



WHATS INSIDE
THIS WEEK:



DON'T GO
TO TOWN,
REGISTER
YOUR CAR
RIGHT ON
BASE!

A3



WE WANT IT
TO BE YOUR
RESTAURANT
THE BUNKER
BAR & GRILL
OPENS

A7



MINDGYM
STRENGTHENS
MENTAL
READINESS
FOR TEAM
MINOT AIRMEN

B1



Friends leap into the pool at Minot Air Force Base, enjoying one of the final hot days of summer before the start of the new school year. Families took advantage of the warm weather to cool off and make lasting memories before students return to the classroom.

PANDY WATROUS PHOTO



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Night of Nostalgia: A Throwback Back-to-School Bash for a Great Cause

Class is in session! Dust off your favorite nostalgic school gear, bring your best throwback style, and join us for Night of Nostalgia on Tuesday, August 11th, from 6–9 p.m. at the Magic City Discovery Center! This unforgettable evening of games, food, entertainment, auctions, and memories is made possible in part by our Valedictorian Sponsor, First Western Bank & Trust.

This 21+ event brings back all the fun, laughter, and memories of school days gone by! Enjoy a night filled with nostalgic games, delicious food, entertainment, auctions, and plenty of opportunities to make new memories, all while supporting a great cause.

As our largest fundraising event of the year, Night of Nostalgia directly supports the programs, exhibits, and educational experiences at the Magic City Discovery Center, helping us continue our mission of inspiring curiosity, creativity, and lifelong learning for children and families throughout our community.

AN EVENING FULL OF NOSTALGIC FUN & GAMES

Step back into your school days by checking in at the Secretary’s Office and picking up your very own Night of Nostalgia report card. Complete your “assignments” throughout the evening for a chance to win some incredible prizes!

Your report card will be your guide as you explore the Discovery Center and complete different

“classes” and activities throughout the night. A few highlights include:

- Capture your best school picture with Hint of Whimsy
- Try your hand at a fun science experiment in the Science Lab
- Take a trip back to Art Class with classic cootie catchers and creative coaster designs
- Put your guessing skills to the test with our Guesstimation Jars in the Math Lab
- Complete your report card and turn it in for a chance to win exciting prizes, including:

- o A \$1,000 higher education fund from First International Bank & Trust
- o A custom cornhole board set from Maverick Law
- o A Magic City Discovery Center Membership or Venue Rental Certificate

GAMES, TREATS & THROWBACK MEMORIES

It wouldn’t be a school day without lunchtime! Enjoy elevated takes on school lunch favorites from Off the Vine throughout the evening on all four floors of the Discovery Center!

Take a trip back to the days of school carnivals and test your luck at “Gone Fishin” by casting your line and seeing what fun surprise you can catch! Bring your best “fishing skills” and don’t miss your chance to take home a prize.

We’ll also be hosting a Bake Sale Auction featuring delicious homemade treats from talented

community bakers who are known for creating some truly amazing goodies. From classic favorites to creative new creations, you’ll want to bid on your favorites while supporting the Magic City Discovery Center.

DANCE, BID & CELEBRATE

Get ready to dance the night away at the Homecoming Dance with Balderdash on the rooftop while enjoying great music, a beautiful evening view, and a memorable night with friends.

The excitement continues with our live auction beginning at 8 p.m. featuring incredible packages and experiences, including:

- Couple’s night at The Vardon Golf Course for up to 10 people
- Arizona Vacation Home Retreats
- Trips to Ireland, Portugal, and Italy
- And many more unforgettable experiences!

SUPPORT THE MAGIC OF DISCOVERY

Night of Nostalgia is more than just a fun evening, it’s also an opportunity to support the Magic City Discovery Center and the hands-on experiences we provide for children and families throughout our community.

The mission of the Magic City Discovery Center is to engage children and families in the magic of lifelong learning through discovery, creativity, and play. The center creates extraordinary



learning experiences that inspire curiosity, creativity, and joy while fostering family and community engagement through collaboration and educational opportunities.

Join us on August 11th from 6–9 p.m. for a night of nostalgia, laughter, entertainment, and giving

back. Bring your friends, dress in your favorite throwback style, and help us celebrate the magic of learning while supporting the future of our community.

Tickets are available now at: www.magiccitydiscoverycenter.com/night-of-nostalgia



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Don't Go to Town, Register Your Car Right on Base!

A pilot program led by the Minot Area Chamber EDC has brought Minot Motor Vehicle services directly to Minot Air Force Base, giving Airmen and their families a convenient way to take care of vehicle-related paperwork without leaving base.

On the last Thursday of each month from 8:30 a.m. to noon, Airmen and families can visit a mini Motor Vehicle Division office just inside the rear entrance of the Bomber Bistro. The monthly office is manned by Lacey Coleman, who manages the full-time Minot Motor Vehicle Division office at Arrowhead Shopping Center in Minot.

Coleman told the Northern Sentry that the idea began about a year ago during a Team Minot meeting, when Chief Master Sgt. Wayne Sharp, the former 5th Bomb Wing Command Chief, mentioned the time Airmen were spending leaving base for routine vehicle-related tasks. Team Minot brings Task Force 21 members and base leadership together to identify ways the community can support the mission, Airmen, and their families.

"I know firsthand the unique quality-of-life and logistical challenges our Airmen face," Sharp said. "One persistent issue was the significant time required to drive into town just to register

a vehicle—often draining several hours of critical duty and personal time. The idea to establish a monthly on-base DMV service stemmed directly from analyzing the cumulative man-hours we could return to the wing annually."

From there, the team at the Minot Area Chamber EDC ran with the idea. Coleman, along with President | CEO Brekka Kramer and Vice President Carla Dolan, worked to establish a solution that would bring the services of the Minot Motor Vehicle office, which the Chamber EDC is contracted by the State of North Dakota to operate, to Minot Air Force Base.

The result of those efforts is the monthly office inside the Bomber Bistro. Coleman says no appointments are necessary for anyone looking for service during her monthly trips to the base. Staff can issue license plates on site and complete many other vehicle-related services.

Customers may also visit the Minot Motor Vehicle Branch at Arrowhead Shopping Center, which is open Monday through Friday from 8:30 a.m. to 5:00 p.m., or use the title and registration kiosk located there. Using either location supports the Chamber EDC and its work to support the military community in the Minot area.

Titles are mailed directly to customers under the current



Lacey Coleman, manager of the Motor Vehicle Minot Branch, stands ready to assist Airmen during monthly motor vehicle services offered on base the last Tuesday of each month.

CARRIE DRIVER PHOTOS

North Dakota Department of Transportation process. As the pilot continues, the Chamber EDC will monitor usage and look for ways to make the process seamless.

She also explained that determining whether military members or their spouses need to register their vehicles in North Dakota can sometimes be confusing. While the office follows North Dakota law, it is also helpful to know a service member's home of record or legal state of residence, since the laws of that state can affect registration requirements.

For more information about North Dakota vehicle registration and driver's license requirements for military members and their spouses, read the Northern Sentry article, "License and Registration, Please?" at <https://northern Sentry.com/2023/01/13/license-and-registration-please/>.

Chief Sharp said he is pleased to see the initiative continue to serve Team Minot even after his departure.

"This is a massive, tangible win for Team Minot," Sharp said. "It directly preserves mission readiness

by keeping our Airmen focused on the strategic deterrence mission, shields them from hazardous North Dakota winter driving conditions, and significantly eases the transition for incoming military families."

Sharp acknowledged that initiatives like this do not always come together quickly or easily, but he praised the Minot Area Chamber EDC for listening to the needs of the military community and working collaboratively to make the service a reality.

NOTES ON BEING SAFE

SPEEDING CATCHES UP WITH YOU

Speeding endangers everyone on the road: In 2020, speeding killed 11,258 people. We all know the frustrations of modern life and juggling a busy schedule, but speed limits are put in place to protect all road users. Learn about the dangers of speeding and why faster doesn't mean safer.

For more than two decades, speeding has been involved in approximately one-third of all motor vehicle fatalities. In 2020, speeding was a contributing factor in 29% of all traffic fatalities.

Speed also affects your safety even when you are driving at the speed limit but too fast for road conditions, such as during bad weather, when a road is under repair, or in an area at night that isn't well lit. It not only endangers not only the life of the speeder, but all of the people on the road around them, including law enforcement officers. It is a problem we all need to help solve.

Seeding is more than just breaking the law. The consequences are far-ranging:

Greater potential for loss of vehicle control.

Reduced effectiveness of occupant protection equipment.

Increased stopping distance after the driver perceives a danger.

Increased degree of crash severity leading to more severe injuries.

Economic implications of a speed-related crash; and even increased fuel consumption/cost.

Speeding is a type of aggressive driving behavior. Several factors have contributed to an overall rise in aggressive driving:

Traffic congestion is one of the most frequently mentioned contributing factors to aggressive driving, such as speeding. Drivers may respond by using aggressive driving behaviors, including speeding, changing lanes frequently, or becoming angry at anyone who they believe impedes their progress.

Some people drive aggressively because they have too much to do and are "running late" for work, school, their next meeting, etc...

A motor vehicle insulates the driver from the world. Shielded from the outside environment, a driver can develop a sense of detachment, as if an observer of their surroundings, rather than a participant. This can

lead to some people feeling less constrained in their behavior when they cannot be seen by others and/or when it is unlikely that they will ever again see those who witness their behavior.

The vast majority of motorists rarely drive aggressively, and some never do. For others, episodes of aggressive driving are frequent, and for a small proportion of motorists it is their usual driving behavior. Occasional episodes of aggressive driving—such as speeding and changing lanes abruptly—might occur in response to specific situations, like when the driver is late for an important appointment, but is not the driver's normal behavior.

If it seems that there are more cases of rude and outrageous behavior on the road now than in the past, the observation is correct—if for no other reason than there are more drivers

driving more miles on the same roads than ever before.

Speeding behavior and aggressive drivers may not only affect the speeder—it can also affect other drivers, pedestrians, and bicyclists. Here are some tips for encountering speeders on the road:

If you are in the left lane and someone wants to pass, move over and let them by.

Give speeding drivers plenty of space. Speeding drivers may lose control of their vehicle more easily.

Adjust your driving accordingly. Speeding is tied to aggressive driving. If a speeding driver is tailgating you or trying to engage you in risky driving, use judgment to safely steer your vehicle out of the way.

Call the police if you believe a driver is following you or harassing you.

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The Power of One...Stand For The Red, White & Blue



A VIEW FROM OUR SIDE

ROD WILSON

northernsentry
MINOT AIR FORCE BASE NEWSPAPER | WWW.NORTHERNSENTRY.COM

I was sitting at a table enjoying breakfast with a couple of Veterans in the rural North Dakota community of Maddock. Having not been back to my hometown for quite a while, I would introduce myself and in turn these vets introduced themselves to me.

Later that day these two would be part of the Honor Guard that would lead the parade that celebrated the 125th Anniversary of Maddock. “I graduated with your brother, Rod” said the gentlemen who introduced himself as Brad Odden. I shared with him that my oldest brother Ken has passed away exactly 10 years prior at the young age of 65. For a while we talked about service and other veterans in the community I might have known.

A quick check of his watch alerted him it was time to head to downtown Maddock and get dressed for the parade. “Hey Brad, you know I have never had a chance to thank you for your service” I said, to which he replied, “well thank you, but you know what you should write about in that newspaper of yours?” Brad asked “you should write about all those folks who sit along the parade route and don’t stand when the American Flag goes by anymore.”

“Glad you mentioned it, Brad” I said “my article this week was going to talk about how we as Americans have kind of forgotten about standing when a color guard goes by. I noticed at the recent North Dakota State parade that there were several areas where people just sat in their lawn chairs

and watched the American Flag go by.” “Wouldn’t haven’t happened when you and I were young” Brad said.

Brad’s comment reminded me that this tradition was taught to me long before that morning in Maddock, and it is a lesson I have carried from one parade route to the next.

A YOUNG MAN LEARNS

Once in a while a journalist has to get “out in the weeds” with a story, and perhaps that is where we are headed right now. But I have to share a story about a trip to Canada when I was “young” as Brad would say. We were in my Dad’s hometown of Killarney, Manitoba. For those of you who don’t know about Killarney, the city has an Irish heritage. The founder named the city Killarney because the area reminded him of Killarney, Ireland.

My family had arrived at the parade route on July 1st, Canada Day, similar to the 4th of July in the United States. I ran ahead to the parade route and found a spot where I could see the parade, and certainly I arrived in a nick of time as their color guard was not too far up the street. I stood and watched as the Canadian Flag Corps got closer. It was only a few feet up the street when all of a sudden I received a very swift and uplifting kick in the pants. Surprised, I turned and looked and there stood an older gentleman in his Canadian Forces uniform leaning on a walking stick. He looked down at me and sternly said “Stand at attention laddie and put

your hand over your heart. That’s the Union Jack (the Canadian Flag of the time) out there.” I have to say my Dad was very patriotic, but that wasn’t the American flag. However, from that day on, and all the way through my Scouting years, and even to this day, I stand at attention as the American flag goes by, and I taught my kids the same respect.

THE POWER OF 1...

What I have discovered through my years as a Scout leader, and citizen, is that it only takes one patriot to stand in respect for the American flag whether it be in a parade, in a show, or being raised on a flagpole, for the rest of the audience to stand beside him/her.

On Saturday I was seated about a block from where the parade turned the corner and headed up Main Street Maddock, and I put my theory to test. As soon as I got a glimpse of the Color Guard at the corner, I stood up and removed my hat. Everyone stood around me and pretty soon the entire crowd was standing. Then I heard a mother tell her son “take off your hat and put it over your heart until the flag goes by.” You guessed it, I had a bit of a flashback to my experience in Killarney, Canada.

I am guessing that most people would have stood for the American Legion Color Guard in Maddock, but it was certainly heartwarming to see the youngster in front of me with his hand over his heart, and every time a flag went by in the parade, both he and I, and most others, stood in respect.

A TRADITION NOT FORGOTTEN

I had heard from several about my Memorial Day article remembering the white crosses adorned with American Flags. This weekend near the Maddock Public school, the American Legion had once again placed the memorial flags on display. There were many more flags now, and of course many more names that I recognized. The wind whispering through the flags was the only sound I heard as I walked and read those names. They all deserved to be a part of the celebration of 125 years of Maddock, and moreover the celebration of 250 years of the United States. Let them never be forgotten, because their service has given us the freedom to celebrate these special anniversaries.

That is why Brad’s request matters: one person standing can remind a whole crowd what respect looks like.

RAMBLIN’

I am certainly proud of and thankful for those volunteers who organized the 125th Anniversary Celebration in Maddock, North Dakota. There were many, many celebrations like the one in Maddock this year. When you are traveling and have the opportunity to slow down a bit and visit some of these small town museums and city parks you will certainly learn about the culture and heritage of the area.

TODAY’S CHUCKLE

The good old days: when you felt good and didn’t look old.



Remembering those who served, and some who gave their lives, for our freedom.



American Legion Color Guard presents colors in Maddock.

Here’s a bizarre piece of history

Godfrey Hyamns.

On the surface, Blackburn was a physician who treated ailments and brought new babies into the world. He was also part of the Confederate underground and was using Toronto as a safe haven while he and Hyamns did their dirty deeds to move the Confederate cause forward.

One day he came up with what he thought was going to be a brilliant idea and that was to assassinate Abraham Lincoln using biological warfare. The plan was to have someone in Cuba collect clothing that had been exposed to yellow fever, seal it in a trunk and deliver it to the White House as a “gift.”

Because yellow fever doesn’t know who “the enemy” is, Hyamns was quite skeptical and didn’t want anything to do with it because it would kill Confederate soldiers as well as women and children. Blackburn changed Hyamns’ mind because the Confederate government was prepared to pay the two men \$700,000 to carry out the plan.

Blackburn took a trip to Cuba and successfully gathered enough clothing to fill a trunk. He sailed back to Halifax with his cargo

convinced the Union Army would be exterminated without the confederacy having to fire one shot.

The trunk made its way first to Boston. A reluctant Hyamns waited in Boston five days for the shipment to arrive from Halifax. From there it went to Philadelphia, then Baltimore, then the nation’s capital.

Hyamns actually saw the trunk being delivered to the White House and although he never found out what happened to the contents, he and Blackburn waited patiently for the untimely death of President Lincoln.

Several weeks passed and nothing had happened. Lincoln, his family, nor any members of Congress became ill. Hyamns returned to Toronto where he was unable to locate Blackburn or the money he had promised to pay Hyamns.

On April 14, 1865, Lincoln was assassinated never to know of the attempt on his life using biological warfare.

Blackburn was later arrested and tried in a Toronto court for allegedly violating Canadian neutrality, but was later acquitted. He returned to the United States and was actually elected as governor of Kentucky. To

this day, historians disagree about the strength of evidence against Blackburn.

After the trial though, he remained in Canada to avoid prosecution by U.S. authorities, but returned to Kentucky in 1868 to help combat a yellow fever outbreak along the Gulf Coast of Texas.

Oddly enough, Blackburn tried to kill Lincoln with yellow fever, but treated others for it after he returned to Kentucky prior to becoming governor in 1879.

It remains unclear where Blackburn got his idea, but by 1881, Cuban physician Carlos Juan Finlay theorized that yellow fever was transmitted by mosquitoes. The theory was later proven in 1900 by the Yellow Fever Commission led by Dr. Walter Reed who confirmed the aedes aegypti mosquito as the carrier of yellow fever.

Members of the Yellow Fever Board visited Finlay in his home in Havana. They used mosquitoes hatched from eggs in his lab to test the hypothesis that the insects transmitted the disease. After a series of experiments, it showed that Finlay’s research was correct.

Take Your Leave!

NATALY ZARRELLA,
NORTHERN SENTRY

In the military, commitment to the mission is second nature. Service members and civilian personnel alike pride themselves on being dependable, stepping up when needed, and ensuring the job gets done. But sometimes that same dedication can make taking leave feel like letting the team down.

I've heard other spouses comment about their spouse not wanting or being able to take leave due to their workload. Many people avoid taking leave because they believe their absence will have a major impact on the mission. Some work in positions where they feel like a single point of failure, while others worry about placing additional responsibilities on their coworkers. It's easy to convince ourselves that now isn't the right time to step away. Before long, weeks become months, leave continues to accumulate, and the opportunity to recharge is pushed further down the road.

The reality is that leave exists for a reason. For me taking leave is not abandoning the mission, it's investing in the people who make the mission possible. Time away allows service members and civilian employees to reconnect with their spouses, children, family, and friends after long periods of demanding work.

Contrary to popular belief we want our spouses' home, I enjoy my husband being home and spending time with our kids. Completely disconnecting from the daily routine can reduce stress, prevent burnout, and improve mental and emotional well-being. When people return refreshed, they are often better prepared to give their best both professionally and personally. I have seen how hard these service members work and sometimes all they need is to recharge.

For parents, the importance of taking leave often becomes clear through the eyes of their children. Many military parents have heard the words, "You're going to work again?" or "Why do you have to go to work?" Those questions can be difficult to hear because every parent wants their child to know they are a priority. Personally, it breaks my heart especially during the summer break to hear my kids say they want us to stay home and spend time with them. While children may not fully understand the demands of work, they do understand quality time.

The moments they remember most are rarely the expensive vacations or elaborate trips. More often, it's the simple days spent together without distractions. For me, my daughters' favorite memories aren't always made on vacation, which I like to travel a lot, they're made during ordinary "girls' days" at home, filled with laughter, bath bombs, movies, face masks and uninterrupted time together. Those are the moments that strengthen families and remind children that, despite the demands of life, they remain at the center of their parents' world.

Leaders also have a responsibility to encourage a healthy culture around leave. Encouraging personnel to use the leave they have earned sends a clear message that taking care of people is essential to taking care of the mission. A workforce that is rested, supported, and connected to their families is ultimately more resilient and more effective.

A coworker and I often joke that we will never be the kind of people who have "use or lose" leave.



Behind the humor is a simple truth, leave is meant to be used. It isn't something to save indefinitely or wear as a badge of honor. It's an important part of maintaining readiness, preventing burnout, and strengthening military families.

The mission will always demand dedicated people willing to give their all. That commitment doesn't change by taking a few days away. If anything, it becomes stronger. Taking leave is not stepping away from responsibility, it's honoring the responsibility we have to ourselves, our families, and the people who count on us every day.

I am not naïve to the fact that sometimes leave cannot always be taken when we want. I had a whole trip planned out when my husband asked if we could postpone it, was I happy? No! But we did and I understand that we will be able to take the trip later. I also know that on other occasions when he has submitted leave it has been approved more times than not.

Ultimately, I think usign leave

is more important than not. So, if you've been putting off that leave request because you think the mission can't survive without you, consider this: a healthy, rested, and connected teammate is far more valuable than one running on empty. Your work will still be there when you return. The memories you make with your family, however, are moments you can never get back.

Take your leave. You've earned it and you, your family and the mission will be better for it.

Are you a military dependent with thoughts on military life or living in North Dakota? We'd love to hear from you! While this column isn't intended as a space for complaints, we're looking for thoughtful, honest perspectives on the experiences, challenges, and unique moments that come with this lifestyle. If you have a topic idea or are interested in writing a column, email: Erin.Beene@willowtreemarketing.com.

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OPERATION BIG SWITCH RETURNS POWS

AUGUST 6, 1953

In 1951, negotiations of a ceasefire and the release of Prisoners of War began between the communists and United Nations. Operation BIG SWITCH, which took place from August 6, 1953 to October 1953, brought thousands of POWs back home. By the end, 75,823 POWs were returned to the communists and 12,773 to the United Nations, including over 3,000 Americans. POWs who wished not to return to their communist countries were released as free citizens. USAF C-124, C-54, C-46, and C-47 transport aircraft brought American POWs from Korea to Japan, and then on to the United States. Due to harsh living conditions in POW camps, many of the repatriated Americans required immediate medical care which was given to them at Tachikawa Air Base, Japan. Nearly 38% of U.S. prisoners were not so fortunate and perished in captivity.

Many POWs who were released needed medical care as soon as they arrived at Tachikawa Air Base, Japan. (USAF Photo)

Information courtesy of: media.defense.gov / nationalmuseum.af.mil / koreanwarlegacy.org

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Semper Fidelis and Aim High!

TOYS FOR TOTS

The U.S. Marine Corps Reserve Toys for Tots Program and the United States Air Force proudly joined forces to launch the first official Northwest North Dakota Toys for Tots event of the year—and what an incredible start it was! We had around 45-50 military, veterans and volunteers that came out to help support us. Special thank you to our local U.S. Marine Corps Recruiter Sgt Marcus Schrimshaw came through and helped. Don't worry those other recruiters that missed out will each be getting their very own sets of crayons delivered to them personally.

Six outstanding nonprofit organizations came together for a day of friendly competition, teamwork, and community spirit. Participants competed in a series of fun and challenging games for the opportunity to take part in the exciting Dash for Cash, earning additional funding to support their organization's mission.

The day was filled with laughter, determination, and unforgettable moments. More importantly, it showcased what can be accomplished when organizations unite with a common purpose: serving our communities and making a positive difference in the lives of others.

On behalf of Northwest North Dakota Toys for Tots, thank you to every nonprofit organization, volunteer, sponsor, and supporter who helped make this kickoff event such a tremendous success. Your dedication and generosity are what make this mission possible.

As we begin another Toys for Tots campaign, we look forward to working together to bring hope, joy, and the magic of Christmas to children and families throughout Northwest North Dakota.

One Mission. One Community. One Team.

Semper Fidelis. Aim High. Together, we make a difference.

Congratulations to the Honeybees on an outstanding win!



Toys for Tots Booth.



Shaun Lewellyn, Director of Toys for Tots, and family having fun at Honeybees game on July 29th.



Ken Gillespie, AKA Dizzy the Clown joins the fun.



Many veterans helped support Toys for Tots at the Honeybees Dash for Cash promotion.



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All About Pets



Protecting your Pet from the Summer Heat

Summer in North Dakota is already off to a great start! It's now the perfect time to go outside and get active with your pet. But with the temperature reaching record highs so early in the season, it's important to take extra precautions to protect your four-legged friend. Since dogs are unable to sweat and cool down through panting only, here are a few things you can do to help them stay cool so you can all enjoy some fun in the sun:

- Stay off of hot pavement—if it will burn your feet, it will burn their paws. Try to take your dog for walks in the early morning or evening. Not only will the temperature be cooler, but the pavement won't be as hot. You can also opt to take them on walks through wooded forests or on dirt or grass paths. Some pet owners may use "dog shoes" when there's no other option, but most pets will probably not find this comfortable.
- Water your dog—yes, you read that right. Not only is important to have a constant supply of fresh, cool water when outside on a hot day, but it can be beneficial to literally water your dog! Fill up a kiddie pool and throw in their favorite ball, turn on the sprinklers, take your dog to a lake or creek, or grab the sprayer and hose them down. Not only are these fun ways to enrich your dog, but they will keep body temperature down so everyone's happy. If your dog doesn't like water, you can slowly work up to it through desensitization and counter-conditioning, or you can just provide them with a shaded area or leave them inside.
- Never leave your dog in the car—does this need to be said anymore? It still happens often, so yes. If you can't take your dog inside wherever you're going, leave them home. If you can't find a fully shaded parking spot and leave the AC on full blast, leave them home. If you're going to be gone for an extended period of time, leave them home.
- Find indoor activities—sometimes it's too hot for anyone, pets or parents alike, to be outside. To keep your dog busy on days like this, try getting creative with your indoor activities. You can play tug of war in the living room, let them watch dakrats scurry by out the window, play hide and seek, work on some training... the possibilities are endless. If you really want to get out of the house, there are many dog-friendly businesses where you can bring your pet inside. Any pet stores, Tractor Supply Co., and Hobby Lobby are a few favorites. (Be sure to call your location first before bringing any pets in, and make sure they're mindful of their manners!)

Despite all our efforts, dogs are still at risk for heat stroke on a hot day. Watch out for excessive panting, confusion, vomiting, bright red gums, lethargy, body temperature over 104 degrees, and collapse, seizure, or coma. Take your pet to the vet immediately if you suspect they have excessive heat stress.



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We Want It To Be Your Restaurant

The Bunker Bar & Grill Opens

ROD WILSON, NORTHERN SENTRY

“We are on our way,” declares Rahul Sharma, owner of the Clarion Hotel, “maybe with a limited menu for now, but we are working on a date to go to our regular menu.”

Since the Ground Round closed on the east side of the Clarion, the facility has been without a restaurant. Recently, there has been activity in the location that once housed a restaurant and bar, including cleaning and painting. “And now we are open as The Bunker Bar and Grill,” says Sharma.

The Bunker Bar & Grill is now open for lunch and dinner and continues to expand its menu. It is located on the east end of the Clarion Hotel on East Burdick Expressway, across from the North Dakota State Fairgrounds.

OPENING WITH A LIMITED MENU

The menu today is not what it will be in the future. “I don’t want to go to full menu today and not be 100% prepared,” Sharma shares, “but I can guarantee that whatever we serve it will be of good quality, and of course we want to hire the right people, too.”

The new menu features burgers and melts, fish & chips, and Mission Combo Meals that include Freedom Fries and a drink. However, the menu will continue to expand “because we want to serve people food that they like and food that they want. I heard about knoephla soup, and how it is a tradition in this area. That’s just an example of something we’ll add to our menu because the people want and like it,” adds Sharma.

RENOVATIONS AND ROOM TO GROW

The Bunker Bar & Grill will open in what people will remember as the bar side of the old Ground Round, and that area seats about 100 people. “But we will eventually expand into the other area, the restaurant area, as we grow,” says Sharma, “and that area also serves 100 people, so we will have a possibility of 200 people.”

Re-opening a new restaurant



Owner Rahul Sharma stands in remodeled kitchen at the Bunker Bar & Grill.

required some work, according to Sharma, including completely updating the kitchen area to

long term,” adds Sharma.

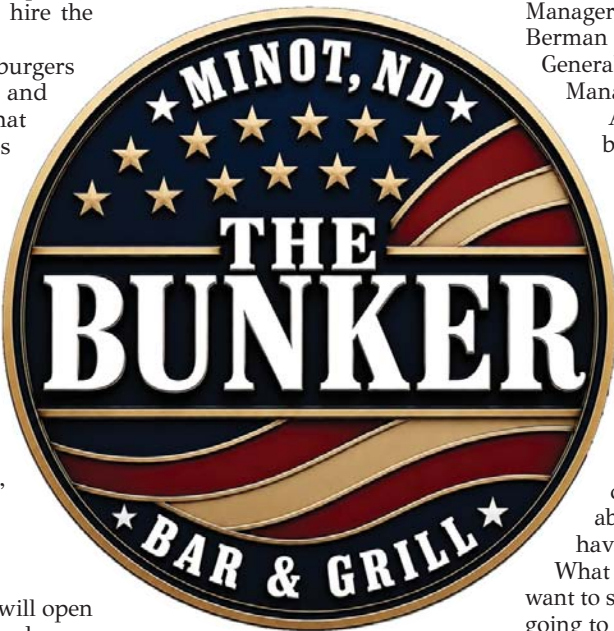
LEADERSHIP AND COMMUNITY FOCUS

Carla Eveanson is the General Manager of the Clarion Hotel, Laura Berman is the Bunker Bar & Grill General Manager, and the Kitchen Manager is Nycole Frech.

Another unique approach by The Bunker is to offer special discounts and special days not only to active duty military and veterans, but also to first responders and teachers. “We call it serving those who serve,” according to Sharma.

Another feature will be a large Bunker Hall of Fame Wall, “where people can leave positive remarks about people in the area who have served the community.

What good community neighbors want to say about each other. We are going to have an online submission, or people can actually bring articles and pictures and post them here on our board. If it’s negative it won’t be up there, only positive.”



accommodate an American-style food menu. Guests will also notice the large-screen televisions and the completely remodeled seating area. “We really, really hope the community enjoys the Bunker Bar & Grill, and if they do we’ll be here



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For more information contact:
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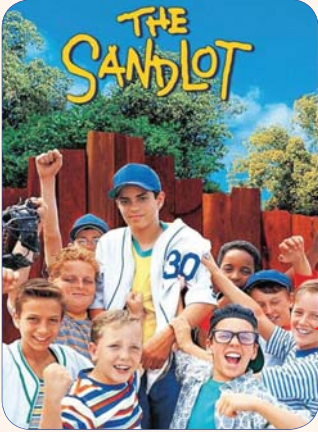
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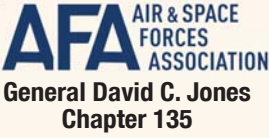


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AFA AIR & SPACE FORCES ASSOCIATION
General David C. Jones
Chapter 135



northern sentry
MINOT AIR FORCE BASE NEWSPAPER
WWW.NORTHERNSENTRY.COM

Minot AFB Tire Repair

Flat Tires may create the rim of the wheel to rest on the tire tread or on the ground possibly triggering in loss of control of the auto or irreparable damages to the tire. One of the most usual source for a flat tire is penetrating of the tire by a sharp object, such as a nail, allowing air escape. Depending on the size of the puncture, the tire could deflate slowly or swiftly. Which may lead to the following concerns:

- Failure of or damages to the valve stem;
- Allowing air to escape from the valve or triggering damages through intentional puncturing
- Rubbing of the tire versus the roadway, tearing the tire, or splitting up of tire and rim by collision with additional objects;
- Too much wear of the tire tread causing explosive tire failing or permitting roadway fragments to tear through it
- Some tires, particularly a slow leakage, may be fixed and re-inflated; others, particularly those from worn tread, have to be changed.

Here are some simple methods to catch tire troubles before they become pricey or unsafe. Take a good examination of each tire in a well lit atmosphere. Examine for uneven tire wear, which can easily be created by:

- Too much or insufficient air pressure
- Issues with tire alignment or tire balancing
- Troubles with the suspension
- Unequal tire wear could be an indicator that you may have to have your tires rotated

These could suggest you need brand-new tires--soon. Driving with a flat tire, specifically at high speeds, may cause a fatal accident. These troubles have the possibility to create a blowout, causing a loss of control that may be incredibly harmful.

- Fracturing or bulging treads or sidewalls that may suggest there is wear or weak point
- Foreign items that pass through in to the tire (nails, screws, glass)
- Tread tearing away from the body of the tire

If you find any of these issues, come see us for a thorough and speedy tire repair. We'll inspect and adjust your air pressure and do an aesthetic tire check, and receive you on the road in no time at all. Call us now to book your next flat tire repair or auto repair service. Trusted Tire & Auto is proud to be your local Minot AFB auto repair center and provider of tires.

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MindGym strengthens mental readiness for Team Minot Airmen

SENIOR AIRMAN WESLEY DAVIES, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. – Soft, peaceful sounds fill the room as reflective walls glow with calming light. Guided prompts encourage focus while a biosensor monitors cognitive performance. Inside the MindGym, Airmen step away from the demands of the mission for a few minutes to strengthen one of their most important assets: their minds. Located at the McAdoo Fitness Center, the MindGym is an immersive cognitive training system designed to help Airmen

regulate stress, improve focus and develop mental fortitude. Developed by Lumena Inc., the virtual mental fitness trainer combines mindfulness exercises with advanced technology to provide users with personalized feedback on their mental performance. Each 10- to 20-minute session takes place inside a 7-by-7-foot reflective cube, where low lighting, calming music and guided exercises create an environment designed to promote relaxation

and concentration. Participants wear an electroencephalogram (EEG) biosensor headband that assess brain functions, providing insight into areas such as task management, mental clarity and relaxation. “Mental readiness is just as important as physical readiness,” said Senior Airman Matthew Chan, 5th Force Support Squadron fitness center specialist. “The MindGym gives Airmen a dedicated space to strengthen their ability to manage stress, improve focus and build the resilience needed to perform our mission.”

The MindGym is divided into three phases: peace, mental training and performance enhancement. This allows users to practice mindfulness while tracking changes in stress levels and cognitive performance throughout each session. Results are provided at the end of the training, giving participants actionable insights to help improve focus and resilience over time. As part of a partnership between Lumena Inc. and Air Force Global Strike Command, the MindGym supports the command’s commitment to developing mentally strong, mission-ready Airmen through mental fitness training. “After a session in the MindGym, I feel more relaxed, focused and prepared to take on whatever challenges come next,” said Airman 1st Class Luke Mazoch, 5th Force Support Squadron fitness center



Airman 1st Class Luke Mazoch, 5th Force Support Squadron fitness center specialist, prepares to use the MindGym at the McAdoo Fitness Center at Minot Air Force Base, North Dakota, Aug. 3, 2026. The immersive cognitive training system is designed to help Airmen regulate stress, improve focus and develop mental fortitude.



The MindGym is prepared for use at the McAdoo Fitness Center at Minot Air Force Base, North Dakota, July 30, 2026. The immersive cognitive training system is designed to help Airmen regulate stress, improve focus and develop mental fortitude.

U.S. AIR FORCE PHOTOS BY SENIOR AIRMAN WESLEY DAVIES

specialist. “It gives me a chance to reset, clear my mind and return to the mission with a stronger sense of focus.” According to Lumena, studies conducted at Hill Air Force Base, Utah, found that military members who used the MindGym improved task completion by 29% and stress management by 61%.

Whether preparing for a demanding mission, navigating the challenges of military life or simply taking time to recharge, the MindGym offers Team Minot another resource to strengthen mental readiness. By investing in mental fitness alongside physical readiness, Airmen are better equipped to meet the challenges of today’s operational environment.

Oh, It's GAME ON.

2 GIG IS HERE

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A1C Jaxon N. Journey

The 69th Bomber Generation Squadron is proud to recognize A1C Jaxon N. Journey as our Knighthawk of the Month!

As a B-52 Weapons Load Crew Member, SrA Journey plays a critical role in ensuring our aircraft is mission ready and prepared to Take Flight. His precision, dedication, and commitment to excellence help ensure the Knighthawks are always ready to Get Some! After all, without weapons, the airplane is just another airline.

Hometown: Los Alamos, New Mexico

Hobbies: Hiking, camping, and video games

Best thing about being a Knighthawk: "Working with amazing people."

Thank you, SrA Journey, for your hard work and dedication to the mission. Your contributions keep the 69th Bomber Generation Squadron ready to answer the call and make the Knighthawks stronger every day!



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CORNERSTONE Map Out The Road To Good Health

When feeling good is the goal

"I'm just going to run over to the chiropractor before we head out."

My husband and I had planned a date night while his parents were in town watching the kids. As I grabbed my keys, my mother-in-law looked at me with concern.

"Is your back bothering you? Are you in a lot of pain?" she asked. I smiled.

"No," I told her. "Actually, I feel really great."

She looked a little surprised, which honestly made perfect sense. For years, that's exactly why I went to appointments of any kind—because something hurt.

My mother-in-law has known me long enough to witness that season of my life. She's seen the shots, the surgery, the chronic pain, and the frustration that came with wondering if every activity would leave me paying for it the next day. For nearly a decade, discomfort wasn't an occasional inconvenience. It was part of everyday life.

So, when I told her I had a chiropractic appointment, she naturally assumed something must be wrong.

The truth is, something is finally going right.

Of course, there are still times when I call Cornerstone Chiropractic because I have a migraine brewing or because a long trip has left my body feeling stiff and out of alignment. But those visits are no longer the norm.

Most of the time, I go because I feel good—and I want to keep feeling good.

When I first became a patient at Cornerstone Chiropractic, the team explained that care would look different than I expected. After

a lengthy, and in-depth intake, they created a custom treatment plan just for me. No more only going when I had an "issue." They had a strategy backed by science, and assured me, if I stuck with it sustainable change would be possible.

There would be more frequent visits at the beginning as my body learned to respond to treatment. Over time, as my body held adjustments better, the goal was to move into maintenance care instead of constantly playing catch-up.

At the time, it sounded nice, but honestly, it sounded like a far-fetched dream. I'd had rounds of physical therapy that started and ended—only for one afternoon of pushing my kids on the swings to leave me unable to walk for the next three days. I'd been to the chiropractor—but only for acute situations. Everything helped. But I was always back again, like a "return to start" card in a board game.

I wasn't sure I'd ever get to the "maintenance stage" they told me about.

Now I have.

It's one of those changes that's hard to notice day by day, but incredible when I look back. I move differently. I sleep better. I don't spend my days calculating whether carrying groceries, taking a long walk, or playing with my kids will leave me sidelined afterward.

Perhaps the biggest difference is mental.

I don't organize my life around pain anymore.

That's something I never imagined I'd be able to say.

These days, my chiropractic appointments have become part of



AMY ALLENDER

my wellness routine, right alongside exercising, eating enough protein, taking my vitamins, and trying to get enough sleep. It's something I intentionally budget both time and money for because I've learned that maintaining my health is far easier than trying to rebuild it after I've ignored it.

That conversation with my mother-in-law reminded me that many of us still think about healthcare as something to seek when we're already hurting.

But sometimes the best appointments are the ones you keep because you're feeling well—not because you're trying to fix what's broken, but because you're investing in what is already working.

For me, that's been one of the greatest gifts of this journey. After years of simply hoping to hurt less, I've reached a place where my goal isn't just managing pain.

It's protecting the life I've worked so hard to get back.

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



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SUDOKU PUZZLE

Solution to puzzle on page B10

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

CROSSWORD SOLUTION

Solution to last weeks crossword

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

CROSSWORD PUZZLE

- Across
- 1. Dances, in a way
 - 5. Make fit
 - 10. Mop
 - 14. Minor leader
 - 15. Type of dish
 - 16. Somewhat, musically
 - 17. It may be burned for light
 - 19. Lovesick, e.g.
 - 20. Call tails, e.g.
 - 21. It may be required for entrance
 - 22. Turned nothing into nothin'
 - 24. Offensive expression
 - 25. Secluded valleys
 - 26. City conduits
 - 29. Simple shelters
 - 31. Double-edged literary device
 - 32. Heavenly provisions
 - 33. Milne critter
 - 35. Landlocked nation in SE Asia
 - 36. Word with truth or ambition
 - 37. Evangelist's suggestion
 - 38. British inc.
 - 39. McMahon's intro word
 - 40. Separate by sifting
 - 41. Certain reed blowers
 - 43. Stag feature
 - 44. Fissures
 - 45. "Diamonds ___ Girl's Best Friend"
 - 46. Scottish magistrate
 - 48. What some beach loungers do
 - 49. Article you've read many times
 - 52. Source of riches
 - 53. Ark material
 - 56. Tech sch. grad, perhaps
 - 57. Harvest
 - 58. "My word!"
 - 59. "Disco Duck" singer
 - 60. Intuition
 - 61. Like old Volvos

1	2	3	4	5	6	7	8	9	10	11	12	13
14				15					16			
17				18					19			
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			44					45				
46	47					48				49	50	51
52				53	54					55		
56				57						58		
59				60						61		

- Down
- 1. Kind of shell
 - 2. Chop-chop!
 - 3. Four gills
 - 4. Elegiac
 - 5. Mountaintops, e.g.
 - 6. Flask type
 - 7. Quark's place
 - 8. Certain basketball player
 - 9. Coastal land regularly submerged
 - 10. You may use it after a break
 - 11. Oxalis
 - 12. State in west Brazil
 - 13. No's foe
 - 18. Openly distrustful
 - 23. Olin in "Romeo Is Bleeding"
 - 24. It helps you focus
 - 25. Families share them
 - 26. Place for a plant
 - 27. Relative of Euterpe, Polymnia and Thalia
 - 28. Man-made span or New Jersey city
 - 29. Great quintet
 - 30. Dry, white Italian wine
 - 32. Rialtos
 - 34. Court hearing
 - 36. Money reserves
 - 37. Bread with tabbouleh, perhaps
 - 39. CD player ancestor
 - 40. Whiplash's expression
 - 42. Old NFL team
 - 43. Dahl or Francis
 - 45. Turkish military leaders
 - 46. Tended to the radiators
 - 47. Five-star
 - 48. Exposed
 - 49. Like take-out food
 - 50. Like a famous Welles radio broadcast
 - 51. Christian Science founder
 - 54. Bullring cheer
 - 55. WWW's last W

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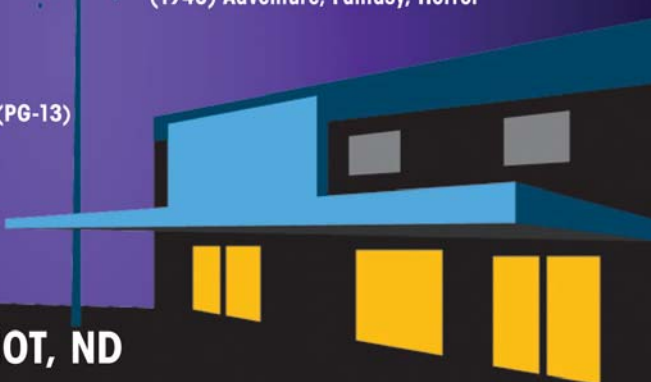
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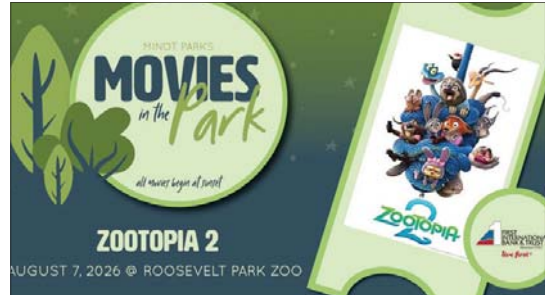


Upcoming
Events

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
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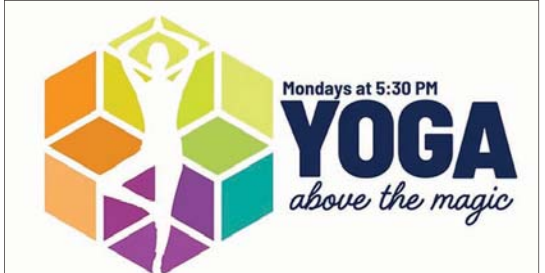


For more information:
Facebook/ Minot Parks/ Events

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



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

21-22
AUG

**FJORD FOLK FEST
SEE WEBSITE**
Minot Municipal Auditorium,
420 3rd Ave SW

Fjord Folk Fest is a family-friendly celebration of Scandinavian heritage featuring the traditions of Norway, Sweden, Denmark, Finland, Iceland, and the Faroe Islands. Enjoy two days of: Live music, folk dancing, storytelling, and Nordic entertainment across two stages. Traditional Scandinavian favorites like lefse, meatballs, lutefisk, pastries, and more. Shop 40+ retail and food vendors. Live artisan demonstrations featuring traditional Nordic crafts. Hands-on classes covering rosemaling, folklore, traditional foods, history, and Scandinavian heritage Viking encounters, living history, troll story time, and family-friendly activities for kids. Tickets: \$15 (ages 12+), \$5 (ages 4-11), ages 3 & under free. More information to come.



For more information:
<https://www.fjordfolkfest.com/>

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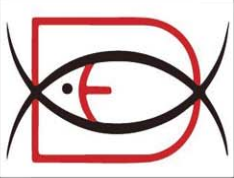


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Rick’s Jewelry: A Story of Transition, Growth and Craftsmanship in Minot

For nearly four decades, Rick’s Jewelry has evolved alongside the Minot community, transforming from a small clock repair business into a full-service jewelry destination for craftsmanship, custom design, and personal service.

Minot native, Rick Belzer, first delved into the jewelry industry in 1982 while living in Bismarck, working for Kokkellers Jewelry. Initially hired for sales, he quickly proved he was hard working and was then accepted to be trained for jewelry bench work. He later moved back to Minot and gained employment with A.M. Foss Jewelers in downtown Minot serving as a bench jeweler, horologist and sales. With a dream to be his own boss and seeing a growing need for clock repair services, he opened Rick’s Clock Shop in June 1988. Working initially from his home, Rick soon expanded into wholesale jewelry repair for several local jewelers, including his former boss, thus marking the beginning of a transition that would shape the company’s future.

As demand grew, the business moved to a commercial location on North Broadway and adopted the name Rick’s Expert Jewelry Repair. Over time, the company expanded beyond repair work, adding retail jewelry sales and custom jewelry design. By 2000, the business had relocated to a larger space and further broadened its services. Around that time a partnership was forged when Tracy Belzer joined the business. Long time Minot resident and “import” as she calls it, Tracy grew up on Minot AFB, and as a graduate of Minot High holds a special connection to the community. As the husband and wife team, Tracy took on sales management and design responsibilities, while Rick continued to apply his skills as a master jeweler, horologist and silversmith. Together, they helped guide the company in its next chapter, a location in the heart of



Tracy & Rick Belzer

downtown. Once again, opportunity knocked, and the encouragement by another local jeweler, lead them to move to downtown Minot, where for the last 24 years, Rick’s Jewelry Inc. established itself as a one-stop destination for jewelry, coupled with a friendly hometown touch. Together they had a vision of being a non-typical jewelry store. They accomplished that by curating a collection of over 100 unique varieties of stones from around the world, classic diamond and gemstone jewelry, and a variety of selections geared toward uniqueness, affordability and quality. Clients experienced a friendly atmosphere when greeted with, “what can I do for you today?”, underlining their deep commitment to customer service. They once ran an ad campaign series, “He’s My Jeweler”, inspired by their most loyal clients. It’s a phrase they often still hear.

Looking to gain more insight and guidance, Tracy connected

with Entreladership – the business leadership division of Ramsey Solutions. That connection helped solidify and define the core values and the mission of Rick’s Jewelry, creating a stronger commitment to serving their clients and the community. The company generously gave physical support for various community organizations and events. Those connections strengthened their reputation and built many bridges throughout the area. Being a local, family owned and operated business created an intimacy that is rare in this day and age and made it possible to achieve the goal of creating an environment of professionalism, expert craftsmanship and an openness to everyone who walked through their doors.

The company continues to embrace change while staying true to its roots. Most recently, the company reflected on its mission to service and made the difficult decision to close their retail location, but not their business. Choosing to adapt to the challenges a jewelry business experiences on their terms. They have transitioned to appointment only, offering what they do best, their repair services, custom design, estate jewelry appraisal, and with plans for online sales. Rick and Tracy are looking forward to this new way of doing business and insure they are committed to continuing to provide the quality of service and attention the clientele are accustomed.

The company’s evolution over the years illustrates how a small specialty repair shop can adapt to changing customer needs while preserving its commitment to quality and service. Rick’s Jewelry has built its reputation through expertise, creativity and forging lasting community relationships. They look forward to continuing to serve the greater Minot and surrounding area. They can be contacted through their website ricksjewelryinc.com or by phone, 701-852-2566.

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SLEEPY, COLD, AND FISHING

Kim Fundingsland

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



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



If you homeschool, you have an advantage over parents/guardians of public and private school students, because you control your student’s entire daily language and experiences: their daily narrative. Conversely, if you are parents/guardians with students in school, you have limited windows of time or fleeting moments to make an impact (my family and I homeschooled and attended both private and public school, so I have a basic understanding of all situations). As we enter School Year (SY) 2026-2027, consider maximizing your presence. Here are some ideas:

Upon waking: Play relaxing (think Eric Clapton or instrumental) or uplifting (think Survivor’s “Eye of the Tiger” or U2’s “Beautiful Day”) music in your bedroom/bathroom as you

get ready. Vary the songs. Set the tone based on what your student has going on that day. Gauge their need, but make it seem like you are playing the music for you.

At breakfast: No devices. Sit with them at the table. Listen. Do they start talking about their new haircut and how much it sucks? Tell them you have a clip or gel upstairs that can help, then get it. Listen to whatever is on their mind and meet them in their struggle. Use this fast time to eat, but also ensure they are ready for the day and feeling grounded—secure in your support.

Heading to school: Play the same relaxing or uplifting music used earlier.

Leaving for school: Say, “Stay Awesome!” Smile.

At lunch (yes, I highly encourage you to show up and eat lunch at

school with your student—at least once in their little lives): Say, “Hey, nice seeing you here! I just had to come for Taco in a bag!” Make it a surprise. No device. Smile.

First interaction after school: Say, “I missed you!” Smile.

Upon return home: Sit at the table/couch and look at them. Put down your purse. Silence your phone and tuck it away. Listen. Do they start talking about anything? If not, ask how their test went. Ask if lunch was good. Be interested. Tell them you see how hard they are working and that is a character trait you admire in them. Listen to whatever is on their mind. Try to be wise and encouraging. Share your day, too.

Before sports/clubs/homework: Say, “You got this!” Ask yourself: What can I give him/her to make it easier? Gatorade/freshly sharpened pencil? Hand it to them with a smile.

After sports/clubs/homework: Say, “I’m glad you’re participating in an activity you enjoy. Every day you try, you get better at it. I see your growth and I’m proud of you.” Smile.

At dinner: No devices. Sit with them at the table. Listen. Do they start talking about their new assignment? Ask them what their ideas are and share an assignment

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you had as a kid that stands out to you. Listen to whatever is on their mind and provide advice and/or an alternate perspective. Use this time to ensure they are feeling supported. Try to be wise/funny/happy as you are enjoying them.

Before bed: Put a note, treat, or little gift under their pillow. When you kiss him/her goodnight, whisper for them to check under their pillow. Don't do this every night, only when you think they need an extra pick-me-up. Always say, "I love you." Smile.

What to do now to plan for the new SY: Buy a CD Player and CDs with different soundtracks for different moods and set this up by your bed or set-up a TV or device to stream music. Purchase little treats, gifts, and note cards, and keep these in a box in your closet. Attend the Minot AFB's Striker Bash on Friday, August 14th and visit the Kids Zone from 4:30pm-

8:30pm. The following free Back-to-School student supports will be available: motivational bracelets (It's I Can, Not I Can't - The Power of Yes - Always Trying), door hanger crafts (customizable, "[Student's Name]'s Room" or "I'm Studying: Do Not Disturb" etc.), and patriotic stickers (for notebooks, pencil boxes, and/or water bottles). Lastly, accept that every day will not go as planned. You will lose your

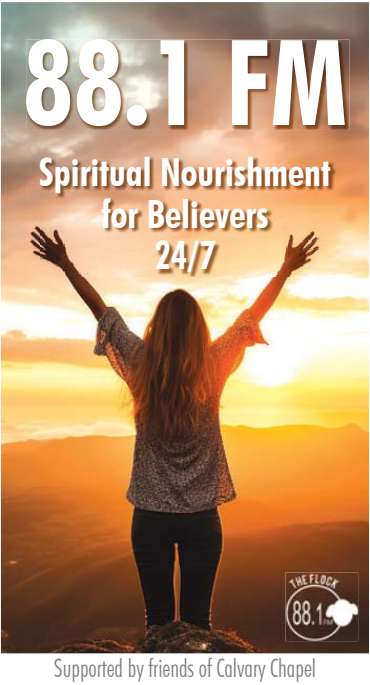
temper or be grumpy because of your own stress. That's life. But, you will soon see your students encouraging, helping, and smiling at you during these times. Then, you'll realize why it matters.

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

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MINOT AFB

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

• August often brings some of the hottest and driest conditions of the summer, increasing wildfire risk significantly. Continue to be vigilant about maintaining defensible space around your home. Be extremely cautious with any outdoor activities that could spark a fire, such as discarding cigarettes, using power tools near dry vegetation, or parking hot vehicles on dry grass. Adhere strictly to any local burn bans, remember NO OPEN FLAMES on base.

• Cooling appliances like fans and air conditioners are in constant use. Ensure these appliances are in good working order and not running continuously for excessive periods if they show signs of overheating. Avoid using extension cords for major appliances and never overload electrical outlets. Keep vents free from dust and obstructions.

• With warmer temperatures, proper storage of gasoline, propane, paints, and other



SPARKY SAYS
MINOT AFB FIRE & EMERGENCY SERVICES

flammable liquids becomes even more critical. Store these items in approved, clearly labeled containers, away from heat sources, direct sunlight, and out of reach of children. Never store them inside your home or attached garage; a detached shed is a safer option, and a metal flammable storage locker is even better. Ensure good ventilation in storage areas.

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WOODLAND RESORT

OUTDOOR REPORT



by Patricia Stockdill

FISHING:
Lake Sakakawea elevation, Aug. 3: 1,827.31 feet above mean sea level (MSL); 18,100 cubic feet per second (CFS) Garrison Dam average daily releases. Devils Lake elevation: 1,450.06 feet above mean sea level (MSL). Stump Lake elevation: 1,450.7 MSL.
•N.D. Game & Fish Dept. game wardens: No new reports from area lakes.
•Devils Lake, Woodland Resort, Devils Lake: Overall Devils Lake remains fair for walleye. Try spinner rigs at 28 feet working into shallow water.
•Lake Darling, Karma C-Store, Ruthville: No new reports.
•Lake Metigoshe, Four Seasons, Bottineau: Continued bluegill success with some larger fish starting to show up. Look for walleye activity in the evening hours yet.
•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: East end of Lake Sakakawea remains fair to good. Move around, working a variety of depths and presentations.
•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: East of Lake Sakakawea producing walleye in 25 to 30 feet working humps and areas along Old Highway 83. Occasional salmon working 100 feet over 130 feet. Fish aren't numerous but nice-sized. Work outside of the weeds on Lake Audubon for walleye.
•Lake Sakakawea, Indian Hills Resort, Garrison: Strong walleye bite continues. Try 15 to 20 feet using nightcrawlers or leeches with limited reports on crankbait use. Good numbers of eater-sized, 15- to 17-inch fish.
•Lake Sakakawea, New Town: Continued fair walleye activity in 12 to 18 feet using leeches or nightcrawlers, just work a little deeper with warm weather moving fish down.
•Lake Sakakawea, Van Hook Bait & Tackle, New Town: Continued fair to good for walleye throughout the Van Hook Arm. Work a variety of depths and presentations with no particular presentation faring better

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:**
- N.D. Dept. of Environmental Quality issued blue-green algae advisory for Lake Darling (Renville Co.), Lake Brekken (McLean Co.), and Devils Lake (Ramsey and Benson counties). Use caution and go to their for information and safety precautions, (deq.nd.gov/WQ).
 - Aug. 4: Yoga (free) in the Alley, Citizens Alley, 7 p.m.
 - Aug. 5: Pronghorn applications due. Go to the N.D. Game & Fish Dept. website, (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's ecosystem and majestic 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.
 - Aug. 10: Yoga (free) in the Alley, Citizens Alley, 6:30 p.m.
 - Aug. 14: Cardboard Canoe Race \$15 per team, Roosevelt Park Pool, 6:30 p.m.
 - Aug. 15: Early Canada goose season opens. Go to the N.D. Game & Fish Dept. website, (gf.nd.gov), for regulations and licensing information.

- TOURNAMENTS:**
- Aug. 7 & 8: Lake Sakakawea, Fort Stevenson State Park.
 - Aug. 8 & 9: Lake Sakakawea, Parshall Bay.
 - Aug. 8: Devils Lake, Round Lake Bay; Lake Audubon, Cabin Sites; Lake Sakakawea, Van Hook Arm; Lake Sakakawea, White Earth Bay.
 - Aug. 15: Lake Sakakawea, Indian Hills Resort; Lake Sakakawea, Sakakawea State Park.

than others.
•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace continues producing walleye in the spillway channel and Honey Hole using nightcrawlers and spinners or lindy rigs. Evening bite remains good in the chutes for walleye. Look for catfish in the chutes during the day. So-so shore-fishing success. East end of Lake Sakakawea remains fair to good for walleye using a variety of presentations in a variety of depths. Most success remains with spinners but try vertical jigging in deeper water. Limited shore-fishing reports but look for bass from both boats and shore working any of the bays. Salmon moving deeper in 110-plus feet. No reports from Lake Audubon.
•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Upper end of Lake Sakakawea continues producing walleye from White Earth Bay to Antelope Flats. Try spinners with nightcrawlers or leeches. Good numbers of catfish around Lund's landing with occasional walleye. Yellowstone and Missouri rivers producing some nice-sized catfish with a few walleye mixed in. Blacktail Dam remains fair for pike. Look for a mix of rainbow trout and walleye from McGregor Dam.
•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Activity remains limited throughout area lakes.

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

- Lake Darling, Foxholm: Elevation, 1,597.81 MSL.
- Little Missouri River, Long X Bridge: River stage, 6.94 feet; streamflow, 9.72 CFS.
- Little Missouri River, Medora: River stage, 1.09 feet.
- Missouri River, Williston: River stage, 12.47 feet.
- Missouri River, Washburn: River stage, 9.76 feet.
- Souris River, Broadway Bridge, Minot: River stage, 41.1 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

FRIDAY07

- FTEC, 0730-1600, Professional Development Center
- TAP DOL Employment Track Workshop, 0800-1600, M&FRC
- Back-To-School Supplies Brigade, 1100-1300, Youth Center
- Progressive Bingo Fall Series, 1730, Rockers Bar & Grill
- History Walk: East Edition, 1800, Minot AFB Library
- Karaoke Night Fall Series, 1930, Rockers Bar & Grill
- Midnight Movies at the Outdoor Pool, 2030, Outdoor Pool

MONDAY10

- Registration Closes: Youth Indoor Soccer, CYPBMS
- AFFT, 0530, McAdoo Fitness Center
- SNCO Foundations Course 700, 0730-1600, Professional Development Center
- Boots to Business, 0800-1600, M&FRC
- AFFT, 1100, McAdoo Fitness Center
- Palace Chase/Front Briefing, 1400, Professional Development Center
- Craft Club, 1800, Minot AFB Library

FRIDAY14

- SNCO Foundation Course 700, 0730-1600, Professional Development Center
- Minot AFB Car & Bike Show, 0730-1900, Flightline
- Flame to Fame Burger Competition, 0800-1300, Jimmy Doolittle Center
- 12th Annual Summer Games, 0800-1630, McAdoo Fitness Center
- NFL All-Stars Meet & Greet, 1300-1430, Dome; 1530-1730, Flightline
- Striker Bash, 1630-2000, Flightline

SATURDAY08

- Pokémon Escape Room Game Ends, Minot AFB Library
- Buff Scramble, 0900, Rough Rider Golf Course
- Paintball Open Play, 1000-1400, Paintball Field, hosted by Outdoor Rec
- Air Force Gaming – Fighting Game Series, 1300, Northern Paradise AMD, inside of Bomber Bistro
- Coding for Beginners, 1430, Minot AFB Library

TUESDAY11

- AFFT, 0530, McAdoo Fitness Center
- SNCO Foundations Course 700, 0730-1600, Professional Development Center
- Boots to Business, 0800-1600, M&FRC
- Tuition Assistance (TA) Brief, 1000, Education Center
- Game Day, 1000-1930, Minot AFB Library
- AFFT, 1100, McAdoo Fitness Center
- Retraining 101, 1300, Professional Development Center

SATURDAY15

- Minot AFB 1980 Murder Mystery Game Ends, Minot AFB Library
- Summer Reading Program Wrap-Up Party, 1300, Minot AFB Library
- Chess Club, 1200-1400, Minot AFB Library

SUNDAY09

WEDNESDAY12

- AFFT, 0530, McAdoo Fitness Center
- SNCO Foundations Course 700, 0730-1600, Professional Development Center
- Informed Decision Seminar, 0800-1200, Professional Development Center
- Spouses Welcome on the Road, 0830-1430, M&FRC
- Storytime, 1030, Minot AFB Library
- AFFT, 1100, McAdoo Fitness Center

THURSDAY13

- AFFT, 0530, McAdoo Fitness Center
- SNCO Foundation Course 700, 0730-1600, Professional Development Center
- Pre-Separation Briefing, 0830-1130, M&FRC
- Minot Myth Busters, 1045-1130, M&FRC
- AFFT, 1100, McAdoo Fitness Center
- Tuition Assistance (TA) Brief, 1330, Education Center
- Craft Club, 1800, Minot AFB Library

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