

WHATS INSIDE THIS WEEK:



**RODENT
INTRUDERS** **3**



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REMEMBER** **7**



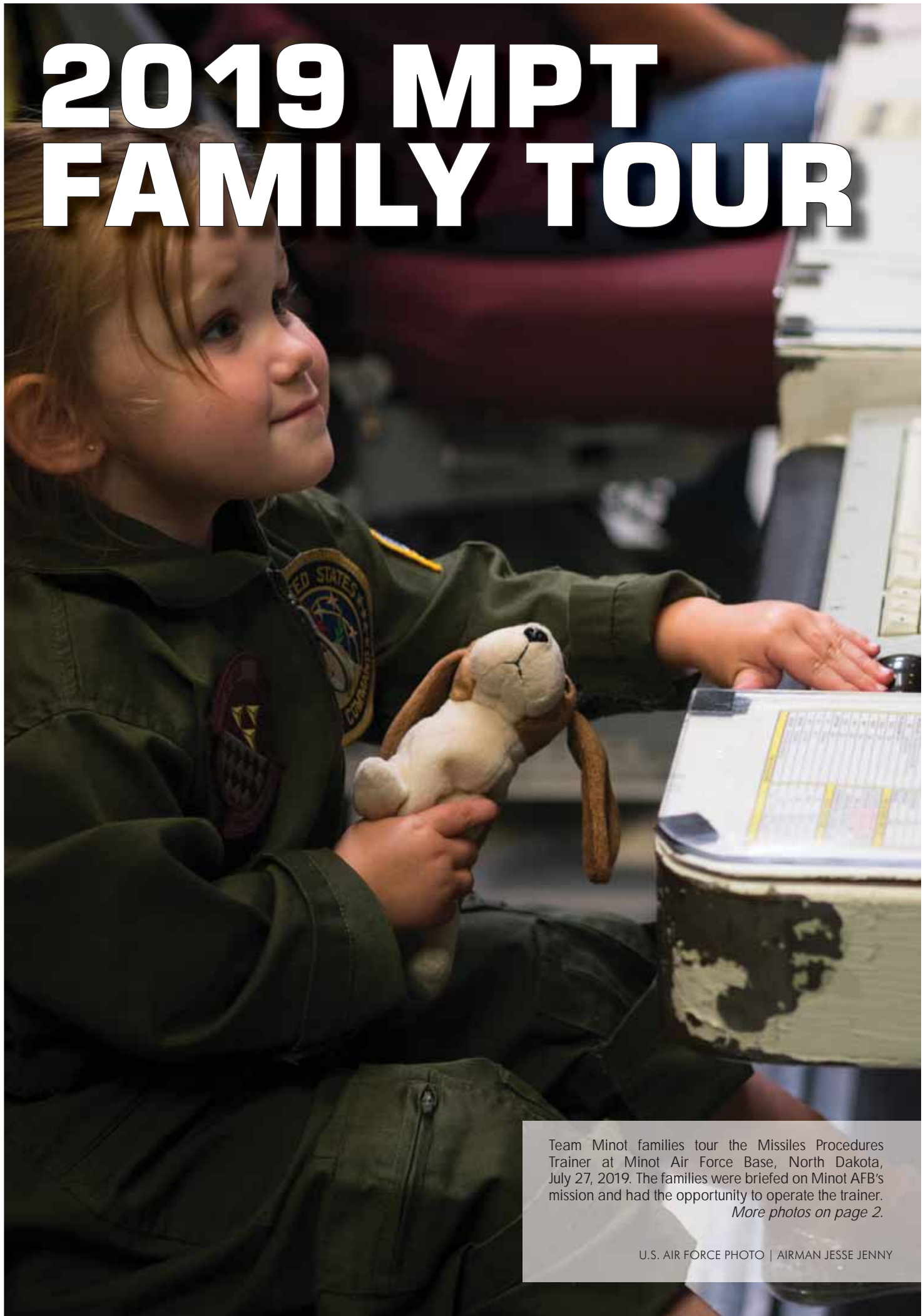
**EXCHANGE
ADVISOR
SERVING
MAFB** **12**

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has been distributed on MAFB!
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Keep Reading, *You* could be our next
WINNER!

2019 MPT FAMILY TOUR



Team Minot families tour the Missiles Procedures Trainer at Minot Air Force Base, North Dakota, July 27, 2019. The families were briefed on Minot AFB's mission and had the opportunity to operate the trainer.
More photos on page 2.

U.S. AIR FORCE PHOTO | AIRMAN JESSE JENNY

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Minot AFB



Videos

2019 MPT Family Tour



U.S. AIR FORCE PHOTOS | AIRMAN JESSE JENNY

Northern Sentry's **GOLDEN TICKET** Winner

Kelah Pross

Kelah found a \$20 Golden Ticket right on her doorstep! It pays to read the Northern Sentry!

SAY *Ehhh...* Win a hot tub & gazebo!

AUGUST 31

AUGUST 2 **CASH IS KING**

QUALIFY JULY 1 - AUGUST 1

Lakeside Cabin WEEKEND GETAWAY

Book a Lakeside Cabin on the shores of beautiful Lake Sakakawea.

Good July 1 - August 31, 2019

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Ten thousand rodent intruders

AIRMAN 1ST CLASS JOSH W, STRICKLAND, MINOT AIR FORCE BASE PUBLIC AFFAIRS

One lone intruder. No problem. Ten thousand intruders is a different story entirely, especially when they are rodents.

The Richardson Ground Squirrel, also known as the "Dakrat", is not normally an invasive species. Since the removal of their natural predators on base, however, their population has significantly increased in numbers, causing damages to mission essential infrastructure and homes across the base.

"There is no way to know how many there are," said Nicholas Lester, 5th Civil Engineer Squadron pest management supervisor. "We eliminate three to five thousand a year. To say there are over ten thousand is a justifiable estimate."

In an effort to reduce the population, guard against diseases and reduce damages the 5th CES pest management shop in coordination with Balfour Beauty Communities has created a comprehensive four-pronged approach to fix this problem. The four prongs can be separated into chemical removal and non-chemical removal methods.

Methods of chemical removal will include both gas and poison. The gas, approved by the Environmental Protection Agency for this use, will be administered into the dakrat tunnels starting in the Prairie Rose Estate Neighborhood. Contractors will administer the

gas only in tunnels and will fill holes as they proceed. The final method of chemical removal will be increased amounts of EPA approved poison already in use in open grassy areas. The chemicals are safe to use around human and pets alike but residents are advised to refrain from direct contact with treatment devices.

The methods of non-chemical removal will include both flooding and trapping. Contractors will begin flooding tunnels in the Sunflower Haven Neighborhood to drive the dakrats into open areas to be trapped or poisoned. Trapping on base will be done by the 5th CES pest management shop and in some areas of housing. Residents are advised to not release animals in traps or tamper with them for their safety and to ensure mission success.

"I think they need to understand is that, yes, they seem like cute and cuddly animals but for base infrastructure they are a real problem," said Marchessault. "They are degrading runways, platforms, foundations, and housing. They are causing the base lots and lots of money."

The dakrats pose a significant health risk to public safety because of their ability to carry and spread diseases. While residents should expect a reduction in population and less holes in their lawns, it will be a continuous issue that will need to be addressed yearly.



Airman 1st Class Javon Frye, 5th Security Forces Squadron defender and pest management augmentee, holds a caged Richardson Ground Squirrel at Minot Air Force Base, North Dakota, July 18, 2019. The 5th Civil Engineer Squadron Pest Management Shop routinely checks traps on the base to remove caught animals.



Airman 1st Class Jamiaya Hartnest, 5th Civil Engineer Squadron pest management apprentice, checks a trap at Minot Air Force Base, North Dakota, July 18, 2019. The Pest Management shop is responsible for trapping throughout the base and in some areas of housing.

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS JOSH W. STRICKLAND



A trap is set in base housing at Minot Air Force Base, North Dakota, July 18, 2019. Residents of base housing are advised to not tamper with the traps to ensure the mission success of the 5th Civil Engineer Squadron Pest Management Shop in their efforts to reduce the population of the Richardson Ground Squirrel.

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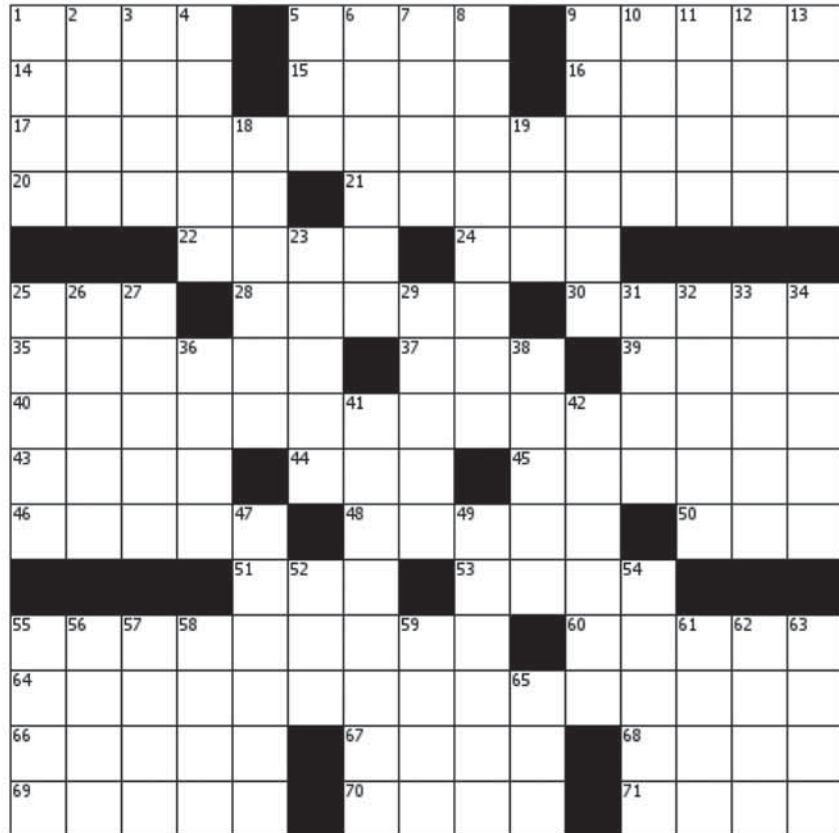
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CROSSWORD PUZZLE

Across

- 1. 1970s hitmakers
- 5. Some places that pamper
- 9. Bestow upon
- 14. Beginning course, perhaps
- 15. 2.2 lbs.
- 16. Ham carrier
- 17. Just what the doctor ordered, e.g.
- 20. "Lazy ___ Molly" (Chubby Checker hit)
- 21. It may be in a box in the corner
- 22. Woman in cheap detective novels
- 24. Trinity member
- 25. It's big on Leno
- 28. Wife of Abraham
- 30. Hayes of Westerns
- 35. Corrections agent?
- 37. Part of a famous soliloquy
- 39. Professor Plum's game
- 40. Really does the trick
- 43. Oscar's cousin
- 44. Winner's take
- 45. Capital of South Dakota
- 46. Kind of beam
- 48. Archimedean world-mover
- 50. Longish span
- 51. Pixie
- 53. Foot part
- 55. Stage performers
- 60. Butter beans
- 64. Quite capable
- 66. Parcel out
- 67. Foil's duller relative
- 68. Words of comprehensio



- 68. Words of comprehensio
 - 69. Sudden outpouring
 - 70. "Jurassic Park" actress
 - 71. Spring event
- Down**
- 1. Courtly Arthur?
 - 2. Spaghetti recipe word
 - 3. Pestors
 - 4. Lacewing's munchie
 - 5. Wild blue yonder

- 6. Textile joiner
- 7. Romeo lead-in
- 8. Tap dancing sans taps
- 9. Moving in a curved path
- 10. Unit of power
- 11. Mine entrance
- 12. Tear apart
- 13. Proactive person
- 18. Flat contracts
- 19. "Don't Bring Me Down" grp.
- 23. Gibbs or Maples
- 25. It may be mounted
- 26. Free bakery advertisement
- 27. Follows a recipe direction
- 29. Sprain site
- 31. Tummy trouble

- 47. Public esteem
- 49. More extensive
- 52. It's right under your nose
- 54. Command to the band
- 55. "Jabberwocky" start
- 56. Desperate cry
- 57. Melodious Fitzgerald
- 58. ATM feature
- 59. Slangy negative
- 61. Ground animal feed
- 62. Between ports
- 63. Slant, as survey results
- 65. She may feel cooped up

SUDOKU Solution to puzzle on page 10

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

Solution to last week's Crossword puzzle.

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



SPIDERMAN : FAR FROM HOME (PG-13)
 FRIDAY, AUG 2 • 1800
 SATURDAY, AUG 3 • 1700
 SUNDAY, AUG 4 • 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 Corn Fritters



Recipe courtesy of: www.eatwell101.com/corn-fritters-recipe

INGREDIENTS:

- 2 cups of corn
- 1/4 cup cornmeal
- 1/4 cup all-purpose flour
- 1 teaspoon smoked paprika
- 1 egg
- 1 green onion (chopped)
- 1/2 cup grated parmesan, or cheese or your choice
- 1 handful cilantro (chopped)
- 1 tablespoon lime juice
- Salt and fresh cracked pepper, to taste
- 1 tablespoons oil
- Sour or heavy cream, for garnish

INSTRUCTIONS:

- Mix the corn, cornmeal, flour, paprika, egg, parmesan, green onion, cilantro, lime juice in a large bowl. Add some water if the mixture is too dry.
- Heat 1 tablespoon in a pan. Spoon the corn mixture into the pan to form patties and cook until golden brown on both sides, about 4 minutes per side. Garnish with a dollop of cream. Enjoy!

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UPCOMING Local EVENTS

For more events check out VisitMinot.org

2 AUG **MOVIE IN THE PARK - BARK NIGHT!**
9:30PM - 11:00PM
Location: Roosevelt Park 1215 Burdick Expy E, Minot, ND 58701

Surprise!! We've added another movie just for our furry friends and animal lovers! - All movies start at sunset (around 9:30pm). Visit our facebook page for dog owner rules. **For more information: Facebook event/ Minot Parks**

Movies in the Park

Bark Night
THE SECRET LIFE OF PETS
Friday August 2nd at Roosevelt Park

FIRST WESTERN BANK & TRUST

3 AUG **ROOSEVELT PARK ZOO HOSTS FAMILY & FRIENDS SNORE N ROAR**
5:00 PM - 11:59 PM
Location: Roosevelt Park Zoo 1219 Burdick Expy E, Minot, ND 58701

For prices, details and to register visit us online at <http://www.rpzoo.com/family-snore-n-roar/>
More information: Facebook event/ Roosevelt Park Zoo

Family & Friends
SNORE N ROAR
Saturday, August 3rd 5pm - 8am

JOIN US FOR AN OVERNIGHT ZOO ADVENTURE

6 AUG **NORTHLAND HEALTH CENTERS DIABETIC WELLNESS EVENT**
9:00 AM - 12:00 PM
Location: 1600 2nd Ave SW, Ste. 19, Minot, ND. Limited to the first 10 people. Glucose Screening, Counseling, Vitals & Discussion of risk factors for diabetes. Cannot be diagnosed diabetic at time of services. www.northlandchc.org. **For more information check out: Facebook event/ Northland Health Centers**

DIABETIC WELLNESS EVENT
TUESDAY, AUGUST 6, 2019 • 9 AM - 12 PM
(limited to the first ten people)

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AUGUST 4 - 10, 2019

7 AUG **MINOT RIFLE & PISTOL CLUB NEW MEMBER MEETING**
7:00 PM - 7:45 PM
Location: Minot Rifle & Pistol Club
1600 62nd St SW, Minot, ND 58701
All memberships cover you, your spouse, and any youths aged 17 and under. Youths must be accompanied by parent / guardian when using the MRPC range facilities. Please bring payment for dues. **For more information check out: Facebook event/ Minot Rifle and Pistol Club**



10 AUG **MINOT CITY WIDE FALL RUMMAGE SALE**
8/09/2019 - 8/11/2019
Location: Minot, ND

It's back! Minot City Wide Fall Rummage Sale Weekend! Get your back-to-school/winter shopping done!
For more information check out: Facebook event/ Minot City Wide Rummage Sale

Minot CITY WIDE Fall Rummage Sale
August 9th - 11th

Thousands Of RVers Flocking To North Dakota

FAMILY MOTOR COACH ASSOCIATION

RV owners from throughout North America — members of FMCA, the world's largest not-for-profit association for RV owners — will head to North Dakota in mid-August for a four-day event focusing on various aspects of their favorite form of travel. Nearly 2,000 RVs will converge on the North Dakota State Fairgrounds & Agricenter, August 14 through 17. In honor of the host area, and in celebration of an FMCA convention milestone, "Magic Minot — 100 Times The Fun" is the theme for FMCA's 100th International Convention and RV Expo. Attendees will participate in a multitude of activities designed to enhance the RV lifestyle.

Organizers have scheduled more than 100 educational sessions aimed at helping RV owners glean more enjoyment from their homes on wheels. Various RV experts will conduct seminars during the event. Topics range from tire maintenance, technology, and safe driving to microwave-convection cooking and RV trips to Alaska.

Attendees also will be able to tour RVs of all types, sizes, and price ranges as part of the RV Expo that will take place

during the event. Looking for a diesel-powered motorhome with all of the latest luxuries? Or maybe a fifth-wheel or conventional travel trailer that provides the amenities needed to enjoy everything from weekend getaways to cross-country adventures? Explore these options and everything in between as you consider what would best suit your travel style.

Other organized activities include fun-filled games and exciting daytime and evening entertainment. On Thursday evening, Captain "Sully" Sullenberger will be the featured speaker. Captain Sullenberger gained worldwide acclaim on January 15, 2009, when he and his crew safely guided US Airways Flight 1549 to an emergency water landing in New York's frigid Hudson River, saving the lives of all 155 people onboard. On Friday evening, The Spinners will share their many hits from the 1970s. Music and dance tunes on Saturday evening will be provided by Soulshine, a popular local group. A number of local entertainers will be on hand during the daytime hours.

Attendees also will have time for plenty of socializing with their fellow RV owners

during the week, taking part in organized as well as informal gatherings.

Members of the public are invited to join the fun. For those who want to view only the RV displays and the supplier and component exhibits, admission costs \$10 per day or \$25 for a family of three or more; children 12 and under are admitted free with an accompanying adult. Individuals with an active military ID are admitted free as well. Saturday, August 17, has been declared "Minot Day," and all local residents will be admitted free to the RV Expo portion of the event.

Those who would like to take in the exhibits and also attend seminars and entertainment may purchase a Daily Passport, which is available for \$50 per person.

Free public parking will be available inside Gate E and across the street from Gate E of the North Dakota State Fairgrounds, off Burdick Expressway.

Exhibit hours are as follows: Wednesday, August 14, 1:00 p.m. to 5:00 p.m.; Thursday, August 15, through Saturday, August 17, 9:00 a.m. to 5:00 p.m.

RV owners are invited to take part in all of the activities and

also to bring their RV and stay with the group at the North Dakota State Fairgrounds. The gate registration price is \$245 and also grants RV owners who are new to FMCA a one-year FMCA membership. (An additional fee is charged for electric.)

Traffic advisory information. Viewers/readers/listeners in Minot and surrounding areas will notice RVs of all types and sizes arriving at the North

Dakota State Fairgrounds as the attendees and exhibitors move in on Sunday, Monday, and Tuesday, August 11, 12, and 13. The area around the fairgrounds will be more congested than normal during arrival times.

The event is expected to have a positive economic impact on the surrounding area as tourists visit local attractions, restaurants, shopping areas, gas stations, and more.

AUDITIONS

Applications for auditions are being accepted through Aug. 19th.

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Tuesday, August 6

5:30-8:00 p.m.

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- MAFB K9 demonstrations

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NODAK ARMS

OUTDOOR

REPORT

OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, July 29, 1,851.77 feet above mean sea level (MSL); 46,300 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,448.68 feet above mean sea level (MSL).

Stump Lake elevation: 1,448.82 MSL.

•N.D. Game & Fish Dept. game wardens: Goose and Antelope lakes slowed and more hit-and-miss with some good success and other times slow. No reports from Devils Lake or the Missouri River System.

•Devils Lake, Ed's Bait Shop, Devils Lake: Continued small walleye success around Camp Grafton, East Bay and Minnewaukan Flats. Try spinners and bottom bouncers with nightcrawlers or leeches. White bass remain good.

•Devils Lake, Woodland Resort, Devils Lake: Fair to good for small walleye using spinners and bottom bouncers with nightcrawlers. Try Bird Island or 6-Miles bass. Look for white bass success using jigs.

•Lake Darling, Karma C-Store, Ruthville: Less activity on Lake Darling as it gets weedy.

•Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: Anglers still finding some walleye success.

•Lake Metigoshe, Four Seasons, Bottineau: Continued success for nice-sized walleye and anglers still sorting through their small bluegill for any keepers.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Fair to good walleye success but work a variety of depths using a mix of presentations. Try Douglas, Garrison, or deTrobriand bay. No Lake Audubon reports.

•Lake Sakakawea/Lake Audubon, 6-Mile Bait & Tackle, Garrison: Fair walleye success in 20 to 30 feet with Lindy rigs and bottom bouncers or spinners and leeches or nightcrawlers throughout the east end of Lake Sakakawea. Work main lake sunken humps. Continue working deep on Lake Audubon for walleye using spinners and nightcrawlers.

•Lake Sakakawea, Indian Hills Resort, Garrison: Lots of small walleye with better success off the points. Work deeper but also try as shallow as 13 feet.

•Lake Sakakawea, Scenic 23, New Town: Fair walleye success in the Van Hook Arm but it slowed somewhat. Try a variety of presentations, including crankbaits or spinners and nightcrawlers, in 18 to 30 feet. Shallow bite slowed except on windy days.

•Lake Sakakawea, Van Hook Resort, New Town: Continued fair for walleye with the bite a little less consistent than last year. Work a variety of locations from Fox Island to the north in 10 to 35 feet. Try leeches and nightcrawlers with smile blades, propeller rigs, or deep-diving crankbaits.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River spillway pond and channel continues producing walleye with a nice morning bite, which slows after about 10 a.m. Try Lindy rigs or crankbaits. Look for a mix of walleye, trout, catfish, and salmon in the chutes using 3-way swivels with plastics or smelt. Try jigging down river with minnows or nightcrawlers for walleye, as well as Lindy rigs. Crankbaits continue producing walleye off the rocks from shore at night after 8 p.m. and before 8 a.m.

•Lake Sakakawea inconsistent with an early morning and mid-afternoon bite but mid-day lull. Try 16 to 26 feet depending on wind using slow death hooks and nightcrawlers. Also try shallow with crankbaits. Work Mallard Island, Wolf Creek, Steinke or Douglas bays, and the 3 bays west of Sakakawea State Park. OK salmon success but slowed over the past week. Try Government Bay to the north in 65 to 90 feet

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Water continues clearing on the west end of Lake Sakakawea with steady walleye success in 20 feet. Try Lund's Landing or Lewis & Clark State Park with spinners and nightcrawlers. A little success with minnows, as well. Van Hook Arm remains good for walleye in 20 to 30 feet using jigging Raps for larger fish. Trenton Lake fair for occasional crappie and bass.

•Lonetree WMA area lakes, Harvey: Fishing slowed considerably throughout area lakes, although anglers still finding an occasional fish.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner:

Dates to Know:

• Pronghorn and swan applications now available on the N.D. Game & Fish Dept. website, (gf.nd.gov).

• Aug. 3: Club de Skinautique water ski show, 5 p.m., with lighted boat parade, 10 p.m., Fort Stevenson State Park.

• Aug. 7: Pronghorn applications due.

• Aug. 7: Ages 10 – 12 Youth Day Camp, Lake Metigoshe State Park. Contact Amy Schimetz, (701) 263-4514, for information.

• Aug. 10: Souris River Basin Longbeards Nat'l. Wild Turkey Federation youth event, Velva Wildlife Club, Contact DJ Randolph, (701) 720-2134, for information.

• Aug. 11: Bison Stampede 5, 10, & 15-K runs, Cross Ranch State Park. Call the park, (701) 794-3731, for information.

Tournaments:

• Aug. 3 & 4: Lake Sakakawea: Indian Hills Resort; Devils Lake.

• Aug. 3: Lake Sakakawea, 4 Bears; Lake Sakakawea, Elmer's Point; Devils Lake, Minnewaukan; Devils Lake.

• Aug. 10: Lake Sakakawea, White Earth Bay.

• Aug. 11: Lake Sakakawea, Sakakawea State Park.

Activity remains light on the river and area lakes.

N.D. rivers:

• Des Lacs River, Foxholm: River stage, 5.17 feet; streamflow, 3.51 CFS.

• Little Missouri River, Wafford City: River stage, 1.61 feet; streamflow, 1,370 CFS.

• Missouri River, Washburn: River stage, 14.37 feet.

• Pembina River, Walhalla: River stage: 1.86 feet; streamflow, 58.3 CFS.

• Souris River, Foxholm: River stage, 5.64 feet; streamflow, 18.4 CFS.

• Souris River, Minot: River stage, 4.16 feet; streamflow, 14.7 CFS.

• Yellowstone River, Sidney, Mont.: River stage, 7.21 feet; streamflow, 16,800 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) 472-2121 or (701) 328-9921.

Domestic Violence Crisis Center Holds 8th Annual Ride to Remember

DOMESTIC VIOLENCE CRISIS CENTER

Minot, ND - Domestic Violence Crisis Center is hosting the 8th Annual Ride to Remember on Saturday, August 10, 2019. Registration begins at 11:00 am at The Landing in Minot. All riders 21 and up are welcome! This event brings many motorcycle riders, but there are plenty of people who join with their cars, trucks, or vans!

At 12:00 pm riders will begin the picturesque route featuring: Dakota Lounge in Minot, Idle Hour in Burlington, Grano Lakeside Lounge in Grano, Drinks Inc. in Mohall, and will return to the Landing Bar in Minot. At 6:00pm at the Landing DVCC will provide dinner for Ride to Remember attendees staying for the raffle ticket drawing.

There are raffle tickets available for prizes including: Traeger Grill, Junior Elite 20, 8 piece Milwaukee tool set, Marketplace Foods gift card set (\$500 total value), Lowes Floral Garden Gift Certificate (\$300), cash prizes (\$250 & 100), and a Verendrye Electric gift bag (\$75 value). Raffle tickets are \$10.00 each and will be available

at the registration table or prior to the event at DVCC.

This annual fundraiser is one of the biggest fundraisers for DVCC. Proceeds allow the agency to provide an array of services for survivors of domestic violence, sexual assault, human trafficking, and stalking. Services include shelter, support groups, children's programming, transitional living apartments, and 24/7 crisis line services.

In 2018, DVCC was able to provide over 3,850 safe nights of shelter to survivors and their children. In the first quarter of 2019 we have seen an increased need for shelter by nearly 30%. Events such as this allow us to continue to provide a refuge and resources to begin a life free of violence to those escaping abuse. If you are unable to attend but wish to contribute, please mail contributions to:

DVCC
PO Box 881
Minot, ND 578702

For more information about DVCC go to www.courage4change.org

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Minot, ND 58701**

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8TH ANNUAL RIDE TO REMEMBER BIKE RUN

SPONSORED BY
DOMESTIC VIOLENCE CRISIS CENTER

Saturday, August 10th - Landing Bar

- Registration 11:00 AM
- Kick Stands Up at NOON
- Entry - \$20

Raffle Tickets can be purchased for \$10 each at any of these locations:

Landing Bar – Minot
Dakota Lounge – Minot
Idle Hour Bar – Burlington
Grano Lakeside Lounge – Grano
Drinks – Mohall

GRAB BAGS \$5.00
(at each location)

Connect with Us on Facebook
www.facebook.com/DVCCMinot/

In the Spotlight



Congratulations
**MS. MARINA
CARDOSO**

who won the Boys and Girls Clubs of America Military Youth of the Year, North Dakota 2019. She just completed competition for the BGCA Midwest Regional Youth of the Year in Chicago as a finalist! She demonstrates outstanding leadership, service, academic excellence and a commitment to living a healthy lifestyle. Marina will be a sophomore at Minot Central High School. Her proud parents are Technical Sargent Joshua Cardoso and Mrs. Cassandra Cardoso. She has won \$5000 in scholarships for her achievements as a Youth of the Year! For more information about the Youth of the Year competition or about your local BGCA club, contact the Minot Air Force Base Youth Center at 701-723-2838.



This week's U.S. Air Force Medical Service Trusted Care hero is
**MAJ. MELANIE
JOHNSON**

Operational Medicine Flight Commander with the 5th Medical Group, Minot Air Force Base, North Dakota. When a patient presented to the clinic for abnormal nose bleeds, Maj. Johnson was determined to find an answer. Even though the patient began to feel better, Maj. Johnson referred the patient to Hematology, which found significant bilateral jugular vein thrombosis, or blood clots in the neck. Maj. Johnson's concern saved this patient's life.

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NORTHLAND HEALTH CENTERS' COMMUNITY RESOURCE FAIR
AUG | 7 | 2019 • 2-6PM

ARROWHEAD SHOPPING CENTER
1600 2ND AVE SW, MINOT, ND

RESOURCES

Join Northland Health Centers during National Health Center Week at their Community Resources Fair. Northland along with other Community Vendors are providing resources to the public to help give them information about services available to them. They will also be there to assist with application processes where applicable.

VENDORS:
Bringing together many resources that serve the community of Minot

- NHC Mental Health
- NHC Medical
- NHC Dental
- NHC Prescription Assistance
- NHC Sliding Fee Services
- Ward County Social Services
- Lutheran Social Services
- Women's Way
- ND Benefits Enrollment Center
- Domestic Violence Crisis
- Minot Area Homeless Coalition

Northland HealthCenters
<http://www.northlandhc.org/>

Northern Sentry Carrier
SHOWCASE

Ky & Jaron LeFors

Ky (13) and Jaron (12) LeFors started delivering Northern Sentry in May 2019 and share Route 6. Both boys are students at Memorial Middle School. They enjoy spending their free time at the neighborhood parks on base, playing Fortnite, and helping neighbors and friends with animal care throughout the year.

The LeFors boys, children of MSgt. Robert LeFors and Mrs. Asheley LeFors, work together to provide their customers with timely and respectful delivery of the Northern Sentry each week.

Outstanding LeFors!

THE PLAYGROUND OF POWER

AUG. 4TH: LATE MODEL NIGHT

+TURN NODAK PINK

RACES START @ 7:00PM


TICKETS: ADULTS: \$16.00
MILITARY-SENIOR: \$13.00
KIDS 13 & UNDER: FREE

PRESENTED BY:
Schatz Crossroads

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WWW.RACENODAK.COM

CHURCH DIRECTORY

Little Flower Catholic Church
 800 University Avenue West
 838-1520
Summer Mass Schedule
 Saturday 5:30 pm
 Sunday 9:30 am
Fr. Fred Harvey, Pastor
www.littleflowerminot.com

St. Peter The Aleut Eastern Orthodox Church

109 6th St. SE Minot • 838-3094
 Sunday Liturgy 10 a.m.
 Saturday Vespers.... 6 p.m.
 The Very Reverend Father Anastassy

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 Ahla W Sahla MIRÉ SE VIEN
 SELAMAT DATANG BENVENUTO
 VALKOMMEN Willkommen
WELCOME
 BIENVENIDO Baruch Haba
 Aloha Bem-windo VELKOMIN
 BENVIDO Welkommen Tere Tulemast


An Evangelical Free Church
 3500 4th St. SW • 839-5127
 (Just North of Super Wal-Mart)
 Sunday School & Fellowship 9:00 a.m.
 Worship 10:30 a.m.
www.trinitychurchminot.org


 Worship Service at 10:45am Sundays
 Sunday School at 9:45am
1720 4th Ave NW, Minot
838-0916
MinotBibleFellowship.org


Faith United Methodist Church
5900 Highway 83 N, Minot
www.faithumcminot.com
Pastor Tom Sumers
701-838-1540
 Sunday School (All Ages): 9:45 a.m.
 Sunday Coffee Fellowship: 10:30 a.m.
 Worship Services: Sunday 11 a.m.

Minot Baptist Church
 Sending the Glorious Light of Jesus Christ to a Dark and Needy World
 Sunday School 9:45 a.m.
 Morning Worship 11:00 a.m.
 Evening Worship 6:00 p.m.
 Wednesday Evening..... 7:00 p.m.
Independent/Fundamental/KJV
500 46th Ave NE • 839-1351
 Pastor David Miller

Cornerstone Presbyterian Church
1000 NE 3rd Street
852-0315
Sunday Schedule
 Contemporary Worship 9:00am
 Sunday School (All Ages) 10:00am
 Traditional Worship..... 11:00am
Wednesday Evening Schedule
 Community Dinner 5:30-6:30pm
 Contemporary Worship 6:30pm
 Youth Group & Small Groups.. 7:15pm
All are Welcome!
www.ecominot.org

Congregational UCC
 430 N. Broadway • 839-1064
Sunday Worship 11am
Sunday School 11am
Tuesday Bible Study 12pm
Saturday Noah's Breakfast ..9:30am
 Please join us,
 all are welcome here!

UNITED CHURCH OF CHRIST


St. Mark's Lutheran Church
Missouri Synod
 Sunday Worship 9:30 am
2209 4th Avenue NW Minot, ND
839-4663
Reverend Philip Beyersdorf
www.stmarksminot.com
 Call or check out our website for more information.


Immanuel Baptist Church
1615 2nd St. SE
Minot • 839-3694
 Sundays:
 Worship 10:00 a.m.
 Wednesdays:
 Soup Kitchen 11:30 a.m. - 12:30 p.m.
Brian T. Skar, Pastor
www.ibcminot.org


Apostolic Faith Church, UPCI
2929 19th Ave NW • Minot
 Located off Hwy 83 Bypass West
(701)838-0609
 Saturday School 2:00 p.m.
 Sunday Worship 3:30 p.m.
 Wednesday Bible Study 7:30 p.m.
Jesse Starr, Pastor

St. John the Apostle Catholic Church

 2600 West Central Ave • Minot, ND 58701
839-7076
 Daily Mass Schedule:
 Tuesday 7:00 p.m.
 (3rd Tuesday 7:00 a.m.)
 Wednesday - Friday 7:00 a.m.
 Saturday 5:00 p.m.
 Sunday 8:00 & 10:30 a.m.
Fr. David A. Richter, Pastor
 Parish website: www.stjohnminot.com


First Lutheran Church - ELCA
 120 5th Ave. NW
 852-4853
Summer Worship Schedule
 Saturday Worship..... 5:00 pm
 Sunday Worship..... 9:30 am

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


Gospel Tabernacle Community Church
 9999 27th St NE
 4 miles south of MAFB
James W. Henderson
Anna B. Henderson
Church: 701-838-4492
Home: 701-838-5759
KHRT 1320: 9 a.m. Sunday
Sunday School 9:45 a.m.
Adult/Children Worship.. 11 a.m.
Family Hour 6:30 p.m.
Evening Worship 7:30 p.m.
Bible Study/Child-Adult
Children Worship (Wed).... 7 p.m.
Prayer (Friday) 7 P.m.

Bethany Lutheran
 215 3rd Ave. SE, Minot, ND
 Phone: 838-5196
 A Member of the ELCA
 Sunday Worship.....9:00 am
 Sunday Fellowship.....10:00am
 Wednesday Worship.....6:45 pm
 Website: www.bethanylutheranminot.com
 Email: bethanylutheran@srt.com
 Live Streaming: bethanylutheran.tv
Pastor Janet Hernes Mathistad
Pastor Gerald Roise

First Baptist Church

200 3rd St. SW • 852-4533
www.fbcminot.org
 Classic Worship Service 8:30 a.m.
 Adult Sunday School.....9:45 a.m.
 Contemporary Worship Service.. 9:50 a.m.
 Children's Church.....9:50 a.m.
 Sunday School (All Ages) 11:00 a.m.
 Contemporary Worship Service.. 11:05 a.m.
 Wed. AWANA (Sept. to May) 6:30 p.m.
Rev. Kent Hinkel, Senior Pastor
Rev. Barry Seifert, Associate Pastor
Pastor Josh Huseby, Worship Arts
Pastor Sam Kautzmann, Student Ministries
Elaine Carlson, Children's Ministry Director


Cross Roads Baptist
 Sunday School (all ages) 9:45 a.m.
 Sunday Worship 11 a.m. & 6:30 p.m.
 Wednesdays (Prayer & Missions) ... 6:30 p.m.
www.minotcrbc.org
email: crbc@srt.com
415 28th Ave SE (Behind Menards)
838-1873


West Minot Church of God
Family Worship Center
1105 16th St. NW • 839-1407
 Sunday School 9:30 a.m.
 Sunday Worship 10:30 a.m.
 Children's Church & Nursery
 Wednesday Family Training Hour
 Meal..... 5:30p.m.
 Classes for All Ages 6:30 p.m.
 Youth Center, Friday..... 7:00 - 11:00 p.m.
 ABC Child Care Center 852-6352
westminot.com
facebook.com/westminot



Church: 701-838-4492
Home: 701-838-5759
KHRT 1320: 9 a.m. Sunday
Sunday School 9:45 a.m.
Adult/Children Worship.. 11 a.m.
Family Hour 6:30 p.m.
Evening Worship 7:30 p.m.
Bible Study/Child-Adult
Children Worship (Wed).... 7 p.m.
Prayer (Friday) 7 P.m.


Vincent United Methodist Church
1024 2nd St. SE • 838-4425
Behind Town & Country Shopping Center
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 Saturday Informal Worship.. 5:00 p.m.
 Sunday School 9:00 a.m.
 Sunday Worship Service 10:00 a.m.
 Fellowship..... 11:00 a.m.
Pastor Jennifer McDonald
www.vincentumc.com


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Sundays:
 Worship..... 8:30 a.m. & 10:45 a.m.
700 16th Ave SE • 701-838-0750
 For more information visit us on the web at:
www.ourredeemers.org

Chapel Services at MAFB
Protestant (North Plains Chapel in Base Housing)
Contemporary Service
 Sunday Worship 1000
Gospel Service
 Sunday Worship 1130
Catholic Mass (Northern Lights Chapel across from Rockers)
 Sunday 1000 & 1700
 Daily Monday-Thursday at 1200

First Assembly of God
1805 2nd St. SE
838-1111
 Morning Worship 8:30 a.m.
 Sunday School 10 a.m.
 Morning Worship 11 a.m.
 Wednesday Family Night..... 6:30 p.m.


KNIGHTS


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IMMEDIATE FULL AND PART TIME OPENINGS for daytime and evening custodial positions cleaning buildings at the Minot Air Force Base. Pay is \$14.49/hour plus health & welfare benefit. Hours Days 8a or 9a-finish typically Monday through Friday, may include weekend work. Nights 5p-finish. Apply in person at: 605 27th St SE, Minot ND 58701 or contact: Matt Mackey By email or phone at mmackey@kalixnd.org 701-852-1014. ifn

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

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839-4200 ifn

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ANSWERS

SUDOKU ANSWERS

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

Answers to puzzle from page 4

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 <p>\$137,500</p> <p>HISTORICAL HOME - *Historical home on corner lot. *Original Hardwood floors. *Custom Wood work. *Dream kitchen with high end appliances. *Laundry room on main level *3 bedrooms on upper level with new full bath. *Oversized garage with alley access. MLS #181558</p>	 <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. MLS #190080</p>	 <p>\$60,000</p> <p>START HERE - *2 bedroom, 1 bath, 2 story condo. *Eat-in kitchen. *Upper level bedrooms. *Full unfinished basement with laundry. MLS #190386</p>
 <p>\$337,600</p> <p>CONSIDER NEW CONSTRUCTION - *Krista Model patio home by Hunter James Construction. *3 bedroom, 2 bath, 1576 sq. ft. home. *2.56 acre lot. *Walk-in pantry & large island in kitchen. *Vinyl wood plank flooring. *Triple garage. MLS #190391</p>	 <p>\$44,500</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. MLS #190589</p>	 <p>\$235,000</p> <p>MOVE IN READY - *5 bedroom, 1 3/4 bath ranch home. *Kitchen has tiled backsplash. *Deck off dining room. *Family room in remodeled lower level. *New roof, gutters and soffits. *Attached garage. MLS #190941</p>
 <p>Matt Watne 720-5700 mwatne@minot.com</p>	<p>Minot's easiest Home buying website!!</p> <p>Easy as 1, 2, 3</p> <ol style="list-style-type: none"> 1. We don't capture your name 2. You contact us only when you're ready 3. You search everything on the Minot MLS 	 <p>Ric Montoya 240-0749 grigio92@aol.com</p>

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.

HIGH SCHOOL BUS BRIEFING

12 AUGUST 2019
7:00 PM - 8:00 PM
BASE THEATER

The School Liaison Office will be hosting a briefing regarding busing for families of youth who will be attending Magic City and Central Campuses in the fall. A district representative will be present to provide pertinent information and answer questions.

For more information, call the Youth Center at 723-2838



WHAT'S GOING ON MAFB

TODAY	TUESDAY	THURSDAY
<ul style="list-style-type: none"> Couch to 5k, 0600, Fitness Center Nerd 5k Run, 0630, Fitness Center First Friday Summer Bash, 1600-2200, Jimmy Doolittle 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) Keystone Meeting, 1800, Youth Center Karaoke Night, 2100, Rockers Bar & Grill Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes 	<ul style="list-style-type: none"> Run 4 Fitness, 0600, Fitness Center Senior TAP GPS Workshop, 0730-1600, Held at the Education Center and hosted by the A&FRC Youth Programs Summer Paintball Camp, 0900-1200, Youth Center Game Day, 1000-1930, Base Library Musical Mystery Game - Session 1, 1100, Base Library Cycle, 1130, Fitness Center Musical Mystery Game - Session 2, 1600, Base Library Family Night Kids Eat Free with Adult Club Member Entrée Purchase, 1700-2000, Rockers Bar & Grill Fit to Fight, 1700, Fitness Center Swerk, 1900, Fitness Center 	<ul style="list-style-type: none"> Last Day to Register for Summer Reading Program at Base Library Last Day to Register for Summer Reading Program Squadron Contest at Base Library Cycle, 0600, Fitness Center Senior TAP GPS Workshop, 0730-1600, Held at the Education Center and hosted by the A&FRC Education Workshop, 0800-1600, A&FRC Youth Programs Summer Paintball Camp, 0900-1200, Youth Center Barre, 0915, Fitness Center Cycle, 1130, Fitness Reintegration Briefing, 1300-1400, A&FRC STEAM Time, 1500, Base Library Trivia Registration, 1600-1845, Ground Zero Lounge in the Jimmy Doolittle Center Fit to Fight, 1700, Fitness 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 Trivia Night, 1900-2100, Ground Zero Lounge in the Jimmy Doolittle Center
SATURDAY	WEDNESDAY	
<ul style="list-style-type: none"> Jump -n- Fly presented by Minot AFB EFMP, 0800-1000, held at High Air Ground and hosted by A&FRC Powerlifting Competition, 0930, Fitness Center Swerk, 1000, Fitness Center Game Night at the Ground Zero Lounge, 1600, Ground Zero Lounge at the Jimmy Doolittle Center Mini-Golf, 1800-1930, Base Library Country Night, 2000-2300, Rockers Bar & Grill Lights & Strikes and Saturday Unlimited Bowling, 2000-2400, Rough Rider Lanes 	<ul style="list-style-type: none"> Run 4 Fitness Intervals, 0600, Fitness Center Senior TAP GPS Workshop, 0730-1600, Held at the Education Center and hosted by the A&FRC Youth Programs Summer Paintball Camp, 0900-1200, Youth Center Club Member Benefit, 0900-1400, Rough Rider Lanes Story Time, 1030, Base Library Brown Bag Book Talks, 1200, Base Library Pre-Deployment/Remote Readiness Training, 1300-1400, A&FRC 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 Yoga, 1830, Fitness Center Swerk, 1930, Fitness Center 	
SUNDAY		
<ul style="list-style-type: none"> For 5th Force Support Squadron facility events, visit www.5thforcesupport.com 		
MONDAY		
<ul style="list-style-type: none"> Last Day to Register for Intramural Flag Football at Fitness Center Registration Opens for 5th Annual Summer Games at Fitness Center Cycle, 0600, Fitness Center Senior TAP GPS Workshop, 0730-1600, Held at the Education Center and hosted by the A&FRC Youth Programs Summer Paintball Camp, 0900-1200, Youth Center Swerk, 0915, Fitness Center Bomber Bistro Grand Opening, 1030-1300, Bomber Bistro Reintegration Briefing, 1300-1400, A&FRC Zumba, 1800, Fitness Center Key Spouse Monthly Meeting, 1800-1930, Held at the Professional Development Center and hosted by A&FRC 	<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p>Rough Riders Pizza August Special: Monday Lunch Special: Chicken Marsala Don't miss this special featuring grilled chicken and sautéed onions & mushrooms with pasta in a creamy marsala sauce! Served with garlic bread and available only while supplies last! Try it on Mondays during lunch for \$9.25 - includes a drink!</p> </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p>The B-Fifty Brew August Special: Ultimate Breakfast Sandwich You can't go wrong with this classic! Enjoy crispy bacon, tomato, egg, and roasted peppers on a bagel or croissant for only \$4!</p> </div> <div style="border: 1px solid black; padding: 5px;"> <p>Auto Hobby August Special: August 1-30: Tire Balance Special Mount 4 tires and Auto Hobby staff will balance them for just \$3.50 per tire! *Must mention advertisement to receive special price*</p> </div>	<div style="background-color: #003366; color: white; padding: 5px; text-align: center; font-weight: bold;">9 Aug</div> <ul style="list-style-type: none"> Couch to 5k, 0600, Fitness Center Senior TAP GPS Workshop, 0730-1600, Held at the Education Center and hosted by the A&FRC Youth Programs Summer Paintball Camp, 0900-1200, Youth Center Rockers Backyard Bash, 1600-2000, Rockers Bar & Grill Torch Club, 1600-1700, Youth Center Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes
		<div style="background-color: #003366; color: white; padding: 5px; text-align: center; font-weight: bold;">10 Aug</div> <ul style="list-style-type: none"> Barre, 1000, Fitness Center Escape Room Game, 1100-1700, Base Library EFMP Adult Fitness Series: Aerial Yoga, 1200-1300, held at Spectrum Fitness Minot, hosted by A&FRC 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

UPCOMING EVENTS:

Exchange Senior Enlisted Advisor Focuses on Serving Airmen at Minot AFB

MARISA WOLFE, AAFES PUBLIC AFFAIRS

The Army & Air Force Exchange Service's senior enlisted advisor is making it his mission to ensure Airmen and families at Minot Air Force Base have the products they need, whether shopping in-store or online.

During his visit to Minot AFB on July 18, Chief Master Sgt. Luis Reyes toured Exchange facilities and met with Col. Richard E. Goodman, 5th Mission Support

Group commander, and Chief Master Sgt. Jeffery Sipos, 5th MSG command chief, to address how the 124-year-old Department of Defense retailer can better serve Airmen.

"The Exchange is all in when it comes to readiness and resiliency," said Reyes. "We are committed to providing exceptional service to the Minot community."

During his visit, Reyes also thanked Exchange associates for their dedicated service.

"Since 1895, the Exchange has provided a lifeline to America's service members and their families," Reyes said. "The Exchange is family serving family. Whether supporting troops downrange or here at Minot, the Exchange is there to serve them."



The Army & Air Force Exchange Service's senior enlisted advisor, Chief Master Sgt. Luis Reyes, visited Minot Air Force Base July 18. Reyes toured Exchange facilities, met with 5th Mission Support Group Commander Col. Richard E. Goodman and Chief Master Sgt. Jeffery Sipos to discuss how the Exchange can best serve Minot Airmen.

COURTESY PHOTO



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