# northernsentry

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U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS DILLON J. AUDIT

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**Videos** 

### Team Minot tours Cavalier AFS, Camp Grafton

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

**INOT AIR** FORCE BASE, N.D.

Approximately 30 Airmen from Minot Air Force Base toured Cavalier Air Force Station and Camp Grafton to learn more about their missions June 12-13.

Since Minot AFB hosts two-thirds of the nuclear triad, it is important for Airmen to understand how Cavalier AFS and Camp Grafton play a role in deterrence.

"Our missions correlate with [Minot AFB's]," said Capt. William Tanner, 10th Space Warning Squadron operations flight commander. "It's good to exchange knowledge, ideas and experience that all three of our mission sets can benefit from: intercontinental ballistic missile operations, B-52H Stratofortress ops and missile warning."

With only 40 active duty military members, Cavalier AFS consists of a few buildings, including housing, a recreational building and the Precision Acquisition Radar (PAR) building.

The PAR building houses a large radar capable of detecting anything from giant satellites to space debris. The radar can monitor and track any potential missile launches traveling through parts of the contiguous United States, Alaskan and Canadian airspaces.

Operators stay on duty at all times, monitoring hundreds of objects, said Tanner. When something shows up that isn't normal or expected, they notify higher headquarters with the information regarding what has appeared.

After the tour at Cavalier AFS, Team Minot Airmen were bussed to Devils Lake for the night to continue the tour at Camp Grafton the following day.

Camp Grafton is an Army National Guard installation equipped with training simulators and large ranges nearby. While there, Minot AFB members participated in expeditionary training such as simulated firing, Humvee rollovers, obstacle courses and live-firing on a range.

Although Team Minot security forces defenders train at Camp Grafton annually, many Airmen outside the career field don't have the chance to visit and train.

"It was an opportunity for us to understand what it looks like downrange," said Capt. Brady Rinke, 91st Missile Wing senior intelligence officer. "It's important to occasionally sharpen some of those skills that may or may not be used by every [job] given the unique mission that we execute at Minot [AFB]."

**Participating Team** Minot Airmen learned how surrounding units play a role within Minot AFB's plan for strategic deterrence.

"It's important for members of Team Minot to go to Camp Grafton and Cavalier [AFS] to understand how other entities operate within the state and how we can support each other," said Rinke. "We hope to be able to visit again in the future."

Minot Air Force Base Airmen participate in expeditionary training at Camp Grafton, North Dakota, June 13, 2018. For this exercise, Airmen used a rope to move five people from one side of a barrier to the



U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS ALYSSA M. AKERS





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## **SUMMER GAMES 2018**

Team Minot Airmen compete in the fourth annual Summer Games at Minot Air Force Base, North Dakota, June 29, 2018. Events included, but are not limited to, a 3 km run, ball sports games, fire muster challenge, bubble ball soccer, corn hole, a strong team challenge and water log roll challenge. Many squadron teams competed but ultimately the 5th Civil Engineer Squadron team took home the summer games cup.

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN STEVEN ADKINS AND AIRMAN 1ST CLASS DILLON J. AUDIT

















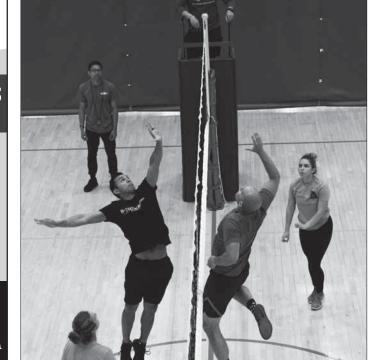
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#### **TODAY**

- Last day to register for Whitewater Rafting & Horseback Riding Trip at Outdoor Recreation
- First Friday 5K Cowboy Run, 0730, Fitness
- Kids Summer Bowling, 0900-1400, Rough Rider Lanes
- Kids Bowl Free Program, 0900-2100, Rough Rider Lanes
- Free Range Balls for Juniors, 1200-2100, Rough Rider Golf
- Celebrate Freedom First Friday, 1600-2200, Jimmy Doolittle Center
- Ground Zero Lounge Open, 1600, Jimmy Doolittle Center
  - Keystone Meeting, 1600-1700, Youth Center
- Torch Club, 1600-1700, Youth Center • Friday Fun Members Buffet, 1630-1830,
- Rockers Bar & Grill • Yoga, 1700, Fitness Center
- Club Members \$\$\$ Drawing, 1730-1830, Rockers Bar & Grill and the Jimmy Doolittle
- Karaoke Night, 2000, Rockers Bar & Grill Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes

#### **SATURDAY**

- Yoga, 1000, Fitness Center
- Free Range Balls for Juniors, 1200-2100, Rough Rider Golf
- Fight Night UFC 226: Miocic vs Cormier, Preliminaries begin at 1900 and Main Card at 2100, Rockers Bar & Grill
- Bowl the Night Away with "Lights & Strikes", 2000-2400, Rough Rider Lanes

#### **SUNDAY**

- Last day for Athletes/Trainers to register for the Armed Forces Men's Softball Championship
- Free Range Balls for Juniors, 1200-2100, Rough Rider Golf Course
  - Family Zumba, 1400, Fitness Center

- Registration opens for Whitewater Rafting & Horseback Riding Trip at Outdoor Recreation
  - Tactical Fitness, 0600, Fitness Center
- Kids Bowl Free, 0900-1400, Rough Rider Lanes
- July U.S. Kids Golf Session begins at Rough Rider Golf Course
  - Tactical Fitness, 0600, Fitness Center
- Paintball 102 Camp, 0900-1130, Youth Center
- Kids Summer Bowling, 0900-1400, Rough Rider Lanes
- Kids Bowl Free, 0900-1400, Rough Rider
- Free Range Balls for Juniors, 1200-2100, Rough Rider Golf Course
  - Reintegration Briefing, 1300, A&FRC
  - Craft Club, 1800, Base Library
- FCC Pre-Orientation, 1800-2000, FCC Office located inside Rough Riders Pizza
- Yoga, 1830, Fitness Center

#### **TUESDAY**

- Pre-Separation Counseling, 0800-1130,
- Fit Family Boot Camp, 0900, Fitness Center • Kids Summer Bowling, 0900-1400, Rough Rider Lanes
- Kids Bowl Free Program, 0900-1400, Rough Rider Lanes
  - Paintball 102 Camp, 0900-1130, Youth Center
  - Game Day, 1000-1930, Base Library
  - Fit To Fight, 1130, Fitness Center
- Free Range Balls for Juniors, 1200-2100, Rough Rider Golf
- EFMP-FS Peer Support Group, 1630-1730, A&FRC
- Fit To Fight, 1700, Fitness Center
- Family Fun Night, 1700-2100, Rough Riders

#### WEDNESDAY

- Tactical Fitness, 0600, Fitness Center
- Right Start, 0730, held at the Jimmy Doolittle Center, hosted by A&FRC
- Kids Summer Bowling, 0900-1400, Rough Rider Lanes
- Kids Bowl Free, 0900-1400, Rough Rider Lanes Club Member Benefit, 0900-1400, Rough
- Rider Lanes
  - Paintball 102 Camp, 0900-1130, Youth Center
  - Kids Yoga, 0930, Fitness Center

- Story Time, 1030, Base Library
- Brown Bag Book Talks, 1200, Base Library
- Free Range Balls for Juniors, 1200-2100, Rough Rider Golf Course
- Pre-Deployment/Remote Readiness Training, 1300-1400, A&FRC
  - 4-H Club, 1600-1700, Youth Center
- Mug Club Special, 1600-1800, Rockers Bar &
- Boss & Buddy \$1 off Draft Special, 1630-1830, Rockers Bar & Grill
- Members Wind Down Wednesday Buffet, 1630-1830, Rockers Bar & Grill
  - Yoga, 1830, Fitness Center
  - Tactical Fitness, 1930, Fitness Center

#### **THURSDAY**

- Strut Replacement Special begins at Auto
- Battle Rig Fitness Course, 0730-1700, Fitness Center
- Kids Summer Bowling, 0900-1400, Rough Rider Lanes
- Kids Bowl Free, 0900-2100, Rough Rider Lanes
  - Paintball 102 Camp, 0900-1130, Youth Center • Fit to Fight, 1130, Fitness Center
- Free Range Balls for Juniors, 1200-2100, Rough Rider Golf Course
  - Reintegration Briefing, 1300, A&FRC
- STEAM Around the World, 1500, Base Library
  - Fitness Hour, 1600-1700, Youth Center
  - Fit to Fight, 1700, Fitness Center
- Members 2 for 1 Appetizers, 1700-1900, Rockers Bar & Grill
  - Olympic Weight Lifting, 1730, Fitness Center
  - Craft Club, 1800, Base Library
- "Have a Ball" Summer Bowling League, 1830, Rough Rider Lanes

#### **UPOMING EVENTS - JULY 13**

- Last day to register for the Only The Best Come North Scramble at Rough Rider Golf Course
- Battle Rig Fitness Course, 0730-1700, Fitness Center
- Kids Summer Bowling, 0900-1400, Rough Rider Lanes
- Kids Bowl Free Program, 0900-2100, Rough Rider Lanes
  - Paintball 102 Camp, 0900-1130, Youth Center • Free Range Balls for Juniors, 1200-2100,
- Rough Rider Golf • Ground Zero Lounge Open, 1600, Jimmy Doolittle Center
  - Keystone Meeting, 1600-1700, Youth Center
  - Torch Club, 1600-1700, Youth Center
- Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill
- Grill Your Own Steak Night, 1700-1900, Jimmy Doolittle Center
  - Yoga, 1700, Fitness Center
- Club Members \$\$\$ Drawing, 1730-1830, Rockers Bar & Grill and the Jimmy Doolittle
- Karaoke Night, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes

#### **UPOMING EVENTS - JULY 14**

- Yoga, 1000, Fitness Center
- Free Range Balls for Juniors, 1200-2100, Rough Rider Golf
- Story Walk, 1300, in the field behind the Base Library
- Give Parents A Break, 1300-1700, CDC & Youth Center
- Bowl the Night Away with "Lights & Strikes", 2000-2400, Rough Rider Lanes

#### ONGOING EVENTS

- Rough Riders Pizza Special July Special -Chicken Cordon Bleu It's back! Treat yourself with this delicious dish at Rough Riders Pizza! Our basil butter crusted dough is covered with creamy alfredo sauce, followed by layers of sliced ham, chopped chicken, and a finale of swiss and mozzarella cheeses. 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 July Special -Caramel Snickerdoodle Macchiato Satisfy your sweet tooth this month with B-Fifty Brew's Drink Special! Delicious soy milk joins cinnamon dolce and vanilla syrup over ice. Or try it warm with a topping of fluffy whipped cream and a sprinkle of cinnamon! Grande \$5.00, Venti \$5.50

 Auto Hobby June Specials July 1-9 Scan Tool Hook-Up Special. Check engine light making you nervous? Customers can bring their vehicle in to find the problem. If parts are needed, purchase them with Auto Hobby and the scan tool hook-up fee will be waived. Regular Price: \$25 Special: \$20 July 12-23 Customer removes assembly from vehicle and Auto Hobby staff will remove the old strut from the spring and install a new strut. Regular price per strut: \$15 Special price per strut: \$12

• Kids Bowl Free Bowling Special – May 1st through August 31st Don't miss out on this year's Kids Bowl Free program! Just go to www. kidsbowlfree.com/airforce to register children 15 and under! Then, receive each child's passes by email for 2 FREE GAMES A DAY! Offer Valid: Monday-Wednesday: 9am-2pm Thursday-Friday: 9am-7pm For more information, call 727-4715

#### **EMBRY-RIDDLE AERONAUTICAL UNIVERSITY** is now registering for the Summer

2018 term (1 Jul-1 Sept). You can enroll in classes for CCAF, classes towards Undergraduate degrees such as: AS/BS Aeronautics, AS/BS Aviation Maintenance, AS/BS Technical Management and Graduate degrees: MS Aeronautics, MBA Aviation & MS Management. Please stop by the ERAU office, located inside the Minot AFB Education Center Bldg, Room 223 or email your registration request or any inquiries to minot@erau.edu . To apply to the University, please go to https://worldwide.erau.edu/admissions/apply/ and select Minot as the Campus location. Our course modalities include Eaglevision class onsite, online and Eaglevision home. If you have any questions, please call 701-727-9007.

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#### MINOT STATE UNIVERSITY SUMMER THEATER PRESENTS ONE STRANGE NIGHT 7/05/2018 - 7/09/2018 8:30

**PM - 11:00 PM** Minot State University Summer Theatre 500 University Ave W, Minot, ND 58707 Directed by Jacob Jenkins and Written by MSU Alum- Brad Dokken Written by Crosby native and veteran of the Summer Theatre stage, Bradley Dokken, this farcical comedy involves a bingedrinking mother-in-law, an obnoxious neighbor, a conniving art thief, a flirtatious young woman, a bumbling police officer and his straight-laced partner. When all of these characters converge on the home of James and Laurie Nelling, it is sure to be One Strange Night indeed. All performances begin at 8:30 p.m. Box Office opens at 7:30 p.m. Reserve your tickets today! 701-858-322 — TICKETS — \$20 - Deck Seats (All ages. No discounts) \$15 - Adults \$10 - Seniors (65+), current Military, MSU Faculty, Staff and Summer Students with Current MSU ID \$5 - all youth 18 and under

#### WITH ROOM COFFEE GRAND **OPENING 7/07/2018 8:00 AM - 5:00**

PM With Room Coffee 400 E Central Ave, Suite 103, Minot, ND 58701 We are S O excited to finally announce our grand opening date! There was so much work and love put into this location, we cannot wait for you to see it! There will be a giveaway, specials, FREE plants and more! Stay tuned for all the details to come! HTTPS://WWW.FACEBOOK.COM/ EVENTS/789025694627250/

#### **WORKOUT WITH THE MINOT** FIREFIGHTERS 7/07/2018 10:00 AM

- 11:00 AM Oak Park 1300 4th Avenue NW Minot, ND 58703 Join the Minot Fire Dept. in Oak Park on July 7 for a free workout with their team. They will be running a workout featuring 8 stations of traditional firefighter training. This boot-camp style event is open to the public and includes pulling hoses, dragging dummies, and carrying tools from the firetruck.

#### **DOMESTIC VIOLENCE CRISIS CENTER'S 7TH ANNUAL RIDE TO** REMEMBER MOTORCYCLE & POKER RUN 7/07/2018 10:30 AM - 8:00 PM

The Landing Bar 2015 N Broadway Minot, ND 58703 This is our 7th Annual Motorcycle Poker Run. Registration at the Landing Bar. Kickstands up at noon. Stops at: Idle Hour Bar in Burlington Grano Lakeside Lounge in Grano Drinks Inc in Mohall Del Jr's in Glenburn The Landing in Minot by 6pm for Dinner Drinks and Raffles. Tickets sold at each bar location listed. Raffle Tickets 10.00 each. Registration \$20.00 per person. All proceeds for the Domestic Violence Crisis Center. https://www.facebook.com/events/594358570919629/



COURTESY PHOTO

Six passengers aboard a canoe were located in a joint search and rescue mission June 25, 2018, in the Pacific Océan southwest of Guam. Crew members flying a B-52H Stratofortress assigned to the 20th Expeditionary Bomber Squadron, stationed at Barksdale Air Force Base, La., and deployed to Andersen AFB, Guam, successfully located six passengers who had been missing for six days and relayed their location to the Coast Guard.

## 20th EBS aid in rescue off coast of Guam

TSGT. JAKE M. BARREIRO | 36TH WING PUBLIC AFFAIRS

ANDERSEN AIR FORCE BASE, Guam (AFNS) -- The B-52 is world-famous for its longrange capabilities, but during a routine flight near Guam June 25, 2018, crew members with the 20th Expeditionary Bomb Squadron, stationed at Barksdale Air Force Base, Louisiana, and deployed to Andersen AFB, were tasked with a unique situation: to use their aircraft's versatility in the search and rescue of a lost local vessel with six passengers onboard.

It was approximately 11 a.m. and Capt. Sean Simpson, 20th EBS aircraft commander, and his crew were airborne over Guam. At this time the U.S. Coast Guard Sector Rescue Coordination Center made a call to the 20th EBS at Andersen AFB requesting assistance locating a historic Pacific Island style canoe that had been missing since June 19.

The canoe's sailors were supposed to make a oneday journey from Piagailoe Atoll with minimal provisions. But after they went missing for six days, their families contacted the Coast Guard for help.

The information was relayed to the crews of the already airborne B-52s. At first, they were surprised.

"This was a unique situation for us," said Simpson. "It's not every day the B-52 gets called for a search and rescue." Operating under the

knowledge that the vessel could be anywhere within a 275 x 230 nautical mile radius southeast of Guam. the crew knew the mission wouldn't be easy. Even finding a familiar or large missing vessel is a tricky task, and Simpson and his crew didn't know what this historically-styled canoe looked like.

"We'd never heard of this kind of vessel before," said Simpson. "We knew this was going to be a challenge."

However, aid came in the form of a popular culture reference. The canoe just so happened to resemble one helmed by a famous Disney princess.

"We asked for more details about the vessel, and the dispatcher told us 'it's just like the boat from Moana'."

The reference sailed by Simpson, who'd never seen the film, but it gave the rest of the crew a clear idea of what to look for.

For more than three hours, the crews scoured the ocean for the wayward vessel. At approximately 2:45 p.m., the crew in Raider 11 spotted a small wooden canoe with a white sail and six passengers on board. Somehow, in all that swath of ocean, they had found the small wooden

"We spotted this vessel from about 19,000 feet," said 1st Lt. Jordan Allen, 20th EBS crew member. "It's really a small miracle that we were able to see it

because there were quite a bit of clouds."

The B-52 crew members were able to give the Coast Guard the coordinates, who then contacted a nearby civilian ship to voluntarily assist in the recovery.

The local islanders were traveling in a vessel important to their culture and heritage. They didn't want to leave the canoe, but gratefully accepted food, water, and directions back to land. The mission was successful.

"We were so excited to be able to help," said Jordan. "This is a highlight of our tour here. It shows the spirit of teamwork we all have. Not just the aircrew, but the Coast Guard and everyone else who was able to help."

This successful search and rescue mission sits as a capstone on the 20th EBS's deployment, speaking to the spirit of service the squadron has brought to and kept with them in Guam.

"I couldn't be more proud of everyone here for their efforts," said Lt. Col. Jarred Prier, 20th EBS director of operations. "Search and rescue isn't something people typically think of when they talk about the B-52, but our training and adaptability really paid off. Being a part of this successful search and rescue operation speaks to the diversity of our skillset and shows our importance here in the Pacific."

### AF celebrates three-peat win at JROTC Leadership and Academic Bowl

LT. COL. VANESSA SAKS **HEADQUARTERS AIR FORCE JUNIOR ROTC** 

AXWELL AIR FORCE BASE, Ala. AFNS) -- The Air Force took top honors for the third year in a row at the Junior Reserve Officer Training Corps Leadership and Academic Bowl in Washington, D.C., June 23-

The Air Force Junior ROTC team from Scripps Ranch High School, San Diego, battled it out to take home the trophy for the third time.

Even for returning champions, there was still a level of uncertainty on how tough the competition would be.

"For me, the most difficult part was definitely not knowing how the other teams are doing - what their strengths and weaknesses are," said Cadet Jackwin Hui, from Scripps Ranch High School. "So going into each new game, it's an entirely new scenario and really just approaching what needed to be done."

Television host Alex Trebek and his production team from the game show "Jeopardy" added to the excitement of this year's competition, interviewing cadets for an upcoming teen version of the show. While the Junior ROTC Academic Bowl is an educational program designed to prepare students for high school exit and college entrance exams, it also served to educate Trebek.

"This event is an eye-opener," Trebek said. "I had heard of ROTC. I had not heard about Junior ROTC and all of the goals that it tries to fulfill for the young students before they get to college."

The Junior ROTC

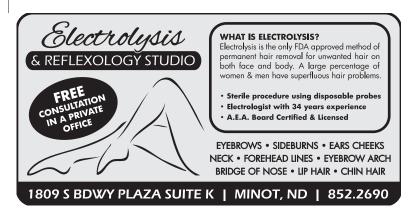
Academic Bowl is a multilevel competition for high school Junior ROTC units to participate in throughout the school year. Following online qualifying rounds, 16 teams traveled to Washington, D.C., to compete for the chance to represent the Air Force in the championship round. This year, 327 Air Force Junior ROTC teams participated, an increase of 80 teams from last year's competition.

The competition includes a mix of Junior ROTC curriculum, English, Math and Science, all skills that contribute to the Air Force Junior ROTC core mission of developing citizens of character.

"Our goal is to support our country," said Col. Paul Lips, Director Air Force Junior ROTC. "But, these are high school kids and they are learning what it takes to succeed by showing hard work and dedication to a team, putting the team first, and going out there and competing.

Representing the Air Force from Scripps Ranch High School were cadets Raymond Sun, Albert Gu, Alan Hang and Jackwin Hui, led by their Junior ROTC instructors, Lt. Col. Michael Sheldon and Master Sgt. Ferdinand Toledo.

'This competition is a true testament to the word teamwork," said Scotty Lewis, deputy director of Air Force Junior ROTC. "To prepare a winning team took countless hours of preparation, discipline and studying, as well as guidance provided by the instructors and team mentors, to compete at the level required."







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### OSSWORD PL

#### Across

- 1. Famed Yankee outfielder
- 6. Carpeting calculation
- 10. Blue-green hue
- Skilled
- 15. Weight supported
- 16. Presses for payment
- 17. Talker who won't stop
- 19. D + DX VII
- 20. "Patriot Games" org.
- 21. Waters of France
- 22. Provides with an office
- 24. Chunnel land
- 26. Verge
- 27. Spouse of 1-Down
- 28. It coasts with runners
- 29. Get the message
- 32. Some are sleepers
- 35. Like some degrees 37. \_\_\_ Bator, Mongolia
- 38. Legalize
- 40. Gaming stake
- 41. Neutralized, in a way
- 43. Waits patiently
- 44. W.C. Fields persona
- 45. Orchestra member
- 46. Mortar tray
- 47. Raptor's defense
- 49. Wine of Sicily
- 53. Carousel figures
- 55. Descartes or Auberjonois
- 56. Home of the cubs
- 57. Historical periods
- 58. One with the pedal to the
- 61. Beat fast, as a heart
- 62. Once, once

- 63. Wax philosophic
- 64. Some fraternal fellows
- 65. Kids connect them
- 66. Husbands and wives

#### Down

- 1. '50s White House tenant
- 2. Deck out
- 3. Put the glove back on the runner's leg
- 4. NASDAQ debut
- 5. Runs in the altogether
- 6. Audibly
- 7. Cook's thickener
- 8. Dig in!
- 9. Supporter of a cause
- 10. Some Clio winners
- 11. Trap for the unwary 12. Complex division
- 13. Yard sale caveat
- 18. Zebra's thatch
- 23. Fashionable Italian resort
- 25. Tropical vine
- 26. Voting alliance
- 28. Awning's offering
- 30. One-named designer
- 31. Buds on spuds
- 32. Dishwater
- 33. Mish-mash
- 34. Quickest way to the top

36. Police ploys 38. Raised in relief

39. Bright light in the big

43. Cause of many yawns

46. Something you might

42. Assumed function

48. Obstinate equines

50. Word on a ticket

52. Baxter and Boleyn

54. Challenging exam

55. Medical advice, often

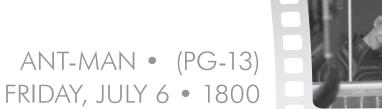
49. Track events

**51**. Sierra \_\_\_\_

53. In this spot

59. Debate side

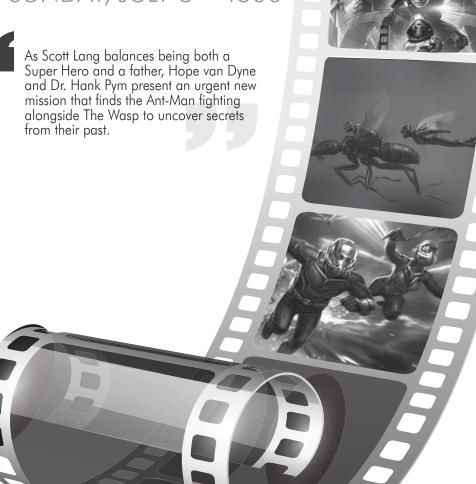
60. D.C. watchdog



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SUNDAY, JULY 8 • 1500





### SUDOKU Solution to puzzle on page 14

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

#### Solution to last week's Crossword puzzle.

Н	Α	Н	Α		Н	Е	Μ	S		С	0	D	Е	S
Е	L	I	S		C	Т	Α	Н		0	Р	Е	R	Α
Α	L	Р	Н	А	Μ	А	L	Е		L	Ι	L	L	Υ
Р	0	Р		Ν	0	L	Т	Е		0	А	Т	Е	S
S	Т	0	K	Е	R		S	Р	А	R	Т	А		
			Е	А	S	Т			L	Е	Е	W	А	Υ
G	А	Z	Е	R		R	А	Р	I	D		Ι	L	Е
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Α	R	Т		Т	А	К	Е	S		В	0	G	U	S
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#### Cream Cheese Spinach Stuffed Chicken



#### **INGREDIENTS:**

- 4 4 oz chicken breasts 1 teaspoon chili powder
- 1 teaspoon Italian seasoning 1/2 teaspoon black pepper 1/2 teaspoon salt
- For the filling: 2 cups fresh spinach chopped or 10-ounce package frozen

To Make filling:In a medium bowl, combine spinach, cream

cheese, parmesan cheese, mozzarella cheese, garlic, and salt +

pepper until fully combined. To Butterfly your chicken breasts:

lay them flat on a sturdy surface. Place one hand on top to hold

breast (be careful not to slice all the way through). To Stuff the

Italian seasoning, salt, and pepper. Spoon 1/4 of cheese mixture

chicken if desired. To Cook: Heat a non-stick skillet on medium

high and add 1 tablespoon olive oil. Cook the chicken, covering the pan with a lid, for about 9-10 minutes per side or until the

Chicken: Season the outside of the chicken with chili powder,

into the middle of the cut chicken breasts and fold the chicken

so the cream cheese is sealed inside. Use toothpicks to secure

it in place and then slice 3/4 of the way through the chicken

**INSTRUCTIONS:** 

chicken is cooked through.

chopped spinach, thawed and squeezed dry

4 oz cream cheese at room temp 1/4 cup of Parmesan cheese

1/4 cup mozzarella cheese 1 tbsp minced garlic

Dickinson's 2018 Bandshell Concert Series; www. dickinsonparks.org; 701-456-

July 5-July 7: Ryan Keplin

### **NORTH DAKOTA LEGENDARY**

If you're in search of all-American summer fun, North Dakota is ripe with options. Idyllic temperatures and sustained daylight (the average sunset in July is around 9:20 p.m.) mean visitors can get the most out of the warm-weather fun. Head to the beloved North Dakota State Fair in Minot to hear world-class music acts and to satisfy your sweet tooth (funnel cakes) and thirst for adventure (carnival rides). Celebrate the Stars and Stripes at one of many festive Fourth of July events across the state. Gather family and friends and find a spot to spread a blanket and enjoy local theater or music performances under North Dakota's constellations. For more information about these activities, and for a complete list of events, go to NDtourism.com

June 1-September 8: Medora Musical; www.medora.com; 701-623-4444.

or call 800-435-5663 or 701-328-

June 6–August 22: Devils Lake presents Arts in the Park; www.devilslakend.com

June 12–August 14:

June 30-August 1: Pembina Gorge's Frost Fire Summer Theatre presents Route 66; www. frostfiretheatre.com; 701-549-3602.

Summer Fest at Maple Sugar Ranch, Rolette; www.ryankeplin. com/; 701-278-0260.

Festive North Dakota Fun and Fanfare this July

July 6-15: Joseph and the Amazing Technicolor Dreamcoat at Sleepy Hollow Theatre and Arts Park at Bismarck; www. shst.org; 701-319-0894.

July 10-August 28: Grand Forks' North Dakota Museum of Art Concerts in the Garden; www.ndmoa.com/2018-Concerts-in-the-Garden; 701-777-4195.

July 19–28: The Hunchback of Notre Dame at Sleepy Hollow Theatre and Arts Park Bismarck; www.shst.org; 701-319-0894.

July 26: Music and Art in the Park at Cavalier; 701-265-8188.

July 28: Happy Harry's Blues on the Red Summer Music Fest at Grand Forks: www. visitgrandforks.com/; 701-772-8404.

Tim McGraw and Faith Hill Soul2Soul World Tour

**Grand Forks** July 10

One of America's most beloved country music couples is making a stop at Grand Forks' Ralph Engelstad Arena. Wife and husband team Faith Hill and Tim McGraw will perform together on their critically-acclaimed Soul2Soul World Tour. For tickets or to learn more, visit

www.theralph.com/events/detail/

tim-faith; 701-777-4167. Red River Valley Fair West Fargo July 10-15 Hang with the locals at the Red

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River Valley Fair. Spend the day visiting exhibits and sampling vendor food. As night falls, enjoy shows from bands like Bush, Sawyer Brown, Brothers Osborne and more. www. redrivervalleyfair.com; 701-282-

Downtowners German Days Bismarck July 12-14

Back for its fourth year, Bismarck's German Days brings all things German to the heart of downtown Bismarck. Visit vendors for the chance to partake in an authentic German experience – from food, drink and music. Visit www. bismarckgermandays.com for more information.

Fargo's Downtown Street Fair Fargo

July 13-15

Stroll up and down Fargo's charming downtown city blocks to take part in North Dakota's largest free outdoor event. Broadway Avenue is lined with vendor booths filled with fine art, iewelry, photography and quality crafts during Fargo's 42nd Annual Downtown Street Fair. Sample the delicious food and enjoy live entertainment. Visit www.downtownfargo.com; 701-242-1570.

International Peace Garden 85th Anniversary Celebration

Dunseith July 14-15

Celebrate the 85th anniversary of the International Peace Garden. There will be entertainment daily along with children's activities and food and craft vendors. A formal ceremony will be held on July 15th at 1 p.m. For more information visit https://www.peacegarden.com/; 701-263-4390

North Dakota Governor's Walleye Cup Fishing Derby Garrison

July 20-21

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Anglers put their fishing skills to the test at the North Dakota Governor's Walleye Cup Fishing Derby. The competition is stiff among more than 200 teams competing for big prize money. Plenty of fun to go around and a Junior Governor's Cup for anglers ages 17 and under on Saturday morning. Learn more at www.ndgovernorscup.com or call 701-337-5576.

North Dakota State Fair Minot

July 20-28

If you are looking for guaranteed fun for all ages this summer, look no further than the North Dakota State Fair. This vear's star-studded concert lineup includes Nickelback, Dierks Bentley, Florida Georgia Line and more. Visitors can enjoy a smorgasbord of sweet and savory flavors from food vendors and find hours of entertainment at agricultural displays and other sideshows. Of course, midway rides are a highlight day or night. www.ndstatefair.com; 701-857-7620.

These are just a few of North Dakota activities and events taking place in July. For more information, go to NDtourism. com or phone 701-328-2525 or 800-435-5663.





### Determined to make a better life

**ROBB LINGLEY | AIR FORCE SPACE COMMAND** 

**ETERSON** AIR FORCE BASE, Colo. (AFNS) -- Growing up in Gilroy, California, she had everything a girl could wish for: money, designer clothes and so much more. Shortly after high school graduation, her father took everything from her and kicked her to the streets.

Staff Sgt. Jacqueline Jauregui, Air Force Space Command enlisted aide to the deputy commander, was determined to make her life right but struggled to get there. She talked about her past to fellow Airmen during Storytellers at The Club on Peterson Air Force Base, Colorado, March 30, 2018.

"Growing up in Gilroy was a place where everybody knew each other," said Jauregui. "The way I was raised my dad gave me everything I wanted. I was the girl who spent up to \$3,000 on myself every month."

Although it seemed that everything was perfect on the outside, her home life was not great.

"My dad was diagnosed with bipolar disorder, for which he didn't take his medication and he was an alcoholic," said Jauregui. "When he came home we wouldn't know what kind of mood he would be in and he would just trash the house. The next day he would leave a \$1,000 check on the table to replace what he broke."

Jauregui became tired of depending on her father and his money. When she was close to graduating high school he told her he wasn't going to pay for her college.

"I decided that since I wasn't going to college I would join the Air Force," said Jauregui.

Two weeks before her high school graduation, she was in a car accident and injured her back. The injury was serious enough for her that she wasn't able to enlist in the Air Force right away because she was on pain medications.

A week after she graduated high school, her father kicked her out of the house and completely cut her off.

"I could only take with me what I paid for with my own money," said Jauregui.

Jauregui bounced around living with various friends until she settled in with her cousin and his wife. For a while things went well. Her

cousin gave her a car and she had a job. The problem was her cousins were Crip gang members.

For Jauregui their gang affiliation didn't bother her because for the first time in years she felt like she was a part of a family. She was close with her cousins and their friends and having fun. Because of this she actually wanted to be more involved with the gang.

Two of Jauregui's cousins sat her down and explained to her that if she joined the gang there would be only two ways out of the gang: death or prison.

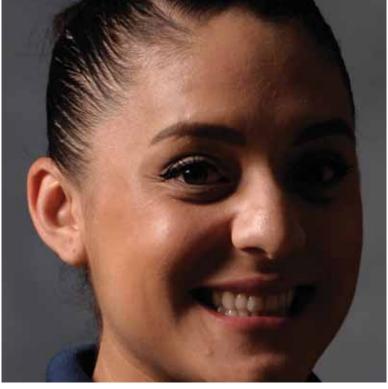
"My cousins wouldn't let me become a gang member," Jauregui said. "They told me I was young,

had a clean slate, and they didn't want that life for me because I had so much potential."

Her cousins gave her money and kicked her out of the house. She ended up moving in with her boyfriend. After a while he quit his job and they were living off her \$12.99 an hour salary. To help make ends meet they sold all of their furniture, leaving them with just a mattress.

"All we could afford to buy was ramen and frozen burritos," said Jauregui. "We couldn't even afford toiletries. My boyfriend and I had to share a bar of soap, which was

Continued on page 9



U.S. AIR FORCE PHOTO | ROBB LINGLEY

PETERSON AIR FORCE BASE, Colo. - Staff Sgt. Jacqueline Jauregui, Air Force Space Command enlisted aid to the deputy commander, poses for a photo at the 21st Space Wing portrait studio at Peterson Air Force Base, Colorado, June 20, 2018. Jauregui made a life decision in 2008 to separate herself from Crip gang activity and joined the Air Force.



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MINOT, NORTH DAKOTA

#### **BETTER LIFE**

#### from page 8

disgusting."

Jauregui's low point came when she couldn't afford to buy soap to bathe with. She took a bottle of laundry detergent from the laundry room of her apartment. She and her boyfriend used that to wash themselves.

They weren't be able to buy anything, but her boyfriend bought and sold drugs. Jauregui told him she wanted to join the military and couldn't be around drugs.

The following summer Jauregui went to stay with her best friend after she returned from college. Her friend's parents, seeing how desperate she looked, bought her necessities. Before going on vacation, her friend dropped her off

at her apartment where her boyfriend was throwing a party.

Jauregui got really mad and took a walk around the neighborhood.

"I was walking when I saw a mother with her young son and daughter," said Jauregui. "All of a sudden I heard a car screech up and then gun shots. I remember ducking behind a pillar and watched the mother chuck her kids in her apartment as she hid behind a pillar as well."

In that moment, while gun shots were going off, she thought to herself, "What am I doing here? This isn't the life that I wanted."

After, she went to a pay phone and called

her grandmother in Del Rio, Texas, for help. Her grandmother immediately flew her out to Texas in July 2008. Two months later she was finally able to join the Air Force.

"What I learned is that life is hard," Jauregui said. "It literally takes one second to wreck your entire life. I almost joined a gang and did drugs and that would have ruined my entire life."

Jauregui remembers when her cousin prevented her from joining the gang, and told her not to make a bad decision that would negatively impact her life just because she was having a bad day.

She made the right decision.



#### **Sweet lessons:** 70th anniversary of the Berlin Airlift

ASHLEY M .WRIGHT | SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

ASHINGTON (AFNS) -- The end of World War II brought on a new, different conflict - a cold war. An immediate battleground became the divided country of Germany. The Allies divided the defeated Germany with the French, British and Americans taking the western half of the nation spreading the ideals of democracy, and the Communist Russians taking the eastern half of Germany, but was still looking for more. In June 1948, Russian forces blockaded the Allied-controlled areas of Berlin, shutting off food, coal and medicine to two million Germany citizens.

The 9-month-old U.S. Air Force answered the call with open arms to new allies in need, showcasing the effects of humanitarian aid to keep peace. One of the most famous veterans of the Berlin Airlift is Retired Col. Gail Halvorsen, known as the "Candy Bomber." A few years ago, he agreed to share his story in a phone interview. On this anniversary of the start of the Berlin Airlift and as the Air Force continues to answer humanitarian calls from those in need, a first-hand look back at the first U.S. Air Force humanitarian effort is warranted.

"We learned very clearly that the new enemy was Stalin. He was taking over where Hitler left off. We knew exactly what Stalin had in mind," Halvorsen said.

The Soviets struck June 24, 1948, blockading thousands of Germans from food and supplies. Within a few days, their aggression was answered.

"We knew that most of the folks in Berlin were women and children that was all that was left (after the war)," the Utah native said. "They were cutting off all the milk to the kids. That did it.'

The next day, Halvorsen and his the C-54 Skymaster were bound for Europe.

"I had never been very far from home, but my mom and dad taught me several points of character that will make your life more rewarding to you and some of those around you," he explained. "The first one is service before self. If a man needs help, you do it. (Dad) taught that to me from day one. You see the need, not what is in it for me."

This life lesson came back to him as he prepared to feed the capitol city of Hitler's regime only three years after their surrender. Once landed in Germany, having no suitable barracks, the influx of Airmen found a place to stay in the attic of a barn on the air base.

Some Airmen had mixed emotions at first about aiding the former enemy that was shooting at American pilots just three years ago. Halvorsen posed a question to a fellow crewmember.

"It is a hell of a lot better to feed them, then kill them," his friend said. "I'm glad to be back."

That is service before self. That is what causes your enemy to become your friend, Halvorsen said, admitting that he had issues at first with the mission, but it quickly changed.

"The solidifying factor for me was when I landed that first flight over Berlin. The Germans. some in mixed uniforms, come streaming at the airplane. I had the enemy eyeball-to-eyeball right in my cockpit. They looked down at the flour and thought it was from heaven. That sealed my thoughts,

and I never looked back."

Taking on the feeding and care of thousands would take a monumental effort and a minimum of 4,000 tons of food and fuel per

"We flew in 12-hour shifts. If we started out at 8 o'clock, we would be flying all night into the next day," Halvorsen said. "There were two major shifts, one was at daylight, and one was at night. We would get up a couple hours ahead of time and head out to the airplane and pre-flight check."

This was not always a milk run. The weather was a particular

"Later on, we got radar, and our blood pressure went down 10 points. Radar saved our lives. Every approach we would make would be an instrument approach whether it was clear as a bell or not because you had to keep the distance between the airplanes. Every landing felt like you were in the clouds," Halverson said.

The flights from Rhein-Main to Tempelhof were only 280 miles, but that did not make the operation easy. The beginning of the airlift was not as organized as needed for such a massive effort. The Air Force turned to Lt. Gen. William H. Tunner to change that. Tunner led the allies over the Hump in World War II, keeping China supplied to fight the Japanese in the Pacific, and prior to that, he served as commander of the Ferrying Division, which ferried 10,000 aircraft to the war zone per month.

"General Tunner was a genius, and he was one of the reasons the airlift worked well," Halvorsen said. "When we would land, we would go into the snack bar and have a hot breakfast or supper while they unloaded the airplane. General Tunner found out that on some occasions the airplanes were unloaded, and the guys were still eating scrambled eggs (inside the snack bar). That was the last time the guys went into the terminal building. He sent it out to a little snack bar on wheels. They would eat the snacks out by the airplane. That was typical from then on. We would fly three round trips and go to bed. We were lucky if we got eight hours sleep."

At the height of the Berlin Airlift, aircraft were landing every three minutes, supplying up to 13,000 tons of food, coal and medicine a day, according to the Air Force Historical Support Division.

This coordinated effort relied larger on the weather. One day while waiting for the rain to stop,

Halvorsen noticed something. "I saw all these children at the end of the runway," he recalled.

But he and the others did not give them much thought as they all felt the Soviets could not keep the blockade up much longer.

"I wanted to get around town to West Berlin and get movies of all this destruction we see from the air and how these kids were living," Halvorsen said.

Little did he know how much those Berlin children would reinforce his Utah family's second life lesson: Gratitude.

Halvorsen and his crew finished their flights around noon one beautiful mid-July day. Normally, the aircrews would catch a few

### MINOT AIR FORCE BASE 2017 WATER QUALITY REPORT SYSTEM ID 51006600

#### INTRODUCTION

We're very pleased to provide you with Minot Air Force Base's 2017 Water Quality Report. We want to keep you informed about the excellent water and services you have received over the past year. Our goal is, and always has been, to ensure that you receive a safe and dependable supply of drinking water. We are pleased to report that our drinking water is safe and meets all state and federal requirements.

#### WHERE DOES OUR WATER COME FROM?

Minot has two sources of water: the Minot Aquifer and the Sundre Aquifer. The Minot Aquifer follows the Souris River in this vicinity, and the wells are in the valley in the west part of Minot. The Sundre Aquifer comes from the north, travels under Minot, turns and runs southeast to the county line. The wells are about five miles southeast of town where the aquifer passes under the Souris River. The Minot Water Plant is located beside the Souris River at 900 16th Street Southwest.

Minot is currently working on what is called the NAWS (Northwest Area Water Supply project). This will bring Missouri River water from Lake Sakakawea to Minot where it will be treated and sent out to satisfy the water needs of much of northwest North Dakota, including Minot AFB.

#### WELLHEAD PROTECTION

The City of Minot participates in North Dakota's Wellhead Protection Program. The City of Minot has completed the delineation and contaminant/land use inventory elements. Based on information from these elements, our source water has been determined to be moderately susceptible to potential contaminants. Copies of the Wellhead Protection plan and other relevant information regarding this program can be obtained from the City of Minot Engineers Office, Public Works during normal office hours.

#### THE SAFE DRINKING WATER ACT

The Safe Drinking Water Act (SDWA) was first passed in 1977. It was amended in 1986 and again in 1996. As part of the 1996 amendments all customers must receive a report on the quality of their drinking water. This report covers the calendar year 2017. These results represent the latest tests performed on our water. Also included in the report are pertinent subjects such as water sources, water quality, and a description of terms used.

Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate the water poses a health risk. More information about contaminants and potential effects can be obtained by calling EPA's Safe Drinking Water Hotline (800-426-4791).

#### ANALYSIS OF MINOT AFB DRINKING WATER

There are 83 substances that are regulated by the EPA, all regulated substances found in our water are well within the established limits and are listed in Table 1. There are a number of components common in all water. Since Minot has 14 different wells, these components can vary. In addition to the regulated substances Minot also tests for turbidity (clarity) and disinfection by-products. Soon to be added are radon, sulfates, and more disinfection by-products.

Federal regulations allow a system to monitor for regulated contaminants less often trian orice a year. The results listed in Table 1 include the date and results of the most recent samples collected.

#### A FEW WORDS ABOUT WATER QUALITY

The sources of drinking water (both tap water and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs, and wells. As water travels over the surface of the land or through the ground, it dissolves naturally-occurring minerals and, in some cases, radioative material and substances resulting from the presence of alimals or from human activity.

Contaminantsthat may be present in source water include:

Microbial contaminants, such as viruses and bacteria, which may come fron sewage treatment plants, septic systems, agricultural livestock operations, and wildlife.

Inorganic cortaminants, such as salts and metals, which can be naturally- occurring or result from urban storm run-off, industrial or dimestic wastewater discharges, oil and gas production, mning, or farming.

Pesticides and herbicides, which may come from a variety of sources such as agriculture, storm water runoff, and residential uses.

Organic chemicals, including synthetic and volatile organic chemicals, which are by-products of industrial processes and petroleum production, and can also come from gas stations, urban storm vater run-off and septic systems.

Radioactive naterials, which can be naturally occurring or be the result of ol and gas production and mining activities.

In order to ensure that tap water is safe to drink, the EPA prescribes regulations that limit the amount of certain contaminants n water provided by public water systems. Food and Drug Administration (FDA) regulations establish limits for contaminates n bottled water which must provide the same protection for jublic health.

Some people hay be more vulnerable to contaminants in drinking water than thegeneral population. Immuno-compromised persons such is persons with cancer undergoing chemotherapy, persons who lave undergone organ transplants, people with HIV/AIDS or oher immune system disorders, some elderly, and infants can beparticularly at risk from infections. These people should seek alvice about drinking water from their health care providers. EPv/Centers for Disease Control (CDC) and Prevention gudelines on appropriate means to lessen the risk of infection by Cyptosporidium and other microbial contaminants are available from the Safe Drinking Water Hotline (800-426-4791).

If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with sancina lines and home plumbing Minot AFB is asponsible for providing high quality drinking water, but cannot coltrol the variety of materials used in plumbing components. Use water from the cold tap for drinking and cooking. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking. If you are concerned about lead in your drinking water, you may have your water tested. You may contact the Fist District Health Unit at (701) 852-1376. Information or lead in drinking water, testing methods, and steps you can take a minimize exposure is available from the Safe Drinking Water Hotline or at http://www.epa.gov/safewater/lead.

If you have questions regarding this report, please contact Minot AFB Base Utilities Inc. at 727-5050. You may also attend the Minot City Concil Public Works Committee meetings if you have concerns about water quality. Meeting times and dates can be obtained by contacting the City Clerk's office at 857-4752. Also, if you are awae of non-English speaking individuals who need help with the appropriate language translation, please call Debbie Chappo at (70) 852-0333.

Table 1. Detected Regulated Contaminants

#### **SWEET LESSONS** from page 9

hours of sleep before the next 12-hour shift. But today was different, Halvorsen still hankered to see the ground of Berlin and he had his movie camera with him that day.

"I told my co-pilot and crew chief to go to bed; I was going to Berlin," he announced.

On the flight line, a colleague was about to start engines. Halvorsen had already called ahead to arrange a jeep for his sightseeing visit when he hopped on the cargo plane.

"When I landed, I told the Jeep driver to hold on I would be right back," he said. "I ran to the end of the runway and shot pictures of the airplanes coming up over the bombed out buildings. Eventually, the children came up to the fence. Those kids were friendly. I was there for almost an hour. I was just taken with them as they spoke English pretty well. We were having a great time."

Turning back to the car, a voice chimed into his head.

"I had been to other countries where the kids had chocolate," he said recalling that moment nearly 70 years later. "When George Washington visited his troops, he had little hard candies in his pocket for the kids. That was nothing new. But these kids had not had chocolate for a couple of years. Not one out of the 30 broke ranks and said 'Do you got candy?' When I realized that, it just hit me like a ton of bricks; black and white. I just could not believe that quality of character called gratitude. They were so grateful. They were thankful for their freedom. When I realized that, I thought I got to do something. I reached in my pocket, and all I had was two sticks of gum."

Convinced that everyone deserved a treat or no one did, Halvorsen took about three more steps and the little voice came back clear as a bell directing him back to the fence.

Boy, when I stopped and started back, those kids came to attention," he said. "I pulled out two sticks of gum and broke them in half and passed it to the kids doing the translating. I couldn't believe what I saw. The other kids didn't push or shove or try to grab it. The kids that got half a piece of stick of gum tore off the wrapper and passed it. The kids that got a strip of paper, put it up to their nose, smelled it and their eyes got big. They were dumbfounded. They clutched it in their hands to go home and show their parents, if they had any."

An idea came to Halvorsen - return tomorrow.

"I will be flying overhead, and I will drop enough chocolate for all of you," he announced to the children. "When that translated to everybody, there was a celebration going on."

Halvorsen made one demand of the children. They must share the candy. They agreed, but another question arose. With planes arriving every few seconds, how would the children know which one was Halvorsen's?

"When I would fly over the farm (back home), I would wiggle the wings back and forth. So I said, 'Kids, you watch the airplane. When I come over the center of Tempelhof, if it is clear, I will wiggle the wings.' That is how it began."

The candy bomber was born and the act would soon be named Operation Little Vittles.

With his mind made up that he was doing the right thing, Halvorsen used his candy ration cards for chocolate bars and planned for the flight.

Flying between barbed wire and bombed-out buildings, Halvorsen instructed his flight engineer to push the candy wrapped with a small, cloth parachute out of the a flare shoot.

"Every day, we would see a few more kids come out there. We did that about three weeks before we got caught. It turned out okay," he said.

By the time the news hit the papers of the candy bomber, it was too late to stop the momentum.

What started as a few bars of chocolate because of the gratitude of a few dozen kids turned into worldwide news as the donations of chocolates and little parachutes allowed a total of 23 tons of candy to be dropped to children in their war-tom town. Letters came in through the mail, a volunteer packing station was set-up in Massachusetts.

"It was just a synergy that went crazy," he said. "I couldn't believe where it all came from. It just warmed my heart to see the generosity."

The other quality his father instilled in him and made the operation a success was attitude, Halvorsen said.

"The kids thought someday we will have enough to eat, but if we lose our freedom, we will never get it back. One philosopher said something like, 'I can really control how I feel about 95 percent of the things that happen to me.' That is attitude...It makes good things happen and makes lemonade out of lemons."

Eleven months after the start of the blockade, the Soviets caved and in May 1949, the seizure ended. However, for Halvorsen things would never be the same.

"That little decision with two sticks of gum changed the rest of my life," he said. "Little decisions you make put your footprints on the path that leads to your destination good or bad."

The reputation of the man who brought joy at such a dark hour lives on to this day.

"It is just unbelievable to me. It was a crisis point," said the Candy Bomber as to why Germany named a high school after him in 2013. "The Berliners that were there, that are still alive, just never forgot and kept it in the forefront of their memory. It changed world war history. Stalin was heading west. It was a tipping point in history where his expansion west was stopped. Thirty-one of my Air Force buddies and 39 of my British comrades gave their lives for the enemy - the Germans, who had become friends. They never forgot that. The kids. and what parents were left, in Berlin at the end of the war knew what the Soviets were like. It made an imprint that never faded."

Halvorsen's dedication to helping those in need didn't end after he retired with 31 years of service in the Air Force. In 1994, his request to assist in another humanitarian airlift was approved. He would fly with the Air Force again, this time delivering food to 70,000 refugees fleeing from the conflict in Bosnia.

"We have our freedom to choose, and when the freedom is taken away, air power is the only quick way to answer a crisis like that," he recalled.

### Results

AL (Action Level): The concentration of a contaminant, if exceeded, triggers treatment or other requirements which a water system must follow.

MCL (Maximum Contaminant Level): The highest level of a contaminant that is allowed in drinking water. MCLG (Maximum Contaminant Level

Goal): The level of a contaminant in drinking water below which there is no known or expected risk to health. MRDL (Maximum Residual Disinfection Level): The highest level of disinfectant

Levely: The highest level of disinfectant allowed in drinking water. There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants.

MRDLG (Maximum Residual Disinfectant Level Goal): The level of a drinking water disinfectant below which there is no known or expected risk to health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contaminants. ND (Not Detected): Or below the detectable

ND (Not Detected): Or below the detectable level of the test procedure.

pCi/l (picocuries per liter): A measure of

radioactivity
ppm (parts per million): Or milligrams per
liter, roughly equal to one drop per ten gallon
of water or one minute in two years.
ppb (parts per billion): Or micrograms per

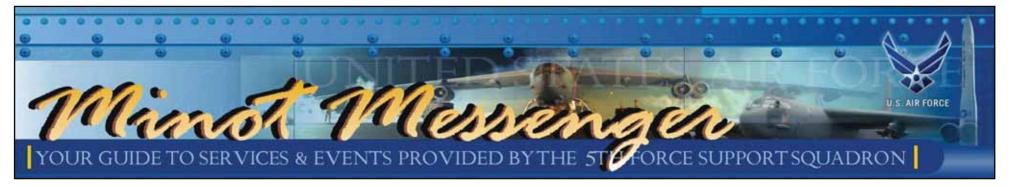
liter, roughly equal to one drop in ten thousand gallons of water or one minute in two thousand years. Ra (Radium): radioactive element that can be

found in nature.

Rn (Radon): radioactive element that can be found in nature. It is the decay product of

U (Uranium): radioactive element that can b

Contaminant	MCLG	MCL	Level or Range	Date Tested	Source of Contaminant
INORGANIC C	ONTAMIN	NANTS			
Arsenic (ppb)	0	10	1.74	3/16	Erosin of natural products; runoff from orchards; runoff from glass and ecotronics production wastes
Barium (ppm)	2	2	0.00433	3/16	Discharge of drilling wastes; Discharge from metal refineries; Erosin of natural deposits
Chromium (ppb)	100	100	1.37	3/16	Discharge from steel and pulp mills; Erosion of natural deposits
Fluoride (ppm)	4	4	0.72	3/16	Erosin of natural deposits; Water additive which promotes strong teeth Discharge from fertilizer and aluminum factories
Nitrate + Nitrite (ppm)	10	10	0.26	2/17	Runof from fertilizer use; leaching from septic tanks, sewage; erosin of natural deposits
Selenium (ppb)	50	50	1.65	3/16	Discharge from petroleum and metal refineries; Erosion of natural depoits; Discharge from mines
DISINFECTION	BYPRO	DUCTS			
Total Haloacetic Acids (ppb)	0	60	11	9/17	Byprduct of drinking water chlorination "Compliance based on annual average
Total Trihalomethanes (ppb)	0	80	46	9/17	Bypeduct of drinking water chlorination "Conpliance based on annual average
DISINFECTAN	TS				
Chloramine residual (ppm)	MRDLG 4	MRDL 4.0	1.9	1/17	Wate additive used to control microbes
OTHER CONT	AMINANT	s			
Copper (ppm)	1.3	AL=1.3	0.038*	7/15	Corrovion of household plumbing systems, erosions of natural depots; leaching from wood preservatives
Lead (ppb)	0	AL=15	7*	7/15	Corroion of household plumbing systems
Total Colforms	0	5% of monthly samples	0	1/17-12/17	Naturally present in the environment
RADIOACTIVE	CONTA	MINANTS			
Gross Alpha (pCi/l) Inc RA Exc RN&U	15	15	1.52	11/09	Erosin of natural products
Radium, combined (226,228) (pCi/l)	0	5	0.00919	11/09	Erosin of natural products
Uranium, combined (ppb)	0	30	0.722	11/09	Erosin of natural products



### Celebrate Freedom First Friday At Doolittle Center On July 6



The Jimmy Doolittle Center invites you to enjoy a special Celebrate Freedom First Friday event on Friday, July 6 from 4-10 p.m.

Bring the whole family for the delicious All-American buffet featuring hamburgers, hot dogs, and tasty sides. Plus kids can enjoy a bounce house and relay race while adults can try their skill at the egg toss and popsicle eating contest. Buffet hours are from 4-7 p.m.

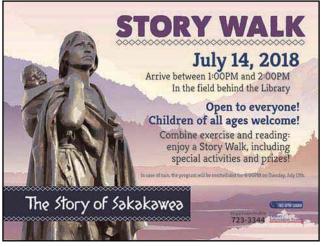
Cost is FREE for Club Members and their spouse, \$5 for children of Club Members ages 13+, \$3 for children of Club Members ages 6-12, and FREE for children of Club Members age 5 and under.

Non-Member cost is \$7 for ages 13+, \$5 for children of Non-Members 6-12 years of age, \$3 for children of Non-Members ages 4 & 5, and FREE for children of Non-Members age 3 and under. For additional information, please contact the Jimmy Doolittle Center at 723-3731.

#### Base Library Hosting Story Walk On Saturday, July 14

The Base Library invites all ages to enjoy their FREE Story Walk event on Saturday, July 14. Youth can enjoy outdoor activities in the field behind the library that combine exercise and reading. Participants can begin their Story Walk anytime between 1 p.m. and 2 p.m. The event will include a variety of activities and prizes. The Story Walk features the classic tale of The Story of Sakakawea. In case of inclement weather, the program will be held Tuesday, July 17 at 6 p.m.

For more details, call the Base Library at 723-3344. If you haven't registered for the Summer Reading Program, be sure to sign-up at the event.



### Show Off Your Ride At The Annual Show & Shine Car Show



If you're a car enthusiast, make plans now to attend the Show & Shine Car Show scheduled for August 11. From muscle cars to antiques, from the hottest new rides to classic cruisers, this 13th 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 featuring the following classes: Car (1976 and newer), Car (1975 and older), Truck (1976 and newer), Truck (1975 and older), Imports (no specific year/model), and Motorcycle. Each class will be judged by the public with the top vehicle in each class receiving the "People's Choice" award for their respective division. In addition, a special "Kid's Choice" award will be given to the top vehicle overall as determined by the votes of the children age 12 and under attending the show. Two special awards, the Warbird's Choice and the Rough Rider's Choice, will be presented to the 5th Bomb Wing and the 91st Missile Wing judge's favorite entry.

Car enthusiasts interested in entering their vehicle 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 July 27. There is no entry fee and each exhibitor receives a complimentary 13th Annual Show & Shine T-shirt for entering their vehicle/motorcycle.

### FREE Admission For Club Members To UFC Fight Night

Club members receive FREE admission to the UFC 226 pay-per-view event at Rockers Bar & Grill on Saturday, July 7. Non-members price is only \$7.

The action features the UFC Heavyweight Championship bout between current champion Stipe Miocic and current UFC Light Heavyweight champion Daniel Cormier. In a co-main match, the UFC Featherweight Championship will be on the line as current champion Max Holloway battles Brian

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

### **Only The Best Come North Scramble Tees Off July 15**



The Rough Rider Golf Course swings into tournament action during the Only The Best Come North Scramble on Sunday, July 15 beginning at 9 a.m. Check-in for the tournament starts at 8 a.m.

This 18 hole, four person scramble is sponsored by Don Bessette Motors. No Federal Endorsement of Sponsor Intended.

Entry fee for the tournament is \$30; green fees and cart rental not included. The tournament is limited to the first 18 teams to sign up. Registration is open now until 5 p.m. on July 13; please call ahead to reserve your team slot.

For additional information regarding the Only The Best Come North Scramble, contact the Rough Rider Golf Course at 723-3164.



### **CLUB MEMBER DRAWING ON FRIDAY, JULY 6** WILL BE FOR \$200.

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

#### FAMILY and YOUTH EVENTS & PROGRAMS

#### Kids Bowl Free Program

Children 15 years of age and under at Minot AFB can now sign-up for 2 FREE games of bowling per day from now - August 31, 2018. Rough Rider Lanes is participating in the Kids Bowl Free program which allows children to sign up at no charge to receive the free games. Simply visit www.kidsbowlfree.com/AirForce website to register your child. Then you will receive your free bowling passes each week via email. Members may use the coupon on any electronic device or print the coupon for presentation to the center. Shoe rental is not included. Each family will have the opportunity to purchase a "Family Pass" directly from the website for \$29.95 that allows 4 additional family members over the age of 15 to receive coupons for 2 free games of bowling per day all summer. For additional details, call Rough Rider Lanes at 727-4715.

#### Kids Summer Bowling

Children ages 17 and under can bowl for \$2/game and free shoe rental at Rough Rider Lanes. Offer valid now to July 31, Mon. - Fri., 9 a.m. to 2 p.m.

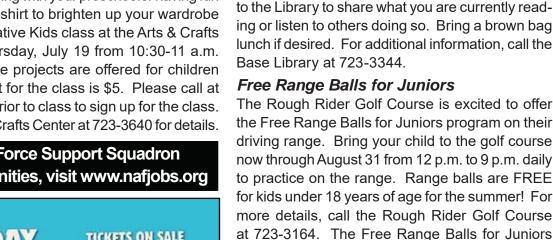
#### Jul 9 Family Child Care Pre-Orientation

Would you like to work in your home, make a difference on Minot AFB, and in the life of a child? Then attend the FCC New Provider Pre-Orientation at the Family Child Care office on July 9 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 information, call the FCC office at 723-6662.

#### Jul 19 Creative Kids Class

Spend the morning with your preschooler having fun decorating a T-shirt to brighten up your wardrobe during the Creative Kids class at the Arts & Crafts Center on Thursday, July 19 from 10:30-11 a.m. Age appropriate projects are offered for children ages 3-5. Cost for the class is \$5. Please call at least one day prior to class to sign up for the class. Call the Arts & Crafts Center at 723-3640 for details.

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



#### Family Fun Night

Looking for an opportunity to take the whole family out for a delicious and affordable meal? Rough Riders invites you to enjoy their Family Fun Night every Tuesday from 5-9 p.m. Club members can enjoy 2 large one topping pizzas, 12 breadsticks, and 2 pitchers of soda for only \$25. Non-members can join the fun for only \$32. Plus children are sure to enjoy spending time and burning off some energy in the Lil' Riders Indoor Playland. For additional information, please contact Rough Riders Pizza at 727-4377.

program is brought to you by Air Force Services.

Jul 1-31 Photo Scavenger Hunt

the Base Library at 723-3344.

Jul 11 Brown Bag Book Talks

Grab a camera, form a team, and get hunting in

the Base Library's Photo Scavenger Hunt during

the month of July. Take pictures of a team mem-

ber with each item on the list and submit them

by showing them to a member of the library staff

or sharing them on the Library's Facebook page

to earn a chance to win prizes. Entries must be

submitted before August 1. For more details, call

The Base Library invites you to Brown Bag Book

Talks on Wednesday, July 11 at noon. No required

reading; no scripted discussion questions. Come







#### **YOUNG AIRMEN EVENTS & PROGRAMS**

#### Jul 6 Friday Night Karaoke

Come and show off your talent during Friday Night Karaoke at Rockers Bar & Grill on July 6 from 8 p.m. to close. Sing solo, do a duet, or grab a group! Rockers has a great karaoke selection for your enjoyment. Gather up your friends and enjoy all of the fun. For additional information, contact Rockers Bar & Grill at 727-ROCK.

#### Jul 16-19 Off-Base Budget Classes

Planning to move off base? Are you ready to manage the costs? The Airman & Family Readiness Center is hosting Off-Base Budget Classes on July 16, 17, 18 & 19 from 2:30-4 p.m. Airmen will obtain important information on leases, military clauses, renters insurance, complete a budget worksheet, and determine an affordable rental price range. Attendees should bring their latest end-of-month LES and have knowledge of their current bills. Pick a date and sign up today! There are four classes to choose from to help fit your busy schedule. Please contact the Airman & Family Readiness Center at 723-3950 for additional information or to sign-up for a class.

#### Jul 12-13 Battle Rig Fitness Course

The Fitness Center invites unit PTLs to attend their Battle Rig Fitness Course on Thursday and Friday, July 12 & 13 from 7:30 a.m. - 5 p.m. Learn new skills to enhance your PT programs and master the Battle Rig. Those completing the course will earn the Air Force Alpha Warrior training certificate. Register now at the Fitness Center or email 5.FSS.Fitness@us.af.mil. For more information, call the Fitness Center at 723-2145.



#### CHURCHDIRECTORY

#### Little Flower **Catholic Church**

800 University Avenue West 838-1520

**Summer Mass Schedule** Saturday ...... 5:30 pm Sunday ...... 9:30 am

Fr. Fred Harvey, Pastor www.littleflowerminot.com

5900 Highway 83 N, Minot

www.faithumcminot.com

**Pastor Tom Sumers** 

701-838-1540

Sunday School (All Ages): 10 a.m.

Sunday Coffee Fellowship: 10:30 a.m.

Worship Services: Sunday 11 a.m.

Faith United

Methodist

Church





Sunday Liturgy ..... 10 a.m. Saturday Vespers.... 6 p.m.

The Very Reverend Father Anastassy

Minot

**Baptist Church** 

Sending the Glorious Light of Jesus Christ to a Dark and Needy World

Sunday School .......... 9:45 a.m.

Morning Worship ....11:00 a.m.

Evening Worship ......6:00 p.m.

Wednesday Evening......7:00 p.m.

Independent/Fundamental/KJV

500 46th Ave NE • 839-1351

Pastor David Miller

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Only \$7.00 a space / per week

**Cornerstone Presbyterian** 

Church

1000 NE 3rd Street

852-0315

**Sunday Schedule** 

Contemporary Worship ...... 9:00am

Sunday School (All Ages) ..... 10:00am

**Wednesday Evening Schedule** 

Community Dinner.........5:30-6:30pm Contemporary Worship.......6:30pm

Youth Group & Small Groups.. 7:15pm

All are Welcome!

www.ecominot.org

.... 11:00am



An Evangelical Free Church 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)

Sunday School & Fellowship .......9:00 a.m. Worship ...... 10:45 a.m.

#### www.trinitychurchminot.org

#### **Congregational UCC** 430 N. Broadway • 839-1064

Sunday Worship .....11am Sunday School .....11am Tuesday Bible Study ......12pm Saturday Noah's Breakfast .. 9:30am

Please join us,

all are welcome here!





Worship Service at 10:45am Sundays Sunday School at 9:45am

1720 4th Ave NW, Minot 838-0916 MinotBibleFellowship.org



Sunday Worship ......9:30 am

Bible Study .....8:45 am 2209 4th Avenue NW Minot, ND 839-4663 Carlyle Roth, Pastor

www.stmarksminot.com Call or check out our website for

more information.



#### **Immanuel Baptist Church**

1615 2nd St. SE • Minot • 839-3694

Sundays: ..... 10:00 a.m. Wednesdays: Soup Kitchen .... 11:30 a.m. - 12:30 p.m.

> Brian T. Skar, Pastor www.ibcminot.org

Bethany Lutheran

215 3rd Ave. SE, Minot, ND

Phone: 838-5196 • Fax: 852-8494

A Member of the ELCA

Sunday Worship ...... 9:00 am

Sunday Fellowship ......10:00 am

Website: www.bethanylutheranminot.com

Email: bethanylutheran@srt.com

Live Streaming: bethanylutheran.tv

**Pastor Janet Hernes Mathistad** 

**Pastor Gerald Roise** 

Wednesday Worship....

## **Apostolic Faith**

2929 19th Ave NW • Minot

Saturday School ...... 2:00 p.m. Sunday Worship ...... 3:30 p.m.

Located off Hwy 83 Bypass West

Wednesday Bible Study .....7:30 p.m.

## Church, UPCI

Jesse Starr, Pastor

(701)838-0609

#### First Baptist Church 200 3rd St. SW • 852-4533 www.fbcminot.org

Classic Worship Service ......8:30 a.m. Adult Sunday School.....9:45 a.m. Contemporary Worship Service .. 9:50 a.m. Children's Church......9:50 a.m. Sunday School (All Ages) ......11:00 a.m. Contemporary Worship Service.. 11:05 a.m. Wed. AWANA (Sept. to May) .......

Rev. Kent Hinkel, Senior Pastor Rev. Barry Seifert, Associate Pastor Pastor Sam Kautzmann, Student Ministries Elaine Carlson, Children's Ministry Director

#### the Apostle Catholic Church 2600 West Central Ave • Minot, ND 58701

St. John

Traditional Worship...

839-7076 Daily Mass Schedule:

Tuesday ...... 7:00 p.m. (3rd Tuesday 7:00 a.m.) Wednesday - Friday ...... 7:00 a.m. Saturday .......5:00 p.m. Sunday ......8:00 & 10:30 a.m.

Fr. David A. Richter, Pastor Parish website: www.stjohnminot.com



#### www.calvaryofminot.com 701-852-0670

Sunday School.....9:00 am Sunday Worship Service ...... 10:00 am Wednesday Prayer ..... 6:30 pm Wednesday Youth Group (arade 7-12).....

#### First Lutheran **Church - ELCA**

120 5th Ave. NW 852-4853

Saturday Worship ...... 5:30 pm Sunday Worship ...... 9:30 am

www.firstlutheran.tv(Live Stream & Recorded) Radio Broadcast KRRZ 1390AM Sunday 9:30 am www.flcminot.com Pastor Brandy Gerjets Associate Pastor Ellery Dykeman



1105 16th St. NW • 839-1407 Sunday School ...... 9:30 a.m. Sunday Worship ...... 10:30 a.m. Children's Church & Nursery Wednesday Family Training Hour

Classes for All Ages ...... 6:30 p.m. Youth Center, Friday......7:00 - 11:00 p.m. ABC Child Care Center.....

westminot.com facebook.com/westminot



#### **Gospel Tabernacle Community Church**

9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson

Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday

Sunday School ...... 9:45 a.m. Adult/Children Worship...11 a.m. Family Hour .....6:30 p.m. Evening Worship ......7:30 p.m. Bible Study/Child-Adult Children Worship (Wed)....7 p.m. Prayer (Friday) ......7 P.m.

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A Church of the Lutheran Brethren

Thursdays: Worship......6:30 p.m. Sundays: Worship....... 8:30 a.m. & 10:45 a.m.

700 16th Ave SE • 701-838-0750

For more information visit us on the web at: www.ourredeemers.org



Sunday School (all ages) ......9:45 a.m. Sunday Worship ..... 11 a.m. & 6:30 p.m. Wednesdays (Prayer & Missions) ...6:30 p.m.

www.minotcrbc.org email: crbc@srt.com

415 28th Ave SE (Behind Menards) 838-1873

### First Assembly of God

1805 2nd St. SE 838-1111

Morning Worship8:30	a.m
Sunday School10	a.m
Morning Worship11	a.m
Wednesday Family Night	p.m

#### **Vincent United Methodist** Church

1024 2nd St. SE • 838-4425 Behind Town & Country Shopping Center

open heartsopen mindsc	open doors!
Saturday Informal Worship.	5:00 p.m.
Sunday School	9:00 a.m.
Sunday Worship Service	10:00 a.m.
Fellowship	11:00 a.m.
Pastor Mary Johns www.vincentumc.o	son com

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email NSADS@SRT.COM

> lax 701-839-1867

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www.northernsentry.com | nsads@srt.com | 701.839.0946 | 315 S. Main Ste 202 | PO Box 2183 | Minot, North Dakota

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### IMMEDIATE FULL AND PART TIME OPENINGS for

daytime and evening janitors cleaning buildings at the Minot Air Force Base. Pay is \$13.17/ hour plus health & welfare benefit Hours Days 8a or 9a-finish typically Monday through Friday, may include weekend work. Nights 5p-finish. Contact Carrie 701-720-1930. May apply at kalixnd.org

27w

### IMMEDIATE PART TIME OPENING FOR OFFICIAL MAIL DELIVERY CLERK,

working at the Minot Air Force Base. Hours 7:30a-4:30p varies days per week. Pay is \$13.43/hour plus health & welfare benefit. Must have a valid driver's license. Contact Sandy 701-723-2500. Apply online at kalixnd.org



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or contact: Gail Peterson

by E-mail or phone at

gpeterson@kalixnd.org

(701)833-6559

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#### **ANSWERS**

#### SUDOKU ANSWERS

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

Answers to puzzle from page 6

#### HOME LOANS





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#### \$329,900

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MLS #181565

\$329,000

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1769 sq ft home with one level living.

Bright kitchen is open to dining and living

room. Large master suite. In-floor heat

in house and garage. Triple garage with

MLS #180794

Ric Montoya

240-0749

grigio92@aol.com



IN KENMARE - Historical 3 bedroom, 2 bath, 2 story home. Original hardwood floors, French doors and beautiful staircase. Bedrooms and full bath in upper level. Formal dining room, fireplace in study and chef's dream kitchen. Updated heating system and electrical. Double garage.

MLS #181558



#### \$36,900

MOVE IN READY - 3 bedroom, 2 bath manufactured home. Completely remodeled eat-in kitchen with pantry and hickory cabinets. Master suite with 12x20 addition. Patio area with canopy and fire pit. Newer skirting, 2 storage sheds, and nicely landscaped lot.

MLS #181576



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AFFORDABLE - 3 bedroom, 2 1/4 bath, 1632 sq ft home. Main floor fireplace, eat-in kitchen, formal dining and large master suite. Lower level family room. Double garage. Reduced price!

MLS #172765

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#### **HELP WANTED**





### **Employment Opportunity**



The North Dakota Center for Persons with Disabilities (NDCPD) at Minot State University is seeking two experienced and qualified individuals to serve as Research Associates on our Minot Infant Development Program (MIDP) and our ASPIRE project.

• For MIDP, the chosen applicant will provide early intervention services to families of enrolled children. The positions require a Bachelor's degree, Master's degree preferred; other degree levels and/or experience will be considered. In addition, this position requires a license to practice in ND in one of the following areas: Early Childhood Special Education, Occupational Therapy, Social Work, Speech Language Pathology, or Special Education.

• For the ASPIRE project, the chosen applicant will work with young adults with disabilities as they transition from high school to post-secondary education and community employment. This position requires a Bachelor's degree, Master's

For a detailed job description, visit MSU's website at www.minostateu.edu/hr/jobs.shtml.

The application deadline is July 9, 2018.

Review of applications will begin immediately and continue until filled.

To apply, go to http://www.minotstateu.edu/hr/jobs.shtml and click the "START AN Mack at susie.mack@minotstateu.edu.

MSU is an EEO



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