

northernsentry

FREE | VOL. 56 • ISSUE 29 | WWW.NORTHERNSENTRY.COM | FRIDAY, JULY 20, 2018 | MINOT AIR FORCE BASE



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Videos

A peek behind the curtain: Prolonged exposure therapy for PTSD

SHIREEN BEDI | AIR FORCE SURGEON GENERAL PUBLIC AFFAIRS

FALLS CHURCH, Va. (AFNS) -- Post-traumatic stress disorder can be debilitating, but there are therapies that can reduce symptoms, improve quality of life, and help Airmen return to duty.

One of the most effective therapies, practiced by many Air Force mental health professionals, is prolonged exposure therapy.

PTSD symptoms can create a network of fear. Memories and sensations from traumatic events spill over into other parts of someone's life. It is common for a person who has experienced trauma to try to avoid those thoughts and places that remind him or her of that traumatic event.

Lt. Col. Alicia Ottati, Air Force Mental Health Policy chief, says symptoms can get worse the more a person avoids thoughts and places associated with the trauma.

"If a patient has PTSD

related to a roadside bomb blast, they may experience increased anxiety and distress while driving or when seeing debris on the side of the road because it reminds them of that traumatic event," said Ottati. "As a result, the person may avoid or limit driving. The unintended consequence of this avoidance may be that they rarely leave home or alter their daily schedule so they aren't engaging with people or things that are meaningful to them, reducing their quality of life."

The good news, says Lt. Col. Joel Foster, 18th Medical Group Mental Health Flight commander at Kadena Air Force Base, Japan, is that upwards of 80 percent of patients respond favorably to prolonged exposure therapy.

"Prolonged exposure is a collaborative therapy where the goal is to safely and gradually reduce a patient's avoidance of trauma-related memories and situations,"

said Foster. "Prolonged exposure also addresses unhelpful thoughts and beliefs that may contribute to a patient's difficulties."

Prolonged exposure generally consists of about 10 sessions, slowly introducing the patient to the thoughts and feelings associated with the traumatic event.

As Foster explains, prolonged exposure does this through two different processes. The first is imaginal exposure, which exposes the patient to the thoughts, memories, and feelings surrounding their traumatic event. The second is in vivo exposure, which exposes the patient to places associated with the trauma.

"If someone had PTSD symptoms related to a tornado, the therapist may slowly introduce them to places they have been avoiding as a result of that tornado, such as the street where it happened," said Foster.

Sessions involve talking

through the traumatic event, which are recorded so patients can listen to them between sessions. Patients may have homework where they listen to those recordings, or go to the places they have been avoiding, while noting how they are feeling. In following sessions, the therapist will go over the homework and ask the patient to talk through the traumatic event again.

"The memories of a traumatic event is painful, but when patients start talking about the trauma, they realize these are just memories that can no longer hurt them," said Foster. "As they repeatedly go over the trauma, it eventually takes the sting out of those memories."

The process, called habituation, is the reason prolonged exposure therapy is effective.

"Habituation happens when you get used to a repeated stimulus," said Foster. "Our bodies cannot

remain at a high level of distress and anxiety for very long, so as we continue to talk through the traumatic event or visit a place that causes distress, eventually the body naturally calms down."

"The goal of prolonged exposure is not to get rid of painful thoughts and feelings, but to change your relationship with and reaction to these thoughts and feelings," said Ottati.

The important thing both Ottati and Foster want Airmen to know is that feeling nervous or anxious when starting prolonged exposure is normal, but working through the symptoms gets easier with time and practice.

"If you can put people back into the mission and have them feel effective and useful, then prolonged exposure serves as a huge benefit," said Foster.

"Prolonged exposure can give Airmen dealing with PTSD symptoms a new lease on life."

Air Force Reserve Hurricane Hunters assist with monsoon research

MAJ. MARNEE A.C. LOSURDO | 403RD WING PUBLIC AFFAIRS

KEESLER AIR FORCE BASE, Miss. (AFNS) -- The U.S. Air Force Reserve's 53rd Weather Reconnaissance Squadron

spent part of June in Sri Lanka flying missions over the Indian Ocean as part of a research project to study the island's atmosphere and predict monsoon patterns.

The Hurricane Hunter crew arrived June 15 to assist with research in the Bay of Bengal on Monsoon Intraseasonal Oscillations, or MISO, which occur in the Indian Ocean on a 20 to 60 day cycle of heavy, or

'active,' rainfall and dry, or 'break,' periods during the monsoon season.

They worked with the University of Notre Dame and Government of Sri Lanka, which are partnering on a five-year study, funded by the U.S. Office of Naval Research, of oceanic conditions across the Indian Ocean to better understand how the atmosphere and ocean interact with setting up MISO events to better

predict weather and save lives.

The 53rd WRS is the only Department of Defense unit that flies into storms to gather weather data for National Hurricane Center forecasts. However, this time they flew missions in conjunction with research vessel Thomas G. Thompson in the Bay of Bengal to gather information on

Continued on page 5

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FACEBOOK

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OWN IT AWARD

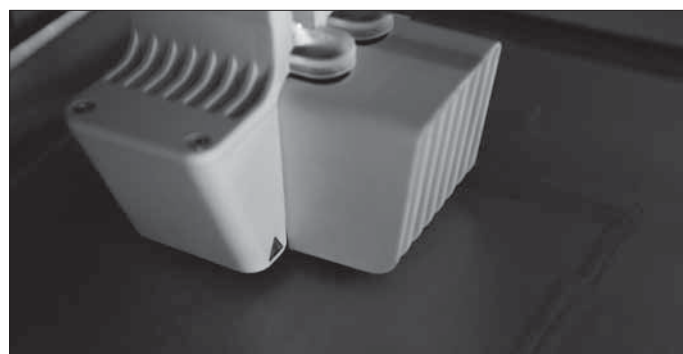
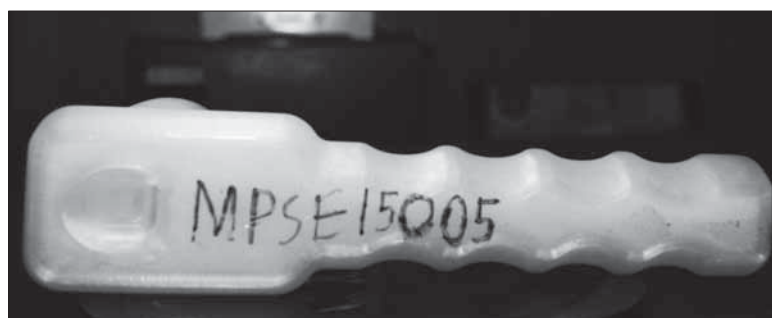
Senior Airman Kyle Goodall, 5th Aircraft Maintenance Squadron airspace propulsion journeyman, receives a 5th Bomb Wing Own-It Award at Minot Air Force Base, North Dakota, July 17, 2018. When a B-52H Stratofortress lost an engine in January 2017, Goodall's team rewired and installed four new engines in the left wing of the plane.

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

3-D PRINTING

Airmen with the 791st Maintenance Squadron recently received a 3-D printer to create their own tools locally at Minot Air Force Base, North Dakota. Although some 3-D plans can be found online, Airmen design and create their own tools from scratch. By printing tools, Minot AFB saves thousands of dollars on manufacturing and shipping costs.

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TODAY

- Long Drive & Trick Shot Special Guest Michael "Lides" Michaelides, 0900, Rough Rider Golf Course
- 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
- 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
- Long Drive & Trick Shot Special Guest Michael "Lides" Michaelides, 1700, Rough Rider Golf Course
- 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

- Free Range Balls for Juniors, 1200-2100, Rough Rider Golf
- EFMP-FS Equestrian Experience, 1300-1500, held at the Dakota Boys & Girls Ranch, hosted by A&FRC
- Bowl the Night Away with "Lights & Strikes", 2000-2400, Rough Rider Lanes

SUNDAY

- Free Range Balls for Juniors, 1200-2100, Rough Rider Golf Course
- Sunday Escapes Book Club, 1330, Base Library
- Family Zumba, 1400, Fitness Center

MONDAY

- Tactical Fitness, 0600, Fitness Center
- Flight Line Run, 0800, Fitness Center
- Science Camp, 0900-1200, Youth Center
- 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
- Newbery Book Club, 1530, Base Library
- Yoga, 1830, Fitness Center

TUESDAY

- Pre-Separation Counseling, 0800-1130, A&FRC
- Fit Family Boot Camp, 0900, Fitness Center
- Kids Summer Bowling, 0900-1400, Rough Rider Lanes
- Kids Bowl Free Program, 0900-1400, Rough Rider Lanes
- Science Camp, 0900-1200, Youth Center
- Game Day, 1000-1930, Base Library
- Fit To Fight, 1130, Fitness Center
- Free Range Balls for Juniors, 1200-2100, Rough Rider Golf
- Fit To Fight, 1700, Fitness Center
- Family Fun Night, 1700-2100, Rough Riders Pizza
- Zumba, 1830, Fitness Center

WEDNESDAY

- Tactical Fitness, 0600, Fitness Center
- Right Start, 0730, held at the Jimmy Doolittle Center, hosted by A&FRC
- Science Camp, 0900-1200, Youth Center
- 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
- Kids Yoga, 0930, Fitness Center
- Story Time, 1030, 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 & Grill
- Boss & Buddy \$1 off Draft Special, 1630-1830, Rockers Bar & Grill

- Members Wind Down Wednesday Buffet, 1630-1830, Rockers Bar & Grill
- EFMP-FS Family Art Camp, 1700-1900, held at the BBC Community Center - Sirocco Lane, hosted by A&FRC
- Yoga, 1830, Fitness Center
- Tactical Fitness, 1930, Fitness Center

THURSDAY

- Oil Change Special begins at Auto Hobby
- Science Camp, 0900-1200, Youth Center
- Kids Summer Bowling, 0900-1400, Rough Rider Lanes
- Kids Bowl Free Program, 0900-2100, Rough Rider Lanes
- 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
- Monthly BGCA Awards/Recognition Preteen and Teen, 1700, Youth Center
- Members 2 for 1 Appetizers, 1700-1900, Rockers Bar & Grill
- Olympic Weight Lifting, 1730, Fitness Center
- "Have a Ball" Summer Bowling League, 1830, Rough Rider Lanes
- Zumba, 1830, Fitness Center

UPOMING EVENTS - JULY 27

- Science Camp, 0900-1200, Youth Center
- 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
- 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 Center
- Give Parents A Break, 1800-2200, Youth Center & CDC
- Karaoke Night, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes

UPOMING EVENTS - JULY 28

- Yoga, 1000, Fitness Center
- Free Range Balls for Juniors, 1200-2100, Rough Rider Golf
- 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 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 July 26-31 Purchase oil and filter from Auto Hobby and use the lube rack free for up to one hour. After one hour, if you're not finished, vehicle will be charged lift per hour price of \$3.50.
- 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.kids-bowlfree.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

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This boot-camp style event is open to the public and includes pulling hoses, dragging dummies, and carrying tools from the firetruck.

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



U.S. AIR FORCE PHOTO | STAFF SGT. CHRISTOPHER STOLTZ

Tech. Sgt. Julian Tayag, 386 EMDG pharmacy non-commissioned officer-in-charge, provides medication to a co-worker June 22, 2018, at an undisclosed location in Southwest Asia. In early May 2018, Tayag was selected to attend the Interservice Physician Assistant Program.

HURRICANE HUNTERS from page 2

complex phenomena across an air-sea boundary and how they set up rainfall patterns, said Harindra Fernando, a mechanical engineer at the University of Notre Dame and one of the project's leaders.

"The crews released dropsondes and buoys to collect both atmospheric and oceanic data," said 1st Lt. Garrett Black, 53rd WRS aerial weather reconnaissance officer. "It's a great and rare opportunity to be able to sample monsoonal conditions in the Bay of Bengal with both air and sea assets. The data will better help with understanding the dynamics and atmospheric setups that drive these seasonal, heavy rain events that are vital to the agriculture and economy for coastal Indian Ocean communities."

"This project also has large scale socioeconomic impact since this weather phenomena impacts 1 billion people," said Lt. Col. Kaitlyn Woods, 53rd WRS chief meteorologist.

Much of the Indian subcontinent is dependent on monsoon rainfall and are affected by the flood and droughts that can be created from MISO BOB, she added.

"Active and break phases of monsoons determine the amount of water available in a given season as well as times they will be available," said Fernando. "As such, prediction of MISO events are of utmost importance for water resources planning in the region."

The break phases are associated with drought periods, and the torrential rains associated with active phases of the monsoons cause floods and landslides, and hence predictions of MISO events are of

great interest for disaster management, said Fernando.

"This research is also of importance to the U.S. Naval 5th Fleet, which operates in the Indian Ocean," said Woods. "The 5th Fleet's operations often hinge on the forecasting of atmospheric and oceanic weather events."

The weather patterns in the Indian Ocean are very energetic and impact weather in other parts of the world, especially in Pacific, said Fernando.

"MISOs have a role in global weather, and hence the missions 53rd WRS flew have implications in improving the prediction of global weather patterns," said Fernando.

A second comprehensive MISO BOB field study will be conducted next summer, which will involve measurements using research vessels, land stations in multiple countries, and hopefully aircraft measurements involving the 53rd WRS, said Fernando.

In addition to the 53rd WRS and Notre Dame, the following organizations are also part of the MISO BOB field project: National Aquatic Resources Research and Development Agency, Maldives Climate Observatory, Meteorological Bureau of Seychelles, Army Research Labs, Air Force Institute of Technology, Naval Research Lab, Indian Institute of Tropical Meteorology, Indian Institute of Science, NOAA Earth Systems Research Labs, NOAA Global Climate and Weather Modeling, Columbia University, Scripps Institution of Oceanography, Woods Hole Oceanographic Institution, University of Washington, and University of Massachusetts.

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."



Laura Larson, M.S., LPCC

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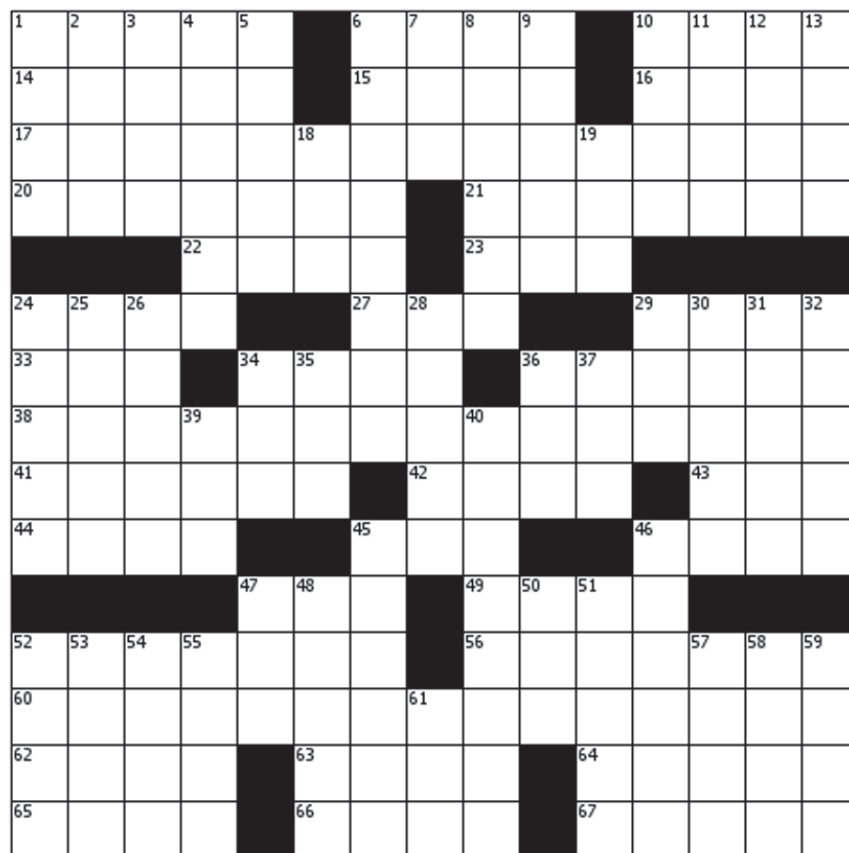
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- 16. Ghana neighbor
- 17. Lord Nelson statue site
- 20. Heralds' wands
- 21. More emaciated
- 22. Counterfeit
- 23. Olympic basketball team
- 24. Clog or sandal
- 27. Really long time
- 29. GM line
- 33. "Some Like it ---"
- 34. Word with souci or serif
- 36. Vietnam's --- Van Thieu
- 38. About 66 degrees south latitude
- 41. Twerp
- 42. Acquire by one's efforts
- 43. Abel's mother
- 44. Vega's constellation
- 45. Get one's wires crossed
- 46. Mr. Gynt
- 47. --- guzzler
- 49. Emulate Otto Dix
- 52. All natural
- 56. China and Japan, e.g.
- 60. Site of many disappearance
- 62. Cheese coated in wax
- 63. Fencing sword
- 64. Pouty looks
- 65. Spinning toy
- 66. Remove, to the printer



67. Cabbage side dishes

Down

- 1. Campus cadet org.
- 2. Poetic Pound
- 3. Unit of laundry
- 4. Steep
- 5. Emulate Mr. Kotter
- 6. Army unit
- 7. Newsworthy time

8. It operates by compression

- 9. Painted Desert features
- 10. Knock senseless
- 11. Castle surrounding
- 12. Folklore baddie
- 13. Word with movie or theatre
- 18. Grazing grounds
- 19. Sine --- non

24. Head and shoulders cover

- 25. Baklava ingredient
- 26. Playful mammal
- 28. Willow rod
- 29. "--- Father, who art..."
- 30. School on the Seine
- 31. Dig for data
- 32. Villainous look

SUDOKU Solution to puzzle on page 14

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

Solution to last week's Crossword puzzle.

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| P | A | T | H | S | | G | A | S | | V | E | R | A | |
| E | G | R | E | T | | O | N | T | O | | E | D | E | N |
| S | H | A | M | U | | S | N | O | W | D | R | I | F | T |
| O | A | F | | N | A | H | | I | N | A | M | E | S | S |
| | | F | E | T | A | | | A | C | U | T | E | | |
| | A | I | R | M | A | I | L | | P | E | E | P | E | R |
| L | U | C | R | E | | F | L | A | T | | R | I | M | E |
| E | T | C | | N | O | S | E | J | O | B | | N | O | D |
| D | O | O | M | | N | O | R | A | | U | S | E | R | S |
| A | S | P | I | R | E | | G | R | A | T | I | F | Y | |
| | | | L | U | S | T | Y | | O | T | T | O | | |
| A | S | S | I | S | T | S | | E | K | E | | R | I | P |
| C | O | N | E | H | E | A | D | S | | R | E | E | S | E |
| T | H | O | U | | P | R | O | P | | U | P | S | E | T |
| S | O | B | S | | S | E | N | | P | A | T | E | S | |

- 34. --- Lanka
- 35. Sampras serve, often
- 36. Maker of the first mechanical cash registers
- 37. --- rummy
- 39. Santa ---, Calif.
- 40. Happy-go-lucky
- 45. Houdini feat
- 46. Hydroxybenzene
- 47. Serengeti critter
- 48. Gave help to
- 50. --- chi (Chinese martial art)
- 51. Packs tightly
- 52. Do what you're to
- 53. Decorate again
- 54. Blue's opponent
- 55. Firearm filler
- 57. Spanish water
- 58. Did away with dragons
- 59. Polanski flick
- 61. --- Aviv, Israel

REEL TIME THEATER MOVIE SCHEDULE



JURASSIC WORLD: FALLEN KINGDOM • (PG-13)
FRIDAY, JULY 20 • 1800

“ When the island's dormant volcano begins roaring to life, Owen and Claire mount a campaign to rescue the remaining dinosaurs from this extinction-level event. ”



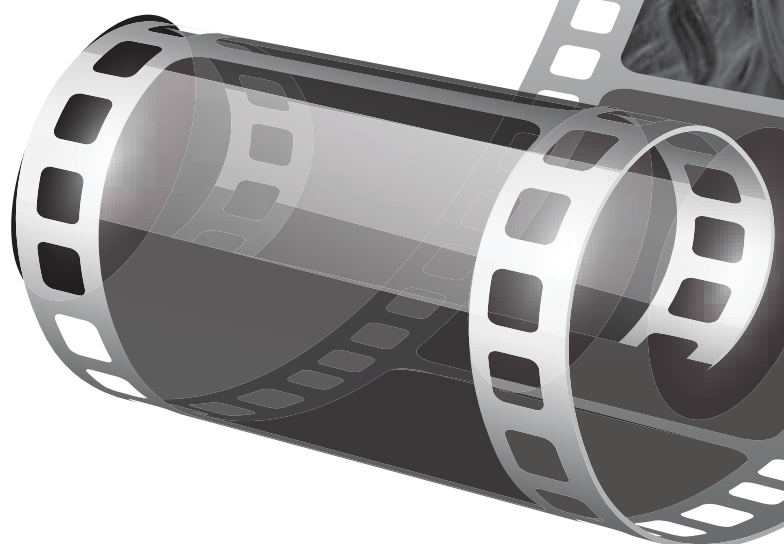
INCREDIBLES 2 • (PG)
SATURDAY, JULY 21 • 1700

“ Bob Parr (Mr. Incredible) is left to care for the kids while Helen (Elastigirl) is out saving the world. ”



HEREDITARY • (R)
SUNDAY, JULY 22 • 1500

“ After the family matriarch passes away, a grieving family is haunted by tragic and disturbing occurrences, and begin to unravel dark secrets. ”





Chicken Penne Pasta with a Lightened-up Parmesan Cream Sauce



INGREDIENTS:

- 12 ounces Penne Pasta (use Barilla Pronto for super quick prep!)
- 1/2 cup sundried tomatoes packed in oil, coarsely chopped
- 8 ounces cremini mushrooms, thinly sliced
- 1 cup (prepared/leftover) rotisserie or grilled chicken, shredded
- 2 cups packed baby spinach
- 1/2 cup Parmesan cheese
- 1 tablespoon olive oil (or oil from the sundried tomatoes)
- 3 tablespoons unsalted butter
- 1 teaspoon minced garlic
- 3 tablespoons white flour
- 1 cup chicken stock (or chicken broth; stock has more flavor)
- 1 cup milk (1%, 2%, or whole milk; 1% for the lightest version)
- 1/2 teaspoon Italian seasoning
- 5 tablespoons Parmesan cheese
- Salt and Pepper, to taste
- Optional: fresh thyme

INSTRUCTIONS:

Cook the penne pasta according to package directions*. Drain and set aside. In the same pot, over medium heat, add in 1 tablespoon of oil from the sundried tomatoes. Add in the mushrooms and stir for 3-4 minutes. Add in the coarsely chopped tomatoes and stir for another 1-2 minutes. Dump this mixture on top of the set aside Penne. In the same pot again (return to the burners and put at medium-high heat), add 1 more tablespoon sundried tomato oil OR olive oil and the butter. Once the butter is melted, stir in the garlic and stir until fragrant, about 30 seconds. Slowly add in the flour, whisking constantly. Whisk for one minute. Slowly add in the chicken broth while whisking and then slowly add in the milk while continuing to whisk. Increase the heat and allow the mixture to get to a boiling point and then reduce and allow to simmer until thickened, stirring occasionally. Add in the Italian seasoning and Parmesan cheese and season with salt and pepper to taste. Once the sauce is thickened, add back in the pasta + veggie mixture. Add in the leftover rotisserie chicken (or leftover grilled chicken) and spinach to warm through (get the spinach to wilt) for 2-3 minutes over medium-high heat. Stir the ingredients until combined and add in the 1/2 cup Parmesan cheese. Stir and enjoy immediately garnished with fresh thyme if desired. Recipe Notes *If you want this dish a little quicker and don't mind dirtying another pot, cook the pasta in one pot and as soon as that's going, start the mushrooms cooking in another pot.

What to do after suffering a sunburn

METRO CREATIVE

Summer fun routinely involves days spent soaking up some of the sun's rays. Relaxing days at the beach, barbecues in the backyard or picnics at the park can make for fun summer activities that create lasting memories.

While spending time in the great outdoors is a great way to take advantage of summer weather, it's important that revelers take steps to prevent sunburn when spending days beneath the hot summer sun. Sunburns may seem temporary, but the Skin Cancer Foundation notes that sunburn can cause long-lasting skin damage. In addition, the SCF notes that a person's risk for melanoma, the most dangerous form of skin cancer, doubles if he or she has had more than five sunburns.

It can take several hours to notice the full damage of a sunburn, though some people may notice mild symptoms of sunburn more quickly than that. The SCF recommends that people get out of the sun at the first sign of sunburn, and then take the following steps to treat their skin.

- Cool the skin down quickly. People sitting near cool water,

whether it's the ocean or a backyard pool, should take a quick dip to cool their skin. Make this dip quick so your skin is not further exposed to the sun. After taking a dip, cover up your skin and get out of the sun, continuing to cool the skin with a cold compress. Do not apply ice directly to sunburned skin. Some people may want to take a cool shower or bath after suffering a sunburn. While that's alright, the SCF recommends keeping the bath or shower short, as long baths or showers can dry the skin, and avoiding harsh soap that can be irritating.

- Moisturize skin while it's still damp. Apply a gentle moisturizing lotion while the skin is still damp, and continue doing so to affected areas for a few days. Avoid petroleum- or oil-based ointments, as they can trap the heat and make burns worse.

- Decrease inflammation. A nonsteroidal anti-inflammatory (NSAID) like aspirin, ibuprofen or naproxen can help sunburned men and women manage the pain and discomfort associated with their sunburns. Symptoms such as redness and swelling may be mitigated with a 1 percent over-the-counter

cortisone cream applied as directed for a few days.

- Wear the right clothing. Tight clothing can rub up against sunburned skin and irritate it even further. Until sunburned skin returns to normal, wear loose, soft and breathable clothing to keep irritation to a minimum.

- Make a conscious effort to stay hydrated. Sunburns draw fluid to the surface of skin, taking it away from the rest of the body. So it's important that men and women who have suffered a sunburn make a conscious effort to drink more fluids until their skin heals so they can avoid becoming dehydrated.

- Report severe sunburns to a physician. Symptoms of severe sunburn include blistering of the skin, fever, chills, wooziness, and/or feelings of confusion. Report such symptoms to a physician immediately, and avoid popping blisters, as doing so can lead to infection.

Sunburns can always be avoided. Men, women and children planning to spend time in the sun should take every measure to avoid sunburn, which can produce long-lasting damage to the skin.

Help kids calm first-day-of-school jitters

METRO CREATIVE

The first day of school can be an exciting time, especially for children who have never before attended school. But even youngsters excited about the first day may also experience some jitters. Such nerves are normal, and parents can help kids calm those jitters in various ways.

- Talk about the first day as it approaches. A child's first day of school is a milestone, and parents may do various things to commemorate the occasion. The excitement leading up to the first day can spark kids' enthusiasm, but it also may lead to some anxiety about the unknown. Parents can quell those fears by discussing the first day as it approaches. Explain why the first day is so special, encouraging youngsters to share their feelings. If kids express fears about their first day, parents can explain they felt similarly on their first day of school but quickly adjusted.

- Let kids choose their own clothes. Parents may be tempted to buy special outfits for their children for the first day of school. But kids who are jittery about their first day may calm down if allowed to choose their own attire for the big day. A favorite T-shirt or outfit might be just the thing to comfort kids feeling a bit nervous about their first day of school.

- Get a head start on your morning routine. As summer winds down, begin acclimating children to the morning routine they can expect when the school year begins. One to two weeks before the first day of school, start waking children up when they will need to be up for school. Kids who are accustomed to the morning routine may be more calm on their first day of school because of their familiarity with their new schedule. Going cold turkey on the first day of school may make kids less enthusiastic

about attending school.

- Attend school orientation events and plan some play dates in advance of the first day. Seeing familiar faces might make kids forget all about their jitters when they arrive at school on the first day. Inquire about school orientation events and attend as many of those sessions as possible. If encouraged to do so, take kids along so they can meet prospective classmates. Arrange for play dates with those classmates in advance of the first day so kids have a few recognizable faces their own age come the first day of school.

- Start the day off on the right foot. The night before the first day of school, make sure kids' outfits are clean, their supplies are packed and ready to go and their lunch is made. The less parents have to rush around on the morning of the first day of school, the calmer kids are likely to be.

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STATE PARADE SATURDAY, JULY 21 - 9:15 AM - 2:00 PM
Don't miss the largest parade in North Dakota! The parade starts at 9:15 a.m. sharp on the corner of Broadway and Burdick Expressway and runs to the Fairgrounds. Please contact the Parade office at 838-0104 with any questions.

SENIOR DAY FESTIVAL THURSDAY, JULY 26 - 10:00 AM - 3:00 PM
PM Gentlemen dust off your fedora hat and ladies puff on your string of pearls, we are taking a step back in time to the Raoring 20's this year at the annual Senior Day Festival sponsored by Trinity Health! Great entertainment, vendor booths, an ice cream social (sponsored by Smooth Gator) and tons of games with prize drawings are all part of the fun taking place in the air conditioned Upper Atrium of the State Fair Center. Festivities start at 10:00 am with cookies, coffee, and Presentation of Colors. The day will conclude at 3:00 pm with our grand prize drawing (winner must be present). Location: Upper Atrium

MILITARY APPRECIATION DAY TUESDAY, JULY 24 - 11:00 AM - 3:00 PM
The Fair says "Thank You" to military families by providing discounts during the Fair on Tuesday, July 24. Sponsored by the ND Beef Commission in partnership with the ND Stockmen's Association, and ND CattleWomen the 13th Annual Beef Industry Military Appreciation Picnic, a free roast beef picnic for active duty, reserve and National Guard members and their families. The picnic lunch will be offered from 11am-1pm, located behind Commercial II building on NE corner of Fairgrounds. There are also free carnival rides 1pm to 3pm with Military ID. Coupons can be found at the Chamber of Commerce or at the Minot Air Force Base Visitor Center. Location: By Commercial II

ND STATE ARM WRESTLING CHAMPIONSHIPS Saturday, July 28 - 10:30 am - 3:00 pm
Who's got the strongest arm in North Dakota? The 2018 North Dakota State Arm Wrestling Championships will be held on Saturday, July 28th on the Dakota Talent Stage. Weigh-ins are at 10:30 am with wrestling starting at 1:00pm. No pre-registration is necessary. Both men's and women's categories are available. Location: Dakota Talent Stage

KMOT PRIDE OF DAKOTA DAY Monday, July 23 - 11:00 am - 5:00 pm
Experience KMOT Pride of Dakota Day! Visit with local entrepreneurs and purchase products made exclusively in North Dakota. As a special treat, the ND Department of Agriculture will offer a \$1 Hot Dog lunch from 11am-1pm with all proceeds going to the ND FFA. Location: Festival Tent

KX/CO-OP DAY Wednesday, July 25 - 7:30 am - 3:30 pm
Join the local Co-ops of North Dakota for a pancake and sausage breakfast served from 7:30 a.m. - 9:30 a.m. North of Commercial II building. Visit with North Dakota co-ops throughout the day and enjoy an ice cream social at 2pm in the afternoon under the Festival tent in the State Fair Park. Location: Festival Tent

DAKOTA KIDS DENTISTRY FAMILY DAY FESTIVAL Tuesday, July 24 - 10:00 am - 4:00 pm
Visit Dakota Kids Dentistry's booth on Family Day at the North Dakota State Fair on July 24 anytime from 10 a.m. to 4.p.m. There will be activities for kids under the Festival Tent all day with the help of local non-profits. Bring the kids and have a blast at Dakota Kids Dentistry Family Day! If you are a non-profit and would like to participate, click here to download the application. Location: State Fair Park

RUN THE ROUTE Saturday, July 21 - 8:45 am - 10:00 am
Run to the Fair! Enter the Run the Route Run/Walk on Saturday, July 21st. Organized by Mile One Running Group, two race

divisions are offered: a 5K run, 1 mile run/walk. All ages are encouraged to participate. Prizes will be awarded to the top male and female finishers. Registrations forms will be available soon. Location: Begins at Our Redeemers Church

HORSE PULL Sunday, July 22 - 5:00 pm - 7:00 pm
The Horse Pull is a traditional Fair favorite! Large draft horse teams compete to see who can pull the heaviest load. This event always draws a large crowd. Cash prizes are awarded.

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JULY 20-28, 2018

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TUESDAY, JULY 24, 2018

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Sisters in service: Closing the joint warfighter's diversity gap

1ST LT. ANNABEL MONROE, 432ND WING | 432ND AIR EXPEDITIONARY WING PUBLIC AFFAIRS

SAN DIEGO (AFNS) -- The Joint Women's Leadership Symposium at the San Diego Convention Center June 20-22, 2018, included attendees from the U.S. Air Force, Army, Navy, Marine Corps, Coast Guard and other service members from 20 different countries.

As the largest gathering of military women in the nation, it marked the 31st annual symposium hosted by the Sea Service Leadership Association. While both men and women are welcome to attend, about 30 men and 1,200 women took part in the symposium.

Air Force veteran, Olympian and motivational speaker, Laticia "Action" Jackson kicked off the event. "You will only change the things you are willing to confront...If you want to see a change - be the change," said Jackson. "Use your voice, speak up, confront the issues that you've run from. The power has always been within you, you just have to tap into it!"

This year's theme "The Power Within You" featured practical workshops, joint discussion boards, an

international speakers panel and service specific breakout sessions intended to promote personal and professional development. Panelists included members from all facets of the Department of Defense, Australia, Canada and Sweden.

Assistant Commandant of the Marine Corps, Gen. Glenn M. Walters, discussed benefits of recent policy changes and accessing the nation's entire talent pool.

"Integration is not only the right thing to do, integration is essential to winning our nation's battles and to maintaining our freedom," said Walters. "Integration maximizes our combat capability."

"Throughout our history you've always been volunteers," said Walters. "Women have always been all volunteer."

Since 1973, when women represented less than two percent of the military, female service has grown to 16 percent of U.S. forces, while females make up about 20 percent of the Air Force.

This marks the highest percentage in history.

"These events have a



U.S. AIR FORCE PHOTO | 1ST LT. ANNABEL MONROE

Service members pose for a photo at the 2018 Joint Women's Leadership Symposium June 21, 2018, in San Diego. The symposium included attendees from the U.S. Air Force, Army, Navy, Marine Corps, and Coast Guard and 20 other countries.

way of helping both men and women come together in a non-judgmental forum to share stories and experiences that can provide guidance long after the symposium is over," said 1st Lt. Faliesha, 432nd Operations Support Squadron executive officer and Air Force Women's

Initiative Team member. "It is truly an amazing sight to see when people come together to inspire, empower and motivate one another."

The symposium provided awareness of challenges faced by female service members, mentorship, networking and education on global military

challenges.

"There were a great deal of subjects covered during the symposium and it was extremely empowering to hear so many stories of strength, overcoming adversity and the importance of embracing ourselves," said Faliesha. "I'm inspired after this experience."

AFCEC warfighter shines at DoD warrior games

J. BRIAN GARMON | AFIMSC PUBLIC AFFAIRS

TYNDALL AIR FORCE BASE, Fla. -- Master Sgt. Linn Dillard is a warfighter, a cancer survivor and overcame a traumatic brain injury. She's also an athlete who recently won gold, silver and bronze medals during the 2018 Department of Defense Warrior Games.

Dillard brought home gold medals in the 400 meters and the 4 x 100 meter relay, silver medals in the 100 and 200 meters, 50-meter breaststroke, and 200-meter

freestyle mixed relay swims, and bronze medals in the 50 and 100-meter freestyle swim.

"After all I have been through, I really value my health," Dillard said. "Chemotherapy is very hard on your body. Aside from losing my hair, the nausea was debilitating, my fingertips lost sensation, I had ulcers in my mouth, and the fatigue was indescribable. I could hardly walk up the stairs without feeling completely winded. My body has

strengthened since, but I will never forget what it feels like to be nearing death's doorway. Every lap, every sprint and every lift makes me feel grateful to be alive. Competing keeps me motivated to train, eat right and maximize my body's potential."

Approximately 300 wounded, ill and injured service members and veterans participated in the competition at the U.S. Air Force Academy in Colorado Springs, Colorado. Athletes represented the U.S. Army, Marine Corps, Navy, Air Force, Special Operations Command and several allied forces. The Warrior Games were established in 2010 as a way to enhance the recovery and rehabilitation of wounded, ill and injured service members and expose them to adaptive sports.

The athletes were a mix of active duty service members and a small number of veterans with upper-body, lower-body and spinal cord injuries, traumatic brain injuries, visual impairment, serious illnesses and post-traumatic stress. They competed in 11 sports including archery, cycling, shooting, sitting volleyball, swimming, track and field, wheelchair basketball and time trial cycling. Sports



U.S. AIR FORCE COURTESY PHOTO

Master Sgt. Linn Dillard competes in the cycling event held at the DoD Warrior Games, held June 1-9 at the U.S. Air Force Academy, Colorado Springs, Colorado. Amongst the 11 sports within the competition, Dillard, whom is a cancer survivor and overcame a traumatic brain injury, competed in track, swimming, and cycling.

are also divided into subcategories based on the athlete's level of injury or illness.

"Master Sergeant Dillard is a phenomenal warrior, athlete and Airman," said Lt. Col. David Troxell, Explosive Ordnance Disposal division chief at the Air Force Civil Engineer Center. "She excels at everything she does, both on the job and representing the Air Force, including events like DoD Warrior Games.

Her commitment and impact to the Air Force EOD career field, and the Airman she supports, is immeasurable. While we are extremely proud [she] is representing Air Force EOD and AFCEC, no amount of gold or silver medals can accurately reflect the impact she has on the mission and the warfighter downrange."

Dillard will represent the Air Force and compete in the 2018 Invictus Games in Sydney this October.

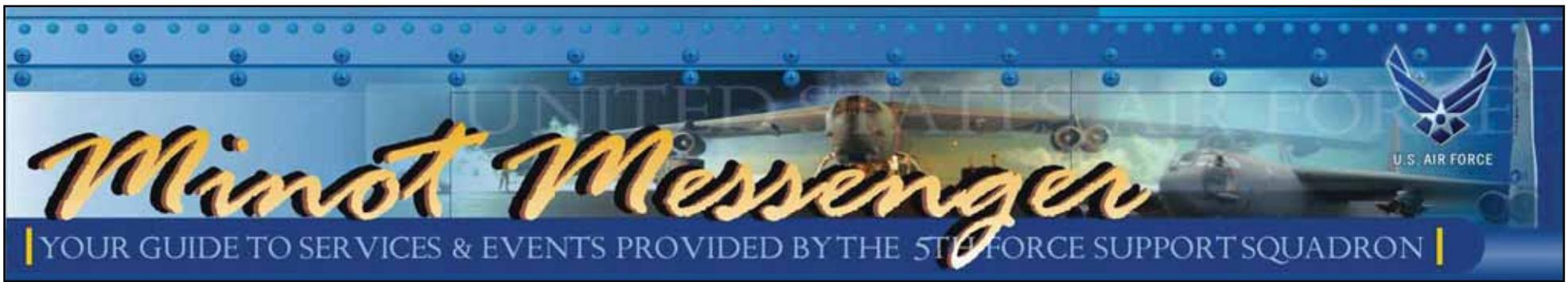
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NORTHERN NEIGHBORS DAY PREVIEW
 6:30 PM - 9:00 PM

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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

Rockers Annual Block Party Provides Fun For All Ages

Although summer officially ends in September, one of the last big bashes of the season takes place on Saturday, August 11 during the annual Rockers Block Party and Show & Shine Car Show.

The Block Party features a wide array of activities and events for both young and old. The Block Party runs from 3-7 p.m. with food served from 4 p.m. to 6 p.m. The menu features burgers, hot dogs, BBQ chicken, corn, baked beans, chips, and a drink. Cost of this scrumptious meal is \$3 for club members (age 5 and older) and \$5 for non-members (age 3 and older).

For the young, there are plenty of kids activities planned including bouncy castles, face painting, and balloons with clowns. There are activities for the whole family including giveaways galore.

The Block Party takes place outside in the J.R. Rockers parking lot. The Block Party is sponsored by North Star Community Credit Union. *No Federal Endorsement of Sponsor Intended.* For additional information, please call Rockers Bar & Grill at 727-ROCK.

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.

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 • BOUNCY CASTLES
 • FACE PAINTING AND BALLOONS WITH CLOWNS

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727-ROCK **SPONSORED BY:** North Star

Long Shot & Trick Artist Coming To Rough Rider Golf Course

MICHAEL "LIDES" MICHAELIDES
 LONG DRIVE & TRICK SHOT ARTIST

JULY 20TH
 9:00 AM & 5:00 PM
 ROUGH RIDER GOLF COURSE

Catch a long drive & trick shot artist in action! With 1 World Long Drive Championship Appearance, 5 Years of golf entertainment experience at over 150 nationwide events, and two appearances as a contestant on Big Break, you won't want to miss the excitement!

723-3164

R4R RECHARGE FOR RESILIENCY

The Rough Rider Golf Course invites you to catch a long drive & trick shot artist in action when Michael "Lides" Michaelides visits the facility on Friday, July 20. With 1 World Long Drive Championship appearance, 5 years of golf entertainment experience at over 150 nationwide events, and two appearances as a contestant on Big Break, you won't want to miss the excitement!

There are two FREE performances which are scheduled for 9 a.m. and 5 p.m. The event is part of the Recharge For Resiliency initiative. For additional information, call the Rough Rider Golf Course at 723-3164.

Show Off Your Ride At The Show & Shine Car Show

13th Annual Show & Shine Car Show

Saturday, August 11th
 3pm - 6pm
 Located adjacent to Rockers Bar & Grill

Trophies awarded in 6 categories!

Sponsored By: MINOT AUTOMOTIVE CENTER, JEROME'S MOTORSPORTS, THE BARBERS MOTORSPORTS

Featuring cars from yesterday & today!
 For details or to register, call 723-2127

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

CLUB MEMBER DRAWING ON FRIDAY, JULY 20 WILL BE FOR \$300.

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

THE JIMMY DOOLITTLE CENTER WILL BE CLOSED JULY 23-27 AND AUGUST 1 & 2
 We apologize for any inconvenience this might cause.

YOUNG AIRMEN EVENTS & PROGRAMS

Jul 20 Friday Night Karaoke

Come and show off your talent during Friday Night Karaoke at Rockers Bar & Grill on July 20 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.

Aug 20-23 Off-Base Budget Classes

Planning to move off base? Are you ready to manage the costs? The Airman & Family Readiness Center is hosting Off-Base Budget Classes on August 20, 21, 22 & 23 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.



INTRAMURAL FLAG FOOTBALL

Season Dates: 6 AUGUST - 11 OCTOBER
 Registration: DUE 2 AUGUST
 Organizational Meeting: 2 AUGUST AT 1600
 For more information, call 723-2145

FAMILY and YOUTH EVENTS & PROGRAMS

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.

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.

Youth Indoor Flag Football & Cheerleading Registration

The Youth Center is holding Youth Indoor Flag Football & Cheerleading registration now through July 31. Cost for Smart Start Flag Football (ages 3-4 years old) is \$30. The cost for youth ages 5-12 years old is \$40. The cost for Cheerleading is \$30 plus uniform cost. 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 information, please call the Youth Center at 723-2838.

NORTHERN NEIGHBORS DAY AIR & SPACE SHOW

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

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NO FEDERAL ENDORSEMENT OF SPONSORS INTENDED



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The Rough Rider Golf Course hosted the Only The Best Come North Scramble on Sunday, July 15. The winning team of the tournament was (left to right): Gary Lemley, Mike Guthrie, James Martinez, and David Burgess. The tournament was sponsored by Don Bessette Motors. *No Federal Endorsement of Sponsor Intended.*

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U.S. KIDS GOLF

1 more Session! AUGUST 6-17 (REGISTER BY JULY 30)

Courses are taught Mondays, Wednesdays, & Fridays 5pm-6pm or 6pm-7pm. Cost: \$125*
 Students ages 5-17 receive a set of golf clubs, golf instruction by an experienced golf instructor, and on course experience. An end of session golf outing will be held on the last day of each session with food, refreshments and a 3 hole golf outing for U.S. Kids Golf participants and parents.

*Price subject to change depending on child's height

723-3164



CHURCH DIRECTORY

| | | | | |
|---|---|--|--|--|
| <p>Little Flower Catholic Church 800 University Avenue West 838-1520 Summer Mass Schedule Saturday 5:30 pm Sunday 9:30 am Fr. Fred Harvey, Pastor www.littleflowerminot.com</p> | <p>St. Peter The Aleut Eastern Orthodox Church  109 6th St. SE Minot • 838-3094 Sunday Liturgy 10 a.m. Saturday Vespers.... 6 p.m. The Very Reverend Father Anastassy</p> | <p>To Advertise your Church in this space. Call 839-0946 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) Sunday School & Fellowship 9:00 a.m. Worship 10:45 a.m. www.trinitychurchminot.org</p> | <p> Worship Service at 10:45am Sundays Sunday School at 9:45am 1720 4th Ave NW, Minot 838-0916 MinotBibleFellowship.org</p> |
| <p> Faith United Methodist Church 5900 Highway 83 N, Minot www.faithumcminot.com Pastor Tom Sumers 701-838-1540 Sunday School (All Ages): 10 a.m. Sunday Coffee Fellowship: 10:30 a.m. Worship Services: Sunday 11 a.m.</p> | <p>Minot Baptist Church Sending the Glorious Light of Jesus Christ to a Dark and Needy World Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Evening Worship 6:00 p.m. Wednesday Evening..... 7:00 p.m. <i>Independent/Fundamental/KJV</i> 500 46th Ave NE • 839-1351 Pastor David Miller</p> | <p>Cornerstone Presbyterian Church 1000 NE 3rd Street 852-0315 Sunday Schedule Contemporary Worship 9:00am Sunday School (All Ages) 10:00am Traditional Worship 11:00am Wednesday Evening Schedule Community Dinner..... 5:30-6:30pm Contemporary Worship 6:30pm Youth Group & Small Groups.. 7:15pm All are Welcome! www.ecominot.org</p> | <p>Congregational UCC 430 N. Broadway • 839-1064 Sunday Worship 11am Sunday School 11am Tuesday Bible Study 12pm Saturday Noah's Breakfast .. 9:30am Please join us, all are welcome here!  UNITED CHURCH OF CHRIST</p> | <p> St. Mark's Lutheran Church <i>Missouri Synod</i> Sunday 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.</p> |
| <p> Immanuel Baptist Church 1615 2nd St. SE • Minot • 839-3694 Sundays: Worship 10:00 a.m. Wednesdays: Soup Kitchen 11:30 a.m. - 12:30 p.m. Brian T. Skar, Pastor www.ibcminot.org</p> | <p>Apostolic Faith Church, UPCI 2929 19th Ave NW • Minot Located off Hwy 83 Bypass West (701)838-0609 Saturday School 2:00 p.m. Sunday Worship 3:30 p.m. Wednesday Bible Study 7:30 p.m. Jesse Starr, Pastor</p> | <p>St. John the Apostle Catholic Church  2600 West Central Ave • Minot, ND 58701 839-7076 Daily Mass Schedule: Tuesday 7:00 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</p> | <p> 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</p> | <p> Gospel Tabernacle Community Church 9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday Sunday School 9:45 a.m. Adult/Children Worship.. 11 a.m. Family 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 215 3rd Ave. SE, Minot, ND Phone: 838-5196 • Fax: 852-8494 A Member of the ELCA Sunday Worship 9:00 am Sunday Fellowship 10:00 am Wednesday Worship 6:45 pm Website: www.bethanylutheranminot.com Email: bethanylutheran@srt.com Live Streaming: bethanylutheran.tv Pastor Janet Hernes Mathistad Pastor Gerald Roise</p> | <p>First Baptist Church  200 3rd St. SW • 852-4533 www.fbcminot.org Classic Worship Service 8:30 a.m. 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. 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 715 20th Avenue NW Minot, ND 58703 www.calvaryofminot.com 701-852-0670 Sunday School..... 9:00 am Sunday Worship Service 10:00 am Wednesday Prayer 6:30 pm Wednesday Youth Group (grade 7-12) 6:30 pm</p> | <p> West Minot Church of God <i>Family Worship Center</i> 1105 16th St. NW • 839-1407 Sunday School 9:30 a.m. Sunday Worship 10:30 a.m. Children's Church & Nursery Wednesday Family Training Hour Meal..... 5:30p.m. Classes for All Ages 6:30 p.m. Youth Center, Friday..... 7:00 - 11:00 p.m. ABC Child Care Center..... 852-6352 westminot.com facebook.com/westminot</p> | <p>Vincent United Methodist Church  1024 2nd St. SE • 838-4425 <i>Behind Town & Country Shopping Center</i> open hearts...open minds...open doors! Saturday Informal Worship.. 5:00 p.m. Sunday School 9:00 a.m. Sunday Worship Service 10:00 a.m. Fellowship..... 11:00 a.m. Pastor Mary Johnson www.vincentumc.com</p> |
| <p>To Advertise your Church in this space. Call 839-0946 Only \$7.00 a space / per week</p> | <p> OUR REDEEMER'S CHURCH <i>A Church of the Lutheran Brethren</i> Thursdays: Worship..... 6:30 p.m. Sundays: Worship..... 8:30 a.m. & 10:45 a.m. 700 16th Ave SE • 701-838-0750 For more information visit us on the web at: www.ourredeemers.org</p> | <p> Cross Roads Baptist Sunday School (all ages) 9:45 a.m. Sunday Worship 11 a.m. & 6:30 p.m. Wednesdays (Prayer & Missions) ... 6:30 p.m. www.minotcrbc.org email: crbc@srt.com 415 28th Ave SE (Behind Menards) 838-1873</p> | <p>First Assembly of God 1805 2nd St. SE 838-1111 Morning Worship 8:30 a.m. Sunday School 10 a.m. Morning Worship 11 a.m. Wednesday Family Night.... 6:30 p.m.</p> | <p>To Advertise your Church in this space. Call 839-0946 Only \$14.00 a space / per week</p> |

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HELP WANTED

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

Answers to puzzle from page 6

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MLS #181636



\$199,000

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IN MAX – 3 bedroom, 1 ½ story home. Inviting wrap around covered porch. Updated cabinets and pantry in kitchen/dining area. Minutes from Minot or lake country. Storage shed and room to build a garage.

MLS #181579



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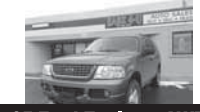
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