



U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS JONATHAN MCELDERRY







MINOT AIR FORCE BASE, N.D., -- In 1992, a young college graduate commissioned through the University of Oklahoma's Air Force Reserve Officer's Training Course and began his journey in the U.S. Air Force.

Col. Kelvin Townsend, 91st Missile Wing vice commander, started his career at Minot Air Force Base as a second lieutenant serving in a variety of positions and reaching senior combat crew instructor.

Looking back at his first assignment here, Townsend remembers his friends and colleagues the most.

"One of the best memories I have to this day, is playing football in the wintertime," said Townsend. "For as much as people complained, we always found fun, quirky, things to do even in the winter, from playing football to playing broomball, which is basically playing hockey with a broom and a ball."

At the end of his first assignment, Townsend left broomball behind and moved across the continental U.S. six times, spanning Washington D.C. to California. Then, after more than a decade, Townsend received orders back to the Magic City as the 91st Operations Support Squadron commander. "I was excited to come back to Minot as a commander," he said. "[One of my responsibilities] was completing building 695, and it was an honor to see that project through from start to finish."

Following his second tour at Minot, Townsend moved across the country again this time from New Mexico to Washington D.C. to California.

Then, in 2015 after 11 moves, Townsend returned to his roots at Minot as the 91st Missile Wing vice commander, where he has been serving since June 2015.

"My responsibility as the vice wing commander is simply to make sure the wing functions the way the wing commander wants it," he said. "I take his intent, get it to Airmen and ensure it happens. Since we're not the home base, my main responsibilities are facilities, manpower and money."

Each tour spent at Minot AFB resonated differently for Townsend.

"This last tour was by far my favorite because I [was able to] interact with various units and Airmen," he said. "I just love connecting with Airmen, whether it's at the First Term Airmen's Center or talking to someone at an event. We talk about who we are and what we enjoy; it helps me realize who I am as a person and a commander." Townsend said he is honored to have served three tours at Minot AFB and credits the people he's worked with for his successful career.

"What I plan to take to my next job is the passion for the mission that I have learned from the men and women I have served with here," said Townsend. "I'll work to make things better for Airmen here and at all the missile and bomber bases under the command.

Townsend's next adventure will take him to Barksdale AFB, Louisiana, to work at Air Force Global Strike Command.

"It's been an honor, and I truly mean that," said Townsend. "It's amazing that so many people have supported me throughout both the 5th Bomb Wing and the 91st Missile Wing."

Col. Kelvin Townsend, 91st Missile Wing vice commander, speaks at his going-away ceremony at Minot Air Force Base, N.D., July 14, 2017. After three separate tours to Minot AFB, Townsend's next assignment is at Barksdale AFB, Louisiana.

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

AF opens retraining to second term, career Airmen

KAT BAILEY | AIR FORCE PERSONNEL CENTER PUBLIC AFFAIRS

JOINT BASE SAN ANTONIO-RANDOLPH,

Texas (AFNS) --The Air Force has announced the Noncommissioned Officer Retraining Program for fisc

Noncommissioned Officer Retraining Program for fiscal year 2018 and will update the number of slots available on the retraining advisory on or about Aug. 2, 2017.

Designed to balance and sustain the enlisted force as the Air Force continues to grow, the program allows Airmen on their second or later enlistments in healthier Air Force specialties to retrain into specialties with lower inventories to meet current and future mission needs. "The enlisted retraining advisory on myPers is updated in real time and assists Airmen with identifying career fields with retraining-in quotas in their grade, or projected grade, if selected, that they might find interesting," said Master Sgt. Kris Reece, the Air Force Personnel Center Enlisted Skills Management Branch superintendent. "We advise potential applicants to check

the retraining advisory and notes closely to avoid delays in the application process, particularly regarding eligibility."

To apply for NCORP, Airmen must be on their second or subsequent enlistment, be a staff sergeant or staff sergeant-select through master sergeant and have a minimum five-skill level in their control AFSC or a three-skill level for those AFSCs where a five-level does not exist. Additionally, staff sergeants must have fewer than 12 years, and technical and master sergeants no more than 16 years of active service as of Sept. 30, 2017. The Air Force Work Interest Navigator, available on the Retraining page on myPers, is a tool Airmen may use to identify potential career fields of interest by answering a series of questions about functional communities, job context and work activities. 'The AF-WIN tool creates a customized job-interest report from your responses and compares your interests

to all entry-level AFSCs," Reece said. "You'll still want to visit the enlisted retraining advisory because AF-WIN doesn't tell you if a career field is available or if you meet the eligibility qualifications."

AFPC will host two active duty Enlisted Retraining webcasts for second term and career Airmen Aug. 2, 2017, at 8 a.m. and 4:30 p.m. Central Daylight Time. Airmen should use their e-mail Common Access Card certificate to authenticate and log in 10 minutes early to establish a good connection. Retraining information is available and continuously updated on myPers. Click "Retraining" from the active-duty enlisted landing page. The online training advisory is listed under the "Tools" section. In addition, a live chat feature is available for Airmen on the First Term Airmen Retraining page. To chat live with a Total Force Service Center representative, go to the page and allow about 30 to 60 seconds for a representative to come online.



New annual Mental Health Assessment requirement begins July 31

PETER HOLSTEIN | AIR FORCE SURGEON GENERAL PUBLIC AFFAIRS OFFICE

tarting July 31, 2017, Airmen undergoing their annual Periodic Health Assessment may notice something new. A Mental Health Assessment will now be part of every annual PHA, to help ensure that Airmen suffering from undiagnosed mental health issues are referred to the necessary care.

Mental health issues are a serious problem for U.S. Armed Forces and for the Air Force. These illnesses are often not visible to others, making them difficult to diagnose and leading to unnecessary suffering. By implementing yearly screening, more Airmen in the early stages of mental illness will be identified and referred for treatment, helping them heal and improving overall medical readiness.

"This assessment gives Airmen an annual opportunity to review their mental health with a medical provider and discuss any concerns they may have," said Col Steven Pflanz, Air Force Director of Psychological Health. "Making the process routine for everyone reduces stigma and makes it easier for Airmen suffering from mental health problems to obtain care."

The annual MHA fulfills a requirement of the Fiscal Year 2015 National Defense Authorization Act, and uses established Department of Defense questions for early detection of mental health issues. The questions included in the MHA are the same that Airmen see on their pre- and post-deployment health screenings. Completing the annual MHA can even substitute for

specific post-deployment screenings.

Airmen will continue to fill out the DD form 3024 online for their annual PHA, which already includes the mental health questions. Airmen will speak with a trained healthcare provider or licensed mental health professional to complete the person-to-person component. Most flight personnel will meet face-to-face, and most non-flight personnel will complete this section over the phone.

Members of the Air National Guard and Air Force Reserve will begin the annual MHA later in August. For Airmen stationed at bases with MTFs belonging to other Services, efforts are underway to ensure transfer of PHA questionnaires between the Services. Until this process is complete, the Air Force will utilize existing Base Operational Medical Clinic protocols to accomplish these PHAs.

Airmen who underwent a PHA in 2017 prior to July 31, 2017 do not have an additional requirement to retake it this year. Their 2018 PHA will include the MHA interview with a medical provider. Airmen can monitor their individual medical readiness using their MyIMR page at https://imr.afms. mil/imr/MyIMR. aspx. This page also contains location specific information, instruction, office hours and phone numbers to help Airmen meet their IMR requirements.

AF offers high year of tenure extensions to retain experienced Airmen

KAT BAILEY | AIR FORCE PERSONNEL CENTER PUBLIC AFFAIRS

JOINT BASE SAN ANTONIO-RANDOLPH, Texas (AFNS) --

The Air Force is offering high year of tenure extensions to active-duty Airmen in certain shortage Air Force specialty codes and grades effective Aug. 1, 2017.

High year of tenure, or HYT, refers to the maximum number of years enlisted Airmen in each grade may remain on active duty.

This voluntary extension opportunity focuses on retaining experienced Airmen in shortage specialties such as intelligence, surveillance and reconnaissance, maintenance, nuclear, cyber and special operations to help improve readiness.

"Squadron commanders may approve extensions for qualified Airmen, which reinforces the Air Force Chief of Staff's efforts to revitalize squadrons," said Col. Erik Bovasso, the Air Force Personnel Center Military Sustainment and Transitions Programs division chief. "This purposeful empowerment places the approval authority and responsibility at the



right level, with commanders who know their mission and Airmen best."

The HYT program allows eligible senior airmen, staff sergeants, technical sergeants and master sergeants in targeted AFSCs and grades to apply for a high year of tenure extension between 12 and 24 months in order for the Air Force to retain experience and enhance mission effectiveness and readiness.

"Although retention is high in some career fields and (fiscal year 2016 and 2017) retention programs were successful, the Air Force needs to ensure experienced Airmen are available to complete the mission as well as train new Airmen, Bovasso said. "HYT extensions will help improve mission capability in key areas where readiness is currently strained." Eligibility for HYT is limited to those AFSCs and grades posted on the matrix on myPers, and is based on the Airman's control AFSC as listed in the Military Personnel Data System on July 21, 2017. "The Air Force will notify Airmen via email of their eligibility to request an extension," Bovasso said. "Airmen must have a HYT date of Oct. 1, 2017, through Sept. 30, 2018, to be eligible under this program." Airmen with a previous HYT extension approved for a period of less than

24 months may, if otherwise eligible, request an extension under the fiscal 2017/2018 program. However, the total number of months of HYT extension for their approved AFSC and grade cannot exceed 24 months. "For example, an

Airman approved for a Hardship HYT extension for a period of 12 months, who meets the eligibility criteria, may request an additional extension of up to 12 months under the FY 17/18 program," Bovasso said.

The window for

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FACEBOOK

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submitting an HY1 extension request via the application on myPers is Aug. 1, 2017, through May 31, 2018. Qualified Airmen should check with the career development element at their local force support squadron for details, as specific timelines depend on the Airman's current HYT date.

Find additional information about eligibility criteria, application process and other specifics on myPers. Select "Active Duty Enlisted" from the dropdown menu and search "HYT."



U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS JONATHAN MCELDERRY

Members of Team Minot participate in the Minot Monday Community Walks at Minot Air Force Base, N.D., July 23, 2017. These walks last from 45 minutes to an hour and are used to promote health and wellness in the base community.

Walking on sunshine: Minot Monday Community Walks

AIRMAN 1ST CLASS JONATHAN MCELDERRY | MINOT AIR FORCE BASE PUBLIC AFFAIRS

FORCE BASE, N.D. --During the months of July and August, the Health and Wellness Center hosts Minot Monday Community Walks from 10-11 a.m. at Minot Air Force Base, North Dakota. The walks last from 45 minutes to an hour

INOT AIR

and are held at various locations across base.

"The biggest reason we do this is to bring people together and promote physical activity," said Sheena Swanner, 5th Medical Operations Squadron health promotion dietician. The HAWC promotes good health for Airmen and their families, and there are numerous benefits of walking.

"Walking has several benefits because it's good for people's mental, physical and spiritual health," want to emphasize how important walking is for your body. It's great for the heart, improves your sleep, self-esteem, blood pressure and it's low impact for those who aren't able to run consistently."

The HAWC has been hosting these walks every summer, but decided to include other helping agencies this year. For every walk, there's a different agency representative leading it. The Child and Youth Programs, Family Advocacy Program, Minot AFB Homes, community support coordinators and chaplains all have representatives leading the walks. During each walk, the leaders talk about what their unit does for Airmen and their

families and what their role is to inform those who aren't aware of their programs.

"We've gotten other agencies across base to help lead each walk so Airmen's families have a better chance of seeing the other resources here on base," said Lori Halvorson, 5th Medical Operations Squadron health promotion coordinator. "We also brought those agencies in to get more community involvement from them."

"It's a great way for the community to come together and engage in healthy behavior." Swanner said. "Part of being healthy is simply moving and being physically active so we



After the walks, a member of Minot AFB Homes gives free frozen snacks to the walkers.

To participate, anyone can simply show up at the time and location of the walks.

For more information, contact Swanner at (701) 723-5274.







MINOT DOWNTOWN A



FREE ENTERTAINMENT ALL DAY PLUS KARAOKE! | NEW TOWN EAGLI DAKOTA CRUISERS CAR CLUB | MAFB BOMB SQUADRON | MINOT F

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6:30PM TILL 1:00AM	



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INGREDIENTS:

- 1 1/2 sticks (6 ounces) unsalted butter, melted 1 cup Imperial Sugar Dark Brown Sugar
- 1 large egg plus 1 egg yolk
- 1 teaspoon vanilla extract

- 1/4 teaspoon fine salt 1 1/2 cups (6.75 ounces) all-purpose flour 1 1/2 cups (9 ounces) semisweet chocolate chips
- 11 ounces caramel candy squares, unwrapped
- 3 tablespoons heavy cream
- Flaked sea salt

*Spoon & Sweep method: Use a spoon to fill measuring cup with flour until required amount is obtained. Scooping measuring cup directly into flour bag will firmly pack flour resulting in too much flour required for recipe

INSTRUCTIONS:

Preheat oven to 350°F. Line an 8 by 8-inch pan with aluminum foil and spray with nonstick cooking spray.

.....

Combine butter with sugar and stir until smooth. If still very hot, let cool slightly. Stir in egg, egg yolk, and vanilla until smooth. Add in salt and flour and stir until combined. Gently stir in chocolate chips.

In a microwave-safe bowl combine caramels and heavy cream. Microwave in 30 second bursts, stirring between bursts, until mixture is melted and smooth. Be careful not to overheat. Press half cookie dough evenly into prepared pan. Pour the caramel evenly over dough. Sprinkle all over with sea salt. Scoop remaining dough into spoonfuls over caramel, gently spreading until caramel is mostly covered. Sprinkle with additional sea salt.

Bake for 30 minutes, or until golden brown. Allow to cool to

Rugby's Village Fair expanded Saturday Night Pre-Party Features Band, Beer, Brisket

CATHY JELSING, EXECUTIVE DIRECTOR | PRAIRIE VILLAGE MUSEUM

ugby's Prairie Village Museum is kicking off its annual celebration with a Saturday Night Pre-Party featuring craft beer tasting, barbecued ribs and brisket, and music by bluegrass/rock/ folk band Wild Hands. The all-ages pre-party starts at 6 p.m. Saturday, Aug. 12. The museum's 32nd annual Village Fair opens at 8:30 a.m. Sunday, Aug. 13, featuring pioneer demonstrations, live music and traditional fair food.

Saturday night attendees will have a chance to learn about and sample a variety of craft brews made by Minot's Souris River Brewing Co., dine on Henry's 90-Wt Barbecued Ribs &

Brisket, and enjoy "original North Dakota music" by Wild Hands band members Max Patzner, Joe Andrus, Nick Holwegner and friends.



Jim LaRocque: Metis fiddler Jim LacRocque of Belcourt, N.D., performs at the 32nd annual Village Fair on Sunday, Aug. 13, at the Prairie Village Museum, Rugby. Featured

shop,

blacksmith

shop, kids

on the Prairie Public Television series "Prairie Musicians," Wild Hands performs nationally and is releasing a new threepart record series "Growing Like a Weed." Wild Hands will return to the Village Fair Sunday, appearing in rotation with traditional Dixieland band Dakota Dixie of Minot and Metis fiddler Jim LaRocque of Belcourt.

"Music sets the tone of the Village Fair," says museum executive director Cathy Jelsing. "Our goal is to provide a musical flavor of days-gone-by that contemporary audiences will enjoy.'

Jelsing expects another big draw at this year's Village Fair will be new acquisitions to the museum's collection being unveiled a couple days prior to the fair. "I can't announce yet what the acquisitions are or how they came to us, but I think people will be excited to see the items and learn the story behind them." The artifacts will be on display in the museum's Old Main gallery. Also on display in Old Main gallery will be a traveling exhibit on World War I supported by a World War I and America grant. In conjunction with the exhibit, collections manger Stephanie Steinke is providing fair

attendees with free scanning and electronic copies of personal historic documents and photos. She is especially interested in items related

barn, and Arlene Johnson and her miniature horses giving cart rides on the Village green.

A harmonica "choir," made

up of the more than 30 kids who participated in the museum's "Traders & Trappers Rendezvous" will perform "Oh Suzanna." They'll also dance "The Red River Jig" and share a few words about what they learned at this year's Museum Camp.

Tanner

Cook Car Cooking: The 32nd annual Village Fair, featuring pioneer demonstrations -- like cooking in the cook car, goes into full swing 8:30 a.m. to 5 p.m., Sunday, Aug. 13. Lind will be

demonstrating printing in the village print shop. Julia Petrovic of Slavic Heritage Farm will have goat's milk soaps and salves for sale in the summer kitchen. Gerald Harmel will be handing out nails to all challengers at the Hamerschlagen stumps. And visitors can view artwork by adult and children's art workshop participants on the second floor of Silva School. Food service begins

at 8:30 a.m. with KZZJ-

KKWZ's annual pancake breakfast. Beginning at noon, Friends of Prairie Village Museum will be serving pulled pork sandwiches, freshly grilled hamburgers,

hotdogs and Polish sausage, German potato salad and Calico Baked Beans. Visitors will find a variety of other treats shop, blacksmiths hammering in the bring Prairie Village Museum to life during the annual Village Fair. This the Village year Arlene Johnson will give free including horse-n-cart rides with her miniature Juneberry ice cream, root



room temperature before chilling for 30 minutes to make bars easier to cut. Slice into large bars or squares and serve. Store in an airtight container at room temperature for up to 3 days



tending animals by the livery

horses.



Saturday Night Pre-Party: Wild Hands band members Max Patzner, Joe Andrus and Nick Holwegner, Minot, will perform are performing Aug. 12 and 13 at Prairie Village Museum in Rugby. The Saturday Night Pre-Party features craft beer tasting by Souris River Brewing Co. and Henry's 90-Wt Ribs & Brisket.

beer floats, homemade pie, popcorn and sarsaparilla.

A two-day Village Fair pass is \$10 for adults/ seniors. Admission for one day is \$7 for adults; \$6 for seniors, veterans and college students; \$3 for kids 7-17; and free for kids 6 and under. Geographical Center Historical Society members and active-duty military attend for free. For the complete fair schedule visit www.prairievillagemuseum. com.

The Village Fair is sponsored in part by the North Dakota Council on the Arts, Pierce County Endowment Fund, Rugby Convention and Visitors Bureau, and Northside Lounge, Rugby.

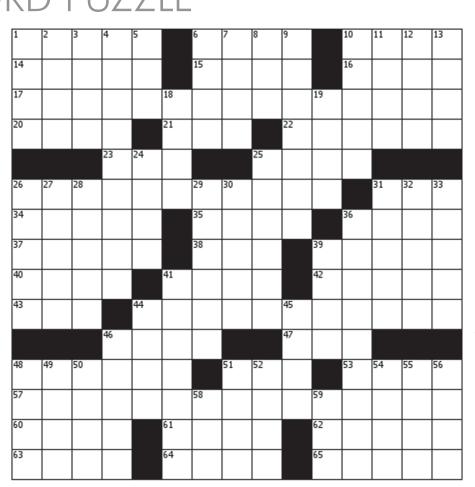
THE LIGHTER SIDE

NORTHERN SENTRY FRIDAY, AUGUST 4, 2017 9

CROSSWORD PUZZLE

Across

- 1. Prim and proper
- 6. Breaker
- 10. "Volare" singer Jerry
- 14. Goody-goody
- 15. Kwan jump
- Word of acceptance
- 17. Running or stepping, e.g.
- Statistical measure
- Burns portrayal
- 22. Brobdingnag residents 23. Chinese life principle
- Transformed cuke
- 26. Shocking marine life?
- 31. Float
- 34. Sun porch
- 35. Staffs
- 36. Give a new look to
- 37. In pieces
- 38. Support provider
- 39. Helen of Troy's abductor
- 40. French seaport
- 41. Early stringed instrument
- 42. Noted blanket toter
- 43. It starts in Apr.
- Menace to society
- Moth's calling card
- 47. Rooked
- 48. Build a nest egg
- 51. Old French coin
- Mater lead-in
- 57. Street-smart guy?



Down

site

- 61. Christmas card greeting
- 62. Duo times four
- 63. Emaciated

60. Dismounted

- 64. Swirling current
- 65. Audubon interests
- 1. E-mail clogger 2. Ring bearer? 3. Indefinable something 4. Noncommital response 5. One being introduced 6. Texas Ranger Museum
- 7. Fired 8. Irk 9. Poems of lamentation
- 10. Outspoken
- 11. Of a similar nature 12. Foot-shaped form

ALL EYES ON ME • (R) FRIDAY, AUGUST 4 • 1800 SATURDAY, AUGUST 5 • 1500

> Tells the true and untold story of prolific rapper, actor, poet and activist Tupac Shakur.



19. Small stream 24. Locking horns 25. Height of an Alaskan trip? Spiral-horned African 49. Woody's kid 27. Gem mined in Afghanistan 28. Represent on stage 29. Guzzle 30. Seasonal song 31. Swiss capital 32. Repugnance 33. Dictatorial 36. Hoped-for drought

They're protected by

18. Borodin's prince

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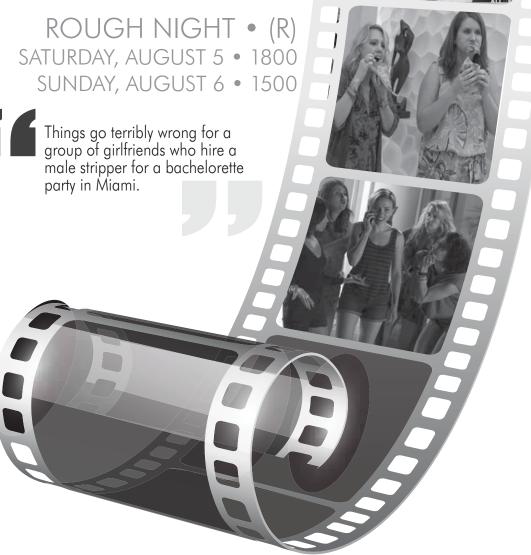
41. Foxlike 44. Flouncy

39. Court response

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- 45. Guzzle
- 46. Substantial
 - 48. Skewer
- 50. High and mighty
- 51. Progeny
- 52. Sole
- 54. Doesn't disallow
- 55. Encounter
- 56. Some are performing
- 58. Fish sticks fish 59. Act closer?
- ender 74







SUDOKU Solution to puzzle on page 22

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Solution to last week's Crossword puzzle.

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Set a Back-to-school Budget

NORTH DAKOTA STATE UNIVERSITY

he start of the new school year is just around the corner. Whether you have one child or several children, this time of year can put a dent in your bank account.

With a little extra planning, you can save yourself some money with the following tips:

• Set a back-to-school budget - Determine how much you can spend and stick to your budget.

• Start shopping early - Taking the time to comparison shop can help you save. Many stores already are starting to have back-to-school sales. If you shop early, you have a chance of beating the crowds and having a much more relaxing shopping experience.

• Shop sales - This time of year, most retail stores offer back-to-school specials. School supplies, clothing and shoes typically

are on sale. Take advantage of these sales to get the biggest bang for your buck.

• See what you already have - Just because a new school year is about to start doesn't mean everything has to be new. If your child's clothing or shoes still fit and are in good shape, buying many new items does not make sense. Chances are, your child will outgrow the clothes and shoes during the upcoming year and you will need to purchase more down the road. The same applies to backpacks, which can be the most expensive school supply you have to buy. How is last year's backpack? If your child can reuse it, you will save money.

• Don't buy unnecessary items - Stick to the school supply list. Buying extra items may make your child or children happy, but if items are not on the list, the children likely will not use them. Also, the 15-cent notebooks are just as good

as those that cost much more just because of a cute cover.

• Check second-handstores - Athletics can be a major expense for youth; equipment costs a lot of money. Many second-hand sporting goods stores offer well-maintained equipment for a fraction of the price of new gear.

• Stock up now -School supplies are very inexpensive this time of year. Stock up on items your child or children may run out of during the school year (pencils, crayons, markers, etc.).

Taking a little time to plan can make a big difference. For more resources on setting financial goals and creating a budget, visit the NDSU Extension Personal and Family Finance webpage at www.ag.ndsu.edu/money.

Source: Carrie Johnson, NDSU Extension Service personal and family finance specialist, 701-231-8593, carrie.johnson.1@ndsu.edu

Make Sure Immunizations Are on Your Back-to-School To Do List

NORTH DAKOTA DEPARTMENT OF HEALTH

BISMARCK, N.D. – The new school year will be here before you know it, and the North Dakota Department of Health (NDDoH) would like to remind parents to make sure their children are up to date on immunizations.

North Dakota state law requires students in grades kindergarten through 12 meet a minimum number of required immunizations before they are allowed to attend school. Children have a 30-day grace period from the start of the school year before they will be excluded from school for not meeting immunization requirements. The NDDoH immunized are not only is encouraging parents to get their children vaccinated now, rather than waiting until the start of school. "Ensuring children are up to date on vaccinations is the best way to keep students healthy and stop the spread of infectious

diseases such as measles, mumps and pertussis in our schools," according to Lexie Barber, an epidemiologist with the NDDoH. If you haven't done so, check with your healthcare provider to find out which vaccines your child needs. Once your child is up to date, be sure to get a copy of his or her

immunization record to

submit to the school. This week, the NDDoH sent letters to parents of children entering kindergarten and 7th grade who are not yet up to date for required school entry immunizations. "Children who are not at risk of becoming ill from a variety of diseases but are also able to transmit diseases to others, including those who may not be able to be vaccinated due to various medical conditions," said Barber.

in North Dakota, children must have:

• five doses of DTaP (diphtheria, tetanus and acellular pertussis)

 four doses of IPV (polio)

 three doses of HBV (hepatitis B)

• two doses of MMR (measles, mumps and rubella)

• two doses of varicella (chickenpox) vaccine

In addition, students entering 7th grade will need:

• one dose of Tdap (tetanus, diphtheria, and acellular pertussis) • one dose of MCV4

(meningococcal disease) Cost should not be

barrier to getting

PRAIRIE ADVENTURES BY PATRICIA STOCKDILL

"The fox squirrel is a recent arrival in North Dakota...It is believed to have arrived in southeastern North Dakota from Minnesota and South Dakota in the 1940s, and became well-established along wooded streams and in tree planting and shelter-

- "Mammals of North Dakota" by Robert Seabloom.

The squirrels are winning

belts."

Earlier this year, one rambunctious squirrel almost met its demise at the hands – make that the mouth - of Garnet, a beloved Brittany who believes her mission in life – other than anything bird hunting related – is to defend the planet from squirrels.

Instead, Garnet was put in her place when the squirrel got revenge by nipping her in the nose, causing Garnet to release her toothy grip, and send the squirrel skedaddling into the trees.

Now, it seems the entire squirrel population in a 3-mile radius has come together seeking revenge on Garnet and the entire household.

They claimed the birdbath on the deck as their own, even though finches and other feathered friends sneak in for a precious sip of water when the fourlegged furry critters take a respite.

Lately, though, the squirrels have literally taken to new heights to antagonize the household.

They discovered the birdfeeders on a balcony deck - one for sunflowers, one for niger seed, and another for peanuts-in-the-shell for blue jays.

For years, that feeder was the blue jay's haven. They love peanuts.

Finches revel in the niger feeder.

But then, the squirrels became acrobats.

OK, admittedly they're acrobatic as they dance among tree branches, pausing to nibble on vegetation such as elm buds or pinecones.

But these squirrels have mastered the art of going up a downspout. Perhaps it's only fitting squirrels go up the downspout this year because, after all, heaven only knows there aren't any raindrops going down.

them run up the deck support post, slither onto the downspout, and perform a gymnastic backflip to grab onto the rain gutter, which is simply collecting dust.

From there, it's onto the roof and an easy jaunt to the array of feeders.

Currently those feeders sit empty, a human attempt to discourage them from their acrobatic foray. The breaking point was the day Garnet and her Brittany sister, Eider, sat outside watching not one, not two, not three, but four squirrels scampering on the roof of the house.

They knew the dogs were watching and they weren't thrilled at the thought of a four-squirrel, two-dog chase, so they taunted the frustrated canines from the lofty heights above.

Besides, they were unhappy the balcony deck feeders were empty.

Perhaps squirrel activity will taper off this winter and the feeders can once again provide much needed food during a winter that hopefully brings moisture.

In the meantime, they continue harassing Eider and Garnet, slurping from the birdbath, climbing the deck, and, now, laughing at the dogs from above.

Technically, they're fox squirrels, similar but about 20 percent larger and more orange in color than gray squirrels.

But Eider and Garnet don't care about that. They do care that, just as they have throughout much of North Dakota, fox squirrels seem to have expanded their claim on their yard.

Eider and Garnet have made it their mission to defend that yard. One can almost see their doggie minds plotting against the squirrels. Unfortunately, one can almost see the squirrels plotting equally as hard against not only two dogs but two humans, as well. And the squirrel saga continues...

Before entering school



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children up to date on vaccinations. Children who are American Indian, on Medicaid, uninsured or whose insurance does not cover vaccines can receive vaccine at no cost through the Vaccines for Children Program (VFC). Contact your health care provider or local public health unit if you believe your child could be eligible for VFC vaccines.

For more information on school immunization requirements, contact Lexie Barber, North Dakota Department of Health, at 701.328.2335, or visit our website at www.ndhealth.gov/ immunize.

Admittedly, it is somewhat interesting watching



Al Udeid Air Base launches Chief shadowing program

AL UDEID AIR

BASE, Qatar – A group of Airmen are sitting together and this question is asked: "Who knows what the Chief does?" With a blank look on each of their faces and a few vague answers, an idea for a new program is born.

U.S. Air Force Tech. Sgt. Justinne Doyle, noncommissioned officer in charge of decentralized material support with the 23rd Expeditionary Aircraft Maintenance Unit and Staff Sgt. Leon Hill, an assistant noncommission officer in charge of decentralized material support with the 23rd EAMU, decided to create a blueprint that would allow Airmen to see the duties, the challenges that might occur, and the day-to-day life of a Chief. "I was lightly introduce to the idea around 2014-2015 at Joint Base Lewis-McChord as we got an opportunity to shadow a mission support group chief and got to experience how insightful it was," said Doyle. "I brought up the notion and that's when we [Hill] began talking about bridging the gap along with the benefits." "Airmen and younger non-commission officers may have a vision of one day doing their job. I actually don't know what they do or the route it takes to get there," said Hill.

The process started with communicating the idea to the Desert Chiefs professional organization. Doyle and Hill spoke about the purpose of the program, how the program would work, and answered any questions.

"Without them, we would have no program," said Hill. "There were a lot of Chiefs that thought the program would be beneficial and wanted to take part in it."

In May, the program had its first set of volunteers. Chief Master Sgt. Jerry Miller, superintendent with the 609th Air Operations Center and Tech. Sgt. Joseph Saldivar, special handler/cargo supervisor with the 8th Expeditionary Air Mobility Squadron paired up. "This opportunity sounded awesome and I was certain I would gain some knowledge and comprehension to apply within our operation," said Saldivar. "I truly believe in mentorship and the possibilities it has to shorten the performance gap between high levelleadership and those on the ground." They spent their time together by attending briefings and touring facilities. The scheduled

TECH. SGT. AMY M. LOVGREN

events provided a glimpse into the challenges and concerns that occur, along with how they take care of the Airmen and their families.

"He impressed me with the position's descriptions for each of his fellow staff members," said Saldivar. "From the Airmen, coworkers, and superiors, he knew each position's daily, weekly, and monthly requirements."

Seeing it as change, to paying it forward, Miller saw this as an opportunity to honor his mentor.

"I owe my success

to retired Chief Master Sgt. Agnes Villalobos. I worked for her three different times in my career and she always held me to high standards and expectations," said Miller. "I see this opportunity to give back as a tribute to the legacy and foundation she laid out for me and am sure many others."

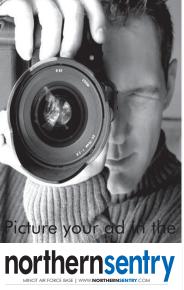
Dreaming of the possibilities of where this program could go, Doyle and Hill's faces light up with excitement.

"If it can catch on fire and go to other bases, it would be amazing. Many of us Airmen come in and say, "I want to be a Chief one day," said Doyle. "Hopefully, they will stay in touch and become lifelong mentors and mentees."

U.S. Air Force Senior Airman Quae Hayes, right, an analyst with the 379th Expeditionary Maintenance Group, talks with Chief Master Sgt. Gloria Weatherspoon, a chief enlisted manager with the 379th Expeditionary Forces Support Squadron at Al Udeid Air Base, Qatar, July 14, 2017. Hayes is taking part in a Chief Shadowing Program and was paired up with Chief Master Sgt. Gloria Weatherspoon, left, a chief enlisted manager with the 379th EFSS, for the day in order to receive a glimpse into the day-to-day actives of a Chief Master Sgt. in the U.S. Air Force.

U.S. AIR FORCE PHOTO | TECH. SGT. AMY M. LOVGREN





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Deter and defend: 91st MW code change

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access."

MINOT AIR FORCE BASE, N.D. --

In order to maintain security, the codes required to launch the 91st Missile Wing's 150 Minuteman III intercontinental ballistic missiles



are changed every year during an approximate three-week process.

Airmen from the 91st MW use teamwork and coordination to continue the deterrence mission during the code change season.

"We don't want the enemy to be able to break into or missiles, so we change our codes annually," said Master Sgt. Justin M. Hollmann,

91st Missile Maintenance Squadron NCO in charge of the Electrical Mechanical Team. "The reason why we change our codes is the

same when you update your password on your computer,

The change involves almost

to prevent unauthorized

everyone in the 91st MW.

defenders all coordinate

Operators, maintainers and

together to plan when and where each team is going.

"It is a wing effort, not just one squadron, it involves everybody," said Hollmann. "There is a lot of coordination for code change. Scheduling the ops, scheduling the cops, when, where and why we're going to be there. It's a lot of orchestrating."

Senior Airman Michelle E.

Stromme, emergency medical technician

Code change is usually in late summer and there are times where its 100 degrees three days in a row and you're either assigned outside or in a truck," said Stromme. to the 91st "It's hot, it's exhausting, and it's a lot of MMXS, work. So when leadership comes to visit, agrees that the Airmen know that their leadership it takes supports them and encourages them to coordination and effort

> from the whole wing for the code change to be successful.

"There's a lot of comradery, a lot of team building," said Stromme. "It's a stressful and hard week, but at the same time, it's kind of like a rite of passage."



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There are 150 launch facilities to maintain, secure and update with the codes changes. By the end of the week the teams have driven more than 1,000 miles to the various sites.

"What differs from the daily maintenance is the magnitude of what we're doing," said Hollmann "Every single missile, within a five week period, we maintain and care for."

During these few weeks, leadership coordinates visits and events to keep morale

high.

"When the teams returns to base, all of leadership welcomes them back," said Hollmann. "The maintenance teams will drive in and we'll help them with cleaning and help move equipment, Commanders, chiefs, sergeants, first shirts, everybody's out there for them. Just a good welcome home."

Stromme said the Airmen work hard and leadership recognizes their dedication to the mission.

AF extends Health Professions Loan Repayment Program

KAT BAILEY | AIR FORCE PERSONNEL CENTER PUBLIC AFFAIRS

OINT BASE

SAN ANTONIO-RANDOLPH, Texas (AFNS) -- Application packages for the Air Force's Health Professions Loan Repayment Program will now be accepted until Sept. 1, 2017. Active-duty Biomedical Sciences Corps and Nurse Corps officers are eligible to apply.

HPLRP provides an incentive for current activeduty medical personnel to extend their active duty commitment through the repayment of professional educational loans, provided they are in the selected career fields and otherwise eligible.

We want our people to be able to balance their commitment to serve their country and support their families," said Maj. Connie Converse, a Biomedical Sciences Corps utilization officer at the Air Force Personnel Center. "This initiative helps alleviate some of the financial burden of student loans, instilling greater confidence about their futures and allowing greater flexibility for families."

The maximum loan repayment is \$40,000 per year for up to two years, minus about 28 percent in federal income taxes, which are taken out prior to lender

repayment.

"The loan repayment counts as income," Converse said. "We encourage officers with questions about the tax effects to consult with their tax expert prior to applying for the program."

Repayment may consist of loan amounts for principal, interest and reasonable educational and living expenses, and are sent directly to the lending institution on behalf of the HPLRP participant.

Officers may use HPLRP to repay any qualified loans obtained for their qualifying degree that allows them to hold their Air Force Specialty Code.

The Air Force Officer **Classification Directory** on myPers is the source document that provides the type of qualifying degree the member requires in order to obtain their commission," Converse said. "The expense to obtain that degree is what the Air Force considers eligible debt for this program."

The service commitment for HPLRP is a minimum of two years, Converse said.

Find additional information about the application requirements and process on myPers. Select 'Active Duty Officer" from the dropdown menu and search "HPLRP."

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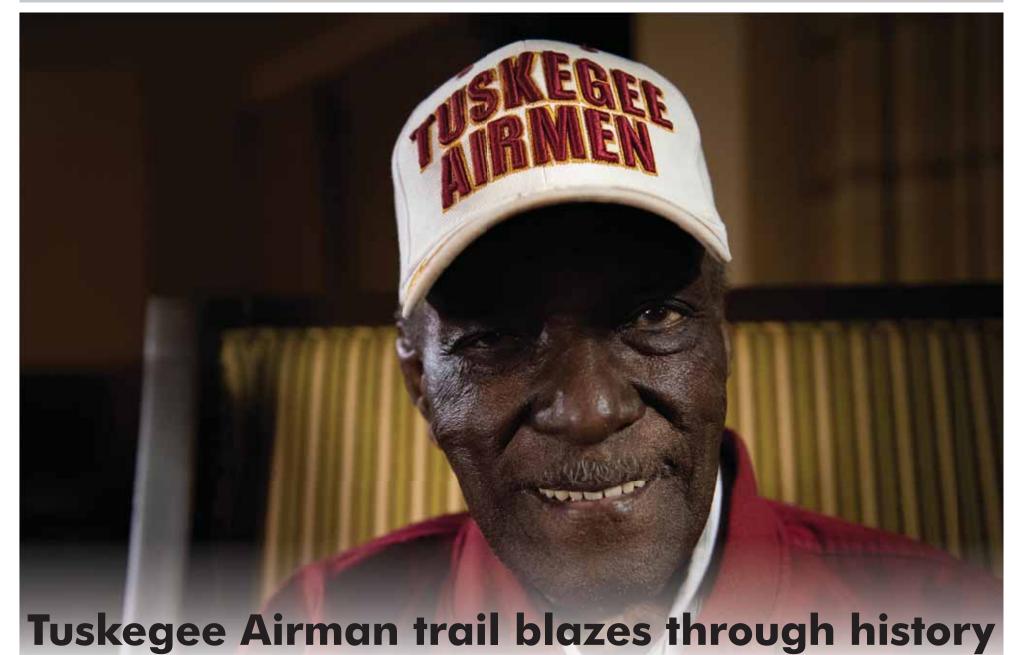
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AIRMAN 1ST CLASS TRISTAN BIESE | 633RD AIR BASE WING PUBLIC AFFAIRS

JOINT BASE LANGLEY-EUSTIS, Va. --

In the early 20th century the military was a different experience for some.

Among those members was retired Chief Master Sgt. James Cotten, a Tuskegee Airman, who was drafted at the age of 18 in 1945.

"I learned about respect," said Cotten. "Regardless of what color you are, whether you're male or female, what got me through was my respect and understanding of people."

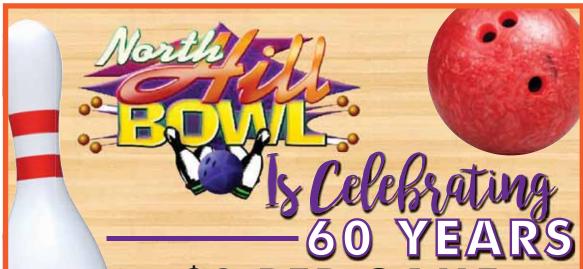
Formed in 1941, Tuskegee Airmen was the name given to a group of U.S. Army Air Corps service members during and after pressure for him.

"I accepted that pressure and I wanted that," he said. "I tried to carry myself in a manner where I would be respected. I always kept my shoes shined, my uniform well pressed and presented an appearance that I felt the American people would like to see."

While Cotten, an air operations specialist, was stationed at Lockbourne Army Air Field, the U.S. military went through a lot of changes. In 1947 the U.S. Air Force became its own military branch and in 1948 the U.S. Military became desegregated; after which Cotton became the first African-American to be assigned to Langley Air Force Base. to," said Cotten of the U.S. Air Force. "It's because I listened, I became educated and I feel as though as a result of that I had some

really good moments in the military."

U.S. Air Force (Retired) Chief Master Sgt. James Cotten, poses for a photo after an interview in Norfolk, Va., July 18, 2017. Cotten served from August 1945 to January, 1966. During the first part of his career Cotten was assigned to the Army Air Corps, 334th Fighter Interceptor Squadron to work with the Tuskegee Airmen.



World War II that were primarily assigned to the 332nd Fighter Group and the 477th Bombardment Group. The Tuskegee were comprised African-American Airmen who accomplished pilot, maintenance, air field management and many other duties.

"We were really doing something in the interest of the nation," said Cotten. "We were considered to be elite personnel. We were taught every day that this was another day to excel."

Being a part of the Tuskegee Airmen was a great opportunity for Cotten, however being a part of an elite unit that represented his heritage as an African-American also created "I felt very proud," said Cotten. "I was treated with dignity and respect, and I treated my counterparts the same."

From 1950 to 1966, Cotten was assigned too many other military installations until he retired as a chief master sergeant at McGuire Air Force Base, New Jersey. Even after serving 21 years in the U.S. Armed Forces, Cotten continued to

work as a civilian with the Department of Defense for another 45 years while still living in New Jersey.

"If I was in another organization, I might not have been able to climb the ladder like I was able SAPERGAME DURING OPEN BOWLING ONLY! THE ENTIRE MONTH OF AUGUST THE ENTIRE MONTH OF AUGUST CELEBRATE AUGUST 14TH THRU AUGUST 19TH \$.60 Bowling Game DAILY!. (1 \$.60 game per person. Not Valid During X-treme Bowling) \$.60 120z Domestic Beer \$.60 Pitcher of Domestic Beer

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ARLINGTON, Va. (AFNS) --

His final journey began with the beat of a drum. The sky was clear. A light breeze was blowing as the hero's family, friends and well-wishers followed the flag-draped coffin carried by the caisson pulled by six black horses.

On July 27, 2017, retired Col. Freeman "Bruce" Olmstead was laid to rest, with full military honors, at Arlington National Cemetery our nation's most hallowed cemetery. Many turned out to pay their respects to a man who will always be remembered for his many years of dedicated service and personal sacrifices that included spending more than 200 days as a prisoner of war in a Russian prison during the height of the Cold War. With his widow Gail seated and surrounded by others at the grave site, Air Force Chaplain (Capt.) Scott Foust took his place and began the eulogy.

"For over 150 years, since the Civil War, our nation has honored her fallen patriots right here at Arlington National Cemetery – this is sacred ground we're on," Foust began. "These hallowed marble stones, that surround us, stand as solemn memorials to those who answer our nation's call to serve. Some served a few years, some served many years, some made the ultimate sacrifice, but each one served so that we may have the freedom we enjoy to this day. This morning we've gathered in this garden of stones to remember, and honor, one of our nation's heroes. This morning we honor Colonel Freeman 'Bruce' Olmstead." The chaplain described how, on July 1, 1960, then-Capt. Bruce Olmstead, an RB-47 Stratojet co-pilot assigned to the 343rd Strategic Reconnaissance Squadron, 55th Strategic Reconnaissance Wing, and his crew, were shot down by a MiG-19 Soviet Fighter over international waters near

the former Soviet Union. Out of the six-man

crew, only Olmstead, Maj. Willard Palm, aircraft commander, and Capt. John McKone, navigator, were able to successfully eject from the aircraft. The Air Force conducted a search for the missing plane and crew, but no trace was found.

Palm died in the frigid water. Olmstead and McKone were picked up by a Soviet fishing vessel and later charged with espionage and imprisoned in Lubyanka prison in Moscow. During his days in captivity, Olmstead overcame obstacles such as constant interrogations, sleep deprivation and little to no food. Resisting all efforts of exploitation, he and McKone were released from Russia and returned home in January 1961. "Upon their return to the U.S., Bruce and his fellow crew member were greeted by President John F. Kennedy," Foust said. Olmstead was

awarded the Silver Star, Distinguished Flying Cross and Purple Heart.

Olmstead was part of the 55th Wing's inaugural hall of fame class in 1999 and the wing's squadron of the year trophy bares his and McKone's names. To further honor him, a single RC-135 from the 55th Wing, Offutt Air Force Base, Nebraska, provided the fly over for the ceremony.

More than 40 years

with his service to our nation. Now it's our privilege to present our nation's flag in honor of Freeman Bruce Olmstead, Colonel, United States Air Force."

Shots echoed across the gravestones and into the distance as the Honor Guard honored the fallen hero with a three-volley salute and a bugler played taps. In a fitting tribute, Brig. Gen. John Rauch, the presiding officer and a former 55th Wing commander, presented the flag to Olmstead's widow. "On behalf of the President of the United States, the United States Air Force and a grateful nation, please accept this flag as a symbol of our appreciation for your loved one's honorable and faithful service."

after his experience as a POW, his story ended when, on Oct. 14, 2016, Olmstead passed away at the age 81 in his home.

'You've gathered here today because Bruce was special to each of you. You've come to say your final farewells, and to thank God for all he meant to you," the chaplain said. "Just across the Potomac River, near the World War II Memorial. stands a monument to another American hero. The inscription thereon reads, 'In life he honored the flag, in death, the flag shall honor him.' Bruce honored the flag

Service members render full honors for retired Col. Freeman Bruce Olmstead's funeral at Arlington National Cemetery, Arlington, Va. July 27, 2017. Olmstead, an Air Force veteran and prisoner of war survivor, passed away Oct. 14, 2016.

US AIR FORCE PHOTO | ANDY MORATAYA

TODAY

• Last day for participants without base access to register for the 2017 Show & Shine Car Show at Auto Hobby.

• Superhero First Friday 5K, 0730, Fitness Center

Fit Family Boot Camp, 0930, Fitness Center
Golf Clinics with LPGA Professional Amy

Reed, 1000-1600, Golf Course (On course play from 1600-1800)

• Fit To Fight, 1200, Fitness Center

• Torch Club, 1600, Youth Center

• Tailgate First Friday, 1600-2100, Food served 1600-1800, Jimmy Doolittle Center

• Friday Fun Members Buffet, 1630, Rockers Bar & Grill

- Club Member Cash Drawing, 1730-1830, Rockers Bar & Grill & Jimmy Doolittle Center
- Give Parents a Break, 1800-2200, Child Development Center & School Age Program

• Keystone Club, 1830, Youth Center

• Karaoke, 2000, Rockers Bar & Grill

• Lights & Strikes Bowling, Every Fri, 2000, Bowling Center

SATURDAY

Baby & Me Story Time, 1530, Base Library
Comedy Night with Ron Lamprecht, 1900, Rockers Bar & Grill

• "Bowl The Night Away" with Lights & Strikes Bowling, Every Sat, 2000, Bowling Center

SUNDAY

• Zumba, 1400, Fitness Center

• Yoga, 1500, Fitness Center

MONDAY

• TAP GPS Workshop, 0800-1600, A&FRC, held at Professional Development Center

• Kids Yoga Class, 0930, Fitness Center • Reintegration Briefing, Every Mon, 1300-

1400, A&FRC

• Family Child Care Pre-Orientation, 1800-2000, Family Child Care Office

• Yoga, 1830, Fitness Center

• Cycle Challenge, 1930, Fitness Center

TUESDAY

• Last Day to Register for Youth Indoor Flag Football at the Youth Center

• TAP GPS Workshop, 0800-1600, A&FRC, held at Professional Development Center

Game Day, 1000-1930, Base Library
Special STEM Time Session: 3D Printing

Basics for Kids, 1500, Base Library

- Family Night, 1700-2100, Rockers Bar & Grill
- Cycle Challenge, 1930, Fitness Center

WEDNESDAY

• Right Start, 0730-1200, A&FRC, held at the Jimmy Doolittle Center

• TAP GPS Workshop, 0800-1600, A&FRC, held at Professional Development Center

• Club Member Benefit, Every Wed, 0900-1400, Bowling Center

• Heartlink/New Spouse Orientation, 0930-1400, A&FRC, held at the Jimmy Doolittle Center

- Story Time, Every Wed, 1030, Base Library
 Parent Advisory Group Meeting, 1100-1200,
- Child Development Center

Cycle & Core, 1200, Fitness Center
New Parent Orientation, 1200-1300, Child Development Center

UPOMING EVENTS - AUGUST 11

• Rockers Bar & Grill and the Jimmy Doolittle Center are closed in support of the Team Minot Family Celebration

• TAP GPS Workshop, 0800-1600, A&FRC, held at Professional Development Center

Fit Family Boot Camp, 0930, Fitness CenterFit To Fight, 1200, Fitness Center

• Alpha Warrior Celebrity Meet & Greet, 1200-1230, at the Base Exchange, 1430-1730, at the

Team Minot Family Celebration

• Torch Club, 1600, Youth Center

Keystone Club, 1830, Youth Center
Lights & Strikes Bowling, Every Fri, 2000, Bowling Center

UPOMING EVENTS - AUGUST 12

• Minot vs Grand Forks Match Play

Tournament, 1000, Golf Course

• Chess Club, 1100, Base Library

• Alpha Warrior Battle Rig Event, 1300, Fitness Center, held at Dock 1. (Shuttles will be provided from the Base Theater.)

• Summer Reading Program Wrap-Up Party, 1300, Base Library

• "Bowl The Night Away" with Lights & Strikes Bowling, Every Sat, 2000, Bowling Center

• Country & Karaoke Night, 2100, Rockers Bar & Grill

ONGOING EVENTS

• Stay Connected: Club Membership Portal NOW OPEN! Starting August 1, 2017, current Club Members are encouraged to update your account information as part of the revolutionized Air Force Club Membership by following a few easy steps! Get connected by visiting MYAIRFOR-CELIFE.COM and clicking on the 'Connect Now' button. You'll have a chance to win early-bird prizes when you update your account by August 31, 2017!

• Youth Indoor Flag Football Registration Open, Now – August 8 – Season runs Oct 10th - Nov 17th. For more information, contact the Youth Center at 723-2838.

• Kids Drive Free Range Balls, 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 1500-2100 daily to practice on the range. Range balls are FREE for kids under the age of 18 years old for the summer.

• Rough Riders Monthly Pizza Special. August Special – Tuscan Chicken Pizza. Our fluffy dough sauced with Alfredo & topped with garlic seasoned chicken, sliced tomatoes, chopped onions, and topped with mozzarella cheese. We sprinkle it with dry basil and cook to perfection. Small: \$11 Med: \$15 Large: \$17- Members receive \$2 off any pizza Try it on a Panino! \$8.25 meal – includes side & drink

• B-Fifty Brew Drink Special. August Special – Passion Tea Refresher. Famous Passion Tea Lemonade with pumps of Blueberry syrup and finished with our house Pink Lemonade. Grande \$5.00 Venti \$5.50

PARK UNIVERSITY SUMMER 2017 REGISTRATION IS NOW OPEN!!

Park University's Summer term (June 5, 2017-July 30, 2017) 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!!!! cation Building, 156 Missile Ave. #219, or call us at 701-727-5535 or email minot.afb@cmich.edu .

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY IS NOW REGISTERING FOR THE FALL 2017 TERM (8 Sept-9

Nov). 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.

MAGIC CITY GAMES 8/04/2017 - 8/06/20178:00 AM - 8:00 PM

Many Locations - Minot Magic City Games is a multi-sport event for athletes in North Dakota hosted by local Minot businesses. Inspired by the Prairie Rose State Games, Magic City Games hopes to promote physical fitness, healthy sportsmanship, and provide an opportunity for amateur athletes and the general public to compete together in multiple events. Thank you to all the participating sponsors and businesses that are making this event possible. We hope to continue this event for many years to come and with your help we know it is possible.

READ TO THE ANIMALS 8/04/2017 12:00 PM

Souris Valley Animal Shelter, 1935 20th Ave SE Bring your kids to the Souris Valley Animal Shelter for a unique opportunity to keep them reading this summer! The Read to the Animals program gives kids a fun environment to read in while they interact with some of our amazing pets. This program is absolutely free! No registration required.

MAIN STREET BOOKS STORY TIME AND ACTIVITY 8/05/2017 10:30 AM

Main Street Books 8 Main Street South Come and enjoy Themed Stories at Main Street Books on Saturdays. We will be reading with your child at 10:30 am, followed by a matching activity! Don't miss the fun! Children of all ages welcome!

MAGIC CITY ANTIQUE CAR CLUB ANNUAL CAR SHOW & SWAP MEET 8/05/2017 11:00 AM

Pioneer Village Museum Courtyard. Antique Car Show & Swap Meet featuring antique vehicles, food, music, and an Ice Cream Social. The buildings at Pioneer Village Museum will be open for touring. For more information, please contact Dan C at 701-721-3617. Hope to see you all there!!!

SPHERO OBSTACLE COURSE RACING 8/08/2017 3:00 PM

Minot Public Library. Join us for techy fun and games!

READ TO THE ANIMALS 8/08/2017 6:00 PM

Souris Valley Animal Shelter, 1935 20th Ave SE Bring your kids to the Souris Valley Animal Shelter for a unique opportunity to keep them reading this summer! The Read to the Animals program gives kids a fun environment to read in while they interact with some of our amazing pets. This program is absolutely free! No registration required.

STORY TIME

• Pre-Deployment Readiness Training, 1300-1400, A&FRC

• 4-H Club, 1600, Youth Center

• Mug Club Special, 1600-1800, Rockers Bar & Grill

• Members Wind Down Wednesday, Every Wed, 1630, Rockers Bar & Grill

• Boss & Buddy \$1 Draft Special, 1630, Rockers Bar & Grill

• Yoga, 1830, Fitness Center

• Cycle Challenge, 1930, Fitness Center

THURSDAY

• TAP GPS Workshop, 0800-1600, A&FRC, held at Professional Development Center Reintegration Briefing, Every Thurs, 1300-1400, A&FRC

• Members 2 for 1 Appetizers, Every Thurs, 1700-1900, Rockers Bar & Grill

- Zumba, 1730, Fitness Center
- Craft Club, 1800, Base Library
- Muscle Pump, 1830, Fitness Center

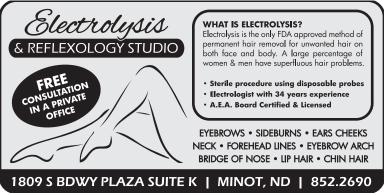
CENTRAL MICHIGAN UNIVERSITY AT MINOT AFB

CMU specializes in master level degrees. CMU offers a military discount to active duty, spouses, and federal employees. The Spring I term

for face-to-face at Minot AFB, starts January 13 to February 25, 2017 (only meeting two weekends) Classes will meet Fridays, 5-10pm and Saturdays 8:00am-3:30pm. Online classes starts January 9 to March 3, 2017. We are always looking for local instructors in the Minot area. The candidates must have a Ph.D. or a terminal degree. If you have any questions or want more information about our programs or faculty opportunities, please stop by the office M-F: 8am-4:30pm located at the Edu-

8/09/2017 10:00 AM

Main Street Books; 8 Main Street South. Come and enjoy Storytime at Main Street Books on Wednesdays. We will be singing and reading and rhyming with your children during the 10:00 AM storytime for ages birth - 4yrs. and the 11:00AM storytime for ages 4+. All ages are welcome to both half hour story sessions. See you here!



GREAT TOMATO FESTIVAL 8/09/2017 5:30 PM

State Fair Center - 4H Hall, 2005 Burdick Exwy E. This classic community fundraising event was established in 1989 by Jeff and Peggy Miller. It has become the annual end of summer gourmet picnic to attend! The menu consists of smoked pork chops cooked to perfection by master chefs, a top secret recipe of roasted tomatoes stuffed with rice, along with chips and salsa, tomato and cucumber salad, beer batter bread and brownies. The evening also includes entertainment by the Dakota Dixie Jazz Band and Minot Symphony Orchestra Musicians, creative tomato displays, a social hour serving tomato hors d'oeuvres, and an amazing silent auction. The more than 300 auction items include tickets to sporting events, theater and music, restaurant meals, kids' activities, vacation stays, art, furniture, memorabilia and more! There will be an exciting NEW LIVE AUCTION added to the excitement this year! Back by popular demand is the Great Chocolate Cake Revival! A selection of fancy chocolate cakes will be available to bid on and take home that evening. The creator of the cake with the highest bid will receive a prize! Doors open for browsing at 5:30 pm with the social hour at 6:00 pm, and dinner served at 7:00 pm. Tickets are \$25.00 in advance and \$30.00 at the door. Attendees must be 21 to attend. Advance tickets are available at Minot Public Library, Taube Museum of Art, Artmain, Interiors Plus, The Computer Store or online at www. greattomatofestival.com. Pick up your tickets now to ensure yourself a spot at this fun-filled evening! The Great Tomato Festival is a community fundraiser, which has benefitted a number of non-profit organizations since its inception. The mission of the fundraiser is "Working together with the purpose of raising funds to enhance the services of the specific nonprofit organizations". It currently benefits the Minot Public Library, Taube Museum of Art, and Minot Symphony Orchestra. All net proceeds from ticket sales and silent auction are directly granted to the sponsoring organizations. For more information please contact: greattomatofestival@srt.com Janet Anderson Minot Public Library: 852-1045 Nancy F. Walter - Taube Museum of Art: 838-4445 Ellen Fenner -Minot Symphony Orchestra: 858-4228

GLOBAL LEADERSHIP SUMMIT 8/10/2017 - 8/11/2017 8:00 AM - 6:00 PM

Minot State University- Ann Nicole Nelson. Everyone has influence and the ability to create positive change. When you improve your leadership, you impact lives, churches, businesses, governments, schools and families. Join 400,000 people around the world for two days of world-class leadership training.

SUPER DUPER FUN DAY 8/10/2017 10:00 AM

South Hill Sports Complex. Join the Minot Public Library, Ward County Library, and the Minot Recreation Department as we celebrate the end of summer reading!

READ TO THE ANIMALS 8/11/2017 12:00 PM

Souris Valley Animal Shelter, 1935 20th Ave SE Bring your kids to the Souris Valley Animal Shelter for a unique opportunity to keep them reading this summer! The Read to the Animals program gives kids a fun environment to read in while they interact with some of our amazing pets. This program is absolutely free! No registration required. Methodist Church for a bakesale/rummage sale/ luncheon! Expect to see some household goods, white elephants, clothing, baked goods, canned goods, garden produce. Lunch will consist of salad and sandwiches beginning at 11 am. Bag Bargains begin at 1 pm.

MAHC 7TH ANNUAL 5K ZOO FUN WALK/RUN 8/12/2017 9:00 AM

Roosevelt Park shelter #3. Charity 5k Zoo Waddle event to benefit the Minot Area Homeless Coalition. Your registration included, t-shirt, gift bag, refreshments and an individual day pass to enjoy Roosevelt Park Zoo at the conclusion of the event. Contact the MAHC office for more information or visit us on facebook or our website. 701-852-6300

MAIN STREET BOOKS STORY TIME AND ACTIVITY 8/12/2017 10:30 AM

Main Street Books 8 Main Street South Come and enjoy Themed Stories at Main Street Books on Saturdays. We will be reading with your child at 10:30 am, followed by a matching activity! Don't miss the fun! Children of all ages welcome!

TEENS ROCK SATURDAYS 8/12/2017 1:00 PM

Minot Public Library. MPL offers free Manga Club for teens here at MPL. Join us for the appreciation of all things Manga: writing, drawing, critiquing, cosplaying and gaming! Manga Club will be held from 1-2 pm just before video gaming from 2-4 on the Second Saturday of the month and is called: Teens Rock Saturdays.

MISS MINOT SCHOLARSHIP PAGEANT 8/12/2017 3:30 PM

All Seasons Arena. Opportunities for girls ages 5 to 24. Girls ages 13 to 24 that compete are eligible to win scholarships and compete at Miss North Dakota in June 2018! All info and paperwork available on www.missminot.com 3 Miss and 3 Teen titles will be awarded. Princess Program will be held at this time also. Registration Fee for all contestants is \$75. Registration is DUE AUGUST 1st, 2017 Pageant will be held at the All Seasons Arena on August 12th, 2017. Doors open at 3:30 pm. Pageant starts at 4:00 pm. Tickets are \$5.00 a person. Kids 6 and under are free. Tickets can be pre-purchased on our website. We also will accept the following payments at the door. Cash, Visa, Mastercard, Discover, and American Express.

STORY TIME 8/16/2017 10:00 AM

Main Street Books; 8 Main Street South Come and enjoy Storytime at Main Street Books on Wednesdays. We will be singing and reading and rhyming with your children during the 10:00 AM storytime for ages birth - 4yrs. and the 11:00AM storytime for ages 4+. All ages are welcome to both half hour story sessions. See you here!

FAMILY MOVIE 8/16/2017 1:30 PM

Ward County Public Library. Come spend an afternoon watching a movie at the Ward County Public Library. There will be comfy bean bag chairs and pillows to lounge on. We'll have the popcorn! Children of all ages are welcome but children under age 6 must be accompanied by an adult. For more information about the movie to be shown, please

CRAFTY CREW 8/17/2017 12:00 PM

Ward County Public Library. The Crafty Crew is a club where adults can come together to do crafts. Join us at the Ward County Public Library on August 17, 2017, either at 12:00 pm or at 5:00 pm, to learn how to finger knit. The event is free. Registration is required. For more information or to register for the event, please contact the library at 701-852-5388.

MAIN STREET BOOKS STORY TIME

AND ACTIVITY 8/19/2017 10:30 AM Main Street Books 8 Main Street South. Come and enjoy Themed Stories at Main Street Books on Saturdays. We will be reading with your child at 10:30 am, followed by a matching activity! Don't miss the fun! Children of all ages welcome!

ECLIPSE 8/21/2017 11:00 AM

Ward County Public Library. There will be a solar eclipse this August! Come join the Ward County Public Library as we watch the spectacular event. We will be making solar eclipse viewers before the event. For more information, please contact the library at 701-852-5388.

STORY TIME 8/23/2017 10:00 AM

Main Street Books; 8 Main Street South. Come and enjoy Storytime at Main Street Books on Wednesdays. We will be singing and reading and rhyming with your children during the 10:00 AM storytime for ages birth - 4yrs. and the 11:00AM storytime for ages 4+. All ages are welcome to both half hour story sessions. See you here!

WOMEN UNITED 2ND ANNUAL LUNCHEON 8/23/2017 11:30 AM

Grand Hotel. Women United Announces 2nd Annual Luncheon MINOT, ND - Women United is pleased to announce its 2nd Annual Luncheon. Join Women United members for their 2nd Annual Luncheon on Wednesday, August 23rd starting at 11:30 am at Grand Hotel. This informative luncheon will highlight accomplishments of Women United during this past year and a powerful message from Holly Hoffman, the last remaining member of the Espada Tribe and the last woman standing on Season 21 of CBS' hit reality show "Survivor Nicaragua". Through her experience on the show and others throughout her life, Holly Hoffman is inspired to share her message of positivity, determination, and confidence with many people across the nation. Luncheon tickets are \$20 and table sponsor opportunities are available. Visit www.svunitedway.com/womenunitedluncheon or call the United Way office to reserve your seat today.

PRESCHOOL PLAYDOUGH CLUB 8/25/2017 10:30 AM

Ward County Public Library. Come and enjoy playdough at the Ward County Public Library. Playdough and fun toys will be set up for the kids. A parent or guardian must be present the entire time. For more information, please contact the library at (701) 852-5388.

GAMERS UNPLUGGED 8/26/2017 10:00 AM

Ward County Public Library. Come and enjoy board

RUMMAGE SALE/BAKE SALE/ LUNCHEON 8/12/2017 9:00 AM Vincent United Methodist Church 1024 2nd St SE Minot, ND. The trifecta of summer events all wrapped up in one: head over to Vincent United



contact the library at 701-852-5388.

KINDERGARTEN PARTY 8/16/2017 2:00 PM

Minot Public Library. Entering Kindergarten? This party is for you! Registration required.

TOUCH-A-TRUCK 8/16/2017 5:00 PM

MAYSA Parking Lot (2501 Burdick Expressway West). Join the Magic City Discovery Center for

its 1st annual Touch-A-Truck family event! Check out your favorite vehicles, get behind the wheel or in the cab, take pictures, and meet the people who help to build, protect, and serve our community. Food trucks, games, and activities will also be available. Please note that 5:00-6:00 pm is designated as a "Quiet Hour" when truck lights, noises, and motions will be minimal. Admission is \$10 per vehicle or \$2 per individual. Proceeds go to the Magic City Discovery Center. games at the Ward County Public Library. All ages are welcome. Bring friends or come make new ones! For more information, please contact the library at (701) 852-5388.

MAIN STREET BOOKS STORY TIME AND ACTIVITY 8/26/2017 10:30 AM

Main Street Books 8 Main Street South. Come and enjoy Themed Stories at Main Street Books on Saturdays. We will be reading with your child at 10:30 am, followed by a matching activity! Don't miss the fun! Children of all ages welcome!

STORY TIME 8/30/2017 10:00 AM

Main Street Books; 8 Main Street South. Come and enjoy Storytime at Main Street Books on Wednesdays. We will be singing and reading and rhyming with your children during the 10:00 AM storytime for ages birth - 4yrs. and the 11:00AM storytime for ages 4+. All ages are welcome to both half hour story sessions. See you here!



It's all downhill for upbeat Airman, bobsledder

CAROLE CHILES FULLER | 21ST SPACE WING AFCEC PUBLIC AFFAIRS

OINT BASE SAN ANTONIO-J LACKLAND, Texas (AFNS) -- Capt. David Simon, an elite bobsled athlete, is a stellar example of resiliency and upholding the four pillars of Comprehensive Airman Fitness: mental, physical, social and spiritual.

Mental: Nothing stops Simon. Not injuries, not being dropped from the Air Force World Class Athlete Program. "With resiliency, you keep pressing forward until you go to the next thing," he said.

Physical: Bobsled is a demanding sport. "Everybody on the team to always be ready and resilient, and he draws on faith to keep him strong. "Stay positive and have faith that God knows best, even if it doesn't feel like it at that moment. He has you exactly where he wants you, and it might be that's where he can get the very best out of you!"

Simon's path to sliding down an icy track, which he describes as being stuffed in a trash can and being kicked down a hill, was the result of failing to qualify for a U.S. Air Forces in Europe and Air Forces Africa trackand-field event in 2015. He turned that experience into an opportunity to try a new

tried for a spot on the USA Bobsled team. Unfortunately, an injury led to his release from the program.

However, in his typical fashion, he bounced back and, with faith and resiliency, is fired up to try again, aiming for the 2018 Winter Olympic Games in Pyeongchang, South Korea. Simon appreciates the honor of representing Air Force Sports, as part of the Air Force Services Activity. "Just to know that you

are representing the Air Force in such a program that still today provides me with a tremendous amount of support fuels me. To represent all Airmen, past, present and future, deployed and in garrison, and to those who paid the ultimate sacrifice, motivates me to continue to train hard and compete at such a high level," he explained. The U.S. Bobsled and Skeleton National Teams are reset before every season and athletes compete for spots every fall. Simon aims to be among them during the summer combine events, which begin in June. "To make the Olympics and represent God, country and the Air Force would be such an honor and privilege. to make the Games next year would also have another special meaning to me as I am half Korean

(maternal) and half African-American (paternal); a product of the U.S. military," Simon said. Competition for the team

is tough. "A lot of these guys I

compete with are great athletes," he said. But most of them

don't have the Air Force advantage. Sgt. Shauna Rohbock, a USA Bobsled Skeleton coach and member of the Army's WCAP for 17 years, said Simon is an exceptional team member.

"Captain Simon, being in the military, holds himself to a higher standard," Rohbock said. "He's more mature than most of the

said.

"Just know that we are all wired to be greater than we were yesterday, it's just a choice that only a few will take charge of and be a shining light for others to see and motivate. We are not just here to live life in mediocrity but to live out our lives as champions."

TOP LEFT PHOTO: Capt. David Simon takes a moment to focus during tryouts for the U.S. National Bobsled Team in Park City, Utah, on Nov. 2, 2016. His bid for that team ended with an injury, but he's still ulti-mately aiming for a spot on the USA Bobsled Team for the 2018 Winter Olympic Games in Pyeongchang,

can run 60 meters in under 7 seconds. Everybody is squatting 400-plus pounds. You're not just fast, but you have to be pretty strong and explosive. You're an interesting hybrid of an athlete," Simon said.

Social: The support of family, friends and fellow Air Force athletes helps fuel Simon's drive and motivation. "My family have made sacrifices in terms of my time away to train and compete and remained very supportive," Simon said. He also has forged bonds with other elite Air Force athletes and members of the bobsled team.

Spiritual: Simon encourages all Airmen

sport. "I was trying to become a better sprinter at my size. Typically, you're not going to see a lot of guys 200-plus pounds sprinting. I was trying to find better and smarter ways to train. Bobsled came up, and I looked at the details. They had a combine (a test that includes sprints, broad jumps and tosses with a 16-pound shot), and pretty much everything took off from there," said Simon, now assigned to the 16th Space Control Squadron at Peterson Air Force Base, Colorado, as a crew commander.

As an Air Force World Class Athlete Program member last fall, Simon

other athletes. He's always going to be doing the right thing and making the right choices," she said.

Being an Airman helps Simon overcome adversity, and being an athlete helps him be a better Airman.

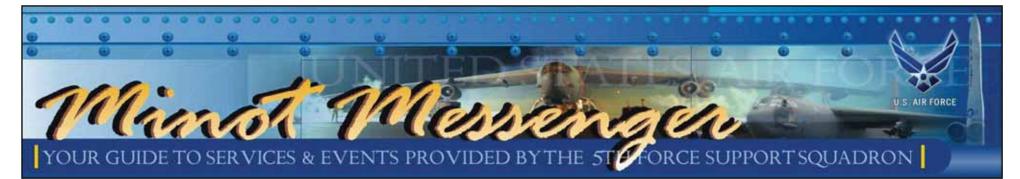
"On duty or off duty, you're going to have bumps in the road, and it's how you respond to those bumps that make you a champion. With sports, you're going to get hurt or maybe things don't go your way or you don't win this competition. It's not so much the results; it's how you react. Are you going to train harder? Are you going to work harder to get to your goals? That's how athleticism can lead to being a better Airman," he

outh Korea

TOP RIGHT PHOTO: Capt. David Simon (right) pushes the bobsled before hopping in for a run at the U.S. Bobsled Team Trials in Park City, Utah, on Nov. 2, 2016.

BOTTOM LEFT PHOTO: Capt. David Simon is second behind the driver as the sled speeds down the icy track during the U.S. Bobsled Team Trials in Park City, Utah, on Nov. 2, 2016. BOTTOM RIGHT PHOTO: Col. Donna Turner, the Air Force Services Activity commander, greets Capt. David Simon, after he was selected as an Air Force World Class Athlete Program bobsled pusher in August 2016. Simon is still aiming for a spot on the U.S. Bobsled Team that will compete in the 2018 Winter Olympics in Peyongchang, South Korea

COURTESY PHOTOS



Alpha Warrior Battle Rig Event - Challenge Yourself



The 2017 Air Force Alpha Warrior Tour presented by USAA is heading to Minot AFB on Friday and Saturday, August 11 & 12. The Alpha Warrior Battle Rigs and Battle Stations provide a new, exciting way for Airmen to work out, build unit cohesion, and promote a sense of community with fellow Airmen and families. The two day event kicks off on Friday,

August 11 with opportunities to meet Kevin Klein and Barclay Stockett. Both individuals are top competitors who have competed on NBC's American Ninja Warrior. They will appear at free "Meet & Greet" events scheduled for 12-12:30 p.m. at the Base Exchange and from 2:30-5 p.m. at the Team Minot Family Celebration located by Base Ops.

Minot AFB personnel and their families are invited to experience the adult and children's battle rigs from 1-5:30 p.m. on Saturday, August 12. Buses will transport attendees from the Base Theater parking lot to Dock 1 for the event. There will be a kid's rig for ages 4-12 and an adult rig and competition for participants 13 years of age and older.

Everyone is invited to enjoy free burgers and hot dogs starting at 1 p.m. (while supplies last). Be sure to register for a wide variety of great prize giveaways. The event is sponsored by USAA, T-Mobile, Total Nutrition, Mattson Construction, and Stonebridge Farms of Minot. No Federal Endorsement of Sponsors Intended.

Don't Miss First Friday At The Doolittle Center On August 4



The Jimmy Doolittle Center invites you to enjoy a special Tail Gate First Friday event on Friday, August 4 from 4-9 p.m. Join the fun with corn hole, darts, and crud as well as a tailgate-style themed buffet.

A delicious kid-friendly menu featuring touchdown chili, grilled chicken wings, popcorn shrimp, and more 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.



Rockers Hosting Comedy Show Featuring Ron Lamprecht



Get ready for a great night of laughs during the Comedy Show at Rockers Bar & Grill on Saturday, August 5. Doors will open at 7 p.m. with the show starting at 8 p.m. Headlining the show will be Air Force veteran and Minneapolis native Ron Lamprecht and will also feature comedian Will Spottedbear.

Price for the Comedy Show is \$7 per person for Club Members and \$10 for non-members. Cost & Grill at 727-ROCK.

includes a heavy hors d'oeuvres buffet. Tickets are available at the door only and limited to the first 120 people (adults only - 18 years of age and older).

Ron Lampprecht has toured the country doing shows including The Hollywood Improv with his act described as "taking the audience dancing". He has been featured in Laughlin, Nevada's Laughfest comedy festival as well as the 10,000 Laughs Festival in Minneapolis. With a controlled rage and self-deprecating approach, Ron takes on everything from idiot drivers to IPAs to how he almost burned down his house on the 4th of July and why that's like hunting whales.

Comedian Will Spottedbear grew up fast and weird in Pittsburgh and has an unusual perspective on life. Surviving inner city schools, the Middle East, and his oddly eccentric family, Will credits the Air Force for developing his lethal sense of humor. Spottedbear recently won the "Funniest Person in Minneapolis".

For additional information, contact Rockers Bar

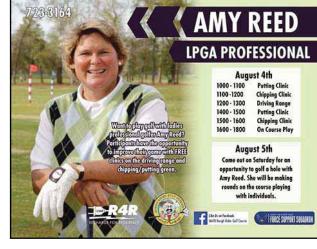
LPGA Golf Pro Coming To Minot AFB To Conduct Golf Clinics

Ladies Professional Golf Pro Amy Reed is coming to the Rough Rider Golf Course at Minot AFB on August 4 & 5. Reed will share her tips and expertise during clinics on the driving range and chipping/putting green. Cost to attend the clinics is FREE.

The clinics conducted by Amy Reed are part of the Recharge For Resiliency (R4R) initative and focus on golf player development. In addition to the clinics, Reed will provide participants an opportunity to obtain on course tips for improving their game as they play alongside the LPGA professional.

The following clinics are scheduled for Friday, August 4 however limited space is available:

Putting Clinic - 10-11 a.m. Chipping Clinic - 11 a.m. - 12 p.m. Driving Range - 12-1 p.m. Putting Clinic - 2-3 p.m. Chipping Clinic - 3-4 p.m. On Course Play - 4-6 p.m.



On Saturday, August 5, come out to the Rough Rider Golf Course for an opportunity to golf a hole with LPGA Pro Amy Reed. She will be making rounds on the course playing with individuals.

For more information, call the Rough Rider Golf Course at 723-3164.

For 5th Force Support Squadron job opportunities, visit www.nafjobs.org

CLUB MEMBER DRAWING ON FRIDAY, AUGUST 4th WILL BE FOR \$50.

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, August 4 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

Aug 5 Baby and Me Story Time

The Base Library invites you to their Baby and Me Story Time scheduled for Saturday, August 5 at 3:30 p.m. This special story time for infants and toddlers aged 0-18 months and their caregivers will include stories, action rhymes, and information on preparing your child to talk, learn, and love literature. For additional information, call the Base Library at 723-3344.

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 on the Kids Drive Free Program, call the Rough Rider Golf Course at 723-3164.

Aug 7 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 August 7 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 the Family Child Care office at 723-6662.

Aug 12 Summer Reading Program Wrap-Up This year's Summer Reading Program wraps up on Saturday, August 12 beginning at 1 p.m. at the Base Library. The event features an EOD robot demonstration, crafts, activities, the presentation of the Squadron Trophy, and grand prize drawings. For more details, call the Base Library at 723-3344.

Aug 12 Minot vs. Grand Forks Match Play

The action heats up during the Minot vs. Grand Forks Match Play Tournament on Saturday, August 12 with an 11 a.m. shotgun start at the Rough Rider Golf Course. Registration starts at 10 a.m. Cost for Minot AFB participants is \$20. See who wins the overall trophy between Minot AFB and Grand Forks AFB. The tournament is open to all Active Duty, retired Air Force personnel, and DoD employees. For more details, call 723-3164.

Aug 19 Stars & Stripes Scramble

Don't miss the Stars & Stripes Scramble on Saturday, August 19 beginning at 9 a.m. at the Rough Rider Golf Course. This 18 hole, four person scramble is sponsored by Morelli's Distributing. *No Federal Endorsement of Sponsor Intended*. Entry fee for the tournament is \$30; green fees and cart rental not included. Call 723-3164 for more details.

723-5388

YOUNG AIRMEN EVENTS & PROGRAMS

Aug 4 Friday Night Karaoke

Come and show off your talent during Friday Night Karaoke at Rockers Bar & Grill on August 4 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.

COUNTRY & KARAOKE NIGHT Saturday, August 12 - Rockers Bar & Grill



Aug 14-17 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 August 14, 15, 16, & 17 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 the Airman & Family Readiness Center at 723-3950 to register or for additional information.



Let us know how we are doing in making your golf enjoyable!

Just go online to www.MyAirForceLife.com/golf to fill out one of our golfer surveys. (Paper versions are available on request) USAF SCN: AF17-078NR





Show Off Your Ride At The Show & Shine Car Show

If you're a car enthusiast, make plans now to attend the Show & Shine Car Show scheduled for August 19. From muscle cars to antiques, from the hottest new rides to classic cruisers, this 12th 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.

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 presnted to the 5th Bomb Wing and the 91st Missile Wing judge's favorite entry. Car enthusiasts interested in entering their vehicle should contact Marvin at Auto Hobby, 723-2127 to obtain an entry form. Civilians, including spouses and all vehicle passengers, who do not have clearance to enter Minot AFB must register by August 4. There is no entry fee and each exhibitor receives a complimentary 12th Annual Show & Shine T-shirt for entering their vehicle/motorcycle.

Visit our website at www.5thforcesupport.com



In harm's way: Providing spiritual support

STAFF SGT. BENJAMIN GONSIER | 455TH AIR EXPEDITIONARY WING PUBLIC AFFAIRS

BAGRAM AIRFIELD, Afghanistan (AFNS) --Thousands of feet above Kabul, the capital of Afghanistan, two Airmen, riding in a helicopter, wearing more than 75 pounds of gear, hover around the city before landing. These Airmen are not pararescuemen or tactical air control party—they're a chaplain and chaplain assistant.

After landing, they travel to the nearby chapel, where they deliver a religious service to coalition forces before packing up and doing it all over again.

The chaplains and assistants of the 455th Air Expeditionary Wing travel to six different locations in Afghanistan, providing spiritual support to service members and civilians of all backgrounds.

"The mission of the Chaplain Corps is the same here as it is at home station, advocating for the constitutional right of free exercise of religion for Airmen and their families," said Chaplain (Lt. Col.) Greg Jans, a 455th Air Expeditionary Wing chaplain. "This includes offering worship services, opportunities, trusted counsel and advising leadership on matters of morale and morals, spiritual and religious topics."

Being in a combat environment brings new stressors, which can be hard to manage without family nearby, especially when there are problems at home.

"Airmen are away from their support systems back at home, so there is a heightened awareness and sensitivity—the problems at home don't go away even when we are half a world away," Jans said. "Chaplains become even more important here since there are fewer options available. The numbers of caregivers are smaller at a deployed environment, so we give extra care."

Chaplains and their assistants are embedded within different units throughout Bagram Airfield. They rotate each weekend to accommodate the spiritual needs of coalition forces in other forward operating bases in Afghanistan that are without a chaplain.

Some of the locations outside of Bagram Airfield

SecAF celebrates aviation heritage, meets with aviation leaders at Oshkosh

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

include Kandahar Airfield, Headquarters Resolute Support and Hamid Karzai International Airport. To travel to some of these locations, the team needs to wear all of their protective equipment and the chaplain's assistant must carry a rifle and an M9 pistol for selfdefense.

"Even though we are not trained bodyguards, we still need to have the awareness to know that we are with a noncombatant and need to be willing and able to accept those responsibilities," said Master Sgt. Erica Neiser, the 455th AEW chapel operations superintendent. "In this type of environment, the chaplain assistants need to be aware that we are shooting for two."

Every religious support team consists of two individuals, a chaplain and their assistant, neither require the same faith to serve together. While the chaplain is giving long-term care and leading religious services, the assistant takes care of the administrative part of the job and holds down the fort in the event a chaplain isn't available to provide confidential

of strategic bombardment by the then U.S. Army Air Forces in World War II. While the attack itself caused little actual damage to the Japanese war industry, the psychological impact on the Japanese military, and the American public, proved to be immense. It forced the Japanese military to pull forces back from the front lines to protect the home islands, and showed Americans that the war could be won. "The Doolittle Raid was a remarkable example of what American Airmen can achieve when their leadership empowers them to innovate," said Wilson. "That mission continues to inspire Airmen today who are creating new tactics for remotely piloted aircraft, designing new techniques to leverage our space assets and using technology in ways we never would have thought possible only a few years ago. Our job as leaders is to

counseling.

Jans and Neiser attribute their readiness to the training they received at Joint Base McGuire-Dix-Lakehurst, New Jersey. The two-week course, Fieldcraft Hostile, provides students the tools to handle certain situations in a combat environment and enables them to practice scenarios they might encounter on the battlefield.

"We were lucky enough to go to Fieldcraft Hostile together to practice the tactical scenarios," Neiser said. "It helped us understand what our roles are and what we need to be thinking about in those situations. In this environment, I have to be aware of what could happen and that I am shooting for more than just myself."

The religious support team travels with heavy deployment gear from FOBto-FOB, but they know an even heavier weight is lifted from the shoulders of Airmen by their presence and care.

"Every Airman that is walking around is a success," Neiser said. "To be able to practice their faith and have that spiritual

enable innovation in order to increase the lethality of the force."

At the event, Wilson also met with commercial innovators who are advancing unmanned technology and advanced pillar filled and stable is a testament to what we are doing."

Chaplains are often seen as happy-go-lucky Airmen who hand out popsicles on the flightline. Yet, what is not seen is when the team is with someone at the lowest point in their life, who is battling a crisis behind the scenes. Nor do many see the amount of traveling they do—or the risks they assume—for those who elected to put their lives on the line in the defense of their nation.

TOP LEFT PHOTO: Chaplain (Capt.) John Appiah, a 455th Air Expeditionary Wing chaplain, preaches during a religious service at Hamid Karzai International Airport, Kabul, Afghanistan, July 23, 2017. Religious support teams provide spiritual support to all members and find ways to meet the needs of individuals who do not have the resources to practice their faith in a deployed location. TOP RIGHT PHOTO: Chaplain (Capt.) John Appiah, a 455th Air Expeditionary Wing chaplain, blesses a U.S. Army Soldier during a religious

U.S. Army Soldier during a religious service at Hamid Karzai International Airport, Kabul, Afghanistan, July 23, 2017. Religious support teams from Bagram Airfield visit six different locations in Afghanistan where a chaplain is not deployed.

> U.S. AIR FORCE PHOTO | STAFF SGT. BENJAMIN GONSIER

the nation's brightest young men and women to a career in aviation.

The secretary's visit to Oshkosh comes at a time when the service is facing a shortage in pilots and major airline hiring has continued to increase. The Air Force is pursuing a variety of initiatives to retain its current pilots, but will also have to train more pilots in the years to come. Wilson also spent time with Air Force recruiters, met with the head of the Wisconsin Air National Guard and presented the Gen. Carl A. Spaatz award to Wisconsin Civil Air Patrol cadet Noa G. Bender. EAA's AirVenture at Oshkosh is one of the world's premier events for aviation enthusiasts, drawing more than a half million people and 10,000 people every year. Beyond displays and demonstrations, attendees can participate in forums and workshops with leaders in aviation and technology.

WISCONSIN (AFNS) --Secretary of the Air Force Heather Wilson visited Wisconsin July 26-27, 2017 to celebrate aviators' shared heritage with generations of Airmen at the Experimental Aircraft Association's AirVenture Oshkosh 2017.

SHKOSH,

Wilson met with Airmen of all ages from retired Lt. Col. Dick Cole, the last living Doolittle Raider, to a group of high school girls in EAA's Women Soar You Soar program.

"Meeting Dick Cole and offering a toast to the men in Doolittle's Raiders was a great honor for me," said Wilson. "The Air Force turns 70 this year, and men like Lt. Col. Cole are the giants whose shoulders we built upon when we created a separate force. The courage and dedication to service of Jimmy Doolittle's Raiders inspire the next generation of Airmen."

On April 18, 1942, 80 men achieved the unimaginable when they took off from an aircraft carrier on a top secret mission to bomb Japan. These men, led by Lt. Col. James H. "Jimmy" Doolittle, came to be known as the Doolittle Raiders.

The raid was extremely important in the development of American air power. It marked the first combat use simulation.

"We need to engage the next generation of entrepreneurs and innovators," said Wilson. "We need to innovate faster than the enemy, and a lot of that innovation is going to be coming from outside the Air Force. We need to get out where they are and not make them come to us through a bureaucratic process."

Wilson also met with the EAA chief executive officer, Jack Pelton, and Aircraft Owners and Pilots Association CEO and president, Mark Baker, to talk about the nation's pilot shortage and discuss ways the Air Force and commercial and private aviators can work together to attract more of

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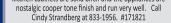


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This 2 car attached garage house with 2 bedrooms and 1 bath on the main floor with full kitchenette in the basement is at a great price for a starter home! Brand new wood deck built on the side door, good sized yard with shed. Kitchen does need some updating but is a decent size. Call Clyde Thorne at 240-8594. #162001



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This affordable priced 3 bedroom, 2 bath home has a view that overlooks Town & Country mall! Meals can be served in the formal dining room or at the table in the kitchen with a view out to the backyard. Convenient main floor bedroom with the additional 2 on the 2nd floor. Call Aisha Vadell at 240-3780. #170049

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Affordable. Conveniently Located. This 2 bedroom, 2 bath condo is move-in ready. Nicely finished throughout, it includes a large storage area and attached double garage. Just minutes from the mall, grocery and drug stores. Call Todd Fettig at 721-2100. #171861



and family room. Call Cindy Strandberg at 833-1956. #171818

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Beautiful 1300sf condominium, with 2 bedrooms / 2 bathrooms / 1 car garage. No basement, everything on one level (no steps), with main floor laundry. Open concept with living room, dining room, and kitchen, gas fireplace, stainless steel appliances. Call Clyde Thorne at 240-8594. #170402

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Fair Wrap Up 2017

NORTH DAKOTA STATE FAIR

ND State Fair Photography, Fine Arts, and Writing Results PHOTOGRAPHY

Color Prints Best of Division and Best of Show - Greg Rossow of Minot, Great Blue Heron Landing Blue Ribbon Winners Erich Linser of Burlington – Lone Tree Empire LaVonne Knutson of Norwich -Discovering My New World Richard Debertin of Berthold – Colorful Friend Twyla Hofer of Minot – Beautiful Cactus Betty Nordstrom of Minot - Romance Alan Whisman of Harvey - Iron Butt

Richard Debertin of Berthold – Evening at the Fair Erich Linser of Brulington, Lone Tree Sunrise

Black/White/Sepia Prints Best of Division – Erich Linser of Burlington, Have You Seen the Rabbit Blue Ribbon Winners Erich Linser of Burlington – Have You Seen the Rabbit Clay Seright of West Fargo – After the Job Richard Debertin of Berthold - Backyard Friend, Domestic Nature-Flowers, BFD to the Rescue, Up in Air Allyson Berner of Minot – High Rise Betty Nordstrom of Minot, Refreshment on the plane Junior Photography

Best of Division – Logan Herrington of Minot, Zoey! Caroline Nunn of Minot AFB – Ft. Stevenson Alexis Drangsholt of Mohall – Three Peas in a Pod Logan Herrington of Minot – Zoey! Lydia Repnow of Minot – Sandbakkel Debacle

FINE ARTS

Original Work – Adult Best of Class – Mackenzie Ploof in Sculpture Blue Ribbon Winners Charles Repnow of Minot Sharon Inman of Berthold, 3 ribbons Marcia Sickler of Gladstone, 2 ribbons Casandra Merritt of Sawyer, 2 ribbons Aleisha Kiser of Kathryn Della Hartgrove of New Salem, 2 ribbons Gladys Mack of Hazen, 2 ribbons Luann Allsworth of Hazen, 2 ribbons Vida Klocke of



US bombers conduct bilateral mission with allies in response to North Korea ICBM launch

PACIFIC AIR FORCES PUBLIC AFFAIRS

PEARL HARBOR-HICKAM, Hawaii (AFNS) --In response to North Korea's ballistic missile and nuclear programs and as a part of the continuing demonstration of ironclad U.S. commitment to its allies, two U.S. Air Force B-1B Lancer bombers under the command of U.S. Pacific Air Forces, joined their counterparts from South Korea and Japanese air forces in

OINT BASE

called upon, we are ready to respond with rapid, lethal, and overwhelming force at a time and place of our choosing."

After taking off from Andersen Air Force Base, Guam, the B-1s flew to Japanese airspace, where they were joined by two Koku Jieitai (Japan Air Self Defense Force) F-2 fighter jets. The B-1s then flew over the Korean Peninsula where they were joined by four South Korean air force F-15 fighter jets. The B-1s then performed a low-pass over Osan Air Base, South Korea, before leaving South Korean airspace and returning to Guam. Throughout the approximately 10-hour mission, the aircrews practiced intercept and formation training, enabling them to improve their combined capabilities and tactical skills, while also strengthening the long standing military-tomilitary relationships in the Indo-Asia-Pacific region. U.S. Pacific Command maintains flexible bomber and fighter capabilities in the Indo-Asia-Pacific theater,

retaining the ability to quickly respond to any regional threat in order to defend the U.S. homeland and in support of U.S. allies.

TOP LEFT PHOTO: Two U.S. Air Force B-1B Lancers (not pictured) joined up with South Korean air force F-15s during a 10-hour mission from Andersen Air Force Base, Guam, into Japanese airspace and over the Korean Peninsula, July 30, 2017. The B-1s first made contact with Japan Air Self-Defense Force F-2 fighter jets in Japanese airspace, then proceeded over the Korean Peninsula and were joined by South Korean F-15 fighter jets. This mission is part of the continuing demonstra-tion of ironclad U.S. commitment to its allies. U.S. Pacific Command maintains flexible bomber and fighter capabilities in the Indo-Asia-Pacific theater, retaining the ability to quickly respond to any regional threat in order to defend the U.S. homeland and in support of its allies. TOP RIGHT PHOTO: In a demonstration of ironclad U.S. commitment to its allies, a U.S. Air Force B-1B Lancer assigned to the 9th Expeditionary Bomb Squadron, deployed from Dyess Air Force Base, Texas, is joined by South Korean air force F-15s during a 10-hour mission from Andersen Air Force Base, Guam, into Japanese airspace and over the Korean Peninsula, July 30, 2017. The B-1s first made contact with Japan Air Self-Defense Force F-2 fighter jets in Japanese airspace, then proceeded over the Korean Peninsula and were joined by South Korean F-15 fighter jets. This mission is in direct response to North Korea's escalatory launch of intercontinental ballistic missiles July 3 and July 28.

Underwood, 2 ribbons Linda Maize of Beulah, 2 ribbons Vicki Benzmiller of Coleharbor, 2 ribbons Renee Remmich of Bismarck, 2 ribbons Marvel Klingenstein of New Salem, 2 ribbons Mackenzie Ploof of Minot, 2 ribbons

Amateur Class – Adult Best of Show – Marilyn Niewoehner of Rugby with Twilight Blue Ribbon Winners Marilyn Niewoehner of Rugby Marcia Sickler of Gladstone, 2 ribbons Sharon Inman of Berthold, 2 ribbons Susan Jelleberg of Minot Mackenzie Ploof of Minot

Woodworks – Adult Best in Class – Steven Lautt of Minot

Crafts – Adult Best in Class – Charles Repnow Blue Ribbon Winners Betty Ann Jordan of Bottineau Marcia Sickler of Gladstone Brita Martin of Minot Gerry Burns of Surrey Charles Repnow of Minot, 3 ribbons Dawn Thomsen of Valley City Janice Talley of Lansford Doug Fursteneau of Minot Allen Mosbaek of Devils Lake

Doug Schmidt of Minot Collective Dolls/Doll Related Blue Ribbon Winners Ginny Bakke of Minot, 4 ribbons

Junior Art Blue Ribbon Winners Anna Arndt of Bismarck, 2 ribbons Jeremiah Arndt of Bismarck, 3 ribbons Cassandra Merritt of Sawyer, 2 ribbons Abigail Meier of Bismarck, 2 ribbons Bryan Mitchell of Jamestown Megan Meier of Bismarck Aiden Bryce-Volk of Devils Lake Calli Hennessy of Stanley, 2 ribbons Emma Schlecht of Bismarck

Child's Art Best in Class – Alyssa Arndt of Bismarck and Luke Merritt of Sawyer Blue Ribbon Winners Alyssa Arndt of Bismarck, 2 ribbons Siri Bryce-Volk of Devils Lake, 4 ribbons Ellieana Arndt of Bismarck, 5 ribbons Chesney Thomsen of Valley City, 3 ribbons Halle Handegard of Wolford Grace Merritt of Sawyer Caber Bryce-Volk of Devils Lake, 4 ribbons Logan Olson of Wolford Layton Olson of Wolford Hunter Anderson of Rugby Noah Anderson of Rugby Luke Merritt of Sawyer, 2 ribbons Lucas Meier of Bismarck Michael Fundingsland of Minot Alyssa Thomsen of Valley City Senior Citizen Arts & Crafts Best in Class - Vicki Benzmiller of Coleharbor Blue Ribbon Winners Rita Christianson of Minot, 5 ribbons Allan Mosbaek of Devils Lake Janice Talley of Lansford, 2 ribbons Arlene Wettlaufer of Bottineau Charlotte Grant of Fargo Gladys Mack of Hazen Vicki Benzmiller of Coleharbor Bedazzle Your Bra Best in Class - Shelby Cross of Minot Blue Ribbon Winners Shelby Cross Rachel Maxfield

Division – Jon Treccius of Minot and Denise Genre of Towner, Rich Solberg, Hadley Magike Best of Show – Rich Solberg Blue Ribbon Winners Alyssa Arndt of Bismarck John Streccius of Minot Denise Genre of Twoner Erick Thopson of Granville Russell Thompson of Towner Rich Solberg of Minot Hadley Magike of Granville, 3 ribbons

WRITING

Best of Division – Miss Thompson's Class (Kyra, Phoebe, Jolee) of Burlington, "The Search is On" Best of Division – Cheyenne Naumann of Mohall, "Divorce" Best of Division & Best of Show - Martina Kranz of Minot, "Water Mark" Best of Division - Angela Vix of Sawyer, "Barefoot in the Grass" Best of Division – Louise Kurtti of Fargo, "The One Room Schoolhouse of My Childhood" Blue Ribbon Winners Miss Thompson's Class (Brooklyn, Ava, Reese) of Burlington, "The Day Tom Went to the Singing Competition" Amanda Wagar of Casselton, "Hello, My Name is Fat"

ND State Fair Foods Results

FOODS Yeast Breads Blue Ribbon Winners Connie Hanson of Devils Lake, 4 ribbons Janet Wing of Minot Taunia Martin of Bismarck, 2 ribbons Dori Jean Kurtz, 4 ribbons Jan Repnow of Minot

Quick Breads Blue Ribbon Winners Louise Schneiderman o Banana Bread, Date Bread Doug Fursteneau of Minot o Pumpkin Bread, muffins

Cakes Best of Show – Jennifer Dockter of Rugby, Novelty Cake Blue Ribbon Winners Jennifer Dockter of Rugby, 6 ribbons Jan Repnow of Minot Michelle Ruelle of Minot Jennifer Lock Charles Repnow of Minot

Pies Blue Ribbon Winners Janet Wing, Rhubarb Pie Lila Striefel of Minot, Cream Pie

Cookies Blue Ribbon Winners Taunia Martin of Bismarck, Chocolate Drop Cookies, Chocolate Chip Cookies Dori Jean Kurtz of Minot, Macaroons, Lemon Bars Maria Anderson of Velva, Oatmeal Cookies Jan Repnow of Minot, White Cookies Janet Wing of Minot, Unbaked Cookies, Sugar Cookies, Special Party Cookies Connie Hanson of Devils Lake, Monster Cookies Carol Rubbelke of Minot, Rice Krispies Bars Candy Blue Ribbon Winners Louise Schneiderman of Bottineau, Dip Candy, pinoche Sara Lee of Garrison, Caramels Fried/Ethnic Blue Ribbon Winners Michelle Fundingsland of Minot, Krumkaka, Rosettes Charles Repnow of Minot Special Diet Blue Ribbon Winners Taunia Martin, Cookies

a sequenced bilateral mission July 29, 2017.

The mission was in direct response to North Korea's escalatory launch of intercontinental ballistic missiles July 3 and July 28.

"North Korea remains the most urgent threat to regional stability," said Gen. Terrence J. O'Shaughnessy, the Pacific Air Forces commander. "Diplomacy remains the lead; however, we have a responsibility to our allies and our nation to showcase our unwavering commitment while planning for the worst-case scenario. If

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