

northern sentry

FREE | FRIDAY, JULY 13, 2018 | VOL. 56 • ISSUE 28 | WWW.NORTHERNSENTRY.COM | MINOT AIR FORCE BASE



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

ONLY THE **BEST** COME NORTH!



WWW.MINOT.AF.MIL

Like "MINOT AIR FORCE BASE"

CONTACT MINOT AFB PUBLIC AFFAIRS:

(701) 723-6212
V35BW.PA@US.AF.MIL



Minot AFB



Videos

Lead into the light: a chaplain journey

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

MINOT AIR FORCE BASE, N.D. --

The trainees' shadows danced as the morning sun rose over the glowing chapel.

While angels sang and prayers rose, one of the trainees found his path in the light.

Every Sunday for seven weeks, Trainee Tyler Harris marched to the chapel; this was his relief from the stress of Air Force Basic Military Training.

"One thing I noticed was that the Catholic priest was able to bring so much energy, joy and hope to young people who frankly didn't have any during [BMT]," said now-2nd Lt. Tyler Harris, 5th Bomb Wing chaplain candidate. "After one sermon, I told him that I thought I messed up because I signed up for four years in the Air Force but felt a calling to priesthood."

Coincidentally, of all the additional duties assigned during BMT, Harris was appointed to assist the chapel during weekend services. During this time, he discovered his calling.

With doubts about his enlistment, the priest informed Harris of the opportunity to become a chaplain assistant after BMT. As a chaplain assistant, he would be responsible for assisting the chaplain by organizing and preparing him to minister to Airmen.

The path aligned during BMT to interview and get a chaplain assistant job, he was then sent to Maxwell Air Force Base, Alabama, for his technical training. After four years on active duty, he transferred to the Air Force Reserve and began

Seminary School.

"After a year and a half, I left [Seminary School]," said Harris. "I felt as if I wasn't ready, but I continued working [in the reserve] after that."

Fortunately for Harris, the road to chaplaincy continued as he received deployment orders to Kuwait in 2010.

While deployed, he was the chaplain assistant to retired Air Force Col. Mark Rowan, a Roman Catholic priest. Through their six months together in a religious support team, Rowan would share his experiences as a chaplain and encourage Harris to follow his passions.

"He set a really good example of who a priest should be," said Harris. "That in itself inspired me to go back to Seminary and pursue my vocation."

Since the duo would complete six masses in four locations scattered across Kuwait every weekend, they had a lot of time to talk about goals, pray together and encourage one another. Around the holidays, Harris had the opportunity to speak with Archbishop Timothy Broglio, the Archbishop of the Military Services, who further inspired him to become a priest.

"I could see, after years of chaplain assistance, that he still had the spark for being a chaplain," said Rowan. "There was a reason that we were placed together on deployment. It was my job to turn that spark into a flame, so I'm glad I could inspire him."

Harris found motivation and immediately continued Seminary School after his return from deployment. Upon completion of his



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

U.S. Air Force 2nd Lt. Tyler Harris, 5th Bomb Wing chaplain candidate, stands in front of an altar at Minot Air Force Base, North Dakota, June 29, 2018. Harris is en route to become a priest by 2020 through the Air Force Reserve's Chaplain Candidate Program.

bachelor's degree in philosophy, he joined the chaplain candidate program and became an officer during his second year of theology studies.

"I'm required to complete five years of theology, a year in a parish, a chapel tour and a few other courses in order to become a priest in the military," said Harris. "I'm already done with the year in a parish, just a few more years until I make it."

He recently completed his 35-day chapel tour at Minot Air Force Base,

North Dakota, where he had more hands-on training as a chaplain.

"We don't lead any worship services, but we do help out and shadow the priests," said Harris. "It's an incredible opportunity to encounter people at their work and let them know we're here to support and listen to them."

With only two years left of theology, Harris will become a deacon in 2019, then a priest in 2020. After he is ordained he will reappoint in the reserves as a Catholic

chaplain.

Although his ultimate goal is to become a priest, he plans on returning to active duty in 2023 when he is eligible through the Chaplain Candidate Program.

"I want to let people know that the Air Force cares," said Harris. "Whether you're religious or not, the chaplain corps does a great job in helping those in need."

The road is long, but the path keeps leading him to the light. With determination by his side, he knows he will make it through.



Picture your ad in the **northsensentry**
MINOT AIR FORCE BASE | WWW.NORTHERNSENTRY.COM
 Call us today for more info!
 701-839-0946
 nsads@srt.com

CENTURY
 eyewear

GUCCI COACH Dior Ray-Ban BAKLEY FENDI kate spade NEW YORK

DR. JASON L. BRADLEY, D.D.

207 SOUTH MAIN STREET
 DOWNTOWN MINOT

701.852.5626
 ONE HOUR LAB SERVICE

LOCALLY OWNED SERVING MINOT SINCE 1976 | NEWEST STYLES HOTTEST TRENDS BEST SELECTION

CENTURYEYEWEAR.COM

cartiva

701-857-9210

3520 S. Broadway • Minot, ND 58701
 www.CartivaOfMinot.com

WE BUY CARS!

MISSILE CHEFS: MAKING MEALS FOR THE MISSILE FIELD

Airman 1st Class Amanda Owen, 5th Force Support Squadron missile chef, prepares meals at Missile Alert Facility K-01, North Dakota, June 25, 2018. Missile chefs provide all meals at a MAF, supplying over thirty a day to Minot Air Force Base's missileers, maintainers and security forces members posted in the missile field. Each MAF has one missile chef assigned, switching every four days.

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



CONTACTUS

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

MINOT AIR FORCE BASE PUBLIC AFFAIRS

Chief of Public Affairs

Maj. Natassia Cherne

Public Affairs Officer

Lt. Danielle Lucero

Lt. Gabriel Cushing

Superintendent

Master Sgt. Jeremy Larlee

Media Relations

Mr. Gregory Boster

Staff Photojournalists

Tech. Sgt. Jarad Denton

Tech. Sgt. Evelyn Chavez

Staff Sgt. Benjamin Smith

Staff Sgt. Michael Kantack

Senior Airman Steven Adkins

Senior Airman Jessica Weissman

Senior Airman Jonathan McElderry

Senior Airman Ashley Boster

Airman 1st Class Alyssa Akers

Airman 1st Class Dillon Audit

COMMANDERS

5th Bomb Wing Commander:

Col. Bradley Cochran

5th Bomb Wing Vice Commander:

Col. Sloan Hollis

91st Missile Wing Commander:

Col. Colin J. Connor

91st Missile Wing Vice Commander:

Col. Craig Ramsey

NEWS SUBMISSIONS

Northern Sentry Office

nsads@srt.com | 701.839.0946

MAFB Public Affairs Office

v35bw.pa@us.af.mil

701.723.6212

MAIL&FAX

315 South Main Street, Suite 202

PO Box 2183

Minot, ND 58701 | 701.839.1867

VIEW ONLINE

www.northernsentry.com

www.minot.af.mil

FACEBOOK

Minot Air Force Base - Northern Sentry. The Northern Sentry is published by BAG, LLC., a private firm operating independently of the U.S. Air Force. Contents of the Northern Sentry are not necessarily the official views of, or endorsed by, the U.S. government, the Department of Defense or the Department of the Air Force. The official newsource for Minot Air Force Base is www.minot.af.mil. The appearance of advertising in this publication, including inserts or supplements, doesn't constitute endorsements by the DoD, the Department of the Air Force or BAG LLC., of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchasers, users or patrons. We welcome your stories and photos of interest to the readership of the Northern Sentry. Minot Air Force Base Public Affairs reserves the right to not authorize publication. The Northern Sentry deadline for submission of materials is at noon the Tuesday before publication date.



creative property management Inc.

BEAUTIFUL CONDOS & TOWNHOUSES FOR RENT

2 AND 3 BEDROOMS AVAILABLE WITH ATTACHED HEATED GARAGE

GREAT LOCATION, RIGHT OFF HIGHWAY 2 FOR EASY ACCESS TO THE BASE

STARTING AS LOW AS \$895 A MONTH!

SCHEDULE YOUR SHOWING TODAY!



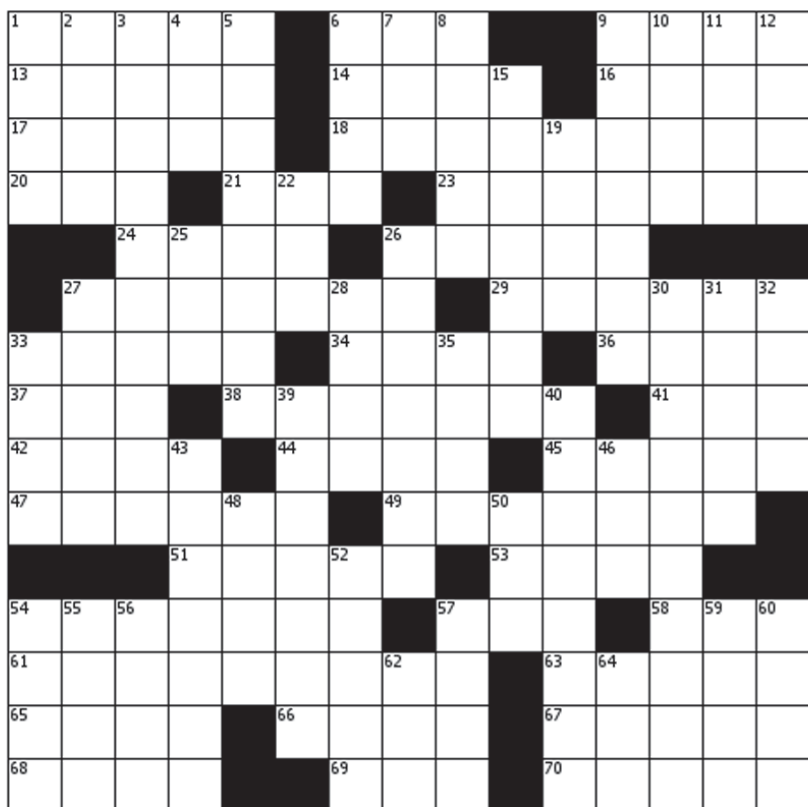
701-852-5028

WWW.CREATIVEMINOT.COM

CROSSWORD PUZZLE

Across

- 1. Courses in the woods
- 6. Great time, slangily
- 9. Designer Wang
- 13. Long-necked wader
- 14. Savvy about
- 16. Garden of delights
- 17. Performer in a 7-million-gallon pool
- 18. Winter pileup
- 20. Clodhopper
- 21. "Uh-uh"
- 23. Having difficulties
- 24. Greek salad topper
- 26. Keen
- 27. Speedy delivery
- 29. Tree frog with a distinctive call
- 33. Filthy dough
- 34. Out of tune
- 36. Wintry coating
- 37. Space-saving letters
- 38. Face-saving measure?
- 41. Silent signal
- 42. Utter downfall
- 44. Hammett heroine __ Charles
- 45. Patrons
- 47. Have ambitions
- 49. Give pleasure to
- 51. Healthy and vigorous
- 53. Director Preminger
- 54. Pitches in
- 57. Scratch (out)
- 58. Dangerous current
- 61. Dan Aykroyd film, and a hint to the starts of 18- and 38-Across and 3- and 30-Down
- 63. Singer Della



- 65. Quaker's addressee
- 66. Buttress, with "up"
- 67. Surprise victory
- 68. Blubbers
- 69. JFK or LBJ, once
- 70. Crowns

Down

- 1. Monterrey money
- 2. Turkish title
- 3. Waver at a crossroads

- 4. Bottom line in the fashion world?
- 5. Film daredevils
- 6. "Heavens!"
- 7. Massachusetts' "other" cape
- 8. Unemotional
- 9. 17th-century Dutch painter
- 10. Falco who plays Carmela in "The Sopranos"

- 11. Some whistle blowers
- 12. Farm crawlers
- 15. Admit
- 19. Social engagement
- 22. Org. that helps get you going
- 25. Slip up
- 26. Pollen reaction
- 27. Mercury and Saturn
- 28. Speculative words
- 30. Site of many needles
- 31. Atlanta university

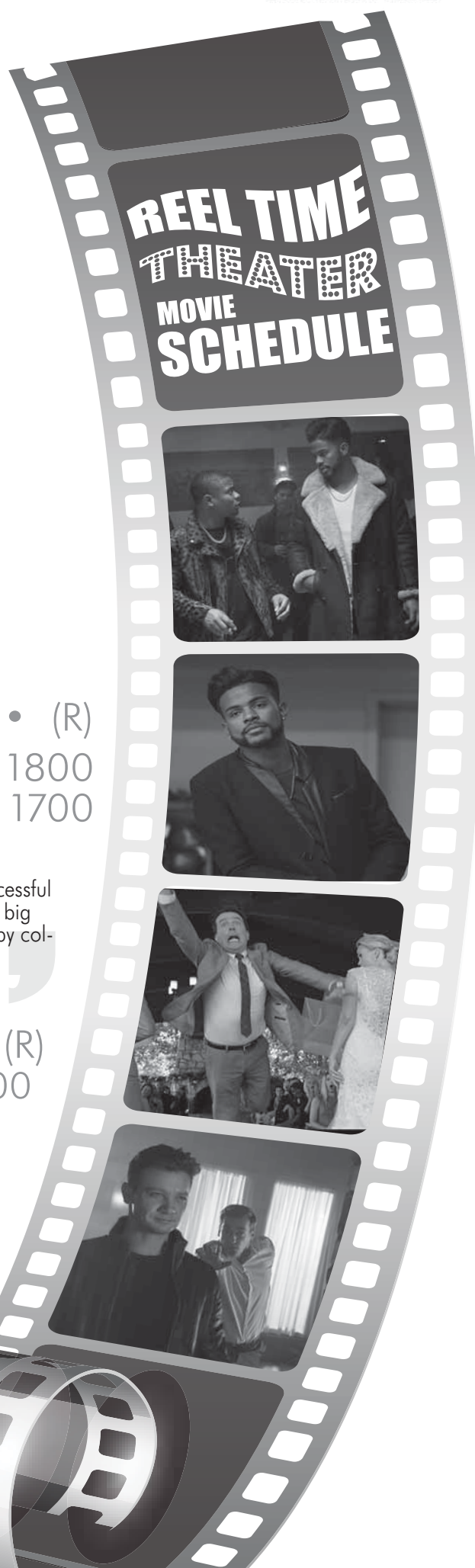
- 31. Atlanta university
- 32. Rhode Island layers
- 33. Woman seduced by Zeus
- 35. Barely allowing access
- 39. Ragtime dance
- 40. Be extra nice to
- 43. Cultural surroundings
- 46. Perch (on)
- 48. Step on it
- 50. Hunky-dory
- 52. Old Russian oppressors
- 54. Takes the bull by the horns
- 55. London locale
- 56. Stuffed shirt
- 57. Ainer of many games
- 59. "So that's how it is!"
- 60. Favorites in class
- 62. Rabbit mom
- 64. 1972 DDT banner

SUDOKU Solution to puzzle on page 10

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

Solution to last week's Crossword puzzle.

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



REEL TIME THEATER MOVIE SCHEDULE

SUPERFLY • (R)
 FRIDAY, JULY 13 • 1800
 SATURDAY, JULY 14 • 1700

“ With retirement on his mind, a successful young drug dealer sets up one last big job, while dealing with trigger-happy colleagues and the police. ”

TAG • (R)
 SUNDAY, JULY 15 • 1500

“ A small group of former classmates organize an elaborate, annual game of tag that requires some to travel all over the country. ”

Full Service Salon

- cuts
- colors
- highlights
- pedicures
- manicures
- facials
- perms

B&D

Berni's

Hair Designers, Inc.

• Melisa Ellison •
 701-240-1385

Located on North Hill
 2001 3rd St NW • Minot

HOURS: Mon, Tues, Thurs. 8:30-8:30 • Wed, Fri. 8:30-6:00 • Sat. 8:30-3:00



Greek Turkey Burgers with Tzatziki Sauce



INGREDIENTS:

For the Turkey Burgers
 1 pound ground turkey
 1/2 cup fresh spinach leaves, chopped
 1/3 cup sun-dried tomatoes, chopped
 1/4 cup red onion, minced
 1/4 cup feta cheese, crumbled
 2 cloves garlic, pressed or minced
 1 egg, whisked
 1 tablespoon olive oil
 1 teaspoon dried oregano
 1/2 teaspoon each Kosher salt and freshly ground black pepper

4 soft whole-wheat hamburger buns
 Bibb lettuce leaves
 Sliced red onion
 For the Tzatziki Sauce
 1/2 cucumber, halved with skin and seeds removed
 3/4 cup low-fat plain Greek yogurt
 2 cloves garlic, pressed or minced
 1 tablespoon red wine vinegar
 1 tablespoon fresh dill, minced
 Pinch of kosher salt and freshly ground black pepper

INSTRUCTIONS:

In a large bowl, add the ground turkey, spinach, sun-dried tomatoes, red onion and feta. In a small bowl, whisk together the garlic, egg, olive oil and dried oregano and kosher salt and freshly ground black pepper then pour over the turkey and mix with your hands to combine. Divide the burger mixture into 4 portions and mold into patties. Place on a cutting board or plate dividing the patties with parchment paper and refrigerated for 30 minutes up to overnight. You could also individually freeze the patties at this point for up to 3 months. Prepare the tzatziki sauce by grating the cucumber. Gather the cucumber together and place in a paper towel and press the water out of the shredded cucumber and place in a medium size bowl. Add the yogurt, garlic, red wine vinegar, fresh dill, kosher salt and freshly ground black pepper and mix well. Cover and refrigerate for 30 minutes or up to 3 days. Heat a non-stick grill pan over medium heat and spray well with cooking spray. Place the turkey burgers on the grill, cover with an upside down sheet pan or lid and cook for about 5 minutes per side. Be sure to watch the burgers and monitor your heat as the burgers will brown quickly if the heat is too high. Slather buns with tzatziki sauce and garnish with lettuce leaves and red onion. Or serve bunless in the bibb lettuce leaves.

Dokken returns to Minot Summer Theatre

MINOT STATE UNIVERSITY

MINOT, N.D. – When Bradley Dokken attended a Minot Summer Theatre production of “The Man Who Came to Dinner” in 1994, he was a recent high school graduate visiting the campus he would call home for the next four years.

That night the Crosby, N.D., native decided that he would follow in the footsteps of the performers he saw on stage and chose to major in theatre when he started classes that fall.

Fast forward to 2018, the once aspiring performer, now produced playwright, will see his play, *One Strange Night*, performed on the hill at Minot Summer Theatre.

“It means the world to me,” Dokken said. “Summer theatre to me, is family.”

Dokken’s return to the Minot stage was anything but a straight trajectory. He switched his major from theatre to elementary education at Minot State, and while he continued to take classes and work in the theatre department, he chose to leave the stage behind after he graduated in 1999.

Dokken went on to work as

a youth and education worker for First Lutheran church in Watford City. The absence of theatre in his life left a void he could no longer overlook and he began writing and acting with a community theatre.

Inspired by a playwriting class he had taken at Minot State under the tutelage of Conrad Davidson, Dokken began writing a farcical play. By 2007, Dokken had written a working draft of “One Strange Night.”

The play is filled with twists and turns, as circumstances drive the characters to undertake absurd actions.

Dokken, a self-described child of the 1980’s, points to classic television fare like “I Love Lucy,” “The Honeymooners,” and “The Dick Van Dyke Show,” as his inspiration.

“Television was my babysitter,” Dokken observed of his formative years.

With a working draft of his new play in hand, Dokken reached out to his former theatre professor, Kevin Neuharth for a cold reading — an unstaged reading of a play with actors.

Neuharth mobilized a

group of his students and Dokken was able to hear his play out loud.

“I received some very honest feedback, and that experience shaped what the play has become.”

Months later Dokken shelved his labor of hilarity, and attended seminary. It would be another four years before Dokken would return to “One Strange Night.”

“I need to figure out how to be a more consistent writer, or give it up altogether,” Dokken joked as he described his play as being “over 10-years in the making, but not really,” given life’s interruptions.

One Strange Night received its world premiere at the Grand Oshkosh in Oshkosh, Wis., in April.

Now, months later, Dokken will see his play performed on the stage where he watched “The Man Who Came to Dinner,” 24 years earlier.

Dokken’s return to Minot underscores all that is great about the tradition of summer theatre—family, entertainment, community — and for Dokken, a place where dreams become fully realized.

What are Probiotics and Prebiotics?

NDSU EXTENSION COLUMN

You may have heard of advertisements for probiotics and prebiotics, and many health claims surrounding them. A

probiotic-containing food introduces “good” bacteria into the body. “Probiotic” means “for life.”

Prebiotics are indigestible food ingredients that provide food for the “good” bacteria in our colon. They promote fermentation in our gut, and the fiber these foods provide helps us stay regular.

While bacteria may be inactivated in the acidic environment of the stomach, some probiotics can survive and compete with disease-causing microorganisms in the small and large intestines.

Probiotics also may compete with disease-causing organisms for nutrients in the gut, and they are believed to affect the nerve and muscle function of the gut.

The small and large intestines contain an estimated 100 trillion bacteria of 400 different types. Some are neutral, some are probiotics and some have the potential to cause disease.

Researchers have studied probiotic and prebiotic dietary supplements, but the results are inconclusive. Consuming too many pro/prebiotic supplements may cause gas, cramping, bloating and abdominal pain. People with suppressed immune function such as cancer and transplant patients should avoid these products.

When possible, try getting your pro/prebiotics from

food sources. Aim for plenty of fiber as part of a varied diet and keep yourself well-hydrated. Food sources of probiotics include yogurt with “live” and active cultures, kefir, sour cream, buttermilk and sauerkraut. Foods that are high in prebiotics include raisins, plums, wheat, dry edible beans and garlic.

Learn more about your digestive system issues and ways to keep the system healthy at <http://digestive.niddk.nih.gov/ddiseases/pubs/yrdd/index.aspx>.

Crockpot Cowboy Beans
 Ingredients
 1/2 lb. bacon, browned and drained

1 lb. lean ground beef, browned and drained
 1/4 c. brown sugar
 1 c. catsup
 1/4 c. vinegar
 1/4 c. mustard
 1 (15-oz) can kidney beans
 1 (15-oz) can butter beans
 1 (15-oz) can lima beans
 1 (28-oz) can baked beans
 1 medium onion, chopped

Directions
 Brown ground beef. Mix all ingredients together in a slow cooker. Cook on high for about three hours or on low for eight hours. Makes 12 servings.

Per Serving: about 250 calories, 4.5 grams (g) of fat, 19 g protein, 240 mg sodium, 8 g fiber, and 34 g of carbohydrates

\$20,000

SUMMER CLASSIC

POKER TOURNAMENT

NO LIMIT TEXAS HOLD 'EM

JULY 13-15

JUNE - AUGUST 2018

WE WANT TO GIVE YOU

\$250,000

REASONS TO CELEBRATE!

Join us often during our three-month celebration with great specials, cash and prizes!

Two giveaways

\$25K

Double your chances to win by attending both days!

JULY 20-21

RELAX AND ENJOY THE BOYS OF SUMMER JULY 13 & 14 AT POCKET ACES LOUNGE

f t i

800.294.5454

4 BEARS CASINO & LODGE
4 MILES WEST OF NEW TOWN

Download our NEW MOBILE APP so you always know what's up!

VISIT 4BEARSCASINO.COM FOR DETAILS AND CHECK US OUT ON SOCIAL MEDIA.

When gambling is no longer a fun hobby, but an addiction, know there is help. Call the 2-1-1 Hotline today for help and guidance. 4 Bears Casino & Lodge cares about you and wants you to know that help is available.

VINTAGE city

MINOT'S HOTSPOT FOR ALL THINGS ANTIQUE, VINTAGE, & REPURPOSED!

2100 SQ. FT.

Open Thursday, Friday, & Saturday!

JULY 12-13-14

10AM - 5PM

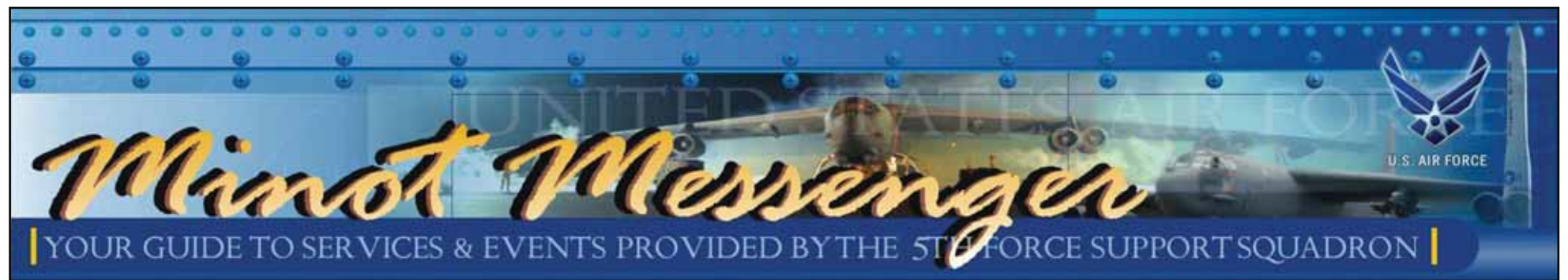
FIND US ON FACEBOOK

701.720.0215
or
701.720.4494

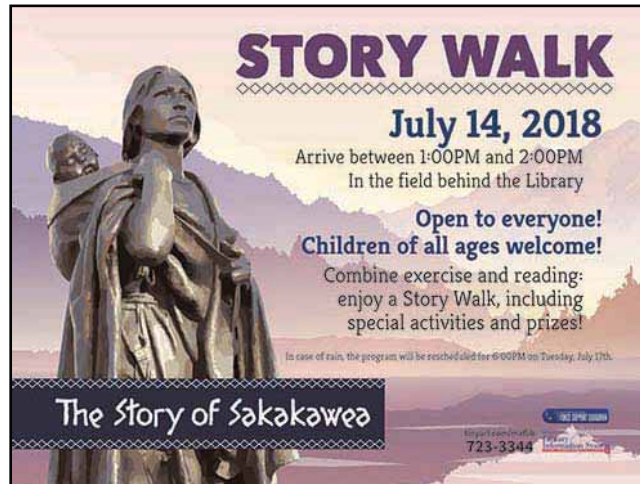
2001 8th Ave. SE Minot

NORTHERN SENTRY

839.0946



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 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.

For 5th Force Support Squadron job opportunities, visit www.nafjobs.org or for more information, call the NAF Human Resources Office at (701) 723-2812

Hangar Party To Kick Off Northern Neighbors Day Fun

Enjoy an evening of fun for the entire family during the Pre-Northern Neighbors Day Hangar Party on August 3. The event will be held at Building 727 and the Flight Line. There is free admission to this all ranks event but you must purchase a meal ticket if you choose to eat.

Social and dinner is scheduled from 5-6:30 p.m. Advance tickets for the hamburger & hot dog combo plate as well as the 6 ounce marinated grilled chicken breast dinner are \$8. Advance tickets for the steak dinner are \$16 and include an 8 ounce ribeye steak. All dinners include baked potato, baked beans, roll, dessert, and soda or water. Tickets are available in advance by visiting the Jimmy Doolittle Center or Rockers Bar & Grill. An additional \$2 per ticket will be charged at the event.

The night features a special Northern Neighbors Day Preview from 6:30-9 p.m. Musical entertainment featuring local favorite the "Static Radio" band will perform on stage from 5-6:30 p.m. and from 9-11 p.m.

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



Intended.

For more information, please contact the Rockers Bar & Grill at 727-ROCK.

Enjoy Grill Your Own Steak Night At The Doolittle Center



The Jimmy Doolittle Center invites you to their Grill Your Own Steak Night on July 13 from 5-7 p.m. Pick your own delicious ribeye steak (fresh cut to size), chicken breast, or portobello mushroom and cook it on the patio over a charcoal grill. Cost is \$1.50 per ounce for steak and \$4.50 for either a chicken breast or portobello mushroom.

To make your meal even more delicious, the Doolittle Center is featuring a potato bar with all the fixin's, marinated salad, and garlic medallions. The potato bar is free for club members and \$7 for non-members. For more information, call the Jimmy Doolittle Center at 723-3731.

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 more details, call 723-3164.



CLUB MEMBER DRAWING ON FRIDAY, JULY 13 WILL BE FOR \$250.

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 13 at Rockers Bar & Grill and the Jimmy Doolittle Center. Drawing time varies each week between 5:30-6:30 p.m.

YOUNG AIRMEN EVENTS & PROGRAMS

Jul 13 Friday Night Karaoke

Come and show off your talent during Friday Night Karaoke at Rockers Bar & Grill on July 13 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.

Aug 3 First Friday 5K Fun Run

The Fitness Center invites you to their First Friday 5K Fun Run on August 3 beginning at 7:30 a.m. at the Fitness Center. The events feature awards for the fastest male and female at each run. The August event will feature a Flower Power theme so wear your grooviest 60's or 70's attire. No registration is required to participate. For additional information, call the McAdoo Fitness Center at 723-2145.



FAMILY and YOUTH EVENTS & PROGRAMS

Jul 18 Bundles For Babies

Expectant mothers are invited to attend Bundles For Babies at the Airmen and Family Readiness Center on July 18 from 9 a.m. to 10:30 a.m. Attendees will learn how to budget for your growing family and about many of the support programs that are available. Plus participants receive a free gift for your new baby courtesy of the Air Force Aid Society. Please register by noon on July 17. For more details, call 723-3950.

Jul 19 Creative Kids Class

Spend the morning with your preschooler decorating a T-shirt to brighten up their 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. For additional information, please contact the Arts & Crafts Center at 723-3640.

Free Range Balls for Juniors

The Rough Rider Golf Course is excited to offer the Free Range Balls for Juniors program on their driving range. Bring your child to the golf course now through August 31 from 12 p.m. to 9 p.m. daily to practice on the range. Range balls are FREE for kids under 18 years of age for the summer! For more details, call the Rough Rider Golf Course at 723-3164. The Free Range Balls for Juniors program is brought to you by Air Force Services.

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.

Youth Indoor Flag Football Registration

The Youth Center is holding Youth Indoor Flag Football registration now through July 31 for youth 3-12 years of age. Cost for Smart Start (ages 3-4 years old) is \$30. The cost for youth ages 5-12 years old is \$40. Current immunization record including flu shot must be on file to register. Youth Center membership is required. The season is scheduled to begin on October 9. For additional registration information, please contact the Youth Center at 723-2838.

NORTHERN NEIGHBORS DAY AIR & SPACE SHOW

AUGUST 4, 2018 • MAIN GATE OPENS AT 9AM • SHOW STARTS AT NOON



SPONSORED BY:
BOEING
FIRST WESTERN
BASE UTILITIES 701-727-5050
NORTHROP GRUMMAN



SPONSORED BY:
FIRST WESTERN
BOEING
NORTHROP GRUMMAN
BASE UTILITIES 701-727-5050



SPONSORED BY:
BOEING
FIRST WESTERN
ENBRIDGE
STRATA

THIS FREE EVENT FEATURES A SPECTACULAR PERFORMANCE BY THE USAF THUNDERBIRDS!

FIND MORE INFO ABOUT NORTHERN NEIGHBORS DAY AIR & SPACE SHOW 2018 ONLINE AT WWW.MINOT.AF.MIL!



SPONSORED BY: SRT



SPONSORED BY: FIRE POLICE

- AND MORE:**
- TOUR MISSILE LAUNCH FACILITIES
 - SEE FLY BYS AND STATIC DISPLAYS
 - VISIT WITH INFORMATION BOOTHS

NO FEDERAL ENDORSEMENT OF SPONSORS INTENDED



COURTESY VEHICLES SPONSORED BY:



The Jimmy Doolittle Center will be **CLOSED** from JULY 23 - JULY 27



WE APOLOGIZE FOR ANY INCONVENIENCE

Visit our website at www.5thforcesupport.com

5th OSS Weather flight: Weather or not, here it comes

AIRMAN 1ST CLASS DILLON J. AUDIT | 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

Bundled from head to toe in thick layers of clothing, Team Minot Airmen brave bone-freezing temperatures as low as -40 F. To help Airmen prepare for extreme weather the 5th Operations Support Squadron weather flight works around the clock to provide accurate weather updates for all base personnel.

The 5th OSS weather flight is responsible for forecasting and monitoring changes in weather to help Airmen ensure aircraft and assets are protected from severe weather.

"The primary duty of the weather flight is to ensure the safety of operations, aircraft and personnel on base," said Tech. Sgt. Randy Schilling, 5th OSS NCO in charge of airfield weather operations.

As part of their mission, weather flight Airmen analyze weather conditions, prepare forecasts, issue weather warnings and brief weather information to pilots.

"Weather flight watches over satellites, radars, and multiple sensors to find thunderstorms, blizzards and other meteorological events," said Schilling. "We issue warnings and advisories to alert base agencies if it is a threat and to ensure our Airmen are safe."

Airman 1st Class Errol Petgrave, 5th OSS weather journeyman, believes that weather flight is a big part in mission safety.

"Weather flight is an important part of the base," said Petgrave. "We predict weather patterns to help pilots, security forces and everyone else on base so they can prepare."

Helping Airmen

accomplish their daily tasks is important for weather flight because without proper precautions, it would be challenging for others to operate to the best of their abilities.

"Part of our mission is to make sure that both the 5th Bomb Wing and the 91st Missile Wing are equipped with all the information they need to make informative decisions based on the weather," said Schilling.

Petgrave stated that they're experts at using various types of equipment such as laser range finders, satellite imagery and kestrels to locate weather patterns and forecast weather events.

Weather flight Airmen are also trained to examine weather in real time without gear in case of an equipment failure.

"Our forecasters are also trained observers," said Schilling. "Observing is physically going outside and 'reading' the sky and able to tell exactly what's going on atmospherically."

Using these skills and equipment in their arsenal, Petgrave believes it's essential to mission success.

"Weather affects almost everything we do," said Petgrave. "It's important to use all these tools, notify the base and help ensure mission."

Airman 1st Class Joshua A. Tiner, 5th Operations Support Squadron weather apprentice, inspects a rain gauge for damage at Minot Air Force Base, North Dakota, June 20, 2018. Weather forecast equipment can predict weather patterns up to 384 hours away and forecast thunderstorms up to 96 hours in advance.

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



A vibrant poster for the North Dakota State Fair 2018. At the top, the text "NORTH DAKOTA STATE FAIR" is written in large, colorful, illuminated letters (red, blue, green, purple) on a yellow banner. Below this, the dates "JULY 20-28, 2018" are displayed in red. The poster features several artist portraits in red-bordered frames, each with a name and special guest listed below: Florida Georgia Line (with Adam Doleac), Dierks Bentley (with Travis Denning), Kip Moore (with Morgan Evans), Nickelback (with Pop Evil), and Michael Ray. At the bottom, it says "WHERE SUMMER SHINES" and lists activities: Enduro Race, Bull Riding, and Western Grand National Truck & Tractor Pull. Logos for sponsors like Pepsi and Bud Light are also present.

If you have any problems concerning the delivery of the Northern Sentry in base housing, Please call Michelle Bock at 838-5937.



CHURCH DIRECTORY

<p>Little Flower Catholic Church 800 University Avenue West 838-1520</p> <p>Summer Mass Schedule Saturday 5:30 pm Sunday 9:30 am</p> <p>Fr. Fred Harvey, Pastor www.littleflowerminot.com</p>	<p>St. Peter The Aleut Eastern Orthodox Church</p>  <p>109 6th St. SE Minot • 838-3094</p> <p>Sunday Liturgy 10 a.m. Saturday Vespers.... 6 p.m.</p> <p>The Very Reverend Father Anastassy</p>	<p>To Advertise your Church in this space.</p> <p>Call 839-0946</p> <p>Only \$7.00 a space / per week</p>	 <p>An Evangelical Free Church 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p>Sunday School & Fellowship 9:00 a.m. Worship 10:45 a.m.</p> <p>www.trinitychurchminot.org</p>	 <p>Worship Service at 10:45am Sundays Sunday School at 9:45am</p> <p>1720 4th Ave NW, Minot 838-0916 MinotBibleFellowship.org</p>
 <p>Faith United Methodist Church</p> <p>5900 Highway 83 N, Minot www.faithumcminot.com</p> <p>Pastor Tom Sumers 701-838-1540</p> <p>Sunday School (All Ages): 10 a.m. Sunday Coffee Fellowship: 10:30 a.m. Worship Services: Sunday 11 a.m.</p>	<p>Minot Baptist Church</p> <p>Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Evening Worship 6:00 p.m. Wednesday Evening..... 7:00 p.m.</p> <p><i>Independent/Fundamental/KJV</i> 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p>Cornerstone Presbyterian Church</p> <p>1000 NE 3rd Street 852-0315</p> <p>Sunday Schedule Contemporary Worship 9:00am Sunday School (All Ages) 10:00am Traditional Worship..... 11:00am</p> <p>Wednesday Evening Schedule Community Dinner..... 5:30-6:30pm Contemporary Worship 6:30pm Youth Group & Small Groups.. 7:15pm</p> <p>All are Welcome! www.ecominot.org</p>	<p>Congregational UCC 430 N. Broadway • 839-1064</p> <p>Sunday Worship 11am Sunday School 11am Tuesday Bible Study 12pm Saturday Noah's Breakfast .. 9:30am</p> <p>Please join us, all are welcome here!</p>  <p>UNITED CHURCH OF CHRIST</p>	 <p>St. Mark's Lutheran Church <i>Missouri Synod</i></p> <p>Sunday Worship 9:30 am Bible Study 8:45 am</p> <p>2209 4th Avenue NW Minot, ND 839-4663 Carlyle Roth, Pastor www.stmarksminot.com Call or check out our website for more information.</p> 
 <p>Immanuel Baptist Church</p> <p>1615 2nd St. SE • Minot • 839-3694</p> <p>Sundays: Worship 10:00 a.m. Wednesdays: Soup Kitchen 11:30 a.m. - 12:30 p.m.</p> <p>Brian T. Skar, Pastor www.ibcminot.org</p>	<p>Apostolic Faith Church, UPCI</p> <p>2929 19th Ave NW • Minot Located off Hwy 83 Bypass West (701)838-0609</p> <p>Saturday School 2:00 p.m. Sunday Worship 3:30 p.m. Wednesday Bible Study 7:30 p.m.</p> <p>Jesse Starr, Pastor</p>	 <p>St. John the Apostle Catholic Church</p> <p>2600 West Central Ave • Minot, ND 58701 839-7076</p> <p>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.</p> <p><i>Fr. David A. Richter, Pastor</i> Parish website: www.stjohnminot.com</p>	 <p>First Lutheran Church - ELCA 120 5th Ave. NW 852-4853</p> <p>Saturday Worship 5:30 pm Sunday Worship 9:30 am</p> <p>www.firstlutheran.tv (Live Stream & Recorded) Radio Broadcast KRRZ 1390AM Sunday 9:30 am www.flcminot.com Pastor Brandy Gerjets Associate Pastor Ellery Dykeman</p>	 <p>Gospel Tabernacle Community Church</p> <p>9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson</p> <p>Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday</p> <p>Sunday School 9:45 a.m. Adult/Children Worship.. 11 a.m. Family Hour 6:30 p.m. Evening Worship 7:30 p.m. Bible Study/Child-Adult Children Worship (Wed).... 7 p.m. Prayer (Friday) 7 P.m.</p>
<p>Bethany Lutheran</p> <p>215 3rd Ave. SE, Minot, ND Phone: 838-5196 • Fax: 852-8494 A Member of the ELCA</p> <p>Sunday Worship 9:00 am Sunday Fellowship 10:00 am Wednesday Worship 6:45 pm</p> <p>Website: www.bethanylutheranminot.com Email: bethanylutheran@srt.com Live Streaming: bethanylutheran.tv</p> <p>Pastor Janet Hernes Mathistad Pastor Gerald Roise</p>	<p>First Baptist Church</p>  <p>200 3rd St. SW • 852-4533 www.fbcminot.org</p> <p>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) 6:30 p.m.</p> <p>Rev. Kent Hinkel, Senior Pastor Rev. Barry Seifert, Associate Pastor Pastor Josh Huseby, Worship Arts Pastor Sam Kautzmann, Student Ministries Elaine Carlson, Children's Ministry Director</p>	 <p>Calvary Alliance Church</p> <p>715 20th Avenue NW Minot, ND 58703</p> <p>www.calvaryofminot.com 701-852-0670</p> <p>Sunday School..... 9:00 am Sunday Worship Service 10:00 am Wednesday Prayer 6:30 pm Wednesday Youth Group (grade 7-12) 6:30 pm</p>	 <p>West Minot Church of God <i>Family Worship Center</i></p> <p>1105 16th St. NW • 839-1407</p> <p>Sunday School 9:30 a.m. Sunday Worship 10:30 a.m. Children's Church & Nursery Wednesday Family Training Hour Meal..... 5:30p.m. Classes for All Ages 6:30 p.m. Youth Center, Friday..... 7:00 - 11:00 p.m. ABC Child Care Center..... 852-6352</p> <p>westminot.com facebook.com/westminot</p>	<p>Vincent United Methodist Church</p>  <p>1024 2nd St. SE • 838-4425 <i>Behind Town & Country Shopping Center</i> open hearts...open minds...open doors!</p> <p>Saturday Informal Worship.. 5:00 p.m. Sunday School 9:00 a.m. Sunday Worship Service 10:00 a.m. Fellowship..... 11:00 a.m.</p> <p>Pastor Mary Johnson www.vincentumc.com</p>
<p>To Advertise your Church in this space.</p> <p>Call 839-0946</p> <p>Only \$7.00 a space / per week</p>	 <p>OUR REDEEMER'S CHURCH <i>A Church of the Lutheran Brethren</i></p> <p>Thursdays: Worship..... 6:30 p.m.</p> <p>Sundays: Worship..... 8:30 a.m. & 10:45 a.m.</p> <p>700 16th Ave SE • 701-838-0750</p> <p>For more information visit us on the web at: www.ourredeemers.org</p>	 <p>Cross Roads Baptist</p> <p>Sunday School (all ages) 9:45 a.m. Sunday Worship 11 a.m. & 6:30 p.m. Wednesdays (Prayer & Missions) ... 6:30 p.m.</p> <p>www.minotrcbc.org email: rcbc@srt.com</p> <p>415 28th Ave SE (Behind Menards) 838-1873</p>	<p>First Assembly of God</p> <p>1805 2nd St. SE 838-1111</p> <p>Morning Worship 8:30 a.m. Sunday School 10 a.m. Morning Worship 11 a.m. Wednesday Family Night..... 6:30 p.m.</p>	<p>Vincent United Methodist Church</p>  <p>1024 2nd St. SE • 838-4425 <i>Behind Town & Country Shopping Center</i> open hearts...open minds...open doors!</p> <p>Saturday Informal Worship.. 5:00 p.m. Sunday School 9:00 a.m. Sunday Worship Service 10:00 a.m. Fellowship..... 11:00 a.m.</p> <p>Pastor Mary Johnson www.vincentumc.com</p>

To Advertise your Church in this space.

Call 839-0946

Only \$7.00 a space / per week

To Advertise your Church in this space.

Call 839-0946

Only \$14.00 a space / per week

ADVERTISE YOUR

Church

Advertise FOR ONLY \$7 PER WEEK

Revisions MADE UPON NOTICE FROM THE CHURCH

Deadline TUESDAYS BY NOON WEEK OF PUBLICATION

VIEW OUR PAPER ONLINE AT NORTHERNSENTRY.COM

CONTACT TONYA

call 701-839-0946

email NSADS@SRT.COM

fax 701-839-1867

we've got the church you've been looking for



Your life matters to God!

CLASSIFIEDS

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

HELP WANTED

THE NORTH DAKOTA NATIONAL GUARD have openings available in a variety of career fields across the state and in Minot. Continue your military career on a part-time basis. For more information call 420-5903 or 420-5904 in Minot. tfn

MATURE, RELIABLE, AND A TRUSTWORTHY INDIVIDUAL. Part-Time Retail sales 25-35 hrs/week occasional Sat. closed Sun. Apply in person at Aeroport Hobby Shoppe, 2112 N. Broadway. tfn

FOR RENT

FOR RENT: 2 Bdrm, 2 bath home. Single detached garage, large fenced yard, AC, dishwasher, Alley access and extra parking. NO Pets. 417 17th St NW Minot, ND. \$975 per month, with equal deposit. Discount for active duty. Call 701-833-5767. 30w

AUTO AUCTION

NORTHERN AUTO AUCTION
1st & 3rd Saturday Every Month!
 Approx. 75-100 Cars, Pickups, Trucks, Etc!
 Bring vehicles & title to auction yard
BUY or SELL!
 All units sold AS-IS condition
 Terms: Cash or check supported by a bank letter of credit.
 Auctioneers: Clint Beeter, Lic. #199 & Kevin Beeter, Lic. #464 - Clerk Lic. #199
 3035 Valley St., Minot, ND 58701
 701-838-3733 or 1-800-210-8995

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 tfn



LOOKING FOR A CAREER THAT IS BOTH CHALLENGING AND REWARDING?
 Kalix is seeking caring and compassionate people to provide support for people with disabilities. We have schedules to fit your needs. We offer competitive wages and excellent benefits. We are an equal opportunity employer and a drug free workplace.
Apply in person at:
 605 27th St SE, Minot ND 58701
 or contact: Gail Peterson by E-mail or phone at gpeterson@kalixnd.org (701)833-6559

PROFESSIONALS

LEE CLOUSE INDEPENDENT BEAUTY CONSULTANT
 www.marykay.com/1clouse.
 701-839-0475 or 701-721-0475 tfn

RENTALS

CPM
 creative property management Inc.

MOVE-IN READY UNITS!
STUDIO AND 1 BEDROOM APARTMENTS
 STARTING AS LOW AS \$325 A MONTH!
SCHEDULE YOUR SHOWING TODAY!

CPM 701-852-5028
 creative property management Inc. WWW.CREATIVEMINOT.COM

RENTALS

AVAILABLE NOW! Several apts on North Hill available 4 rent. 2 Bdrm + 1 bath. \$655 to \$795. Call Matt or Jerry at IPM. 852-1157 tfn

REAL ESTATE

Find **ALL** listed homes for sale in Minot and the surrounding areas at **www.brokers12.com**. tfn

FOR SALE



ONE OF A KIND CUSTOM BOBBER
 Built from a 2006 Yamaha 1100 Vstar Midnight Custom 20,400 miles. Runs Great, Rides smooth and comfortable. Well Maintained. Lowered Front and Back, Forward Controls, Jetted Carbs, Kuryakyn Hypercharger, 16" handlebars, Custom Seat, Soft tail, Cruise Control, Push Button start. etc. Asking \$7300 OBO Call or text Eddie for additional information and photos 701-833-8639

TRANSPORTATION

I BUY CARS OR HAUL JUNKERS AWAY FOR FREE - Call Karz 4-U at 240-9172. tfn

\$\$\$ QUICK CASH \$\$\$
 Paying cash now for any car or truck, running or not. We also sell cars \$500-\$1500, give us a call. Edwardson Sales 839-9512 (Will haul junk cars or trucks away, no charge) tfn

AUTOMOTIVE

90 DAY FREE POWERTRAIN WARRANTY on most cars. Check out our inventory at karz4u.com or call Cliff (Retired MSgt) at 701-240-9172. tfn

JOHN'S



AUTOBODY

Pays Up To \$500

Insurance Deductibles

We Guarantee All Work & Color Match

4121 S. Broadway 839-8896

SERVICES

WE CLEAN ALL TYPES OF FLOORING including carpets, upholstery, walls, air ducts. Let us clean your boat, camper, garage, storage unit. We have dump trailer for debris removal. Low rates. Cash/check/credit. Prairie Carpet Services. 701-833-2884 or 448-2883.

BUSINESS & PROFESSIONAL DIRECTORY

AUTOMOTIVE

MBM AUTO SERVICE
 Minot's Service Specialists
PARTS & SERVICE
 We Specialize In:

1215 Valley St. 838-9607
 Next to Action Wrecking

ACTION AUTO WRECKING
Free Parts Locating service
 1215 Valley St., Minot Formerly Minot Wrecking

 We pay top price for cars & trucks, running or not
 Selling new, used and rebuilt parts.
 Phone 852-2470 or Toll Free 1-800-533-5904 • Fax 838-7627

QUICK CASH!!
 Running & Non-Running Cars & Trucks

Edwardson Sales 839-9512
 We also sell cars \$500 - \$1500 Give Us A Call!
 Will Haul Junk Cars Free Of Charge

STORAGE UNITS
NORTHERN PRAIRIE CONDOS & STORAGE, INC.
 Military Discounts - Best Rates
 24 Hour Access
 701-720-1093
 Convenient North Location for Both Base & Minot Customers

HOBBY SHOP

AEROPORT HOBBY SHOP
 RC Cars, RC Airplanes, Rockets, Trains, Plastics, Testors Paints, Engines & Accessories, Helicopters, Balsa Wood & Glues.
838-1658
 2112 N. Broadway • Minot, ND
 Ask for Eva • www.airporthobby.com

ANSWERS

SUDOKU ANSWERS

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

Answers to puzzle from page 4

HOME LOANS

FAST & FREE PREAPPROVAL • VA AND FHA FINANCING

LENDING NOW
 PREMIER MORTGAGE CORP.
701-838-3247
 MIKE LINDQUIST • NMLS #213449 • CELL 578-0478 | JORDAN WALD • NMLS #922889 • CELL 721-9391
 1408 20th Ave. SW, Ste 3, Minot, ND • **APPLY ONLINE** at **LENDING NOW.com**

ACCOUNTANT

BRADY MARTZ
 CERTIFIED PUBLIC ACCOUNTANTS
 24 W. Central, Minot • 852-0196
 www.bradymartz.com

REAL ESTATE

www.brokers12.com

REAL ESTATE
701-852-3757

Place a display ad for as little as **\$9.00** per week!

For more information call **839-0946** or email **nsads@srt.com**

REAL ESTATE



powered by



Serving the Greater Minot Area Since 1951

408 North Bdwy
Minot, ND
701-852-1156




 <p>\$238,000</p> <p>SPACIOUS CONDO – 2 bedrooms, 1 ¾ baths and main level laundry. Kitchen has large pantry and is open to the living room. Master with walk-in closet and ¾ bath. Family room in semi-finished daylight lower level. Double garage. Price Reduced!</p> <p>MLS #181236</p>	 <p>\$239,950</p> <p>FAMILY SIZE – 5 bedroom, 1 ½ story home. Large kitchen. 12x26 deck off dining room. Master bedroom in finished lower level. Triple garage. Includes 2 lots and has 2 driveways for easy access.</p> <p>MLS #180020</p>	 <p>\$271,000</p> <p>MINUTES FROM MINOT – 3 bedroom, 1344 sq ft home on 8.72 acre farmstead. Hardwood floors. Main level laundry. Detached garage and outbuildings. Fixer upper with great potential.</p> <p>MLS #181320</p>
 <p>\$74,900</p> <p>IN GLENBURN – 2 bedroom, 1 bath home with nice yard and mature trees. Eat-in kitchen. Nice sized living room and family room in basement. Steel siding and vinyl windows. Attached garage.</p> <p>MLS #181045</p>	 <p>CONGRATULATIONS JANET SCHELLING TOP PRODUCER, JUNE 2018</p> <p>Check our site for weekly dates and times of Open Houses <small>one click printout of weekly open houses</small></p>	 <p>\$235,900</p> <p>PRICE REDUCED! - Move in ready 2 bedroom, 2 bath home. Custom kitchen cabinets. Family room with fireplace and wet bar. New furnace and central air. Lots of storage. Patio and double garage.</p> <p>MLS #181319</p>
 <p>Thad Tarasen 240-6737 thad@minothomes.com</p>		 <p>Ali Ryan 720-9004 amryan66@yahoo.com</p>

CARS FOR SALE



240-9172

1105 16th St. SW • Minot
Cliff Butler/Retired MSgt
www.Karz4-U.com

<p>FREE 90 Day or 3000 mile powertrain WARRANTY included!</p>	 <p>90 Toyota 4 Runner NO RUST, 5 spd, Nice, 4x4 \$3,995</p>	 <p>05 Chevy 1500 Extcab 4x4, MINT, 137K \$10,995</p>
 <p>08 Toyota Sienna Must See! Loaded & ready to go! \$8,995</p>	 <p>06 Mustang V6 Nice Solid Car, No Rust \$2,995</p>	 <p>08 Chevy Trailblazer LS 4x4 125K \$6,995</p>
 <p>06 Toyota Tundra Dblecab SR5 4x4, 172K, NICE \$12,995</p>	 <p>05 Ford Explorer AWD Clean Leather/Sunroof, 97K \$5,995</p>	 <p>06 Dodge Dakota Crewcab 2WD, V6, 123K \$4,995</p>
 <p>04 Honda Accord EX 140K, Remote Start \$5,995</p>	 <p>09 Chevy 1500 LT Ext Cab 149K, Runs Great! \$12,995</p>	<p>See the rest of our inventory at www.Karz4-U.com</p>

HELP WANTED



WINNING CAREERS

Now Hiring

- Housekeeping Supervisor
- C Store Supervisor
- Special Events Worker

For all open positions visit:
4BearsCasino.com/employment
800.294.5454

YOUR OASIS 4 FUN & WORK!

BASE ANNOUNCEMENTS

TODAY

- 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 Center
- 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
- 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

SUNDAY

- Only the Best Come North Scramble, 0900, Rough Rider Golf Course
- Free Range Balls for Juniors, 1200-2100, Rough Rider Golf

Course

- Family Zumba, 1400, Fitness Center

MONDAY

- Tactical Fitness, 0600, Fitness Center
- TAP GPS Workshop, 0730-1630, held at the Education Center, hosted by A&FRC
- Kids Summer Bowling, 0900-1400, Rough Rider Lanes
- Kids Bowl Free Program, 0900-1400, Rough Rider Lanes
- Free Range Balls for Juniors, 1200-2100, Rough Rider Golf Course
- Reintegration Briefing, 1300, A&FRC
- Off-Base Budget Class, 1430-1600, A&FRC
- Knitting Club, 1800, Base Library
- Yoga, 1830, Fitness Center

TUESDAY

- TAP GPS Workshop, 0730-1630, held at the Education Center, hosted by A&FRC
- Kids Summer Bowling, 0900-1400, Rough Rider Lanes
- Kids Bowl Free Program, 0900-1400, Rough Rider Lanes
- Fit Family Boot Camp, 0900, Fitness Center
- Game Day, 1000-1930, Base Library
- Fit To Fight, 1130, Fitness Center
- Free Range Balls for Juniors, 1200-2100, Rough Rider Golf
- Off-Base Budget Class, 1430-1600, A&FRC
- Fit To Fight, 1700, Fitness Center
- Family Fun Night, 1700-2100, Rough Riders Pizza
- Zumba, 1830, Fitness Center

WEDNESDAY

- Last day to register for July Creative Kids Class at Arts &

Crafts

- Tactical Fitness, 0600, Fitness Center
- TAP GPS Workshop, 0730-1630, held at the Education Center, hosted by A&FRC
- Kids Summer Bowling, 0900-1400, Rough Rider Lanes
- Kids Bowl Free Program, 0900-1400, Rough Rider Lanes
- Club Member Benefit, 0900-1400, Rough Rider Lanes
- Bundles for Babies, 0900-1030, A&FRC
- Kids Yoga, 0930, Fitness Center
- Story Time, 1030, Base Library
- National Hot Dog Day, 1030-1330, Dakota Inn Dining Facility
- Free Range Balls for Juniors, 1200-2100, Rough Rider Golf Course
- Pre-Deployment/Remote Readiness Training, 1300-1400, A&FRC
- Off-Base Budget Class, 1430-1600, A&FRC
- 4-H Club, 1600-1700, Youth Center
- Mug Club Special, 1600-1800, Rockers Bar & Grill
- Boss & Buddy \$1 off Draft Special, 1630-1830, Rockers Bar & Grill
- Members Wind Down Wednesday Buffet, 1630-1830, Rockers Bar & Grill
- Airmen Quarterly Birthday Meal, 1730-1830, Dakota Inn Dining Facility
- Yoga, 1830, Fitness Center
- Tactical Fitness, 1930, Fitness Center

THURSDAY

- TAP GPS Workshop, 0730-1630, held at the Education Center, hosted by A&FRC
- Kids Summer Bowling, 0900-1400, Rough Rider Lanes
- Kids Bowl Free Program, 0900-1400, Rough Rider Lanes



- Club Member Benefit, 0900-1400, Rough Rider Lanes
- Bundles for Babies, 0900-1030, A&FRC
- Kids Yoga, 0930, Fitness Center
- Story Time, 1030, Base Library
- National Hot Dog Day, 1030-1330, Dakota Inn Dining Facility
- Free Range Balls for Juniors, 1200-2100, Rough Rider Golf Course
- Pre-Deployment/Remote Readiness Training, 1300-1400, A&FRC
- Off-Base Budget Class, 1430-1600, A&FRC
- 4-H Club, 1600-1700, Youth Center

Private Weapons Registration

STAFF SGT. ELI SMITH | 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

All Minot Air Force Base residents who own firearms are required to register them with the 5th Security Forces Squadron. The simple process involves two forms and a quick stop at the base armory.

Not registering your guns within three days of moving onto base or purchasing a new weapon could also result in an Article 92 under the UCMJ.

According to Staff Sgt. Jeremy Homan, 5th SFS NCO in charge of police services, it's important for SFS to know what weapons are stored in each house for the safety and security of the base and personnel.

Additionally, any weapons belonging to a civilian living on base are the responsibility of that person's military sponsor, who should register the weapon as if it were their own. Civilians living on base but not affiliated with a sponsor or chain of command are required to register their firearms directly through the armory.

Below are simple steps on how to follow proper procedure.

To register your weapon with the armory:

Fill out AF Form 1314 Firearms Registration. All information must be typed and the form signed with a "wet" signature. Click here for AF Form 1314.

Fill out DD Form 2760 Qualification to Possess Firearms or Ammunition. This form can be handwritten or typed and is available here.

Turn in both forms, completed and signed, to your unit commander's support staff and the 5th SFS Armory located in building 547 on Tanker Trail.

Here are a few key points to remember as you get started:

Dorm residents and anyone residing in on-base Lodging are required to store their guns and ammo at the armory or off base.

Register your weapons within three days of moving onto base or purchasing a new firearm.

Contact the 5th SFS Armory at (701) 723-6568 or police services at (701) 723-4434 for more information.

Life-saving act molds Airman's future

STAFF SGT. CHRISTOPHER STOLTZ
386TH AIR EXPEDITIONARY WING PUBLIC AFFAIRS

SOUTHWEST ASIA (AFNS) -- Three years ago, Tech. Sgt. Julian Tayag was closing the pharmacy for the duty day with his wingman when tragedy nearly struck. Three years later, this event would culminate in his acceptance into the Interservice Physician Assistant Program.

"My wingman and I were just about to lock the doors for the day when we noticed a man exhibiting strange signs," said Tayag, 386th Expeditionary Medical Group pharmacy noncommissioned officer-in-charge. "We approached him and asked him if he needed assistance to his car."

Little did Tayag know, the man would need more than help to his car. Before the man could answer, he collapsed -- falling lifelessly to the ground. The two Airmen immediately searched for a pulse, but had no success. In response, Tayag immediately began CPR and instructed his wingman to call for emergency transport to the closest emergency room.

Fortunately, he was able to resuscitate the patient and keep the situation under control until paramedics arrived.

"Although I serve in a medical capacity, I have always wanted to pursue a career in higher levels of healthcare," said Tayag, who is deployed from the 59th Medical Diagnostic and Therapeutics Squadron at Joint Base San Antonio-Lackland. "That event left me feeling deeply rewarded and only furthered this desire. It is probably the catalyst of why I pushed myself to apply for IPAP. I took it as a sign."

The program, which was created as a joint effort in 1996 by the Air Force, Army and Navy, serves as a bridge for service members to attend school with the end goal of becoming physician assistants, medical professionals who are nationally certified and state licensed to practice medicine with the supervision of a physician.

Based at Joint Base San

Antonio-Fort Sam Houston's U.S. Army Medical Department Center and School, IPAP consists primarily of enlisted active-duty members who, upon graduation, are commissioned as first lieutenants into the officer corps of their respective service.

Although Tayag's story has a rewarding conclusion, it did not come without at least one hurdle.

"I applied for the program only five months ago, but the process actually took me nearly two years to finish," he said. "The longest part was completing the science prerequisites. I actually had many of them complete, but there was a caveat. Since the classes were completed more than five years ago, I actually had to retake every single one."

Shortly after his deployment ends, Tayag will have to jump back into the classroom and begin phase one of IPAP. This phase includes a rigorous curriculum of 40 courses and 101 semester hours over only 16 months. The schedule will serve as a gauntlet, as he must complete courses in biochemistry, microbiology, orthopedics, rheumatology and

dermatology.

Upon completion of phase one, Tayag will receive a Bachelor of Science degree, but will immediately move to a Master's-level curriculum, which will culminate during phase two. During this phase, which spans 13 months, he will be assigned to an Air Force or Army hospital to gain specialty knowledge and experience during a series of clinical rotations.

While the act of saving a man's life helped shape and fuel his vision of becoming a physician's assistant, the prospective IPAP student said his vision would have remained one if not for a little bit of help.

"I have some amazing people in my life who helped me get selected," he said. "I want to thank God, my beautiful wife, my family and supervisors, mentors, civilian instructors, professors, leadership, peers and co-workers who always pushed me forward. They helped me overcome my failures and only served to aid in my successes. My achievements are only possible because of them."

MADHU UNNIKRISHNAN, MD, MS, HEMATOLOGIST AND MEDICAL ONCOLOGIST, AND PAMELA HOLWEGNER, FNP-C, AOCNP

State-of-the-art care enhanced by world class expertise.

At Trinity Health we detect cancers earlier than ever, when they are the most treatable. When diagnosed, we take a multidisciplinary team approach to offer the peace of mind of many opinions. And then we go a step further by collaborating with the experts at Mayo Clinic.

Working together, Trinity Health brings you the benefit of an individualized treatment plan designed to fight your specific cancer. Then we provide you access to the latest therapies, including clinical trials. This is the power of exceptional cancer care found right here at Trinity Health CancerCare Center.

When it's cancer, there's no stronger team you want on your side.



CALL (701) 857-3535 TO CONNECT WITH OUR CANCER EXPERTS, OR LEARN MORE AT TRINITYHEALTH.ORG/CANCER.

MINOT, NORTH DAKOTA