered the Air Force in June 1975.

Upon completion of technical school, Airman Oliver was assigned to the Site Security Branch, Crew-C of the 91st MSS. Airman Oliver has received two letters of commendation and a

letter of appreciation from the 91st MSS commander for his outstanding duty performance.

Airman Dawson is a native of Utah. He joined the USAF Reserve in 1970 and transferred to active duty in April 1975. He is a full-time student at Minot State College, majoring in history with a minor in Indian studies.

In addition to a three day pass, Airman Oliver received many gifts from the Downtown Business and Professional Association, including a free dinner from the Clarence Parker Hotel, a \$37.50 savings account from Gate City Savings and Loan, a pen and pencil set from Gaffaney's of Minot, Inc., theater tickets for two from the Empire Theater, a free introductory flying lesson from Aero-Flight, Inc., 50 gallons of gasoline from Jundt's Westland Oil, \$10 gift certificates from Osco Drug and

Oliver

Olson's Clothing, and a \$10 check from the Downtown Business and Professional Association.

Airman Dawson received dinner for two at the NCO Club given by Non-Commissioned Officer Academy Graduate Association, a three day pass, and \$10 in shares from the Minot AFB Federal Credit Union.

A tree now grows in Plaza

A young willow has put down its roots and plans to stay in the town of Plaza, North Dakota. The tree was presented to the town to commemorate the 70th anniversary of Plaza and the Nation's Bicentennial by Golf

flight of the 741st Strategic Missile Squadron.

Lt. Col. James B. Spence, 741 SMS commander, presented the tree and a plaque to Larry Yoder, chairman of the Plaza Bicentennial Committee, earlier this week.

Capt. George C. Harvey, Golf flight commander, 741st SMS was on hand to watch the presentation ceremonies. Golf flight is located at Plaza.

The article that started the inquiry into the tree that grows in Plaza.

250

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What Remains After 50 Years

ERIN BEENE, NORTHERN SENTRY

As we celebrate the 250th anniversary of America, it's only natural to wonder what those 250 years contained. History books tell us how our nation began, but much of what happened in between can become lost over time, especially here in North Dakota. Since most of us aren't from this state, I'll bet many of us don't have a clear picture of what Minot and Minot Air Force Base looked like in 1976. That's one of the greatest purposes of newspapers: preserving the everyday moments that become history. Let's keep that tradition going.

Special thanks to MAFB Librarian Julie Reiten for searching through decades of The Sentry (now the Northern Sentry) and sharing old photos and articles. (Did you know the base library houses nearly every edition of the base newspaper?) We uncovered some fascinating glimpses into life 50 years ago. The base hosted a Fourth of July parade, and surrounding communities, including Ruthville, held large Bicentennial celebrations.

One article that stood out described a tree planted by the 741st Missile Squadron in Plaza, North Dakota. According to the July 23, 1976 article, the tree commemorated Plaza's 70th anniversary and America's Bicentennial. While the exact purpose of the planting isn't documented, longtime Minot AFB supporter Bruce Christianson believes it reflected the pride many small North Dakota towns felt in their connection to the Air Force.

Plaza, about 60 miles from Minot, was closely tied to the missile mission, with nearby missile silos and launch facilities. Airmen regularly passed through town for supplies or simply to visit. Since the missile mission had

City of Plaza 75th Jubilee book photo. Most individuals are not known but third from the left is Robert Pestal, who was the Lutheran Church minister in the 1960s & 70s. He also served as the Plaza town Mayor in the 1980s.

only arrived at Minot in the early 1960s, it was still relatively new in 1976 and likely something the community wanted to celebrate.

Wanting to see what remained 50 years later, Northern Sentry owner Ted Bolton did a little digging - literally. Beneath overgrown grass, he uncovered the original commemorative plaque (pictured). Although the original article referred to the tree as a willow, both the surviving tree and a photo published in Plaza's 75th Jubilee book clearly show it was actually a pine.

Unfortunately, official records were scarce. Attempts to locate the Airmen mentioned in the original article were unsuccessful, and while Ted spoke with Plaza's acting mayor, Phillip Westgard about it, Westgard wasn't present for the ceremony and could only help identify some of those pictured. Most had passed away, and those still living couldn't recall many details.

Even without all the answers,

the tree still stands today to the left of the park's gazebo, reaching roughly 45 feet into the North Dakota sky. It remains a quiet reminder that small acts can leave lasting legacies. For decades it has provided shade and beauty to Plaza while serving as a living connection between the town and Minot Air Force Base.

Christianson also reflected on how much the relationship between the base and the community has changed since that time. Fifty years ago, he said, interactions were far more formal and often divided into "them" and "us" or the "base" and the "town". Today, families, spouses, Airmen, and community members interact freely, and the bond between Minot and Minot AFB has become one of the installation's greatest strengths.

As we reflect on our nation's past and look toward the future, what will you do today that will still matter 50 years from now? And what will Minot Air Force Base look like in 2076?

*The tree in the center represents the "Friendship Tree" planted in 1976 by the 741st Missile Squadron

The plaque that stand beneath the large pine tree near the gazebo in Plaza North Dakota

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Col Lamarand To Pilot B-52 Over Washington, DC

ROD WILSON, NORTHERN SENTRY

“The opportunity kind of fell into my lap, and I was more than receptive to it” said Col Lamarand at our final interview. The opportunity? To pilot a B-52 From Minot Air Force Base in a 4th of July flyover our nations’ capitol during the 250th Birthday Celebration, America 250.

“Independence Day 2026 will be bigger than ever, as Washington, DC serves as center stage for a year of festivities honoring America’s 250th” according” according to the Washington.org website, and the tri-bomber flyover including a Minot AFB B-52 will be part of the celebration. “The Air Force Tri-Bomber Formation brings together three legendary pillars of American airpower: the B-2 Spirit, B-1B Lancer, and B-52 Stratofortress. Representing stealth, speed, and enduring global reach, these iconic

bombers showcase the unmatched depth and versatility of the United States Air Force bomber fleet. From the B-52’s decades of proven service, to the B-1’s powerful supersonic presence, to the B-2’s unmistakable stealth profile, this rare formation is a dramatic tribute to America’s ability to project strength, deter threats, and defend freedom anywhere in the world” according to America 250.

Col Lamarand shared a few details; “There will actually be three, B-52’s involved in the historic flyover. This will be my fini-flight, my last flight, and I get to fly my fini-flight over our capital, it’s really a unique honor” according to Lamarand. “Your fini-flight is a big deal anyway. When you land your family will be there...I’ve been flying for over 26 years and it’s a little bittersweet to know that

your last flight is coming, but I’m looking forward to it.”

There will be a primary jet that will be accompanied by a backup B-52 from Minot Air Force Base, and finally there is a third plane that will be ready, on the ground just in case. “We have a triple backup plan” shares Col Lamarand. “The jets that don’t do the flyover do a training mission, in fact the jet that does the flyover does a training mission. We got to an area...and we end up doing the flyover and doing training at the same time.”

As of press time the official minute-by-minute flight schedule has not been released. The organizers have published the event schedule, but they have not released exact flyover times for each aircraft in the aerial sequence.



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Nathalie, Eva and Col Jesse Lamarand.

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Freedom Fest Honors 250 Years

NATALY ZARRELLA,



Isabella Zarrella proudly shows her patriotic spirit as she celebrates her favorite holiday, eagerly awaiting the fireworks during the 2026 Freedom Fest at Minot AFB

Patriotism, laughter, and the sound of live music filled the air as Minot Air Force Base welcomed service members, families, and friends to its annual Freedom Fest on June 26. Held in celebration of America's 250 years of freedom, the event which was put together by the 5th Force Support Squadron served as a reminder that even unpredictable North Dakota weather can't stop a community from coming together. Throughout the evening, attendees of all ages enjoyed a

variety of activities designed to celebrate both the nation's history and the close-knit spirit of Team Minot. Families explored rows of food trucks offering everything from classic fair favorites to sweet treats, while children bounced with excitement in play areas, challenged friends in games, and raced around the go-kart track. Everywhere you looked, there were smiling faces, neighbors catching up, and children making memories that will last long after summer ends.

Adding to the festive atmosphere was a live performance by Minnesota band Rival 5, whose energetic set kept the crowd entertained throughout the evening. From families dancing together near the stage to people singing along between activities, the music created the perfect backdrop for one of the installation's biggest community events of the year.

As the night went on, Mother Nature threatened to steal the spotlight. Strong winds swept across the base, and dark clouds

began moving toward the area. Many attendees quietly wondered whether the much anticipated fireworks show would have to be canceled because of the approaching weather. Still, families stayed hopeful, enjoying the music, food, and fellowship while keeping an eye on the sky.

Their patience paid off. Right on schedule at 11 p.m., the first firework launched into the night sky, drawing cheers from the crowd below. What followed was a spectacular display of brilliant colors and booming explosions that illuminated the skies over Minot Air Force Base. Reds, blues, golds, and silvers burst overhead in a show that many attendees described as one of the finest fireworks displays in North Dakota.

The fireworks could be seen from nearly every corner of the installation and surrounding community. Some families gathered in lawn chairs on the event grounds for the best view, while others watched from the field across from



Friends, families, and neighbors came together at Freedom Fest to enjoy great company, delicious bites from local food trucks, and a day filled with community spirit, laughter, and summer fun.



Rival 5, a Minnesota-based band, performed on Minot Air Force Base, entertaining the crowd with a high-energy set of FREEDOM!

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at Minot AFB ars of Freedom

NORTHERN SENTRY

the launch site. Many residents chose to enjoy the show from the comfort of their own homes, front yards, or driveways. No matter where people watched, the display brought everyone together in a shared moment of celebration.

The evening was about more than just entertainment. Freedom Fest continues to serve as an opportunity for military families to connect outside of their daily responsibilities, strengthening the bonds that make the Minot Air Force Base community unique. Events like these provide a chance for Airmen, Guardians, civilians, and their families to relax, spend quality time together, and celebrate the freedoms they help protect every day.

For newcomers, Freedom Fest offered a warm welcome into the Team Minot family. For longtime residents, it was another chapter in a tradition that has become a highlight of the summer. Generations of families could be seen enjoying the festivities together,

creating memories that will be shared for years to come.

One resident, who has attended Freedom Fest for several years, summed up the event simply: “It’s one of the best events Minot Air Force Base hosts every year. There’s something for everyone, and it’s always a great way to bring the community together.”

As the final fireworks faded into the night and families made their way home, conversations continued about favorite moments from the evening, from the live music and delicious food to the exciting activities and unforgettable finale. Despite the windy conditions and uncertain forecast, Freedom Fest once again proved that community spirit shines brightest when people come together.

With another successful



Pure joy on a summer day! Mila Kros was all smiles as she chased bubbles and enjoyed the bubble machine at Freedom Fest.

celebration in the books, Minot Air Force Base demonstrated that Freedom Fest is more than just an annual event. It is a celebration of service, family, resilience, and the enduring spirit of America, one that continues to unite the community year after year while honoring 250 years of freedom.



Members from across Minot AFB gathered to enjoy the incredible fireworks spectacular hosted by the 5th FSS. For some, it was their very first time experiencing the event, while others returned to continue a favorite tradition.



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Fire-Smart Starts Here: SPARKY's Summer Safety Tips

- Safe Grilling Practices: Keep your grill clean by removing grease and fat buildup from the trays and grates, as this is a common cause of flare-ups. Never leave a grill unattended when it's in use and keep children and pets at least three feet away from the grilling area.
- Build campfires at least 25 feet away from tents, shrubs, and anything else that can burn. Always have a method to extinguish the fire nearby, like a bucket of water or a shovel.

• The safest way to enjoy fireworks is to attend a public show put on by trained professionals. Consumer fireworks, including sparklers, which can burn at temperatures up to 2,000°F, are dangerous and can cause severe burns and start fires.

- Create a “defensible space” of at least 30 feet around your home by clearing away flammable materials such as dead leaves, dry grass, and overgrown bushes.

• When staying at a vacation rental or hotel, take a moment to familiarize yourself with the building's fire safety features. Locate the smoke alarms and fire exits and understand your emergency escape plan. If you are renting a home, ensure that any personal grilling or outdoor fire activities follow the safety rules for that property.

• REMEMBER: The safest way to enjoy fireworks is to attend public displays conducted by trained professionals. If using consumer fireworks be aware that even sparklers can reach temperatures of 2,000°F and cause severe burns. Always keep a safe distance, never allow children to handle fireworks, and have a bucket of water or a hose nearby.

- Before embarking on a long journey, have your vehicle's fluids, tires, and electrical system checked. Avoid carrying flammable liquids inside the passenger compartment. If you tow a trailer or RV, ensure all connections are secure and inspect tires regularly, as blowouts can sometimes generate sparks.

• Remember to keep your grill clean, removing grease buildup from grates and trays, which can cause flare-ups. Always grill



SPARKY SAYS
MINOT AFB FIRE & EMERGENCY SERVICES

outdoors, away from structures, and never leave a lit grill unattended. Ensure propane tank connections are secure and inspect hoses for leaks or damage by using soapy water in a spray bottle to help detect leaks.

- Peak dry conditions and high temperatures & winds in July increase wildfire risk. Continue to maintain defensible space around your home by clearing dry leaves, grass, and other flammable vegetation. Be extremely careful with any activities that could spark a fire, such as operating machinery in dry grass, parking hot vehicles over dry brush, or discarding cigarettes.

• Inspect extension cords for damage and ensure they are rated for outdoor use. Daisy chaining increases the risk of fire. Avoid overloading electrical outlets, especially with fans, air conditioners, and outdoor lighting. Keep electrical devices away from water, and if a power outage occurs, use flashlights or battery-powered lanterns instead of candles.

- July is a popular month for boating and RV travel. For boats, regularly check fuel lines and connections for leaks, (using soapy water in a spray bottle can help detect leaks), ensure proper ventilation, and have a marine-rated fire extinguisher on board. For RVs, regularly inspect propane tanks and lines, ensure cooking appliances are clean and properly maintained, and have fire extinguishers readily accessible.



4 JULY 4TH OF JULY IN MINOT 10:00 AM - 10:30 PM Various Locations Minot, ND

Celebrate Independence Day in the Magic City with a full day of red, white, and blue excitement. Minot's 4th of July celebration brings the community together with patriotic traditions, family-friendly activities, live entertainment, sports, and an unforgettable fireworks finale—making it one of North Dakota's premier Independence Day celebrations.

Event Schedule
10:00 AM - Shriners Fourth of July Parade
10:30 AM - 3:00 PM - Minot Parks 4th of July Festival at Oak Park
3:05 PM - Gates Open - Corbett Field
4:05 PM - Hot Tots Baseball Game
7:00 PM - Fireworks Special at Nodak Speedway
10:30 PM - Choreographed Fireworks Show



For more information:
<https://visitminot.org/july4th/>

9 JULY WILD HANDS & IT WAS HER IDEA AT LEVITT AMP MINOT 5:30 PM Citizens Alley, 3 1st St SE Suite 2

The Levitt AMP Minot Music Series brings free live music to downtown Minot at Citizens Alley. Join us for an evening of live performances featuring local, regional, and national artists in a welcoming outdoor setting. Each concert includes more than just music—enjoy local vendors, food and beverages, and family-friendly activities that make it easy to spend the whole evening downtown. Bring a lawn chair, meet up with friends, and experience the energy of summer nights in Minot. Concerts take place on select Thursdays throughout June, July, and August 2026 at Citizens Alley in downtown Minot. Free to attend. All ages welcome.



For more information:
Facebook/ Citizens Alley/ Events

10 JULY MOVIE IN THE PARK: KARATE KID: LEGENDS SUNSET (9:30 PM) Oak Park Amphitheater 1300 4th Ave NW, Minot

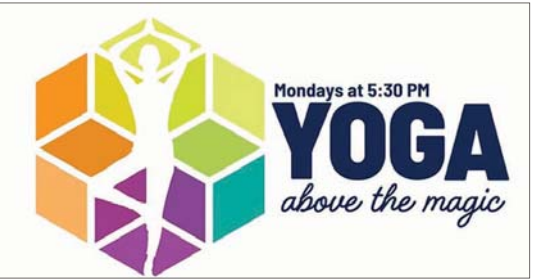
Movies in the Park 2026 – Where movies meet moonlight! Join us at the Oak Park for an unforgettable summer movie series under the stars! Bring your blankets, lawn chairs, and your favorite people. Oak Park Amphitheater
All movies start at sunset (around 9:30 pm)
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For more information:
Facebook/ Minot Parks/ Events

20 JULY YOGA ABOVE THE MAGIC 5:30 PM Magic City Discovery Center, 1545 1st Street NW, Minot

Yoga Above the Magic connects body, breath, and mind and is designed for all levels of fitness and experience. This class focuses on improving balance, flexibility, and overall body strength. Classes begin with a tai chi and sun salutation warm-up followed by a flow of poses, with options that allow you to honor and challenge you where you are in your yoga journey. The class closes in savasana with a calming meditation. Class themes include gratitude, kindness, letting go, and friendship.
Cost: \$15 for Non-Members, \$13.50 for MCDC Members, and \$12 for MCDC Military Members
Instructor: Terry Eckmann



For more information:
Facebook/ Magic City Discovery Center/ Events

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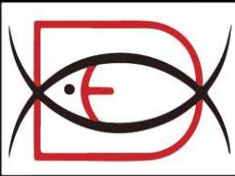
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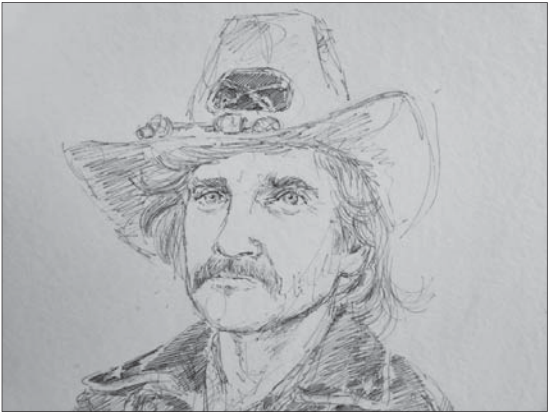
Embracing our North Dakota Lifestyle

TROUBLE AND ATTORNEYS GENERAL

Kim Fundingsland

It was a day to remember, no doubt about that, from staring down the barrel of a state trooper's handgun to having a steak with man destined for prison. Okay. I know. You are wondering what kind of goofy story is this guy writing about. Well, what follows is a real "this happened to me" right here in North Dakota. Not on a dark and stormy night either. It was late afternoon in sweltering heat. I was driving from Minot to Bismarck where I was scheduled to do a portrayal of Lt. Col. George Custer for a most prestigious group – the attorneys general from all 50 states. That is, is they all showed up. Their staff and assistants too.

While driving on the river road not far from Bismarck I was pulled over by the Highway Patrol. I was clocked at seven miles per hour over the speed limit in a restricted zone. Guilty. The patrolman asked for my driver's license and returned to his patrol vehicle to run a check on me. Checking the time, I realized I might be late for my appearance with the attorneys general and thought I could save some time by getting into my 1870s apparel. I got out of my pickup, opened the topper, and let down the tailgate. Because it was so darn hot out, I had left town wearing gym shorts and tennis shoes. It was much more comfortable than wool pants, shirt, and the buckskin jacket in which I was now getting dressed in order to save a few minutes. There I was, seated on the tailgate, pulling on high top boots, smiling, and thinking how much time I was saving. With the boots on I stood up, reached into the back of the pickup and grabbed my holster and cartridge belt. Uh-oh. I'd forgotten about the state trooper. I looked up just as he was calling for backup. He was crouched behind an open driver's door with his pistol leveled at me. I was still buckling my belt when he instructed, loud and firmly, "Don't move!" I froze, realizing how dumb I was to strap on a holster in the midst of a traffic stop. I had some explaining to do and got to it. Fortunately, the trooper believed my "reenactor" story, especially after seeing that my flap holster was empty. I apologized, we both relaxed, and he sent me on my way with just a speeding ticket. Anyway, I was now fully dressed for my appearance at Fort Abraham Lincoln and back on schedule. Knowing I could never be too prepared for such a



well-educated group, I was still rehearsing some lines for my presentation when I arrived at the fort.

My talk, which was focused on the history of Fort Lincoln and the Bismarck area, was to precede a pitchfork fondue steak dinner on the parade ground. I stepped out of character for a few minutes to tell the AG's about my state trooper encounter. They had a good laugh. When my presentation was complete and food was being placed on the tables, I was approached by a tall fellow with a distinct southern drawl. He said, most pleasantly, "Mr. Custer, you come sit with us." I happily obliged. A few moments later I felt like a guest of honor of sorts, eating steak with the attorney general of Louisiana and his rather large staff. At some point the man who invited me to join them leaned over and said, "We're on the first floor. Next year, when he's governor, we'll be on the third floor." Wow. Interesting. I was in the company of the next governor of Louisiana. He had an election to win, but the confidence in the outcome radiated from that table. I was even invited to Louisiana for the victory party. Curious, I asked the man who extended my invitation what it was that he did for the attorney general. His reply was a classic. "I don't have no job. I'm a government official. I just make people feel good. Next week we're going to Hawaii." That, in a nutshell, was my introduction to Southern politics, at least in Louisiana several years ago. That attorney general was later criminally charged with a felony and was facing prison time. He was never elected governor of Louisiana. Quite a day.



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MAKAYLA SHORE PHOTO



Visiting the zoo on Military Appreciation Day.

KAYLA MCINTOSH PHOTO



Enjoying the nice weather outside. Jett loves the sunshine and we spend most weekends relaxing in the backyard!

MACEY GRAVES PHOTO

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Summer Spending: Smart Money Habits for Teens

BRYLEIGH MCBRIDE, NORTHERN SENTRY JUNIOR JOURNALIST

For many teenagers, summer represents freedom. School assignments are replaced by pool days, road trips, late nights with friends, and opportunities to work summer jobs. While summer offers a welcome break from academic responsibilities, it also brings new financial decisions. With more free time comes more opportunities to spend money, and many teens may not realize how quickly those expenses can accumulate.

According to Gregory Barnhart, a financial advisor with First Command, some of the most common summer expenses for teenagers are not major purchases but rather the small, everyday costs that often go unnoticed. Whether it is stopping for food after an activity, buying snacks at the pool, grabbing coffee with friends, or spending more money on gas due to increased driving, these purchases can gradually consume a significant portion of a teen’s budget. “The little expenses catch teens,” Barnhart explained.

Because each purchase seems relatively inexpensive on its own, many teenagers fail to recognize the cumulative effect. If a teen has \$60 available to spend, a fast-food meal might cost around \$12, a coffee another \$5, and a small purchase while shopping with friends an additional \$5. By the end of the day, \$22 has been spent, more than one-third of the original amount.

While occasional spending is a normal part of enjoying summer, Barnhart encourages teenagers to think about the opportunity cost of their purchases. Every dollar spent is a dollar that cannot be saved or used for future goals. Understanding this concept can help teens become more intentional with their spending habits and make decisions that align with their priorities.

One of the best ways to develop this understanding is through a summer job. Beyond earning money, employment teaches valuable lessons about the relationship between work and spending. When teenagers begin earning their own paychecks, they often gain a new perspective on the value of money. “In many cases, it takes so much

more to earn the money than it does to spend it,” Barnhart said. For example, if a student earns \$10 per hour, it would take six hours of work to earn \$60 before taxes. Looking at purchases in terms of hours worked can make spending decisions feel more meaningful and may discourage unnecessary purchases.

When it comes to saving, Barnhart recommends that teenagers start with a simple goal: save 20 percent of all earnings. While the exact amount may vary depending on personal goals and circumstances, this rule provides a strong foundation for building financial discipline. A

teenager who earns \$300 per month and consistently saves 20 percent would accumulate \$720 in savings after one year without accounting for any investment growth.

Social media presents another challenge for young people trying to manage their finances. Teens are constantly exposed to advertisements, influencers promoting products, and friends posting about vacations, concerts, and shopping trips. These images can create pressure to spend money in order to keep up with others.

Barnhart advises teenagers to focus on their own goals rather than comparing themselves to what they see online. He suggests assigning personal goals a value from one to ten based on their importance. Goals ranked closer to ten—such as saving for college, a vehicle, or future travel—can serve as a reminder when deciding whether a purchase is truly worthwhile.

The importance of saving extends beyond short-term goals. Barnhart emphasizes that when it comes to building wealth, time is one of the most valuable resources available. While income levels and investment returns may change throughout life, time cannot be replaced. Developing good saving habits early allows young people to maximize opportunities for future growth and financial security.

As summer continues, Barnhart encourages students to set simple and achievable financial goals. One of the easiest goals, he says,

is to have more money in savings when the next school year begins than when summer started. While straightforward, this goal helps establish positive habits and creates a financial cushion for future opportunities and unexpected expenses.

Ultimately, Barnhart believes financial success begins with balancing enjoyment and responsibility. Summer should be a time for making memories, spending time with friends, and enjoying new experiences. However, it is also an opportunity to develop habits that will benefit students long after the season ends.

“Have fun being young,” Barnhart said, “but don’t forget you are growing into the adult you want to become.”

The choices teenagers make today, whether spending, saving, or planning for the future, can have a lasting impact. By becoming more mindful of where their money goes and setting aside even a small portion of their earnings, students can enjoy their summer while also investing in their future.



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NOTES ON BEING SAFE

OBEYING THE LAW, PRIOR PLANNING KEY TO FIREWORKS SAFETY

The Fourth of July is right around the corner and most of us are probably planning a special event of some type, some folks might even be looking forward to setting off their own fireworks display. More than 11,000 people are injured in the United States each year from fireworks. Most injuries are the result of the lack of adult supervision and misuse of the fireworks. If you plan on using fireworks to add to the celebration this year here are some important reminders:

- Observe local laws. The sale of fireworks is legal from June 26 until July 5 and they may not be purchased by persons under the age of 12.
- Fireworks Permitted on Base Are; Sparklers, fountains, smoke devices, snake and glow worms, trick noisemakers such as party poppers, string poppers or snappers, and toy pistol caps.
- Fireworks Specifically Prohibited on Base Are; Explosive or aerial fireworks, roman candles, and rockets or similar devices. If prohibited fireworks are discovered in your possession on the base, the fireworks will be confiscated and you will face administrative/disciplinary actions.
- Fireworks are allowed in Ward County but NOT within in the city limits of Minot. If you are caught within city limits with fireworks you will have to appear in court, pay a minimum \$150 bond and be fined between \$50 to \$75. It is also a Class B Misdemeanor.
- Use fireworks outdoors only.
- Never let children handle or light fireworks. Even sparklers can be dangerous if unsupervised. 16 percent of those injuries involved sparklers. That number increases to 33 percent of the injuries to children, five or younger, when they used sparklers. Those injuries could’ve been avoided if adults provided adequate supervision.
- Never ignite fireworks while holding them. Only light one at a time, and move away quickly.
- Make sure there’s enough room to ignite fireworks, and keep them away from buildings, vehicles and flammable materials.
- Have a full bucket of water handy for emergencies, and douse used sparklers.
- People should watch what clothing they wear when using fireworks. Loose clothing can catch fire, and shouldn’t

- be worn while handling fireworks.
- Never try to re-ignite fireworks that have malfunctioned. Wait 20 minutes before soaking them with water and throwing them away.
- Alcohol and fireworks do not mix. Have a “designated shooter.”
- The transportation and storage of personal fireworks on Minot AFB is prohibited. The fact is there are no safe and sure ways to use fireworks - it’s that simple! In 2008, according to the National Fire Protection Association, fireworks caused an estimated 22,500 reported fires. These fires resulted in one death, 40 injuries and \$42 million in direct property damage. Fireworks, even the smallest of firecrackers, are explosives and very unpredictable. Some have very short fuses and some have hard to light fuses that can suddenly begin a

rapid burn. Rockets and cones tend to have no programmed guidance system, making people and buildings unwanted targets.

Each year thousands of Americans, many of them children, are victims of fireworks accidents. In 2008, U.S. hospital emergency rooms treated an estimated 7,000 people for fireworks related injuries. These accidents are not minor; they include the loss or disfiguration of fingers, hands, arms, faces, vision, hearing and severe burns. Sparklers, which can burn as hot as 1000 degrees have caused countless tragic injuries to small children since parents assume they are safe for children to use.

By observing these reminders, people can help prevent unfortunate accidents. Remember, in case of an emergency, call 911.



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YOUTH IN ACTION

ND Transition to Infinite Campus: What Families Need to Know

Back in March, I wrote an article on the transition to Infinite Campus and how this affects local incoming military families and school registration (“Student Registration for Minot Public and Glenburn Public School Districts amid New Infinite Campus System Integration,” March 12, 2026). This article served to prepare everyone for the upcoming transition. On June 16th, 2026 the Minot Public School District sent out an email to all families on their ParentSquare app, which is their K-12 school-to-home communication platform, regarding the current transition.

Right now, our local North Dakota public schools have completely transitioned from PowerSchool to Infinite Campus. This statewide technology transition is part of the state’s BRIDGE (Building Reports Informing Data-driven Growth in Education) Project. According to the Infinite Campus website, forty-six states use this platform, which impacts 3,200 districts and eleven million students (infinitecampus.com).

The technology upgrade is expected to provide families and students with user-friendly student-information (grades, attendance, schedules) navigation and school-family communication. The unified platform also benefits district administrators with more consistent and reliable data, improved tools, and teaching supports. I highly encourage parents/guardians to visit the infinitecampus.com website, as it has a one-minute video on how students and parents can use the platform. For your situational awareness, a username and password will be provided by your student’s district, which provides student access.

Last year, our students, schools, and families ushered in new Phone-free K-12 legislation and this year we are ushering in a new platform. As we continue to evolve technologically, I encourage families to embrace the changes, appreciating that we live in a state where our North Dakota Department of Public Instruction aims to “provide a statewide system of excellent service and support to ensure a healthy



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



school environment that fosters student success” (www.nd.gov/dpi/about-us).

The information in this article is provided as a resource and does not

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FCC Welcomes their Newest Child Care Providers

The FCC program held a ribbon cutting ceremony on 24 June for three newly licensed FCC providers: Ana Kollegger, Asia Porter, and Regina Pegues. The Commander of the 5th Mission Support Group, Col Zeigler, presented the providers with a framed FCC license and cut a ribbon in front of their home.

ANA KOLLEGER

Ana Kollegger was born in Ecuador, where she earned her degree in Early Childhood Education. From a young age, she discovered her love for working with children, a passion that has guided her professional journey for more than 15 years in childcare and early childhood development.

Ana is married and the mother of four children, experiences that have further strengthened her commitment to the well-being and education of young children. She firmly believes in providing a safe, nurturing, and enriching environment where every child can grow, learn, and reach their full potential.

As a member of the KSL group, Ana is grateful for the opportunity to support families who are part of the military community. She understands the challenges that many families face when relocating to a new area and enjoys being able to offer support, trust, and peace of mind through high-quality

childcare.

Today, Ana continues to serve families in the Minot community with the same enthusiasm, professionalism, and compassion that have defined her career for many years. Her mission is to create a place where children feel valued, happy, and prepared for the future, while families find an extension of their home in the care she provides.

ASIA PORTER

Hi, I'm Asia Porter. I'm a proud wife, mother, entrepreneur, and Family Child Care provider. My wife and children are my greatest motivation, and I love spending time with them making memories. I'm passionate about creating a safe, loving, and engaging environment where children can learn and grow. I enjoy cooking, being creative, and building meaningful connections with the families I serve.

REGINA PEGUES

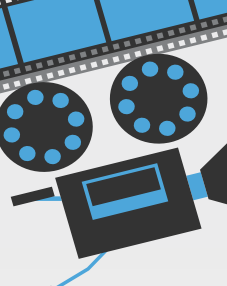
Regina is a unique provider in that she located off base to the north in Lansford offering services to members and families in Glenburn, MoHall, Lansford, and the installation. She enjoys spending time with her family and helping families and children with their day to day development!



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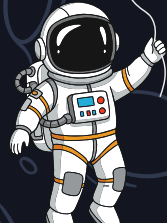
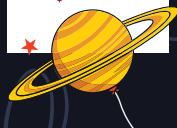
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**WOODLAND
RESORT**

**OUTDOOR
REPORT**



by Patricia Stockdill

FISHING:

Lake Sakakawea elevation, June 29: 1,828.15 feet above mean sea level (MSL); 17,900 cubic feet per second (CFS) Garrison Dam average daily releases. Devils Lake elevation: 1,450.11 feet above mean sea level (MSL). Stump Lake elevation: 1,450.04 MSL.

- N.D. Game & Fish Dept. game wardens: No new reports from area lakes.
- Devils Lake, Woodland Resort, Devils Lake: Weather limited activity over the last week but best walleye success remains using spinners and nightcrawlers along the Golden Highway or Black Tiger Bay during evening hours. Try 10 to 15 feet.
- Lake Darling, Karma C-Store, Ruthville: No new reports from area lakes.
- Lake Metigoshe, Four Seasons, Bottineau: Some larger bluegill are starting to show up but the majority remain small. Look for some nice walleye in the evening.
- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: East end of Lake Sakakawea producing some walleye activity, weather permitting. Try shallow working from the shoreline out to 16 to 18 feet depending on sun and clouds. Locate long points and flats off shelves using a variety of presentations.
- Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: East end of Lake Sakakawea producing some nice walleye activity despite inconsistent weather. Try plain snells with nightcrawlers in 10 to 15 feet. Move around. Work outside of the weed beds on Lake Audubon for walleye.
- Lake Sakakawea, Indian Hills Resort, Garrison: Improving walleye activity with some limits starting to occur. Work the north

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:

- Fireworks prohibited on all N.D. Game & Fish Dept. Wildlife Mgmt. Areas and U.S. Fish and Wildlife Service Nat'l. Wildlife Refuges.
- 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.
- July 4: Celebrate the 4th of July and America's 250th birthday with an array of activities in Minot. Go to the Visit Minot website, (www.visitminot.org/event-calendar/4th-of-july-in-minot) for details.
- July 5: Arts in the City free concert by the Minot City Band, Oak Park, 4 p.m.
- July 7: Outdoor Yoga in the Alley, (free) Citizens Alley, Minot, Free but bring water and yoga mat, 7 p.m.
- July 10: Movie in the Park, Karate Kid "Legends", Oak Park, 9:30 p.m.
- July 10 – 12: Makoti Threshing Show, Makoti.
- July 11: Colorful Christmas, Lewis & Clark State Park east of Williston.
- July 11: Citizens Cinema Outdoor Movie, School of Rock, 6 p.m., Citizens Alley.
- July 12: Arts in the City (free), Minot City Band, Oak Park, 4 p.m.
- July 13: Yoga in the Alley (free), Citizens Alley, 7 p.m.
- July 15: Secret Garden Tour, \$20 tickets available at Visit Minot or Lowe's Garden Center, 4:30 p.m.
- July 16: Arts in the City Annual Sousa Concert, Oak Park, 7 p.m.
- July 17 – 25: North Dakota State Fair.
- July 18: N.D. State Fair Run the Route 5K. Go to (visitminot.org/events-calendar) for details.
- July 19: N.D. State Fair Parade, 9 a.m.
- July 19: Arts in the City, Oak Park, 4 p.m.

shore either side of the resort.

- Lake Sakakawea, New Town: Fair to good walleye activity, especially considering varying weather. Continue working shallow depths with a variety of presentations.
- Lake Sakakawea, Van Hook Bait & Tackle, New Town: Continued improving walleye activity with warming water temperatures. Work throughout the Van Hook Arm in 12 to 18 feet using a mix of minnows or nightcrawlers.
- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace continues producing fair to good walleye activity with better success in the evening from both boat and shore. Lake Sakakawea remains spotty on the east end for walleye. Move around.
- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Van Hook Arm remains the better walleye location on the midsection and upper end of Lake Sakakawea. Try spinners with nightcrawlers or leeches or crankbaits. Good catfish bite on the Missouri and Yellowstone rivers. Blacktail Dam producing nice pike activity with occasional walleye and mix of

panfish. Look for bluegill activity on Kota-Ray Dam.

- North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: No new reports from area lakes, including Buffalo Lodge Lake updates.

RIVER ELEVATIONS & STREAMFLOW FOR PADDLE CRAFT ACTIVITIES (conditions can vary):

- Lake Darling, Foxholm: Elevation, 1,598.01 feet.
- Little Missouri River, Long X Bridge: River stage, 7.16 feet; streamflow, 56.1 CFS.
- Little Missouri River, Medora: River stage, 1.69 feet; streamflow, 48.2 CFS.
- Missouri River, Williston: River stage, 15.62 feet.
- Missouri River, Washburn: River stage, 9.74 feet.
- Souris River, Broadway Bridge, Minot: River stage, 42.09 feet.

NUMBERS TO KNOW:

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

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SUDOKU SOLUTION

PUZZLE ON PAGE C7

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

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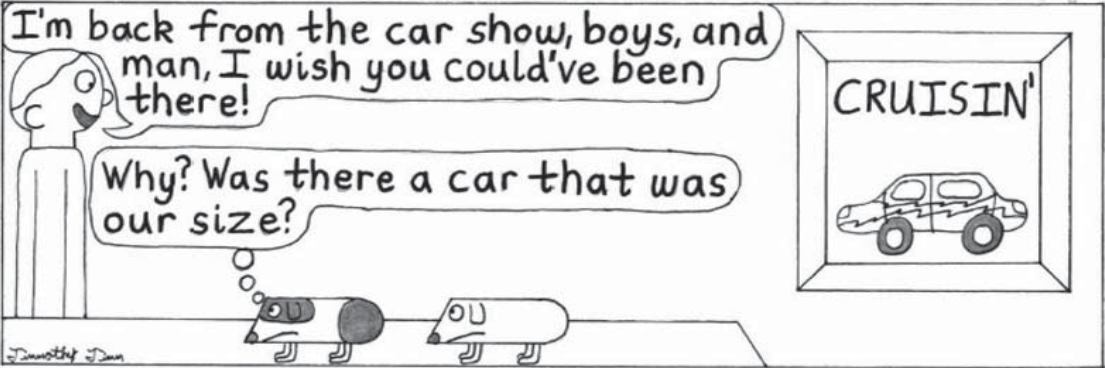
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Timothy Timm of Minot currently attends Minot State University, is a Minot High School graduate, artist, cartoonist, author and illustrator. Timm has also created other works of art that are on display in his art studio downtown located at 201 Main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

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CROSSWORD SOLUTION

Solution to last weeks crossword

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

SUDOKU

Solution to puzzle on page C6

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

CROSSWORD PUZZLE

- Across
- 1. Chubby love child
 - 5. Diamond rubber?
 - 9. Take a shine to?
 - 14. Margot Fonteyn, among others
 - 15. Sport for mallet-swingers
 - 16. Ceremonial garments
 - 17. Blue-white element
 - 18. A snap
 - 19. Kind of angle
 - 20. Mexican revolutionary
 - 23. Proves troublesome
 - 24. Favorite
 - 25. It features fast service
 - 28. Plate cleaner
 - 30. Existence, to Caesar
 - 34. Fugard's "A Lesson From"
 - 35. First name of a famed plane
 - 37. Weigh station figure
 - 38. Follies were his specialty
 - 41. Flatfoot's badge material
 - 42. Calcutta wraps
 - 43. Martini addition
 - 44. Visionist
 - 46. Beer source
 - 47. Went on and on ...
 - 48. Play subdivision
 - 50. Some neck pieces
 - 51. Bebopper extraordinaire
 - 58. Mellifluous Mario
 - 59. Sea of Kazakhstan
 - 60. MacLaine role
 - 61. Inspire wrath
 - 62. Court defense
 - 63. Handy to
 - 64. Hoe target
 - 65. "60 Minutes" name
 - 66. Pep rally sites, often

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				
58										59				
61										62				
64										65				

- Down
- 1. Lumberjack's tool
 - 2. Incapacitate
 - 3. Front of a bus?
 - 4. Easy chair
 - 5. Vocalizes
 - 6. Shark's concerns
 - 7. To boot
 - 8. "___ N the Hood" (1991)
 - 9. Soda selection
 - 10. Put in place
 - 11. Juxtapose
 - 12. Salonikan's sixth letter
 - 13. Japan closing
 - 21. Van Gogh opus
 - 22. It's big in NYC
 - 25. White House residents, 1909-13
 - 26. Jock Ewing's wife
 - 27. "There's ___ here but us chickens!"
 - 28. Expand, as a compressed file
 - 29. Juillet et Mai
 - 31. Pilsner holder
 - 32. Puzzlers do it!
 - 33. Drew to a close
 - 35. Book before Nehemiah
 - 36. Greek gathering places
 - 39. Dressed to the nines
 - 40. Brushing partner
 - 45. Made fun of
 - 47. First Lady Madison
 - 49. Bygone leaders
 - 50. Lacking a kick
 - 51. Jutland citizen
 - 52. "Picnic" creator
 - 53. Strip in the Middle East
 - 54. Monopoly token
 - 55. Hares, to hounds
 - 56. Prayer leader in a mosque
 - 57. Where to find anvils
 - 58. Legal field



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FRIDAY03

- Independence Day Observed
- For a full listing of Independence Day holiday facility hours, visit 5thforcesupport.com

SATURDAY04

- Independence Day
- For a full listing of Independence Day holiday facility hours, visit 5thforcesupport.com
- Registration Closes: Superintendent's Revenge Tournament, <https://www.memberplanet.com/s/minotafbclubs/11julysuperrevenge2026>
- July 4th BBQ - Special Lunch, 1030-1330, Dakota Inn Dining Facility
- July 4th BBQ - Special Dinner, 1330-1830, Dakota Inn Dining Facility

SUNDAY05

- For a full listing of Independence Day holiday facility hours visit 5thforcesupport.com

MONDAY06

- AFGSC Family Day
- For a full listing of Independence Day holiday facility hours, visit 5thforcesupport.com

TUESDAY07

- AFFT, 0530, McAdoo Fitness Center
- Tuition Assistance (TA) Brief, 1000, Education Center
- Game Day, 1000-1930, Minot AFB Library
- AFFT, 1100, McAdoo Fitness Center
- Sponsorship Training, 1300-1400, M&FRC
- Quiet Book Club, 1800-1930, Minot AFB Library

WEDNESDAY08

- AFFT, 0530, McAdoo Fitness Center
- Bundles for Babies, 0900-1030, M&FRC
- Learning Tree Storytimes, 1030, Minot AFB Library
- AFFT, 1100, McAdoo Fitness Center
- Palace Chase/Front Briefing, 1400, Professional Development Center

THURSDAY09

- AFFT, 0530, McAdoo Fitness Center
- Pre-Separation Briefing, 0830-1130, M&FRC
- AFFT, 1100, McAdoo Fitness Center
- Tuition Assistance (TA) Brief, 1330, Education Center

FRIDAY10

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

SATURDAY11

- Superintendent's Revenge Tournament, 0900, Rough Rider Golf Course
- Paintball Open Play, 1000-1400, Paintball Field, hosted by Outdoor Rec.
- MINOT-A-CON, 1100-1700, Minot AFB Library
- Air Force Gaming – Open Gaming at MINOT-A-CON, 1300-1600, Minot AFB Library

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