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The Follower

AIRMAN 1ST CLASS ALYSSA M. AKERS | MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

I am a follower.

Throughout my life, anytime I made a new friend, their habits, likes and dislikes would become mine.

My experiences were dependent on others until I discovered something I loved more than following – running.

I started running in elementary school during those mandatory mile runs nobody likes. The only thing that kept most kids participating were the free items offered for every mile completed.

Gym was a mandatory elective in middle school. At the time, nobody I knew, including me, cared to run. They only wanted to pass the class and I followed in their footsteps.

During high school, I followed a few classmates into soccer, then my teammates into cross country to stay in shape during our off-season.

I found out the hard way that a 5k was approximately 3.1 miles. I cried the entire 30 minutes it took to complete my first 5k of the season. During the first mile, my chest was on fire and legs were moments

away from giving in. To make it worse, I couldn't figure out how to properly breathe. After that first mile, I felt as if I would collapse every other step.

I wanted to give up. "I am not a quitter," I told myself. "I need to finish this for my teammates and coaches."

I knew I had to get my mind off my body's pain, so I thought back to the reason I did anything – I followed the person in front of me.

But, with a goal in mind, I picked up the pace. I caught up to them, passed them and looked for the next person to follow. If anybody caught up to me, I would set a goal to either run with them or run past them.

"Good job!" I would say to my fellow runners. "Keep running, we're almost there! Finish strong!"

By the end of the run, I may have felt physically drained, but mentally, I was on cloud nine.

I didn't see my teammates during that run. For the first time, I was pushing myself farther without the help of others. Passing someone gave me pride and encouragement to finish. Runners who stayed by my side thanked me for motivating them to run harder and faster.

I grew stronger over the course of the season and even began to pass the friends I initially followed. It was definitely not something I expected, but it made me proud. It also made me into something I never thought possible – a leader.

Before I knew it, I was leading our runs. When I would finish, I'd turn around to run with and motivate those in the back.

By the end of the season, my 5k time was down to 22 minutes and 52 seconds.

Many people believe the time is what counts, but it didn't matter to me as much as the independence I had gained from this passion I discovered.

I continued running, not for competition, but for fun. I could run for 6 miles after the season and eventually for 10. There were some days I didn't want to stop, even going as far as a half-marathon. My times weren't very impressive, but my determination gave me confidence.

Over the next four-and-a-half years, many things have changed, but running isn't one of them. I've made friends, joined groups, increased my health and found a way to decompress after tough days. I've learned when to follow and when to lead.

This is me, who I am and what I love to do. I am a follower. I am a leader. I am a runner.

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Healing from invisible wounds: The other side of the story

TECH. SGT. ROBERT BARNETT | SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

WASHINGTON (AFNS) -- Chanda D'Angelo was in a frenzy; she quickly washed all the clothes in her home, zoomed the vacuum across every floor, wiped down every surface, cleaned out the refrigerator and stove and scrubbed the windows and mirrors until they were spotless. Exhausted, she had just enough time to get her hair and nails done – everything had to be perfect for her husband's return.

The last time then-Senior Airman Chris D'Angelo, a heavy equipment operator with the 819th Rapid Engineer Deployable Heavy Operational Repair Squadron Engineer Squadron, or RED HORSE, returned from deployment, she'd experienced the fairytale homecoming welcoming her husband back. The first time had been amazing, she recalled.

There had been smiles and tears, hugs and kisses. She looked forward to experiencing that feeling again after having to live without him for another several months.

Like before, she waited at the squadron building as the hangar doors opened and busses pulled up and unloaded.

This time, her world came to a screeching halt, as the happy-go-lucky husband who'd left wasn't the same man who returned.

"He held back and wasn't quick to come up," she remembered. "He did come find me and we did hug and kiss, but he was almost melancholy, reserved. He didn't want to be intimate with me. I could tell immediately he wasn't right. I just knew – red flags started popping up everywhere right away."

She asked him what

happened, but he didn't want to talk about it, leaving her feeling left out and disconnected.

"I didn't know if this was normal, if he just needed time," Chanda recalled. "I didn't understand the severity of what had happened to him. So, in a way I knew to suck it up and move on, we can't let this define us. But that was me being ignorant to the fact that my husband was really hurt over there."

Weeks turned into months with little improvement. He was distant, short-tempered with the kids, and paranoid. It was clear her husband was more comfortable at work than at home.

At her breaking point, she pleaded with him to get help. Fortunately, Chris listened. But little did she know he wasn't ready to admit something was wrong, and lied to the medical professionals so they would let him get back with his unit.

"He went to get some help and it got a little bit better," she said. "He wasn't great."

Roughly a year later, her husband deployed again. He later told her he broke down while he was away, when he found himself incapable of doing his job and putting others at risk. This time when he came back, she went with him to Walter Reed National Military Medical Center, Maryland.

"When I first learned about it at Walter Reed, I still didn't understand the severity of [post-traumatic stress disorder]," she said. "In my mind, everybody kind of went through something traumatic, and [it's] mind over matter. I know that sounds so insensitive but I remember that's how I was feeling."

She was able to tour the facility, learn about PTSD and other invisible wounds. The more she learned, the angrier she became. She was mad at "the bad guys," about the war, but mostly heart-broken for her husband.

Meeting other wounded warriors, her husband began swapping stories. That's when she first heard what he had been through.

Over the years, Chanda heard several versions, sometimes

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FACEBOOK

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GSC 17: 5TH MUNITIONS BOMB LOADING

Airmen from the 5th Munitions Squadron practice for Global Strike Challenge 2017 at Minot Air Force Base, N.D., June 19-20, 2017. Global Strike Challenge is the world's premier bomber, intercontinental ballistic missile, helicopter and security forces competition.

U.S. Air Force photos | Staff Sgt. Chad Trujillo



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Creamy Parmesan Garlic Mushroom Chicken



INGREDIENTS:

- 4 boneless, skinless chicken breasts, thinly sliced
- 2 Tablespoons Olive oil
- Salt Pepper
- 8 ounces sliced mushrooms
- Creamy Parmesan Garlic Sauce:
 - 1/4 cup butter
 - 2 garlic cloves, minced
 - 1 tablespoon flour
 - 1/2 cup chicken broth
 - 1 cup heavy cream or half and half
 - 1/2 cup grated parmesan cheese
 - 1/2 teaspoon garlic powder
 - 1/4 teaspoon pepper
 - 1/2 teaspoon salt
 - 1 cup spinach, chopped

INSTRUCTIONS:

In a large skillet add olive oil and cook the chicken on medium high heat for 3-5 minutes on each side or until brown on each side and cooked until no longer pink in center. Remove chicken and set aside on a plate. Add the sliced mushrooms and cook for a few minutes until tender. Remove and set aside. To make the sauce add the butter and melt. Add garlic and cook until tender. Whisk in the flour until it thickens. Whisk in chicken broth, heavy cream, parmesan cheese, garlic powder, pepper and salt. Add the spinach and let simmer until it starts to thicken and spinach wilts. Add the chicken and mushrooms back to the sauce and serve over pasta is desired.

Play Outdoors in North Dakota this Summer

NORTH DAKOTA LEGENDARY

North Dakota summers are top-rate in so many ways: Days are long, temperatures are ideal and there is an abundance of things to do. It's the perfect time of year to play outdoors, whether on water or land.

On Water
Lake Sakakawea is a water lover's dream. The lake's shoreline is dotted with idyllic inlets perfect for kayaking, paddleboarding, waterskiing or riding personal watercraft. Find a secluded beach or sand bar and spend the day playing in the sand or walking the shore, keeping your eye out for fossilized rocks. Troll the day away on the big water in search of a whopper walleye and then enjoy North Dakota's long summer twilight as the sun drops in the west.

Anglers gravitate toward world-renowned Devils Lake all year long, but July is a special time there. The sun rises early and sets late, allowing for maximum time on the water. North Dakota's prairie lakes offer anglers a peaceful – yet productive – outdoor experience.

The mighty Missouri River winds its way across the state with multiple spots where kayakers and canoers can drop in a boat and get acquainted with this famous body of

water. Keep an eye out for bald eagles and beavers as you paddle and enjoy the sounds and views of towering cottonwood trees lining the riverbank. Pembina Gorge (<http://www.parkrec.nd.gov/recreationareas/pgra/pgra.html>) and Lake Metigoshe (<http://www.parkrec.nd.gov/parks/lmsp/lmsp.html>) are other favorite paddling spots.

On Land
Hiking, biking or camping are great ways to get acquainted with North Dakota's vast and serene countryside. The Maah Daah Hey Trail (<http://mdhta.com/>) just outside Theodore Roosevelt National Park is internationally known as a top spot for epic single-track cycling and low traffic and tranquil country roads across North Dakota offer safe and panoramic road-biking opportunities.

Hikers delight in the views and solitude they can easily achieve while exploring Theodore Roosevelt National Park (<https://www.nps.gov/thro/index.htm>). There are 63 national wildlife refuges (<https://www.fws.gov/mountain-prairie/refuges/visit-a-refuge.php>) with interpretive foot trails in the state and North Dakota is home to 13 state parks (<http://www.parkrec.nd.gov/>). Spend a day walking the paths and sleep under the stars in a picturesque

camp site within a park. North Dakota's night skies are unrivaled, so prepare for some amazing stargazing. You may even catch a glimpse of the northern lights.

If spectator sports are what you are after, North Dakota delivers. Fargo's RedHawks (<http://www.fmredhawks.com/>) of the independent American Association and Bismarck's Larks (<http://northwoodsleague.com/bismarck-larks/>) of the collegiate Northwoods League provide entertainment in America's national pastime - baseball. Get tickets and head to the ballpark for a night of guaranteed fun. Rodeos are another American favorite and North Dakota hosts several throughout July (<https://www.ndrodeo.com/schedules-finals/>).

Follow North Dakota Tourism on Facebook at www.facebook.com/TravelND, on Twitter at twitter.com/NorthDakota or on Instagram at www.instagram.com/northdakotalegendary and get tips on what to see and do all year long.

North Dakota's lodging options are plentiful and varied. With more than 25,000 hotel rooms available in North Dakota, you'll find a comfortable place to rest your head. So, plan your North Dakota vacation now. Go to NDtourism.com.

Century Rides Again!

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Guaranteed t-shirt REGISTRATION EXTENDED TO SUNDAY, JULY 2ND. If you are a procrastinator, day of registration is allowed. But, who wants

to miss out on a cool shirt? :) This year's ride will have the same route, but with increased nutrition (sandwiches, fruit, etc.) at designated stops, as well

as included in goody bags at check in! Water and sports drinks will be available, as well. Remember, all levels are welcome! We can't wait to see you there!"

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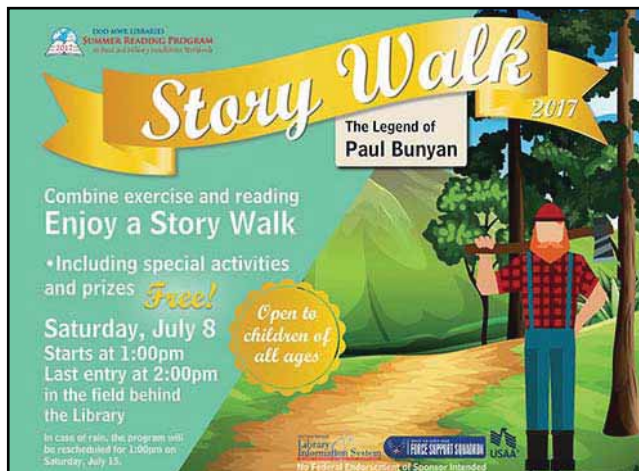
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Base Library Hosting Story Walk On Saturday, July 8



The Base Library invites children of all ages to enjoy their FREE Story Walk event on Saturday, July 8 beginning at 1 p.m. Youth can enjoy outdoor activities in the field behind the library that combine exercise and reading. The Story Walk will include a variety of activities, games, and prizes. The Story Walk will feature the classic tale of Paul Bunyan. In case of inclement weather, the program will be held Saturday, July 15 at 1 p.m.

For additional information, call the Base Library at 723-3344. If you haven't registered for the Summer Reading Program, be sure to sign-up at the Base Library during the Story Walk event.

FREE Admission For Club Members To UFC Fight Night

JULY 8TH
PRELIMS START 7PM
MAIN CARD START 9PM

CLUB MEMBERS: FREE
NON-MEMBERS: \$7

ADULTS ONLY - 18 & UP

Rockers BAR & GRILL
727-ROCK

IF YOU CAN'T JOIN US - GET WINGS TO GO!
SMALL BUCKET (100 WINGS) - \$45
LARGE BUCKET (100 WINGS) - \$85

Club members receive FREE admission to the UFC 213 pay-per-view event at Rockers Bar & Grill on Saturday, July 8. Non-members price is only \$7.

The action features the UFC Women's Bantamweight Championship bout between current champion Amanda Nunes and #1 ranked Valentina Shevchenko. In the co-headline event, Yoel Romero takes on Robert Whittaker in an interim UFC Middleweight Championship battle.

Preliminaries begin at 7 p.m. with the main card starting at 9 p.m. The UFC Fight Night is an adults only event - no children. For more information, call Rockers Bar & Grill at 727-ROCK.

Firecracker First Friday Coming To Doolittle Center On July 7

The Jimmy Doolittle Center invites you to enjoy a special Firecracker First Friday event on Friday, July 7 from 4-9 p.m. Join the fun with corn hole, darts, and crud as well as a firecracker themed buffet.

A delicious menu featuring hamburgers, hot dogs, potato and pasta salad, and all the fixin's will be served from 4-6 p.m. Cost is FREE for Club Members and spouse, \$7 for adult non-members, \$3 for children 6 years of age and older, and FREE for children age 5 and under. The event is family friendly. For more details, call the Jimmy Doolittle Center at 723-3731.

FIRECRACKER FIRST FRIDAY at Jimmy Doolittle
JULY 7th

BOOM!
4-9PM
FOOD 4-6PM
Relax with friends & play cornhole, darts or crud. Enjoy our Kid-friendly firecracker themed buffet with hamburgers, hotdogs, potato & pasta salad and all the fixin's and PLUS fire roasting & more on the patio!

POP!
COST
Club Member & Spouse: FREE
Adult Non-Member: \$7
Child (under 6): FREE
Child (6 & up): \$3

723-3731

2017 Mini Mudder Event Takes To The Course On July 7

POWER OF YOUTH
2017 MINI MUDDER
IN THE FIELD BEHIND THE SHOPPETTE 723-2838

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provides family members a chance to test their toughness on the kid size obstacle course.

Cost for the event for both Youth Center members and non-members is a 2 can donation that will be distributed to local food pantries. The event is FREE to families of deployed members (must show proof of deployed spouse). All ages are welcome, however, youth 8 years of age and under must be accompanied on the course by an adult.

Pre-registration is scheduled now through July 6. Registration forms are available at the Youth Center. On site registration and sign-in begins at 5 p.m. on July 7 at the Mini Mudder site.

The event features 2 obstacle courses, one for children 2-5 years of age and the other for children and families 6 years of age and older.

The Mini Mudder community event is sponsored in part by Strata Corporation. *No Federal Endorsement of Sponsor Intended.* For more details and registration information, call 723-2838.

Minot AFB youth have an opportunity to experience the ultimate obstacle course during the 5th annual Mini Mudder event scheduled for Friday, July 7 at 6 p.m. at the field located adjacent to the Pride Building, Northern Tier Credit Union, and Shopette. This Youth Center event

Only The Best Come North Scramble Tees Off July 16th

The Rough Rider Golf Course swings into tournament action during the Only The Best Come North Scramble on Sunday, July 16 beginning at 9 a.m. Check-in for the tournament starts at 8 a.m. This 18 hole, four person scramble is sponsored by Don Bessette Motors. *No Federal Endorsement of Sponsor Intended.* Entry fee for the tournament is \$30; green fees and cart rental not included. The tournament is limited to the first 20 teams to sign up. Registration is open now until 3 p.m. on July 14; please call ahead to reserve your team slot. Call the Rough Rider Golf Course at 723-3164 for more information.

ONLY THE BEST COME NORTH
4 PERSON SCRAMBLE
JULY 16
SHOTGUN START 9AM
CHECK-IN STARTS AT 8AM
\$30 PER PERSON
GREEN FEES & CART NOT INCLUDED

REGISTER BY 1500 ON JULY 14TH
PLEASE CALL AHEAD TO RESERVE YOUR TEAM SLOT.
LIMITED TO THE FIRST 20 TEAMS

723-3164

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CLUB MEMBER DRAWING ON FRIDAY, JULY 7th WILL BE FOR \$2,000.

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 next weekly club member drawing will be held on Friday, July 7 at Rockers Bar & Grill and the Jimmy Doolittle Center. Drawing time varies each week between 5:30-6:30 p.m.

FAMILY and YOUTH EVENTS & PROGRAMS

Kids Drive Free Program At Golf Course

The Rough Rider Golf Course is excited to once again offer the Kids Drive Free program on their range. Bring your child to the golf course now through August 31 from 3-9 p.m. daily to practice on the range. Range balls are FREE for kids for the summer! For more information, call the Rough Rider Golf Course at 723-3164.

Kids Summer Bowling

Enjoy the summer fun at Rough Rider Lanes during the Kids Summer Bowling special now through July 31. Children ages 17 and under can bowl for \$2 per game and receive FREE shoe rental. The offer is valid Monday through Friday from 9 a.m. to 2 p.m. For additional information, call Rough Rider Lanes at 727-4715.

Jul 7 Movie Night At Bud Ebert Park

Looking for some FREE fun for the whole family? Outdoor Recreation is hosting a Movie Night at Bud Ebert Park on Friday, July 7. Enjoy a relaxing evening playing games in the park starting at 7 p.m. Then cap off the night with "The Great Outdoors" movie beginning at 9:30 p.m. This movie is rated PG and is great for the entire family. Be sure to bring your lawn chairs and blankets. For additional information, please contact Outdoor Recreation at 723-3648.

Jul 10 Family Child Care Pre-Orientation

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

Board Game Making Camp

The Base Library invites you to participate in their FREE Board Game Making Camp. Every Monday, Wednesday, and Friday at 3 p.m. from July 3-14, youth can learn about board game making and design. Then participants will create, test, and enter a competition with the board game they have designed. The final competition will be held on Saturday, July 15 at 3 p.m. Judges are needed for this competition. For additional information, contact the Base Library at 723-3344

Youth Indoor Flag Football Registration

The Youth Center is hosting registration for Youth Indoor Flag Football from July 5-31. Cost is \$30 for children 3-4 years of age and \$40 for youth 5-12 years of age. Youth Center membership is required. For more details, call 723-2838.

YOUNG AIRMEN EVENTS & PROGRAMS

Jul 1-31 Photo Scavenger Hunt

Grab a camera, form a team, and take a few walks around Minot AFB to participate in the Base Library's Photo Scavenger Hunt during the month of July. Take pictures of a team member with each item on the list and submit them by showing them to a member of the library staff or sharing them on the Library's Facebook page to earn a chance to win prizes. Entries must be submitted before August 1. For more details, call the Base Library at 723-3344.

Jul 7 Friday Night Karaoke

Come and show off your talent during Friday Night Karaoke at Rockers Bar & Grill on July 7 from 8 p.m. to close. Sing solo, do a duet, or grab a group! Rockers has a great karaoke selection for your enjoyment. Gather up your friends and enjoy all of the fun. For additional information, contact Rockers Bar & Grill at 727-ROCK.

Jul 15 Hero Clix Tournament

The Base Library is holding a Hero Clix Tournament on Saturday, July 15 at 2 p.m. The FREE event is open to teens and adults, both beginners and experienced players. Everything you need to play the game will be provided. Everyone will receive prizes and be able to keep the teams they play with. Supplies are limited and will be on a first come, first serve basis. Call 723-3344 for more details.

Jul 17-20 Off-Base Budget Classes

Planning to move off base? Are you ready to manage the costs? The Airman & Family Readiness Center is hosting Off-Base Budget Classes on July 17, 18, 19 & 20 from 2:30-4 p.m. Airmen will obtain important information on leases, military clauses, renters insurance, and complete a budget worksheet. Attendees should bring their current LESs and have knowledge of their bills. Call 723-3950 to register or for additional information.

Jimmy Doolittle Center Now Hiring

The Jimmy Doolittle Center is looking for highly motivated individuals for the following positions: Cook, Bartender, and Wait Staff. The 5th Force Support Squadron offers competitive pay to like positions downtown that afford our team members the opportunity to support the quality of life and community here at Minot Air Force Base. For more details, call NAF Human Resources at 723-2812 or apply at www.nafjobs.org.

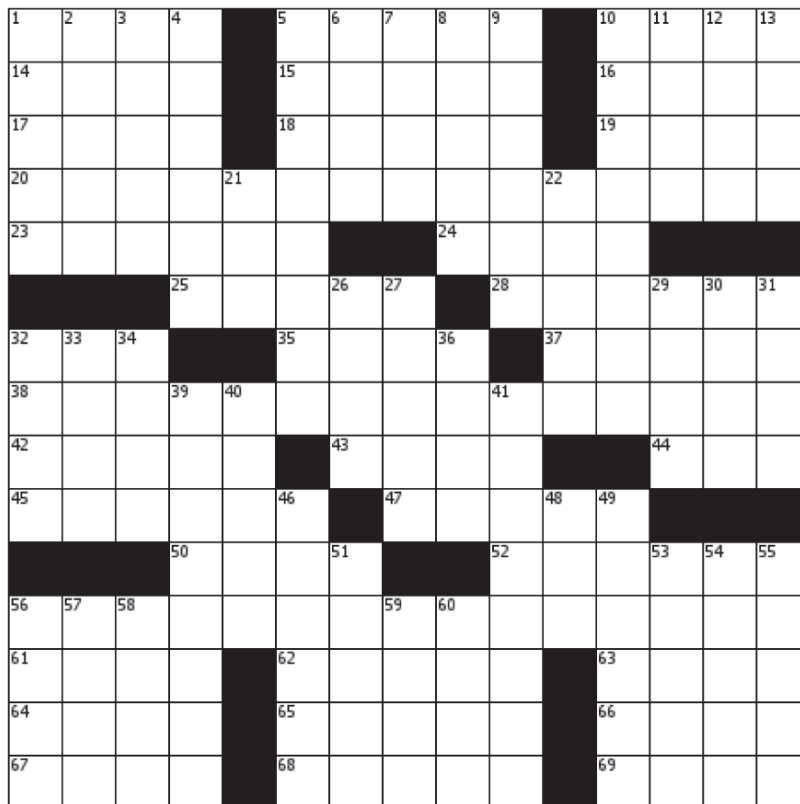
Family Fun Night

Rough Riders Pizza invites you to enjoy their Family Fun Night every Tuesday from 5-9 p.m. Club members can enjoy 2 large one topping pizzas, 12 breadsticks, and 2 pitchers of soda for only \$25. Non-members can join the fun for only \$32. For additional information, please contact Rough Riders Pizza at 727-4377.

CROSSWORD PUZZLE

Across

- 1. More, in a saying
 - 5. "Believe it ---"
 - 10. Silver screen superstar
 - 14. Septennial sensation?
 - 15. Sheer fabric
 - 16. Massager's target
 - 17. Word to a caterwauler?
 - 18. Oscar winner Burstyn
 - 19. Common code
 - 20. Lies
 - 23. Toy vehicle
 - 24. --- qua non
 - 25. Word with life or paper
 - 28. Redemption candidate
 - 32. Not working
 - 35. Long time
 - 37. Carne --- (Mexican dish)
 - 38. Lies
 - 42. Petrarch's love
 - 43. Mark's replacement, e.g.
 - 44. Puppy's cry
 - 45. Fireplace diehards?
 - 47. Like a bantam
 - 50. H H H, to Homer
 - 52. Lassoed
 - 56. Lies
 - 61. There may be a spat about it
 - 62. Pasta joint?
 - 63. Roz on "Frasier"
 - 64. Actress Virna
 - 65. Strike, in the Bible
 - 66. They may be shattered or inflated
 - 67. Word with get or break
 - 68. Spud
 - 69. Cost of occupation
- Down**
- 1. Has difficulty with sibilants
 - 2. A Barrymore
 - 3. Two decades
 - 4. Rice paper screens
 - 5. Eavesdrop
 - 6. Part of a play
 - 7. Guitarist Lofgren
 - 8. Fatty spreads
 - 9. Game for anyone?
 - 10. To an extent
 - 11. Take a risk
 - 12. European auto
 - 13. Book page
 - 21. Sound of disgust
 - 22. Computer of 1946
 - 26. --- majesty
 - 27. Eliminate distractions
 - 29. Not any, country-style
 - 30. "So Big" writer Ferber
 - 31. Coarse file
 - 32. Look like a lecher
 - 33. "... oceans, white with ---"
 - 34. Bungle
 - 36. Regular at "Cheers"
 - 39. No restrictions
 - 40. Keep an --- the around
 - 41. Response to "Tom!" in "The Adventures of Tom Sawyer"
 - 46. Most rational
 - 48. Grant or Groza
 - 49. Pruner
 - 51. City in Alabama
 - 53. Long battle
 - 54. Corporation in the 2001 news
 - 55. Follower of a certain belief
 - 56. --- of Capri
 - 57. Knife behind bars
 - 58. Put forth, as a riddle
 - 59. Life recap
 - 60. Method of memorization



Solution to last week's Crossword puzzle.

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



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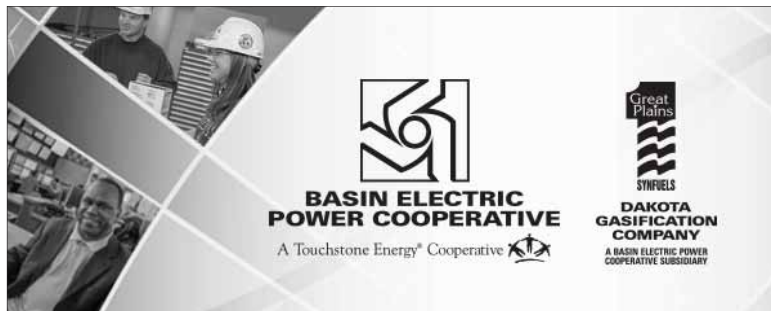
CHURCH DIRECTORY

<p>Little Flower Catholic Church 800 University Avenue West 838-1520 Summer Mass Schedule Saturday 5:30 pm Sunday 9:30 am Fr. Fred Harvey, Pastor www.littleflowerminot.com</p>	<p>St. Peter The Aleut Eastern Orthodox Church  109 6th St. SE Minot • 838-3094 Sunday Liturgy 10 a.m. Saturday Vespers.... 6 p.m. The Very Reverend Father Anastassy</p>	<p>Harvest Reformed Church  We are devoted to faithful preaching of God's Word. Confessionally Reformed Biblical worship. Now meeting at 1505 N Broadway, Grand International, Norse Room Sunday Service 10:30 a.m. 838-0605 www.harvestreformedchurch.org</p>	<p>GLENBURN FIRST BAPTIST CHURCH  402 South Street • 701-362-7971 Sundays: Morning Worship..... 10:00 a.m. Sunday School 11:15 a.m. 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 David W. Wisthoff • 701-240-1491</p>	<p>Bible Fellowship Church  Worship Service 10:45am Sunday Sunday School/Bible Study 9:45am GRIEF SHARE Preview Session March 12 at 6:30pm 838-0916 • 1720 4th Ave NW minotbiblefellowship.org</p>
<p>Faith United Methodist Church  5900 Highway 83 N, Minot www.faithumcminot.com Pastor Tom Sumers 701-838-1540 Sunday School (All Ages): 10 a.m. Sunday Coffee Fellowship: 10:30 a.m. Worship Services: Sunday 11 a.m.</p>	<p>Minot Baptist Church  Sending the Glorious Light of Jesus Christ to a Dark and Needy World Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Evening Worship 6:00 p.m. Wednesday Evening..... 7:00 p.m. <i>Independent/Fundamental/KJV</i> 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p>Cornerstone Presbyterian Church 1000 NE 3rd Street 852-0315 Sunday Schedule Contemporary Worship..... 9:30am Child/Youth Sunday School.. 11:00am Adult Sunday School..... 8:30 & 11:00am Traditional Worship..... 11:00am Wednesday Evening Schedule Community Dinner.....5:30-6:30pm Contemporary Worship..... 6:30pm Youth Group & Small Groups.. 7:15pm All are Welcome! www.ecominot.org</p>	<p>Congregational UCC 430 N. Broadway • 839-1064 Sunday Worship 11am Sunday School 11am Tuesday Bible Study 12pm Saturday Noah's Breakfast ..9:30am Please join us, all are welcome here! UNITED CHURCH OF CHRIST </p>	<p>St. Mark's Lutheran Church <i>Missouri Synod</i> Sunday Worship9:30 am 2209 4th Avenue NW Minot, ND 839-4663 Carlyle Roth, Pastor www.stmarksminot.com Call or check out our website for more information.</p>
<p>First Presbyterian Church  430 N Broadway (Congregational Church of Christ Building) 701-720-0187 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 Saturday School..... 2:00 p.m. Sunday Worship 3:30 p.m. Wednesday Bible Study7:30 p.m. Jesse Starr, Pastor</p>	<p>St. John the Apostle Catholic Church  2600 West Central Ave • Minot, ND 58701 839-7076 Daily Mass Schedule: Tuesday 7 p.m. Wednesday - Friday 9 a.m. Saturday 5 p.m. Sunday 8 & 10:30 a.m. <i>Fr. David A. Richter, Pastor</i> Parish website: www.stjohnminot.com</p>	<p>First Lutheran Church - ELCA  120 - 5th Ave. NW 852-4853 Saturday Worship 5:30 pm Sunday Worship 8:30 am Sunday Education 9:45 am Sunday Worship 11:00 am Wednesday Supper.....5:30 pm Wednesday Education6:00 pm Services are now available online at firstlutheran.tv Radio Broadcast KRRZ 1390 AM 8:30 AM Pastor Ken Nelson & Pastor Brandy Gerjets</p>	<p>OUR REDEEMER'S CHURCH <i>A Church of the Lutheran Brethren</i> Thursdays: Worship.....6:30 p.m. Sundays: Worship..... 8:30 a.m. & 10:45 a.m. 700 16th Ave SE • 701-838-0750 For more information visit us on the web at: www.ourredeemers.org</p>
<p>Bethany Lutheran 215 3rd Ave. SE, Minot, ND Phone: 838-5196 • Fax: 852-8494 A Member of the ELCA Sunday Worship 9:00 am Sunday Fellowship..... 10:00 am Wednesday Worship.....6:45 pm Website: www.bethanylutheranminot.com Email: bethanylutheran@srt.com Live Streaming: bethanylutheran.tv Pastor Janet Hernes Mathistad Pastor Gerald Roise</p>	<p>First Baptist Church  200 3rd St. SW • 852-4533 www.fbcminot.org Classic Worship Service 8:30 a.m. Sunday School (All Ages)..... 9:45 a.m. Contemporary Worship Service .. 11:00 a.m. Children's Church..... 11:00 a.m. Wed. AWANA (Sept. to May) 6:30 p.m. Rev. Kent Hinkel, Senior Pastor Rev. Barry Seifert, Associate Pastor Pastor Sam Kautzmann, Student Ministries Elaine Carlson, Children's Ministry Director</p>	<p>Calvary Alliance Church  715 20th Avenue NW Minot, ND 58703 www.calvaryofminot.com 701-852-0670 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>West Minot Church of God Family Worship Center  1105 16th St. NW • 839-1407 Sunday School..... 9:30 a.m. Sunday Worship 10:30 a.m. Children's Church & Nursery Wednesday Family Training Hour Meal..... 5:30p.m. Classes for All Ages 6:30 p.m. Youth Center, Friday..... 7:00 - 11:00 p.m. ABC Child Care Center852-6352 westminot.com facebook.com/westminot</p>	<p>Bethel Free Lutheran AFLC  <i>"Building Followers of Jesus Christ!"</i> 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. Pastor Shane McLoughlin 530 22nd Ave NW • 852-6492 bethel@minot.com</p>
<p>BREAD OF LIFE ELCA LUTHERAN CHURCH  Pastor Taryn Montgomery Saturday Worship 5:00 pm Sunday Worship 9:30 am Sunday Fellowship 10:30 am Breadoflifeminot.com <i>Everyone Welcome</i></p>	<p>Immanuel Baptist Church  1615 2nd St. SE • Minot • 839-3694 Sundays: Worship 10:00 a.m. Wednesdays: Soup Kitchen 11:30 a.m. - 12:30 p.m. Brian T. Skar, Pastor www.ibcminot.org</p>	<p>Cross Roads Baptist  Sunday School (all ages) 9:45 a.m. Sunday Worship 11 a.m. & 6:30 p.m. Wednesdays (Prayer & Missions) ...6:30 p.m. www.minotcrbc.org email: crbc@srt.com 415 28th Ave SE (Behind Menards) 838-1873</p>	<p>First Assembly of God 1805 2nd St. SE 838-1111 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>To Advertise your Church in this space. Call 839-0946 Only \$7.00 per week</p>
<p>GRACE FELLOWSHIP CHURCH Independent - affiliated with IMF  8300 29th Ave NW Burlington, ND 58722 (South side of Highway 2) 701-839-6319 Sunday School 9:00 am Meet and Greet 10:00 am Sunday Worship 10:30 am Pastor Gregg S Smith www.gracefellowshipatburlington.com</p>	<p> Gospel Tabernacle Community Church 9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday Sunday School 9:45 a.m. Adult/Children Worship.. 11 a.m. Family Hour6:30 p.m. Evening Worship7:30 p.m. Bible Study/Child-Adult Children Worship (Wed).... 7 p.m. Prayer (Friday)7 P.m.</p>	<p>ZION Lutheran ELCA  1800 Hiawatha St. 852-1872 Saturday Worship 5 p.m. Sunday Worship 9 a.m. Memorial Day weekend - Labor Day Weekend John Streccius, Pastor Carol Wendel, Pastor</p>	<p>ADVERTISE YOUR Church Advertise FOR ONLY \$7 PER WEEK Revisions MADE UPON NOTICE FROM THE CHURCH Deadline TUESDAYS BY NOON WEEK OF PUBLICATION VIEW OUR PAPER ONLINE AT NORTHERNSENTRY.COM</p> <p>CONTACT TONYA call 701-839-0946 email NSADS@SRT.COM fax 701-839-1867</p>	
<p>Trinity Church  An Evangelical Free Church 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart) Sunday School & Fellowship 9:00 a.m. Worship 10:45 a.m. www.trinitychurchminot.org</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! 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. Pastor Ray Baker www.vincentumc.com</p>			

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

Answers to puzzle from page 6

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 <p>Tim Knutson 833-8951 tim@minothomes.com</p>	<p>FROM YOUR COMPUTER, TABLET OR SMARTPHONE FIND YOUR</p>  <p>GET IT ON Google Play or Download on the App Store</p>	 <p>Ali Ryan 720-9004 amryan66@yahoo.com</p>

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northern sentry

Paper Locations

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- M&H Gas Station | 25 Burdick Expressway E
- Minot International Airport | 25 Airport Rd
- Grand Hotel | 1505 N Broadway
- The Vegas Motel | 2315 N Broadway
- Holiday Inn Riverside | 2200 Burdick Expressway East
- Vintage City | 2001 8th Ave SE, Ste C
- Holiday Stationstores | 3301 S Broadway
- YMCA | 3515 16th St SW
- Minot Travel Plaza Enerbase | 4750 Hwy 83 North
- Rebel 1 Stop | 2625 N Broadway
- Main Marketplace | 1930 S Broadway St
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- Arrowhead Marketplace | 1600 2nd Ave SW
- Schatz Crossroads Truckstop, Inc. | 1712 20th Ave SE
- Holiday Gas Station | 3301 S Broadway
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- La Quinta Inn & Suites | 1605 35th Ave SW
- Baymont Inn & Suites | 1609 35th Ave SW
- Cash Wise Foods | 3208 16th St SW #400
- Country Inn & Suites | 1900 22nd Ave SW
- Scissors Edge | 1609 S Broadway St
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HEALING FROM INVISIBLE WOUNDS from page 3

in watered-down summary, sometimes in pieces, but small bits would come out that she hadn't heard before. She was in shock the first time she heard it, but impressed and proud of him.

"I actually did tear up; it made me love him even more," she said with pride. "What a strong man I'm married to."

With her story, Chanda hopes to encourage other spouses and military dependents who may be going through similar situations.

"Hang in there," she said. "We need to be their rock, because they've gone through things and seen things we can't even comprehend. Through all of this, it truly has given me the best husband -- we have the best marriage. He's my best friend."

In February 2016, the

Air Force chartered an office focused on invisible wounds to identify and implement ways to more effectively support Airmen and their families. Leaders are currently working to integrate efforts to improve processes associated with identification, diagnosis, treatment and reintegration/transition of Airmen with invisible wounds.

"The first step to recovery from invisible wounds is to acknowledge that there is a problem and be willing to take the steps to get help," said Maj. Gen. Kimberly Crider, the special assistant for the Invisible Wounds Initiative. "This can be the hardest step, we know. Anyone can get ready access to expert mental health professionals, chaplains, family life counselors and informed leaders at every installation to assist them in early

recovery. [Counselors] at every base are a good first place to start to get help."

As part of this initiative, the Air Force identified a number of opportunities for growth in treatment options across the total force, several of which are currently underway. These include a medical facility focused on invisible wounds, modeled as a clinical center of excellence, to better serve the unique treatment and support needs for Airmen. Also, health care providers have been embedded in some high-risk units, such as special forces, to increase awareness and accessibility of resources.

According to Michelle Padgett, the Air Force

Invisible Wounds of War Policy chief, "It's never too early to seek assistance." She explained that the Air Force is working to educate spouses, chaplains, Airman and Family Readiness Centers and health providers to ensure that no matter where one turns, help for post-traumatic symptoms, and traumatic brain injuries is available.

Chanda and her husband have since become involved with the Wounded Warrior Program, joining others trying to heal. Her husband has since been promoted to technical sergeant and taken a special duty assignment as a nuclear facility manager at Malmstrom Air Force Base, Montana.

They might not have been

able to heal and move on without seeking help and learning about invisible wounds.

"That's what saved him, that's what brought my husband back."

For more information on getting help, visit <https://www.ptsd.va.gov/>

Tech. Sgt. Christopher D'Angelo, right, a 490th Missile Squadron missile alert facility manager at Malmstrom Air Force Base, Mont., poses for a photo with his wife, Chanda, son, Jace and daughter, Brittny at their home in Great Falls, Mont., June 7, 2017. D'Angelo was diagnosed with post-traumatic stress disorder after he was injured by an improvised explosive device Jan. 15, 2008. He said his wife has been very supportive with helping him cope with his PTSD.

U.S. AIR FORCE PHOTO | MASTER SGT. CHAD THOMPSON

North Dakotans Reminded to Stay Safe While Attending Summer Events

NORTH DAKOTA DEPARTMENT OF HEALTH

BISMARCK - Summer fairs and outdoor festivals are important North Dakota traditions. The North Dakota Department of Health (NDDoH) reminds people to take healthy precautions at fairs, festivals, carnivals and rodeos this summer. Certain diseases, like E. coli and influenza, can be passed back and forth between humans and animals.

"With so many outdoor festivities and gatherings, summer is a great time to enjoy activities with friends and family," said Laura Cronquist, an epidemiologist with the NDDoH. "A few simple precautions can help to keep illnesses from interrupting summer fun."

General recommendations:

Wash your hands often with soap and running water before and after exposure to live animals and their surroundings. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60 percent alcohol.

Do not eat or drink while in petting zoos or livestock viewing areas.

Do not allow children to put anything in their mouths while in animal areas.

Do not take toys, pacifiers, cups, baby bottles, strollers or similar items into animal viewing areas; these items can pick up germs from animal areas and can become a source of contamination.

Always provide adult supervision in animal areas for children younger than five years of age.

Avoid close contact with any animal that looks or acts ill, and never touch an animal unless invited to do so by the animal's owner.

If you are ill, avoid close contact with animals and viewing animals in enclosed spaces such as barns.

To further reduce the risk of infection, minimize direct contact with animals and their surroundings in barns and viewing areas.

Anyone at high risk of serious complications from infectious diseases like influenza or E. coli may consider avoiding contact with live animals at fairs or similar events. High-risk individuals can include small children, pregnant women, people 65 years and older, and those with long-term health conditions. People with respiratory conditions may consider avoiding enclosed spaces where livestock are present, such as barns and indoor arenas.

Anyone who becomes ill after contact with livestock or other animals should contact a health care provider and should tell the health care provider about the animal contact. For more information, visit the NDDoH Division of Disease Control website at www.ndhealth.gov/disease/, or call 701.328.2378.

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