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FREE | VOL. 56 • ISSUE 33 | WWW.NORTHERNSENTRY.COM | FRIDAY, AUGUST 17, 2018 | MINOT AIR FORCE BASE



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U.S. AIR FORCE PHOTO | STAFF SGT. MICHAEL KANTACK

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Videos



"THE ENTIRE BASE BELIEVED THE WAR COULD START. WE TRIED TO DO THE BEST JOB WE POSSIBLY COULD."

-BILL SIMS

Return to Sender: Original Aircrew Returns to Minot

2ND LT. GABRIEL CUSHING | MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

Brad Foote and Bill Sims, retired Lieutenant Colonels and, respectively, radar navigator and electronic warfare officers, flew one of the first B-52H Stratofortress bomber's into Minot Air Force Base in 1961. Now, nearly 57 years after their initial flight to Minot, Foote and Sims return to see the 2018 Northern Neighbors Day Air and Space Show on August 4th.

While aircraft were the main attraction during the show, Foote and Sims also wanted to see how the base had changed.

"For me, it was like coming back into a candy store. I just enjoyed everything that I saw," said Sims.

While the base was newer and more developed, they were especially surprised to see how large it had become.

"The big thing, I think, was how large the base has grown. I anticipated (that) I'd just come in, take a right turn, and that's where I used to live," said Foote.

Foote and Sims originally arrived at Minot AFB in a B-52 designed as a backup, in case the actual 'Peace Persuader', the first B-52 to arrive at Minot AFB, couldn't make it. Back then, Minot AFB consisted mostly of dirt fields and thinly spread buildings.

Today, the base is filled to the brim with structures, both

new and old, and 64-year-old B-52s packed with new equipment and technologies.

"I looked at (the B-52s), and I was amazed, to start with. It's so very different than what we did.. Ours was pretty basic," said Foote.

"Yeah, compared to what it is now!" Sims was quick to add.

The two gentlemen toured the B-52's as well as the training facility for the aircraft. They flew a modern B-52 flight simulator. It was a far cry from the flight simulators of old, where pilots practiced on wooden sets with little mechanical feedback.

"When I was sitting in that simulator, in the pilot's compartment, I felt like I was back in Disneyland," said Sims. "It was a great experience for me."

It was an experience they shared with current B-52 aircrews, who fly the same airframe as Foote and Sims did many years ago.

"It blows my mind," said Sims. "We were here 57 years ago, when we acquired the H-model, and they're still flying the same damned plane!"

There's good reason for this too. The B-52 has performed admirably throughout the years. Foote and Sims gave praise to the reliability of the aircraft, and recounted the many hours they spent flying. Due to the Cold War, B-52 pilots could expect long flight hours and missions back-to-back. Sometimes Foote and

Sims' flight crew would land, only to touch-and-go back into the sky.

"If we had anything less than ten hours, that was a piece of cake," said Sims.

There was a genuine effort to do the best every single day, even with these long hours, because of the threat of nuclear war with the Soviet Union at the time. To Foote, it felt like "you could go to war at any moment."

"The entire base believed the war could start. We tried to do the best job we possibly could; especially flying airborne," said Sims. "It was a very scary time."

The most harrowing of

these missions took place during the time surrounding the Cuban Missile Crisis.

"We took off on this airborne alert. We were told there was not going to be any more practice messages put out at all. If you got the next message, you could count on you were going to war," said Sims. "We were coasting down over Alaska. All of a sudden the bell starts ringing; we were in a two ship formation, and I remember everything got deathly quiet. We thought we were on our way at that time. Then when we decoded that darn message, and it was just a change of things, you could

feel the relaxation that came over us at that time."

Listening to Sims recount the story cast a serious look over Foote's face.

"We were trained robots," he said. "They taught you to do this, and you did this and you did it on time. The pressure was always there."

"You just live with it," said Foote.

Photo: Bradley Foote, left, and Bill Sims, right, pose for a photo during the 2018 Northern Neighbors Day Air and Space Show at Minot Air Force Base, N.D., Aug. 4, 2018. Both Foote and Sims flew the B-52H Stratofortress more than 60 years ago.

U.S. AIR FORCE PHOTOS | MINOT AIR FORCE BASE PUBLIC AFFAIRS OFFICE

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Minot Air Force Base Airman accident victim identified

MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. -- A motor vehicle accident occurring in the city of Minot N.D., August 10 caused the death of Senior Airman Jacob Ellis, 22, a 5th Aircraft Maintenance Squadron member.

"It is with a heavy heart that I tell you about the loss of one of our Airmen over the weekend. I ask that you keep his family and friends in your thoughts during this difficult time," said Col Bradley Cochran, 5th Bomb Wing commander.

"We're going to get through this together. We will take an operational pause to remember him, reflect on his service and ensure we are all taken care of."

The cause of the accident is currently under investigation by local authorities. More information will be released as it becomes available.

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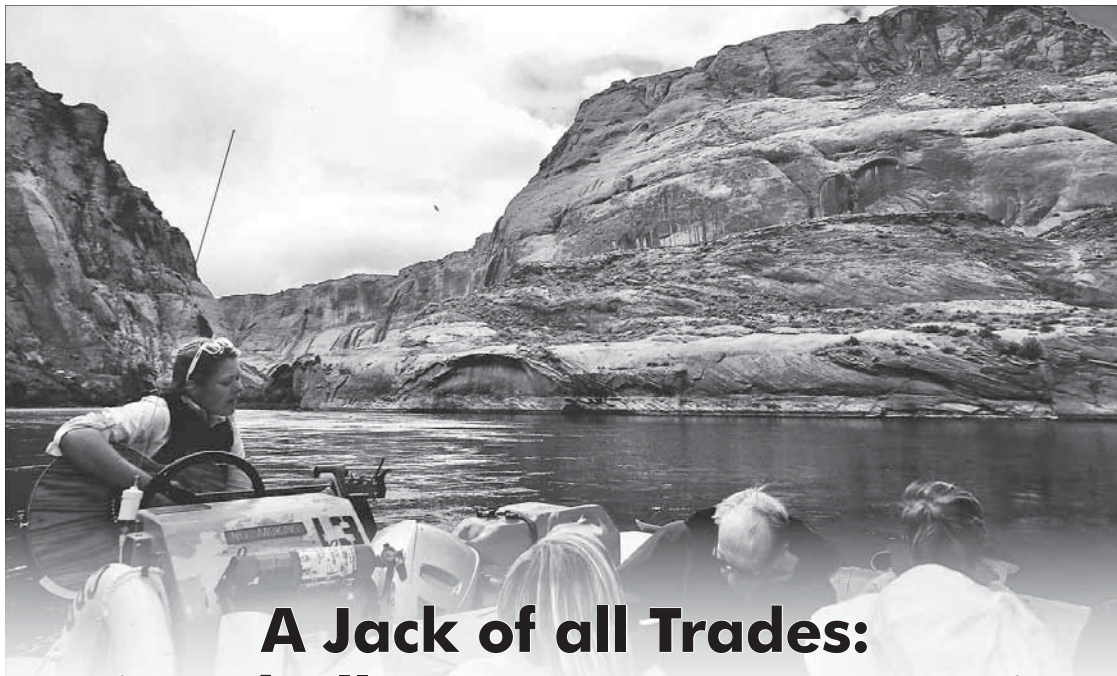
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A Jack of all Trades: Facing challenges one step at a time

SENIOR AIRMAN JONATHAN MCELDERRY | MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

A new challenge may seem intimidating to some, but not for Airman 1st Class Kayli Morris, a 5th Civil Engineer Squadron engineering apprentice, who has always looked for opportunities to grow as a person.

Before she joined the military, Morris earned a Bachelor's degree in anthropology at the University of North Texas. While her time in college wasn't easy, she soon realized it was worth it.

"I was stressed out a lot during college because I was working so much while going to school full time," Morris said. "It was very difficult, but one of the things I learned from it is that nothing is ever going to be handed to you. You have to show people what you're capable of."

Morris always looked for new experiences and had a dozen jobs before joining the military, including a cashier, baker, grocery stocker, produce clerk, hostess and

bus driver.

"Before I left for basic military training in 2017 I worked as a river guide at the Glen Canyon National Recreation Area in Utah and I loved it because it was something new that I'd never done before," Morris said. "I also worked as a dispatcher at the park where I responded to hundreds of incidents, from medical emergencies to search and rescues."

"THERE ARE COUNTLESS OPPORTUNITIES TO PUSH MYSELF MENTALLY AND PHYSICALLY AND THOSE ARE SOME OF MY FAVORITE PARTS ABOUT BEING IN THE MILITARY."

-KYLIE MORRIS

Morris's drive to face new obstacles is what also led her to join the Air Force. Now as an engineering apprentice, Morris is responsible for designing maps and planning construction projects, including roads and buildings. Morris smiled as she recalled how much she relishes new opportunities, something she's had a lot of in her unit.

"We do a lot of different tasks in my career field so there's always something new every day," Morris said. "I just hit my one year mark in the Air Force and it's been challenging in a lot of good ways. For instance, our CES expeditionary day was difficult and filled with physical challenges, but I'm really glad I did it because I was able to overcome it and have fun doing it."

Despite engineering

being different from her previous work, Morris has been able to adjust to her new career field and she enjoys the challenges it brings.

"There are countless opportunities to push myself mentally and physically and those are some of my favorite parts about being in the military," Morris said. "I love trying different things and challenging myself. That's why I'm both an anthropologist and an engineer; not many people can say that."

Morris added that a main reason why she's able to overcome any obstacles is because she relies on her past experiences.

"I've already gotten through a lot so whenever a new challenge presents itself, I remind myself that I've dealt with problems before so know I can overcome them," Morris said.

As she reflected on her life experiences, Morris mentioned that her ambition to try new things is what helps her strive for success in the Air Force.

"I'm always looking for new challenges," Morris said. "There's a whole world of opportunities and different things to try and that's what pushes me to try anything."

COURTESY PHOTO: AIRMAN 1ST CLASS KYLIE MORRIS

CONTACTUS

Beth Duchsherer
Manager | Advertising Director
nsgraphics@srt.com
or nsads@srt.com

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nsads@srt.com | 701.839.0946

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v35bw.pa@us.af.mil

701.723.6212

MAIL & FAX

315 South Main Street, Suite 202

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Minot, ND 58701 | 701.839.1867

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FACEBOOK

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Air Force promotes pilot diversity with ACE Flight Program

1ST LT. KAILA BRYANT | SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

DELAWARE STATE UNIVERSITY, Del. (AFNS) -- The inaugural class of the U.S. Air Force's Aviation, Character and Education Flight Program recently graduated the three-week pilot training camp August 4.

The ACE Flight Program is one of the service's new initiatives working to combat the growing pilot shortage affecting the Air Force. The joint effort between the Air Force and Delaware State University provided students initial flight training in civilian aircraft and a structured environment offering exposure to and education on military aviation careers. It was designed to motivate participants to pursue aviation careers, including the Air Force, through mentorship and tangible flight experiences.

During the three-week-long camp, students received nearly 5-10 hours of simulation instruction and 15 hours of flight instruction, culminating in a solo flight for most students. Each day the students trained on Air Education and Training Command's Pilot Training Next, a virtual reality simulation technology initiative which began in February 2018. Students also received hands-on training in a PA-28 Piper facilitated by certified flight instructors of DSU's aviation program. By the last week of camp, students were trained to complete their first solo flight, operating the aircraft from takeoff to landing on their own.

"This was probably the greatest experience I've ever had in my life," said 18 year-old Amon Jackson from Chicago. "It's not just the fact that all 24 of us got to fly every single day, but also the friends we made, the laughs we shared, the places we visited. Because of this program, I've solidified

my passion for flying, and flying for the Air Force. To say I've been blessed is truly an understatement."

After a student flies a plane by themselves, their confidence levels are boosted tremendously and it confirms they can achieve anything that they put their minds to, said Maj. Kenneth Thomas, Combat Systems Officer instructor and ACE Flight Program deputy director.

Students not only completed ground training and flying operations briefings, they also participated in character lessons led by active duty, Air National Guard and Air Force Reserves officer role models and mentors. These lessons gave the students the opportunity to visualize their goals and plan for the future. Students learned how their personality traits contribute to their decision making capability, prepared for college applications, set personal and professional goals and created life maps.

"The character lessons helped establish a baseline for the students," said William Charlton, ACE Flight Program DSU liaison. "It was meant to help them better understand themselves in an effort for better interactions between other students, their leadership and later, when they are in leadership positions themselves."

Exposure to role models that youth can identify with, while simultaneously presenting viable pathways to aviation careers, will not only increase the pilot pool for the Air Force and the nation, but also bring in new perspectives that sharpen our strategic capabilities. According to the Federal Aviation Administration, only 5.7 percent of Air Force pilots are women, 1.7 percent are African-American and two percent are

Asian. The 24 students in the program came from a variety of backgrounds and ranged in ages from high school students to newly commissioned second lieutenants in the Air Force. Of the 24 students, 11 were African-American, four were Hispanic or Latino, two were Asian and eight were women.

"Not only did I have the opportunity to fly with them as an instructor, but as a young pilot myself, I was able to relate to them," said Maurice Ellis, DSU certified flight instructor. "It was not too long ago when I was in their shoes,

Heather Wilson; Vice Chief of Staff of the Air Force, Gen. Stephen Wilson; and several other Air Force general officers who answered questions and provided advice to students.

While flying with some of these pilots, many who had very little experience with flying, I knew immediately they all had tremendous potential." In addition to training on civilian aircraft, students were exposed to military operations and leaders during tours to Dover Air Force Base, Delaware; U.S. Air Force Headquarters at the Pentagon, Arlington, Virginia; and a KC-135 Stratotanker incentive flight at Joint Base Andrews, Maryland, where they witnessed the refueling of eight F-15E Strike Eagles. They also met the Secretary of the Air Force,

"Participating in the Air Force's inaugural ACE Flight Program in Dover, Delaware, has been life changing," said Notre Dame University AFROTC cadet Jill Ruane. "It was truly a blessing to have been given this opportunity. I am eternally grateful to DSU and all of the Air Force cadre for their tireless work to make this program a reality."

Editor's Note: Airman 1st Class Zoe M. Wockenfuss contributed to this article.



Top Photo: Vice Chief of Staff of the Air Force Gen. Stephen W. Wilson speaks with trainees from the Aviation Character Education Flight Program (ACE), Pentagon, Arlington, Va., August 1, 2018. The ACE program is a unique mentorship and motivational program for high school students and Air Force cadets.

U.S. AIR FORCE PHOTO | WAYNE A. CLARK

Inset: Students of the Aviation Character and Education Flight Program sit inside a life raft during their tour of Aircrew Flight Equipment July 19, 2018, at Dover Air Force Base, Del. The life rafts are able to hold 25 people and are a mandatory item aboard mobility aircraft.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS ZOE M. WOCKENFUSS

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AERIAL SPRAYING ON MINOT AIR FORCE BASE

5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

Minot Air Force Base has requested assistance from the 910th Airlift Wing's Air Force Aerial Spray Squadron, to conduct aerial spraying for mosquito control between August 21-22, 2018 for Minot Air Force Base and the city of Williston N.D. Due to uncertain weather conditions the exact time and area to be treated cannot be determined in advance.

The Air Force Aerial Spray Squadron will be applying U.S. Environmental Protection Agency registered pesticides. Adult mosquito control will occur between the hours of 7 p.m. and 2:00 a.m. The applications will be made using a modified C-130H cargo aircraft at 150 ft above ground level.

The purpose of the aerial spraying for mosquitoes

is to protect public health, ease working conditions, and improve the quality of life for members working at Minot AFB and living in the surrounding area. Again due to uncertain weather conditions the exact time and area to be treated cannot be determined in advance.

Minot AFB Public Health recommends humans and domestic animals remain indoors while the aerial spraying is occurring immediately overhead or upwind from your location and until the mist settles to the ground. These products were selected because they pose minimal health hazards to humans and domestic animals with aerial application.

Concerned citizens should contact the 5th Civil Engineer Squadron pest management office at (701) 723-2393

Ga. cadets rescue man from sinking vehicle after wreck

1ST LT. DIANE R. GENTZKE | PEACHTREE CITY FALCON FIELD COMPOSITE SQUADRON

A late-night drive home from a squadron meeting quickly turned into a rescue scenario recently when two Georgia Wing Civil Air Patrol cadets swam to a rapidly sinking SUV in the middle of a rural pond and extracted the dazed driver.

Cadet 1st Lt. Davis Laughlin and Cadet 2nd Lt Nathaniel Justin Oakes, members of the Peachtree City Falcon Field Composite Squadron, were headed home when they drove up on a multi-car accident at about 10:30 p.m. Aug. 2, 2018, in Coweta County, Georgia.

Oakes' mother, 2nd Lt. Jennifer Oakes, was riding with them and dialed 911 as the cadets sprang into action. The two quickly ran to the first car they saw and confirmed everyone inside was OK.

When they heard someone yell that another car had veered toward a nearby field, they crossed a barbed-wire fence and ran down a grassy ridge to a pond. There, they spotted a small SUV, detectable only from faint taillights just under the water.

Upon wading into the pond, Oakes said, "We started getting close to the car, and the water started getting deeper and deeper until the point where we had to swim."

When they reached the car,



the cadets tried to extract the man inside.

"We tried to talk to him, but he was very disoriented. We began to yell, 'Roll down the windows. Roll down the windows,'" Laughlin said.

The man managed to do so, and Laughlin and Oakes worked together to get him out as water rushed into the SUV. After a few anxious moments, they were able to extract him through the open window. They then pulled the man to safety, swimming to the pond's bank, where paramedics and first responders met them.

The vehicle was completely submerged by the time they got the man to land. He was treated at a local hospital and released.

Laughlin and Oakes "are awesome," said Coweta County first responder Brett Osting. "They went above

and beyond, going into the water in the pitch dark to get this guy out. They don't even know him; he was a complete stranger."

"The adrenaline was going through us, but with all our training, we knew to remain calm and control our breathing," Oakes said.

He and Laughlin credited their actions to the training they received as CAP cadets.

"I'm thankful that everyone involved in [that] night's events are all still alive," Oakes said.

"It was the best outcome for the worst situation. The most important thing is we were able to save a person's life," Laughlin said.

"These cadets came upon a very serious accident and their CAP training kicked in," said Maj. David Serafin, Peachtree City squadron commander. "They used that CAP training to save this man's life. I am very proud of our young cadets and their heroic, selfless service to our community and to CAP."

Photo: Cadet 1st Lt. Davis Laughlin (left) and Cadet 2nd Class Nathaniel Justin Oakes, members of the Peachtree City Falcon Field Composite Squadron of the Civil Air Patrol, were credited with saving a man's life following a multi-car accident Aug. 2, 2018, in Coweta County, Ga. Both Laughlin and Oakes credited their CAP training for their actions that night.

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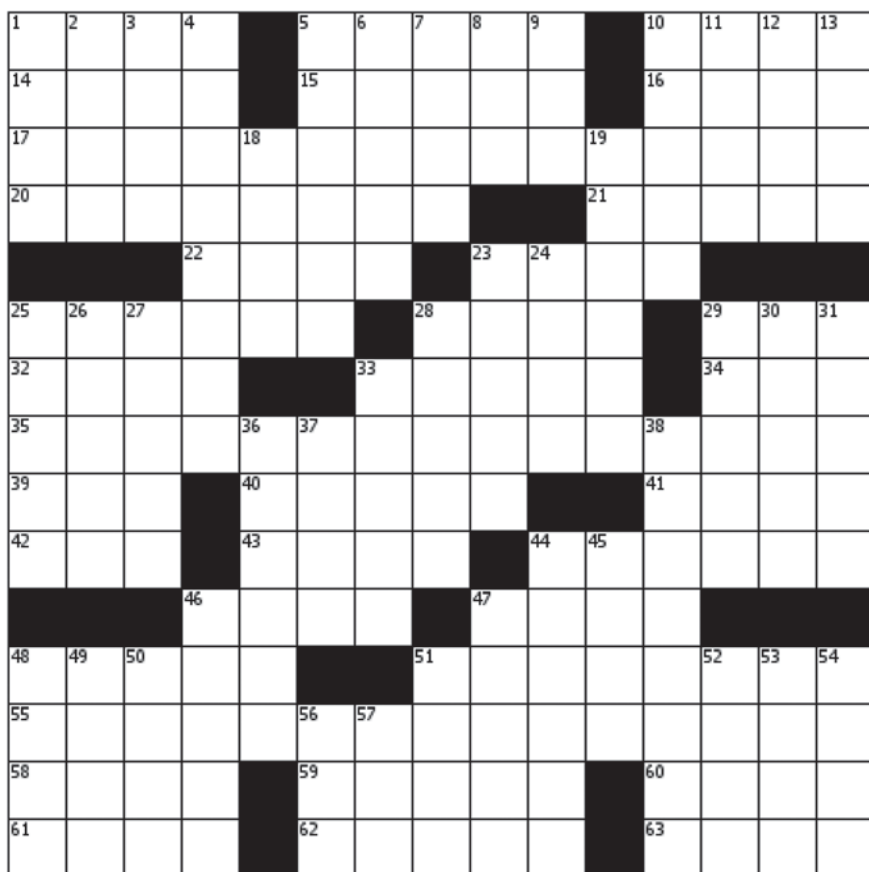
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CROSSWORD PUZZLE

Across

- 1. Festive soiree
- 5. Blazing
- 10. Pt. of IHOP
- 14. "... and ___ with joy receiveth it." (Matthew 13:20)
- 15. Formal accords
- 16. Portending disaster
- 17. Twain on golf (with "A")
- 20. With a deft touch
- 21. Meddlers' probes
- 22. Sideline shouts
- 23. Party faction
- 25. Like potato chips
- 28. Caffeine source
- 29. 1/20 ton (Abbr.)
- 32. Croix de Guerre recipient
- 33. Of the ear
- 34. Pole for propulsion
- 35. Washington on probity
- 39. "King" Cole
- 40. Makes eyes at
- 41. Minuscule amount
- 42. Zoo attraction
- 43. Omnivorous mammal
- 44. Like cells
- 46. Pub offerings
- 47. Word with food or music
- 48. Calculator part
- 51. Benefit of a southern exposure
- 55. Napoleon on what persuades men
- 58. Mountaineer's fear
- 59. Italian table wine



- 60. Victim in Mexico City
- 61. Dramatis personae
- 62. Dalai Lama's land
- 63. Vehicle powered by gravity

Down

- 1. Plum variety
- 2. "Strong as ___"
- 3. Closed circuit
- 4. "Father Knows Best" family name

- 5. Noncommitment
- 6. Canoeists' fears
- 7. Yucky
- 8. They may be civil (Abbr.)
- 9. More than intuition
- 10. Featherbrain
- 11. Goose eggs
- 12. Genealogical diagram
- 13. Calculator displays
- 18. Stop making a scene?
- 19. At the ready
- 23. Saddle or bed woes
- 24. Tel Aviv airline
- 25. Cabinet filler, perhaps
- 26. Anchorman's summary
- 27. Up in arms
- 28. More winsome

- 29. Decorator's decision
- 30. Actor Ralph of "The Waltons"
- 31. Swim alternative
- 33. Legend's locale
- 36. More stately
- 37. Double curve
- 38. 1948 Berlin blockade plays
- 44. Easter wear
- 45. "___ Lang Syne"
- 46. Proficient
- 47. Socially smooth
- 48. CD part
- 49. "To Live and Die ___" (1985)
- 50. "Miss ___ Regrets" (Porter tune)
- 51. Wild attempt
- 52. Fossil study (Abbr.)
- 53. Fabled also-ran
- 54. Stepped on
- 56. Boston time
- 57. "Or ___ thought"

SUDOKU Solution to puzzle on page 14

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

Solution to last week's Crossword puzzle.

D	A	D	A		A	B	E	T		S	L	A	N	G	
E	V	E	N		N	A	T	O		P	I	X	I	E	
P	E	N	T		T	R	A	P		I	N	E	P	T	
I	N	V	I	S	I	B	L	E		I	N	K			
C	U	E		A	C	E		K	N	E	S	S	E	T	
T	E	R	M	S		C	H	A	T		O	R	E		
				I	S	S	U	E		A	B	O	U	N	D
	W	I	R	E	L	E	S	S	C	A	B	L	E		
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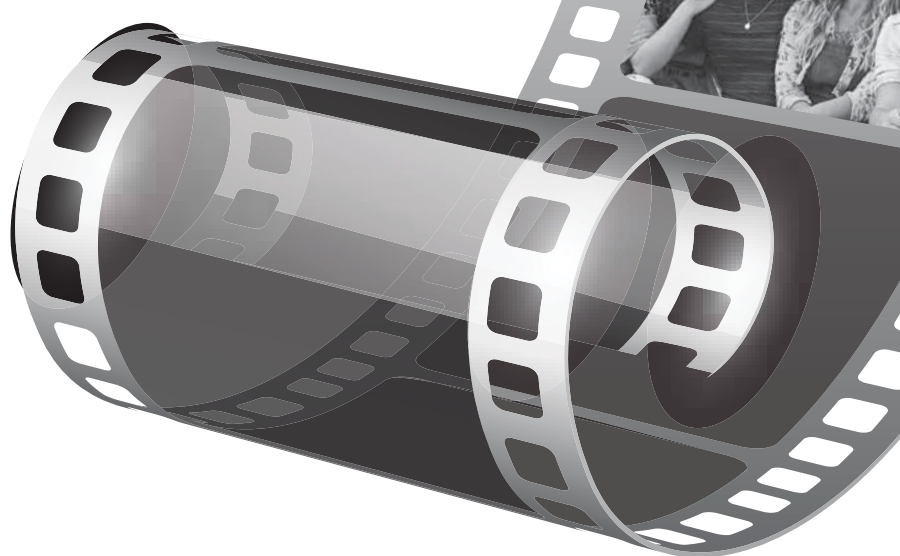
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“ Five years after the events of Mamma Mia! (2008), Sophie learns about her mother's past while pregnant herself. ”





SPICY, CRUNCHY DILL PICKLES



Courtesy of pixelatedcrumb.com

INGREDIENTS:

- | | |
|---|--|
| 8 cloves garlic peeled | 1 teaspoon dried dill |
| 1/3 to 1/2 cup fresh dill still on the stem | 1/4 to 1/3 cup kosher salt |
| 8 cups water | 2 teaspoons red pepper flakes |
| 3/4 cups cider vinegar | 1 tablespoon peppercorns |
| 1 teaspoon mustard seed | 2 pounds pickling cucumbers, quartered or sliced in rounds |

INSTRUCTIONS:

- 1) Combine the water, vinegar, salt, mustard seed, and dried dill in a large pot and bring to a boil and cook until the salt dissolves.
- 2) Meanwhile, place peeled garlic cloves, red pepper flakes, peppercorn and 1/2 of the dill on the bottom of a 1 gallon jar or two 1/2 gallon jars (divide ingredients evenly if using 2 jars). Pack cucumbers in jar(s) and put remaining dill on top.
- 3) Pour the brine over the cucumbers and cover the jar(s). Let the jars sit on your counter, but not in direct sunlight until cooled, about an hour, and then put them in the fridge. The cucumbers will have begun pickling after 24 hours, but wait a full week if you want them to be fully pickled. They will last for 4-6 weeks in the fridge.

UPCOMING EVENTS



Think. Shop. Buy. LOCAL MINOT

17-19 AUG

Local DIY promoters and community organizers Pangea House are proud to announce their **9th Annual Why Not?! Minot Music and Arts Festival**. The festival boasts 65+ independent, regional and local performers, at four Downtown locations between August 16-19th. Tickets can be purchased at the door for either \$10 per day or \$25 for the entire weekend. A kickoff party and street dance will be held outside of Atypical Brewery on Thursday, August 16th at 6pm to raise the funds necessary for the rest of the festival to remain all ages all the time. Friday and Saturday performances will be held in the Old Chicago Club building and 62 Doors Art Gallery



and Mainstreet Books will be utilized on Sunday. The festival will also host Joshua Ploeg, vegan chef and Microcosm Publishing. **The schedule and more information for the festival can be found on their Facebook @whynotminotfest or at whynotfest.tumblr.com.** Why Not?! starts on Friday at 5:00PM at the old Chicago Club and continues for the entire weekend.

18 AUG

Elevation Presents: **3rd Annual Rockin The Lot!** Featuring Hairball with special guest, Captain Geech. Hairball is a Rock n Roll experience you won't forget! Van Halen, Kiss, Motely Crue, Queen, Journey, and Aerosmith are just a few acts you will see brought to life! Doors open at 6pm. Captain Geech, a 90's Alternative band, opens the show at 7pm! Limited parking available, carpooling encouraged. Full Bar and Concessions on site. Chairs are permitted. 21 and older event. ID check at door. **For More Information: Facebook/RockinTheLot.**



25 AUG

Downtown Minot will have their **Annual Street Festival** on August 25 from 10:00AM to 5:00PM. Events to take place include activities for the whole family such as, Celebrity Bingo, music, food & beer gardens, bounce houses, kid & adult games and outstanding shopping deals from many of the downtown boutiques and shoppes. This event is free to the public but tickets may be purchased for games and other activities. **For More Information: Facebook/Festival On Main**



25 AUG

A number of brave Edgers will have the opportunity to rappel down The Parker Suites, from 9:00AM to 5:00PM, in exchange for donations back to the amazing local non-profit organization, YWCA Minot. Join us in #safely participating in a once in a lifetime opportunity of rappelling down the 8-story Parker Center building, located in downtown Minot. **For More Information: Facebook/Over the Edge YWCA Minot**



26 AUG

Minot's food truck festival is one of the fastest growing festivals in North Dakota. It is undeniable that the food truck phenomenon is here to stay! Last year, we saw an amazing potential to build on to, and create an event/tradition that can remain special to Minot. We are now entering our second season and will continue building on our start in 2017, where 5,000 attendees joined us for the first festival season and hopefully over 10,000 this year. Above all, we are hoping to create a great family-friendly event for the community and surrounding communities of Minot, ND for generations to come. **For more information: www.minotfoodtruckfestival.com/**



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5th Medical Group Hosts Provider Tour

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

MINOT AIR FORCE BASE, N.D. --

The 5th Medical Group hosted an open house for medical providers from the local community at Minot Air Force Base N.D., August 3, 2018.

One of the providers, Dr. Blerim Dibra, is the clinical director of Premier Physical Therapy of North Dakota in Minot, has worked with patients from the Base.

"We have established a symbiotic relationship with the PCM providers on base as well as referral management to facilitate a fast response for delivery and care for all the patients that are referred downtown," said Dibra.

Dibra said that the open house is an annual event that gives providers time to connect with base personnel to become more informed on, and provide a clear channel of communication with the base.

Col. Julie Ostrand, 5th MDG commander, said it is important to have a good relationship with providers in the local area because the Minot medical community supplements and improves



the installation's ability to treat patients.

"I think it's important for our providers to see what our mission is here and how we both take care of and diagnose patients," said Ostrand.

Along with the importance of providers seeing our mission Ostrand said that with the personal reliability

assurance program (PRAP) Airmen are ready to do their job.

"With them coming out here, seeing what we do and talking to them, they can understand why we ask so many questions about the patient," said Ostrand. "That way we can build a stronger relationship and thank them for their support."



PHOTOS: Clockwise from Top: 1) Local medical providers sit in a conference room at Minot Air Force Base N.D., Aug. 3, 2018. The 5th Medical Group provides an annual educational open house for providers. (2) Col. Julie Ostrand, 5th Medical Group commander, gives a speech to local medical providers at Minot Air Force Base N.D., Aug. 3, 2018. The 5th Medical Group provides an annual educational open house for providers. (3) Local medical providers sit in a conference room at Minot Air Force Base N.D., Aug. 3, 2018. The 5th Medical Group provides an annual educational open house for providers.

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

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SecAF visits F.E. Warren

AIRMAN 1ST CLASS ABBIGAYLE WAGNER | 90TH MISSILE WING PUBLIC AFFAIRS

F.E. WARREN AIR FORCE BASE, Wyo. (AFNS) -- Secretary of the Air Force Heather Wilson visited with Airmen at the 90th Missile Wing and 20th Air Force, Aug. 7 through 8 at F.E. Warren Air Force Base, Wyoming.

During her visit, Wilson engaged with local civic leaders including Wyoming Governor Matt Mead and asked for the community's support in reciprocity for licensure and improving education for Air Force families.

Wilson also spoke with some winners of the Warren Shootout, an innovative "Shark Tank" style competition, and held a press conference to speak on the readiness of the 90th Missile Wing within the Intercontinental Ballistic Missile mission.

"The Air Force is modernizing its ground base strategic deterrent, and we are now developing a replacement for the Minuteman III. This base will ultimately get the new system," Wilson said. "The United States has a new national defense strategy and a nuclear posture review which reaffirm the importance of the strategic triad, so there is a very long future for F.E. Warren (AFB)."

From 1982 to 1989, Wilson continued her family legacy by serving in the Air Force. As a result of her service, Wilson has a unique understanding of the Air Force and what it takes to do the mission safely, securely and effectively, she said.

"Our focus right now is to restore the readiness of the force and modernize in a cost-effective way," Wilson said. "There is an agreement between the Congress and the administration, and I give (U.S. Defense) Secretary (Jim) Mattis a lot of credit for this, for a two-year budget deal that says that we have to restore readiness of the force. For example this budget year we are adding over 4,000 Airmen

to the force. We lost 30,000 Airmen after sequestration, and we are gradually trying to grow back."

Wilson also noted the importance of military readiness as a way of deterrence.

"If we are ready to do our missions any day, we are far less likely to be called upon to execute that mission because deterrence works, and no one knows that better than F.E. Warren Air Force Base," Wilson said. "This is America's nuclear deterrent force and it is important to the country. We want to be sure we are ready

any day, anytime, anywhere." Being ready is not only important for the nuclear force, but it is also necessary across all other missions throughout the Air Force. If we are ready and strong, we are a deterrent, she added.

Wilson said the Airmen at F.E. Warren do show a commitment to serve the Air Force.

When Wilson was asked what message she wanted to leave with the 90th Missile Wing she said, "thank you for your service. I am really proud to be associated with all of you."

PHOTOS: Secretary of the Air Force Heather Wilson greets Airmen during breakfast Aug. 8, 2018 at F.E. Warren Air Force Base, Wyo. Airmen of all ranks from various units across the base gathered for breakfast to provide Wilson with an overall perspective of their concerns and anticipations for the Air Force. Wilson visited F.E. Warren AFB to emphasize the importance of the 90th Missile Wing's deterrence mission and to thank the Airmen for ensuring the mission is accomplished safely, securely and effectively every day.

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS ABBIGAYLE WAGNER



Verendrye presents \$15,000 donation to Gymagic Gymnastics

TOM RAFFERTY, COMMUNITY RELATIONS MANAGER

Verendrye Electric partnered with Basin Electric Power Cooperative and CoBank to donate \$15,000 to the Gymagic Gymnastics organization in Minot on Monday, August 6th.

CoBank, a cooperative lender based in Colorado, has a program called Sharing Success where it provides up to \$5,000 in grants to cooperative borrowers on a matching basis. Basin Electric, Verendrye's power generation cooperative, also has a matching grant program.

Gymagic Gymnastics is located in east Minot and served by Verendrye. For many years the organization rented a building on the North Dakota State Fairgrounds, but they moved into their own building a year ago.

It is located in east Minot near the new Nedrose School.

Talli Danelson, director of Gymagic Gymnastics, said the money will help buy new equipment and take care of other needs.

"We're just very thankful for this donation," Danelson said. "It will help every kid who uses this facility."

She estimated that more than 500 kids use the facility. The ages range from toddlers to high schoolers. In addition to their training and competitive gymnastics programs, the gym features regular play dates where people can pay a small fee for their children to use the gym.

For more information about their programs check them out on Facebook or at <http://www.minotgymnastics.com/>.

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Minot Air men lead the way at Red Flag

The 23rd Bomb Squadron from Minot Air Force Base was the lead wing at the latest Red Flag 18-3 at Nellis Air Force Base, Nevada. Exercise Red Flag is a two-week advanced aerial combat training exercise held several times a year by the U.S. Air Force.

U.S. AIR FORCE PHOTOS | STAFF SGT. MICHAEL KANTACK



“HUMBLE & APPROACHABLE CREDIBLE”

“There are three big qualities that I look for in leaders: being humble, approachable and credible.”



Col Bradley Cochran
5th Bomb Wing Commander

How would you explain your Team Minot vision to someone with no military tie?

“As the commander, I have four priorities: to take care of the mission, take care of the Airmen and their families, improve quality of life for Airmen and their families and to build leaders because we will not be in these positions forever and we need to build leaders to take our place someday. No matter what job you’re in, it’s about building those leaders to replace you when you retire or separate someday.”

What are the most important characteristics you look for in a leader?

“If you’re humble, people will come to you and you’ll be able to express yourself without being overpowering. If you’re approachable, people can come to you with not just their problems, but with their ideas and innovation and how to make things better. If you’re credible, you know your mission and are an expert in your field.”

“Good leaders also care for their Airmen. They know and understand what their Airmen struggle with, what they’re proud of and are able to relate to them, connect with them, and listen to them. Those are what make people great leaders.”

What’s the most important message you’d like to convey to Team Minot Airmen?

“The most important message I’d like to convey is that there is no better place to be than at Minot Air Force Base. No other base in the entire world has the strategic impact that we have here and the Airmen are a part of that mission and make it happen every single day, so it’s amazing.”

What’s your favorite hobby? Do you get to do it often?

“I love camping and watching sports. I’m a college football fanatic and I enjoy watching all the games on Saturdays. I also love family time and camping because I enjoy being out in nature and cooking outdoors.”

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 <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</p> <p>Carlyle Roth, Pastor www.stmarksminot.com</p> <p>Call or check out our website for more information.</p>
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<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</p>  <p><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></p> <p>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</p>  <p><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.minotcrbc.org email: crbc@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></p> <p>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>

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ANNOUNCEMENT

6th Annual Minot Coin Club Show, September 29-30, Saturday 10-6, Sunday 10-4 at Sleep Inn Minot, Door Prizes, Free Gifts for Kids, DAILY GOLD COIN GIVEAWAY, 25 Dealer tables buying and selling coins, currency, tokens, precious metals and more, 701-833-7979. 39w

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IMMEDIATE FULL AND PART TIME OPENINGS for daytime and evening janitors cleaning buildings at the Minot Air Force Base. Pay is \$13.17/hour plus health & welfare benefit Hours Days 8a or 9a-finish typically Monday through Friday, may include weekend work. Nights 5p-finish. Contact Carrie 701-720-1930. May apply at kalixnd.org 33w

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**

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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

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ANSWERS

SUDOKU ANSWERS

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

Answers to puzzle from page 6

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\$119,900

PRICE REDUCED! - Nice 3 bedroom, 1 3/4 bath manufactured home in Prairie Bluffs Park. Close to shopping and entertainment. Gas fireplace in living room. Large kitchen. Master bedroom with walk-in closet and 3/4 bath. Attached triple garage.

MLS #180795



\$199,000

ONE LEVEL LIVING - 3 bedroom home. Gas fireplace in living room. Galley kitchen has updated cabinets and breakfast nook. Large patio and fenced park-like back yard. Off street parking.

MLS #181638



\$369,900

CUSTOM BUILT - 5 bedroom, 2 3/4 bath split foyer home. Gas fireplace in living room. Main level laundry. Daylight lower level family room, 2 bedrooms and 3/4 bath. Central air, deck and fenced yard. Triple garage.

MLS #181636



\$147,500

CHARMING - 3 bedroom, 2 bath, 2 story home in Kenmare Original hardwood floors, French doors and beautiful staircase. Formal dining room, fireplace in study and chef's kitchen. Updated heating and electrical. Double garage.

MLS #181558



CONGRATULATIONS JANET SCHELLING SALES PROFESSIONAL, JULY 2018



\$199,500

LAKE LIVING - 3 bedroom, 2 bath manufactured home at Douglas Bay near Garrison. 1.78 acre lot with mature trees. Sits on a block foundation. Large deck, bunk house and shed. 32x32 garage.

MLS #180465



Judy Hoskin
721-3837
judyh@minothomes.com



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 - Large brick fireplaces both units
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FOR SALE - Beautiful German SHRUNK from Black Forest in Germany. Solid walnut. 11ft long in one piece, but can be separated. Workmanship is top notch! Call for appointment. Excellent condition, must see to appreciate. 839-0575

33w

BASE ANNOUNCEMENTS

Course

- Reintegration Briefing, 1300, A&FRC
- Off-Base Budget Class, 1430-1600, A&FRC
- Fitness Hour, 1600-1700, Youth Center
- Fit to Fight, 1700, Fitness Center
- Members 2 for 1 Appetizers, 1700-1900, Rockers Bar & Grill
- Olympic Weight Lifting, 1730, Fitness Center
- "Have a Ball" Summer Bowling League, 1830, Rough Rider Lanes
- Zumba, 1830, Fitness Center

B-Fifty Brew Drink Special

August Special - Apple Pie Frappuccino
Take a sip of a classic American dessert! Enjoy apple juice and milk blended with cinnamon dolce and caramel syrups, topped off with our delicious vanilla whipped cream, a drizzle of caramel, and a sprinkle of cinnamon!

Grande \$5.00, Venti \$5.50

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.kidsbowlfree.com/airforce to register children 15 and under! Then, receive each child's passes by email for 2 FREE GAMES A DAY!
Offer Valid:
Monday-Wednesday: 9am-2pm
Thursday-Friday: 9am-7pm
For more information, call 727-4715

UPCOMING EVENTS 24 AUGUST

- Last day to register for Indoor Flag Football at the Youth Center
- Last day to register for Minot AFB Club Championship at Rough Riders Golf Course
- Kids Bowl Free Program, 0900-2100, Rough Rider Lanes
- End of Summer Picnic, 1115, CDC
- Free Range Balls for Juniors, 1200-2100, Rough Rider Golf Course
- FCC Picnic, 1500-1700, 256 Spruce Street Community Center
- Keystone Meeting, 1600-1700, Youth Center
- Torch Club, 1600-1700, Youth Center
- Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill
- Yoga, 1700, Fitness Center
- Club Members \$\$\$ Drawing, 1730-1830, Rockers Bar & Grill
- Karaoke Night, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

is now registering for the Fall 2018 term (6 Aug-7 Oct). You can enroll in classes for CCAF, classes towards Undergraduate degrees such as: AS/BS Aeronautics, AS/BS Aviation Maintenance, AS/BS Technical Management and Graduate degrees: MS Aeronautics, MBA Aviation & MS Management. Please stop by the ERAU office, located inside the Minot AFB Education Center Bldg, Room 223 or email your registration request or any inquiries to minot@erau.edu. To apply to the University, please go to <https://worldwide.erau.edu/admissions/apply/> and select Minot as the Campus location. Our course modalities include Eaglevision class onsite, online and Eaglevision home. If you have any questions, please call 701-727-9007.

PARK UNIVERSITY MINOT

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25 AUGUST

- Minot AFB Club Championship, 0800, Rough Rider Golf Course
- Zumba, 0900, Fitness Center
- Yoga, 1000, Fitness Center
- Free Range Balls for Juniors, 1200-2100, Rough Rider Golf Course
- Bowl the Night Away with "Lights & Strikes", 2000-2400, Rough Rider Lanes

ONGOING EVENTS Rough Riders Pizza Special

August Special - Green Chili Enchilada
Try our mouth-watering basil butter crusted dough covered with a delicious base of green chili sauce, followed by chopped chicken and a blend of delicious cheeses. Finished with dollops of cream cheese and crisp jalapenos then cooked to perfection.

Small: \$11 Med: \$15 Large: \$17- Members receive \$2 off any pizza
Try it on a Panino! \$8.25 meal - includes side & drink

BASE ANNOUNCEMENTS

TODAY

- Last day to register for the Stars and Stripes Scramble at Rough Riders Golf Course
- Senior TAP GPS Workshop, 0730-1600, held at the Education Center, hosted by A&FRC
- Music Camp, 0900-1200, Youth Center
- Kids Bowl Free Program, 0900-2100, Rough Rider Lanes
- World's Fair, 1030-1330, Dakota Inn Dining Facility
- Free Range Balls for Juniors, 1200-2100, Rough Rider Golf Course
- Music Camp, 1200-1600, Youth Center
- Keystone Meeting, 1600-1700, Youth Center
- Torch Club, 1600-1700, Youth Center
- Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill
- Yoga, 1700, Fitness Center
- Club Members \$\$\$ Drawing, 1730-1830, Rockers Bar & Grill
- Karaoke Night, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes

SATURDAY

- Last day to complete the "Get to Know Minot" Challenge at the Base Library
- Last day to vote for Design Competition Submissions at the Base Library
- Stars and Stripes Scramble, 0900, Rough Rider Golf Course
- Zumba, 0900, Fitness Center
- NAF Excess Furnishings & Equipment Auction, 0900 registration/viewing begins, 1000-1600 auction, located in the parking lot behind Main Lodging
- Yoga, 1000, Fitness Center
- Free Range Balls for Juniors,

- 1200-2100, Rough Rider Golf Course
- Summer Reading Program Wrap-Up Party, 1300, Base Library
- Bowl the Night Away with "Lights & Strikes", 2000-2400, Rough Rider Lanes

SUNDAY

- Free Range Balls for Juniors, 1200-2100, Rough Rider Golf Course
- Family Zumba, 1400, Fitness Center

MONDAY

- Tactical Fitness, 0600, Fitness Center
- 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
- Zumba, 1730, Fitness Center
- Knitting Club, 1800, Base Library
- Yoga, 1830, Fitness Center
- Tactical Strength & Fitness, 1930, Fitness Center

TUESDAY

- Pre-Separation Counseling, 0800-1130, A&FRC
- Fit Family Boot Camp, 0900, Fitness Center
- Kids Bowl Free Program, 0900-1400, Rough Rider Lanes
- Game Day, 1000-1930, Base Library
- Fit To Fight, 1130, Fitness Center
- Free Range Balls for Juniors, 1200-2100, Rough Rider Golf Course
- Off-Base Budget Class, 1430-

- 1600, A&FRC
- Fit To Fight, 1700, Fitness Center
- Family Fun Night, 1700-2100, Rough Riders Pizza
- Ryan & Friends Comedian and Ventriloquist, 1600 doors open, 1800 show starts, at the Jimmy Doolittle Center
- Zumba, 1830, Fitness Center

WEDNESDAY

- Tactical Fitness, 0600, Fitness Center
- Right Start, 0730, held at the Jimmy Doolittle Center, hosted by A&FRC
- Kids Bowl Free Program, 0900-1400, Rough Rider Lanes
- Club Member Benefit, 0900-1400, Rough Rider Lanes
- 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
- 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
- Yoga, 1830, Fitness Center
- Tactical Fitness, 1930, Fitness Center

THURSDAY

- 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

YWCA Minot is Taking Their Fundraising to New Heights with Over the Edge on August 25!

LAUREN MOORE, YWCA MINOT EXECUTIVE DIRECTOR | CHELSEA GLEICH, OVER THE EDGE EVENT CHAIR

Minot, N.D. – On August 25, YWCA Minot will be hosting the first-ever rappelling fundraising event in Western North Dakota – Over the Edge YWCA Minot presented by the Little Chicago Pub District. Through a partnership with Over The Edge Global, participants will be rappelling off the Parker Suites building in Downtown Minot to raise funds and awareness for the YWCA Minot. Individuals must raise \$1000 for YWCA to secure a rappelling spot. To view the current edgers or register for the event (must raise \$1000 by Aug. 24), go to: give.overtheedge.events/ywca-minot-2018.

“At the YWCA, our goal is provide the helping hand the women we serve need to get back on their feet. That means, they’re challenging themselves and conquering their fears to accomplish big things on a daily basis in order to achieve sustainability,” said Lauren Moore, YWCA Minot executive director. “That’s why we thought this event was such a great fit for our mission. If our clients can conquer their fears and overcome challenges, so can the community members who support us. Plus, it’s a fantastic memory for participants and a fun event for our community.”

Through a sponsorship from the Little Chicago Pub District, Over the Edge will be a whole weekend

of fun downtown. Event details are as follows:

Friday, Aug. 24 at 6 p.m. – Liquid Courage Street Party outside the Parker Suites

- Everyone is invited to come celebrate the edgers, with drinks, food and music downtown. Open to the public with a suggested free will donation. Over the Edge tech experts will be present for interviews if requested.

Saturday, Aug. 25 at 9 a.m.-5 p.m. – The Over the Edge Event

- Watch 50+ local edgers rappel the 8-story Parker Suites building! There will also be food, drinks and games. A full schedule of edgers will be available at ywcaminot.org.

Saturday, Aug. 25 – Flip Cup Tournament / Onesie Pub Crawl / Block Party

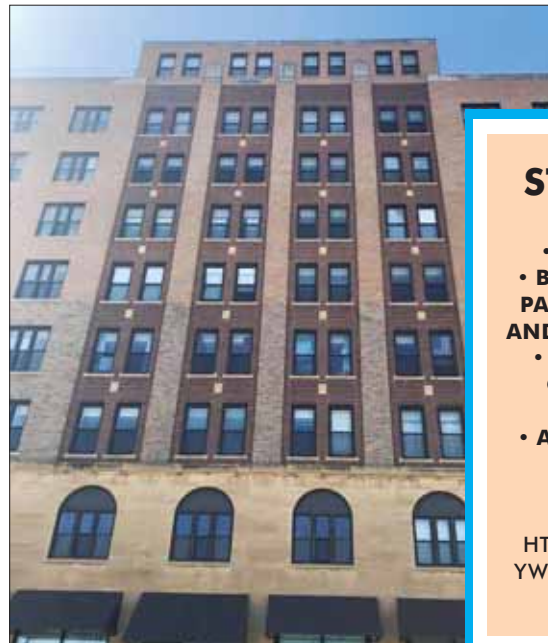
- Flip Cup Tournament starts at 4 p.m. outside the Parker Suites

- Onesie Pub Crawl starts at 6 p.m. Participants will crawl to six downtown bars and end at a block party featuring Wild Hands. VIP bracelets and block party admission support the YWCA.

About Over The Edge Global Over The Edge has raised over \$80 Million with non-profit partners through its signature fundraising rappelling events with partners predominately in Canada, the United States, and in the United Kingdom. Over The Edge has hosted over 700 successful

rappelling events in the past 10 years.

About the YWCA Minot:
The YWCA Minot is dedicated to empowering women and eliminating racism. We are an emergency homeless shelter for women and children. The YWCA Minot serves Burke, Bottineau, McLean, McHenry, Mountrail, Pierce, Renville, and Ward counties for women and families in need of emergency shelter.



STAND-OUT EDGERS INCLUDE:

- MINOT MAYOR SHAUN SIPMA,
- BETTY FEDORCHAK (70+ YEAR OLD PAST YWCA MINOT BOARD MEMBER AND DOWNTOWN BUSINESS OWNER),
- TERRY KONGELF (70+ YEAR OLD OWNER OF THE PARKER SUITES BUILDING),
- ACE (THE SABRE DOGS MASCOT),
- NODAK SPEEDWAY DRIVERS AND MORE!

VIEW THE LIST HERE:
[HTTPS://GIVE.OVERTHEEDGE.EVENTS/YWCA-MINOT-2018?REF=AB_37NQG9_AB_07O3P7](https://give.overtheedge.events/ywca-minot-2018?REF=AB_37NQG9_AB_07O3P7)



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¹Military Severe Injury Benefit is available to active duty in the United States Armed Forces and United States Armed Forces Reserve. Provides \$25,000 to help with the expenses in the event of certain injuries while performing military duties. These injuries include: dismemberment and loss of limb function, such as paralysis; loss of vision; and severe burns, as long as base policy is in effect. Rider Form LB66734051 05-07 (may vary by state); NY Form NBR67325NY 06-07, included at no additional cost. ²APRs range from 8.15% to 27.15% and will vary with the market based on Prime Rate. There is a balance transfer fee of 3% of the amount of each balance transfer and each convenience check (maximum \$200 per transfer/check), and also 3% of each cash advance (no maximum). ³We must receive notice within 365 days after your PCS report date or return from deployment. We reserve the right to require documentation. ⁴Availability of renters insurance to residents of another country is limited to qualified members. Life insurance and annuities provided by USAA Life Insurance Company, San Antonio, TX, and in New York by USAA Life Insurance Company of New York, Highland Falls, NY. All insurance products are subject to state availability, issue limitations, and contractual terms and conditions. Each company has sole financial responsibility for its own products. USAA means United States Automobile Association and its affiliates. © 2018 USAA. 250848-0518