

northern sentry

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91MW/CC speaks at Medora Musical's military day

MEDORA, N.D. -- Col. Colin Connor, 91st Missile Wing commander, speaks during a veteran event at the Medora Musical in Medora, N.D., July 10, 2016. The event, hosted by the Theodore Roosevelt Medora Foundation, featured a welcoming social, flag ceremony, aircraft flyovers and free admittance to the musical. During his speech, the commander thanked the near 500 veterans in attendance and spoke about how the 91st MW Airmen uphold the Teddy Roosevelt Roughriders' namesake in their daily mission.

COURTESY PHOTOS

Concealed carry transport, storage

MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

Any personnel living on or visiting Minot Air Force Base, North Dakota, must take the proper steps of registering their privately owned firearms to be allowed to store them on base.

While personnel can follow certain guidelines to store and transport weaponry on base, this does not authorize them to carry a concealed firearm while on the installation.

A firearm is defined as any weapon which will or may be readily converted to expel a projectile through a barrel by the action of an explosive, according to Minot AFB Integrated Defense Plan 31-1.

The Minot AFB IDP 31-1 has three categories for weapons. Category I weapons are instruments capable of propelling a projectile by compressed air, gasses, springs or other mechanical or physical means. Category I weapons include, but are not limited to, pellet guns, bows and arrows, throwing stars or electrical shock and other similar self-defense weapons. Category II weapons include, but are not limited to, knives with blades in excess of three and a half inches,

swords, metal knuckles and nunchakus. Category III weapons are defined as explosive material. This material consists of, but is not limited to, ammunition, gunpowder, firecrackers or any substance prepared for the purpose of producing a visible or an audible effect by combustion, explosion or detonation.

Base Housing residents are authorized to store and retain firearms and category I weapons, however, they must be pre-registered with the 5th Security Forces Squadron armory and should be stored in a locked container separate from ammunition. Category II weapons are authorized only when the weapon is part of the owner's lawful "tools of the trade", such as craftsmen, hunters, fishermen and those individuals practicing self-defense methods.

Firearms and Category I, II or III weapons are not authorized to be stored in dormitories or on-base lodging and under no circumstances are to be stored by on-base housing residents for people within these living quarters.

"Airmen living in the dorms are not allowed to store their weapons in their rooms," said Staff Sgt. Alexander Northrup, NCO in charge of police services at the 5th Security

Forces Squadron. "They are required to bring their unloaded weapon in a container that can be locked while stored within the armory. If dorm residents want to check it out at any time they must have a letter signed off by the commander."

There is no limitation to the number of firearms registered by personnel or the quantity of ammunition owned.

Unauthorized weapons include, but are not limited to, switchblade knives, fully-automatic firearms, nitroglycerin, dynamite or any other dangerous explosive, and fireworks, unless approved by the commander of the 5th Maintenance Support Group for special events, such as July 4th.

The use of approved weapons is limited to and approval is required prior to firing from the following areas: base firing-range complex, indoor archery range, outdoor archery and paintball range and other areas approved by the 5th MSG/CC for entomology purposes.

Residents of Minot AFB may only transport weapons to and from authorized storage facilities for off-base activities, such as purchase or sale, collector's events and gun shows.

"The weapon and

ammunition needs to be separated as much as possible during transport," said Northrup. "The ammo can be in the glove box, while the firearm is in the back seat away from the driver. The weapon should be behind the driver where the weapon cannot be reached easily."

Team Minot personnel who live off base may transport firearms and associated ammunition onto the installation for authorized activities such as target, skeet and trap shooting or hunting, if such activities take place immediately after duty hours and if properly licensed during valid North Dakota state hunting seasons.

Base-housing residents that sponsor guests onto base may retain their weapons within the sponsor's base-housing quarters. However, if the guest resides on base for more than 15 days, the weapon must be registered by the sponsor at the 5th SFS armory.

LEOSA concealed carry

MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

All personnel, including those with a

state issued permit, are prohibited from carrying a concealed weapon on base, unless sanctioned by the commander of the

5th Bomb Wing.

There are credentials that Airmen with the 5th Security Forces Squadron can obtain to carry concealed weapons off duty under the Law Enforcement Officers Safety Act.

"This authorizes active security forces members and anyone who has been involved in the federal law enforcement for more than 10 years to carry," said Staff Sgt. Alexander Northrup, NCO in charge of police services at the 5th SFS. "This allows us a wider range of where we can conceal, and instead of receiving state certification, it is a blanket credential issued by a governing agency."

Personnel that do not meet the criteria for LEOSA must apply for a state-issued concealed carry permit.

"Military members must show proof of military orders or a utility bill showing

they have taken residency to apply for a North Dakota state-issued license," said Senior Officer Aaron Moss, a crime prevention officer with the Minot Police Department. "If we have reciprocity, meaning if their home state recognizes our permits, they do not need a North Dakota license as we will recognize their permits, however, if there is not reciprocity, they must start the application from the beginning as there is no transfer process."

All firearm owners on base may transport weapons to and from authorized storage

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FACEBOOK

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Continued on page 11



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MARE TESTS EMERGENCY RESPONDERS

Emergency response personnel assigned to Minot Air Force Base conducted a Major Accident Response Exercise July 15, 2016, in preparation for the upcoming Northern Neighbor's Day Air Show scheduled for August 13. The training exercise simulated a UH-1N Huey accident with varying levels of injuries. Personnel conducted the drill to ensure they are ready for any aircraft emergencies.

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN APRYL HALL | SENIOR AIRMAN SAHARA FALES







Register Now For Missoula Children's Theatre At Youth Center



The nation's largest touring children's theatre, Missoula Children's Theatre, has been touring extensively for more than 40 years. From Montana to Japan, the tour will visit nearly 1,200 communities this year with up to 44 teams of Tour Actors/Directors.

The David C. Jones Youth Center is excited to host one of the traveling teams August 1-5 for a week filled with auditions, rehearsals, and a public performance of the Missoula Children's Theatre production of the children's story "The Jungle Book".

Among the roles to be cast are Mowgli (the

man-cub), his friends Bagheera (the panther) and Akela (the leader of the pack) along with the entire wolf family, Shere Khan (the tiger) with his sidekick Tabagui (the jackal), Nag and Nagaina (the cobras), Darzee (the bird), Hathi (the master elephant) and many more. Assistant Directors will also be cast to aid in rehearsals throughout the week, and to take on essential backstage responsibilities.

All youth entering first grade through twelfth grade are encouraged to sign up now to audition (walk-ins if space is available). No preparation is necessary. The tour team will hold auditions on Monday, August 1st at 10 a.m. in Gym 1 at the Youth Center. There is casting space for approximately 50 youth to perform in the production. Youth selected for parts in the production must commit to being a part of the program for the entire week.

Cost for participating in the Missoula Children's Theatre is \$10 for Youth Center members and \$20 for non-members.

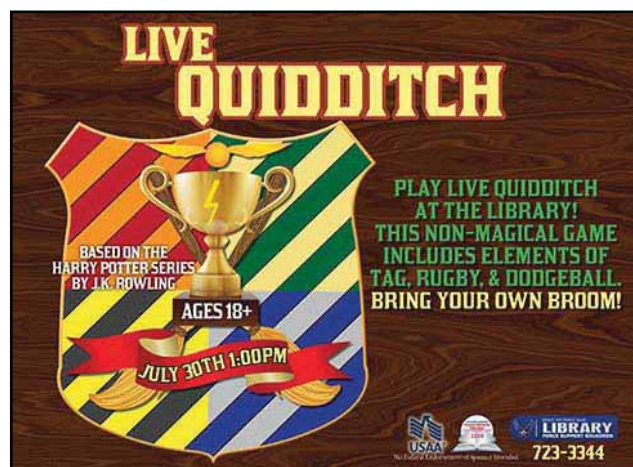
The free public performance of "The Jungle Book" will be held on Friday, August 5th, 5 p.m. at the Youth Center. Contact the David C. Jones Youth Center at 723-2838 to register or for additional information.

Play Live Quidditch At The Base Library On July 30th

The Base Library invites adults 18 years of age and older to play Live Quidditch on Saturday, July 30th beginning at 1 p.m.

Quidditch is a game based on the Harry Potter series by J.K. Rowling. The Base Library's Live Quidditch is a non-magical game which includes elements of tag, rugby, and dodgeball. Bring your own broom!

Individuals interested in participating do not need to register in advance however teams should register by July 29th. For additional information, contact the Base Library at 723-3344.



Hangar Party To Kick Off Northern Neighbors Day Fun



Enjoy an evening of fun for the entire family during the Pre-Northern Neighbors Day Hangar Party on August 12th. The event will be held at

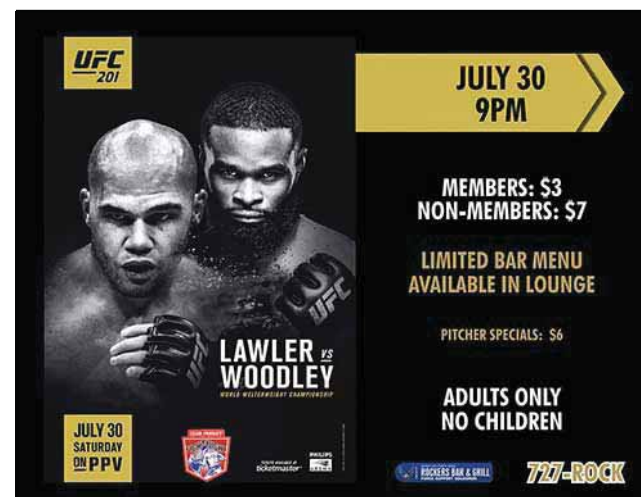
Building 727 and the Flight Line. There is free admission to this all ranks event but you must purchase a meal ticket if you choose to eat.

Social and dinner is scheduled from 5-7 p.m. Advance tickets for the hamburger/hot dog dinner are \$8 and include a 4 ounce burger/hot dog, with potato chips, cookies, and one non-alcoholic beverage. Advance tickets for the steak/chicken breast dinner are \$16 and include an 8 ounce ribeye steak/4 ounce chicken breast, baked potato, corn on the cob, garlic bread, cookies, and one non-alcoholic beverage. Tickets are available in advance by visiting the Jimmy Doolittle Center, Rockers Bar & Grill, Outdoor Recreation, the Youth Center, or the Information, Tickets & Travel office. An additional \$2 per ticket will be charged at the event.

The night features a special Preview Air Show from 7-8:30 p.m. followed by entertainment featuring the "Smokin' Joe" band from 8:30-10:30 p.m.

The Pre-Northern Neighbors Day Hangar Party is sponsored by Tires Plus Total Car Care and Stonebridge Farms of Minot. *No Federal Endorsement of Sponsors Intended.*

For more information, please contact the Jimmy Doolittle Center at 723-3731.



Show Off Your Ride At The Show & Shine Car Show On Friday, August 19th

If you're a car enthusiast, make plans now to attend the Show & Shine Car Show scheduled for August 19th. From muscle cars to antiques, from the hottest new rides to classic cruisers, this 11th annual event is a must see for the automotive aficionado. The car show will be held in the parking lot adjacent to Rockers Bar & Grill from 3-6 p.m. in conjunction with the annual Block Party.

New to the event this year is the addition of an Imports class to the already existing classes of vehicles. This year's show will feature the following classes: Car (1976 and newer), Car (1975 and older), Truck (1976 and newer), Truck (1975 and older), Imports (no specific year/model), and Motorcycle.

Each class will be judged by the public with the top vehicle in each class receiving the "People's Choice" award for their respective division. In addition, a special "Kid's Choice" award will be given to the top vehicle overall as determined by the votes of the children age 12 and under attending the show. Two special awards, the Warbird's Choice and the Rough Rider's Choice, will be presented to the 5th Bomb Wing and the 91st Missile Wing judge's favorite entry.

Car enthusiasts interested in entering their vehicle in the Show & Shine Car Show should contact Marvin at Auto Hobby, 723-2127 to obtain an entry form. There is no entry fee and each exhibitor receives a complimentary 11th Annual Show & Shine T-shirt for entering their vehicle/motorcycle.

CLUB MEMBER DRAWING ON FRIDAY, JULY 22ND WILL BE FOR \$700.

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 22nd will only be held at Rockers Bar & Grill as the Jimmy Doolittle Center will be closed. Drawing time varies each week between 5:30-6:30 p.m.

YOUNG AIRMEN EVENTS & PROGRAMS

Jul 22 Friday Night Karaoke

Come and show off your talent during Friday Night Karaoke at Rockers Bar & Grill on July 22nd from 8 p.m. to close. Rockers Bar & Grill has a great karaoke selection for your enjoyment. For additional information, contact Rockers Bar & Grill at 727-ROCK.

Jul 25 Outdoor Iron Airmen Challenge

The Fitness Center invites you to participate in their Outdoor Iron Airmen 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 more information, call 723-2145.

Jul 27 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 additional information, contact Rough Riders at 727-4377.

Jul 28 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 Rockers Bar & Grill at 727-ROCK.

Aug 1 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 August 1st 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.

Aug 5 Airmen Appreciation Fiesta Night

Bring your Airmen and enjoy Airmen Appreciation Fiesta Night at the Jimmy Doolittle Center on Friday, August 5th from 5-7 p.m. Feast on delicious tacos and play corn hole with the crew. Buy your Airmen a drink of their choice and receive 50 cents off. Cost is free for club members and \$7 for non-members. Plus club members and their bona fide guests can enjoy bingo at 5 p.m., 6 p.m., and 7 p.m. For more details, call 723-3731.

FAMILY and YOUTH EVENTS & PROGRAMS

Aug 4 Hunger Games Challenge

Do you have what it takes to survive the Hunger Games? The Base Library invites you to participate in their Hunger Games Challenge on Thursday, August 4th beginning at 6 p.m. Try your luck and skill in a series of challenges including trivia, archery, and other activities. And may the odds be ever in your favor. The Hunger Games Challenge is open to everyone of all ages. This event is based on the Hunger Games series by Suzanne Collins. For additional information, contact the Base Library at 723-3344.



The Rough Rider Golf Course hosted the Only The Best Come North Tournament on Sunday, July 10th. The winning team of the First Flight was (left to right): Aaron McKechnie, Vic Sharma, and Dennis McKechnie. Not pictured is Dave Carmona. The tournament was sponsored by Don Bessette Motors. *No Federal Endorsement of Sponsor Intended.*




The winning team of the Second Flight during the Only The Best Come North Tournament was comprised of (left to right): Dennis C. Olliney, Josh Traiser, and Derek Olliney. Not pictured is team member Bill Large.

MEMBERSHIP MONDAY LUNCH SPECIAL - MONDAY, AUGUST 1ST


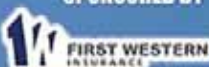
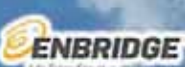
Club members receive a free lunch the first Monday of each month (not to exceed \$9.50). Simply stop by the Jimmy Doolittle Center, Rockers Bar & Grill, Rough Riders, or Kelley's Place and show your club card to receive your complimentary lunch. Offer valid for lunch only. Lunch hours vary by location. One lunch per card.

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Strawberry Rhubarb Crumb Bars



INGREDIENTS:

Crumb layers:

- 1 1/3 cups all-purpose flour
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1 1/3 cups rolled old fashioned oats
- 1/2 cup packed light brown sugar
- 1/2 cup granulated sugar
- 3/4 cup unsalted butter, melted
- 2 tsp vanilla extract

Filling:

- 1 3/4 cups hulled and diced strawberries (from 12 oz whole)
- 1 1/2 cups 1/4-inch thick diced rhubarb
- 1 Tbsp fresh lemon juice
- 1/3 cup granulated sugar
- 1 Tbsp cornstarch

INSTRUCTIONS:

For the crumb layer:

Preheat oven to 350 degrees. Butter a 9 by 9-inch baking dish and line with parchment paper, butter parchment (if you don't care to lift the bars out of the pan before cutting you can just butter the dish, no parchment needed). In a mixing bowl whisk together flour, baking soda and salt for 20 seconds. Add in oats, brown sugar and granulated sugar and whisk to blend, while using fingertips to break up small clumps of brown sugar. Whisk vanilla into melted butter then pour melted butter over oat mixture. Stir with a spatula until mixture is evenly moistened. Press 2/3 of the mixture into prepared baking dish, set aside remaining 1/3.

For the filling:

Add diced strawberries and rhubarb to a medium mixing bowl. Toss with lemon juice. In a small mixing bowl whisk together sugar and cornstarch. Pour sugar mixture over strawberry mixture and toss to coat. Pour strawberry mixture over bottom crumb layer in baking dish. Evenly sprinkle remaining 1/3 crumb mixture over top. Bake in preheated oven until top is golden brown and crisp and filling is bubbling, about 45 - 50 minutes. Cool on a wire rack until warm then cut into squares. Serve warm with vanilla ice cream if desired.

Watermelon Lemonade

INGREDIENTS:

- 6 cups cubed seedless watermelon, chilled (2 lbs after peeling)*
- 4 cups cold water
- 3/4 cup fresh strained lemon juice, chilled
- 2/3 cup granulated sugar (more or less to taste)
- Ice and fresh mint for serving

INSTRUCTIONS:

Add watermelon to a blender and pulse until well pureed (there should be about 4 cups). Pour through a fine mesh strainer into a bowl. In a large pitcher whisk together water, lemon juice and sugar until sugar has dissolved. Stir in pureed watermelon. Stir in ice and mint (alternately add ice and mint directly to individual cups and pour lemonade over). Store in refrigerator.
*If you don't have time to chill the ingredients then just use more ice in place of some of the water.

Summer Exhibits at the Northwest Art Center

MINOT STATE UNIVERSITY NORTHWEST ART CENTER

Summer exhibits in the Northwest Art Center galleries at Minot State University feature mixed media, sculpture, and photography by Wendy Kimble and ceramics by Emilie Marquardt.

Kimble's exhibit, "Modern Venus," runs through August 10 in the Gordon B. Olson Library Gallery, and explores society's evolving expectations of the female form "from the voluptuous 24,000 BCE Venus of

Willendorf to society's expectations of the modern day ideal body type."

Kimble is an adjunct art instructor at Minot State University.

"Hollow Innocence," Marquardt's display of scores of empty ceramic vessels, opens July 22 in the Hartnett Hall Gallery with a public reception from 5 to 7 p.m. Marquardt's installation seeks to raise awareness of hunger among school age children in the Minot area.

The exhibit runs through August 12.

Both exhibits are free and open to the public. The Hartnett gallery is open 9 a.m. to 4:30 p.m. Monday through Friday, and the library gallery is open during regular library hours. These programs are funded in part by a grant from the North Dakota Council on the Arts, which receives funding from the state legislature and the National Endowment for the Arts.

Public Art Installation of Children's Artwork to Pop Up on 42nd Street

MARTHA KEIFENHEIM | EXECUTIVE DIRECTOR ARTWISE

Grand Forks, ND – Hundreds of colorful, hand-made flowers have filled the landscape on 42nd Street near 17th Avenue South, in an open lot south of the Alerus Center. The flowers were installed this morning and will be on view until Thursday, July 21.

Pop-Up Pop-Bottle Flowers, a public art installation organized by ArtWise and created in collaboration with hundreds of local children, features recycled water bottles transformed in to a vibrant display of colorful flowers blooming on the landscape. The flowers were painted and shaped by hundreds of children under the direction of ArtWise staff and volunteers. The land used for the installation was generously provided by the Alerus Center.

Children began creating flowers for the installation at events such as the 2016 ArtWise Art Camps, and throughout the summer of 2015 and 2016 at University Park during the summer lunch program. "The

children have shown such enthusiasm for this project, and have expressed such creativity when making the flowers", said Martha Keifenheim, ArtWise Executive Director. "We are excited to share the children's artwork with the community and invite everyone to enjoy the installation".

The Pop-Up Pop-Bottle Flower project began as a one-minute pitch to panelists at the Forkin' It Over for Public Art grant competition in December 2015, which was organized in conjunction with the release of the Grand Forks Arts & Culture Master Plan. Funded by the Community Foundation of Grand Forks, East Grand Forks and Region, the Forkin' It Over for Public Art grant program supported temporary displays of public art ranging from installations to performances in public spaces.

"This public art project celebrates the collective expression of local children in a joyful and whimsical

artistic display", said Nicole Derenne, Public Art Commission Coordinator. "In this project, ArtWise demonstrates its continued commitment to encouraging children's creativity by playfully showcasing children's artwork in public spaces."

A closing reception will be held on July 21 from 6:00-7:30 p.m. at the installation site. At the reception, children are invited to pick flowers and take them home. Any remaining flowers will be made available at University Park on Friday, July 22 from noon- 1:30 p.m. for children to select.

Pop-Up Pop-Bottle Flowers is made possible by generous support from the Community Foundation of Grand Forks, East Grand Forks, and Region. The Public Arts Commission facilitated the production of the work. Project organizers are especially grateful to the Alerus Center and the City of Grand Forks for lending the installation space, a perfect background for the flower display.



DEADLINE
AUGUST 10
2016

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Case of Zika Virus Reported in North Dakota

NORTH DAKOTA DEPARTMENT OF HEALTH

Bismarck, N.D.—The North Dakota Department of Health (NDDoH) recently received confirmation from the Centers for Disease Control and Prevention (CDC) that a woman who traveled to Jamaica has tested positive for Zika virus. The woman is not pregnant and was not hospitalized for her illness.

“This case is a reminder that travelers to areas with Zika virus need to take precautions to prevent mosquito bites,” said Michelle Feist, Epidemiologist with the NDDoH. “Pregnant women should not travel to countries with Zika transmission, and if they must travel, should be extremely careful to avoid mosquito bites.”

Many diseases, including Zika, dengue fever and yellow fever, can be transmitted by mosquitoes. All travelers should protect themselves from mosquito bites in the same way they would at home, and by following the recommendations

at www.cdc.gov/zika/prevention.

After returning from Zika affected areas, the NDDoH recommends:

All travelers should consult their health care provider if they develop illness, such as sudden onset of fever, rash, conjunctivitis (red eyes), joint pain, muscle soreness or pain, or headache, within 14 days of returning from Zika affected areas

Men returning from an area with Zika virus transmission should either abstain from sexual activity or correctly and consistently use condoms for all sexual acts; men should contact their healthcare provider for advice on how long they need to abstain or use condoms

Pregnant women should consult their health care provider and seek testing for Zika virus between two and 12 weeks after returning from a Zika affected area

Even if they do not feel sick, all travelers returning to the United States from an area with Zika should take steps to prevent

mosquito bites for three weeks following their return

Travelers who become ill should be particularly careful to avoid getting additional bites from other mosquitos during the first week of illness

Travelers should not use nonsteroidal anti-inflammatory drugs (NSAIDs) like aspirin, ibuprofen and naproxen, to treat symptoms

More information regarding Zika virus, including an up-to-date list of destinations with confirmed Zika transmission, can be found at www.ndhealth.gov/disease/zika. Anyone who plans to travel outside of the United States should consult a health care provider prior to traveling (ideally six months prior), as certain vaccines and medications may be recommended to prevent disease. For more information, please visit wwwnc.cdc.gov/travel.

For more information, contact Michelle Feist at mafeist@nd.gov, or at 1.800.472.2180 or 701.328.2378.

Blue-green Algae Identified in Lake LaMoure and Twin Lakes; Health Officials Advise Caution When Recreating

NORTH DAKOTA DEPARTMENT OF HEALTH

BISMARCK, N.D. – The North Dakota Departments of Health (NDDoH) and Agriculture (NDDA), Animal Health Division, have issued a blue-green algae advisory for Lake LaMoure and Twin Lakes (located in LaMoure County) due to detectable levels of microcystin in the water. Microcystin is a cyanotoxin caused by blue-green algae. When present in water, cyanotoxins are dangerous for both people and animals. Although the level of cyanotoxin was below the state threshold for issuing warnings, the algae can reproduce rapidly, with a corresponding rise in the cyanotoxin levels. With the upcoming warm weekend ahead, the NDDoH and NDDA urge residents to err on the side of caution and avoid waters that look discolored or scummy, or that have a foul odor in these lakes.

The production of blue-green algae often happens in hot weather in bodies of water that are used by people, pets and livestock. Exposure from ingesting affected water can cause

illness in people and animals, and can result in death. There are no known antidotes for the toxins.

Blue-green algae discolor the water they live in, and can cause foam, scum or mats to appear on the surface. People and animals that swallow water containing cyanotoxins can become sick with severe diarrhea and vomiting; numb lips, tingling fingers and toes; dizziness; or rashes, hives or skin blisters. Children are at higher risk than adults for illness because their smaller size can allow them to get a relatively larger dose of toxin.

Please take the following steps to avoid exposure to cyanotoxins:

- Respect any advisories announced by public health authorities. If you see posted signs or hear messages to stay out of a certain body of water, respect the warning.

- Do not swim, water ski or boat in areas where the water is discolored or where you see foam, scum or mats of green or blue-green algae on the water.

- If you accidentally swim in water that might have a

cyanobacteria bloom, rinse off with fresh water as soon as possible.

- Do not let pets or livestock swim in or drink from areas where the water is discolored or where you see foam, scum or mats of algae on the water.

- If pets (especially dogs) swim in scummy water, rinse them off immediately – do not let them lick the algae (and toxins) off their fur.

- Don't irrigate lawns or golf courses with pond water that looks scummy or smells bad.

For more information on public health issues, contact the North Dakota Department of Health, at 701.328.5210. For specific questions concerning Lake LaMoure or Twin Lakes, contact Tony Hanson with LaMoure County Public Health at 701.883.5356.

Please note: To access archived news releases and other information, visit the North Dakota Department of Health Press Room at <https://health.nd.gov/news-media/news-releases>.

Find us on Facebook at www.facebook.com/ndhealth or Twitter at twitter.com/nddoh.

PRAIRIE ADVENTURES

BY PATRICIA STOCKDILL



“What we do for pallid sturgeon will also benefit a host of other native species.”

- U.S. Fish and Wildlife Service Garrison Dam National Fish Hatchery manager Rob Holm describing the collective efforts required to conduct a pallid sturgeon research project.

(Part II)

It's not that U.S. Fish and Wildlife Service Garrison Dam National Fish Hatchery manager Rob Holm isn't confident his staff can't raise young fish. After all, the hatchery is a major reason North Dakota lakes produce such good sport fishing.

But what Holm and his staff were asked to do to learn more about endangered pallid sturgeon was unprecedented: They needed to provide a statistically valid enough number of newly hatched pallids to conduct a larval drift study.

And after successfully spawning adult female and male pallid sturgeon to get more than 700,000 eggs to hatch simultaneously, he's not sure it can be duplicated.

Pallid sturgeon spawn upstream in the Missouri and Yellowstone rivers in Montana. Once hatched the tiny larvae drift and float downstream where, as a bottom feeding young fish, they feed and grow.

The problem is they don't seem to be surviving in Lake Sakakawea's headwaters where they drift. Scientists think decomposing vegetative matter robs oxygen and they suffocate.

To test the theory, researchers needed to study movements of a voluminous number of newly hatched pallid sturgeon. So many things had to come together that Holm wasn't sure his staff would be successful. They needed adult males and females to spawn at the same time. They needed to be there when they did to collect eggs and spawn the fish. They needed exact water temperatures so the eggs would hatch all at once. Holm coordinated with hatcheries in Miles City, Mont., and Gavins Point, S.D. His crew was ready.

And that's when they pulled off what might be a herculean effort: At 9 p.m. June 26, Holm and three

biologists began collecting eggs. They worked steady until the remaining staff, seasonal workers, and YCC students joined in the effort the following morning, working until 3 p.m.

The hatchlings were loaded on trucks and immediately transported to a release site at the confluence of the Milk and Missouri rivers in Montana. There, an army of people released 110 bags containing 700,000 larval pallids, filling 55 coolers.

However, the work wasn't over.

Teams of researchers monitored their downstream drift continuously as the tiny fish made their way to Lake Sakakawea headwaters, collecting them with fine nets at various levels in the river's water column as researchers and fish floated their way downstream.

The study will document the river distance needed to provide successful recruitment downstream of a pallid sturgeon spawning site.

The next step is analyzing the data, including studying genetics to identify which female and male the larvae came from, Holm described. “It will give us information as to why we're losing them (pallid sturgeon).”

The data will benefit more than an endangered species: It will help determine if a bypass channel on a diversion dam on the Yellowstone River would provide access to enough upstream spawning habitat to allow successful recruitment to occur, opening river passage all the way to Forsythe, Mont. That, in turn, benefits all species traveling upstream in the Yellowstone to spawn.

Holm admitted he had initial doubts the hatchery could be successful given the huge number of newly hatched fish required. “The stars are definitely aligned on this baby,” Holm mused.

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Motorcycle Safety Inspection

AIRMAN 1ST CLASS J.T. ARMSTRONG | MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

There is one thing that North Dakota doesn't have a shortage of, and that is long stretches of open roads. During the summer, a great way to enjoy the area is to start up the motorcycle and hit the road.

Before you even get out of the garage, it's important to inspect your ride. Not only are pre-season inspections important, but going through your pre-ride checklist is crucial.

The Motorcycle Safety Foundation (MSF) has come up with the helpful acronym "T-CLOCS" to help riders thoroughly inspect their machines before riding.

T - Stands for tires,

wheels and brakes. Your tire pressure can fluctuate just as often as the Minot weather, which can affect your fuel economy and traction.

C - Stands for controls. Make sure your throttle doesn't stick and returns to its natural position when released. Levers and pedals should be properly adjusted and move freely.

L - Stands for lights and electronics. Do your brake lights and turn signals all function properly?

O - Stands for oil and fluids. Check for the levels and if any fluids need to be replaced.

C - Stands for chassis. Your handlebars and suspension should move freely and smoothly.

S - Is for stand.

Check to make sure your side or center stand supports your motorcycle and that the springs keep the stand from dropping down during your ride.

The T-CLOCS inspection is just the start to making sure you have a safe motorcycle ride. It can help eliminate problems before they become a safety hazard on the road.

For more in-depth information you can visit the MSF's website at msf-usa.org, or speak to your unit's motorcycle safety representative.

A motorcycle helmet rests on the side of the road in Minot, N.D., April 9, 2016. During the summer, a great way to enjoy the area is to start up the motorcycle and hit the road.

U.S. AIR FORCE PHOTO | J.T. ARMSTRONG



LEOS CONCEALED CARRY

from page 3

facilities while unloaded and placed in the rearmost compartment of the vehicle with ammunition stored in a separate area. Weapons must be cleared and placed on safe, and it is recommended to equip all weapons with a tamper-resistant mechanical lock or other safety device. For those personnel who do not have a concealed carry permit or proper LEOSA credentials, they will not stow their weapon in a manner to appear as concealed.

All personnel that own or possess privately owned firearms must comply with requirements outlined in Air Force Instruction 31-101, Integrated Defense, Minot Air Force Base Integrated Defense Plan 31-1 and Air Force Manual 31-125, Security Forces Implementation of the Law Enforcement Officers Safety Act.

LEOSA credentialed personnel may carry concealed weapons in accordance with AFMAN 31-125 and Minot AFB IDP 31-1 while on the installation.

Personnel that acquire LEOSA credentials are unauthorized to carry concealed at work if the

member is employed in any capacity on base, within the bar areas of J.R. Rockers and the Jimmy Doolittle Center, within any restricted areas or within the 5th Medical Group facility.

If a LEOSA credentialed member must enter an unauthorized area, he must secure his firearm in a locked vehicle in a locked compartment placed in an area not visible from the outside of the vehicle.

If any personnel have any type of firearm, locked or concealed, they are required to immediately identify the presence of the weapon to any law enforcement officer if they have interaction with them, whether it be at the entrance gates to the installation or while local law enforcement are fulfilling their duties.

If stopped by law enforcement while carrying concealed on base, LEOSA members must produce their credentials and proof of training to the law enforcement officer.

LEOSA credentials do not supersede the rules for on base storage, registration and safety.



Exercise strengthens allied bond

AIRMAN 1ST CLASS CHRISITAN SULLIVAN | MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

During the month of June, Minot Airmen participated in an overseas exercise in Fairford, England, known as BALTOPS.

"Most of the training was air-to-air training," said Captain David Miller, 23rd Bomb Squadron department of training member. "We did stand-off and direct attack missions, as well as oceanic warfare."

Alongside Minot and other Global Strike Command bases, several allied forces took part in the exercise as well.

"We had Sweden, Estonia, Latvia, Lithuania, Poland, France, Germany and England," Miller said. "All of those either participated or contributed."

Minot participates in this annual exercise to help deter enemies and assure our allies.

"It's important that we prove to our allies, our enemies and to ourselves that we can work together," Miller said. "It's also

important that we build tactics and procedure for large-scale integration."

Col. Kieran Denehan, former 5th Operations Group commander, took part in BALTOPS and knows the importance of strengthening the bond between the U.S. and its allies.

"These exercises with allies, some of whom the U.S. has been allies with for decades, allow the 5th Bomb Wing to connect personally, professionally and tactically," Denehan said. "They also demonstrated the B-52Hs ability to assure allies and deter potential adversaries."

Lt. Col. Mike Maginness, 23rd Bomb Squadron commander, lead the exercise and noted a few big feats during the 5th Bomb Wing commander's call.

"Within 24 hours of arrival we had the ramp secured, we have a flight doctor on station who's coordinating medical treatment, and some cultural opportunities planned," Maginness said. "One of the first things we did was

air shows, and that's the assurance part of assert and deter. We did five air shows and in those air shows, over one and a half million people personally saw an American B-52 fly overhead."

Miller said continuing to take part in exercises like these can strengthen not only Minot, but the Air Force as a whole.

"Continuing to participate in BALTOPS and other international exercises is really important," Miller said. "Just as iron sharpens iron, working together our combat edges sharpen for all nations that take part."

A U.S. Air Force B-52 Stratofortress leads a formation of aircraft including two Polish air force F-16 Fighting Falcons, four U.S. Air Force F-16 Fighting Falcons, two German Eurofighter Typhoons and four Swedish Gripen over the Baltic Sea, June 9, 2016. The formation was captured from a KC-135 from the 434th Air Refueling Wing, Grissom Air Force Base, Indiana as part of exercise BALTOPS 2016.

U.S. AIR FORCE PHOTO
SENIOR AIRMAN ERIN BABIS



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Minot AFB Article 15s

MINOT AIR FORCE BASE PUBLIC AFFAIRS

A vast majority of members of Team Minot will never have to experience the nonjudicial punishment process pursuant to Article 15 of the Uniform Code of Military Justice (UCMJ). However, it is important for members to understand the different types of misconduct that can warrant nonjudicial punishment and how commanders can punish. Under Article 15 of the UCMJ, all commanders may initiate non-judicial punishment. The member is given the right to accept nonjudicial punishment or demand trial by court-martial. If the member accepts the Article 15 process they are provided an opportunity to respond before guilt and punishment is determined by the Commander. After the Commander reviews the member's submitted matters, the circumstances of the offense, any factors in mitigation or extenuation, and the member's history of

misconduct (if any), the Commander will then determine guilt or innocence and if found guilty an appropriate punishment. The maximum punishment for an Article 15 action depends on the rank of the member being punished and the rank of the officer imposing punishment. Typical punishments include, but are not limited to, reduction in rank, forfeitures of pay, extra duties, restriction to base and a reprimand. The Commander can also choose to suspend a portion of the punishment. The suspended punishment acts as a probation period no more than six months. If the member commits further misconduct the suspended punishment can be vacated, meaning the suspended punishment will take effect. For the month of April, May, and June 2016, the Minot AFB Legal Office processed forty Article 15s. Listed below are short summaries of these cases to inform the base community of the serious nature of non-judicial punishment and the potential severity of

punishment.

1. A Master Sergeant from the 5th Maintenance Group received reduction to the grade of Technical Sergeant and a reprimand for one specification in violation of Article 134, Adultery.

2. A Master Sergeant from the 5th Force Support Squadron received a suspended reduction to the grade of Technical Sergeant, forfeitures of \$1886.00 pay per month for one month, 30 days extra duty and a reprimand for one specification in violation of Article 86, Failure to Go and one specification in violation of Article 92, Fail to Obey Lawful Order.

3. A Technical Sergeant from the 5th Communications Squadron received a reduction to the grade of Staff Sergeant, forfeitures of \$500.00 pay per month for two months with one month suspended and a reprimand for one specification in violation of Article 111, Drunken Driving, one specification in violation of Article 112, Drunk on Duty, and one specification in violation of Article 92 Fail to Obey Lawful Order.

4. A Technical Sergeant from the 5th

Aircraft Maintenance Squadron received a reduction to the grade of Staff Sergeant, suspended forfeitures of \$1583.00 pay per month for two months and 45 days extra duty with 15 days suspended for one specification in violation of Article 111, Drunken Driving.

5. A Technical Sergeant from the 5th Force Support Squadron received a reduction to the grade of Staff Sergeant and a reprimand for one specification in violation of Article 92, Willful Dereliction of Duty, one specification in violation Article 93, Cruelty or Maltreatment; and one specification in violation of Article 128, Simple Assault.

6. A Staff Sergeant from the 5th Aircraft Maintenance Squadron received a suspended reduction to the grade of Senior Airman, suspended forfeitures of \$1241.00 pay per month for two months, 45 days extra duty and a reprimand for one specification in violation of Article 128, Assault and one specification Article 134, Drunk.

7. A Staff Sergeant from the 5th Security Forces Squadron received a reduction to the grade of Senior Airman, suspended

forfeitures of \$579.00 pay per month for one month and a reprimand for one specification in violation of Article 134, Adultery.

8. A Staff Sergeant from the 705th Munitions Squadron received a reduction to the grade of Senior Airman, forfeitures of \$1241.00 pay per month for two months and a reprimand for one specification in violation of Article 112a, Possession of Controlled Substances.

9. A Staff Sergeant from the 5th Logistics Readiness Squadron received a suspended reduction to the grade of Senior Airman, forfeitures of \$1241.00 pay per month for two months, with one month pay suspended and 15 extra duty days and a reprimand for one specification in violation of Article 91, Disrespect to NCO.

10. A Senior Airman from the 5th Munitions Squadron received a suspended reduction to the grade of Airman First Class, suspended forfeitures of \$1041.00 pay for one month, 20 extra duty days, and a reprimand for two specifications in violation of Article 86, Failure to Go, and one specification in violation of Article 107, False Official Statement.

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TODAY

- The Jimmy Doolittle Center will be closed 18 July – 29 July
- Last Day to sign up for the Outdoor Iron Airman Challenge at the Fitness Center
- Youth Center Dance Classes, Every Friday, Various Times, Youth Center
- VA Benefits Briefing, 0830-1400, A&FRC
- Fit Family Boot Camp, 0930, Fitness Center
- Cycle, 1130, Fitness Center
- Friday Fun Members Buffet, 1630, Rockers Bar & Grill
- US Kids Golf, 1700-1800 & 1800-1900, Golf Course
- Club Membership Cash Drawing, 1730-1830, Rockers Bar & Grill
- Keystone Club Meeting, 1800-1900, Youth Center
- Karaoke, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, Every Friday, 2000-2300, Rough Rider Lanes

SATURDAY

- Dakota Sun Gardens Winery Tour, 0900, Information, Tickets, & Travel
- Chess Club, 1100, Base Library
- Rescheduled 5 Man Paintball Tournament, 1200, Outdoor Rec-Paintball Fields
- Saturday "Bowl the Night Away" with Lights and Strikes, 2000-2300, Bowling Center

SUNDAY

- Zumba, 1400, Fitness Center

MONDAY

- The Jimmy Doolittle Center will be closed 18 July – 29 July
- Youth Tumbling Classes, Various Times, Youth Center
- TAP GPS Workshop, 0800-1600, A&FRC, Held at the Professional Development Center
- Fit Family Boot Camp, 0930, Fitness Center
- Fit to Fight, 1100, Fitness Center
- Outdoor Iron Airman Challenge, 1130, Fitness Center
- Reintegration Training, 1300-1400, A&FRC
- Newbery Book Club, 1530, Base Library
- Step Jam, 1730, Fitness Center
- Learn on the Course, Every Mon, 1800, Golf Course
- Yoga, 1830, Fitness Center

TUESDAY

- Youth Center Dance Classes, Every Tues, Various Times, Youth Center
- TAP GPS Workshop, 0800-1600, A&FRC, Held at the Professional Development Center
- Game Day, Every Tues, 1000-1930, Library
- Running Clinic, Every Tues, 1430, Fitness Center
- Torch Club Meeting, 1600-1700, Youth Center
- Fit Family Boot Camp, 1630, Fitness Center
- Family Fun Night, Every Tues, 1700-2100, Rough Riders Pizza
- TurboKick, 1730, Fitness Center
- Jiu Jitsu Training, Every Tues, 1800-1930, Fitness Center, (18 years & older)
- Urban Boot Camp, 1830, Fitness Center
- Cycle, 1930, Fitness Center

WEDNESDAY

- Last day to register for US Kids Golf August 8-19 class at the Golf Course
- Youth Karate and Tumbling Classes, Hours vary by age, Youth Center
- Right Start, 0730-1200, A&FRC, Held at the Jimmy Doolittle Center
- TAP GPS Workshop, 0800-1600, A&FRC, Held at the Professional Development Center
- Club Member Benefit, Every Wed, 0900-1400, Bowling Center
- Fit Family Boot Camp, 0930, Fitness Center
- Story Time, Every Wed, 1030, Base Library
- Lunch Time Pickup Basketball, Every Wed, 1100-1300, Fitness Center-Court B
- Fit to Fight Cycle, 1100, Fitness Center
- Fit to Fight CORE, 1130, Fitness Center
- Pre-Deployment Readiness Training, Every Wed, 1400-1500, A&FRC
- 4-H Club, 1600-1700, Youth Center
- Members Wind Down Wednesday, Every Wed, 1630, Rockers Bar & Grill
- Cycle, 1630, Fitness Center
- Single Airmen Slice Night, Every Wed, 1700-2100, Rough Riders Pizza
- Zumba, 1730, Fitness Center
- Jiu Jitsu Training, Every Wed, 1800-1930,

Fitness Center, (18 years & older)

- Yoga, 1830, Fitness Center

THURSDAY

- Youth Center Dance Classes, Every Thursday, Various Times, Youth Center
- TAP GPS Workshop, 0800-1600, A&FRC, Held at the Professional Development Center
- Yoga Kids (Parent Child Class), 0930, Fitness Center
- Craft Club, 1030, Base Library
- Reintegration Training, Every Thurs, 1300-1400, A&FRC
- Fit Family Boot Camp, 1630, Fitness Center
- Teen Book Club, 1630, Base Library
- Single Airmen Wingman Night, Every Thurs, 1700-1900, Rockers Bar & Grill
- Members 2 For 1 Burger Night, Every Thurs, 1700-1900, Rockers Bar & Grill
- Zumba, 1730, Fitness Center
- Jiu Jitsu Training, Every Thurs, 1800-1930, Fitness Center, (18 years & older)
- The Walking Dead Have a Ball League, 1830, Bowling Center
- Body Blast, 1830, Fitness Center
- Cycle, 1930, Fitness Center

UPCOMING EVENTS - JULY 29

- Last day for Kids Summer Bowling Special at the Bowling Center
- Youth Center Dance Classes, Every Friday, Various Times, Youth Center
- TAP GPS Workshop, 0800-1600, A&FRC, Held at the Professional Development Center
- Fit Family Boot Camp, 0930, Fitness Center
- Cycle, 1130, Fitness Center
- Friday Fun Members Buffet, 1630, Rockers Bar & Grill
- Club Membership Cash Drawing, 1730-1830, Rockers Bar & Grill
- Keystone Club Meeting, 1800-1900, Youth Center
- Karaoke, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, Every Friday, 2000-2300, Rough Rider Lanes

UPCOMING EVENTS - JULY 30

- Live Quidditch Game, 1300, Base Library
- Saturday "Bowl the Night Away" with Lights and Strikes, 2000-2300, Bowling Center

ONGOING EVENTS

- Northern Neighbors Day Hangar Party Ticket Sales, Meal tickets are being sold at the Jimmy Doolittle Center, Outdoor Recreation, Information, Tickets & Travel, Youth Center, and Rockers Bar & Grill. Ticket Prices: Steak/Chicken \$16 – Hamburger/Hotdog \$8. FREE admission to Hangar Party and concert by Smokin' Joe .
- Rough Riders Monthly Pizza Special. July Special – Chicken Pineapple Pizza. Our tasty marinara sauce loaded with chicken, pineapple, spinach & tomatoes with mozzarella & parmesan cheese. . Small: \$11 Med: \$15 Large: \$17- Members receive \$2 off any pizza. Panino Meal – Chicken, pineapple, parmesan with melted mozzarella cheese. Topped with spinach & tomatoes; served with marinara. \$8.25 meal – includes side & drink
- B-Fifty Brew July Special. Not a coffee or tea fan? Try our Redbull Burners! Choose your Redbull® flavor: Original, Blueberry, Cranberry, or Tropical. Then choose your syrup: peach, coconut, raspberry, or strawberry. Top with pink lemonade or lemonade. Venti \$4.00
- Cupcake Delight-Cool down this month with our signature blended beverage. It is a dreamy combination of raspberry, strawberry, toffee nut and vanilla bean. For a limited time only. Tall \$4.25 Grande \$4.95 Venti \$5.65
- Auto Hobby Monthly Special. July 16th-31st Free Lube Rack Rental. Purchase oil and filter from Auto Hobby and use the lube rack for free, up to one hour. If you're not finished in one hour, vehicle will be charged a lift fee of \$6 per hour.

PRENATAL YOGA

The Youth Center is offering Prenatal Yoga on Wednesdays at 10:15 a.m. Improve your pregnancy and birth experience through prenatal specific yoga. This multifaceted approach encourages flexibility, strength, balance, stamina, focused breathing, relaxation techniques, positive mental centering, and more. This style of class is great for any level of yoga practice, new to advanced. With your doctor's approval, you will gain many health benefits for you and your baby. The 45 minute session,

held once a week, will be a guided journey which will allow you to learn skills to use at home during your pregnancy, during labor/birth, and postpartum. This is an ongoing class and can be joined at any point during normal and healthy pregnancy. Cost is \$40 per month. For more information, call the Youth Center at 723-2838.

EXPECTANT AND BREASTFEEDING MOTHERS

We meet the 2nd Thursday of each month at 10AM at the Rough Rider's Golf Course Meeting Room. Please check our facebook page LLL of Minot for last minute meeting updates and changes. Our mission is to help mothers to breastfeed through mother-to-mother support, encouragement and education. Babies and children welcome. It's free to attend! Please contact us at (701) 409-0292, LLLofMinot@gmail.com or on Facebook at www.facebook.com/LLLofMinot.

PARK UNIVERSITY SUMMER 2016 REGISTRATION IS NOW OPEN!!

Park University's Summer 2016 term (6 June 2016 – 31 July 2016) registration is now open. Contact our office for more details. A variety of classes are available for CCAF and Undergraduate degrees. Classes are held onsite in the evening or online. Signing up for classes is easy: stop by our office at the Education Center-156 Missile Ave Minot AFB or email us at mino@park.edu. If you have any questions you can call us (727-0469), stop by and see us or send us an email. Stop in and see us!!!!

MINOT OFFICER SPOUSES CLUB

Are you an officer spouse? Please join the Minot Air Force Base Officer Spouses' Club (OSC)! We are an organization designated to provide and foster a welcoming environment, committed to meeting social and philanthropic needs of all members by encouraging growth, friendship and a sense of community. OSC board positions now open! Please visit our website to join or for more information at www.minotosc.org Like us on Facebook at Minot OSC. Many little clubs to include Bunko, Socialite, Bowling, and much more at www.minotosc.org/little-clubs.html

MINOT ENLISTED SPOUSES CLUB

Come and join the MESC! You can meet a lot of fun ladies. Join us for a much of different socials plus playing BUNCO!!! We also have mini clubs for everyone to enjoy. We are open to all enlisted spouses of all military branches. you can also check out our Facebook page at Minot Enlisted Spouses Club or/and our website at http://www.mesc.org/

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

is now registering for the Fall 2016 term (8 Aug-9 Oct). To sign up for Undergraduate and Graduate courses please stop by the ERAU office, located inside the Base Education Center Bldg, Room 223 or email your request to minot@erau.edu . If you have any questions, please call 701-727-9007.

AIR FORCE SGTS ASSOCIATION, CHAPTER 959, GENERAL MEMBERSHIP MEETING

GENERAL MEMBERSHIP MEETING takes place on the Second Tuesday of each month at ROCKERS at noon (1200hrs). The Air Force Sergeants Association (AFSA) is a federally chartered non-profit organization representing the professional and personal interests of active duty, retired, and veteran Total Air Force and their families. Please join us as we discuss Base and Community events and current legislation. Officers, enlisted, civilian, dependent, Active Duty, Veterans, and Retired-All are welcome! Like us on Facebook at www.Facebook.com/MinotAFSA. We post any meeting changes, important news, events, and volunteer opportunities on our page. If you have questions, please contact us via email at AFSACH959@gmail.com.

MAIN STREET BOOKS STORYTIME –

An interactive storytime with songs, rhymes, puppets and books. Every Wednesday and Thursday morning at 10:00 a.m. for birth – 4yrs and 11:00 a.m. for 4 yrs+. All ages welcome. Each storytime 30 minutes long. Main Street Books, 8 South Main Street, Minot. 701-839-4050; www.mainstreet-booksminot.com

MAIN STREET BOOKS 1ST SATURDAYS STORYTIME –

A weekend storytime for families. Once a month on the 1st Saturday of

the month there will be a specially themed story-time at Main Street Books that will be interactive with songs, rhymes, puppets and books. The 10:00 a.m. storytime is 30 minutes long and is geared for birth – 4 yrs, but all ages are welcome. Main Street Books, 8 South Main Street, Minot. 701-839-4050; www.mainstreetbooksminot.com

**NORTH DAKOTA STATE FAIR
7/22/2016 - 7/30/2016**

North Dakota State Fairgrounds. The largest annual event in the state is once again rawring with excitement! The 2016 Grandstand Entertainment includes Fall Out Boy, Billy Currington, LOCASH, Old Dominion, Kenny Chesney, Jake Owen, KISS, Enduro Race, and Monster Trucks. As always we have our tried and true NPRA Championship Bull Riding and Ranch Rodeo taking place in the All Season's Arena. There are multiple FREE stages with fantastic shows performing throughout each of the nine days that the ND State Fair takes place. We offer over THIRTY Special Events, Contests, and Activities throughout the nine days of Fair for all ages! We have over 49,000 competitive exhibits are displayed from counties all across the State.... Don't forget about the Carnival and everyone's favorite Fair Foods along with MUCH MUCH MORE!!!! For more information visit www.ndstatefair.com North Dakota State Fair 2005 Burdick Expressway East Minot, ND 58701

**"JUMP IN!" MOVIE
7/26/2016 2:00 PM**

Minot Public Library. Open to children of all ages-under 5 MUST be with an adult.

**OZOBOTS & SPHERO RACING
7/28/2016 2:00 PM**

Minot Public Library. Come learn all about our favorite racing robots! Learn how OZOBOTS run on code you draw! Navigate an obstacle course with a Sphero! Join us for an afternoon of robots in motion.

**RTL OPEN MIC NITE
07-29-2016 07:00 PM - 07-29-2016
09:30 PM**

Classic Rock Coffee-Minot. Founded with the spirit of Rock the Leaves Music Festival, musicians and music lovers alike have built a burgeoning artist movement through RTL Open Mic Nites, where artists of a wide array of disciplines share their God-given talents in an intimate stage setting. Several artists that have been featured at Beardstock and Rock the Leaves were a product of the series formerly called Share Your Shine Open Mic Nites. While the name has now been shortened, the movement continues to grow, cultivating a home for all ages to share and celebrate talent.

**SCHEELS 3D ARCHERY SHOOT
7/30/2016 8:00 AM**

Souris Valley Bowmen Archery Range 6175 County Rd. 12 W - Minot. Date: Saturday, July 30th Time: 8:00 am to 2:00 pm Location: Souris Valley Bowmen Archery Range - 6705 County Road 12 W. Cost: \$40/ family, \$20/ Adult (18+), \$15/ Youth (12-17), \$5/ Child (11-) Registration: Register at the event! Join Scheels on July 30th at the beautiful Souris Valley Bowmen Archery Range for our 3rd Annual 3D Shoot. Take aim at designated stations where you walk the maintained back trails of the Trestle Valley. Try out the newest in archery gear at indoor range, and register to win BIG prizes like a Mathews Halon Bow (\$1,199.00) and a Nikon Prostaff 3i Rangefinder (\$229.95). There will be FREE food for all participants, and shooters of all ages and skill levels are welcome! *All entry fee proceeds will go to support the youth archery programs at the Souris Valley Bowmen and the North Dakota Bowhunters Association

**NYPUM MOTORCYCLE FUN RUN -
DAKOTA BOYS AND GIRLS RANCH
7/30/2016 10:00 AM**

Register: Pure Honda, Ride ends at Magic City Harley-Davidson, Minot, ND. The July 30, 2016, NYPUM Motorcycle Fun Run will have bikers touring the Turtle Mountains. Registration begins at 10 a.m. at Pure Honda, Minot. Kickstands up 11 a.m. returning to: Magic City Harley-Davidson, Minot, around 4 p.m. for a light dinner and prizes. Motorcycles & cars are welcome at the rally. Entry fee \$20 & includes a late breakfast, early dinner, and prizes. Door prizes include motorcycle accessories, hoodies, gift cards, hotel stays, and much more! Preregistration is requested. To RSVP, call

Todd Fjeldahl, 701-852-3268 or Rich Berg, 701-839-7888.

This is the 8th annual NYPUM Fun Run & will benefit the NYPUM (National Youth Program Using Minibikes) Program held each summer on the Dakota Boys and Girls Ranch Minot campus. The small dirt bikes, donated by Honda, gives children the opportunity to learn how to operate a bike. The Ranch has been involved with NYPUM since 1998. Dakota Boys and Girls Ranch is a Christian ministry that provides trauma-informed care to children and their families through Residential Treatment Facilities, Outpatient Psychiatric and Psychological Services, and Spiritual Life Programs. In addition, Dakota Memorial School (DMS) provides a quality education for kids who have special learning needs because of psychiatric, behavioral and trauma issues. Through its facilities in Bismarck, Fargo, and Minot, ND, the Ranch provides a safe and loving place for adolescent boys and girls who struggle from the results of trauma, abuse, and neglect. www.dakotaranch.org; or email: info@dakotaranch.org 800-344-0957

**DBGR FUN RUN
7/30/2016 10:00 AM**

The DBGR Fun Run is an annual event to support the National Youth Program Using Mini bikes located at the Dakota Boys and Girls Ranch. The event will begin at 10 am at Pure Honda in Minot with registration for the run. Both motorcycles and cars are welcome. Kickstands up at 11 AM and off to the Turtle Mountains for a ride then back to Minot and meet at Magic City Harley Davidson. There will be a light breakfast prior to the run and early supper at the end of the run (this is part of your registration fee of \$20.00). Prizes will be given out at the supper along with a short presentation on the program at the Ranch. This is a family friendly run and will take time for a few stops along the way to relax and visit with fellow participants.

**YWCA SWING FORE SHELTER GOLF
TOURNAMENT
8/01/2016 1:00 PM**

Vardon Golf Club. YWCA Minot Swing FORE Shelter Charity Golf Tournament! August 1st, 2016 | Vardon Golf Club 18 Hole Scramble | 1PM Shot Gun Start Both men & women welcome! \$500 per a team | Registration & Sponsorships open May 2nd on ywcaminot.org

**MINOT PUBLIC LIBRARY- ZOO FIELD
TRIP 8/01/2016 2:00 PM**

Roosevelt Park Zoo. At the Roosevelt Park Zoo field trip we'll put our reading skills into action: reading signs, maps and fun facts about our favorite animals! Teens will meet Pam in at the front entrance of Roosevelt Park Zoo. This field trip is good for 10 pages on a teen reading challenge log!

**TEEN ADVISORY GROUP MEETING
8/02/2016 3:00 PM**

Minot Public Library. The Teen Advisory Group is open to any teen or tween who is interested to contributing their ideas and opinions to our teen programs and collections. We love hearing from our Teens! Candy is always in the offing! Meetings will be held in the Makerspace in conjunction with Open Swim this summer!

**MAHC 6TH ANNUAL CHARITY 5K
FUN WALK-RUN
8/06/2016 7:30 AM**

Oak Park Shelter #9. Join the Minot Area Homeless Coalition at our 6th Annual 5k Charity Fun Walk-Run event at Oak Park shelter #9. This is a non-competitive charity event to raise funds for the Homeless Coalition to continue to provide services to those in need within the counties we serve. Contact the MAHC office for registration information or check us out on facebook or on our website. Apparel items are limited so get yours soon and we will see you there!

**LEGO CLUB
8/09/2016 7:00 PM**

Minot Public Library. The LEGO Club will meet the second Tuesday of the month at 7:00 PM in the Imagination Station of the Minot Public Library. Children ages 4 and up are invited to come build with us.

**MOVIE IN THE PARK
8/10/2016 5:00 PM**

Oak Park: 1305 4th Avenue NW Minot ND. Save the Date! Visit Minot's Movie in the Park. We hope to see you there!

**WHY NOT?! MINOT FEST VII
8/11/2016 8:00 PM - 8/14/2016
11:00 PM**

Taube Museum of Art. Why Not?! Minot Fest VII An all ages DIY music festival held in the heart of downtown Minot! 90+ Bands and Performers, 3 days, \$25. The event is hosted by Pangea House a group of like-minded individuals working together to provide: safe, affordable, all ages, community events for the Minot area. Thursday August 11th- Kick off party at Souris River Brewing! Local music, local beer, local volunteers getting together to fund the impending 3 day, all ages, music festival. Come eat food, play games and parking lot party it up for a great cause. \$5 at the door or buy your Why Not?! weekend pass and get in free. Weekend passes will be \$25 at the door. Friday August 12th- The fun begins and stays at the Taube Museum of Art for the weekend! Saturday August 13th- The fun continues at three venues: The Taube Museum of Art, Otis and James Photography and Souris River Brewing. Saturday is the big touring band day! Many, many talented bands from Minneapolis, Texas, and of course North Dakota! Sunday August 14th- The last day of the 3 day festival begins with music and art at 62 Doors Art Gallery and ends together at the Taube Museum of Art. For all the news check out our blog at: http://whynotfest.tumblr.com/ The event schedule: https://docs.google.com/spreadsheets/d/1fvfup1VGE1ni1l6d6p0CHU_1MtQMC4wYWFbm6iLUzyE/edit?usp=sharing

**NORTHERN NEIGHBORS DAY
8/13/2016 11:00 AM**

Minot AFB. Northern Neighbors Day is the Minot AFB, ND open house and air show. This years show will feature the US Army Golden Knights parachute team and the Air Combat Command F-16 demonstration team. Additionally, we are expecting flybys by the B-2 and B-52, numerous war birds and other acts to be announced.

**GAME ON SATURDAY
8/13/2016 1:00 PM**

Minot Public Library. We are excited to offer TEEN GAMING on the second Saturday of every month. From 1:00-4:00, come on down to Teen Gaming in the South Community room. We have a Wii, a WiiU, an Xbox360 and a Kinect. We have tablets to play on too! Bring a game from home or play one of ours! Grab a friend or two and let's GAME ON SATURDAYS!

**SWITCHFOOT LIVE! AT 10TH AN-
NUAL ROCK THE LEAVES
8/18/2016 6:00 PM**

Minot Auditorium. Grammy Award winning band Switchfoot returns to the Magic City to kick off the 10th Anniversary of western North Dakota's Biggest Family Friendly Music Festival!! Also featuring: Big Daddy Weave and much much more! Check out iamrtl.com for more information.

**PAINT THE TOWN RED
8/18/2016 6:30 PM**

2 N Main St. Feeling Creative? Looking for an adventurous new opportunity? Grab your friends, coworkers, or make it a unique date night – and join the Taube Museum of Art for an evening of entertaining art instruction by Minot local artists! No experience required! You will go home with a painting you can call “uniquely yours” and possibly unleash a new talent you will want to explore. The featured artist will guide you through in recreating her featured painting. It is easy, fun, and stress free! Feel free to bring your favorite cocktail and a snack if you choose, then sit back and be creative! Each session is \$35 for non members and \$32 for members, per person, which includes all the supplies needed to create your masterpiece. Class size is limited, so register early! Payment is due at time of registration. Must be 21 to register. Registration now accepted online at www.taubemuseum.org Liking or commenting on this event does not constitute registration for the class...you must call, stop by, or register online to complete the registration process. Thank you! For more information call the Taube Museum of Art at 838-4445, email taube@srt.com.

CHURCH DIRECTORY

<p>Little Flower Catholic Church 800 University Avenue West 838-1520</p> <p>Mass Schedule Saturday 5:30 pm Sunday 9:30 am Through Labor Day weekend. Fr. Fred Harvey, Pastor www.littleflowerminot.com</p>	<p>St. Peter The Aleut Eastern Orthodox Church  109 6th St. SE Minot • 838-3094</p> <p>Sunday Liturgy 10 a.m. Saturday Vespers.... 6 p.m.</p> <p>The Very Reverend Father Anastassy</p>	<p>To Advertise your Church in this space.</p> <p>Call 839-0946</p> <p>Only \$7.00 per week</p>	<p>GLENBURN FIRST BAPTIST CHURCH  402 South Street • 701-362-7971</p> <p>Sundays: Morning Worship..... 10:00 a.m. Sunday School 11:15 a.m.</p> <p>Wednesdays: Glenburn Youth Group - interdenominational Meets September thru May - for students in grades 7-12 6:00 meal followed by singing, games, and lessons. Pastor DeVawn Beckman • revdev@srt.com</p>	<p>Bible Fellowship Church  Worship Service 10:45am Sunday Sunday School/Bible Study 9:45am</p> <p>GRIEF SHARE </p> <p>Classes Starting November 4th, 7:00pm 838-0916 • 1720 4th Ave NW minotbiblefellowship.org</p>
<p>Faith United Methodist Church  5900 Highway 83 N, Minot www.faithumcminot.com Rev. Debra Ball-Kilbourne</p> <p>Sunday School (All Ages): 9:30 a.m. Worship Services: Sunday 11 a.m. Wednesday: 5:15 p.m.</p>	<p>Minot Baptist Church  Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Evening Worship 6:00 p.m. Wednesday Evening..... 7:00 p.m.</p> <p><i>Independent/Fundamental/KJV</i> 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p>Harvest Reformed Church  We are devoted to faithful preaching of God's Word. Confessionally Reformed Biblical worship.</p> <p>Now meeting at 1505 N Broadway, Grand International, Norse Room</p> <p>Sunday Service 10:30 a.m. 838-0605 www.harvestreformedchurch.org</p>	<p>Congregational United Church of Christ 430 N. Broadway • 839-1064</p> <p>Sunday School 11 a.m. Sunday Worship 11 a.m. Tuesday Lunch Bible Study 11 a.m. - 1 p.m. Wed. Youth Classes 6:30 - 8:30 p.m.</p>	<p>Welcome to the Minot Church of Christ 1315 1st St. NE</p> <p>Sunday: Bible Classes 9:30 a.m. Worship..... 10:30 a.m. - 5 p.m.</p> <p>Wednesday: Bible Classes 7 p.m.</p> <p><i>"Restoring 1st Century Christianity in the 21st Century"</i></p>
<p>First Presbyterian Church  430 N Broadway (Congregational Church of Christ Building) 701-460-6321</p> <p>Worship..... 9:00 a.m. www.fpcminot.org <i>Visitors Welcome</i></p>	<p>Apostolic Faith Church, UPCI 2929 19th Ave NW • Minot Located off Hwy 83 Bypass West (701)838-0609</p> <p>Saturday School..... 2:00 p.m. Sunday Worship..... 3:30 p.m. Wednesday Bible Study 7:30 p.m.</p> <p>Jesse Starr, Pastor</p>	<p>Cornerstone Presbyterian Church 1000 NE 3rd Street 852-0315</p> <p>Sunday Schedule Contemporary Worship..... 9:30am Child/Youth Sunday School.. 11:00am Adult Sunday School.... 8:30 & 11:00am Traditional Worship..... 11:00am</p> <p>Wednesday Evening Schedule Community Dinner..... 5:30-6:30pm Contemporary Worship..... 6:30pm Youth Group & Small Groups.. 7:15pm</p> <p>All are Welcome! www.ecominot.org</p>	<p>First Lutheran Church - ELCA  120 - 5th Ave. NW 852-4853</p> <p>Saturday Worship 5:30 pm Sunday Worship 9:30 am</p> <p> Services are now available online at firstlutheran.tv Radio Broadcast KRRZ 1390 AM 9:30 AM Pastor Ken Nelson & Pastor Brandy Gerjets</p>	<p>St. Mark's Lutheran Church <i>Missouri Synod</i> </p> <p>Sunday Worship 9:30 a.m.</p> <p>2209 4th Avenue NW Minot, ND 839-4663 Carlyle Roth, Pastor</p> <p>www.stmarksminot.com  Call or check out our website for more information.</p>
<p>Bethany Lutheran 215 3rd Ave. SE, Minot, ND Phone: 838-5196 • Fax: 852-8494 A Member of the ELCA</p> <p>Sunday Worship 9:00 am Sunday Fellowship 10:00 am</p> <p>Wednesday Worship..... 6:45 pm</p> <p>Website: www.bethanylutheranminot.com Email: bethanylutheran@srt.com Live Streaming: bethanylutheran.tv</p> <p>Pastor Janet Hernes Mathistad Pastor Gerald Roise</p>	<p>To Advertise your Church in this space.</p> <p>Call 839-0946</p> <p>Only \$7.00 per week</p>	<p>St. John the Apostle Catholic Church  2600 West Central Ave • Minot, ND 58701 839-7076</p> <p>Daily Mass Schedule: Tuesday 7 p.m. Wednesday - Friday 9 a.m. Saturday 5 p.m. Sunday 8 & 10:30 a.m.</p> <p><i>Fr. Dave Zimmer, Pastor</i> Parish website: www.stjohnminot.com</p>	<p>Calvary Alliance Church  715 20th Avenue NW Minot, ND 58703 www.calvaryofminot.com 701-852-0670</p> <p>Sunday School..... 9:00 am Sunday Worship Service 10:00 am Wednesday Prayer 6:30 pm Wednesday Youth Group (grade 7-12) 6:30 pm</p>	<p>Our Redeemer's Church <i>A Church of the Lutheran Brethren</i> </p> <p>Sundays: Worship..... 8:30 a.m. & 10:45 a.m. Interpreter services for the deaf .. 10:45 a.m. Radio Broadcast KHRT 1320 AM 11 a.m.</p> <p>700 16th Ave SE • 701-838-0750 For more information visit us on the web at: www.ourredeemers.org</p>
<p>BREAD OF LIFE ELCA LUTHERAN CHURCH </p> <p>Pastor Taryn Montgomery Pastor Alex Hoops</p> <p>Saturday Worship 5:00 pm Sunday Worship 9:30 am Sunday Fellowship 10:30 am</p> <p>Breadoflifeminot.com <i>Everyone Welcome</i></p> <p></p>	<p>BELIEVERS BIBLE CHURCH of MINOT I John 5:13 www.bbminot.org</p> <p>Where you can find truth and love in Christ Jesus the Lord!</p> <p>Sunday Worship..... 11:00 am</p> <p><i>The Carnegie Center</i> 105 2nd Avenue SE</p>	<p>Cross Roads Baptist </p> <p>Sunday School (all ages) 9:45 a.m. Sunday Worship 11 a.m. & 6:30 p.m. Wednesdays (Prayer & Missions) ... 6:30 p.m.</p> <p>www.minotrcbc.org email: rcbc@srt.com</p> <p>415 28th Ave SE (Behind Menards) 838-1873</p>	<p>West Minot Church of God <i>"A Family Worship Center"</i>  1105 16th St. NW • 839-1407</p> <p>Sunday School..... 9:30 a.m. Sunday Worship 10:30 a.m. Children's Church..... 10:30 a.m. Wednesday Family Training Hour.. 6:30 p.m. Wednesday Kids on the Rock 6:30 p.m. Youth Center, Friday..... 7:00 - 11:00 p.m.</p> <p>ABC Child Care & Pre-School Center 852-6352</p>	<p>Bethel Free Lutheran AFLC <i>"Building Followers of Jesus Christ!"</i> </p> <p>Sunday School 9 a.m. Worship Service 10:30 a.m. Wednesday Supper 6:15 p.m. Adult/Youth Bible Study Kids Club 7 p.m.</p> <p>Pastor Shane McLoughlin 530 22nd Ave NW • 852-6492 bethel@minot.com</p>
<p>GRACE FELLOWSHIP CHURCH Independent - affiliated with IMF </p> <p>8300 29th Ave NW Burlington, ND 58722 (South side of Highway 2) 701-839-6319</p> <p>Sunday School 9:00 am Meet and Greet 10:00 am Sunday Worship 10:30 am</p> <p>Pastor Gregg S Smith www.gracefellowshipatburlington.com</p>	<p>First Baptist Church  220-3rd St. S.W. • 852-4533 www.fbcminot.org</p> <p>Classic Worship Service 8:30 a.m. Sunday School (All Ages) 9:45 a.m. Contemporary Worship Service... 9:50 a.m. Adult Sunday School 11:00 a.m. Contemporary Worship Service. 11:05 a.m. Children's Church..... 11:05 a.m. Wed. Awana (Sept. - May) 6:30 p.m.</p> <p>Rev. Kent Hinkel, Senior Pastor Pastor Sam Kautzmann, Student Ministries Elaine Carlson, Children's Ministry Director</p>	<p>Gospel Tabernacle Community Church  9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson</p> <p>Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday</p> <p>Sunday School 9:45 a.m. Adult/Children Worship.. 11 a.m. Family Hour 6:30 p.m. Evening Worship 7:30 p.m. Bible Study/Child-Adult Children Worship (Wed).... 7 p.m. Prayer (Friday) 7 P.m.</p>	<p>Dakota Baptist Church  <i>Teaching the Word, One Verse At a Time! KJB</i> 916 5th Ave, SE Minot, ND 58701</p> <p>Sunday School..... 10:30 a.m. Sunday Evening Worship 5:30 p.m. Wednesday Worship 7:00 p.m.</p> <p>(701)852-5399 www.dakotabaptistchurch.com Email: dbchurch@srt.com Pastor: Jeremy Jacob</p>	<p>First Assembly of God 1805 2nd St. SE 838-1111</p> <p>Morning Worship 8:30 a.m. Sunday School 10 a.m. Morning Worship 11 a.m. Evening Worship 6:30 p.m. Wednesday Family Night..... 7 p.m.</p>
<p>Trinity Church  An Evangelical Free Church 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p>Sunday School & Fellowship 9:00 a.m. Worship 10:45 a.m.</p> <p>www.trinitychurchminot.org</p>	<p>Immanuel Baptist Church  1615 2nd St. SE • Minot • 839-3694</p> <p>Summer Schedule Sundays: Worship 10:00 a.m.</p> <p>Wednesdays: Soup Kitchen 11:30 a.m. - 12:30 p.m.</p> <p>Brian T. Skar, Pastor www.ibcminot.org</p>	<p>ZION Lutheran ELCA  1800 Hiawatha St. 852-1872</p> <p>Saturday Worship 5 p.m. Sunday Worship ... 8:30 a.m. & 11 a.m.</p> <p>John Streccius, Pastor Nathan Mugaas, Pastor</p>	<p>Vincent United Methodist Church  1024 2nd St. SE • 838-4425 <i>Behind Town & Country Shopping Center</i> open hearts...open minds...open doors!</p> <p>Saturday Informal Worship .. 5:00 p.m. Sunday School 9:00 a.m. Sunday Worship Service 10:00 a.m. Fellowship..... 11:00 a.m.</p> <p>Pastor Ray Baker www.vincentumc.com</p>	



Youth Center K9 Demo

MINOT AIR FORCE BASE, N.D. -- Airmen from the 5th Security Forces Squadron participated in a military working dog demonstration at the Youth Center at Minot Air Force Base, N.D., July 7, 2016. MWD Cyndy demonstrated her training to pursue, attack and hold a noncompliant suspect until her handler arrives. Handlers and trainers held a question and answer session after the practical demonstration.

U.S. AIR FORCE PHOTOS
AIRMAN 1ST CLASS J.T. ARMSTRONG

WALK TO FIGHT SUICIDE

OUT OF THE DARKNESS Community Walks
Suicide Prevention Starts With Everyday Heroes Like You. Register Today.

September 10, 2016
Roosevelt Park
12:00 - 2:00

AMERICAN FOUNDATION FOR Suicide Prevention | afsp.org/walk
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Laura Larson, M.S., LPCC
is now seeing clients for mental health needs at Northland Community Health Center in Minot.

Over 20 Years Experience


Services Include:
Individual & Family therapy to children, adolescents, & adults

Please call for more information or to schedule an appointment. 852-4600. Northland Community Health Center is located in the Arrowhead Mall in Minot.

Northland Community Health Center
"Our Family Caring For Your Family"

Northern Sentry
839-0946 or
nsads@srt.com





2016 NATIONAL NIGHT OUT

POLICE • COMMUNITY PARTNERSHIPS

Tuesday, August 2
5:30-8 pm
Minot Optimist
Community Soccer Park

Trinity Health is teaming up with the Minot Police Department, Target and area businesses and organizations to promote public safety and recognize those who keep our community safe.

Free games, food, music, face painting, prizes, inflatables, educational booths, NorthStar Criticair, law enforcement special equipment displays and MAFB K9 demonstrations



Tech. Sergeant
Scott HERBERT
 5th Civil Engineer Sq. EAGLE RIVER, AK

Warbird of the Week



What did you do before you joined the Air Force
 A competitive wrestler from 3rd grade through college. Also worked at a sheet metal / air duct company.

Hobbies or Interests
 Hunting, fishing when my family is with me, as well as amateur MMA bouts, where in 2009 I took the 205 light heavy weight belt at Ellsworth AFB.

Most life changing experience
 When my wife almost lost her life giving birth to our 4th child.

Where do you see yourself in 10 years
 Retired, continuing my education to become a dentist. Living in Alaska and giving my kids a true Alaskan experience.

If you could have one special talent, what would it be
 Best father and husband in the world.



Favorite quote
 "There is no such things as hitting too big of a wall just a taller hurdle."
 -Scott Herbert

Boot Camp at the Youth Center

Military children watch Airmen from the base Honor Guard fold the flag during Youth Boot Camp at Minot Air Force Base, N.D., July 7, 2016. Children learned about drill, basic combatives, team-building and survival training during the week-long camp.

U.S. AIR FORCE PHOTO
 AIRMAN 1ST CLASS JESSICA WEISSMAN

Event sponsored by:













NORTHERN SENTRY



839.0946

It's State Fair Time Again Safety & Health at the North Dakota State Fair

ROD KRAUSE
5 BW OCCUPATIONAL SAFETY MANAGER

There's no better way to enjoy the summer celebration than the North Dakota State Fair. For the most part, it's the last chance before school begins to enjoy the sounds, sights, smells, tastes and activities only found at the fairgrounds here in our own city of Minot.

Before heading out to enjoy all the festivities, being prepared ensures your family's experience is fun, healthy and safe by considering these tips as you plan your family outing.

Be realistic. Everyone goes to the fair for all kinds of "forbidden" foods and hours of fun, so recognize your limitations and the inevitable choices there for the taking. But also recognize there are things you and your family can do to stay in control, such as taking frequent breaks, eating a balanced and filling meal before you leave and getting a good night's sleep the night before and

after.

Drink Water. Be sure to drink plenty of water before and during your visit. You can also take a cooler with you so water is readily available to prevent dehydration. Water can also help cut back on overeating.

Dress Appropriately. Ensure everyone is wearing a hat, has generously applied sunscreen and is wearing comfortable walking shoes. For a nominal fee, power and manual wheelchairs are available for those in need of mobility assistance.

Practice Safety. Do your children have identification should they become separated? Remind your children about strangers. For assistance, Ward County Sheriff officers are accessible throughout the fairgrounds.

Going to the North Dakota State Fair should be fun, so please remember these tips to keep your family and friends healthy and safe.



Newspaper Day

Thursday, July 28, 2016

AT THE NORTH DAKOTA STATE FAIR

Brought to you by **Northern Sentry**

\$5.00 OFF

DAILY UNLIMITED CARNIVAL RIDE WRISTBAND

Good ONLY Thursday July 28, 2016



NDSF Newspaper Day

\$1.00 OFF

DAILY GATE ADMISSION

Good ONLY Thursday July 28, 2016



NDSF Newspaper Day

Back-to-School BRIGADE




Join Operation Homefront for a school supply distribution event!

Eligible recipients include: Active duty, E1-E6 or all ranks of post 9/11 wounded, ill or injured (includes deployed National Guard and Reserve on Title 10 federal orders)

August 3, 2016

Base Exchange
362 Missile Ave
Minot AFB, ND
1100 - 1300

Northern Sentry
839-0946 or
nsads@srt.com

NORTH DAKOTA STATE FAIR

JULY 22-30, 2016

KENNY CHESNEY



WITH SPECIAL GUEST COURTNEY COLE

KISS



FALL OUT BOY



JAKE OWEN



BILLY CURRINGTON



OLD DOMINION



LOCASH



WHERE SUMMER SHINES

MONSTER TRUCKS



BULL RIDING



ENDURO RACE



NDSTATEFAIR.COM
MINOT, ND 701.852.FAIR





Enjoy Affordable Family Fun at the North Dakota State Fair

MINOT, N.D. – People looking for affordable family fun will find it at the 2016 North Dakota State Fair in Minot, N.D., according to Renae Korslein, State Fair manager.

“Attending the North Dakota State Fair is a great way to take a family vacation that’s both budget-friendly and fun for the kid in all of us,” Korslein said. “From farm animals to the latest in kids’ entertainment and, of course, the grandstand attractions – the North Dakota State Fair is the perfect place to escape from the daily routine and make your own family traditions.

“Families can spend days at the Fair, just taking in the many free attractions and walking through the exhibits and commercial booths,” she said. “Fairgoers often tell us it’s tough to fit it all in because there are so many unique things to see and do. That tells us there truly is something for everyone at the North Dakota State Fair.”

The most affordable way to attend the Fair is by purchasing a Season Gate Pass, which covers admission for all nine days. Prices are \$25 for adults and \$15 for juniors ages 7 - 12. Kids 6 and under are admitted free of charge.

A number of daily promotions also help keep the Fair affordable, including 2-for-1 unlimited rides on July 26, Military Appreciation Day on July 26 and Senior Day on July 28. The \$70 Mega Ride pass provides unlimited carnival rides throughout the fair. Events on the free stages offer fun for everyone, such as Garfield, Caillou and Fritters for the kids and the Dakota Talent showcase for the whole family.

For comprehensive information about the 2016 North Dakota State fair, go to ndstatefair.com. Use the convenient “My Fair” tool to get the most out of your Fair visit.





It's the 12th Annual Beef Industry

MILITARY

APPRECIATION DAY

AT THE NORTH DAKOTA STATE FAIR

FREE Roast Beef Picnic

for active duty, reserve and National Guard members and your families.

July 26, 2016 ~ 11 a.m. until 1 p.m.

(or until the food is gone)

Near the Commercial II Exhibit Building

Children's Games - Doorprizes

Please bring your Military ID for special admission rates to the Fair.



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**North Dakota
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Military Appreciation Day

Tuesday, July 26, 2016

Schedule Highlights

TIME	EVENT	LOCATION
8 am	4-H & FFA Horse Show	Arena I & Arena II
9 am	Jr Limousin Show (BEEF)	Expo Barn
10 am	Jr. Angus Show (BEEF)	Expo Barn
10 am-9 pm	Commercial Exhibits	Commercial Bldg. II
10 am-11 pm	Information and Lost & Found	Front of Comm. I
10 am - 1 am	Flickertail Garden Hours	Flickertail
10 am-4 pm	Xcel Energy Family Day Festival	State Fair Park
11 am	4-H Consumer Choice Contest	State Fair Center
11 am-1 pm	Military Beef Picnic	North of Commercial II
11 am-5 pm	Twitter Twarehouse Hunt	Fairgrounds
11 am-6 pm	College Save Mural	State Fair Center
11 am-8 pm	Kids Clubhouse	Jaycee Building
11 am-9 pm	Giant Sandbox	Kid's Kingdom
11 am-9 pm	Fur Traders Rendevous	Fur Traders
11 am-9 pm	Commercial Exhibits	Commercial Bldg. I & III
11 am	Thrill Zone	North of Grandstand
11:30 am	Jr. Red Angus Show (BEEF)	Expo Barn
12 noon	Dennis Gaxiola	Stage 2
12 noon - 2:30pm	Teenage Mutant Ninja Turtles	Strolling Grounds
12:30 pm	Garfield & Host	Stage 1
12:30 pm	Daryl's Racing Pigs	Stage 4
1 pm	Welde Bear Show	Stage 5
1 pm	Jr. Simmental Show (BEEF)	Expo Barn
1 pm-3 pm	Diaper Derby/Toddler Trot	Near Dakota Talent Stage
1 pm-3 pm	Free Carnival Rides w/ Military ID	Midway
1 pm-7 pm	ND Game & Fish	Outdoors Skills Park
1 pm-12 am	Carnival Hours	Midway
1:30 pm	Nerveless Nocks	Stage 7
1:30 pm	Fido 500	Stage 3
2 pm	Kid's Tractor Pedal Pull	Front of KX Building
2 pm	Street Beat	Stage 2
2 pm-3:20 pm	Fritters	Strolling Grounds
3 pm	Dennis Gaxiola	Stage 2
3 pm	Daryl's Racing Pigs	Stage 4
3:30 pm	Garfield & Host	Stage 1
3:30 pm	Nerveless Nocks	Stage 7
3:30 pm	Jr. Hereford Show (BEEF)	Expo Barn
3:30 pm - 5 pm	Teenage Mutant Ninja Turtles	Strolling Grounds
4 pm	Fido 500	Stage 3
4 pm - 4:30 pm	Fritters	Strolling Grounds
4:30 pm	Welde Bear Show	Stage 5
5 pm	Street Beat	Stage 2
5 pm - 5:30 pm	Fritters	Strolling Grounds
5:30 pm	Daryl's Racing Pigs	Stage 4
6 pm	Garfield & Host	Stage 1
6 pm	Dennis Gaxiola	Stage 2
6:30 pm	Nerveless Nocks	Stage 7
6:30 pm - 8:30 pm	Teenage Mutant Ninja Turtles	Strolling Grounds
7 pm	Fido 500	Stage 3
7 pm	MONSTER TRUCKS	Grandstand
7 pm	NPRA Championship Bull Riding	Arena I
7 pm	Crowd Pleasers Karaoke Contest	Dakota Talent Stage
7 pm - 7:30 pm	Fritters	Strolling Grounds
7:30 pm	Welde Bear Show	Stage 5
9 pm	Dennis Gaxiola	Stage 2
10 pm	Street Beat	Stage 2

*Must present coupon & military ID to receive offers
For more information, contact Minot Area Chamber of Commerce 701-852-6000



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Minot Area Chamber of Commerce

Military Day

July 26, 2016

FREE Military Appreciation Beef Picnic
North of Commercial II
11am-1pm
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FREE Carnival Rides
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Coupon not required*

50% off Adult
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Not valid on advanced ticket purchases*

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NPRA Championship Bullriding
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\$3 value
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One coupon per customer - No cash value
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Not valid on advanced ticket purchases*

50% off \$35 Daily
Unlimited Ride Wristband
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\$17.50 value
*Not good with any other offer
Limit one coupon per customer - No cash value
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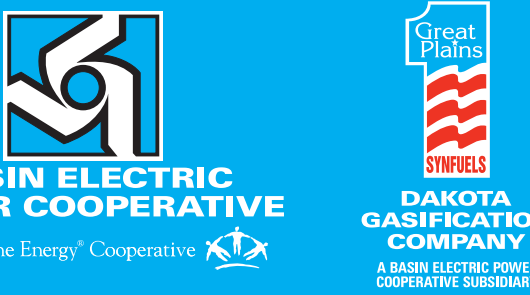
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SUDOKU ANSWERS

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

Answers to puzzle from page 9



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IN BURLINGTON – New construction home in Harvest Heights development. 3 bedrooms, 2 baths and 1281 sq ft on main level plus a full unfinished basement to grow into. Oak kitchen cabinets, master suite and double garage.

MLS #161013



\$145,000

MOVE IN READY – Many updates in this 3 bedroom, 1 3/4 bath home. Kitchen has laminate flooring and white cabinets. 2 bedrooms and full bath on main level. Lower level egress master bedroom with bath and laundry. Double garage.

MLS #161426



\$186,000

LIKE NEW – 2 story townhome with open floor plan. Kitchen has lots of counters, cabinets and opens to dining area and family room. Upper level has 3 bedrooms and 2 full baths. Attached garage. For More Info: TEXT TO: 63975 MSG: WATNE33

MLS #161452



\$164,900

PRICE REDUCED – 3 bedroom home close to park and schools. Large eat-in kitchen, dining area, 2 main level bedrooms with another in the upper level. Fenced back yard. Attached garage. For More Info: TEXT TO: 63975 MSG: WATNE8

MLS #160387



\$189,500

REDUCE HOUSE PAYMENT – Nice 2 story duplex – 2 bedroom unit on main level with 1 bedroom unit on upper level. Live in one unit and let rent from the 2nd unit help with your payment. Reduced price! For More Info: TEXT TO: 63975 MSG: WATNE11

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\$49,500

IN RUTHVILLE – Remodeled 3 bedroom, 1 3/4 bath double wide with vinyl siding, new kitchen cabinets, appliances and new flooring in most areas. Laundry off kitchen. Yard shed, fenced yard. For More Info: TEXT TO: 63975 MSG: WATNE38

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\$174,900



Great investment property in quiet SE neighborhood out of the flood zone & close to downtown shopping. This property has a 4 bedroom unit, two 1 bedroom units and a studio that is very large. There is a lot of off street parking and the building has a newer roof. This property is priced to sell. Call Brad Livesay at 720-7769. #161474

\$234,900



Located in a quiet cul-de-sac on a huge .41 acre lot in North West Minot this beautiful ranch style house has tons of space both inside and out! Outside you will find a huge deck perfect for barbecuing and relaxing along with a fully fenced backyard and attached double stall garage. Call Nathan Stremick at 500-3890. #161448

\$312,000



Amazing floor plan, many updates & nice, fenced back yard. This charming contemporary house has character, all throughout. Admire the open kitchen & dining area with tiled floor that has a great view from the new sliding glass door opening to the back yard. Call Neil Gush at 340-1734. #161441

\$559,500



78 Acre hobby farm that is fully functional for cattle, horses, pigs, chickens - you name it. This property also has a 4 bedroom rental unit that is currently being rented for \$1,000 a month. Main home features a large front deck, steel siding & potential for 2 more bedrooms in basement. Call Cindy Strandberg at 833-1956. #161455

\$239,900



Beautiful 3 bedroom, 3 bath with double attached garage townhouse. Upper level features 2 bedrooms, 2 bathrooms, 1 being master with master bath. Main level consists of large kitchen with stainless steel appliances, dining room with sliding door leading to deck overlooking beautiful fenced back yard. Call Jerry Thomas at 833-7578. #161445

\$235,000



Ready to move in 5 bedroom and 2 bathroom home. Oak kitchen cabinets, all appliances stay, patio off the dining room. Double pane windows, laminate flooring throughout the home. Detached single car garage with a private space in the back. Yard is over a 1/3 acre with a fire pit. Call Clyde Thorne at 240-8594. #152643

\$300,000



Enjoy this countryside setting in this great rural neighborhood just minutes from town! This nice home with peaceful setting has 5 bedrooms, 2 baths & 3 stall garage with 3 of the bedrooms on the main floor. Enjoy the deck off the dining area to relax and view the countryside. Call Tamie Dunn at 720-1723. #161450

\$229,900



There are so many esthetically pleasing amenities in this modern styled townhouse. It is beautifully lit with cathedral ceilings and top to bottom windows. The balcony walkway adds dramatic character from all angles within. HOA fees include snow removal and front yard lawn care. Call Alish Charley at 509-5362. #161442

\$299,900



Very nice 4 bedroom, 3 bath home in great NW location. Great open floor plan, hardwood floors throughout the main floor. Master bedroom with large master bath and walk in closet, sliding glass doors open to a nice size deck perfect for entertaining. Call Lori Henderson at 721-0158. #160440



Own It Award for 5th OSS

Minot Air Force Base, N.D. -- Capt. Alex Kroll and Mr. Robert Seekings, 5th Operations Support Squadron Weapons System Trainer Mission Planning Cell team members, accept the 5th Bomb Wing "Own It Award" at Minot Air Force Base, N.D., July 12, 2016. Kroll and Seekings were awarded for recognizing a critical MPC gap in Secret Internet Protocol Router Network capability and creating a stand-alone MPC function. Kroll and Seekings coordinated with the 5th Communications Squadron and the 5th Civil Engineer Squadron to provide over \$20,000 of foundational infrastructure to create this function.

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