



It's Electric

Senior Airman James Trimm, 5th Civil Engineer Squadron electrical systems journeyman, rolls out a copper wire at Minot Air Force Base, North Dakota, June 27, 2019. These Airman are installing an emergency power generator for the fire department.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN DILLON J. AUDIT

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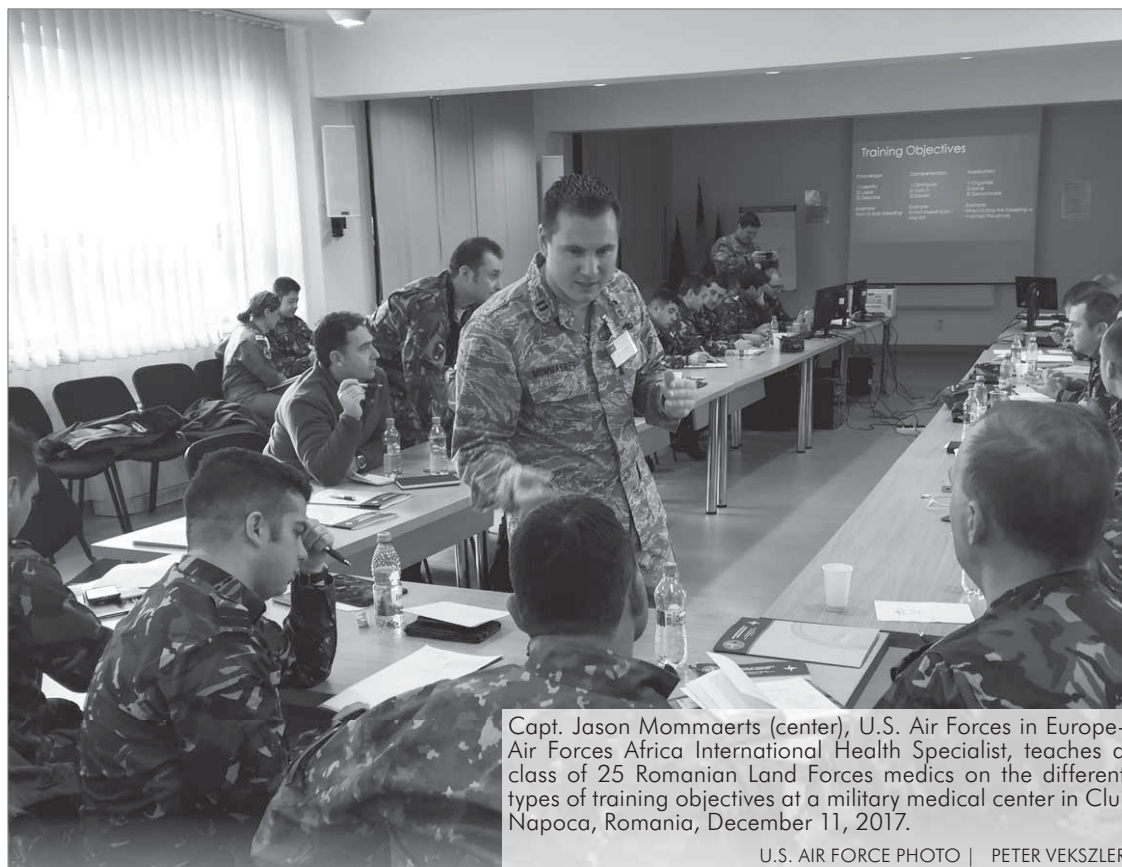
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Capt. Jason Mommaerts (center), U.S. Air Forces in Europe-Air Forces Africa International Health Specialist, teaches a class of 25 Romanian Land Forces medics on the different types of training objectives at a military medical center in Cluj Napoca, Romania, December 11, 2017.

U.S. AIR FORCE PHOTO | PETER VEKSZLER

NATO-IHS collaboration proves valuable for building partner capability, interoperability

KELLEY SCHLITT | U.S. AIR FORCE INTERNATIONAL HEALTH SPECIALISTS

FALLS CHURCH, Va. (AFNS)

The U.S. Air Forces in Europe-Air Forces Africa International Health Specialist team has partnered with the NATO Center of Excellence for Military Medicine to improve interoperability with partner nations and increase force readiness.

Since 2017, the two organizations have collaboratively produced a First Responder Train-the-Trainer program designed to navigate language barriers between trainers and trainees. The FRTT course provides medical personnel with the skills needed to train others at varying levels to administer emergency medical care as first responders.

"Even with interpreters on hand, language barriers can still prove to be challenging," said Maj. Jason Mommaerts, international health specialist. "This partnership and the FRTT program is not only effective, but also sustainable and replicable to ensure interoperability between partner nations."

In March of 2017, the NATO Center of Excellence received a request from Romania for an FRTT course. Due to their lack of trained personnel with the appropriate background to develop such a course, the USAFE IHS team stepped in to help. Over the following six months, Mommaerts worked collaboratively with the NATO Center of Excellence to design the course and develop curriculum.

"On day one, I taught the Romanian military medical personnel the training methodology in English," Mommaerts said. "By doing this, days two through five (of the course) could operate in Romanian, the participants' native language."

The NATO-delivered and funded course provided certification to 25 Romanians and the course received NATO accreditation.

The impact of this FRTT course continued beyond its initial delivery. Mommaerts compiled lesson plans, test questions and training scenarios that the Romanians developed during the course. He also drafted a standard operating procedure outlining how to run the course, select students, schedule classes, develop coursework and conduct remedial training. He provided the participants with this database of reference material so they could implement the train-the-trainer program at their own training facilities.

Since the first course, Romania has reported using the FRTT course blueprint to certify 35-60 military medical personnel annually. Not only did Mommaerts teach a train-the-trainer course, but he also established a sustainable train-the-trainer program.

Portugal has also expressed interest in replicating the FRTT conducted in Romania. This time, Mommaerts plans to take one of the Romanians he trained with him so he can learn how to establish the FRTT program in other countries.

"The FRTT program will not be dependent on one person and will continue even after my special duty IHS assignment ends," Mommaerts said.

This type of cooperation provides ample opportunity for the USAFE IHS team to become familiar with partner nations and create tailored roadmaps designed to help close capability gaps. The IHS team plans to assist NATO in developing standardized roadmaps modeled after its own that NATO can provide to its member countries. Relationships such as these provide long lasting value to the U.S. military and enable it to maximize force readiness, regardless of shifting theater dynamics.

"Interoperability is a constant priority of IHS personnel as it enables U.S. forces to be fully capable with the fewest resources," stated Lt. Col. Andrew Allen, USAFE-AFAFRICA IHS Team Lead. "In other words, through military medical cooperation with partner nations, the U.S. military can do more with less and simultaneously maintain medical force readiness."

Through collaborative projects such as the FRTT program, the USAFE IHS team is developing ways for NATO forces, including U.S. forces, to become more interoperable in the medical sphere.

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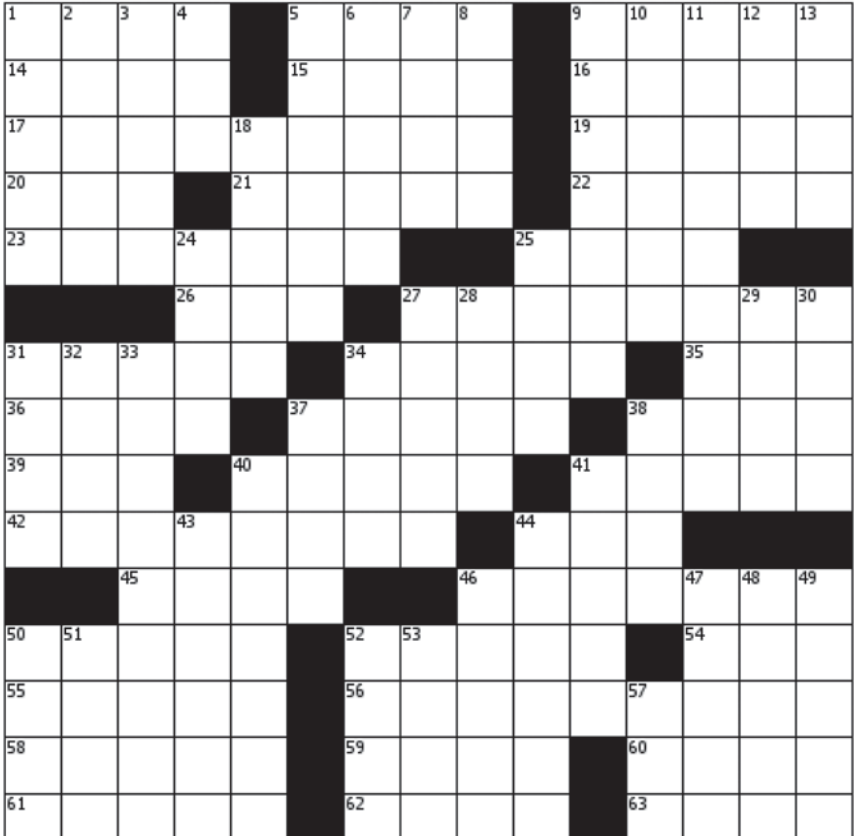
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CROSSWORD PUZZLE

- Across**
- 1. Theatre level
 - 5. Cosmetics name
 - 9. Vertices
 - 14. Crazy way to run
 - 15. "Thank You" singer
 - 16. Bowling unit
 - 17. Obligations requiring payment in hay?
 - 19. Museum artifact
 - 20. Yachting dir.
 - 21. More than plump
 - 22. Like neon
 - 23. City of west central France
 - 25. Late-night monologist
 - 26. Way across town, perhaps
 - 27. Plot outline
 - 31. Church niches
 - 34. Place for a witness
 - 35. Com frontrunner
 - 36. Battleship shade
 - 37. Draws nigh
 - 38. Second in a series
 - 39. Sushi bar order, perhaps
 - 40. Description of St. Nick
 - 41. Orderly formation
 - 42. Total alternative
 - 44. Words before roll or whim
 - 45. Rubber ducky occasion
 - 46. Certain marital contracts, briefly
 - 50. Give or take
 - 52. Music genre
 - 54. Bit of whiskey
 - 55. A renter may break it
 - 56. Pregame storyteller?



- 3. Robot of Jewish legend
- 4. Just manage (with "out")
- 5. Pueblo homes
- 6. Transports for Tarzan
- 7. They may be against you
- 8. Plane front
- 9. James Taylor song title words
- 10. Richard of "Rambo" flicks
- 11. How to buy a guy?
- 12. Abu Dhabi honcho
- 13. Amish, for one
- 18. Like a slug
- 24. Follow orders
- 25. Telescope piece
- 27. Celery serving
- 28. First name among Hollywood legends
- 29. Greek vowel
- 30. Buckwheat's assent
- 31. Iron and Bronze, for two
- 32. Get ready, for short
- 33. Cut-rate crafts?
- 34. Broker's order, perhaps
- 37. Ark-eologist?
- 38. Fiber source
- 40. Nervous
- 41. Lay ____ (flop)
- 43. Things to march for
- 44. Mean-tempered
- 46. Furnace light
- 47. Up to the time that
- 48. Jigsaw part
- 49. Shopaholic's binge
- 50. Cry of dismay
- 51. Lugosi of "The Raven"
- 52. Organ part
- 53. Dry riverbed
- 57. Grp. with a noted journal

SUDOKU Solution to puzzle on page 10

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

Difficult

Solution to last week's Crossword puzzle.

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

REEL TIME THEATER MOVIE SCHEDULE

SPIDER-MAN : FAR FROM HOME (PG-13)
FRIDAY, JULY 5 • 1800
SATURDAY, JULY 6 • 1700
SUNDAY, JULY 7 • 1500

Following the events of Avengers: Endgame, Spider-Man must step up to take on new threats in a world that has changed forever.

Cheesy Shrimp & Grits



Recipe courtesy of: www.recipegirl.com/cheesy-shrimp-and-grits/

INGREDIENTS:

2 cups low fat milk
2 cups water
1 teaspoon Kosher salt
1 cup yellow cornmeal grits
2 tablespoons salted butter
1 cup shredded white cheddar cheese

SHRIMP & SAUCE:

4 slices bacon, chopped
1 1/2 pounds shrimp, peeled & de-veined
1 1/2 cups chopped onion
3 cloves garlic, minced

3 tablespoons cornstarch
1 1/2 cups low sodium chicken broth
1 cup heavy cream
1 tablespoon butter
1 teaspoon cayenne pepper
1 teaspoon hot sauce
1/2 teaspoon Kosher salt
1/2 teaspoon freshly ground black pepper
1/2 cup chopped green onions
1/4 cup chopped fresh parsley

INSTRUCTIONS:

PREPARE THE GRITS:

In a large pot over medium heat, add the milk, water and salt. Bring to a simmer. Whisk in the grits and continue whisking until they begin to thicken. (This will help eliminate lumps.) Continue to cook the grits for 10 to 15 minutes, stirring occasionally, until thickened. Stir in the butter and cheese. Cover and set aside.

PREPARE THE SHRIMP & SAUCE:

In a large skillet, cook the bacon over medium-high heat until crisp. Transfer to a paper towel lined platter using a slotted spoon to drain. Return the skillet to the heat and add the shrimp to the pan. Cook for 1 to 2 minutes on each side. Transfer the shrimp to a platter and keep warm.

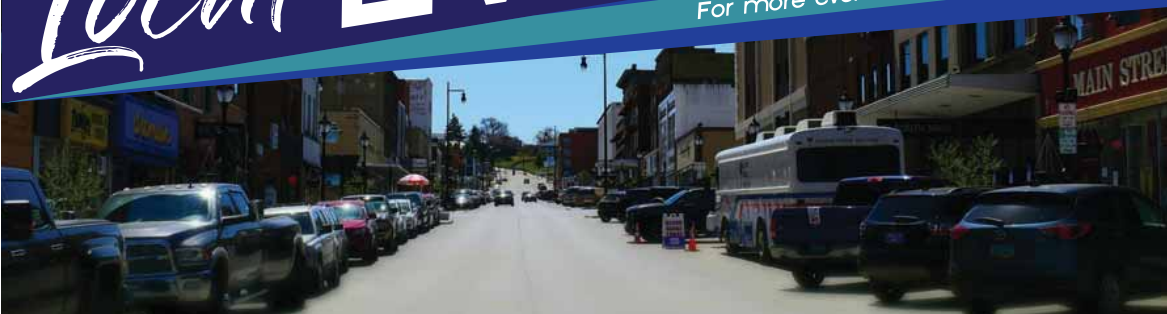
Add the onions to the skillet and cook until softened. Stir in the garlic and cook for 1 minute. Sprinkle the cornstarch over the onions/garlic and cook for an additional minute. Whisk in the chicken stock and cook until the sauce begins to thicken. Whisk in the cream, butter, cayenne pepper, hot sauce, salt and pepper. Continue cooking until the sauce starts to thicken more. Return the shrimp to the pan and cook for 3 to 4 minutes-making sure not to overcook the shrimp. Stir in the bacon, green onions and parsley.

SERVE:

Spoon about 1 cup grits onto a plate and top with 4 to 5 shrimp. Pour about 1 cup gravy over the shrimp. Repeat with remaining grits and shrimp. Serve immediately.

UPCOMING Local EVENTS

For more events check out VisitMinot.org



5 JULY

SOURIS VALLEY SABRE DOGS VS WHEAT CITY WHISKEY JACKS
7:05PM - 9:00 PM
Location:
Corbett Field 1124 E Burdick Expy, Minot, ND 58701

The Souris Valley Sabre Dogs a wood bat summer collegiate baseball team that offers a fun, inexpensive, family-friendly environment full of food, fun, and baseball. **For More information:** Facebook event/ Souris Valley Sabre Dogs baseball vs Wheat City Whiskey Jacks



7:05PM - FRIDAY, JUL 5, 2019

7 JULY

JMB BAND AT ARTS IN THE PARKS
4:00 PM - 9:00 PM
Location:
Oak Park 1300 4th Ave NW, Minot, ND 58703

Join us to listen to JMB Band at Arts in the parks! Performances at 4pm & 7pm. For More information: Facebook event/ JMB Band at Arts in the Parks



10 JULY

TAUBE MUSEUM OF ART HOSTS LET'S FACE PAINT
10:00 AM - 12:00 PM
Location: Taube Museum of Art 2 Main St N, Minot, ND 58703

Butterflies, dragons, flowers and MORE! Learn how to use professional face paint to decorate yourself! Instructor: Tawnya Inglehart. Open to children ages 7+ Fees: Nonmembers \$38 Members: \$34 Join as a member and save on all your summer class registrations and

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More information: Facebook event/ Taube Museum of Art

10 JULY

SUMMER UNPLUGGED - ADVENTURES IN ART
1:00 PM - 3:00 PM
Location:
Minot Family YMCA 3515 16th St SW, Minot, ND 58701

Come dressed to get MESSY and splatter paint just like Jackson Pollock on our giant collaborative splatter painting which we display after the event! **For more information check out: Facebook event/ YMCA Minot**



11 JULY

MINOT PUBLIC LIBRARY HOSTS ART CAMP
2:00 PM - 3:00 PM
Location:
Minot Public Library 516 2nd Ave SW, Minot, ND 58701

Join us as we make art with a space theme. This camp is for kids grade 1-5. There is no registration required. **For more information check out: Facebook event/Minot Public Library**

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Pictured L-R Top Row: Randie Ova, Kara Bohan, Dawn Aanderud
L-R Bottom Row: Sheryl Belgarde, Mary Engh, Elizabeth Colby

SUBMITTED PHOTO | NORTH STAR COMMUNITY CREDIT UNION



Pictured L-R Top Row: Margretta Beard, Amy Vollrath, Barb Welk
L-R Bottom Row: Stephanie Murray, Jessica Nelson, Corin Keena

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Sweat runs down dirt covered faces, creating muddy masks in the hot sun.

Even through the caked veil, you see pure determination.

Capt. Nathan Jones, 5th Civil Engineer Squadron deputy flight commander, earned his sapper tab after a 28 day U.S. Army Sapper Leader Course.

This course is designed to train joint-service leaders in small unit tactics, leadership skills, and skills required to perform as part of a combined arms team.

Sappers are combat engineers who support the front-line infantry and perform tasks that include bridge-building, laying or clearing minefields, demolitions, field defenses as well as building, road and airfield construction and repair.

Two Team Minot Airmen initially competed in the U.S.

Army sapper leader course.

"During halfway through the course the other Airman sustained an injury and was cut from the course," said Jones.

"Afterwards I was the only U.S. Air Force member there." The course is broken up into 2 phases.

Phase 1 is General studies which includes mountaineering, airborne operations, water ops and other exercises. Phase 2 is Patrolling out in the field, planning and executes missions, putting you to the test.

"What kept me going was the team aspect and the drive to earn the sapper tab," said Jones. "It's about the people working alongside you and willing to carry you through your low points."

After the end of the course Jones was tired and beaten but knew he successfully completed the course. He was now a sapper.

"At that moment when I got

my sapper tab I knew I did it," said Jones. "I could finally lay down and take a nap."



Capt. Nathan Jones, 5th Civil Engineer Squadron deputy flight commander, earned his sapper tab after a 28 day U.S. Army Sapper Leader Course.

U.S. AIR FORCE PHOTO |
SENIOR AIRMAN DILLON J. AUDIT

RASCAL FLATTS

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with special guest Chase Rice

MIDLAND

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Dates to Know:

July 16:

Youth Day Camp, ages 8 to 10. Lake Metigoshe State Park. Contact Amy Schimetz, (aschimetz@nd.gov), for information or to register.

Tournaments:

- July 13: Lake Sakakawea, Van Hook Arm; Lake Sakakawea, Wolf Creek; Lake Sakakawea, Beulah Bay; Lake Sakakawea, McKenzie Bay; Devils Lake (2).
- July 17: Lake Sakakawea, 4 Bears.
- July 19 & 20: Lake Sakakawea, Fort Stevenson State Park.
- July 20: Lake Sakakawea, Marshall Bay.
- July 21: Devils Lake, Grahams Island State Park.

Fishing:

Lake Sakakawea elevation, July 1, 1,851.8 feet above mean sea level (MSL); 45,700 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.11 feet above mean sea level (MSL).

Stump Lake elevation: 1,449.08 MSL.

• N.D. Game & Fish Dept. game wardens: No new Lake Sakakawea reports but look for improving walleye success on the east end. Lake Audubon remains fair for walleye. No north-central area lake or Devils Lake reports.

• Devils Lake, Ed's Bait Shop, Devils Lake: Continued success around the Minnewaukan Flats for walleye with the bridges still producing white bass.

• Devils Lake, Woodland Resort, Devils Lake: Fair to good late evening walleye bite using slip bobbers and bottom bouncers. Try leeches or nightcrawlers in 12 feet and shallower. Work deeper for larger walleye.

• Lake Darling, Karma C-Store, Ruthville: Improving

OUTDOOR NOTES:

walleye success on Lake Darling and around Greene. Try a mix of bait.

• Lake Metigoshe, Four Seasons, Bottineau: OK walleye success. Improving bluegill success but sort through for any keepers.

• Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Improving walleye success on the east end of Lake Sakakawea. Try a mix of presentations and depths. No Lake Audubon or Missouri River reports.

• Lake Sakakawea/Lake Audubon, 6-Mile Bait & Tackle, Garrison: East end of Lake Sakakawea fair to good for walleye from the Highway 83 embankment to Steinke Bay. Work sides of sunken humps with spinners and snells with bottom bouncers and nightcrawlers or leeches. Try 20 to 35 feet with spinner and nightcrawlers or leeches on Lake Audubon. Work main lake humps and the buoy line.

• Lake Sakakawea, Indian Hills Resort, Garrison: Improving walleye success along the north shore. Mix up presentations working 12 to 18 feet for 18- to 24-inch walleye.

• Lake Sakakawea, Scenic 23, New Town: Weather fronts slowed walleye success with fish moving deep. Try 35 to 40 feet with jigging Raps or Lindy rigs. Lots of small fish.

• Lake Sakakawea, Van Hook Resort, New Town: Walleye moved deeper in 20 to 25 feet. Try a variety of presentations and bait. Also try shallow in flooded trees and weeds.

• Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Continued walleye, trout, and salmon success in the Missouri River chutes using 3-way swivels. Some catfish mixed in. Spillway channel inlet hit-and-miss for walleye depending

on water time of day. Try Lindy rigs with nightcrawlers. Mixed walleye success on the east end of Lake Sakakawea depending on weather fronts. Try casting jigs up into shallow, warm water or work deeper in 22 feet with slow death hooks or Lindy rigs and nightcrawlers.

• Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: White Earth Bay remains the best area for walleye on the west end of Lake Sakakawea with continued good activity in the Van Hook Arm and New Town areas. Try crankbaits at White Earth. Fair to good catfish success on the Missouri River and west end of Lake Sakakawea. Blacktail Dam producing some bluegill.

• Lonetree WMA area lakes, Harvey: No new reports.

• North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: No new Mouse River or area lake reports.

N.D. rivers:

• Des Lacs River, Foxholm: River stage, 5.71 feet; streamflow, 7.61 CFS.

• Little Missouri River, Watford City: River stage, 0.05 feet; streamflow, 511 CFS.

• Missouri River, Washburn: River stage, 14.42 feet.

• Pembina River, Walhalla: River stage: 2.08 feet; streamflow, 74.6 CFS.

• Souris River, Foxholm: River stage, 5.92 feet; streamflow, 34.1 CFS.

• Souris River, Minot: River stage, 4.37 feet; streamflow, 41.9 CFS.

• Yellowstone River, Sidney, Mont.: River stage, 10.84 feet; streamflow, 36,100 CFS.

Numbers to know:

*N.D. Game and Fish Dept., main Bismarck office: (701) 328-6300, website: (<http://gf.nd.gov>).
*Report All Poachers: (800)

'tis the "huggy shirt" season

PATRICIA STOCKDILL, PRAIRIE ADVENTURES

"'Tis the season" but for Hunting Maniac Number 2, Garnet, it's the time of year she would really rather avoid.

While the 4th of July holiday spells opportunities to enjoy the Great North Dakota Outdoors and celebrate the birth of our great nation, to Garnet it spells booms and bangs that scare the dickens out of her.

For Garnet, the problem with the 4th of July is fireworks.

This hardcore hunting maniac is terrified of fireworks.

On top of that, 'tis also the season for thunderstorms – thunder, lightning, wind, and the whole gamut of weather rolling across the Northern Great Plains.

This hardcore hunting maniac is also terrified of thunderstorms.

How can that be, queried a family friend. She's a hunting dog.

She's not – emphasis on NOT – afraid of the sound of a shotgun.

In fact, she loves the sound of a shotgun going off. To Garnet it means she might have the opportunity to retrieve something she already worked hard to find and point.

Well, we explained to our family friend, she's a great hunting dog who isn't afraid of shotguns or the noise of a shotgun.

But, she is, admittedly, a mush once she shuts off her hunting switch.

Don't tell me she has one of those "huggy shirts", our family friend exclaimed.

Well, yes, she has one of those "huggy shirts", which bears the official name of Thundershirt®.

It's weird but we think it actually helps our Hunting Maniac who also happens to be a mush about fireworks and thunderstorms.

The trick, we discovered, is putting it on early enough before she already senses approaching danger. That's generally do-able when it comes to fireworks.

Not so do-able when it comes to weather.

In addition, we found out she shouldn't know her "huggy shirt"

translates into pending loud booms and bangs. Putting it on has to mean fun, which translates into tricking her with treats.

It also underscores the old adage "timing is everything".

One needs to trick her with a treat before the first glow and boom of a fireworks display and before she senses pending cracks and roaring wind, thunder, and lightning.

Unfortunately, Mother Nature doesn't always cooperate in the thunderstorm department. There are times she has worn her "huggy shirt", which we've officially dubbed as "happy shirt" for some strange reason, all for naught.

When those times occur, she ends up getting too warm, looking at us and wondering why we stuffed her into a sausage skin.

But if Mother Nature decides to unleash a thunderous surprise on us and Garnet doesn't have her happy or huggy or whatever you want to call it shirt on, she turns into a mush seeking protection and salvation from the Great Forces of Evil, which really are just fireworks or thunderstorms.

Obviously Garnet isn't alone in her concerns regarding those Great Forces of Evil or "huggy shirt" manufacturers wouldn't be in business.

It's just that it's hard to figure out why such a Hunting Maniac that is Garnet can be so terrified of a little wind, thunder, lightning, and bright flashes of boisterous color that are fireworks.

We're not about to try to decipher why she's so quirky because, quite honestly, she has more than her share of quirkiness.

We're just darn glad she's not gun shy.

Quote of the Week: "One day, a friend of the family recommended trying a snug wrap, like swaddling an infant. It sounded far-fetched, but nothing else had worked and it certainly couldn't hurt to try." – Thundershirt website describing the concept behind the garment developed to calm dogs during thunderstorms.

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North Star Community Credit Union Membership Drive Winner Drawn

MELANIE QUINTON, MARKETING DIRECTOR
MADDOCK MEMBER SERVICE CENTER

MINOT, ND -- Congratulations to Amber Johnson of Dunseith. She was the lucky winner of the NSCCU Golf Cart! Amber said "I am excited to take it golfing at the Dunseith golf course, just down the road!"

The drawing was held on June 1st, at Maddock Golf Course.

Marketing Director, Melanie Quinton had Facebook live event going on so everyone could see the winner drawn. "This was such a fun promotion, we got to display the golf cart in all of our branches over the last year. New members and current members who opened up new accounts got an entry, we had over 1000 qualified applicants'

names in the drawing bin that day" Quinton states. Hundreds of new members now have the opportunity to benefit from all of the services offered by North Star.

Also to help celebrate the day, North Star hosted their first golf tournament, members and staff joined together for a fun day of golf!



Pictured Barb Welk, Bottineau Branch Manager, Amber Johnson, Winner & Melanie Quinton (Marketing Director)

SUBMITTED PHOTO | NORTH STAR COMMUNITY CREDIT UNION

Get involved in your North Dakota State Fair

MINOT & AREA CHAMBER OF COMMERCE

MINOT, ND -- The North Dakota State Fair is closing in and there are many ways to participate.

There are multiple Festivals under the tent with activities from local business as well as other competitions that you can register for to be a part of the 2019 North Dakota State Fair!

The Festivals under the tent have much to offer with fun for the entire family.

On Monday, July 22 KMOT Pride of Dakota Day you can visit with local entrepreneurs and purchase products made exclusively in North Dakota.

Tuesday, July 23 is devoted to the families. ND United Family Day will consist of many activities for all ages throughout the day.

Wednesday, July 24 is KX/Co-Op Day. Enjoy a free pancake breakfast in the morning and an

ice cream social at 2pm open to everyone.

Thursday, July 25 is all about water, water, water! Join booth exhibitors for trivia games, prize drawings, and Frost Fest Snow Cones!

Friday, July 26 ND One Call will be providing demonstrations open to all at 811 Day. There will also be fun giveaways and educational opportunities.

This year's 3 on 3 basketball tournament is open for registration. Boys and girls grades 5-12 as well as adults can enter in this fun filled event. The tournament will take place Friday, July 26 starting at 12:00pm and continue on Saturday, July 27 at 9:00am.

The Hippy Hop Barrel race consists of the speed and agility of barrel racing...but on a hippy hop! This competition is for ages 2-6 and split into two age groups; limit 15 participants

in each group.

Pedal your tractor to victory at the Tractor Pedal Pull sponsored by United Community Bank! Kids ages 4-12 will pedal and pull their miniature tractors to the finish line for a chance to qualify for the state sanctioned Tractor Pedal Pull Championship. Registration begins at 1:30 in front of the KX Info Center on Tuesday, July 23.

Sing your heart out at the Crowd Pleaser's Karaoke Contest on the Dakota Talent Stage. Any and all singers are welcome to sing a song of their choice at 7pm or 10:45pm daily. Registration takes place just minutes before the competitions start and prizes are awarded daily.

The Dakota Talent Stage is filled with music and talent each day of the Fair! Anyone hoping to perform on this stage can register for the days and times

that fit best to their schedule.

For more information, tickets, and registration forms visit ndstatefair.com



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CHURCH DIRECTORY

<p>Little Flower Catholic Church</p> <p>800 University Avenue West 838-1520</p> <p>Summer Mass Schedule Saturday 5:30 pm Sunday 9:30 am</p> <p>Fr. Fred Harvey, Pastor www.littleflowerminot.com</p>	<p>St. Peter The Aleut Eastern Orthodox Church</p> <p> 109 6th St. SE Minot • 838-3094</p> <p>Sunday Liturgy 10 a.m. Saturday Vespers.... 6 p.m.</p> <p>The Very Reverend Father Anastassy</p>	<p>ALL ARE WELCOME</p> <p>Ahla W Sahla MIRĒ SE VIEN SILAMAT DATANG BENVENUTO VÄLKOMMEN Willkommen BIENVENIDO Baruch Haba Aloha Bem-windo VELKOMIN BENVIDO Welkommen Tere Tulemast</p> <p>WELCOME</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</p> <p>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> An Evangelical Free Church 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p>Sunday School & Fellowship 9:00 a.m. Worship 10:30 a.m.</p> <p>www.trinitychurchminot.org</p>	<p> Worship Service at 10:45am Sundays Sunday School at 9:45am</p> <p>1720 4th Ave NW, Minot 838-0916 MinotBibleFellowship.org</p>
<p> Faith United Methodist Church</p> <p>5900 Highway 83 N, Minot www.faithumcminot.com</p> <p>Pastor Tom Sumers 701-838-1540</p> <p>Sunday School (All Ages): 9:45 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 1000 NE 3rd Street 852-0315 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 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</p> <p>2209 4th Avenue NW Minot, ND 839-4663</p> <p>Reverend Philip Beyersdorf www.stmarksminot.com Call or check out our website for more information.</p>
<p> Immanuel Baptist Church</p> <p>1615 2nd St. SE Minot • 839-3694</p> <p>Sundays: Worship 10:00 a.m.</p> <p>Wednesdays: Soup Kitchen 11:30 a.m. - 12:30 p.m.</p> <p>Brian T. Skar, Pastor www.ibcminot.org</p>	<p>Apostolic Faith Church, UPCI</p> <p>2929 19th Ave NW • Minot Located off Hwy 83 Bypass West (701)838-0609</p> <p>Saturday School 2:00 p.m. Sunday Worship 3:30 p.m. Wednesday Bible Study 7:30 p.m.</p> <p>Jesse Starr, Pastor</p>	<p>St. John the Apostle Catholic Church</p> <p>2600 West Central Ave • Minot, ND 58701 839-7076</p> <p>Daily Mass Schedule:</p> <p>Tuesday 7:00 p.m. (3rd Tuesday 7:00 a.m.) Wednesday - Friday 7:00 a.m. Saturday 5:00 p.m. Sunday 8:00 & 10:30 a.m.</p> <p><i>Fr. David A. Richter, Pastor</i> Parish website: www.stjohnminot.com</p>	<p> First Lutheran Church - ELCA 120 5th Ave. NW 852-4853</p> <p><u>Summer Worship Schedule</u> Saturday Worship..... 5:00 pm Sunday Worship..... 9:30 am</p> <p> www.firstlutheran.tv (Live Stream & Recorded) Radio Broadcast KRRZ 1390AM Sunday 9:30 am www.flcminot.com Pastor Brandy Gerjets • Pastor Ellery Dykeman</p>	<p></p> <p>Gospel Tabernacle Community Church</p> <p>9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson</p> <p>Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday</p> <p>Sunday School 9:45 a.m. Adult/Children Worship.. 11 a.m. Family Hour 6:30 p.m. Evening Worship 7:30 p.m. Bible Study/Child-Adult Children Worship (Wed).... 7 p.m. Prayer (Friday) 7 P.m.</p>
<p>Bethany Lutheran</p> <p>215 3rd Ave. SE, Minot, ND Phone: 838-5196 A Member of the ELCA</p> <p>Sunday Worship..... 9:00 am Sunday Fellowship 10:00am 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> 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> West Minot Church of God <i>Family Worship Center</i></p> <p>1105 16th St. NW • 839-1407</p> <p>Sunday School 9:30 a.m. Sunday Worship 10:30 a.m. Children's Church & Nursery Wednesday Family Training Hour Meal..... 5:30p.m. Classes for All Ages 6:30 p.m. Youth Center, Friday..... 7:00 - 11:00 p.m. ABC Child Care Center..... 852-6352</p> <p>westminot.com facebook.com/westminot</p>	<p>Gospel Tabernacle Community Church</p> <p>9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson</p> <p>Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday</p> <p>Sunday School 9:45 a.m. Adult/Children Worship.. 11 a.m. Family Hour 6:30 p.m. Evening Worship 7:30 p.m. Bible Study/Child-Adult Children Worship (Wed).... 7 p.m. Prayer (Friday) 7 P.m.</p>
<p> 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 Jennifer McDonald www.vincentumc.com</p>	<p> OUR REDEEMER'S CHURCH <i>A Church of the Lutheran Brethren</i></p> <p>Thursdays: Worship..... 6:30 p.m.</p> <p>Sundays: Worship..... 8:30 a.m. & 10:45 a.m.</p> <p>700 16th Ave SE • 701-838-0750</p> <p>For more information visit us on the web at: www.ourredeemers.org</p>	<p>Chapel Services at MAFB <i>Protestant</i> (North Plains Chapel in Base Housing)</p> <p>Contemporary Service Sunday Worship 1000</p> <p>Gospel Service Sunday Worship 1130</p> <p><i>Catholic Mass (Northern Lights Chapel across from Rockers)</i> Sunday 1000 & 1700 Daily Monday-Thursday at 1200</p>	<p>ADVERTISE YOUR Church</p> <p><i>Advertise</i> FOR ONLY \$7 PER WEEK</p> <p><i>Revisions</i> MADE UPON NOTICE FROM THE CHURCH</p> <p><i>Deadline</i> TUESDAYS BY NOON WEEK OF PUBLICATION</p> <p>VIEW OUR PAPER ONLINE AT NORTHERNSENTRY.COM</p> <p>CONTACT US</p> <p>call 701-839-0946</p> <p>email NSADS@SRT.COM</p> <p>fax 701-839-1867</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> KNIGHTS</p> <p></p>	<p>To Advertise your Church on this page,</p> <p>Call 839-0946</p> <p>Only \$7.00 a space / per week</p>		

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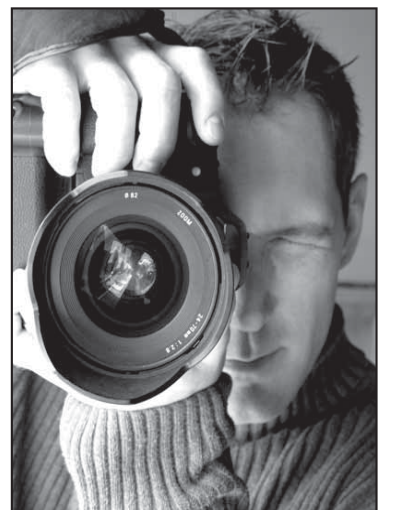
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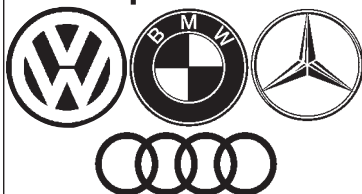
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7	5	4	3	6	1	2	9	8
8	4	6	5	2	3	1	7	9
3	7	5	8	1	9	4	6	2
1	9	2	6	4	7	3	8	5
5	2	1	9	8	6	7	4	3
9	6	3	2	7	4	8	5	1
4	8	7	1	3	5	9	2	6

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Answers to puzzle from page 4

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 <p>\$149,900</p> <p>LOT READY – Move this modular home to your own lot. 3 bedroom, 2 bath, 2016 with 2088 sq.ft. Never been lived in. Open kitchen, dining & living room. Master suite.</p> <p>MLS #190080</p>	 <p>\$269,900</p> <p>CLASSY TOWNHOME - *Dramatic foyer with high ceilings. *Dream kitchen with large island and 2 pantry's. *Stainless Steel appliances. *3 bedrooms, 2 baths. *Walk in Closet. *Concrete patio and white vinyl fenced yard. *Easy access MAFB *Attached double garage.</p> <p>MLS #191005</p>	 <p>\$48,500</p> <p>Price Reduced- *Perfect size mobile home. *3 bedrooms plus a master with full bath and walk-in closet. *Eat-in kitchen. *Fresh paint, new carpet and newer laminate. *Laundry off kitchen.</p> <p>MLS #190589</p>
 <p>\$207,900</p> <p>INVESTMENT OPPORTUNITY – Well kept, fully occupied 4-plex. Updated floor coverings, countertops & appliances. All units have 2 bedrooms, 1 bath, air conditioning & dishwasher. Balconies on upper floor. Coin operated washer & dryer. Security cyber-locks on exterior doors. Owner/Agent.</p> <p>MLS #191200</p>	 <p>\$207,900</p> <p>VICTORIAN STYLE- 3 BEDROOM, 2 BATH, 2 STORY HOME. Formal dining room, updated kitchen and living room with 9 ft. coved ceilings. 2 fireplaces. Family room in finished lower level. Fenced yard and garage.</p> <p>MLS #190716</p>	 <p>\$204,000</p> <p>RANCH STYLE- 3 bedroom ranch style home with 1320 sq ft of living space. Large living room, kitchen and dining area. Daylight basement is ready to finish for added living space. Double garage.</p> <p>MLS #182492</p>



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2. You contact us only when you're ready
3. You search everything on the Minot MLS



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BASE ANNOUNCEMENTS

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY is now registering for the Fall 2019 term (5 Aug-6 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 & 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 – Earn your degree on your terms; now enrolling for Fall 1 with classes starting August 19. At Park, we believe everyone who strives to earn a degree should have that opportunity. Earn your CCAF credits, AU-ABC, and/or your Bachelor degree with Park, helping to maximize your prior military experience. Find out how many credits you can get for your military experience by going to military.park.edu and confirm your credits or Ask Alexa! Enable the Park University skill on your Alexa device and say “Alexa, ask Park, How many credit hours can I get for my military experience?” She will even tell you your graduation date. Park University. Minot AFB @ the Education Center (upstairs from the library in room 222). 844-884-8612; mino@park.edu. Park. You.

NORTHERN SENTRY
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Place an AD here for as little as **\$40.00** per week!

WHAT'S GOING ON MAFB

TODAY

- AFGSC Family Day - For full listing of Independence Day holiday weekend facility hours, visit 5thforcesupport.com
- Show & Shine Car Show, 1500-1830, Bud Ebert Park, hosted by Auto Hobby
- Freedom Fest 19, 1600-2300, FREE concert featuring Thompson Square and Easton Corbin starting at 1930, Fireworks at dusk, Bud Ebert Park

SATURDAY

- For full listing of Independence Day holiday weekend facility hours, visit 5thforcesupport.com
- Cycle, 0800, Fitness Center
- Zumba, 0900, Fitness Center
- Fight Night - UFC 239: Jones vs Santos, prelims begin at 1900, main event begins at 2100, Rockers Bar & Grill

SUNDAY

- Family Zumba, 1400, Fitness Center

MONDAY

- Last Day to Register for July Youth Golf Lessons at Rough Rider Golf Course
- Registration Opens for Powerlifting Competition at Fitness Center
- Tactical Fit Express, 0600, Fitness Center
- TAP GPS Workshop, 0730-1600, Held at the Education Center and hosted by the A&FRC
- Boot Camp, 1145, Fitness Center
- Reintegration Briefing, 1300-1400, A&FRC
- Family Child Care New Provider Pre-Orientation, 1700-1900, Family Child Care office
- Craft Club, 1800, Base Library
- Zumba, 1800, Fitness Center

TUESDAY

- Registration Opens for July Pinterest Party at Arts & Crafts
- Run 4 Fitness, 0600, Fitness Center
- TAP GPS Workshop, 0730-1600, Held at the Education Center and hosted by the A&FRC
- Game Day, 1000-1930, Base Library
- Cycle, 1130, Fitness Center
- Family Night Kids Eat Free with Adult Entrée Purchase, 1700-2000, Rockers Bar & Grill
- Fit to Fight, 1800, Fitness Center

WEDNESDAY

- Circuit Training, 0600, Fitness Center
- TAP GPS Workshop, 0730-1600, Held at the Education Center and hosted by the A&FRC
- Right Start, 0730, Held at the Jimmy Doolittle Center and hosted by the A&FRC
- Club Member Benefit, 0900-1400, Rough Rider Lanes
- Story Time, 1030, Base Library
- Boot Camp, 1145, Fitness Center
- 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 Peer Support Group, 1630-1730, A&FRC

THURSDAY

- Last Day to Register for Intramural Soccer at Fitness Center
- Cycle, 0600, Fitness Center
- TAP GPS Workshop, 0730-1600, Held at the Education Center and hosted by the A&FRC
- Cycle, 1130, Fitness Center
- Reintegration Briefing, 1300-1400, A&FRC
- STEAM Time, 1500, Base Library
- Fitness Hour, 1600-1700, Youth Center
- Trivia Registration, 1600-1845, Ground Zero Lounge in the Jimmy Doolittle Center
- Club Members' 1/2 Price Appetizers (with purchase of adult entrée), 1700-1900, Rockers Bar & Grill
- Olympic Weightlifting, 1730, Fitness Center
- Craft Club, 1800, Base Library
- Fit to Fight, 1800, Fitness Center
- Trivia Night, 1900-2100, Ground Zero Lounge in the Jimmy Doolittle Center



UPCOMING EVENTS:

12 July

- Superhero 5K Run, 0630, Fitness Center
- TAP GPS Workshop, 0730-1600, Held at the Education Center and hosted by the A&FRC
- Boot Camp, 1145, Fitness Center
- Torch Club, 1600-1700, Youth Center
- Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill
- Club Members \$\$\$ Drawing, 1730-1830, Rockers Bar & Grill (name of Club Member drawn also announced at the Jimmy Doolittle Center and Rough Riders Pizza)
- Texas Hold 'Em, 1800, Rockers Bar & Grill
- Live Music with Joshua Herman, 1900-2300, Ground Zero Lounge at the Jimmy Doolittle Center
- Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes

13 July

- Last Day to Register for Only The Best Come North Scramble at Rough Rider Golf Course
- Cycle, 0800, Fitness Center
- Zumba, 0900, Fitness Center
- Minot AFB Library Comic-Con®, 1100-1600, Base Library
- Kill Shakespeare Play, 1430, Held at Base Theater hosted by the Base Library
- Game Night at the Ground Zero Lounge, 1600, Ground Zero Lounge at the Jimmy Doolittle Center
- Lights & Strikes and Saturday Unlimited Bowling, 2000-2400, Rough Rider Lanes
- Havana Nights, 2200-0300, Rockers Bar & Grill

Rough Riders Pizza

July Special - Chicken Caesar Wrap

Enjoy a twist on this classic salad with grilled chicken, shredded lettuce, parmesan cheese, croutons, and caesar dressing in a flour tortilla! Try it today for \$9.75 –includes chips and a drink!

The B-Fifty Brew

July Special - Spinach Frittata

Add some variety to your day and dig in with a medley of eggs, parmesan cheese, onion, garlic, spinach, and swiss cheese for only \$4!

Auto Hobby June Specials

July 2-13: Strut Replacement

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

*Must mention advertisement to receive special price

2019 Warrior Games begin

ROBERT A. WHETSTONE, BROOKE ARMY MEDICAL CENTER PUBLIC AFFAIRS

TAMPA, Fla. (AFNS) -- The opening ceremony of the 2019 Department of Defense Warrior Games began with the traditional procession of service-member athletes representing their countries. The national anthem for each country was played marking the international participation of the games, but when U.S. Army Maj. Luis Avila, a wounded warrior, sang the Star-Spangled Banner, you had a sense these games were going to be special.

Jon Stewart, a comedian, was once again the master of ceremonies to officially open the games. He mixed humor with a compassion and seriousness about wounded warriors that seems to resonate with service members and families.

"Thank you very much for coming out to the Warrior Games," Stewart said. "We have had a tremendous day or two of competition. The athletes are finding out what it is like to be in a city that was built inside of a humidifier."

"We are here to celebrate these unbelievable athletes from all of the branches (of military service)," Stewart continued. "These are men and women that refuse to allow themselves to be defined by their worst day, but define themselves by their reaction to that day and the resilience, and the perseverance, and the dedication, and the camaraderie, and the family you are going to witness this week."

Stewart stated the athletes have gone through a lot to get to the games, but no one gets there by

themselves.

"The families and the caregivers so often work as hard as the athletes to get them prepared and to get them going and to be there," Stewart said.

Kenneth Fisher, chairman and chief executive officer of the Fisher House, plays a huge role in helping the families. Fisher acknowledged the work with wounded warriors that Jon Stewart continues to do as an advocate for service members in and out of uniform, and focused on family support.

"I have had the great honor of meeting so many of this nation's wounded people and never a day goes by when I am not inspired by you; amazed by what you have accomplished and humbled by the unconditional support given to you by your families, your friends, your spouses, your children; by all those who love you the most."

Former President George W. Bush and U.S. Senator Rick Scott, Florida, sent videotaped messages to the athletes, wishing them well during the competition. Congresswoman Kathy Castor noted the fantastic job U.S. Special Operations Command has done hosting this year's Warrior Games.

Deputy Secretary of Defense David Norquist had an opportunity to watch the U.S. Army wheelchair basketball team practice earlier in the day.

"Coach Rodney Williams has those three-time defending champions looking pretty good," Norquist noted. "They got (retired) Spc. Brent Garlic who was part of last year's team, and (retired) Staff Sgt. Ross Alewine, who is the

defending Warrior Games Ultimate Champion."

Norquist welcomed and thanked all the international participants at this year's competition, and alluded to the qualification to participate in the games.

"To compete in the Warrior Games, it is not enough to be strong; it is not enough to be fast. In the Warrior Games, there is a level of resolve; a unique ability to embrace and overcome adversity and that is the price of admission. Just to get to this event, it requires unbelievable grit and resilience."

Tim Kane, father of Army Sgt. Tanner Kane, said, once his son got involved with adaptive conditioning sports, he found a purpose to get up and out in the mornings.

"Tanner didn't speak for two years and then he connected with other Soldiers, it all changed. Tanner realized his former state was wasting away at his spirit and this program was here to help and aid other Soldiers on their progress to healing."

Tiffany Weasner, wife of retired Army Sgt. Johnathan Weasner said, "I know what this program has done for my husband Jonathan and our family. To look around this arena and see the joy on other families faces, I can only imagine what adaptive conditioning has done for other families; it's a blessing."

For more information about the 2019 DoD Warrior Games, medal count, stories, imagery and more, visit <https://www.af.mil/warriorgames2019>.



U.S. Air Force Gen. Paul J. Selva, vice chairman of the Joint Chiefs of Staff, chats with athletes and their families during the 2019 Department of Defense Warrior Games Opening Ceremony in Tampa, Fla., June 22, 2019. Approximately 300 wounded, ill and injured service members and veterans will participate in 13 athletic competitions over 10 days as U.S. Special Operations Command hosts the 2019 DoD Warrior Games.

DOD PHOTO | U.S. ARMY SGT. JAMES K. MCCANN



Mr. David L. Norquist, performing the duties of the U.S. deputy secretary of Defense, speaks during the 2019 Department of Defense Warrior Games Opening Ceremony in Tampa, Fla., June 22, 2019. Approximately 300 wounded, ill and injured service members and veterans will participate in 13 athletic competitions over 10 days as U.S. Special Operations Command hosts the 2019 DoD Warrior Games

DOD PHOTO | U.S. ARMY SGT. JAMES K. MCCANN



Air Force athletes enter the arena for the opening ceremony of the Department of Defense Warrior Games in Tampa, Fla., June 22, 2019.

DOD PHOTO | LISA FERDINANDO

FIVE BRANCHES. ONE NATION. HAPPY 4TH.



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