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Videos

Air Force moving forward with restructure of nuclear and missile operations (13N) career field

CARLA PAMPE | AIR FORCE GLOBAL STRIKE COMMAND PUBLIC AFFAIRS

ARKSDALE AIR FORCE BASE, La. -- In early 2016, the commander of Air Force Global Strike Command directed a review of the nuclear and missile operations career field, with the goal of creating a self-sustaining career field.

The review was recently completed, and over the last week, Maj. Gen. Anthony Cotton, 20th Air Force Commander, briefed members of the 13N career field at Malmstrom AFB, Montana, Francis E. Warren AFB, Wyoming, and Minot AFB, North Dakota on some of the upcoming changes they will see starting in Fiscal Year 2017 as the Air Force begins to implement the 13N restructure.

"As we move forward with this restructure, we're going to be making changes that will grow nuclear experience and expertise at the wing level; developing our missile operators into the nuclear 'go-to' experts needed across the Air Force and the nuclear enterprise when it comes to policies and procedures," Cotton said. The first step in the

restructure will reduce the number of accessions into the 13N career field, balancing accessions with retention to eliminate virtually all crossflows. In the past, more 13Ns were accessed than needed, with the knowledge that 30 to 40 percent of the officers would crossflow into other career fields after their initial four-year commitment.

"In recent years, efforts to reinvigorate the nuclear enterprise have led to more missileers wanting to stay in the career field," Cotton said. "The Air Force has also made an overt effort to do more recruiting at the Air Force Academy and other universities, informing cadets about the missile career field, and those efforts have been very successful."

As the 13N restructure progresses, adjustments will be made to grade structures across the entire career field to ensure a more senior crew force at the wing level. This redistribution, combined with additional leadership opportunities following completion of the 3+3 primary operations tours, such as being a Flight Commander, provides increased nuclear expertise at the unit level. Simultaneously, nuclearrelated billets across the Air Force will be reviewed to determine if they are well suited for inclusion in the 13N career field, to ensure nuclear experts are where they need are most needed.

"You are also going to see assignment opportunities at other nuclear-related MAJCOMs and bases," Cotton said. "Missile officers will provide these units with corporate knowledge or subject matter expertise about the nuclear enterprise they may not have had in the past."

"This is absolutely the right move for our 13Ns, to normalize their career field with the rest of the Air Force," said Gen. Robin Rand, AFGSC commander. "However, the biggest and most important benefit will be the level of expertise we'll grow across the nuclear enterprise."







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U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS MAGEN REEVES, SENIOR AIRMAN KRISTOFFER KAUBISCH AND AIRMAN 1ST CLASS MALCOLM MAYFIELD

Maj. Gen. Anthony Cotton, 20th Air Force and Task Force 214 commander, speaks to missile combat crew members from the 341st Operations Group during a visit to Malmstrom Air Force Base, Montana, June 21, 2016. Cotton visited the base June 19-21 and met with Airmen from the nuclear and missile operations career field to discuss upcoming changes as the Air Force begins to implement a restructure for the 13N career field.

Have A Safe Independence Day!

SENIOR AIRMAN KRISTOFFER KAUBISCH | MINOT AIR FORCE BASE PUBLIC AFFAIRS

INOT AIR FORCE BASE, N.D. -- The 4th of July is always a fun time to gather with family and friends to acknowledge the nation's birthday, and fireworks are a wonderful way to celebrate the holiday, but they must be used carefully.

The use of fireworks is prohibited on Minot Air Force Base, and those who choose to use them off-base should be familiar and in adherence with local laws and regulations. Personal fireworks are allowed in Ward County, but not within the city limits of Minot.

Fireworks can be dangerous, causing serious burns and eye injuries. You can help us and your local community fire department prevent firework-related injuries and deaths. How? By following these simple safety tips for safe fireworks use according to the National Council on Fireworks Safety:

• Obey all local laws regarding the use of fireworks.

• Know your fireworks; read the cautionary labels and performance descriptions before igniting.

• A responsible adult SHOULD supervise all firework activities. Never give fireworks to children. • Alcohol and fireworks

do not mix. Save your alcohol for after the show. • Wear safety glasses

when shooting fireworks. • Light one firework at a time and then quickly move away.

• Use fireworks OUTDOORS in a clear area; away from buildings and vehicles.

• Never relight a "dud" firework. Wait 20 minutes and then soak it in a bucket of water.

• Always have a bucket of water and charged water hose nearby.

• Never carry fireworks in your POCKET or shoot them into METAL or GLASS containers.

• Do not experiment with homemade fireworks.

• Dispose of spent fireworks by wetting them down and place in a metal trash can away

from any building or combustible materials until the next day. • FAA regulations PROHIBIT the possession and transportation of fireworks in vour checked baggage or carry-on luggage. • Report illegal

explosives, like M-80s and quarter sticks, to the fire or police department. By observing these

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

Have a safe and happy Independence Day!

Blended retirement system leader training

THE SECRETARY OF THE AIR FORCE CHIEF OF STAFF | UNITED STATES AIR FORCE WASHINGTON, DC

n 1 January 2018, the department of Defense will implement the new Blended Retirement System (BRS) enacted by Congress in the Fiscal Year 2016 National Defense Authorization Act. As this implementation date gets closer, it's extremely important for Airmen at all levels to begin familiarizing themselves with the new BRS as it will impact everyone. All Airmen accessed after 1 January 2018 will

automatically be enrolled Joint Knowledge Online in the new BRS and those Airmen with 12 or less years of service as of 31 December 2017 will have opportunity to "opt-in" to the new system if they choose. Whether you fall into one of these categories or supervise someone who does, education on the new system is paramount.

The first step will provide education for leaders at all levels on the basics of the BRS. This training is now available through the

(JKO) BRS Leader Training Course (http:// jko.jten.mil/). We highly encourage all supervisors to take this 30-minutes training to familiarize yourself with the BRS. Although geared towards leaders, the Leader Training course is available to all Airmen and we encourage anyone looking for additional information to take the course. Specific courses targeting newly accessed Airmen eligible to optin to the BRS will be mandatory and will be

available starting in 2017.

Airmen are our most important asset and preparing them for these impactful changes is a leadership priority. We are counting on and thank each of you for leading the way and taking care of our Airmen. For additional background information on BRS, please visit militarypay. defense.gov.

Deborah Lee James Secretary of the Air Force

CONTACTUS

Tonya Stuart-Melland Sales Manager | Ad Designer nsads@srt.com Beth Duchsherer Ad Designer | Sales Representative nsgraphics@srt.com Tia Klein Ad Designer | Sales Representative bhgads@srt.com

MINOT AIR FORCE BASE

PUBLIC AFFAIRS Chief of Public Affairs Maj. Jamie Humphries **Public Affairs Officer** Lt. Kylee Ashton Chief Editor Staff Sgt. Chad B. Trujillo Staff Photojournalists Tech. Sgt. Kevin Davidson Staff Sgt. Kristine MacDonald Senior Airman Kristoffer R. Kaubisch Senior Airman Sean Danker-Smith Senior Airman Apryl L. Hall Senior Airman Sahara Fales Airman 1st Class Christian Sullivan Airman 1st Class Izabella Sullivan Airman 1st Class Justin Armstrong Airman 1st Class Matthew Rauschnot Airman 1st Class Jessica Weissman **Media Relations** Marissa Howard

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NEWSSUBMISSIONS Northern Sentry Office nsads@srt.com | 701.839.0946

MAFB Public Affairs Office

v35bw.pa@us.af.mil 701.723.6212 MAIL&FAX

315 South Main Street, Suite 202 PO Box 2183

Minot, ND 58701 | 701.839.1867 VIEWONLINE

www.northernsentry.com www.minot.af.mil

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HEROES IN TRAINING

Members from the 5th Civil Engineer Squadron fire department conduct several different exercises during the Heroes in Training event at Minot Air Force Base, N.D., June 24, 2016. Heroes in Training is an event put on by the Minot AFB Fire Department to help show kids how first responders react to emergencies such as fires or accidents.

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS CHRISTIAN SULLIVAN





49 Make holes

54 Uplift

52 Pound sounds

56 Trapper's prize

58 Neighbor of Mo.

57 "Dies "

59 H.S. class

63 Rat's place

61 Worn

60 Wood cutters

62 Trial lawyer's advice

CROSSWORD PUZZLE

Gi Acro	
1	Plagiarize
5	Govt. security
10	Kind of crime
14	
	King of the road
15	Noah of "ER"
16	Ocean danger
17	Biblical brother
18	Hawkeye
19	Country dance
20	Earl Warren's successor
23	Neon, e.g.
24	Razor sharpeners
27	Beer initials
30	Kind of support
33	Laughable mistake
35	Loch Monster
37	Town NNE of Santa Fe
39	"Wreck of the Mary
40	What a hearty meal does
43	Shakespearean Athenian
44	Gumbo pod

- 45 Testy time
- 46 Use a cork
- 48 Auction cry 50 Univ. aides
- 51 Singer Phil or Don

Down

1 Prepare to swallow

2 Civil rights activist

5 Matching sweaters

Parks

3 Bronx cheer

4 Market town

and shirts

7 Pier grp.

11 Dander

8 Tale tellers

6 Invitation initials

9 Pants measure

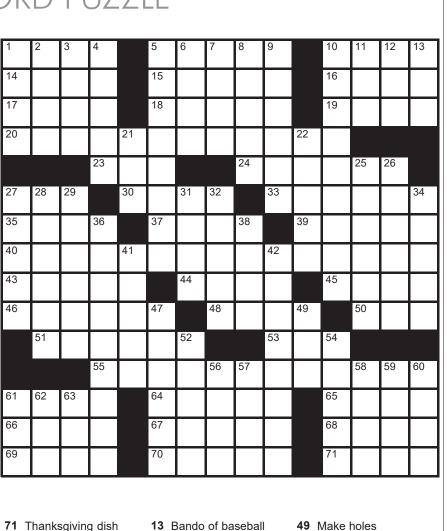
10 Loan seekers

12 Duffer's dream

- 53 "Bah!"
- 55 It's best to let them lie
- 61 Northern capital
- 64 Bygone Olds
- 65 Big furniture retailer
- 66 Waikiki wingding
- 67 Water balloon sound
- 68 Go smoothly
- 69 Money owed
- 70 Lauder in fashion

Solution to last week's Crossword puzzle												zle.		
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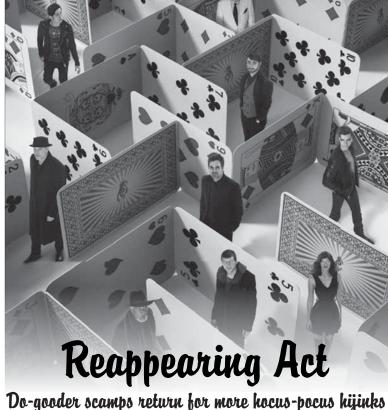


13 Bando of baseball 21 Snack

- 22 Wear down
- 25 Grievance
- 26 Belgrade's land
- 36 Examines, slangily
- 38 Houston MLBer
- 41 Small knob
- 42 Score symbol
- 47 "The magic word"

Solution to puzzle on page 14

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ZU T RS		1			2				3
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G E N E E T S	6	3		7	8			4	
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NEIL POND | PARADE MAGAZINE

The magic of the movies sometimes makes for some nifty tricks, and this "reappearing" act is a good one—a sequel to the 2013 hit about a foursome of infamous crusading magician tricksters whose largescale, steal-from-the-rich stunts have made them worldwide rock-star Robin Hoods.

Woody Harrelson, Jesse Eisenberg and Dave Franco return as three of the so-called Four Horsemen, with Lizzy Caplan (Virginia Johnson on TV's Masters of Sex) coming aboard to replace Isla Fisher from the original. Mark Ruffalo is back as FBI agent Dylan Rhodes, whose "reveal" as the Horsemen's hidden-inplain-sight mastermind was the first movie's final bit of hocus-pocus. Morgan Freeman again rounds out the cast as Thaddeus Bradley, a former master magicianturned-trick-debunker who was framed and sent to prison for the group's last big caper.

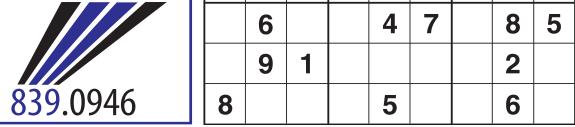
Joining the cast is former Harry Potter star Daniel Radcliffe as a megalomaniacal tech billionaire who hijacks the Horsemen behind each jaw-dropping to coerce them into heist- effect, the trap doors, the ing a new super-high-tech computer chip that, if delivered into the wrong hands, would compromise the privacy of every computerand every computer userin the world. The only problem is, which hands are the wrong hands, and which are the right ones? In a movie about magic and misdirection, it's awfully hard to tell. Director Jon M. Chu, whose resume includes two of the Step Up dance flicks, keeps things moving along briskly with a sense of fun, fizz and sizzle as the do-gooder scamps zip from New York to China to London, trying to stay one step ahead of the law. The plot gets bogged down a

bit as it tries to layer on detail and backstory, but when the Horsemen get down to business, things really come alive-like in an absolutely stunning sequence in which the purloined computer chip, attached to the front of a playing card, is mas-terfully flipped, flung and flicked from Horseman to Horseman to avoid detection while they're each being searched. It's the movie's centerpiece trick, a sexy, super-slick bit of slight of hand, and a showpiece of computer-assisted "cardistry."

In one of the movie's best running gags, Harrelson has a ball in a new, "surprise" role—in addition to the smooth-talking hypnotist Merritt McKinney, he also plays his sibling-rival twin brother, Chase, who sports a head of curly hair and a mouth full gleaming white chompers.

One of the coolest things about Now You See Me 2, like its predecessor, is how it shows the audience how its trickery is done—after the razzle-dazzle, it pulls back the curtain to reveal the nuts-and-bolts explanation trickery, the switcheroo, the behind-the-scene hustlebustle that made the illusion possible. Magic, it lets us know, requires practice, hard work, concentration, planning, patience and super skills. That doesn't make it any less amazing, or any less wondrous. "The best tricks," says Morgan Freeman's character, "work on many levels." Now You See Me 2 is a multi-leveled magic show, heist caper, comedy, drama and globetrotting action-adventure romp with characters whose company you'll find most enjoyable. Now you see them, now you don't. And you'll all but certainly see them again in Now You See Me 3.

- 27 Sci. facilities 28 Not very big 29 Isaac of sci-fi 31 Roman "Censor" 32 Boxing blows 34 Vacations



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Salted Caramel Pot de Crème



INGREDIENTS:

6 large egg yolks 3/4 cup granulated white sugar 2 cups heavy cream

e sugar 1/2 tsp vanilla extract sea salt for garnish

INSTRUCTIONS:

Set oven to 325F. Whisk the egg yolks in a small bowl until well blended. Set aside. In a heavy bottomed sauce pan combine the sugar and 1/2 cup water and stir to combine. Begin heating it and stir just to dissolve the sugar. Turn up the heat and boil the mixture WITHOUT STIRRING. Continue boiling on medium high heat for anywhere from 5-10 minutes, until the sugar syrup starts to brown. The browner the syrup gets, the more flavor you will have in your finished custard, but be extra careful not to let it burn. When the syrup is nice and brown, whisk in the cream (be careful, it will spurt) and continue to stir while you lower the heat to medium. The caramel with be hardened at first and will dissolve as the cream heats. Stir just until all the bits of caramel are dissolved. Slowly drizzle the cream mixture into the egg yolk, s whisking as you drizzle. Continue until all the cream has been incorporated into the eggs and is smooth. Stir in the vanilla extract. Pour the mixture into 6 small oven safe glasses. Set the glasses in a baking dish and pour hot water into the dish to come up about an inch or two. Bake for about 30-40 minutes, until the custards are set on the edges, but still a little wobbly in the center. Let cool and then refrigerate until chilled. Serve with a sprinkle of sea salt.

Oven Baked Spicy Chicken Tacos

INGREDIENTS:

1 tablespoon olive oil

- 1/2 pound cooked chicken, shredded 2 cups shredded cheese
- 1 packet Hot & Spicy Taco Seasoning 1/2 cup onion, diced
- 1/2 cup onion, diced 1 can diced tomato, drained
- 1 can Chopped Green Chiles
- 10 Taco Shells

1/2 can Refried Beans 2 cups shredded cheese Toppings such as sliced Jalapenos, sour cream, salsa, chopped cilantro, shredded lettuce, or any of your favorite taco toppings!

INSTRUCTIONS:

Preheat oven to 400F. Spray a 9x13 baking dish with nonstick spray and set aside. Heat olive oil over medium heat in a medium skillet. Add onion to skillet and cook for 2-3 minutes, or until the onion is translucent and fragrant. Stir in the chicken, taco seasoning, tomatoes, and green chiles. Stir to combine fully. Reduce to simmer and allow to cook for 5-8 minutes. Place the taco shells in the baking dish, standing up. I was able to fit 10 taco shells in the dish by adding 2 on each side. Spoon 1 tablespoon of beans into the bottom of each taco shell. Top with the chicken mixture, almost to the top of each shell. Sprinkle each shell generously with shredded cheese, the more the better! Bake for 12-14 minutes or until cheese is fully melted and the edges of the shells are browned. Remove from the oven and top with your favorite items such as jalapenos, sour cream, cilantro, and salsa. Enjoy! Be sure to drain the tomatoes completely, this will help the taco shells to not get soggy while baking!

Noises off and Oklahoma!' Hit Summer Theatre Stage Again

MINOT STATE UNIVERSITY

Summer Theatre continues with its celebration of Season 51 with two perennial favorites, "Noises Off," June 28-July 2 and "Oklahoma!" July 13-17.

Touted as one of the funniest farce ever written, "Noises Off" returns to the MSU Summer Theatre stage under the direction of Minot State University alumnus Joe Koppinger. What can go wrong goes hilariously awry in Michael Frayne's production as an eclectic, dysfunctional menagerie of actors (and more than a few sardines) stumble their way through the rehearsal and performance of "Nothing On," a riotously challenged British farce. This farce contains mature humor and innuendo, which may not be suitable for all audiences.

Love conquers the Western Indian Territory at the turn of the 20th century in Rogers and Hammerstein classic, "Oklahoma!" under the direction of Chad Gifford, MSU Summer Theatre associate director of production. Laurey (Grace Chermak), must decide between two suitors, Curley (J'Kobe Wallace), a boisterous cowboy, and his rival, Jud (Christopher Burch), an obsessive farmhand. To save Curley from certain harm, Laurey accepts Jud's invitation to a social.

Nestled into the grassy hillside just north of the campus, the amphitheater has been home to Summer Theatre since 1971. Boasting exceptional views of the stage and Minot for 45 years, it is a perfect spot for a night of theater under the stars.

All performances begin at 8:30 p.m. The box office opens the evening of each performance at 7:30 p.m. Ticket prices are \$12 adults, \$10 seniors, students and military with ID, \$8 for children (12 and under), \$5 for MSU faculty and staff and summer students with current MSU ID. Northern Tier sponsors a special military discount night July 1 and 15. Reservations are encouraged. To make reservations, call 858-3228.







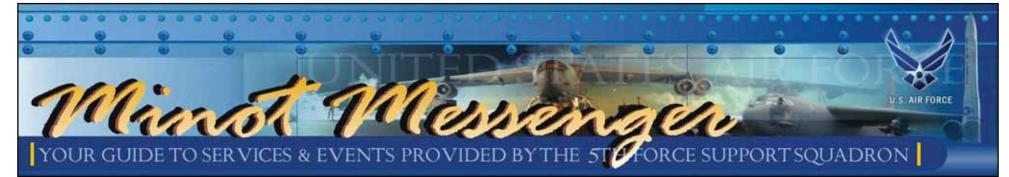
FREE Tasting On & off sale available Outdoor deck & Picnic seating Hiking trails Birders Welcome



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Find Waldo in the northern**sent** Find Waldo in the newspaper for a chance to win! Waldo will be hiding in the pages of the newspaper and he will look like this! Name: _ Email: **Phone: July 29 Edition July 1 Edition July 8 Edition** July 15 Edition **July 22 Edition** Page #: Page #: DEADLINE Page #: _____ Page #: ____ Page #: ____ Where is Waldo? AUGUST 10 2016 • Email, fax, mail, drop off, or Facebook this form to the Northern Sentry for a chance to win a prize! Email: bhgads@srt.com Must submit all 5 weeks. Check out our Facebook page each week for hints on his hiding spot! Fax: 701-839-1867 Mail: Box 2183 Winner announced for the prize from Main Street Books is August 11, 2016 Minot, ND 58701 Please visit Main Street Books for "Find Waldo in Minot", where you can pick up f Minot Air Force **Base Northern Sentry** your passport, walk through downtown Minot businesses, and find him!



FREE Picnic & Fireworks At Bud Ebert Park On July 4th



The holiday that recognizes the adoption of the Declaration of Independence declaring the United States independence from Great Britain is now commonly associated with picnics, fireworks, and family oriented events. Minot AFB personnel and their families can enjoy many of those traditional activities this July 4th during a day filled with food, fun, and events for all ages.

The Fourth of July Bash will be held at Bud Ebert Park on Monday, July 4th. The fun-filled event begins at 5 p.m. with activities for children including inflatables, kids crafts, and more.

The Independence Day celebration continues with a delicious FREE picnic offering plenty of scrumptious food from 6-8 p.m. The menu includes summer favorites such as hot dogs, hamburgers, chips, and a drink. A "Pay As You Go" bar will be available serving beer, wine, and coolers.

The Independence Day holiday wouldn't be complete without a fantastic fireworks display at dusk. Attendees are encouraged to bring your own blankets and lawn chairs. No glass containers are allowed at Bud Ebert Park during the Fourth of July Bash.

For additional information on this year's Fourth of July Bash, please contact Susan Wagers at 723-6718.

Library Hosting Field Day & Story Walk On July 9th



The Base Library invites children of all ages to enjoy their FREE Field Day & Story Walk event on Saturday, July 9th beginning at 1 p.m. Youth can enjoy outdoor activities in the field behind the library. A variety of events are scheduled including a Story Walk, games, and much more. Prizes and refreshments will be provided. In case of inclement weather, the program will be held Saturday, July 16th at 1 p.m.

The Field Day & Story Walk event is sponsored by Park University. *No Federal Endorsement of Sponsor Intended.* For additional information, please contact the Base Library at 723-3344.

Enjoy Dakota Sun Gardens Winery Trip On July 8th Featuring Concert By "Blind Joe"

The Information, Tickets & Travel office is offering a variety of Dakota Sun Gardens Winery Tours. A Friday Evening in the Gardens tour is scheduled for July 8th and features a concert by "Blind Joe". Cost is \$53 per person and includes travel, entrance, and wine tasting.

Then on July 23rd, you can enjoy the Saturday's Sip, Taste & Mingle tour. Cost is \$45 per person and includes transportation, wine tasting, and lunch.

For more details, call the ITT office at 727-6669 or visit their office located in the Base Exchange.

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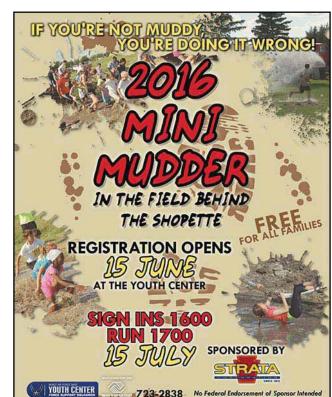
or call NAF Human Resources at 723-2812

FREE Mini Mudder Event Takes To The Course On July 15th

Minot AFB youth have an opportunity to experience the ultimate obstacle course during the 4th annual Mini Mudder event scheduled for Friday, July 15th beginning at 5 p.m. at the field located adjacent to the Pride Building, Northern Tier Credit Union, and Shoppette. This Youth Center event provides family members a chance to test their toughness on the kid size obstacle course.

Each participant in the Mini Mudder receives a FREE Rally towel (while supplies last). The event is FREE to both Youth Center members and nonmembers. All ages are welcome however youth age 8 years of age and under must be accompanied on the course by an adult. Pre-registration is scheduled now through the day of the event. Registration forms are available at the Youth Center. On site registration and sign-in begins at 4 p.m. on July 15th at the Mini Mudder site.

A Squadron Race Challenge will be held at the conclusion of the youth portion of the Mini Mudder. Three person teams from the same squadron can compete in a special relay race with the winning team awarded the Squadron Challenge Cup and bragging rights for the event.



The Mini Mudder community event is sponsored in part by Strata Corporation. *No Federal*



Endorsement of Sponsor Intended.

For additional details and registration information, call the Youth Center at 723-2838.

Only The Best Come North Scramble Tees Off July 10th



The Rough Rider Golf Course swings into tournament action during the Only The Best Come North Scramble on Sunday, July 10th beginning at 9 a.m. Check-in for the tournament starts at 8 a.m. This 18 hole, four person scramble is sponsored by Don Bessette Motors. *No Federal Endorsement of Sponsor Intended*. Entry fee for the tournament is \$30; green fees and cart rental not included. Your entry fee includes a meal at the completion on the event. The tournament is limited to the first 20 teams to sign up. Registration is open now until the day of the event; please call ahead to reserve your team slot. Call 723-3164 for more information.

CLUB MEMBER DRAWING ON FRIDAY, JULY 1ST WILL BE FOR \$550.

You must be present to win. Become a club member today to qualify. Simply visit Rockers Bar & Grill or the Jimmy Doolittle Center to obtain your application. The weekly club member drawing on Friday, July 1st will only be held at Rockers Bar & Grill (Jimmy Doolittle Center will be closed). Drawing time varies each week between 5:30-6:30 p.m.

FAMILY and YOUTH EVENTS & PROGRAMS

Jul 11 Family Child Care Pre-Orientation Would you like to work in your home, make a difference on Minot AFB, and in the life of a child? Then attend the FCC Pre-Orientation at the Family Child Care office on July 11th from 6-8 p.m. to see if it is for you! All persons providing care in their homes for more than 10 hours per week must be licensed. People who become affiliated providers living downtown have the same opportunities as base providers. For additional information, call the FCC office at 723-6662.

Jul 15 Family Movie Night

After you've enjoyed the Minii Mudder, the Jimmy Doolittle Center invites you to Family Movie Night on Friday, July 15th. Families can enjoy the FREE movie "The Good Dinosaur" beginning at 7:30 p.m. Plus eat like a caveman and enjoy their stone age cuisine featuring Pierodactyl Nuggets (chicken), Fossil Fries, and Bedrock Brownies. Cost is free for club members and \$7 for non-members. For more details, call the Doolittle Center at 723-3731.

YOUNG AIRMEN EVENTS & PROGRAMS Jul 8 Friday Night Karaoke

Jul 5 Off-Base Budget Class

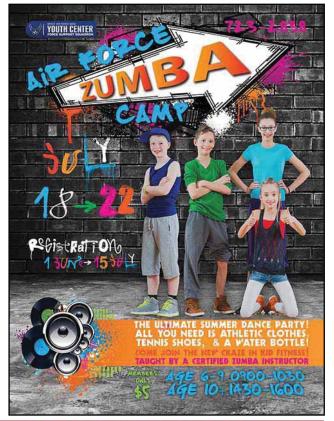
Planning to move off base? Do you have a functional budget plan? The Airman & Family Readiness Center is hosting an Off-Base Budget Class on July 5th from 2:30-4 p.m. Airmen will obtain important information on leases, military clauses, renters insurance, and so forth. Attendees should bring their current LES and have knowledge of their bills. Class size is limited; call 723-3950 to register.

Jul 6 Single Airmen Slice Night

Single Airmen (E-4 and below) are invited to join Rough Riders on Wednesday nights from 5-9 p.m. for Single Airmen Slice Night. Single Airmen can purchase any available slice of pizza for just \$1 per slice; limit 4 slices of pizza per person. Offer is available to all single Airmen (E-4 and below); must show military ID to receive discount. For more information, contact Rough Riders at 727-4377.

Jul 7 Single Airmen Wingman Night

Calling all single Airmen! Rockers Bar & Grill is hosting Single Airmen Wingman Night every Thursday from 5-7 p.m. Single Airmen can choose a basket of wings spun in their choice of sauce with one dipping sauce for only \$5; price includes drink. For details, call 727-ROCK.



Come and show off your talent during Friday Night

Karaoke at Rockers Bar & Grill on July 8th from

8 p.m. to close. Rockers Bar & Grill has a great

karaoke selection for your enjoyment. For addi-

tional information, contact Rockers Bar & Grill at

Dance, party, and hang out with your friends dur-

ing the Hip Hop All Nighter at the Rockers Bar &

Jul 6 Brown Bag Book Talks

The base library invites you to Brown Bag Book Talks on Wednesday, July 6th at noon. No required reading; no scripted discussion questions. Come to the library to share what you are currently reading or listen to other doing so. Bring a brown bag lunch if desired. For additional information, call the base library at 723-3344.

Jul 8 Toga Party & Bingo

The Jimmy Doolittle Center invites you to dress up in your favorite toga and bring your Grecian Goddess to their Toga Party on Friday, July 8th from 5-7 p.m. Enjoy delicious gyros and enter the Best Toga Contest. Plus club members and their bona fide guests can participate in bingo with games at 5 p.m., 6 p.m., and 7 p.m. Cards are \$1 each or 6 for \$5. The Toga Party & Bingo is an adults only event. For details, call the Doolittle Center at 723-3731.

Jul 11 Federal Résumé Workshop

Want to Jump Start your Federal Job search? Let's take an interactive trip through USAJOBS! The Airman & Family Readiness Center is hosting Federal Résumé Workshop on Monday, July 11th from 10 a.m. to 11:30 p.m. You'll learn how to create an account in the USAJOBS website, serach for federal jobs online, create a USAJOBS resume, and more. Call the Airman & Family Readiness Center at 723-3950 to sign up today.

Jul 11 FREE Lunch For Club Members

Club membership pays and club members are sure to enjoy Members Monday on July 11th. Club members will receive a free lunch the first Monday of each month (not to exceed \$9.50). When the first Monday of the month falls on a holiday, Members Monday moves to the second Monday of the month. Simply stop by the Jimmy Doolittle Center, Rockers Bar & Grill, Rough Riders, or Kelley's Place and show your club card to receive your complimentary lunch. Offer valid for lunch only. Lunch hours vary by location. One lunch per card.

Jul 15 Grill Your Own Steak Night

The Jimmy Doolittle Center invites you to their Grill Your Own Steak Night on July 15th from 5-7 p.m. Pick your own delicious ribeye steak (fresh cut to size), chicken breast, or portabello mushroom and cook it on the patio over a charcoal grill. Cost is \$1.50 per ounce for steak and \$4.50 for either a chicken breast or portabello mushroom. To make your meal even more delicious, the Doolittle Center is featuring a potato bar with all the fixin's, marinated salad, and garlic medallians. The potato bar is free for club members and \$7 for non-members. For more details, call the Doolittle Center at 723-3731.



Grill on Saturday, July 16th from midnight to 4 a.m. Enjoy the latest Hip Hop, Rap, and R & B music all night. The event is free for club members and \$7 for non-members. For more details, call Rockers Bar & Grill at 727-ROCK.

Jul 16 Hip Hop All Nighter

727-ROCK.

Jul 25 Outdoor Iron Airman Challenge Are you up to the challenge? The Fitness Center invites you to participate in their Outdoor Iron Airman Challenge on Monday, July 25th starting at 11:30 a.m. During a 30 minute period, you'll be challenged by 4 disciplines - running, push-ups, pull-ups, and sit-ups. Registration is from July 14-22; maximum of 20 participants. Open to all eligible DoD I.D. holders age 16 and up. For further information, call the Fitness Center at 723-2145.



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MEMBERS: \$3 NON-MEMBERS: \$7

LIMITED BAR MENU AVAILABLE IN LOUNGE

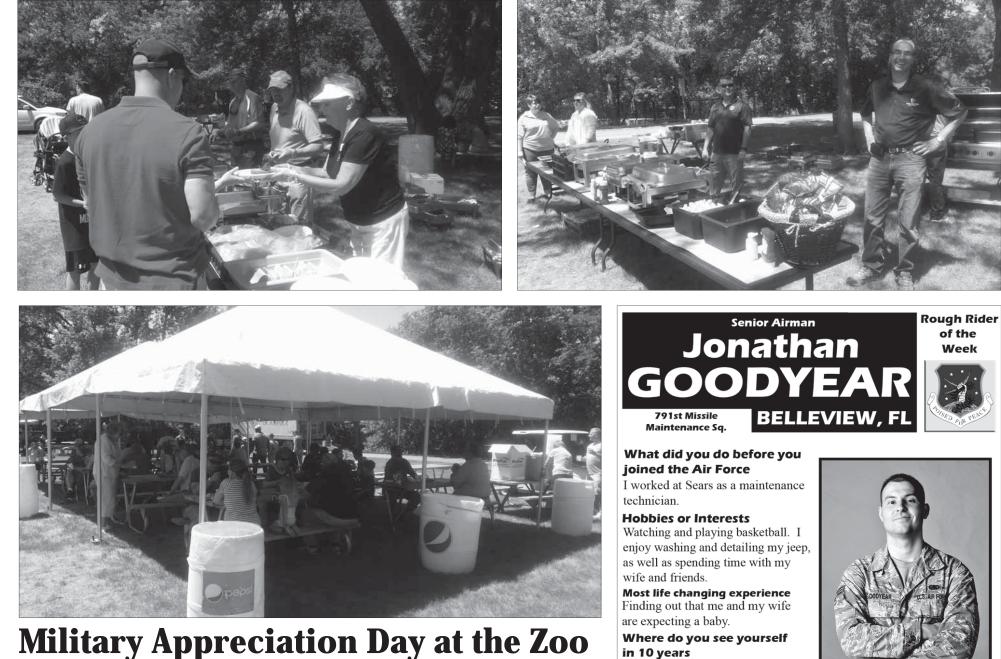
PITCHER SPECIALS: \$6

ADULTS ONLY NO CHILDREN









Military Appreciation Day at the Zoo

Friday, June 24, 2016 was Military Appreciation Day at the Zoo. Many air force families attended and joined in the fun. The day included a free lunch in Roosevelt Park, free admission to the zoo, free admission to the Roosevelt Park Pool and a free round of golf at Souris Valley Golf Course.

NORTHER SENTRY PHOTOS | BETH DUCHSHERER



of the

Week

Favorite quote There is no such thing as failure as long as you learn your lesson."



CYBER SECURITY EDUCATION #5 CYBER SECURITY EDUCATION #6 KEEP CALM AND SECURE YOUR CAC **KEEP THEM PLUGGED IN AND ON EVERY WEDNESS**

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TRINITY

Not sure exactly, but hopefully still in the Air Force stationed closer to FL.

> If you could have one special talent, what would it be

> > pedicures

To provide great leadership and be a positive example for the next generation, especially my future children.

including minimally invasive and image-guided brain and spine surgery, and artificial disc replacement.

Medical Education/Practice History

- Medical degree, Emory University School of Medicine, Atlanta
- Neurosurgery residency and Clinical Neurotrauma fellowship, Medical College of Virginia, Richmond
- Founder, North Georgia Neurosurgical Associates
- Co-developer, Neuroscience Center at Gwinnett Medical Center, Georgia
- Director of Neurosciences, Greenview Regional Hospital, Kentucky, where he also co-directed the Stroke Center.
- Served patients in Grand Forks and Glasgow, KY, the past three years.
- · Member, American Association of Neurological Surgeons and the Congress of Neurological Surgeons.

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Summer fun abounds this July in North Dakota

NORTH DAKOTA LEGENDARY

ummer in North Dakota is in full swing and the long, warm days bring abundant opportunities for summertime fun. The beloved North Dakota State Fair gets under way for its 51st year and promises two weeks of midsummer entertainment that includes an impressive lineup of musical guests. Don your red, white and blue and revel in our nation's independence at one of numerous Fourth of July celebrations across the state. Soak up the summer vibe with music and good food at a local festival. There are many ways to find fun this summer in North Dakota. To find more information about these activities, and for a complete list of events, go to NDtourism.com or call 800-435-5663 or 701-328-2525.

First on First Event, Dickinson: July 7, 14, 21, and 28

Dickinson residents celebrate the long days of summer with summer nights at First on First, held every Thursday summer night where First Avenue and First Street meet downtown. Starting at 5:00 PM, gift and food vendors, live performers and children's activities will be available to attendees. To learn more, visit https:// www.facebook.com/ firstonfirstdickinson/.

Ryan Keplin Summer Fest, Rolette: July 8-10

This three-day festival promises to keep your feet tapping and your heart pumping with jigging, fiddling, square dancing, evening entertainment and other familycentered activities. The Ryan Keplin

Turtle Mountains. http:// www.ryankeplin.com; 701-477-9479. White Cloud's Birthday/

Tatanka Festival, Jamestown: July 8-10 Jamestown was the

home to White Cloud, an albino bison that recently returned to her birth ranch in Michigan. The city will continue to honor her and her off-spring at this celebration, which includes a kids' carnival, Wild West Shoot-Out, car show, parade, street dance and pancake breakfast. Details can be found at www.jamestowncalendar. com, 701-252-8648.

Red River Valley Fair, West Fargo: July 12–17

This perennial festival favorite is back for another year of exhibits, livestock, live music, midway shows, food and entertainment. Don't miss this Fargo summer staple, especially with performers that include Chris Janson, Tigerlily, Hairball, Big & Rich and Three Days Grace. http:// redrivervalleyfair.com; 701-282-2200.

Downtowners German Days, Bismarck: July 14 - 16

Bismarck's Downtowners German Days is back for its second year and revelers are ready to rejoice in all things German! Join locals in the heart of this historically German and Germans from Russia-settled area as they celebrate with food, music and (of course) beer. Visit www.

Downtown Fargo Street

Gather with friends is all about horse and stroll Fargo's culture. Activities charming downtown include a parade of city blocks lined with horses and horsevendors' booths during drawn equipment, craft the city's 41st Annual vendors, draft horse pulls, Downtown Street Fair. driving competitions, Check out handmade arts demonstrations, cowboy and crafts by local and shooting, live music regional artisans, sample and more. http:// the delicious food and taylorhorsefest.com; 701enjoy a variety of great 974-4210.

entertainment. Visit http://downtownfargo. com; 701-242-1570. Real American Jam Music Festival, Medora:

July 15–17 Spend the weekend camping and enjoying music and fun at the Real American Jam Music Festival at Buffalo Gap Ranch. Artists Ned Ledoux, Joe Diffie and Corb Lund will be in attendance, and all proceeds from the festival will go towards supporting local, injured veterans. To purchase tickets and learn more check out www. realamericanjam.com.

Ukrainian Festival, Dickinson: July 22-23

This 31st annual ethnic celebration highlights the heritage and culture of Ukrainians in North Dakota. The festivities include concerts, dancing, Ukrainian meals, educational seminars and more. http://www. ucitoday.org; 701-483-1486.

North Dakota State Fair, Minot: July 22-30

The North Dakota State Fair is in its 51st year with nine evenings of exciting entertainment, including performances by Kenny Chesney, KISS, Jake Owen, Billy Currington, Fall Out Boy, Old Dominon and more. Enjoy a vast array of unique food vendors, an exciting midway and displays and side shows throughout the grounds. http://ndstatefair.com; 701-857-7620.

bismarckgermandays.com Taylor Horse Fest, for more information. Taylor: July 30-31 Saddle up for this Fair, Fargo: July 14-16 fun annual event that

PRAIRIE ADVENTURES BY PATRICIA STOCKDILL



"In 1970, 12 percent of anglers preferred trout."

– N.D. Game and Fish Department fisheries division chief Greg Power, describing how, when surveyed, anglers listed trout as one of their favorite three fish species to fish for and catch

rout in North Dakota might be considered the Rodney Dangerfield of fish species...they don't seem to get much respect.

It's not that people don't fish for them. It's just that since the N.D. Game and Fish Department and U.S. Fish and Wildlife Service entered into the amazing partnership that resulted in the ability to stock species like walleye, pike, and perch in lakes across much of the state, trout found themselves falling into a nice niche for anglers and not necessarily the First Fish of North Dakota.

After their heyday of the 1960s and 1970s frout trickled down the "favorite" list among anglers.

However, they still have their place, offered Game and Fish Department fisheries division chief Greg Power, especially in North Dakota's two unique trout "hot spots" – the Missouri River tailrace and Turtle River in Turtle River State Park, Arvilla.

If you want big trout, head to the tailrace where rainbow and brown trout gorge themselves on smelt, thriving in the cold, cold water.

If you want a more traditional trout stream fishing experience, head to Turtle River State Park. "It's as close as you can get (in North Dakota) to a mountain stream," Power described.

Located downstream of Larimore Dam, the dam's bottom intake provides colder water longer into the spring at the park. "They have nice (streambed) rock in the park and they have all of that shady

brings trout into North Dakota: Game and Fish Department crews deliver walleye eggs to Wyoming and Montana. In exchange, North Dakota gets Shasta strain of rainbow trout eggs from Ennis, Mont. The Garrison Dam National Fish Hatchery then rears the eggs until they're large enough for Game and Fish Department to stock. Larger brood rainbow trout come from Wyoming. The four entities and their great partnership are the reason trout are in North Dakota today.

However, trout aren't necessary new to state waters, where in 2016 about 55 lakes, Missouri River, and Turtle River are stocked. North Dakota has a long history of trout fishing and stocking. "We actually stocked trout in the early 1900s," Power explained.

Rainbow trout weren't stocked consistently until 1954 when they were brought into Gordon Lake. Eight lakes, including what would later become Lake Oahe, were stocked in 1955.

The reason North Dakota has any trout at all is because of the rearing, stocking, and excellent working partnerships. Trout, a cold-water species, need cold water, unlike walleye that can handle warmer water temperatures.

Trout also need higher dissolved oxygen (DD) water levels. "They're the first fish to die with low dissolved oxygen water levels," Power described. Trout need 4 or 5 parts per million (PPM) of DO. Walleye can survive with 2 PPM dissolved oxygen levels; bullheads less. They don't spawn in North Dakota because our water warms up too early in the spring. Also, they need aerated water trickling and tumbling over rocky, gravel streambeds for spawning habitat. That's unlikely to happen in North Dakota.

Summer Fest invites all comers to share in a commemoration of Metis culture in the scenic

canopy (of trees)," Power added.

The Turtle River has been stocked in the park annually since 1994. Game and Fish Department crews deliver rainbows twice each spring - about 2,000 fish altogether – and another 750 in the fall, typically late September.

Another partnership

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AUCTION

NAF EQUIPMENT SEAL BID CAMPERS AND BOATS 23 June 2016 -5 July 2016 Sealed Bid Auction for Outdoor Recreation Equipment will be parked for viewing at the Resale Lot (adjacent to the Bowling Center) Sealed bids accepted at Outdoor Recreation Monday – Friday 1000 - 1700 Saturday: 1000 -1400 Closed: Wednesday and Sunday Closed 4 July 2016 Winners notified 7 July 2016 Must be paid for at the time of pickup Cash or Credit Card Winning bidders will be responsible to remove items from

Resale Lot Questions Contact Toni Sanders @ Outdoor Recreation 723-3648 or Susan Garrett @ NAF Accounting Office 723-4700 **THE PINES** Beautiful LUXURY APARTMENTS Awesome Fall Specials! NEW MILITARY INCENTIVES! 2 & 3 Bedrooms, 2 Bath. WTR PD, W/D in unit A/C D/W, DBL GRG PET FRIENDLY Secured w/ Cameras On Site Resident Manager Reduced Deposit & Rental Incentives 839.4200

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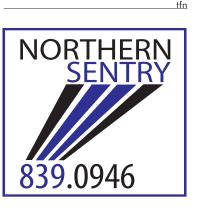
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