



WHATS INSIDE THIS WEEK:



WHAT'S WORTH THE SPLURGE IN MEDORA?

A6



VETERANS IN THE HOUSE

B7



MYSTERIOUS MAFB QUILT RESOLVED, SORT OF

B8



U.S. Air Force Gen. S.L. Davis, commander of Air Force Global Strike Command, and Chief Master Sgt. Shawn M. Aiello, command chief of AFGSC, pose for a photo with Team Minot leadership at Minot Air Force Base, North Dakota, July 31, 2026. As home to the 5th Bomb Wing's B-52H Stratofortress aircraft and the 91st Missile Wing's Minuteman III intercontinental ballistic missiles, Minot's strategic mission demands zero-fail execution. See more from the visit on page A3.

U.S. AIR FORCE PHOTO BY SENIOR AIRMAN KENDRA A. RANSUM



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VIETNAM VETERAN REVISITS B-52H DURING MINOT AFB TOUR

U.S. AIR FORCE PHOTOS BY AIRMAN BEN SELCHOW



William Carter, a U.S. Air Force Vietnam War Veteran (left), and his son Michael Carter, receive coins from U.S. Air Force Maj. Brandon A. Clark, 5th Munitions Squadron Commander at Minot Air Force Base, North Dakota, Aug. 7, 2026. Carter was stationed at several bases during his career, including Grand Forks Air Force Base, North Dakota, where he served as a crew chief.



William Carter, a U.S. Air Force Vietnam War veteran, talks to the 5th Munitions Squadron about his life and career in the U.S. Air Force at Minot Air Force Base, North Dakota, Aug. 7, 2026. At 92 years old, Carter had a chance to see a B-52H Stratofortress for the first time in six decades.



U.S. Air Force Tech. Sgt. Kelli Pearson, 5th Munitions Squadron armament maintenance section chief (right), gives a briefing on the B-52H Stratofortress to William Carter, a U.S. Air Force Vietnam War veteran (left), and his son Michael Carter at Minot Air Force Base, North Dakota, Aug. 7, 2026. Carter served 21 years in the U.S. Air Force at five different bases, including Grand Forks Air Force Base, North Dakota, and deployed to Vietnam, where he worked as a crew chief maintaining multiple aircraft.



William Carter, a U.S. Air Force Vietnam War veteran (right), has a conversation about a B-52H Stratofortress with U.S. Air Force Tech. Sgt. Anthony Del Rio, 5th Maintenance Squadron phase section chief at Minot Air Force Base, North Dakota, Aug. 7, 2026. Carter served 21 years in the U.S. Air Force as a crew chief, maintaining six different aircraft throughout his career, including the B-52H Stratofortress.





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AFGSC Command Team comes North to Minot AFB

SENIOR AIRMAN KENDRA RANSUM, MINOT AIR FORCE BASE PUBLIC AFFAIRS

U.S. Air Force Gen. S.L. Davis, commander of Air Force Global Strike Command, and Chief Master Sgt. Shawn M. Aiello, command chief of AFGSC, concluded a four-day visit at Minot Air Force Base, North Dakota, July 31, 2026.

As home to the 5th Bomb Wing’s B-52H Stratofortress aircraft and the 91st Missile Wing’s Minuteman III intercontinental ballistic missiles, Davis and Aiello emphasized the importance of Minot’s strategic, zero-fail mission and the need for high-levels of operational readiness to keep bombers flying and ICBMs on alert.

As part of the visit, the leaders also engaged with Airmen conducting infrastructure upgrades to pave the way for the Sentinel ICBM program, underscoring that cutting-edge technology relies entirely on a

foundation of elite teamwork.

“Through both wings, Minot AFB is undergoing a historic transformation, which is the most significant upgrade since the base first broke ground in 1957,” said Davis. “The future of U.S. strategic long-range strike is being forged right here, even as Team Minot seamlessly maintains our day-to-day warfighting force and readiness.”

Maintaining that warfighting edge requires developing Airmen from the ground up. For many Airmen, Minot is their first duty station. Recognizing this, Davis and Aiello prioritized engagement with the base’s newest members to reinforce core standards and build unit cohesion early in their careers.

“The experience these new Airmen have here will define the rest of their career,” said Aiello. “Their time at

Minot AFB is foundational. That is why we must ensure their time in the North is time well spent and I want to thank the Minot community for continuing to support and take such good care of our Airmen and their families.”

As a career-long missileer, Striker, and former 91st MW commander, Davis shared that he understands the unique experience of operating in the northern tier. He challenged the installation’s Airmen to lean on each other to uphold the command’s rigorous standards.

“Minot’s mission demands relentless discipline and sacrifice under the harshest conditions,” said Davis. “But the American people deserve nothing less than our absolute best, that is exactly why only the best come North.”



U.S. Air Force Tech. Sgt. Kelvin Moreno, 91st Missile Wing Atomic Spark innovation co-director, shows Gen. S.L. Davis, commander of Air Force Global Strike Command, and Chief Master Sgt. Shawn M. Aiello, command chief of AFGSC, a 3D-printed firearm magazine loader during a visit at Minot Air Force Base, North Dakota, July 30, 2026. The command’s mission is to ensure everyday readiness, prepare for the future, and continue to build the Global Strike team for operations supporting the initiatives of United States Strategic Command and other geographic combatant commands.

U.S. AIR FORCE PHOTOS BY SENIOR AIRMAN KENDRA A. RANSUM



U.S. Air Force Gen. S.L. Davis, commander of Air Force Global Strike Command, speaks to Airmen assigned to the 91st Operations Group at Minot Air Force Base, North Dakota, July 30, 2026.



U.S. Air Force Gen. S.L. Davis, commander of Air Force Global Strike Command, receives a vehicle tour at the 91st Missile Wing vehicle facility at Minot Air Force Base, North Dakota, July 30, 2026.



U.S. Air Force Gen. S.L. Davis, commander of Air Force Global Strike Command, receives a brief about the Mk 19 grenade launcher from Airman 1st Class Ayden Kozlowsky, a 91st Missile Security Operations Squadron member, at Minot Air Force Base, North Dakota, July 30, 2026.

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Be Grateful for the Playful



A VIEW FROM OUR SIDE

ROD WILSON



SHRINERS EMBRACE A PLAYFUL ATTITUDE

There are a lot of reasons to be a Shriner, the most important being the support of Shriners Children’s. Since 1922, Shriners Children’s has been changing lives through pediatric specialty care. Local Shrine organizations are also key to locating and helping families with travel and other expenses when they need this special care.

The world-class care these children receive from Shriners Children’s is at no cost. It truly is a story that needs to be told, and most often you will see Shriners and Shriner clowns in parades with motorized cars, horses, or whatever it takes to draw attention to the Shrine story.

Why a parade? Because a parade gives people a chance to see the Shrine story through joy, laughter, and playfulness.

Be Grateful for the Playful
Being grateful for the playful means viewing joy, humor, and lightheartedness as precious gifts. Those gifts are on display as Shrine units take to the streets to bring smiles to the faces of everyone watching.

But being grateful for the playful is not just for Shriners. It is something we all should remember and embrace.

For many of us, playfulness started when we were kids and our parents found ways for us to spend time playing, perhaps at the local grade school where there was a wide range of equipment designed for kids and kids at heart.

PLAY IS NOT A WASTE OF TIME

As I remember it, and then later with my kids and grandkids, time spent on the playground is a release from life’s everyday stress. Sure, kids enjoy playtime whether it is at a park or at home, but adults can watch kids play and get lost in the moment.

For whatever time we allow ourselves to watch kids play, we know it relieves the stress of the day. It turns ordinary minutes into special minutes.

There was a show some years ago that Art Linkletter hosted, “Kids Say the Darndest Things.” We all shared in a laugh when a kid would come up with a story or even a short reflection on life. I remember Mr. Linkletter asking a kid, “Tell me one funny or silly

thing that happened today,” and then stepping back to wait for an answer.

One kid explained in detail how his mother had backed the car out and, in an attempt to miss running over the family cat, backed over the young man’s trike. The young man concluded that saving the cat at the expense of his trike was certainly OK, but his solution was not to buy any more cats because they cause trouble for Mom.

TURNING PLAYFULNESS INTO GRATITUDE

So how do we move from playful moments to playful gratitude, or even a playful attitude?

First, live in the moment, but try to make more events in life a game, not a chore. That is easy to say and hard to do. But going back to the Shriners model, creating a positive moment for all those who watch a parade helps Shriners as they work to raise money for Shriners Children’s.

Next, it is OK to smile or laugh, even at the smallest things. Try to be playful.

And sometimes it is OK to let go of the rules. We need rules, or the world would be in chaos. But again, think of the Shriners who drive silly little cars designed to make people laugh at how crazy they look.

IT HAPPENS ALMOST EVERY DAY

In a way, I might be preaching to the choir, as most of our readers are from the Minot Air Force Base. The jobs they perform every day are stressful, and everyone has to be ready to pivot at a moment’s notice and move in a different direction.

Yet when there are competitions, award banquets, or other group gatherings, there is a total focus on living in the moment. Some of the traditions could even be defined as playful, such as carrying a three-foot stick that you slap on the floor while yelling “BULLY!” Or spraying water on a pilot who just completed his or her fini-flight in a B-52.

GRATEFUL FOR THE PLAYFUL

To me, being grateful for the playful means that we appreciate those special moments that make life a little lighter. We break out a smile or a laugh when those moments happen, not just when we decide it is appropriate.

When Dizzy the Clown, once president of the World Clown Association, was asked why he thought he made life special in his more than 50 years as a clown, he said, “It’s because when I was a clown, I always had a smile on my face, in make-up, and that made others smile too.”

RAMBLINS’

Now is the time to get those fall harvest photos. Our travels this weekend revealed beautiful yellow sunflower fields and golden crested wheat fields. Remember, the golden hour in photography is between 6 PM and 7 PM. Make those photo memories now.

TODAY’S CHUCKLE

Life is a lot like bowling. No sooner do you get on a roll than you wind up in the gutter.



North Dakota sunflower field.

ND TOURISM PHOTO @DIANEBURGETT91

August is farmers’ market month



UPSIDE DOWN UNDER

MARVIN BAKER

Since I’m no longer a vendor at a farmers’ market, nor on the board of the North Dakota Farmers’ Market & Growers Association, I feel I can talk about markets without bias.

I’ll always be a proponent of farmers’ markets because that’s what my wife and I did for 20 years. We made some money, we met a lot of good people and created some lasting networks.

In a way, I feel out of touch, since I’ve been detached from it for two seasons now, but the markets are still happening, their growing, more and more people are becoming involved with markets across the state and one good thing we are starting to see is young people becoming involved.

I’m not talking about young people who inherited the farm, although there is some of that, I’m talking about young people who want to find their own way and prove they can succeed in a farmers’ market world. I commend them for their efforts.

There are several things to keep in mind when you visit your local farmers’ market, whether it’s in downtown Fargo or at the intersection of two rural roads. Those people work hard to bring you the freshest products available.

We’ve often said, that’s how we can beat the grocery store. We can’t compete with their volume pricing, but what we can do is get products to the market, in some cases, less than 24 hours after being picked.

My first exposure to farmers’ markets was in 2004. At that time, there were 14 markets all across the state of North Dakota and the organization was operated by the state ag department. Several years later, as markets began to grow and others got started, the organization became self sufficient, created a board of directors and continued to move forward.

That same year, 2004, I wanted to start a market in my community and the ag department told me it would have to be in a community of 1,000 or more. A year later

several of us lobbied for smaller towns to have markets and won out. At my last count, there were 56 markets across the state.

Whether you are growing produce, canning tomatoes, making jelly, baking gluten-free bread or whatever it is, it’s important for the public to understand that the vendors have worked hard to make it happen. Their destination is your destination and they want nothing more than to provide you, the customer, with the best product.

I know one woman who has three young children and is a home baker. She gets out of bed sometime between 2 and 3 a.m., gets her ovens going and by the time the late-morning market rolls around, she has cranked out 50 loaves of bread. And she sells them all every week. Her husband works for a construction company and this is her way of contributing to the financial well being of her family.

Another vendor is an old man who has been a gardener for more than 50 years. He’s slowed down a bit in the past five years, but he’s still there every Friday and Wednesday because he loves it so much.

Six pre-teen children from two different families and two separate markets have sprung up to create their own niche. Of course, these kids are supervised, but they work hard and they deserve the accolades. Rather than watching TV or playing video games, they’re either out getting dirt under their fingernails or standing by a hot stove stirring vinegar and water which will become a pickle brine.

Honestly, it’s one of the most wide-open business opportunities you could imagine. You can earn good money, but there is a catch. You have to work hard and present a quality product to your customers. If you can do that, you’re in business.

The ag department continues to support all the markets in North Dakota with advertising and public relations campaigns. And, the department normally has a presence at the local foods conference each year.

After all, it is agriculture, but the markets have certainly diversified over the years. Fresh garden produce is only a part of a farmers’ market. Some people make their own candles, freeze dry candy, bring dog treats to the market or even crochet items are available.

Do yourself a favor this month. Get out and support your local farmers’ market. Even if you aren’t a big fan of markets, because it’s farmers’ market month, stop by and you might be surprised at what you find there. I guarantee, you’ll be back.

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 weekly post brief





Finding Your People: Team Minot's Upcoming Hobby Fair

Connecting with others isn't always easy. What is supposed to be a fun experience can sometimes feel more like a daunting task. Having lived in numerous cities and states, and having been stationed at three different bases, the themes of connection and isolation frequently cross my mind. I often find myself wondering: Where do I find my people? Should I venture out alone to make new friends? How many questions do I have to ask just to figure out if we click?

While it is a personal passion of mine to help people build a community and find where they belong, it also aligns with the Base vision – mission. Connecting people, our members, and families, so that no one feels they are isolated or left alone. That is exactly what the upcoming Hobby Fair is all about—a dedicated spot to find your people.

This fantastic event will bring together local community members and Airmen who are passionate experts in their craft, providing a space to connect with those who share your interests. We will feature over 60 hobbies, ranging from fitness, wellness, and outdoor adventure to creative arts, social gaming, practical life skills, and motorsports. We will also host local volunteer organizations, base helping agencies, and Chapel programs and teams, ensuring there is a place for absolutely everyone to plug in.

At a minimum, two takeaways can come out of attending: you can meet a fellow Airman or community member who shares your interests, and you can discover resources that will fuel your passions.



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This base-wide event is also designed to foster fun for spouses and children. Whether it's enjoying a musical jam session, playing in the bouncy houses, getting faces painted, networking with other spouses, or grabbing a bite from our food trucks, this is an event you won't want to miss.

This Hobby Fair is for you. Moving and starting over in a new community is challenging, but my goal is for everyone at Team Minot to make lasting connections. I want you to eventually leave here saying that Minot had a lot to offer and truly felt like home during your time here.

Feel free to reach out with any questions, and I look forward to seeing you there!

Event Details:

- What: Team Minot Hobby Fair
- When: Friday, August 28 | 1100 – 1630
- Where: The Turf
- 701-723-2456

CORNERSTONE Map Out The Road To Good Health

Chasing personalized care

When I first started going to Cornerstone Chiropractic, I had never experienced chiropractic care quite like this. Or maybe I should say I'd never allowed myself to experience care like this.

Instead of simply being told to come back whenever I thought I needed it, I was given a customized treatment plan. It was based solely on me—my history, my needs, my goals, and my lifestyle. Because I had been dealing with chronic pain for more than a decade, my plan initially involved multiple appointments each week for both adjustments and complementary therapies.

With so many sessions at first, I got a lot of questions.

Some asked if Cornerstone made treatment plans with so many components for everyone. Others assumed asking me to adhere to such an in-depth plan was simply for financial gain.

I understood the questions. But I'd also seen the earnest care and attention given to me during intake. I'd experienced pain that dictated what I could and couldn't do on a regular basis—even mundane things like pushing my kids on a swing, sweeping a rug, or giving my family haircuts. So, although there were questions in my mind, I decided to give it a try.

Something that surprised me most about Cornerstone's treatment plans came later, when my husband, Derek, started going to Cornerstone, too.

He had his own collection of aches and pains—old sports injuries and joint pain that surfaced after years of military service. After seeing how effective sticking to a

plan had been for me, he wanted to be proactive about taking care of himself also.

Thinking back to the questions I'd gotten when I began treatment, I assumed his plan would look like mine: lots of appointments up front, gradually tapering down to maintenance care.

It didn't.

His plan started with just two visits a month. After a couple months, he now goes monthly.

That was it.

It was a good reminder that these treatment plans really can be personal.

In a world where healthcare can seem rushed and impersonal, it's easy to become jaded—to assume that wellness is mostly about money, moving patients quickly, and fixing whatever bothers you today because getting to the root causes requires more than a swamped system has time for.

My experience at Cornerstone has been a beautiful reminder that care that sees you as a whole person still exists. Providers who want to know you and your history completely are still around. And you deserve a team on your side that genuinely wants to understand you and consider your unique circumstances.

Maybe, like me, you are in a state of disarray, needing many, many appointments to bring yourself back to a place where you feel good. Or maybe, like Derek, you're looking for sound advice to keep feeling good as you move into a new chapter of life.

While Cornerstone Chiropractic is not the only instance of this standard of care, they are a brilliant



AMY ALLENDER

example of it. They are a reminder that this type of care exists—and is accessible right here in our community.

I spent many years chasing symptoms, coming back for appointment after appointment when the same problem returned. I perceived myself as a burden to my providers. Surely, we'd done everything there was to be done.

To be brutally honest, I had low expectations for Cornerstone Chiropractic.

The results have been surprising in the best way, making a believer out of this skeptic. It's a place that has assured me I am fully known and always educated and informed about my care—the type of care I wasn't sure existed anymore.

The best advice I have for anyone seeking wellness in this season is simple: remember that you deserve care that is personal to you.

Whether that means you need a myriad of appointments each month or just one or two.

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

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MONTHLY MEETING (Third Tuesday of Each Month)
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What’s Worth the Splurge in Medora?

ERIN BEENE, NORTHERN SENTRY

Last week, I wrote about my favorite place in North Dakota (and maybe the U.S.) Check out last week’s article for tips on making an affordable Medora getaway. This week, I’m going in the opposite direction: how to go big in Medora and make the most of your trip if your budget isn’t quite as tight. What is actually worth spending your hard-earned money on?

STAY SOMEWHERE NICE
Hotel 1883 is brand new this year, and it was quite a sight to see. If you’ve never stayed in a brand-new hotel, this is your chance. Everything was crisp, clean and comfortable, and the best part was the view from many of the rooms. The landscape outside is everything you love about Medora.

The hotel also offers breakfast, full TV channels, easy-to-use heating and air conditioning controls, and wonderful service. Each room was even greeted by a “Teddy” bear, which was a fun touch.

Rooms are still reasonably priced considering how new the hotel is, and there are several other places to stay in town. But if you want to make your Medora experience



The newly built Hotel 1883 has rolling hills views and a perfect place for a relaxing stay.

a little more luxurious, Hotel 1883 is worth considering. And the free trolley stops right at the front door!

EMBRACE TEDDY ROOSEVELT
Another unique way to experience Medora is to fully embrace everything Theodore Roosevelt. Just

jump in and do it all!
There are several Roosevelt-themed shows, including The Teddy Roosevelt Show, with dinner or brunch options. I attended one of the performances, and it was a fun way to learn about Roosevelt while hearing TR himself tell stories about



Having brunch with TR himself is a Medora classic!



Even the smoky haze of far away wildfires couldn’t keep us from enjoying the magnificent landscape!



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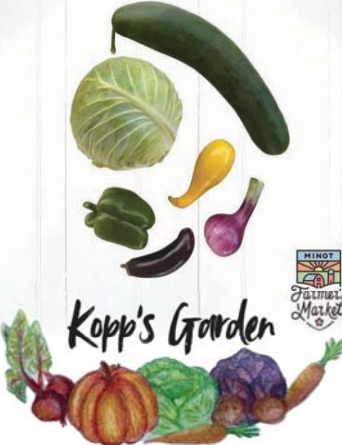
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Peppers,	Sweet Relish,
Cucumbers,	Dill Pickles.
Watermelon,	



The Theodore Roosevelt Presidential Library is more than a museum!

his time in North Dakota. And the food was excellent.

New Teddy Roosevelt performer Kurt Skinner was previously stationed as an Airman at Minot Air Force Base. I caught up with him after a show, and he had a message for the Airmen and families still at Minot:

“Thank you for your continued service and vigilance to the nation. I am looking forward to seeing the base once again, a place that I had called home for four years. Good memories, I hope to be back soon.” There are multiple other shows and performances to enjoy in Medora, and they are all well done.

STEAK, PITCHFORKS AND A LITTLE FUN

What about activities? Let’s talk about the Pitchfork Steak Fondue.

I doubt you’ve had a dining experience quite like it. Much to my surprise, “fondue” does not mean dipping things into cheese or chocolate. Maybe this is common knowledge, but after all my visits to Medora, this was my first time at Pitchfork, and I had no idea!

I asked an employee about it, and he explained that the “fondue” comes from literally taking a pitchfork and dipping the steak into hot oil to cook it. “We’re doing the fondueing for you,” he told me.

Either way, the steak was delicious, and the buffet was filling. It can be a little pricey, but if you want a great steak in a fun atmosphere, this is a must-do before heading to the Medora Musical.

Point to Point Park also has several paid activities worth checking out. As a big mini-golf fan, I had to try Little Bully Pulpit Mini Golf. Once again, the scenery makes it unique, and it was a lot of fun for anyone who enjoys putting.

Nearby, you’ll also find the Lazy Lil Mo & Wade In Pool, Manitou Zipline and the newer Perception attraction. I didn’t get a chance to try Perception, but I’ve done the other activities, and if you have kids, they are so much fun! If you plan to stay awhile, I recommend looking at the Play All-Day packages so you can experience multiple attractions without paying for each one individually.

THE BIG ONE: THEODORE ROOSEVELT PRESIDENTIAL LIBRARY

Last, but certainly never least, is the brand-new Theodore Roosevelt Presidential Library, which is less traditional library and more interactive museum dedicated to TR.

In case you didn’t know, this place is a big deal. Matt Briney, chief communications officer, told me that by the first weekend in August, the library had welcomed

50,000 guests, exceeding its initial goal after only being open for one month.

There are dozens of exhibits, but Briney said some of the biggest hits have surprised them. “The photo stations were a little bit of a surprise hit,” he said. He also said it has been amazing to watch people explore and engage with the exhibits, adding that visitors consistently come out saying they had a great time.

And I can confirm that. Everyone in the family can enjoy this place: little kids, grandparents and everyone in between. It’s fascinating to see how much North Dakota shaped Roosevelt and, in turn, American history.

This isn’t just a museum where you walk around reading plaques. You actually participate, which makes learning about TR much

more memorable. Briney said any time of year is a good time to visit the library, but if you want to climb the roof, explore the surrounding trails and enjoy everything else Medora has to offer, he recommends visiting in the next few months before the weather becomes a deterrent.

JUST GO TO MEDORA

If I haven’t convinced you to visit Medora yet, I don’t know what else I can do!

You can come and spend very little, or you can splurge a little and experience some of the town’s incredible attractions. Either way, Medora has a way of making a trip feel special.

It’s beautiful, quirky, historic and just plain fun, and I promise, it will be a magical vacation you’ll remember for years to come.



The Pitchfork Steak Fondue was an experience unlike any other.

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NOTES ON BEING SAFE

Camping Tips on how to Play it Safe!

As summer starts to dwindle and the warm weather suppresses to a comfortable temperature, our tendency to spend time outdoors becomes more often since winter is around the corner. From beaches to lakes to high mountain trails, packing up the family for a trip into nature proves a wonderful warm-weather venture. Special health and first-aid precautions, however, are necessary, especially when kids are involved, and especially if you plan to camp. While the following advice may ring familiar, read on: The value of a jogged memory is well worth the effort.

THE ESSENTIALS

- Take along plenty of water, especially when traveling to remote areas or those with a hot climate.
- Always carry a small first-aid kit, even when taking day hikes.
- Kids get hungry quick, especially with the open energy of the great outdoors. Pack plenty of non-perishable, calorie-dense food, such as granola bars, trail mix, hard fruit (apples are especially good), chocolates, and nuts.
- Make sure you know the route, and bring detailed maps of the area.

CAMPGROUND BASICS

Scope out the surrounding area for any potential hazards, and identify a “kid-safe” zone that is within eyesight of your main camping area. Tell everyone that an adult must always accompany younger children when going further out, and older kids must leave notice of where they are heading. Protect yourself and your kids against potential hazards of the woods: Wear long pants, closed shoes, and socks to avoid contact with poisonous plants and stinging creatures. Never let kids run barefoot in the woods, as this leaves the skin vulnerable to insect and snakebites, ticks, poison oak, and the general hazard of stepping on sharp objects. Always protect yourself and your children against the sun with sunscreen, hats and sunglasses, keeping in mind that harmful rays can penetrate even thick cloud covers. As with all other camping rules, be sure to

explain to children why it is important to follow these safety procedures, instead of simply requiring them to do so.

Keep all food in tightly sealed containers to avoid attracting unwanted flies and other insects. Also keep your food stash out of reach of prowling animals. Emphasize to your children the importance of not leaving any food out in the open, and of cleaning up after themselves in the woods (remind them--and yourself--never to carry out less than you carry in; this includes all trash).

Ensure to keep the campfires at minimum circumference to where it won’t spread. Always keep a bucket of water close by and always ensure the fire is out before you leave the camp grounds.

HIKING

When hiking with children, make frequent stops to rest, have a snack and water, and to observe the various plants and wildlife of the surrounding area. Make a game out of trying to identify the most unusual-looking species of the wild (by sight, never by touch!).

Encourage children to carry their own daypack and water. Also equip each child with a whistle, which can be used in case of separation from the group.

OUTDOOR SAFETY

Poison Oak: Teach your kids this simple rule: “Leaves of three, let it be.” Poison oak leaves grow in groups of three, almost like a largely overgrown clover. Another poison oak indicator is the roughness of the leaves’ edges, which look like a small child has cut them.

If you think poison oak has come into contact with the skin, wash the area with soap and cold water (hot or even lukewarm water will open pores and increase absorption of the irritant).

Cuts and Scrapes: Any cut that punctures the skin may become infected; this tendency only increases in hot, humid weather. Make it a general rule to treat any cut or graze with an antiseptic, and refrain from using

creams or ointments, as they merely keep the wound greasy. Also remove bandages and Band-Aids after bleeding has stopped; they keep wounds wet and prevent healing. If you don’t have antiseptic on hand, clean and sterilize the wound by washing it with salt water.

Insect Stings: Bee, yellow-jacket, and wasp stings are generally more painful than dangerous. To relieve pain and swelling, use Calamine lotion or ice packs (ice wrapped in cloth will do just fine).

Mosquitoes: In addition to wearing protective clothing, avoid highly perfumed products and dark or brightly colored clothes, as strong fragrances and colors attract insects. Always make generous use of insect repellent, especially once dusk arrives. Remember to reapply repellent every few hours, and after swimming or exposure to rain.

U.S. Department of Agriculture studies indicate that the most effective repellent ingredient against mosquitoes, ticks, fleas, and biting flies is diethyl-meta-toluamide, commonly known as DEET. Look for DEET in topical insect repellents, and avoid repellents with a DEET content that is higher than 20 percent (10 to 15 percent for children); no more is necessary, and higher concentrations can irritate the skin.

Non-chemical alternatives for warding off mosquitoes include Avon Skin-So-Soft body oil and pure vanilla extract.

Ticks: Ticks are efficient transmitters of disease; always check your kids’ and your own body after walking through a tick-infested area. If you do find one or more ticks on your own or your child’s body, follow these simple steps.

The best way to remove a tick is to pull it steadily away with blunt, curved tweezers. If you don’t have any tweezers, protect your hand with a plastic bag and grasp the tick with finger and thumb tips as close to the skin as possible. Do not jerk or twist the tick. When removing ticks make sure its body stays intact and is

removed entirely. Any part left behind in your skin will cause inflammation and infection.

Other remedies such as Vaseline, alcohol, chlorine bleach, or oil will often persuade a tick to let go, as will a lighted cigarette end (but be careful not to burn the skin). Another removal method is to coat the tick with fingernail polish (clear or colored), which will cause it to suffocate and die. Afterward, it will either fall off or can be brushed away or gently pulled with a pair of tweezers. Once a tick has been removed,

disinfect the affected skin with alcohol and wash hands with soap and water.

Snakes: When hiking or walking through undergrowth where snakes may be present, be sure to dress yourself and your children in boots or thick shoes with socks and long pants. Warn children not to stick their hands into holes or cracks in the ground, and always be careful while exploring. If a poisonous snake does bite someone, don’t panic (snakebites don’t cause instant death), but do seek medical help immediately.



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Stock up on vehicle
breakdown supplies

Unforeseen situations can crop up at any time. Anyone who has had a roadside breakdown in their car understands this. A flat tire or an engine malfunction is something no driver wants to experience, but those with a well-stocked vehicle emergency kit and breakdown strategy can get through most situations rather easily. A 2017 survey from AAA found that 40 percent of drivers in the United States are not ready to handle a typical roadside emergency breakdown. The organization estimates it helps some seven million motorists get back on the road each summer. A well-equipped roadside emergency kit may help drivers get their vehicles back on the road on their own.

- First aid kit: The first aid kit will celebrate its 133rd birthday in 2021. The Johnson & Johnson company began commercializing first aid kits in 1888. Having a first aid kit in the car to treat minor injuries can be helpful in the event of an accident or even after injuring oneself during a breakdown.
- Fire extinguisher: Cars are full of various mechanical parts and are susceptible to catching on fire. The National Fire Protection Association says vehicle fire extinguishers need to be rated for Class B and C fires.
- Jumper cables: A weak or dead battery is often the culprit in breakdowns. Jumper cables enable drivers to get a charge from another motorist, and may help get a person back on the road quickly. If possible, get a set of cables that also comes with safety gloves and

heavy duty clamps, offers Defensive Driving Online, a defensive driving course.

- Mobile phone/charger: A mobile phone is essential for calling for assistance, but the phone is only useful if it’s charged.
- Blanket: Keep a blanket in the trunk or another storage area. Should the vehicle die in cold weather, that blanket can help keep passengers warm until assistance arrives.
- Basic tools: Tools like a screwdriver, ratchet set and wrench may enable drivers to complete minor repairs. Tools also should include tire-changing gear, such as a jack and lug nut remover.
- Traction aid: Non-clumping kitty litter or sand can provide the traction needed to get off of a slippery area of roadway.
- Flashlight: A flashlight can help keep you visible and able to see your surroundings in dark conditions.
- Flares: Should a breakdown occur in the dark, flares can alert other drivers.
- Snacks and water: Water and food that stores well, such as emergency rations, granola bars or trail mix, can quell hunger pangs and provide an energy boost while waiting for help.
- Rope/bungee cords/tarp: These items can be used in various situations to secure a vehicle.

While drivers can gather these items separately, many companies offer all-in-one vehicle emergency kits. A safety kit is essential for all drivers.



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HOPE ANDERSON

By definition, an atelier is an artist or designer's studio or workroom. It may seem unusual that a medical aesthetics center would be called an atelier, but in reality, the specialists at LOOK Aesthetic Atelier are artists in their own right. Trained as Nurse Practitioners, Registered Nurses, and Estheticians, the quality of the services you will receive at LOOK could be compared to that of a work of art for your skin.

Kelly Dickinson, FNP-C and owner of LOOK, describes her journey to the world of skincare as almost a fall into your lap situation, but whether you call it happenstance or fate, the chance opportunity turned into her passion and she took the leap of faith in 2018 to purchase the business from the previous owner, but put her own stamp on the business by making it her own in the current location of 13 2nd Ave SE in Downtown Minot.

Dickinson said the thing she loves most about the world of skincare is that the environment is mostly happy and fun. Guests who come in for services are thrilled with the outcome and leave feeling great. Their goal is a warm and welcoming environment where their guests become fast friends and they strive to make the experience laid back and casual.

Offering a large variety of services from neuro injections such as Botox to laser services including tattoo removal and hair removal and lash extensions to a variety of facial options, they can suit the skincare needs of their guests with precision and a professional approach. If you are looking for waxing services, dermaplaning, microneedling, and a

variety of other services, look no further than LOOK.

When asked what service they provide that they wished more people would know about, Dickinson mentioned their PRP Facials. Short for Platelet Rich Plasma, this facial actually uses your body's own PRP to improve skin tone, reduce fine lines and blemishes, and reduce scarring and texture issues.

Booking an appointment couldn't be easier. For first time guests, they recommend calling 701-500-4615. During the phone call, they will get information necessary to book your first appointment. After that, you can call, message on social media, or text to make your appointments. To learn more about services, check out their website at <https://www.lookaestheticatelier.com/>. It includes a list of services and financing options to suit your needs.

The providers at LOOK Aesthetic Atelier love the Minot community and the small, local feel that it offers. They also love that they are able to provide a service to military clientele by being able to send and receive electronic records so that someone who is moving to Minot can continue the services they were receiving elsewhere and also, when it comes time to move, LOOK can provide those records to another medical aesthetics center.

With the dry weather of the winter months, it might just be the perfect time to give LOOK Aesthetic Atelier a call for a facial to help your skin look its best. You can count on a professional service, but with a warmth and welcome that is second to none.



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SUDOKU PUZZLE

Solution to puzzle on page B10

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

CROSSWORD SOLUTION

Solution to last weeks crossword

S	A	P	S		L	A	O	S		F	L	O	R	A
T	O	R	A		I	R	M	A		R	O	B	O	T
A	N	I	M	A	L	M	A	G	N	E	T	I	S	M
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V	E	G	E	T	A	B	L	E	S	A	L	A	D	S
O	Y	E	R		G	Y	M	S		R	I	V	E	T
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M	I	N	E	R	A	L	D	E	P	O	S	I	T	S
A	L	I	V	E		S	N	A	P		K	E	E	P
M	E	T	E	D		D	A	T	E		I	S	M	S

CROSSWORD PUZZLE

Across

1. Political alliance
5. Sad to say
9. Admits nothing?
14. Computer list
15. Trumpet-shaped flower
16. British Columbia neighbor
17. Bawl
18. Cry of concurrence
19. Eminent
20. Start of a quip about parenthood
23. It generates a lot of interest
26. Work unit
27. It might make a ewe turn
28. Part two of the quip
32. Wind up
33. Unexciting
34. Derby sounds
38. Rabbit mothers
40. Wintry
42. Swamp substance
43. Use this to join the flow
46. Field delivery, sometimes
49. ___ king
50. Part three of the quip
53. "Angela's Ashes" sequel
56. Sentimental drivelt
57. March reasons
58. End of the quip
62. Hymn of praise
63. Boat beam
64. Craving
68. Houyhnhnm's creator
69. Joss, e.g.
70. Good spot for an editor to wind up a film
71. Rumormonger
72. Zip
73. Actor Montand

1	2	3	4		5	6	7	8		9	10	11	12	13
14					15					16				
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					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. Upscale wheels
2. Appomattox figure
3. Something to grow on?
4. Valentine adornments
5. Future Hall-of-Famer
6. Property claim
7. Certain singer
8. Method
9. Maneuver cleverly
10. Commotions
11. Goat-legged deity
12. Fraternity letter
13. Sin city?
21. In a bind?
22. Ms. Brockovich
23. Set of beliefs
24. Rambled
25. Place to get down?
29. Where the successful go
30. You can count on them!
31. Pup's bark
35. First and second, for two
36. Berry favored in Hollywood
37. Is a good dog, in a way
39. Drain
41. WWII group
44. Purplish
45. Grad's gala
47. Ball to laugh at
48. Custard dessert
51. Earned
52. Divination
53. A bit crocked
54. Reverent
55. Pilsener holder
59. Sword handle
60. Change totally
61. One of the six inert gasses
65. Jesse Jackson, e.g.
66. "Aw" follower
67. South African golfer

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For details, call the School Liaison Program Manager at (701) 240-2380



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



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For details, call the School Liaison Program Manager at (701) 240-2380



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Members of the Association of Air Force Missileers visit Minot Air Force Base, North Dakota, hosted by the 91st Missile Wing Rough Riders. Many AAFM members are former Rough Riders who returned to share their experiences, knowledge and perspectives with today's missileers while learning how the missile enterprise has evolved over the years. The visit highlighted the enduring legacy of the 91st Missile Wing and the connection between generations of missileers.

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Upcoming 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.

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Minot Auditorium-Minot, North Dakota

AUG 21 & 22 2026

Entertainment
Food
Vendors
Artisan Demonstrations
Viking Encounters
Nightly Dances & More

For more information:

https://www.fjordfolkfest.com/

27 AUG

THURSDAY'S MARKET IN OAK PARK

9:30 PM

Oak Park
1300 4th Ave NW

Our small but mighty Thursday morning market gives you a chance to meet your farmer, your baker, and the friendly faces that make items locally. This rarely-any-lines market is a peaceful way to start your weekend and stock up on the in-season produce, ask questions about the product, and meet a new friend. Check the market schedule to see if you'll catch a food truck with hot breakfast items in our lineup. Enjoy easy parking! Reminder: You can meet at the front of the Market at 9:00AM for a community-group walk! Use this time to meet others, enjoy the park, and be accountable to your movement goals. You can log your Market Movers Club time from 9am to 12noon to be eligible for our weekly prize. Check our website for more info.

OAK PARK

Thursdays

For more information:

https://minotfarmersmarket.com/

28 AUG

MOVIE IN THE PARK: TWISTERS

SUNSET (9:30 PM)

Oak Park,
1300 4th Ave NW, Minot

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

MINOT PARKS

MOVIES in the Park

all movies begin at sunset

MINOT PARKS

For more information:

Facebook/ Minot Parks/ Events

30 AUG

10TH ANNUAL MINOT FOOD TRUCK FESTIVAL

11:00 AM - 6:00 PM

Oak Park
1300 4th Ave NW, Minot

This family-friendly event brings together a wide variety of food trucks, local vendors, free entertainment, and a full day of fun with friends and community. From savory meals to sweet treats, there is something for everyone to enjoy. Admission is available at the gate on the day of the event: \$5 General Admission, \$3 Students and Children (Ages 4-12), Free for children ages 3 and under. The Minot Food Truck Festival also serves as a fundraiser supporting The Film Dudes, a program of ND Strong that provides hands-on film education opportunities for students across North Dakota. Come hungry, bring your friends, and spend the day with us celebrating great food, local flavor, and 10 years of community.

10TH ANNUAL

FOOD TRUCK festival

MINOT, ND

For more information:

Facebook/ Minot Food Truck Festival/ Events

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Minot Veterans of Foreign Wars Post 753

Part 1: “Veterans in the House”

JOANNE RADEMACHER , NORTHERN SENTRY CONTRIBUTOR

Founded on May 22, 1921, the Minot VFW Post 753 is the oldest active VFW Post in North Dakota. In the early years, the Minot Post received a provisional liquor license and held dances so members could gather with the ladies to relax and have fun together. Many a waltz and polka created an atmosphere of comradery for the veterans. Today, the Minot Post has grown into a thriving organization of veterans taking care of each other and their communities in Minot and the surrounding area.

Let’s take a little time to learn the origins of the VFW in the United States, leading to the Minot VFW Post. The Spanish-American War was a short-lived conflict between the United States and Spain. It effectively ended Spain’s colonial rule in the Americas while the United States gained territories in the western Pacific and Latin America.

It was July 1,1898. Nearing the end of the war, Teddy Roosevelt led the 1st Volunteer Cavalry, known as the “Rough Riders,” to victory against the Spanish in taking two hills sitting on the San Juan ridge overlooking Santiago de Cuba, the island’s 2nd largest city. After General Shafter’s initial plan involving the 1st and 2nd Divisions and the Dismounted Cavalry Division quickly fell apart, the Cavalry Division’s two brigades, led by Teddy Roosevelt and the famed Rough Riders, charged into unrelenting Spanish fire. San Juan Hill and Kettle Hill were fortified with entrenchments, blockhouses, barbed wire, and several canon, defended by an estimated 4,500 Spanish soldiers. Roosevelt and the Rough Riders suffered heavy casualties as they took Kettle Hill first, then crossed a valley to ultimately win both hills. Roosevelt was posthumously awarded the Medal of Honor over a century later in 2001. A number of soldiers under his leadership also received the Medal of Honor.

American losses in the Spanish-American war totaled some 205 dead and 1,200 wounded. In President Abraham Lincoln’s March 4,1865 second inaugural address, he stated it is our nation’s responsibility “to care for him who shall have borne the battle, and for his widow, and his orphan.” By the time the Rough Riders and other troops returned from Cuba over thirty years later, there was still no provision made by the U.S. government to care for them. Nor was there any support for the widows and children of fallen Soldiers.

In 1899, soon after the Spanish-American War, three war-veteran societies were founded to support the men whose lives were changed by war. They were The American Veterans of the Philippines in Denver, Colorado, The American Veterans of Foreign Service based in Columbus, Ohio, and The American Veterans of Foreign Service based in Altoona, Pennsylvania. The three groups merged in a convention in Pittsburgh on August 1,1914, forming a single nationwide association known as the Veterans of Foreign Wars of the United States. Since its founding, eight U.S. presidents have been members of the VFW. The first was Teddy Roosevelt and the most recent was George H.W. Bush.

The VFW promises to “honor the dead by helping the living.” Toward that end, in 1925, a Michigan cattleman, Corey Spencer, donated 472 acres near Eaton Rapids, Michigan to provide for widows and children of fallen U.S. soldiers. Today, the VFW National Home has grown from a single farmhouse becoming home to a widow and her



VFW Member Jerry Darling, Post Commander Rob Theiler and Trustee Dustin Dezotell pose for a photo.

six children, to a vibrant community meeting the needs of and guiding veterans and families as they navigate through challenges unique to life dedicated to military service. For more information go to www.vfwnationalhome.org.

The VFW Post 753 club house is located at 1100 31st St. SE in Minot. In the 1960’s, the train depot from Aylmer, near Velva, was moved to this location and transformed into the Post club house. As membership grew, the Post’s mission in service to its members and the community expanded, and the club house followed suit.

The lower level was added in 1974. It contains the bar and canteen, gaming, restrooms, and event space. This level was further improved in recent years, with large windows to the south, and other improvements with a new ceiling and updated furnishings including custom tables.

Work began on a complete remodel of the old depot event/meeting space last January. A new steel roof was also added.

The south side of the building opens to 3.5 plus acres of park space with picnic shelters. The Post hosts the annual 2nd Story softball game and picnic in this beautiful park, also providing team shirts. Other events held there are the annual DAV picnic and a big car show and BBQ coming in September.

The Minot VFW is home to about 500 members plus the Auxiliary. Veterans moving into the area can transfer their membership from

the Post they have left. While I was there, Rob Thieler, Post Commander, was approached by a young man who moved here from another state, wishing to transfer to the Minot Post.

The atmosphere I experienced at Post 753 was engaging and informative. They run a tight ship with emphasis on respect, service, and fun. These veterans are proud of their Post and the ongoing projects they implement for the benefit of fellow veterans and the community.

My gratitude to Post Commander Rob Theiler, Trustee Dustin Dezotell, members Jerry Darling and Loren Headrick for sharing their love of country, service, and community with me so I could share it with you. More thanks to Auxiliary State Scholarship Chairman Peggy Headrick and Post Auxiliary President and State Jr. VP Scott Paulson who shared about their work in the Auxiliary. Together, all of them are a great team spinning many plates!

Keep an Eye out for Part Two “Out and About” will include details about favorite projects like the meat raffles and spaghetti dinners, open to the public and beginning soon. It will also cover the many other projects and services put on by VFW Post 753 and its Auxiliary showing how the greater community benefits and is invited to participate.

A heads-up for your calendar: The Minot VFW Post will host the Veterans Day Ceremony on November 11 at 11:00 am in the Minot Auditorium.



Lower level event space and bar



VETERANS OF FOREIGN WARS.

POST 753

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All About Pets



Adopting a Furever Friend

Are you ready to add another member to your family? Adoption is a great way to go! According to the ASPCA, approximately 6.5 million companion animals enter U.S. animal shelters nationwide every year. Dogs make up about 3.3 million of those and cats make up about 3.2 million. While buying from a reputable breeder is one way to get a purebred animal with specific information about history and breed, there are many adoptable pets available that are just as obedient, fun, and unique. Adoption not only brings a loving companion into your home, but it gives the pet another chance at living a happy and healthy life.

There are many things to consider when adopting a pet. You must be ready to make the commitment, which can be about 10 to 15 years for dogs and up to 20 years long for cats. You also need to be able to meet all of your pet’s needs, which includes being financially stable enough to pay for food, enrichment, vet bills, and medical emergencies, as well as making time to build a bond and exercise your pet as often as it needs, depending on the individual. It’s important to also have patience throughout the adoption process and to research what kind of pet will fit your lifestyle best. Finding the perfect companion is not always as easy as “love at first sight,” and some pets take more time than others to acclimate to their new owners and homes. Often, rescues will begin to feel comfortable in their new home anywhere from three weeks to three months in, but it can vary. The initial time after bringing home your pet is imperative for creating a bond, but be sure not to rush the process. Always move at the pace your rescue pet feels most comfortable at. Shoes may be chewed, carpets may get messy, and couches may suffer, but having the companionship of a pet can be well worth it with the proper time, training, and love.

These local animal shelters work hard every day to find loving homes for the pets they bring in. If you’re ready to find your furever friend, please consider contacting a shelter to adopt today!

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www.svaspets.com
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www.forbellessake.org
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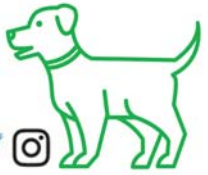


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Kim Fundingsland

Lest you think I fell off a dock and hit my head on my fishing boat, it is with complete honesty that I am about to freely reveal, in complete detail, precise facts of a very important and personal nature.

I have not been coerced, am not under the influence of drugs of any kind and have not been promised any favors in exchange for what I am about to disclose. True, I am a fisherman, a necessary disclosure regarding my commitment to honesty.

No, this story is not about the big one that got away. I caught them, honest, but rather a confession in this very public forum. I am taking responsibility for my actions. Total accountability. Well, at least the count part.

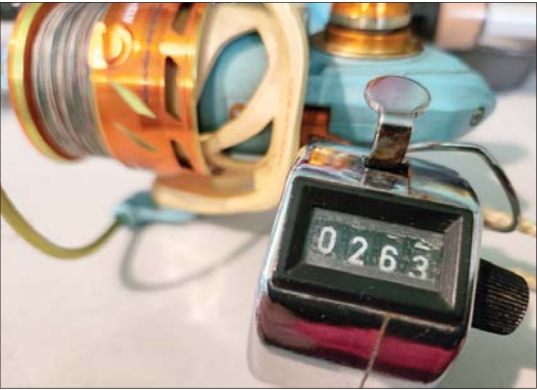
Enough introduction and intrigue. I promised facts and I will deliver them, even at the risk of you, dear reader, reaching a conclusion that I am indeed some sort of waterlogged nutball.

About five or six years ago I began counting each cast I made with a fishing rod. Not every day on the water, but many of them. This I did without the knowledge of my fishing companions, except for occasionally mumbling numbers aloud that made no sense to my fellow fishermen who understandably surmised they should choose their fishing partners more carefully.

It was just over four years ago, and several fishing companions later, that I came clean. I purchased a counter and wore it in such a fashion that it soon became part of my casting regimen. Every time I made a cast I pushed the button on the counter. At the end of each fishing day, I simply read the number off the counter and entered it into a journal.

Weird behavior, I know, especially since I had no idea what I was going to do with the information. As I soon discovered however, fishermen being as they are, that is, always trying to outwit and outsmart their fishing companions with some new lure or technique, became intimidated by what they perceived as a completely surprising and innovative tactic.

Of course, they could only speculate in their minds



how I must be utilizing the information to further my fishing success. I could see their nervousness grow with each click of the counter. So certain were they of their fishing prowess, they dared not inquire, an act that might reveal their true wisdom as fishermen.

Ahh, the joy that was mine as they struggled to decipher this mystery method that I alone understood, which I did not. No matter. At last, I had realized a use for the goofy habit of counting casts! The silly practice elevated me considerably in the eyes of fellow fishermen and confidence is the name of the game on the water.

Really though, intermittently studying data accumulated from 45,627 casts from January 1, 2020, to December 31, 2023, several patterns emerged that I have used to my advantage. Things like making too many casts with a lure that is not producing results. With few exceptions, 25 casts per lure without catching a fish is my limit now.

Muskie fishing statistics are particularly telling. Several times I've caught two or three muskies in 15-20 casts, then none for several hundred more. An example – one time I caught muskies on cast 8 and 14, then went zero for 356. There it was on paper, proof that stubbornness doesn't always work when fishing.

My advice to anglers is to buy a simple counter, use it and say nothing. Your fishing partners will believe you have an advantage over them and will lose focus trying to figure out exactly what it is. The hook is set. Priceless.



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Mysterious MAFB Quilt Resolved, Sort Of

ERIN BEENE, NORTHERN SENTRY

Back in early December last year, a story popped into our hands when a woman from Arizona reported that she had found a homemade Minot AFB quilt, with no identifying marks on it, at a Goodwill store in Phoenix. She reached out to the Northern Sentry to see if we could find the owner.

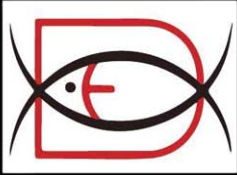
A search was on. The original story broke with a plea on social media to anyone who might have information about the quilt, its owner or who made it. In the meantime, the quilt was shipped to Northern Sentry owner Ted Bolton for safekeeping.

When Ted got the quilt and inspected it more closely, he discovered that it did, in fact, have some markings on it. Since our other outreach efforts had not produced any promising leads about where this cozy quilt belonged, this was a big lead for us.

The quilt was labeled as a gift from the 5th Operations Group Bomb Staff to a certain colonel. Several attempts were made to contact the colonel, but none were successful. To protect his privacy, we have decided not to share his



MAFB quilt found last year.



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name. Instead, we have come to the conclusion that the quilt was likely donated on purpose and was not a lost item simply waiting to find its way home.

And honestly, that is understandable. Anyone who has served in the military, or been married to someone who has, will tell you that if you stay in long enough, your home will likely be filled with going-away gifts, wall plaques and airplane photos, enough to fill a house. You simply cannot keep everything you are given over the years and at all the different bases. Especially after a long career, I'm sure this quilt was just one of many military keepsakes that had been collected over the years.

So, for now, the quilt resides with the Bolton family. It will keep them warm this winter as they thank the person they will never know who made it, with the hope that it would one day bless another military family.

And even if that family is different from the one the quilt was originally intended for, please know, creator of the quilt: it is loved and cherished back in Minot.

The mysterious Minot AFB quilt has found its new home.

The original quilt story: <https://northernsentry.com/2025/12/04/lost-minot-afb-memories-can-you-help-bring-this-quilt-home/>



It was discovered that the MAFB quilt was made with love.

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You'd better get back to the grill, Joe. I think I'm smelling smoke.

TIMMOTHY TIMM

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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Pride of Dakota

WOODLAND RESORT

OUTDOOR REPORT



by Patricia Stockdill

FISHING:

Lake Sakakawea elevation, Aug. 17: 1,826.34 feet above mean sea level (MSL); 17,100 cubic feet per second (CFS) Garrison Dam average daily releases. Devils Lake elevation: 1,450.1 feet above mean sea level (MSL). Stump Lake elevation: 1,449.93 MSL.

- N.D. Game & Fish Dept. game wardens: North-central area lakes somewhat quiet for angler numbers and success.
- Devils Lake, Woodland Resort, Devils Lake: Try spinners and nightcrawlers or crankbaits for walleye in 15 feet. Move around with scattered success.
- Lake Darling, Karma C-Store, Ruthville: No new reports with limited activity on area lakes.
- Lake Metigoshe, Four Seasons, Bottineau: Continued bluegill activity using a variety of presentations with occasional walleye in the evening.
- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Work deeper for walleye in 20 feet or deeper using variety of presentations on the east end of Lake Sakakawea. Move around, as well. Limited reports from Lake Audubon.
- Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Walleye activity slowed somewhat on the east end of Lake Sakakawea. Try 27 to 37 feet with slow death hooks and minnows or nightcrawlers. OK salmon success with fish nice-sized. Better success in the afternoon along the face of the dam. Limited Lake Audubon reports.
- Lake Sakakawea, Indian Hills Resort, Garrison: Mixed walleye success with fish moving deeper in 25 to 35 feet –and deeper. Try crankbaits.
- Lake Sakakawea, New Town: Work deeper for walleye with activity slowing somewhat. Anglers still catching fish but not as consistent as it was earlier this

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. 21 & 22: Fjord Folk Fest Scandinavian festival, Minot City Auditorium. Go to the website, (www.fjordfolkfest.com) for details.
- Aug. 21: Yoga in the Park, Oak Park 7 p.m.
- Aug. 22: Evening Hike Series, Sensory Hike, Fort Stevenson State Park, Garrison, 9:15 p.m.
- Aug. 28: Move in the Park, Twisters, Oak Park, 9:30 p.m.
- Aug. 28: Lace up for Literacy 5K Run/Walk, Leach Park, 2400 2nd Ave SW, \$25 entry fee, 6 p.m.
- Sept. 1: Dove season opens.

TOURNAMENTS:

- Aug. 21 & 22: Lake Sakakawea, 4 Bears.
- Aug. 27 – 29: Lake Sakakawea, Fort Stevenson State Park.

summer.

- Lake Sakakawea, Van Hook Bait & Tackle, New Town: Walleye moved deeper in 35 to 40 feet with some success is still around 25 feet. Remember to keep any fish caught in 20 feet or deeper - they won't survive if released due to their swim bladders. Work midway in the Van Hook Arm to the south.
- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace producing mixed success for walleye from both boat and shore with activity generally slowing. Occasional catfish from boats. Limited shore-fishing activity. East end of Lake Sakakawea slowed for walleye. Try at least 25 feet with slow death hooks or jigging Raps and nightcrawlers. Salmon are nice-sized but not big numbers yet. Try variety of presentations with most activity between Government and Deadman's Bay as well as the face of the dam. Try Wolf Creek or Fisherman's Point at Sakakawea State Park from shore for bass.
- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Upper end of Lake Sakakawea and Yellowstone and Missouri rivers muddied up after recent heavy rains, slowing walleye activity, but fair catfish success. West end of Lake Sakakawea starting to turn over around Lund's Landing and White Earth Bay. Better walleye activity

around Van Hook Arm with fish moving deeper in 30 to 40 feet. Try jigging Raps. Northgate Dam good for bluegill. Blacktail Dam good for pike with occasional walleye.

• North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Not much activity on area lakes although bowfishing for carp on the Souris River in the Towner area continues producing activity.

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

- Lake Darling, Foxholm: Elevation, 1,597.77 MSL.
- Little Missouri River, Long X Bridge: River stage, 6.88 feet; streamflow 6.52 CFS.
- Little Missouri River, Medora: River stage, 1.04 feet; streamflow, 5.6 CFS.
- Missouri River, Williston: River stage, 12.36 feet.
- Missouri River, Washburn: River stage, 9.48 feet.
- Souris River, Broadway Bridge, Minot: River stage, 41.29 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

FRIDAY21

- FTEC, 0730-1600, Professional Development Center
- Airmen After Hours Pool Party, 2100-2330, Outdoor Pool

SATURDAY22

- 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
- An Evening Under the Stars with Outdoor Rec, 1600-1200, Bud Ebert Park

SUNDAY23

MONDAY24

- AFFT, 0530, McAdoo Fitness Center
- NCO Foundations Course 500, 0730-1600, Professional Development Center
- TAP DOW Transition Day, 0800-1600, M&FRC
- AFFT, 1100, McAdoo Fitness Center
- Newbery Book Club, 1600, Minot AFB Library

TUESDAY25

- AFFT, 0530, McAdoo Fitness Center
- NCO Foundations Course 500, 0730-1600, Professional Development Center
- TAP VA Services and Benefits Briefing, 0800-1600, M&FRC
- Tuition Assistance (TA) Brief, 1000, Education Center
- Game Day, 1000-1930, Minot AFB Library
- AFFT, 1100, McAdoo Fitness Center

WEDNESDAY26

- Registration Closes: Club Championship, <http://www.memberplanet.com/s/minotafbclubs/clubchamp2026>
- AFFT, 0530, McAdoo Fitness Center
- Base Right Start, 0730-1230, Jimmy Doolittle Center, hosted by M&FRC
- NCO Foundations Course 500, 0730-1600, Professional Development Center
- TAP Employment Fundamentals of Career Transition, 0800-1600, M&FRC
- Storytime, 1030, Minot AFB Library
- AFFT, 1100, McAdoo Fitness Center
- Doggy Dive, 1630-1900, Outdoor Pool

THURSDAY27

- AFFT, 0530, McAdoo Fitness Center
- NCO Foundations Course 500, 0730-1600, Professional Development Center
- TAP DOL Employment Track Workshop, 0800-1600, M&FRC
- AFFT, 1100, McAdoo Fitness Center
- Tuition Assistance (TA) Brief, 1330, Education Center

FRIDAY28

- NCO Foundations Course 500, 0730-1600, Professional Development Center
- TAP DOL Employment Track Workshop, 0800-1600, M&FRC
- 3rd Quarter Birthday Meal, 1630-1800, Dakota Inn Dining Facility
- Karaoke Battle, 1730, Rockers Bar & Grill

SATURDAY29

- Club Championship, 0800, Rough Rider Golf Course

SPECIALS

Rockers Bar & Grill Featured Item
Nuclear Option
Burger

The B-Fifty Brew Featured Item
Watermelon Sugar Burner
and Egg Bites

Bomber Bistro Featured Item
Bahn Mi Sandwich

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