



WHATS INSIDE THIS WEEK:



PERSONAL TRAINER LEAVES LASTING IMPACT ON TEAM MINOT

A2



91ST SECURITY FORCES GROUP WELCOMES THEIR NEW COMMANDER

A3



INSIDE THE GATES: THE MISSILE ALERT FACILITY MANAGER

A5



# SURVEYING THE MISSION FROM ABOVE

Airmen assigned to the 54th Helicopter Squadron conduct an aerial survey of the area surrounding Minot Air Force Base to assess weather-related damage and increase their familiarity with the terrain. The flight supports future mission planning and enhances the squadron’s ability to provide aerial support for the defense of Minot’s intercontinental ballistic missile fields, strengthening Team Minot’s role in the nation’s strategic deterrence mission.

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# Personal Trainer leaves lasting impact on Team Minot

AIRMAN 1ST CLASS ANTHONY RAMEY, 5TH BOMG WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D.-- For the past four years, Jill Cangealose has helped Airmen, spouses and community members build confidence, create healthier habits and discover that fitness does not have to be intimidating to become part of everyday life.

As she prepares to depart Minot with her family for their next assignment, Jill reflects on a career built around a simple passion: helping people.

“I’ve always been an active person,” she said. “I grew up playing soccer, swimming and doing ballet. I’ve always liked learning about body movement and nutrition.”

That interest eventually evolved into personal training after others began seeking her advice and encouragement. What started as casual conversations at the gym became a career focused on coaching and helping people find what works for them.

“I love people!” exclaimed Jill. “I thrive off interactions with people and getting to know their stories, their goals, their limitations and what motivates them.”

Throughout her time in Minot, she worked with approximately 40 to 45 personal training clients and reached hundreds more through group fitness classes. While the workouts themselves were important, she said every client brought a unique set of circumstances that required an individualized approach.

“There is no one-size-fits-all solution,” she said. “Everyone has different schedules, different injuries, different goals and different life experiences. My job is helping them figure out how all of those pieces fit together.”

For military members, those challenges are often amplified by demanding schedules, deployments, exercises and the unique pressures of military life. Add North Dakota’s long winters and maintaining a healthy routine can become even more difficult.

Still, Jill believes physical fitness remains a critical component of readiness.

“When you move your body, get enough sleep, stay hydrated and eat well, you just feel better physically and mentally,” she said. “It’s not just about meeting standards. It’s about being able to do your job and live your life without everything feeling harder than it needs to.”

Her impact extends beyond physical training plans and workout sessions. Over the years, clients shared family challenges and life experiences while training together.

“People come to move their



Jill Cangealose, personal trainer, poses in the studio at Minot Air Force Base, North Dakota, June 10, 2026. Jill led fitness classes that reached hundreds of Airmen spouses and community members.

U.S. AIR FORCE PHOTOS BY AIRMAN 1ST CLASS ANTHONY RAMEY

bodies, but they also come to connect,” Jill said. “You get to know their families, their children, the challenges they face at work, and what’s happening in their lives. Over time, you build meaningful relationships with them.”

Those connections became one of the most meaningful parts of her work.

One client came to her after following an extreme low-calorie diet and was worried about regaining weight. Through proper nutrition and strength training, the client developed healthy habits and newfound confidence. Another client sought guidance after already losing significant weight but wanting to learn how to maintain her progress in a healthy, sustainable way. Years later, she still stays in contact with Jill and continues her fitness journey.

Stories like those reinforced Jill’s belief that success is not measured solely by numbers on a scale.

Her message to clients has remained consistent throughout her career.

“Comparison is the thief of joy,” she said. “If you’re constantly comparing yourself to someone else, you’re not seeing your own

progress.”

Instead, she encourages people to focus on their own journey and find activities they genuinely enjoy.

“Fitness doesn’t have to be complicated,” she said. “Find something you like doing. Find people to do it with. Make connections. Move your body more.”

As she prepares to leave Minot, Jill says the hardest part will not be leaving the facility or the classes. It will be leaving the people.

“You don’t realize just how close you become to your clients until it’s time to say goodbye,” Jill said, her voice filled with emotion. “They’re more than the people you train. You celebrate their victories, support them through their struggles, and watch their families grow. Somewhere along the way, they become part of your life, and you become part of theirs.”

Though she is moving on, the lessons she leaves behind remain. Health and fitness was never just about workouts. It was about helping people build confidence, create meaningful connections and live healthier lives long after the session ended.



Jill Cangealose, personal trainer, performs a squat at the Mcadoo Fitness center on Minot Air Force Base, North Dakota, June 10, 2026. Jill led fitness classes that reached hundreds of Airmen spouses and community members.



Jill Cangealose, personal trainer, performs a pull-up at Minot Air Force Base, North Dakota, June 10, 2026. Jill helped Airmen improve strength, mobility, nutrition and overall fitness to support mission readiness.



Jill Cangealose, personal trainer, performs a battle rope exercise at Minot Air Force Base, North Dakota, June 10, 2026. Jill helped Airmen improve strength, mobility, nutrition and overall fitness to support mission readiness.

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# 91st Security Forces Group welcomes their new commander

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

MINOT AIR FORCE BASE, N.D. -- U.S. Air Force Col. George Hern received command of the 91st Security Forces Group (SFG) during a change of command ceremony on July 1, 2026.

U.S. Air Force Col. Jimmy Schlabbach, former 91st Missile Wing (MW) commander, officiated over the ceremony as U.S. Air Force Col. James Slaton, 91st SFG outgoing commander, relinquished command to Hern.

Hern assumed command after serving as the commander of the 67th Cyberspace Wing, Joint Base

San Antonio-Lackland, Texas. He led more than 3,000 Airmen, civilians, and contract personnel across four operations groups with 19 squadrons at eight locations worldwide.

Slaton led over 1,000 Airmen and civilians supporting the 91st MW's mission of global deterrence by defending U.S. interests and assets with the world's premier combat-ready Intercontinental Ballistic Missile (ICBM) force. Slaton will continue his Air Force career at Global Strike Command headquarters at Barksdale Air Force Base in Louisiana.

The 91st SFG consists of four squadrons, protecting 150 Minuteman III ICBMs, 15 missile alert facilities and 150 remote launch facilities covering an 8,500-square-mile area in central N.D.

The group ensures the safety, security, and defense of the wing's personnel, resources, and strategic assets by providing highly trained security forces, maintaining operational readiness, and delivering effective force protection in support of the nation's nuclear deterrence mission.



U.S. Air Force Col. George Hern, 91st Security Forces Group (SFG) incoming commander, renders remarks during a change of command ceremony at Minot Air Force Base, North Dakota, July 1, 2026. As the incoming commander, Hern will ensure that the 91st SFG is trained, organized and equipped to secure 150 Minuteman III missiles, launch facilities and 15 Missile Alert Facilities geographically separated throughout 8,500 square miles.

U.S. AIR FORCE PHOTOS BY AIRMAN 1ST CLASS ANTHONY RAMEY



U.S. Air Force Col. Jimmy Schlabbach, former 91st Missile Wing commander, left, relinquishes the guidon to U.S. Air Force Col. George Hern 91st Security Forces Group (SFG) incoming commander, during a change of command ceremony at Minot Air Force Base, North Dakota, July 1, 2026.



U.S. Air Force Col. James Slaton, 91st Security Forces Group (SFG) outgoing commander, right, receives the Legion of Merit certificate from U.S. Air Force Col. Jimmy Schlabbach, former 91st Missile Wing commander, during a change of command ceremony at Minot Air Force Base, North Dakota, July 1, 2026.



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A VIEW FROM OUR SIDE

ROD WILSON



IT CAN'T BE...

It just can't be that summer of 2026 is now past the halfway point. There are so many things that give us notice that summer is on the downhill slide. Of course, there is always the North Dakota Parade and the North Dakota State Fair. Prior to that was the first of the mosquito sprayings. I've got to say that the mosquito control didn't come a day too early. Our back yard was a haven for mosquitoes; it was even a challenge to run the garbage out to the alley without being attacked.

Next, I'll give you another hint that summer may be on the

downward swing. The Farmer's Markets do not have those early vegetables available like they did just a couple of weeks ago. Radishes, peas, kohlrabi...they are getting harder to come by. Now we are looking at those new potatoes, early carrots and green beans. Don't get me wrong, the shelves at the 2 Farmer's Markets are certainly not bare. It's just that every garden season has its peaks in production of certain crops.

Hint: Keep an eye out for sweet corn. I hear that it should be a good year.

WHAT'S THIS FJORD FEST?

For many of us, the Fjord Fest is kind of a déjà vu to the early beginnings of Norsk Hostfest. It was hard to watch as many of the remnants of Norsk Hostfest were sold at an online auction; however, a number of familiar Norsk Hostfest pieces will re-appear at Fjord Fest on August 21st & 22nd at the Minot Municipal Auditorium, donated to what we hope will be a very successful re-incarnation of sorts of Norsk Hostfest. The new Uff Da foundation will hold the reins of Fjord Fest and early reports are that Fjord Fest, although starting small, is well on its way to giving



Now let's see, that lane goes where?

Minot a Scandinavian themed celebration for many years to come.

THE LITTLE MERMAID—TICKETS ARE STILL AVAILABLE

The last production of the summer for the Minot State University Summer Theater is July 27th through August 1st. The Little Mermaid was a popular Disney animated movie, and now it is being brought to the stage at Summer Theater. Tickets are available at [MSUSummerTheater.com](http://MSUSummerTheater.com).

ROAD CONSTRUCTION SEASON

Want to get a conversation started at your local coffee group? Bring up the amount of road construction going on right now in, and around, Minot. WOW! Are there a lot of opinions about why we have so much road construction this year. Having lived in North Dakota all of my life, you hear about our 2 seasons in North Dakota...winter and road construction.

It may seem that there is a lot more road construction than usual this summer, but in my humble opinion, a lot of it has to do with the amount of road construction we have on major arteries like

Highway 83 South and 16th Street Southwest, and even on Broadway. I challenge you to try and mail a letter at the post office or get to the YMCA going down 16th Street.

As much as we like to complain about road construction, a friend of mine brought the whole situation into focus in a hurry. "Can you imagine how bad the roads would be if we didn't do road construction all summer?" he asked. And then he looked at me and said "I rest my case."

And if it were true that there are only 2 seasons, winter and road construction, I might just take road construction over winter. At least we aren't plugging our cars in during Road Construction Season.

RAMBLIN' AROUND...

Reports are coming in about the Theodore Roosevelt Presidential Library in Medora, and how it was even better than what folks had imagined. I do plan on getting there this year, remembering that it is open year round. Tickets are available online at [trlibrary.com](http://trlibrary.com).

TODAY'S CHUCKLE

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



Broadway backed up during normal traffic hours. Plenty of signs, barrels and cones on Minot streets.

# This is the splendor of North Dakota



UPSIDE DOWN UNDER

MARVIN BAKER

There is no doubt in my mind that if you are a tourist, this is the best time to be in North Dakota. Those long, boring Interstate drives aren't so bad in late July.

Why? Because there is so much growth and vibrancy. It's just too good to ignore.

I ran into a friend in a Minot restaurant recently and we were talking about how good the canola crop looks this year. All of that bright yellow all over the North Dakota countryside is something to behold.

But as the canola is winding down, the flax is blooming with it's lavender blossoms making for a unique prairie checkerboard.

My friend and I talked about how this looks from the sky. It would

certainly be the time of year to be on a flight that crosses the state. You'll never see anything better. We have the yellow of the canola, the lavender of the flax and the green and brown of the turning cereal grains. There's the checkerboard.

And then, throw in a few livestock here and there and it's easy to see why North Dakota is such a powerful agricultural engine for the United States. Sometimes it gets even better. If you're traveling by air or by car, you'll sometimes run across a red barn right beside a canola field. Something like that can really add to the need to get a photograph.

All this looks great and is certainly photogenic and this is a part of nature that we get to enjoy every summer. But the reality of it is, when the crops look this good, there's a pretty good chance they are.

My friend, who is also in his 60s, said this is one of the best crops he has ever seen in northwestern North Dakota. It stands to reason. We're well ahead on rainfall average and it seems that hot and sunny come after a good rain, which we don't always get here.

Now, we'll just have to wait and see what the yields bring us this fall.

Agri-tourism has been on the rise

in North Dakota. Ten years ago, it barely existed and most people didn't know about it, at least not in this state. That was something for the California vineyards or the cherry orchards in Washington.

Recently, however, more people in the rural part of the state are picking up on the fact that agri-tourism can be beneficial, not only to the large 640-acre sections of canola, but to the small vegetable and fruit producer who is looking for another stream of income.

There's no doubt this is growing in North Dakota, but it's not limited to the pretty blossoms that some of our crops produce.

There has been a recent revival, if you will, in the community of Sheyenne that is situated between New Rockford and Devils Lake. Joanna Larson, who is a young woman with a lot of ambition, has transformed a vacant gas station into a community grocery and for all intents and purposes is doing very well.

How does this fit into agri-tourism, you may ask? Part of Joanna's business plan is to have fresh fruits and vegetables from northern Eddy County available in the store.

Because Sheyenne is located on U.S. Highway 281, there is plenty of traffic through town. And in a

community of about 180 people, Joanna is proving this can be done and can be successful in the smallest of communities in North Dakota.

She's already had some high-profile guests that have given her incredible media exposure which only helps the cause. She started out with a bang.

Just as the Devils Run Car Show was getting started in Devils Lake at the end of May, Joanna had many of the classic cars drive through and/or stop at Farmers Grocery in Sheyenne, which still looks like a Sinclair station. Perhaps it was a photo op, but you have to admit, it was pretty clever.

Vern Thompson of Minnewaukan, who is running for ag commissioner, has been in Sheyenne to speak to crowds gathered at Farmers Grocery. His pitch has been to convey the importance of these types of businesses and how they can help sustain our small communities.

The bottom line is it takes young people like Joanna Larson to develop an idea and run with it. Most often people will support it if it's a benefit to the local community and it certainly is in this case. Joanna has put Sheyenne back on the map.

# Inside the Gates: The Missile Alert Facility Manager

91ST OPERATIONS GROUP

When most people think about the intercontinental ballistic missile (ICBM) mission, they picture the missile combat crews pulling alerts deep underground, or the heavily armed Security Forces defenders patrolling the harsh wind-swept plains. But topside, behind the gates of every Missile Alert Facility (MAF) scattered across our nation's missile fields, is a key leader ensuring the facility operates smoothly: the Missile Alert Facility Manager (MAFM).

Operating under the Special Duty Identifier (SDI) 8S000, the Facility Manager serves as the squadron commander's direct representative at the MAF. These non-commissioned officers are responsible for the daily operations, safety, and security of a \$6 million facility that must remain mission-capable 24/7/365.

### A DAY IN THE LIFE OF A MAFM

Because there is only one Facility Manager on duty at a MAF at any given time, they handle a diverse array of technical, logistical, and management challenges.

On any given shift, an FM's responsibilities might include:

- Infrastructure & Power Production: Performing routine inspections and emergency operating procedures on life-support and industrial equipment, including water treatment facilities, complex HVAC systems, and massive backup diesel generators.
- Emergency Response: FMs act

as the primary on-site coordinator during facility emergencies, directing response efforts to ensure the safety of all assigned personnel and secure the facility during severe weather or operational crises.

- Helipad Management & Refueling: Maintaining a safe, clear landing zone and executing critical refueling operations to ensure helicopters are fully supported for both routine transport and emergency missions.

- Base Civil Engineering Liaison: Coordinating and directing civil engineering and missile maintenance teams to resolve facility discrepancies and execute modern upgrades, from boiler replacements to interior refurbishments.

Beyond the technical duties, FMs manage the daily living conditions at the MAF. Whether it is clearing feet of snow in sub-zero temperatures so defenders can deploy, managing lodging accountability, or coordinating meals with the missile chefs, the FM ensures the topside environment remains safe and fully functioning. Their work guarantees that the combat crews and defenders can remain completely focused on our nation's strategic deterrence mission.

### A UNIQUE LEADERSHIP OPPORTUNITY

For NCOs looking to step outside their primary career fields, the 8S000 special duty offers a rewarding change of pace and an excellent environment to build

independent management skills.

While many military roles operate under tight, multi-layered supervision, a MAFM is given significant autonomy. FMs manage an isolated military facility, acting as the first line of defense against facility failures and serving as the primary point of contact for visiting leadership and support agencies.

The skills developed here—ranging from emergency crisis management to logistics and facility engineering—offer a unique avenue for professional development, equipping NCOs with broad, hands-on leadership experience they can carry forward throughout their careers.

Because of the unique nature of this mission, there is no official technical school pipeline for this job. Airmen from any Air Force Specialty Code (AFSC) are eligible to apply and receive comprehensive, hands-on certification training upon arrival.

The MAFM special duty is selectively manned. Interested NCOs should monitor upcoming openings advertised through the Enlisted Quarterly Assignments Listing (EQUAL) Plus on MyVector.

If you are ready for a new challenge and want to step out of your comfort zone, reach out to the local Missile Alert Facility Management Superintendent (MSgt Dylan Churby) to learn more about upcoming vacancies and how to route your application package.



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## A LOOK BACK THIS WEEK IN USAF HISTORY

5TH BOMB WING ACTIVATED AT MINOT AFB  
JULY 25, 1968

5th BW Emblem Meaning  
Green & black: the colors of the Air Service at the time the wing was activated. Vertical line: symbolic of the clouds in the sky. Winged death's head: represents function of aerial bombardment. 'Kiai O Ka Lewa' means 'Guardians of the Upper Realm' (a Hawaiian saying often used as a war cry).

On July 25, 1968, the 5th Bomb Wing was activated at Minot Air Force Base, N.D. The wing dates back to the 2d Group which was activated in 1919 at Luke Field in the Territory of Hawaii. It was later renamed as the 5th Group (Observation) and soon became the 5th Group (Pursuit and Bombardment). The group had major involvement in saving the city of Hilo during the eruption of the Mauna Loa volcano and became the first U.S. military force to take flight after the attack on Pearl Harbor, during which many of their planes and personnel were lost. The 5th BG changed name and assignment several times in between 1947 and 1959. In 1959, the 5th Bombardment Wing (Heavy) was assigned its first jet planes while stationed at Travis AFB, Calif. In 1968, the wing assumed command of Minot AFB and flew missions during the Vietnam and Cold Wars. The 5th BW continues as host wing of the base to this day and provides strategic deterrence.

Information courtesy of: [minot.af.mil](http://minot.af.mil)

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Friends, family and fellow Airmen gathered to celebrate this significant career milestone. As the next generation of Technical Sergeants these Airmen will continue leading by example, mentoring those around them and strengthening the mission every day. Congratulations on your well-deserved selection! More photos are available on the Minot Air Force Base Facebook page.

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## FLY-IN FISHING EXPERIENCE

Kim Fundingsland

I woke to the swaying movement of leafy branches casting distinctive shadows on the ceiling of the tent. The call of a nearby loon, the gentle lapping of water on a rocky shoreline, and smell of a fresh pot of coffee percolating on a Coleman stove made for a perfect morning.

It was a fitting welcome to day one of fly-in fishing in the wilderness of northern Saskatchewan. I had no idea what time it was. Didn't care either. Time was of little importance.

My short walk to the cook tent revealed only one other in our party of six was awake. He had started the coffee and was working on a homemade bucktail he planned to use when we got on the water.

Soon the others arose and were seated around the table in the cook tent. Pancakes, blueberry or chocolate chip; and sausage links were on the menu. The talk wasn't about fishing, but rather about sleeping in fresh air, maybe a laugh about someone's unfortunate hand of cards from the previous night.

Pancakes. Sausage. Coffee. Good friends, morning smiles, and friendly conversation. Pleasant. Enjoyable. Wonderful. I knew when I got home and someone asked about fishing, a very logical question, that a simple "really good" would be my response, knowing there was so much more to a fly-in trip than casting, setting hooks, and reeling in fish.

Because gear for six guys for a week must be loaded on a float plane, packing light for such a trip is important. There's clothes, fishing tackle, sleeping bags, food, gasoline – all making for a huge pile of gear on the loading dock. Somehow the pilot secures it all inside the plane, along with six passengers. Then he taxis away from the dock, turns into the wind, races across the water, and the plane lifts off from the gentle waves.

The hour-long flight to our chosen lake takes us over the amazing Saskatchewan wilderness. Rivers and streams and lakes of all sizes dominate the landscape. Large swaths of land are blackened due to fires too remote to threaten any homes or communities.

The pilot banks the plane to the left on his approach to what will be our island home for five nights. The floats skim the water effortlessly and we're soon unloading our gear and setting up camp. As we are doing so the plane lifts off and the noise of the



Tom Pabian, Foxholm, with a nice northern Saskatchewan pike.

engine fades away. No cell service. No internet. Just a promise that the pilot will return at a designated time several days later, if the weather permits. Serenity. Solitude. Nature at its finest.

The fishing is unmatched. All caught hundreds of fish, walleye and northern pike, big and small, in many different ways. As evening approached, we'd return to our island and share a few tales from the day. The friendly chatter was about bears walking the shoreline or swimming near one of our boats, bald eagles fishing and caring for young in a nest, and the ever-present loons.

On our island home the smell of pine trees was overtaken by our small campfire, then gave way to the aroma of mouth-watering barbecued ribs. A delightful salad didn't last long as the big stack of ribs was placed at the center of the table. Wilderness?

How was the fishing? Perfect in every way.



Rob Holm, Riverdale, caught this hefty northern pike on a homemade bucktail.



AWARD-WINNING SAUCE AND SMOKED MEATS

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# The Drive(rs) Behind Our Carriers

ROD WILSON, NORTHERN SENTRY

Carrie Driver plays several roles in the Minot AFB community: military spouse, volunteer, Northern Sentry carrier manager, and, most recently, Financial Advisor for First Command Financial Advisors. Her story reflects both the movement of military life and the steady community connections that keep families rooted.

**A MILITARY FAMILY**

Carrie, originally from Montana, met her husband Tim when he was stationed there. Tim is approaching 22 years in the U.S. Air Force, and the Drivers have lived in several places along the way, including five years in Germany, where Carrie was able to join him, and four years in Texas. In 2012, their journey brought them to Minot AFB for the first time.

They stayed in Minot until 2015, but made the decision to return in 2024. There is a strong chance they will stay in Minot after Tim retires. “He retires from the Air Force on October 17th, and then literally on the very next day, October 18th, he starts full time with the North Dakota National Guard,” Carrie said. “And we can actually remain on base if we want to, or buy a house and move to town. I guess it’s whatever we decide.”

**FROM COMMUNITY VOLUNTEER TO CARRIER MANAGER**

Carrie’s experience with the Northern Sentry expanded through her work with the paper on different community projects. She also met Northern Sentry Publisher Ted Bolton, which helped connect her more closely to the publication and its work on base.

“So when Michelle, the previous carrier manager, retired, several people, including Michelle, suggested that I should become the carrier manager,” Carrie said. “And with Tim retiring here, it just seemed like it would be easy to do.”

**THE NORTHERN SENTRY CARRIERS**

The Drivers’ daughter, Isabelle, started as a Northern Sentry carrier

in January 2025. “So she’s been a carrier for about 1 and ½ years,” Carrie said. Isabelle began with one route, but when another route became available, she negotiated with another carrier to “get routes 7 and 8,” Carrie said, “so she could have both routes close to our home.”

With Isabelle’s two routes, she delivers just under 400 papers, which takes her between four and five hours a week if she stays focused. In the wintertime, Carrie assists Isabelle in delivering papers, “but in the summertime, not usually.”

There are seven separate routes on Minot Air Force Base, and right now there is a waiting list for kids who want jobs delivering the Northern Sentry. “We actually had one kid move off of base, but he still comes to the base every week to do the paper. He didn’t want to lose his job.”

As carrier manager, Carrie helps keep route carriers on track and makes sure Northern Sentry policies are followed. “We have a policy that if there are two papers not picked up at a house, our carriers pick them up and let me know,” Carrie said. “We don’t want the papers just left and forgotten, and in general the kids are pretty good at making sure the papers don’t become unwanted garbage.”

When families go on vacation, the carriers are expected to find their own replacements. Still, Carrie said they know they can call if they need help because Isabelle “likes the extra revenue” and will usually step in when she can.

**WHAT COMES NEXT**

Alongside her work with the Northern Sentry and the military community, Carrie has also taken on a new professional role as Financial Advisor for First Command Financial Advisors, adding another way she serves and supports military families. “I really wanted to do something for myself. My family didn’t really come from a financial background, so this was all new to me,” Carrie said. In the future, she

hopes to continue growing in that career and expand her outreach to people on base.

**COMMUNITY LIFE BEYOND THE ROUTES**

When she is not engaged in professional or volunteer work, Carrie likes to return home to Montana and enjoy the outdoors with her family. “My kids love to spend time playing outside,” Carrie said, “and I enjoy being outside with them.” Carrie also homeschools her children and is part of the Minot AFB group that supports homeschooling families.

Through her work as a Key Liaison, her management of base Facebook pages, her event volunteering, and her support for the Northern Sentry, Carrie continues to help information move through the Minot AFB community. In that sense, she truly is one of the drivers behind the delivery of the Northern Sentry in the residential areas on base.



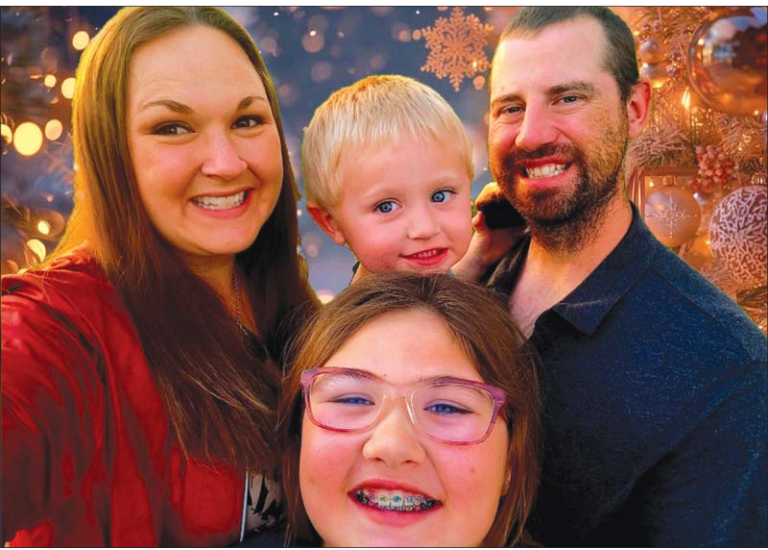
Not all carriers have 400 papers to deliver, but Isabelle enjoys the money she makes delivering the Northern Sentry.



Isabelle enjoys delivering her papers to creative paper drops, like this colorful goose.



Isabelle Driver getting ready to deliver the Northern Sentry.



The Drivers: Carrie, John & Tim, (bottom) Isabelle.

## All About Pets



While choosing to declaw your cat may come with short term benefits for you and your household, the procedure is not in the best interest of your feline friend. Declawing is the process of amputating the front knuckles of a cat’s toes so that it can no longer use its claws, and many shelters and animal advocacy groups strongly advise against it. Felines have a natural instinct to use their claws to mark territory, stretch, play, and even defend themselves in dangerous situations. When their claws are removed, cats run the risk of developing chronic pain, lameness, and behavioral issues.

If you’re having problems with your cat tearing up your furniture or your arms, here are some more humane options to curb unwanted scratching and prevent the need for declawing:

- Consistent nail trimming—every few weeks should be sufficient, depending on your cat.
- Nail caps or claw covers—Soft Paws is one recommended brand for caps that are glued on to your cat’s claws and can help to alleviate excessive scratching.
- Provide enrichment—toys, playtime, and designated scratching posts are great ways to keep your cat happy! They won’t need to scratch your couch when they have more fun things to do around the house.
- Outside time—most people probably don’t think about letting their cats outside since they can often be difficult to catch. But outside is a great place for cats to explore and hunt! Some cats will naturally

come back to their owners once they’ve satisfied their wanderlust, which is great for enrichment. If you’re not sure if your cat will return or you’re worried about their safety in a busy area, try a cat harness with a lightweight leash to take your friend on all the adventures!

- Make unwanted scratching objects unattractive—putting aluminum foil on furniture or other popular scratching areas has been said to deter some cats from going to town with their claws. Other options to deter your cat from scratching can include double-sided tape or unpleasant fragrances such as citrus.

- Training and behaviorists—if all else fails, work with your cat to deter him from scratching unwanted items. A spray bottle or a clapping noise can interrupt their behavior so that you can properly redirect them to an appropriate toy and reward them for using that instead. As a last resort, it may even be helpful to find an animal behavior specialist who can help you determine other solutions for your cat’s scratching.

It is possible for a cat to have medical problems that declawing would fix, but it’s important to consult with your vet to find any other possible solutions before making that decision because it can affect your cat for the rest of its life. As pet owners, it’s our job to make sure our animals have everything they need to live their best lives. Instead of declawing your cat, try these alternatives to give your furry friend its best shot.

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701-838-1658



There's just something magical about a North Dakota summer. Maybe it's the short season, or maybe it's the sunshine we've all been waiting for—but whatever the reason, summer here is truly special. It's the perfect time to fish, swim, hike, boat, or just enjoy the great outdoors.

Let's celebrate this season by capturing it!

Enter the Sensational Summer Photo Contest and show us your best moments under the North Dakota sun.

We're looking for photos of:

- Backyard fun with the kids -Splashing at the base pool or playground
- Adventures in Medora or Teddy Roosevelt National Park -Camping in ND's State Parks
- Family outings at the State Fair or a local baseball game

If it shows summer joy in North Dakota, we want to see it!  
\*Selected photos may be featured in the Northern SENTRY newspaper and/or on our Facebook page.

So grab your camera and soak in the season—we can't wait to see your summer through your lens!

GRAND PRIZE  
TWO-NIGHT STAY AT THE  
PEACE GARDENS IN A  
3 BEDROOM CABIN!



\*Stays available October 15, 2026- March 15, 2027

SECONDARY  
PRIZES

CANVAS PRINT FROM  
RAINBOW PHOTO LABS  
Photos chosen by Northern SENTRY staff.



How to Enter

Submit your photo and who/what/  
when/where description on our website  
by using the QR code



CONTEST DETAILS:

- One winner will be selected at random from all entries
- Each photo submitted counts as one entry (limit one photo per person per day)
- Contest runs from Memorial Day to Labor Day 2026
- Winner will be notified by email in September 2026
- Photos must be taken in North Dakota during Spring/Summer 2026
- By entering, you grant the Northern SENTRY permission to use your photo in print, online, and promotional materials
- Open to Minot AFB assigned members and their dependents only

Car care checklist for summer road trips • Part 1

It's time for a drive vacation. You mapped a route, booked hotels, and made a checklist of things to do before you go. AAA reminds you to also make car maintenance part of your summer road trip preparation. Use this car care checklist to ensure your vehicle is ready for summer travel.

Check tires and tire pressure

Inspect all four tires and, if you have one, the spare tire as well. Look for cuts, gouges or sidewall bulges. Insert a quarter upside down into grooves to check tire tread. If you see the top of George Washington's head, it is time for new tires.

Check tire pressure when the car has been idle and tires are cool. Inflate as needed to the vehicle manufacturer's recommended pressure. You will find it listed in the owner's manual and on the sticker of the driver side door jamb. Do not use the number on the tire sidewall.

Listen to and feel the brakes

If you hear a grinding sound or feel a vibration when applying the brakes, take your vehicle to an auto repair shop for a brake inspection. A service professional will check the brake system for fluid leaks, and the pads, rotors, shoes and drums. If repair or replacement is needed, use the Repair Cost Estimator to help anticipate costs.

Secure and test the battery

Check the car battery to be sure cable connections are clean and tight, and the hold down hardware is secure. Have a service professional do a battery check to determine remaining capacity. AAA members may request a free battery check.

Top off engine oil and other fluids

Check that engine oil, coolant and brake, transmission and power steering fluids are at the correct levels for safe vehicle operation. When adding fluids, use products that meet the specifications listed in the owner's manual.

Note that newer car models may have sealed automatic transmissions without a dipstick, and electric power steering that may not use fluid.

Replace wiper blades and replenish windshield cleaner

Rubber wiper blades naturally deteriorate over time. If wipers streak or fail to clear the windshield thoroughly, replace the blades. Fill the windshield washer reservoir with fluid formulated to remove insects and other debris, and test to make sure the nozzles spray adequately.



Auto Care - Valvoline Instant Oil - Tires  
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|-----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  |                                                                                    |  |                                                                                 |                                                                                   |
| 0% APR Financing<br>For up to 60 months.<br>For well-qualified buyers only.       | \$209<br>Per month for 36 months. \$3,499 due at lease signing.<br>\$0 security deposit required. For well qualified lessees only.<br>Available on 2026 ELANTRA SE. | 0% APR Financing<br>For up to 60 months.<br>For well-qualified buyers only.        | \$335<br>Per month for 24 months. \$3,999 due at signing.<br>\$0 security deposit required. For well qualified lessees only.<br>Available on 2026 PALISADE SE AWD. | \$229<br>Per month for 36 months. \$3,999 due at lease signing.<br>\$0 security deposit required. For well qualified lessees only.<br>Available on 2026 KONA SE FWD. |
| 1.9% APR Financing for                                                            | OR<br>\$2,000 Customer Cash.                                                                                                                                        | 1.9% APR Financing for                                                             | OR<br>Up to \$3,000 Bonus Cash.<br>Includes \$2,000 Sales Event Cash.<br>For well-qualified buyers only.                                                           | OR<br>\$2,000 Bonus Cash.                                                                                                                                            |
| 72 months                                                                         |                                                                                                                                                                     | 72 months                                                                          |                                                                                                                                                                    |                                                                                                                                                                      |

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**HYUNDAI**

**Owner Assurance**

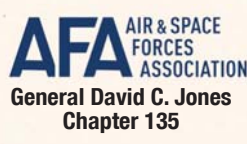
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# Summer Matinee

## MOVIE SERIES

**AFA** AIR & SPACE FORCES ASSOCIATION  
General David C. Jones Chapter 135

The Oak Park Theater, in partnership with the Northern Sentry and the AFA Chapter 135, David C Jones, is hosting the Will Rogers Institute Summer Matinee Movie Series.

**northern sentry**  
MINOT AIR FORCE BASE NEWSPAPER  
[WWW.NORTHERNSENTRY.COM](http://WWW.NORTHERNSENTRY.COM)





**WEEK 9**  
**THE SANDBLOT**  
July 27-  
July 30



**WEEK 10**  
**MUPPET TREASURE ISLAND**  
August 3-  
August 6



**OAK PARK THEATER**

Screenings are held Monday through Thursday at 1:00 PM.

**ADMISSION:**  
Only \$1

**CONCESSION SPECIAL:**  
**\$5 Combo**  
(small pop & small popcorn)

**Complete List of Summer Movies on [oakparktheater.net](http://oakparktheater.net)**



**ENTER YOUR  
SUMMER PHOTO  
TODAY!**





The sun casts a warm glow on Jeremy Krause’s 1955 Chevrolet 3100 Second Series. Krause and his father restored the classic truck to its original condition.

JEREMY KRAUSE PHOTO



I’ve been watching the Storm 14U softball team kick butt all summer! Way to go girls!

KIMBERLY WILLIAMS PHOTO



Cadyn enjoying fireworks on the 4th of July right outside of Devils Lake while camping for the weekend!

STEPHANIE JOHNSON PHOTO



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**Upcoming  
Events**

**02  
AUG**

**ARTS IN THE CITY:  
DANIEL STARKS, ANDREW EMMEL  
& DARRYL HICKS TRIO**  
**4:000 PM**  
Oak Park, 1300 4th Ave NW, Minot, ND

We’re closing out the summer season with one final evening of live music in Oak Park — and it’s a good one. Join us for a night of local music, food trucks, vendors, community, and summer memories as we wrap up another season of Arts in the City: Sundays in the Park.

LIVE MUSIC: 4PM – Daniel Starks, 5:30PM – Andrew Emmel, 7PM – Darryl Hicks Trio. Bring your lawn chairs, blankets, family, friends, and enjoy one more summer night in the park with us.

Plus: • Vendors • Food Trucks • Family-Friendly Fun • Free Will Donation • All Ages Welcome. Presented by Minot Area Council of the Arts



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

**07  
AUG**

**MOVIE IN THE PARK:  
ZOOTOPIA 2**  
**SUNSET (9:30 PM)**  
Roosevelt Park Zoo  
1219 Burdick Expressway E, Minot

Movies in the Park 2026 – Where movies meet moonlight! Join us at Roosevelt Park Zoo for a special showing under the stars! Bring your blankets, lawn chairs, and your favorite people.

Roosevelt Park Zoo  
All movies start at sunset (around 9:30pm)  
Sponsored by First International Ban



**For more information:**  
Facebook/ Minot Parks/ Events

**10  
AUG**

**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



**Mondays at 5:30 PM**  
**YOGA**  
*above the magic*

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

**13  
AUG**

**JESSIE VEEDER & CHRIS BASDEN  
AT LEVITT AMP MINOT MUSIC  
SERIES**  
**5:00 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

**NEW Community at  
the Northern Sentry**



**For more events visit our online Community Calendar at [www.northernsentry.com/calendar/](http://www.northernsentry.com/calendar/)**

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



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CROSSWORD SOLUTION

Solution to last weeks crossword

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| F | O | R | T | H |   | A | B | B | A |   | M | O | U | E |
| O | M | A | H | A |   | D | R | A | B |   | E | A | S | Y |
| G | A | T | E | S | B | L | A | S | S | M | A | H | E | R |
| G | R | A | F |   | R | A | D | S |   | E | T | U | D | E |
|   |   |   |   | E | M | A | I | L |   | H | E | H |   |   |
| R | O | D | D | Y |   |   | E | S | O | T | E | R | I | C |
| E | L | I |   | M | A | G | Y | A | R |   | A | O | N | E |
| B | I | X | B | Y | M | U | R | R | A | Y | D | A | N | A |
| E | V | I | L |   | T | A | O | I | S | M |   | L | E | S |
| C | A | T | A | C | O | M | B |   |   | C | A | D | R | E |
|   |   |   |   | C | R | O |   | I | O | W | A | N |   |   |
| O | S | A | K | A |   | A | N | N | E |   | G | E | E | K |
| C | O | S | B | Y | R | U | S | S | E | L | L | N | Y | E |
| H | O | H | O |   | O | T | O | E |   | S | E | V | E | N |
| S | T | Y | X |   | W | O | N | T |   | T | R | Y | S | T |

SUDOKU

Solution to puzzle on page B10

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

CROSSWORD PUZZLE

Across

1. Electronics brand  
4. Power-seeking clique  
9. Puts first things first, e.g.  
14. Pained reactions  
15. Teacher of Stradivari  
16. Dunderhead  
17. Nanakuli neckwear  
18. Very, musically  
19. Word in a mouthwash spot, perhaps  
20. Christmas gift from my true love  
23. It can be hot or cold  
24. Sniggler's quest  
25. Hemingway title word  
28. Christmas gift from my true love  
33. High mountain  
36. "Proud Mary" singer Turner  
37. Kind of gun  
38. Pierce with a tusk, e.g.  
40. Neighbor of Sicily  
43. Beret site  
44. Marketplace near the Acropolis  
46. With a Y chromosome  
48. Come to understand  
49. Christmas gift from my true love  
53. "The Island of the Day Before" author  
54. Bygone big bird  
55. Where eagles dwell  
59. Christmas gift from my true love  
64. Homer hit  
66. Church riser  
67. Comedic unit  
68. Cuban ballroom dance  
69. Artist's tripod  
70. What I may mean  
71. They're cutting, sometimes  
72. Put on clothes  
73. Color that "suits" Santa

|    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 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 |    |    |    |    | 70 |    |    |
| 71 |    |    |    |    |    |    | 72 |    |    |    |    | 73 |    |    |

Down

1. Fancy British car, informally  
2. Much less than usual  
3. Stage whisper  
4. Round Table site  
5. Andy's partner  
6. Minus locks  
7. Lead-in to "boy!" or "girl!"  
8. Vibraphonist Hampton  
9. Nearly alike  
10. Father of Balder  
11. Great seating for fights  
12. Two-year-old, e.g.  
13. Sloppy digs  
21. "\_\_\_ Be Seeing You"  
22. Copyright symbol  
26. Related via one's mother  
27. Nod in unison  
29. Wheel part  
30. Carrier of genetic info  
31. Spicy game dish  
32. Butter measure  
33. With jaw dropped  
34. Aristotle's rule of reasoning  
35. Asking on bended knee  
39. Obsolete palindromic preposition  
41. What an anxious foot does  
42. Clay, after converting  
45. Fleets of warships  
47. Nail coatings  
50. Jupiter, to Saturn  
51. Elapsed  
52. Sherlock's Blue Carbuncle, for one  
56. Stringency  
57. Vapid  
58. Goaded (with "on")  
60. It could be minimum  
61. Sail support  
62. Healthy, wealthy follower  
63. Raises one's hackles  
64. Word with tray or cube  
65. Former Israeli airport name



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Airman 1st Class Andrei Jonas, 5th Civil Engineering Squadron pest management journeyman, checks a trap for a Richardson's Ground Squirrel, commonly known as a Dakrat, at Minot Air Force Base, North Dakota, June 10, 2026. The Entomology department safeguards the installation from pest threats, enhancing infrastructure resilience and ensuring Minot AFB remains ready to support strategic deterrence and global operations.



Airman 1st Class Andrei Jonas, 5th Civil Engineering Squadron pest management journeyman, checks a trap for a Richardson's Ground Squirrel, commonly known as a Dakrat, at Minot Air Force Base, North Dakota, June 10, 2026. By controlling pests across the installation, The Entomology department strengthens mission assurance, protects critical resources, and helps keep Minot AFB ready to execute its strategic mission.



Airman 1st Class Andrei Jonas, 5th Civil Engineering Squadron pest management journeyman, places a trap for a Richardson's Ground Squirrel, commonly known as a Dakrat, at Minot Air Force Base, North Dakota, June 10, 2026. By protecting facilities and infrastructure from pest-related damage, The Entomology department plays a vital role in sustaining installation resilience and preserving the combat readiness that underpins Minot AFB's mission.



Airman 1st Class Andrei Jonas, 5th Civil Engineering Squadron pest management journeyman, places a trap for a Richardson's Ground Squirrel, commonly known as a Dakrat at Minot Air Force Base, North Dakota, June 10, 2026. Through proactive pest management, The Entomology department protects critical infrastructure and base housing, helping ensure Minot AFB remains ready to support strategic deterrence and defend the nation.

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# Twentieth Air Force welcomes Maj Gen Colin Connor and Chief Master Sgt Jeffery Sipos

CAPT. JACQULYN NOFFSINGER, 20TH AIR FORCE

F.E. WARREN AIR FORCE BASE, Wyo. -- U.S. Air Force Maj. Gen. Colin Connor assumed command of 20th Air Force from U.S. Air Force Maj. Gen. Stacy Jo Huser, and Chief Master Sgt. Jeffery Sipos assumed responsibility from Chief Master Sgt. Nicholas Taylor during a change of command and change of responsibility ceremony on F.E. Warren Air Force Base, July 10, 2026.

As the 20th AF command team, Connor and Sipos will be responsible for more than 12,000 Airmen providing nuclear global strike and nuclear weapons force projection for the U.S. Air Force. During his remarks, Connor emphasized his three priorities: Airmen, Lethality, and Modernization.

"We are building the future today," said Connor. "Airmen, you are a part of history as we field our new ICBM. We will transition to the next weapon system without dropping our guard and while providing deterrence around the

clock."

Connor earned his commission from the United States Air Force Academy in 1995 and has extensive experience in missile operations. He has served as an intercontinental ballistic missile combat crew commander, instructor, evaluator and flight commander. He also served on staff at Headquarters 8th Air Force and Headquarters Air Force Global Strike Command.

Prior to taking command of 20th AF, Connor served as the Director of Intercontinental Ballistic Missile Modernization, Site Activation Task Force, Barksdale Air Force Base, Louisiana. He was responsible for overseeing and coordinating the activities of the Air Force in support of the deployment of the LGM-35A Sentinel ICBM weapon system and preparing for the retirement of the LGM-30G Minuteman III ICBM weapon system.

U.S. Air Force Gen. S.L. Davis, commander of Air Force Global Strike Command, officiated both the change of command and change of

responsibility ceremonies.

"This command has a no fail mission with nearly 1,000 Airmen deployed across our three missile complexes every single day," said Davis. "It is an enormous responsibility leading and caring for 12,000 Airmen, civilians and their families and operating, supporting, maintaining, and securing an entire leg of the nation's nuclear triad."

Connor took command from Huser, who served as the 20th AF commander from January 2024 to July 2026.

"I could not have asked for a better group of leaders to work with," said Huser. "And to the men and women across all of 20th AF, thank you for sustaining, defending, operating and supporting our beloved Minuteman III."



Maj. Gen. Stacy Jo Huser, outgoing 20th Air Force commander, and Maj. Gen. Colin Connor, incoming 20th AF commander, prepare to pass the guidon during the 20th AF change of command at F.E. Warren Air Force Base, Cheyenne, Wyoming, July 10, 2026. The change of command ceremony formally transferred leadership and responsibility of the Numbered Air Force from the outgoing commander to the incoming commander while honoring the unit's continued commitment to mission success.

U.S. AIR FORCE PHOTO BY SENIOR AIRMAN MATTISON COLE

During the ceremony, 20th AF also welcomed a new command chief. Sipos has held a variety of leadership positions at the squadron, group and wing levels for the civil engineer and combat communications career fields. Prior to assuming responsibility of 20th

AF, Sipos served as the command chief of the 509th Bomb Wing, Whiteman Air Force Base, Missouri. Sipos assumed responsibility from Taylor, who served as the 20th AF command chief from May 2024 to July 2026.

## NOTES ON BEING SAFE

# PROTECT YOUR PET: SUMMER SAFETY TIPS

Summertime can be as much fun for your pet as it is for you. But pet owners need to take some precautions to keep their animal companions happy, cool and safe during the dog days of summer. Here are a few hot-weather tips.

**Sun Protection:** Many of the safety concerns we have for ourselves during the hottest months of the year also apply to our pets. Consistent use of sunscreen in order to avoid sun damage is as important for our pets as it is for us. This is especially important if your pet has short hair, white fur or pink skin. Talk to your veterinarian about choosing a sunscreen (most important to apply on ears and nose) and be sure to limit your pet's sun exposure.

**Heatstroke:** Limiting and supervising time outdoors during the hottest hours of the day is also important for your pets because when it's hot for you, it's probably even hotter for them. Dogs aren't as efficient at cooling down as we are, since they release most of their body heat only through the pads of their feet and by panting. Be especially careful with dogs that have short, pushed-in faces (e.g., bulldogs, pugs, Boston terriers), puppies and elderly pets. Early-morning and evening hours are best for outdoor playtime, and be sure to provide plenty of water and even ice cubes.

**Avoiding toxins:** If you use fertilizers or other chemicals on your lawn or garden, make sure your pet doesn't have access to these potentially toxic substances. Car antifreeze is also potentially life-threatening to pets and may leak from an overheating car. Keep your pet away from what to them is a sweet-tasting, but possibly toxic substance such as this.

**Water Safety:** If you're lucky, you and your pets will get to spend some time cooling down near water, whether a pool, lake or the ocean. But even dogs who are good swimmers need to be protected around water. If you

have a pool, keep in mind your dog might jump in and not be able to figure out how to get out, so just as with children, never leave a pet unsupervised around water. This is especially true if you have a pool cover on, because pets can get caught under it. As an extra precaution your pet can wear a dog life preserver.

**Parasite Prevention:** Mosquitoes, ticks, heartworm and other bugs and parasites are out in full force in the summer, and they can infect your dog or cat and cause potentially serious medical issues. Your pet might also carry these bugs and parasites into your home, so be sure to talk to your veterinarian about a preventative.

**Summer storms:** Many animals don't react well to the storms that are common in summer. They may have a response to the change in air pressure or to the sound of thunder. Be sure to

teach them to have a place they can safely rest, such as a crate.

Last but not least, Travel safety: Many summer travel plans are appropriate for pets to join in on the fun. But, just like we need to be safely secured in a car, so do our pets. They should travel in an appropriately sized crate or in a harness secured to a seat belt. Also, be especially careful not to leave your pet unsupervised in a car, even for just a moment, as animals can quickly overheat.

If you take the proper precautions, you and your pets should enjoy a wonderful summer. But, if you suspect your pet may be suffering from heatstroke, contact your veterinarian immediately. Some signs of heatstroke include excessive panting, bright-red tongue and gums, vomiting, diarrhea, lethargy, and body temperature of 104-110F degrees.



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# Roosevelt Park Zoo Shares Fun Features Coming to the New West Wing

THE ROOSEVELT PARK ZOO



The Roosevelt Park Zoo is excited to share a first look at some of the new features coming to its West Wing (previously the main lawn of Roosevelt Park), including a new

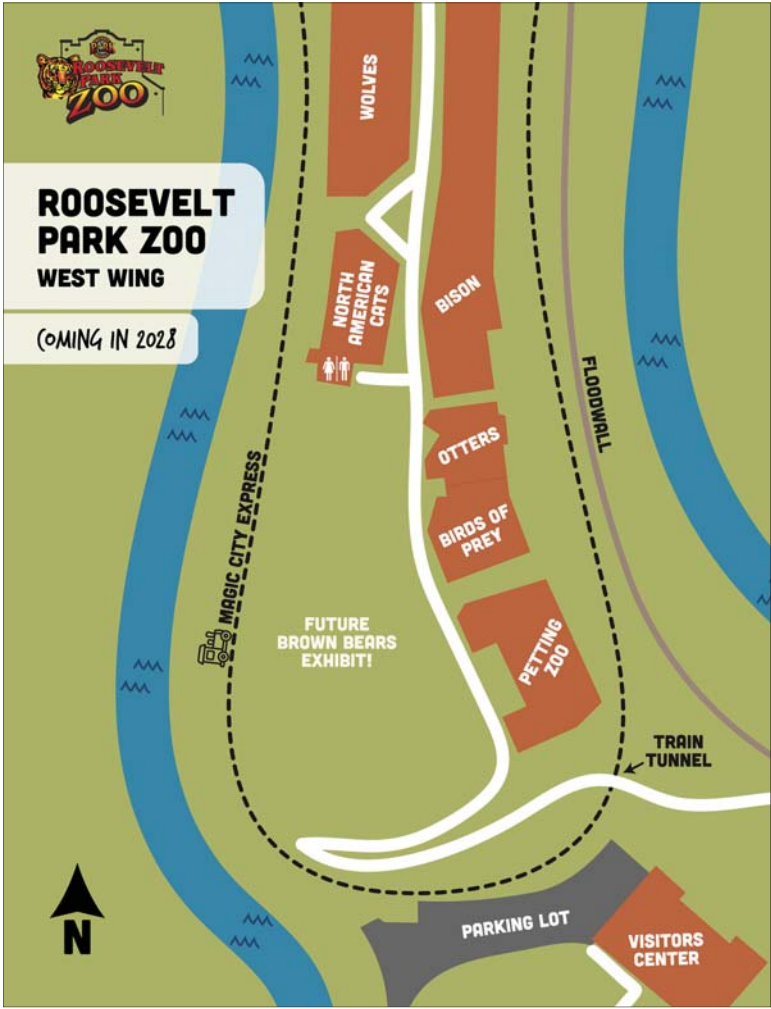
interactive petting zoo experience for guests. The new space will welcome a variety of friendly barnyard animals, including a miniature Highland

Cow, chickens, and more exciting additions that will be announced in the months ahead.

After years of construction and transformation, the zoo is excited to begin unveiling new experiences created for animals, guests, and the community. The petting zoo is another milestone in the continued growth of Roosevelt Park Zoo and its commitment to providing engaging educational opportunities for visitors of all ages.

More details and animal announcements will be shared as this new space moves closer to opening.

For more information, please call the Roosevelt Park Zoo at (701)857-4166.



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BABY BOY BORN JULY 7, 2026 TO:  
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BABY GIRL BORN JULY 8, 2026 TO:  
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For more information contact:  
Jim Bowman- [nd135.president@afa.org](mailto:nd135.president@afa.org)

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YOUTH IN ACTION

# It's not November, but the Turkeys are Sweatin'!

We had a pretty mild summer up until the weekend of July 10th-12th. The temperatures ranged from 87 degrees to 105 degrees with 100% humidity leading the wave. Despite the weather, it's important to maintain educational awareness at home, overcoming or avoiding any "summer slide" or regression in student learning. One way to do this is to view the world in which your child is currently engaged through a new lens.

Turkeys are everywhere in our natural environment in North Dakota, so when you see a turkey – pause and reflect on the bird. Do you know how this bird was seen by Benjamin Franklin? Read "A Respectable Bird" on nwtf.org. Do you know they can fly and have amazing eyesight? Research trivia/facts. You could even try writing a funny story together with your student on these interesting birds! Learning shouldn't be limited to the classroom, but embraced where you're at—so wing it!

*The information in this article is provided as a resource and does not constitute endorsement by Minot AFB, the United States Air Force, or the Department of War of the external website, or the information, products, or services contained therein.*



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# 101 Critical Days of Summer safety hazards

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Your safety is critical this summer. From Memorial Day to Labor Day is known as the “101 Critical Days of Summer.” Significant increase in accidents and injuries happen during this period, so let’s prevent an accidental tragedy by proactively engaging risk management.

Consider the cost of ignoring safety: From 2021 to 2025, the Department of the Air Force lost 50 members in preventable motor vehicle accidents. In 2025 alone, we lost eight members to water-related incidents, the highest number in five years. Plan ahead; assess the risks; and make this a safe, injury-free summer.

“Our operational readiness is directly tied to how we conduct ourselves off duty,” said Brig. Gen. Otis Jones, DAF chief of safety. “The tragic loss of 50 personnel on our roads over five years and eight on the water last summer shows that complacency is our deadliest adversary. We must apply the same rigorous risk management at home as we do in the workplace — it is a fundamental duty of every Airman and Guardian to protect themselves and each other.”

Here are important safety hazards to be aware of and tips to help avoid them:

**TRAVEL:**

Motor Vehicle Accidents: Increased road travel during vacation season leads to more accidents. Factors include distracted driving, speeding, drunk driving, drowsy driving, risk of tire blowouts and increased traffic congestion.

Tips: Never drink and drive, follow all speed limits, keep your eyes on the road, and don’t drive distracted.

Motorcycle Accidents: More motorcyclists on the road during the summer months increases the risk of accidents. Factors include speeding, drunk riding and not wearing personal protective gear.

Tips: Always wear your personal protective gear for every ride, never drink and ride, and don’t speed.

Bicycle Accidents: Bicyclists should ride a bike that fits them, follow the rules of the road and yield the right of way to motorists.

Tips: Always be seen, wear a properly fitting helmet and ride defensively to avoid accidents.

Pedestrian Accidents: Increased pedestrian traffic, especially near tourist attractions and beaches, can lead to accidents.

Tips: Always watch for pedestrians, and pedestrians should

refrain from phone distractions, use crosswalks and always look both ways.

**WATER:**

Drowning: Increased swimming, boating and other water activities significantly raise the risk of drowning. Factors include lack of swimming ability, unsupervised children and alcohol consumption near water.

Tips: Always keep an eye on children, use life jackets anytime you are on or near the water, and never swim alone or use alcohol.

Boating Accidents: Higher boating traffic leads to increased collisions, capsizing and falls overboard. This is compounded by factors like speeding, alcohol use, operator inexperience and lack of life jackets.

Tips: Take a boating course, don’t speed and follow all water rules. Everyone should have a U.S. Coast Guard-approved life jacket while on the boat or near the water.

Rip Currents: Strong, narrow

currents moving away from shore can quickly pull swimmers out to sea.

Tips: First of all, don’t panic. Don’t fight the current directly, swim parallel to the shore to get out of a rip current and never swim alone.

**HEAT:**

Heatstroke and Heat Exhaustion: Prolonged exposure to high temperatures and humidity can lead to these dangerous conditions. Factors include strenuous activity in the heat, dehydration, lack of acclimatization and underlying medical conditions.

Tips: Know the signs to avoid heatstroke or heat exhaustion, remove the person from the heat and cool them down, and call 911. Vehicles can be a danger to children and pets; the temperature inside a car can rise to deadly levels rapidly.

Dehydration: Whether working on the flightline or in your yard not drinking enough fluids, especially



during hot weather and physical activity, can lead to dehydration and its associated health problems.

Tips: Drink water often and before you start feeling thirsty, as that is a sign of dehydration. Choose water or drinks high in electrolytes to stay hydrated. Remember that sugary drinks, caffeine and alcohol can dehydrate you.

Sunburn: Excessive exposure to the sun’s ultraviolet rays can cause sunburn, increasing the risk of skin cancer.

Tips: Use sunscreen with an SPF of 30 or higher to protect you from sunburn. Use a hat or find shade.

These hazards are not exhaustive, and specific risks may vary depending on location and individual activities. It is essential to be aware of potential dangers and

take appropriate precautions to stay safe during the summer months. Remember to prioritize safety, plan for the unexpected and always be mindful of your surroundings.

“People, our most valuable resource,” said Keith Lear, chief of Occupational Safety, Air Force Safety Center. “The ‘101 Critical Days of Summer’ challenge us to protect that resource with unwavering vigilance. Don’t let a preventable accident be the last chapter of your summer story. Plan, prepare and consider the risk. Bottom line: think before you do! Preventive measures you take can make this summer the best one yet!”

For additional information: <https://www.safety.af.mil/Divisions/Occupational-Safety-Division/Summer-Safety/>.

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

### HELP WANTED

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

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By email or phone at  
amello@kalixnd.org  
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Aug7

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### MINOT AFB

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

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

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### TITUS & PHILEMON

Everyday adventures of Titus and Philemon and their owner Joe.



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

TIMOTHY TIMM

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# Magic City Discovery Center Announces 2nd Annual “Night of Nostalgia” Fundraiser

MAGIC CITY DISCOVERY CENTER

The Magic City Discovery Center (MCDC) invites the community to step back in time for an unforgettable evening of fun, nostalgia, and philanthropy at “Night of Nostalgia,” the organization’s largest annual fundraiser, taking place Monday, August 11 from 6:00–9:00 p.m.

This adults-only event will transform the entire museum into a playful throwback to the school days we all remember — complete with interactive challenges, elevated cafeteria-inspired cuisine, rooftop entertainment, and themed experiences throughout the Discovery Center.

Guests are encouraged to engage with the museum exhibits, mingle with friends and fellow community members, show off their school spirit, and enjoy a one-of-a-kind evening in support of MCDC’s mission to inspire lifelong learning through discovery, creativity, and play.

“Night of Nostalgia is more than just a fun evening out,” said Matthew Farnsworth/Executive Director. “Every ticket purchased

directly supports future exhibits, educational programming, and access initiatives that help us continue creating extraordinary learning experiences for children and families across our region.”

As a 501(c)(3) nonprofit organization, the Magic City Discovery Center is dedicated to transforming the lives of children and families through educational opportunities that inspire curiosity, creativity, collaboration, and joy. Through innovative exhibits and community partnerships, MCDC continues to foster meaningful family engagement and lifelong learning opportunities for visitors of all ages.

Tickets are available now, and attendees are encouraged to secure their spots early.

Night of Nostalgia is brought to you in part by Valedictorian Sponsor, First Western Bank & Trust.

For tickets or more information, visit [www.magiccitydiscoverycenter.com/night-of-nostalgia](http://www.magiccitydiscoverycenter.com/night-of-nostalgia).



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by Patricia Stockdill

**FISHING:**

- Lake Sakakawea elevation, July 20: 1,828.15 feet above mean sea level (MSL); 17,900 cubic feet per second (CFS) Garrison Dam average daily releases.
- Devils Lake elevation: 1,450.43 feet above mean sea level (MSL). Stump Lake elevation: 1,450.07 MSL.
- N.D. Game & Fish Dept. game wardens: Scattered walleye success on some north-central area lakes but no consistent activity. No Devils Lake or Lake Sakakawea reports.
- Devils Lake, Woodland Resort, Devils Lake: Work the weed edges around 9 feet with spinners and leeches or crankbaits for walleye.
- Lake Darling, Karma C-Store, Ruthville: No new reports from area lakes. Beware of potential blue-green algae on Lake Darling.
- Lake Metigoshe, Four Seasons, Bottineau: Good numbers of bluegill continue from the docks and shore. Wait for cooler evening temperatures for any walleye bite.
- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Try a variety of presentations and baits on the east end of Lake Sakakawea as shallow as 3 to 4 feet out to 25 feet. Missouri River tailrace remains fair for walleye. No Lake Audubon reports.
- Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Lake Audubon weedy out to 20 feet so anglers working 25 to 35 feet for walleye. Look for nice smallmouth bass activity, as well. Reports limited from the east end of Lake Sakakawea.
- Lake Sakakawea, Indian Hills Resort, Garrison: Try the north side either direction from the resort, including Nishu Bay, or the south side around McKenzie Bay for walleye in 15 to 20 feet.
- Lake Sakakawea, New Town: Nice numbers of eater-sized, 17- to 18-inch walleye coming from the Van Hook Arm. Try lindy rigs with nightcrawlers.
- Lake Sakakawea, Van Hook Bait & Tackle, New Town: Fair to good walleye activity in 12 to 18 feet using leeches or nightcrawlers throughout the Van Hook Arm with better success on days with a little breeze.
- Lake Sakakawea/Missouri River, Scott’s Bait & Tackle, Pick City:

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](http://www.woodlandresort.com)), Facebook at ([facebook.com/woodlandresortDL](https://facebook.com/woodlandresortDL)), telephone (701) 662-5996, extension 1, or email ([woodlandresort@gondtc.com](mailto:woodlandresort@gondtc.com)). They’re located at 1012 Woodland Drive, Devils Lake, N.D. 58301.

- OUTDOOR NOTES:**
- N.D. Dept. of Environmental Quality issued blue-green algae advisory for Lake Darling, Devils Lake, and Lake Brekken (McLean Co.). Use caution and go to their for information and safety precautions, ([deq/nd.gov/WQ](http://deq/nd.gov/WQ)).
  - July 24 & 25: N.D. Game & Fish Dept. Conservation & Outdoor Skills Park open in conjunction with the N.D. State Fair.
  - July 24 & 25: North Dakota State Fair.
  - July 24 & 25: 21st Annual Halloween in July with 2 days of family activities, Lake Metigoshe State Park, Bottineau.
  - July 26: Arts in the City, Oak Park, 4 p.m.
  - July 27: Yoga in the Alley (free), Citizens Alley, 6:30 p.m.
  - July 31: Yoga in the Park, Oak Park, 7 p.m.
  - Aug. 1 & 2: Car & Tractor Show, Pioneer Village Museum, Burlington (free) with an array of activities.
  - Aug. 4: Yoga (free) in the Alley, Citizens Alley, 7 p.m.
  - Aug. 4: Pronghorn applications due. Go to the N.D. Game & Fish Dept. website, ([gf.nd.gov](http://gf.nd.gov)) for information and application.
  - Aug. 6: Back to School Bash (free), North Hill Sports Complex with games, bounce house, face painting, & more, 10 a.m.
  - Aug. 7: Movie in the Park, Zootopia (free), Oak Park, 9:30 p.m.
  - Aug. 7 – 9: 10th Annual Bison Bash, Cross Ranch State Park south of Hensler. Hikes, games, and other activities celebrating the area ecosystem and bison.
  - Aug. 8: 5K Color Walk Run, Roll, & Lend-A-Paw Festival, 9 a.m. Contact the Souris Valley Animal Shelter for more information.
  - Aug. 8: EMS Kid Day and Lighted Boat Parade, Fort Stevenson State Park, Garrison. Family activities and emergency service personnel equipment tours and displays beginning at 4 p.m. followed by live music and evening lighted boat parade.
- TOURNAMENTS:**
- July 25: Lake Sakakawea, White Earth Bay; Devils Lake, Creek Bay; South Hoffer Lake.
  - Aug. 1: Lake Audubon, Totten Trail; Lake Sakakawea, Fort Stevenson State Park; Lake Sakakawea, 4 Bears; Lake Sakakawea, Sakakawea State Park.
  - Aug. 7 & 8: Lake Sakakawea, Fort Stevenson State Park.
  - Aug. 8 & 9: Lake Sakakawea, Parshall Bay.
  - Aug. 8: Devils Lake, Minnewaukan; Lake Audubon, Cabin Sites; Lake Sakakawea, Van Hook Arm; Lake Sakakawea, White Earth Bay.

Missouri River tailrace continues producing walleye and catfish with better success in the morning and evening, especially from boats, using lindy rigs and nightcrawlers or jigs and minnows. Some trout mixed in. Try late evening after 10 p.m. from the rocks from shore for walleye. Try 20 feet for walleye with spinners or lindy rigs on the east end of Lake Sakakawea but look for fish to move deeper with hot weather. A few salmon coming from Deadman’s Bay in 40 to 75 feet but not many salmon anglers on the water yet.

- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Upper end of Lake Sakakawea producing nice walleye bite with better success now as far west as White Earth Bay as water clears. Try spinners rigs with nightcrawlers around 16 feet. Also try leeches. Some catfish activity yet on the Missouri and Yellowstone rivers. Look for more sauger activity as water continues to clear. Blacktail Dam producing nice pike with walleye activity in the evening. Try Kota-Ray Dam and Kettle Lake for trout.

- North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: No new reports from area lakes or the Souris River.
- RIVER ELEVATIONS & STREAMFLOW FOR PADDLE CRAFT ACTIVITIES** (conditions can vary):
- Lake Darling, Foxholm: Elevation, 1,598.03 MSL.
  - Little Missouri River, Long X Bridge: River stage 7.51 feet; streamflow, 134 CFS.
  - Little Missouri River, Medora: River stage 1.54 feet; streamflow, 27.2 CFS.
  - Missouri River, Williston: River stage, 13.61 feet.
  - Missouri River, Washburn: River stage, 9.59 feet.
  - Souris River, Broadway Bridge, Minot: River stage, 41.68 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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# What's Going On Minot AFB

FRIDAY24

- Friday Flicks, 1630, Rockers Bar & Grill

SATURDAY25

- Pokémon Escape Room Game Begins, Minot AFB Library
- Paintball Open Play, 1000-1400, Paintball Field, hosted by Outdoor Recreation
- Air Force Gaming — Fighting Game Series, 1300, Northern Paradise AMD, inside of Bomber Bistro

SUNDAY26

- Sunday Escapes Book Club, 1330, Base Library

Scan for full event details



MONDAY27

- AFFT, 0530, McAdoo Fitness Center
- TAP DOW Transition Day, 0800-1600, M&FRC
- AFFT, 1100, McAdoo Fitness Center
- Newbery Book Club, 1600, Minot AFB Library

TUESDAY28

- AFFT, 0530, McAdoo Fitness Center
- TAP VA Services and Benefits Briefing, 0800-1600, M&FRC
- Tuition Assistance (TA) Brief, 1000, Education Center
- Game Day, 1000-1930, Minot AFB Library
- AFFT, 1100, McAdoo Fitness Center

WEDNESDAY29

- AFFT, 0530, McAdoo Fitness Center
- TAP Employment Fundamentals of Career Transition, 0800-1600, M&FRC
- Learning Tree Storytimes, 1030, Minot AFB Library
- AFFT, 1100, McAdoo Fitness Center

FRIDAY31

- Registration Closes: Youth T-Ball & Baseball, CYPBMS
- TAP DOL Employment Track Workshop, 0800-1600, M&FRC
- USO Entertainment — Minot Hot Tots Baseball, 1800-2200, Corbett Field

SATURDAY01

- July Photo Scavenger Hunt Ends, Minot AFB Library
- Baby and Me Storytime, 1100, Minot AFB Library
- Chess Club, 1200-1400, Minot AFB Library
- Coding for Beginners, 1430, Minot AFB Library
- Intramural Football LOIs Due, 1600, McAdoo Fitness Center

SPECIALS

Rockers Bar & Grill Featured Item  
Rockin' Chicken Sandwich

The B-Fifty Brew Featured Item  
Red, White, & Brew Burner

Bomber Bistro Featured Item  
Dragon Wrap

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COMET THEATRE

Disney Show

CNN

Scan QR for info, volunteer, itinerary, & sign up

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THURSDAY30

- AFFT, 0530, McAdoo Fitness Center
- TAP DOL Employment Track Workshop, 0800-1600, M&FRC
- AFFT, 1100, McAdoo Fitness Center
- Tuition Assistance (TA) Brief, 1330, Education Center
- Airmen's Night Out: Baseball Nights, 1730, Corbett Field, hosted by Outdoor Recreation
- Hunger Games Challenge, 1800, Minot AFB Library
- Roy Wood Jr. Comedy Tour, 1800, Jimmy Doolittle Center

12th Annual Summer Games

McAdoo Fitness Center

14 Aug 2026

0800-1630

Face off against other squadrons for points & claim a shot at the top 3 trophies!

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