

WHATS INSIDE THIS WEEK:



TEAM MINOT
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CENTER
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SUMMER
READING IS
COMING!

B6



FIGHTING THE
MENTAL HEALTH
STIGMA

B12

MINOT EMERGENCY FLIGHT WINS BEST AIR FORCE READINESS & EMERGENCY MANAGEMENT FLIGHT



The 5th Civil Engineer Squadron Readiness and Emergency Flight poses for a photo at Minot Air Force Base, North Dakota on May 28, 2020. The Readiness and Emergency Flight recently won the 2019 Air Force Col. Frederick J. Reimer award, not pictured are TSgt Christine Cherry and Ms. Sebina Oren. See story on page 2.

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

Special Feature Inside!

Congratulations **2020** Graduates



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Minot Emergency Flight wins Best Air Force Readiness & Emergency Management Flight

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

MINOT AIR FORCE BASE, N.D. --

The 5th Civil Engineer Squadron Readiness and Emergency Management flight was awarded the 2019 Col. Frederick J. Reimer Award for distinguishing itself as the best Readiness and Emergency Management flight in the Air Force at Minot Air Force Base, North Dakota.

"I'm extremely proud of our WarBull Readiness & Emergency Management Team. This elite group of professionals is always innovating training and processes to improve their response capabilities and ensure preparedness for the entire installation, all the while posturing our warfighters for success downrange," said Col. Matthew Altman, 5th Civil Engineer Squadron commander.

The R&EM flight achieved many feats during the year of 2019. The flight hosted the base's 1st Preparedness Day, educating over 200 people on crisis recovery and emergency response. During the historical Air Force Global Strike Command Nuclear Surety Inspection they triumphed with zero findings and were lauded as an NSI "Superior Team." While achieving these accomplishments on base they reached further and deployed over 100 engineers to three combatant commands, filling more taskings than any other civil engineer squadron in AFGSC. Additionally, they

conducted the squadron's first bivouac exercise in 10 years. The bivouac provided over 1200 reportable training hours to 96 engineers.

The Readiness and Emergency Flight consists of two sections that made the achievement of an Air Force level award possible. One half is the Expeditionary Engineering Section, tasked with sustaining squadron readiness through organization, training and equipping unit personnel to ensure engineers are ready to deploy and are equipped to complete their mission down range. The other half, the Emergency Management Section, integrates preparedness through



There's a lot to be proud of -from consistent superior inspection performances to the training, equipping and deployment of over 100 engineers. We are excited to carry this momentum to the remainder of 2020!

1ST LT. GABRIEL HINDING,
 R&EM FLIGHT COMMANDER



any emergency response.

Receiving the Col. Frederick J. Reimer Award is an incredible honor for our hard-working team," said 1st Lt. Gabriel Hinding, R&EM flight commander. "There's a lot to be proud of -from consistent superior inspection performances to the training, equipping and deployment of over 100 engineers. We are excited to carry this momentum to the remainder of 2020!"

Minot AFB has always stood and stands as a leader among the Global Strike and Air Force community, proving that it is no surprise or small feat that the

Airmen, the Engineers, of the 5th Engineer Squadron stand as leaders in the Air Force Civil Engineer family. WarBull Engineers...Lead the Way!

LAW TALK

Uncontested Divorce

Sometimes a marriage doesn't work, but that doesn't mean the parties are unfriendly. Quite simply put, an uncontested divorce is a divorce in which both spouses are in complete agreement on all terms and do not need attorneys to advocate for their interests.

In these cases, the most complicated part of the process is the paperwork and filing. For military members and their spouses seeking to divorce, completing the process quickly and easily is often exceptionally important.

What does "uncontested" mean?

Uncontested means that both spouses agree on everything such as who gets what bank account, who is responsible for debts, etc. If there is anything that both parties do not agree on, the matter is then "contested." This disagreement could be about anything from who takes the wedding china to who is responsible for paying off the credit cards. When a divorce is contested, it is usually best for both parties to retain their own attorneys to advocate for their individual interests.

What is our process to assist in uncontested divorces?

Each law firm is going to handle the process a bit differently. At Boppre Law Firm, we want the uncontested divorce process to be as quick and efficient as possible.

1. Divorce Intake: We have prepared a thorough written uncontested divorce intake. This intake asks a series of questions that allows the couple to outline their choices for division of assets and debts.
2. Consultation: Once the intake is completed, we consult with the client and discuss the intake and any other concerns or issues there might be. There are some things that may be determined by law rather than by agreement, such as military retirement benefits. We will thoroughly discuss these matters with you. If it appears that the matter is truly uncontested and both parties are ready to sign an agreement, we move on to the next step.
3. Drafting and Filing: After we have all of the information, we draft the necessary documents, obtain the signatures of both parties, and file with the Court.
4. Judgment: After filing, if there are no issues, the Judge usually signs off quickly and the process is complete.

While divorce is always difficult, the experience can be positive rather than negative. When both spouses get along and are able to handle the process amicably and without disagreements, the process is less expensive, more efficient, and allows the healing to start sooner. Although the process may feel more daunting if you or your spouse is a member of the military, the experienced attorneys at Boppre Law Firm can help you every step of the way.

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The Best & The Brightest

We're proud of you, graduates, and we wish you a bright and beautiful future! Congratulations to the Seniors of 2020 from Minot Air Force Base.







Congratulations 2020 Graduates



Matthew AlIgrezza
Graduates from Cohort International Academy in June 2020. Plans on attending college for Fire Sciences.



Thomas Abner
Favorite Memory: Being able to go to high school in two different states and making life-long friendships.



Julius Abreu



Alyssa Aguirre



Miranda Alcozer



Madison Cone



Marissa Alcozer



Siane Al sadon

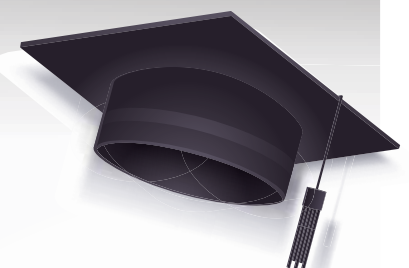


Haylee Huhmann

Haylee will be attending BYU-Idaho, & plans to major in Mechanical Engineering with an aerospace focus. Her dream is to work at NASA. 'Shoot for the moon, even if you miss, you'll still land among the stars'. Congratulations sweet girl!! We super love you! Love, Mom, Dad, Sierra, HD, Kass and Emmett.



Rylan Loftus



Congratulations **2020** Graduates



Ashley Arbegast

Favorite memory of high school is cheerleading & her numerous state titles. Ashley was also involved in Civil Air Patrol & is currently finishing her private pilots license. She has accepted an appointment to the U.S. Air Force Academy to study aeronautical engineer.



Trever Austin



Gabriel Barrio

His favorite high school memories are making his favorite teachers laugh, having fun with his friends during class and doing fun projects.



Sydney G. Bristrow

Favorite Memory: My family at Minot Church of Christ



Chaeli Brown



Dorian Brown



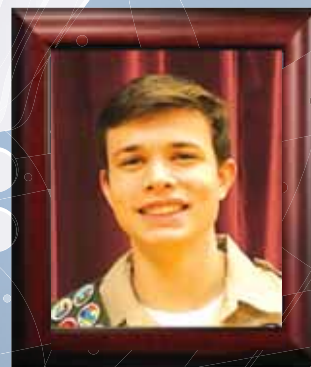
Brooklyn Casey



Truet Castro



Jayden Charles



Braden Cochran

Favorite High School memory: Going to the North Dakota State Soccer tournament in 2018 with the MHS soccer team.



Antonio Colombo



Emma Compere

She will be attending Mississippi College and running XC/Track there. Major is undecided.



Sara Cooper



Luiz Piet Angel o Daral



Saige Ellingson

Attending Minnesota State University in Moorhead, MN. Majoring in art with a minor and in film & animation. Congratulations from friends & family from around the world.



Alexandria Marie Elliot

Memory: The opportunity to be one of the three Captains for the Girls High School Swim Team



Triston Emke



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Congratulations Graduates



Keanu Ferry

His favorite memory was attending the AFJROTC Ball. He has already sworn to the Air Force, so his future plans are to serve his country.



Brianna Freel and



Imani Garcia



Sheyanne Hayes



Carmen Hofrichter



Paul Jarantilla

Thankful for friends and family.



Justin Knupp



Joshua Kolnes



Cole Larlee

He will be attending NDSU in the fall. His favorite memory was Senior Homecoming.



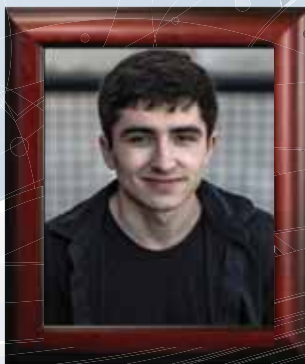
Emani Lawson-Jone



Gabriel Leys



Aiden Liston



Alexander Lopez



Madison Ludwig



Yalena MacDonald

Her favorite High School Memory is sitting in the locker bay during lunch talking and laughing with friends. Another good memory would have to be sitting at the football field watching the sunset eating snacks and just chillin with friends.



Amanda Marx



Shannon Marx

United States[®]
Census
2020

The City of Minot needs your help. Your participation in the 2020 Census will assist the City with business attraction and bring additional federal funding for programs like highway construction, education, and child care programs.

WE NEED EVERY AIRMAN STATIONED AT MINOT AIR FORCE BASE TO REGISTER HIS/HER FAMILY AS A RESIDENT OF NORTH DAKOTA.

The 2020 Census is easy, only has ten questions, and should take less than ten minutes to complete.

PLEASE COUNT ALL PEOPLE LIVING IN YOUR HOUSEHOLD including toddlers, grandparents, grandchildren, and unrelated friends.

The 2020 Census can be conducted online, via telephone, or through the mail. The U.S. Census Bureau will start mailing census forms in Mid-March.

PLEASE RESPOND AS QUICKLY AS POSSIBLE, BUT NO LATER THAN OCTOBER 31, 2020

If an Airman has multiple residences, the Census Bureau will count the Airman in the place where he or she has resided the most often over the past year. The census count will not impact your official place of residency.

City of Minot

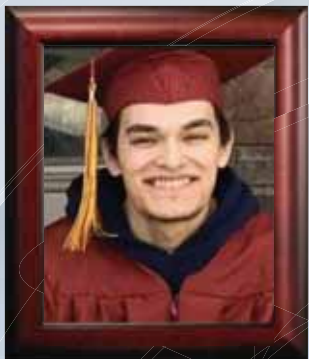
515 2nd Avenue SW, Minot, ND 58702
WWW.MINOTND.ORG
WWW.2020CENSUS.GOV

Congratulations **2020** Graduates



Kaiden Meyer

Favorite memory from High School:
Helping his team win the 2018 Far East Cross Country Championship (in Japan) for the 4th year in a row.
His future plans are: Attending University of Minnesota, Twin Cities in the fall to study Physical Therapy.



Ethan Morales



Arik Napol es



Nyah Ramirez



Kel son SchoFiel d



Calvin Watkins

Calvin has played baseball since he was 3 years old. He lives to play ball, his dream since he was 5 years old was to play MLB. He will be attending Mayville State University to play baseball and pursue a career in Business Management.



Jaslin Short

Congratulations Jaslin you did it! We couldn't be more happier for what you have accomplished and for the young lady you have become. We are so excited for this next chapter in your book. Always remember to keep God first and the rest will follow.
Love, Mom, Dad and Lil Jai



Aden Stol tzfus

Life is an adventure, Enjoy the ride!
Love Mom, Dad & Dylan



Jaeda Sutton



Jessica Tayl or



Emily Wal ston



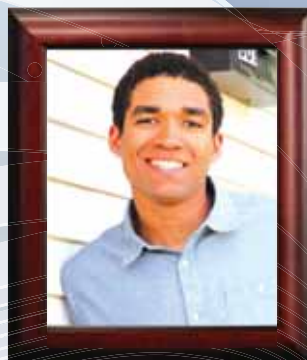
Tristan Starner

Favorite high school memory:
Adventures with his friends such as cliff jumping.
Words of praise: Congratulations kiddo we are so proud of you and the young man you are becoming- we cannot wait to see where your life adventure takes you!
Future plans: Move to Nevada and become an Electrician at the trade school there.



El ij ah Sharp

We are so proud of the young man you have become. We wish you all the success as you begin your new journey! Love you Son Elijah plans to attend college he had been accepted to [Minot State University](#).



Jail un Whitaker

Favorite Memory: Getting to Italy on a school trip during the Summer of 2018. His future plans are to live life to its fullest.



Jaicey Wil l iams

Her favorite high school memory is "Starting my path to a career in Nursing."



El izabeth Wil son



Col in Hoff

Attending [Minot State University](#) and continuing to pursue his private pilots' license.



Congratulations

on your well-deserved success!

Minot State University wishes you the best.

Be seen. Be heard.
BELONG.

First Shirt 5k



Team Minot First Sergeants run a 5k on Minot Air Force Base, May 21, 2020.

U.S. AIR FORCE PHOTOS | MINOT AFB PA



Free fishing Patricia Stockdill

Free fishing is approaching – North Dakota’s annual Free Fishing Weekend, that is. It’s an opportunity for residents wanting to get their feet wet into fishing but unsure if they want to spring for a license yet. North Dakota has offered the program since 1990, explained N.D. Game and Fish Department Fisheries Division Chief Greg Power.

Residents of all ages can head to any river or lake in the state June 6 and 7 and fish without fishing licenses. If they’re hooked, all they need for licensing is a resident individual fishing license (\$18, which includes the ANS fee) and a \$1 fishing, hunting, and trapping certificate. A married couple’s fishing license is \$24.

Free Fishing is offered in most states, Power continued, to encourage people to try fishing without first having to invest in a license. First advanced by the fishing manufacturing and retail industry, agencies saw it as another way to involve more people who otherwise might not think about fishing. “There is no downside to it (Free Fishing Program),” Power suggested, although it’s difficult to quantify the number of new anglers introduced to the activity because of it.

Each state structures its Free Fishing to suit its goals. North Dakota’s legislation allowing the program stipulates it’s for residents only, Power added.

The Minot Air Force Base has some nearby lakes to consider venturing to during Free Fishing Weekend. For example, Glenburn Pond is just on the north side of the community of Glenburn. The Game and Fish Department stocks it annually with rainbow trout in addition to periodic perch and bluegill stocking. It doesn’t have a boat ramp but is a nice area for shore-fishing with bobbers or casting.

Lake Darling, which accounts for a sizeable chunk of Upper Souris National Wildlife Refuge (NWR), has boat and shore-fishing access at designated areas. It’s a nice early season lake, although the bite is still waiting to kick into full gear yet this spring. The Outlet Fishing Area down river from the dam is also available.

As a U.S. Fish and Wildlife Service National Wildlife Refuge, it’s important to remember that wildlife – in particular migrating birds and nesting waterfowl and wetland, and upland bird species, are the refuge’s primary mission. While compatible public use activities are allowed, people must leave the refuge by 10 p.m. daily and are encouraged to “pack it in, pack it out” with garbage.

Lake Audubon south of Minot along U.S. Highway 83 is another lake typically producing spring fishing activity for walleye and even smallmouth bass. East Totten Recreation Area is easily accessible on the east side of the highway and has a floating fishing pier just west of the boat ramp.

The lake is unique because three different agencies manage the area, which influences fishing access. The U.S. Army Corps of Engineers oversees the entire lake and immediate uplands. The Game and Fish Department leases much of the lake’s north side as a Wildlife Management Area, although there are adjacent cabin sites and the corps’ East Totten Campground.

The south side of the lake is part of Audubon National Wildlife Refuge. That’s where Lake Darling differs from Lake Audubon. While all of Lake Darling is open to shore-fishing year-around and open to boat fishing from May 1 through Sept. 30, the south side of Lake Audubon managed as part of Audubon National Wildlife Refuge is closed to summer fishing of any type.

It goes back to each refuge’s mission. While the Upper Souris mission focuses on migrating birds and other wildlife, Audubon NWR is a mitigation refuge for wildlife habitat lost with Missouri River impoundment and creation of Lake Sakakawea. The lake’s islands provide vital nesting habitat for a variety of bird species. Closing the lake portion of the refuge to public use helps nesting success.

But the north side of Lake Audubon still offers summer fishing.

They’re all worth checking out June 6 and 7 for a weekend of free fishing.



Pier fishing on Lake Audubon.
Photo by Patricia Stockdill

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WHAT'S GOING ON MAFB

TODAY

- Cycle, 0615, Fitness Center
- TAP/DOL Track Day 2, 0730-1600, A&FRC — Online Learning Modules
- Strength & Conditioning, 1130, Fitness Center
- Swerk, 1830, Fitness Center

WEDNESDAY

- Circuit Training, 0615, Fitness Center
- Right Start, 0730, A&FRC — Online Learning Modules
- Swerk, 0915, Fitness Center
- Pre-Deployment/Remote Readiness Training, 1000-1100, A&FRC — Online Zoom Meeting
- Story Time, 1030, Minot AFB Storytime Club Facebook Group
- Indoor Pool — Lap Swim, 1100-1200, Fitness Center — Open to all to Fitness Center guests
- Strength & Conditioning, 1130, Fitness Center
- Indoor Pool — Open Swim, 1200-1900, Fitness Center — Open to all to Fitness Center guests

THURSDAY

- Cycle, 0615, Fitness Center
- Tier 1 & 2 Initial Counseling (TAP) - Sep, 0800-1100, A&FRC - Online Learning Modules
- Reintegration Briefing, 1000-1100, A&FRC — Online Zoom Meeting
- Indoor Pool — Lap Swim, 1100-1200, Fitness Center — Open to all to Fitness Center guests
- Indoor Pool — Open Swim, 1200-1900, Fitness Center — Open to all to Fitness Center guests
- Fit to Fight, 1700, Fitness Center
- Craft Club, 1800, Minot AFB Library Facebook Page
- Zumba, 1830, Fitness Center

SATURDAY

- Cycle, 0900, Fitness Center
- Swerk, 1015, Fitness Center
- Indoor Pool - Lap Swim, 1100-1200, Fitness Center - Open to all to Fitness Center guests
- Indoor Pool - Open Swim, 1200-1900, Fitness Center - Open to all to Fitness Center guests

SUNDAY

- Indoor Pool - Lap Swim, 1100-1200, Fitness Center - Open to all to Fitness Center guests
- Indoor Pool - Open Swim, 1200-1900, Fitness Center - Open to all to Fitness Center guests
- Zumba, 1400, Fitness Center

MONDAY

- New Provider Pre-Orientation at Family Child Care - Call to schedule one-on-one meeting
- Cycle, 0615, Fitness Center
- Swerk, 0915, Fitness Center
- Reintegration Briefing, 1000-1100, A&FRC — Online Zoom Meeting
- Strength & Conditioning, 1130, Fitness Center
- Zumba, 1730, Fitness Center
- Craft Club, 1800, Minot AFB Library Facebook Page

TUESDAY

- Cycle, 0615, Fitness Center
- Run 4 Fitness, 0615, Fitness Center
- Game Day, 1000-1930, Minot AFB Library Facebook Page
- Fit to Fight, 1700, Fitness Center
- Swerk, 1830, Fitness Center

Due to base precautions, several base events have been postponed or cancelled. Visit www.5thforcesupport.com or 5th Force Support on Facebook for all up to date 5 FSS information.

UPCOMING EVENTS:

- 12 June**
- Cycle, 0615, Fitness Center
 - Indoor Pool — Lap Swim, 1100-1200, Fitness Center — Open to all to Fitness Center guests
 - Strength & Conditioning, 1130, Fitness Center
 - Indoor Pool — Open Swim, 1200-1900, Fitness Center — Open to all to Fitness Center guests
 - Swerk, 1830, Fitness Center

- 13 June**
- Last Day to Register for Pride of America Golf Scramble at Rough Rider Golf Course
 - Summer Reading Program Begins at Minot AFB Library
 - Summer Reading Program Squadron Contest Begins at Minot AFB Library
 - Cycle, 0900, Fitness Center
 - Swerk, 1015, Fitness Center
 - Indoor Pool — Lap Swim, 1100-1200, Fitness Center — Open to all to Fitness Center guests
 - Indoor Pool — Open Swim, 1200-1900, Fitness Center — Open to all to Fitness Center guests
 - Summer Reading Program Kick-Off Party, 1300, Minot AFB Library Facebook Page

ONGOING EVENTS:

CARRY OUT OPTIONS (Hours subject to change)
 Bomber Bistro: Monday-Friday 1030-2100, Saturday 1400-2000
 Bomber Bistro: Dining Room Now Open. Seating is limited and masks are required except while eating.

Dakota Inn Dining Facility: Monday-Friday 0600-0900, 1030-1330, 1630-1830; Saturday-Sunday 0630-1830
 Dakota Inn Dining Facility: Dining Room Now Open. Tables and chairs have been placed accordingly to maintain social distancing.

Jimmy Doolittle Center:
 Lunch To Go: Monday-Friday 1100-1300. Call in your orders between 0900-1230. Menu available on JDC Facebook page. ESM accepted.
 Family Evening Meal To Go: Tuesday-Friday 1530-1730. Order in advance via Member Planet. Online ordering closes at 1300 or order by phone between 0900-1630.

Rockers Bar & Grill:
 Monday-Friday 1100-1500. Call to place your order for carry out or head inside to dine in. Limited seating is available and social distancing guidelines apply.

DELIVERY OPTIONS (Hours subject to change)
 Bomber Bistro: Monday-Friday 1630-2030

Bomber Bistro June Special
Wednesday Dinner Special
 Chicken Curry
 Dig into our delectable homemade Japanese style curry sauce over white rice topped with breaded chicken! Available Wednesday starting at 1530 while supplies last. Only \$9.95! - Includes a drink! Add a side of Naan bread for just \$2.00 more!

The B-Fifty Brew June Special
 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
 Now Open: Tuesday-Friday: 0900-2000, Saturday: 0900-1700, Sunday & Monday: Closed

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 2ND PLACE: \$400
 3RD PLACE: \$300
 4TH PLACE: \$200

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LIMITED TO THE FIRST 16 TEAMS.**

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MONDAY-FRIDAY

11:00AM - 3:00PM

727-ROCK



Air Force Global Strike Command's innovation hub 'STRIKEWERX' now open for business

LINDA FROST, AIR FORCE GLOBAL STRIKE COMMAND PUBLIC AFFAIRS

BARKSDALE AIR FORCE BASE, La. --

Air Force Global Strike Command launched STRIKEWERX May 28, a new national innovation hub serving as the command's store front for connecting with industry and academia, finding solutions to the command's challenges and coming up with innovative ideas to shape the future.

Originally planned to be an in-person grand opening earlier in the year, the event was held online with limited attendance due to the COVID-19 pandemic.

During the virtual ribbon-cutting event at the Cyber Innovation Center in Bossier City, Louisiana, a small group of socially-distanced distinguished visitors representing local academia and businesses witnessed yet another milestone in AFGSC history, as the command took another step forward with innovation in the nuclear enterprise.

"We are a very small command with a huge mission set, and we know we have to think about things differently. We have to move faster," said Gen. Tim Ray, AFGSC commander, during his keynote speech.

STRIKEWERX will provide the command collaborative space to give traditional and non-

traditional industry partners, to include small businesses, start-ups and academia, easy access to meet with Air Force leaders and Airmen to discuss the needs, gaps and requirements faced by the force.

"We want to transmit to the outside world where we need help and create a forum where we can have smart people come in and help us solve problems quickly," Ray said. "We believe this is a great way to bring in better ideas and faster funding."

Cyber Innovation Center executive director Craig Spohn opened the event, praising the collaborative efforts between AFGSC and the CIC through their Partnership Intermediary Agreement.

U.S. Senator Bill Cassidy, U.S. Representative Mike Johnson and Louisiana Governor John Bel Edwards joined the event with virtual remarks, emphasizing the importance of STRIKEWERX to the ARK-LA-TEX region and how the future development of innovative strategies will strengthen the Armed Forces and the nation, while enhancing progressive thinking and industry in Louisiana.

For more information about STRIKEWERX or how to get involved in the collaborative environment, please visit www.strikerwerx.com.



We believe this is a great way to bring in better ideas and faster funding.

GEN. TIM RAY, AFGSC COMMANDER



SMOKED SCALLOPED POTATOES



INGREDIENTS

- 2 TABLESPOON BUTTER, SOFTENED
- 1 CUP HEAVY CREAM
- 1/2 CUP MILK
- 2 TABLESPOON FLOUR
- 2 CLOVE GARLIC, CHOPPED
- 4 RUSSET POTATOES, PEELED AND THINLY SLICED
- AS NEEDED KOSHER SALT
- AS NEEDED COARSE GROUND BLACK PEPPER
- 1/2 CUP GRATED MEDIUM CHEDDAR CHEESE
- 1/2 CUP GRATED SHARP WHITE CHEDDAR



Ryan Davy - GM Minot

When ready to cook, set Traeger temperature to 375 degrees F and preheat, lid closed, for 15 minutes.

Spread butter on bottom and sides of 9-inch cast iron skillet.

Combine the cream, milk, flour, and garlic together in a bowl.

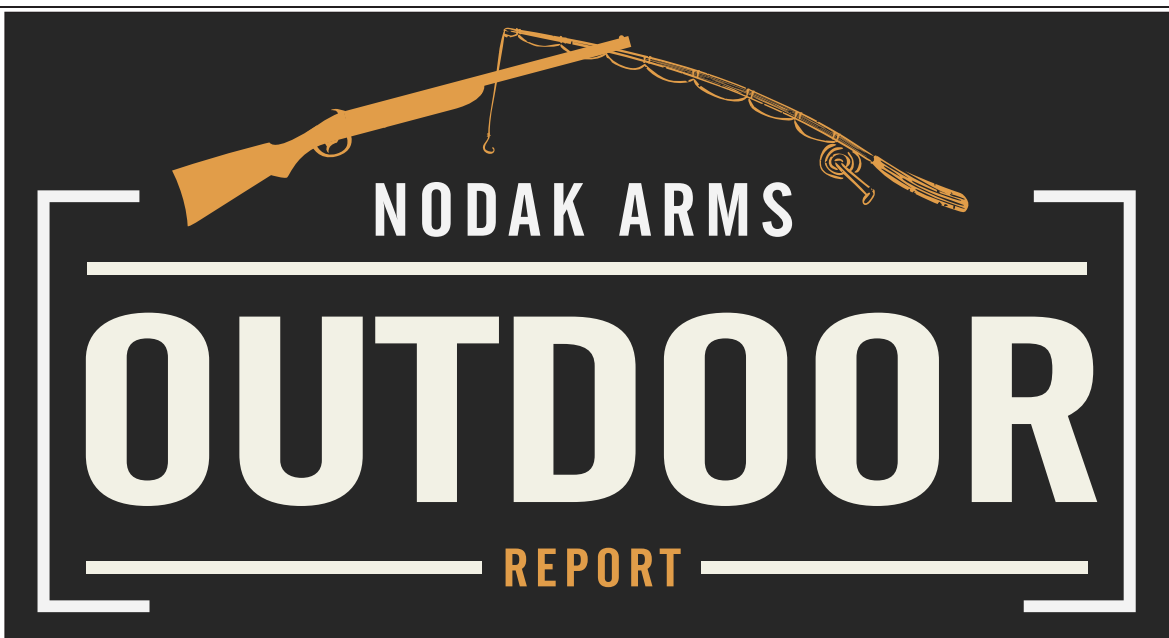
Layer 1/4th of the potatoes in the skillet, sprinkle with salt and pepper and pour 1/4th of the sauce mixture over the potatoes. Repeat three more times.

Place potatoes in grill and cook for 50 minutes.

Top potatoes with both cheeses evenly and cook for an additional 10 minutes or until potatoes are fork tender.

Remove from grill and serve. Enjoy!

www.HofE.com/BBQHQ



OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, June 1: 1,840.75 feet above mean sea level (MSL); 28,300 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.71 feet above mean sea level (MSL).

Stump Lake elevation: 1,449.71 MSL.

•N.D. Game & Fish Dept. game wardens: Missouri River improving for walleye. Parshall Bay and New Town area producing small walleye on Lake Sakakawea with scattered success along the east end. Antelope and Clear lakes producing fair walleye activity with better success from boats than shore.

•Devils Lake, Woodland Resort, Devils Lake: Best walleye success is in shallow water along the west side of Devils Lake. Try slip bobbers and leeches. Also try Pelican Lake for both pike and walleye. White bass remain good throughout the lake.

•Lake Darling, Karma C-Store, Ruthville: Lots of activity on area lakes but limited reports.

•Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: No new reports, although angler numbers slowed over the past week.

•Lake Metigoshe, Four Season, Bottineau: Improving bluegill success with better numbers showing up closer into the bays. Early morning hours producing best walleye activity.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Fair for walleye on the east end of Lake Sakakawea. Try bays or 7 Sisters, including south side bays, humps, and points. Work a variety of depths and presentations. Wind has been the biggest limiting factor. Lake Audubon fair for walleye on the east side.

•Lake Sakakawea, Indian Hills Resort, Garrison: Water temperatures starting to warm along the south side with corresponding improving walleye success. Most success is with minnows in 9 to 20 feet, although some nightcrawlers are starting to produce activity.

•Lake Sakakawea, Scenic 23, New Town: Fair to good walleye success in the Van Hook Arm, wind permitting. Try jigs and minnows with some

- The lowest three-quarters mile of Channel A as it enter Devils Lake is closed to boats and shore-fishing, the area by U.S. Highway 2 and train bridges, due to road construction.
- Remember to get current boat registrations, keep social distancing, and boating safety requirements for life jackets, etc.
- June 6 & 7: Free Fishing Weekend.



success starting with nightcrawlers. Locate warm water.

•Lake Sakakawea, Van Hook Resort, New Town: Van Hook Arm producing walleye in the northern upper end. Work a variety of depths from 12 to 24 feet with minnows still producing the best. Nice-sized pike success from shore with good numbers of smallmouth bass.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River remains slow but anglers are seeing some improvement in the spillway channel and down river. Try jigs and minnows or trolling crankbaits. Fair for walleye from shore off the rocks. The east end of Lake Sakakawea continues to improve but anglers need to move around with spotty success yet. Keep working shallow, including pitching jigs towards shore. Best activity remains west. Better shore success is for bass.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Better walleye activity is moving towards New Town although some activity still around White Earth Bay. Lake muddied with inflows from the Missouri River. Trenton Lake continues producing crappie. Blacktail Dam fair for a nice mix of species. Missouri River fair for nice-

sized catfish; slow for walleye.

•Lonetree WMA area lakes, Harvey: Most area lakes quiet although Clear Lake producing numbers of small walleye.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Wind permitting, the Souris River near Towner producing occasional nice walleye and small pike. No reports from area lakes.

River elevation & flows:

• Des Lacs River, Foxholm: River stage, 5.58 feet; streamflow, 8.56 CFS.

•Little Missouri River, Trotters: River stage, 2.92 feet; streamflow, 12.8 CFS.

•Missouri River Washburn: River stage, 11.2 feet.

•Souris River, Foxholm: River stage, 5.03 feet; streamflow, 3.36 CFS.

•Souris River, Minot: River stage, 4.08 feet; streamflow, 9.6 CFS.

•Yellowstone River, Sidney, Mont.: River stage, 9.91 feet; streamflow, 31,100 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) 472-2121 or (701) 328-9921.

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Team Minot Childcare Development Center Expansion Coming Soon

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

MINOT AIR FORCE BASE, N.D. --

Great news is coming to parents at Minot Air Force Base, North Dakota; a much needed and anticipated expansion to the Child Development Center is slated to start next spring.

For members of Team Minot, the need for high-quality childcare is an important concern for parents who live and work on base. The town of Minot is roughly 13 miles from the base, making the decision to find childcare off base a less-desirable option for some parents. The need for an expansion to the CDC has increased over the last few years and was recently approved

and funded to begin the concept development phase.

“Taking care of Airmen and families, improving quality of life through facility improvements, and community partnership have been among my highest priorities. We understand that helping families to settle quickly, have stability, and to thrive here, while pursuing their career goals is essential to our mission readiness and retaining our Airmen and families for the long term. A world-class Child Development Center with sufficient capacity is a key piece of this goal, and we are grateful for the Air Force funding for this expansion.” said Col Brad Cochran, 5th Bomb

Wing Commander.

The expansion to the CDC is expected to bring four additional classrooms to the present 16. These new classrooms will add an additional 30 to 40 slots for children on the unfulfilled childcare needs list, which tends to include more than 50 children of Minot Air Force Base families. With the additional slots of added capacity, the CDC will be capable of caring for about 240 children in the range of six weeks old to pre-school age.

“By adding additional CDC classroom spaces, Minot AFB is able to expand on meeting the Child and Youth Program’s mission of assisting DoD

military and civilian personnel in balancing the competing demands of the accomplishment of the DoD mission and family life by managing and delivering a system of quality, available and affordable programs and services for eligible children and youth,” said Matthew Balas, Chief of the Child and Youth Programs Flight.

While the project will not fulfill the entire childcare requirement on base, the expansion falls under a statutory 2 million dollar minor construction limit that will allow relief immediately until further renovations and projects can be assessed. In parallel, the base is pursuing another

potential solution of renovating a nearby structure but this additional project is still in the early stages of design. If funded, it would further alleviate Team Minot’s unfulfilled childcare requirements.

Expansion of the childcare center on base is one of the many ways that Team Minot leadership is making Minot a great place to live, work, and raise the children of our future. To stay informed and updated on the progress of the expansion, visit Minot Air Force Base’s social media for updates and real time information.



Right: August Cherne plays at the Childcare Development Center on Minot Air Force Base, North Dakota on May 12, 2020. The Childcare Development center is slated to be expanded in the spring of 2020.



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

Above: Gabriel Cherne reads a book at the Childcare Development Center on Minot Air Force Base, North Dakota on May 12, 2020. The Childcare Development center is slated to be expanded in the spring of 2020.

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Final changes to Air Force song announced

CHARLES POPE, SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

ARLINGTON, Va. (AFNS) -- All stanzas of the Air Force song have been updated to better capture and represent the valor and heritage of the 73-year-old service while also recognizing the diversity and contributions of today's Total Force regardless of gender.

The announcement by Air Force Chief of Staff Gen. David L. Goldfein, completes a two-step process in which male-only references were revised to capture the distinguished service, the high standards, and central role that women play in every facet of the modern United States Air Force.

The first step focused on changing the song's third verse, which also serves as the official song of the United States

Air Force Academy. Goldfein unveiled those new lyrics in March and suggested that additional changes to remove the remaining male-only references would be made at a later date and after further review.

The updated lyrics include subtle but important changes that more accurately illustrate the role women have played for decades.

"These new lyrics speak more accurately to all we do, all that we are and all that we strive to be as a profession of arms," Goldfein said. "They add proper respect and recognition to everyone who serves and who has served."

At the same time, Goldfein re-emphasized the careful consideration that went into the decision for whether, and how, to

change the lyrics.

"I also know with absolute certainty and clarity that these changes are about adding to, not subtracting from, who we are," he said. "Changing the lyrics in no way diminishes the history and accomplishments of men or dilutes our eternal gratitude for their sacrifice and bravery."

The complete new lyrics are: The U.S. Air Force Song (Adapted)

Off we go into the wild blue yonder,

Climbing high into the sun; Here they come zooming to meet our thunder,

At 'em now, Give 'em the gun! Down we dive, spouting our flame from under,

Off with one helluva roar! We live in fame or go down in

flame. Hey!

Nothing'll stop the U.S. Air Force!

(Verse II)

Brilliant minds fashioned a crate of thunder,

Sent it high into the blue;

Valiant hands blasted the world asunder;

How they lived God only knew!

Boundless souls dreaming of skies to conquer

Gave us wings, ever to soar!

With scouts before and bombers galore. Hey!

Nothing'll stop the U.S. Air Force!

(Verse III)

Here's a toast to the host

Of those who love the vastness of the sky,

To a friend we send a message of the brave who serve on high.

We drink to those who gave their all of old,

Then down we roar to score the rainbow's pot of gold.

A toast to the host of those who boast, the U.S. Air Force!

(Verse IV)

Off we go into the wild sky yonder,

Keep the wings level and true;

If you'd live to be a grey-haired wonder

Keep the nose out of the blue!

Fly to fight, guarding the nation's border,

We'll be there, followed by more!

In echelon we carry on.

Oh, nothing'll stop the U.S. Air Force!

Lyrics printed with permission from Carl Fischer, LLC.

Protecting Yourself from Medicare Fraud

EMPOWERING SENIORS TO PREVENT HEALTHCARE FRAUD

Every year seniors are targeted by scammers who want to steal their personal information, including Medicare numbers, to do things like rack up fake health care charges and commit identity theft. Individuals who are 60-plus are nearly five times more likely than people between the ages of 20 to 59 to fall victim to tech-support fraud, three times more likely to be conned by imposters posing as friends or relatives, and more than two times as likely to fall for sweepstakes or lottery scams. In 2018, individuals 60-plus filed more than 256,000 fraud reports with losses of nearly \$400 million. Older consumers who are victims of fraud tend to lose a lot more money, often their entire life savings!

How to Spot Medicare Fraud: One of the latest scams is "free" genetic testing with scammers claiming Medicare will cover the cost. Scammers want your Medicare number to use it to commit fraud and identity theft. Other Medicare scams include offers for free or reduced-pricing for medical equipment, braces, consultations, or other health services. These scams can happen anywhere, through telemarketing calls, health fairs, and even door-to-door representatives.

Do's and Don'ts to protect yourself from fraud:

- DO protect your personal information. Treat your Medicare number and Social Security number like you would a credit card.

- DO remember that nothing is ever "free." Don't accept offers for free money, gifts or medical care such as treatments for the coronavirus.

- DO review your Medicare claims for errors or problems, like fake charges, double billing, or other fraudulent activity.

- DON'T show your Medicare card or give your Medicare number to anyone except your doctor or people you know should have it.

- DON'T accept medical supplies, equipment, or genetic testing kits at from door-to-

door salespersons or from callers claiming to be from Medicare.

- DON'T let anyone persuade you to receive health care services you don't need, only make those types of decisions with your doctor.

Reporting Medicare Fraud: If you think you have spotted fraud, report it right away. ND SMP will help seniors prevent, detect and report Medicare fraud. If you see anything suspicious, contact the

ND SMP at ndsmp@minotstateu.edu or call 1-800-233-1737 or 701-858-3580. For non-Medicare fraud issues, contact the ND Attorney General's Office at 1-800-472-2600.

The information provided is intended to be a general summary only. Source of information: AARP Bulletin/Real Possibilities. People over 60 most at risk from scams. December 2019.

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Team Minot's First Sergeants



Team Minot's First Sergeants pose for a photo on the flightline at Minot Air Force Base, North Dakota, May 28, 2020.

U.S. AIR FORCE PHOTOS
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Summer Reading is Coming!

MINOT AIR FORCE BASE LIBRARY

The Summer Reading Program is almost here, and will proceed, rain or shine! The Minot AFB Library is planning a circumstances-flexible Summer Reading Program this year so that no one has to miss out due to the pandemic. This year's theme is "Dig Deeper: Read, Investigate, Discover," and the program will run from June 13th to Aug 15th.

The Summer Reading Program is for all ages from infants to retirees. In fact, there is a special squadron contest for active duty members who participate. The squadron with the most participation as of August 8th will receive a certificate and the right to display the squadron contest trophy for a year. 2019's winner was 5 CES.

Participants can log nearly any kind of reading time, including reading for work, professional development, education, or entertainment, in any format, including books, periodicals, or web content. Kids of all ages can log time that they were read to as well as time spent reading, and all participants can log time spent listening to audiobooks. The essence of the Summer Reading Program is reading, logging reading time, and earning prizes and chances to earn grand prizes, but the program also includes a variety of special activities and programs.

Participants in the Summer Reading Program have been able to log their reading time online using the Beanstack program for years, but this year, the Library has added "activity tracks" to the system in order to allow participants to participate in activities like the annual Lego and Maker (STEAM activity) challenges, at home. There are also some new activities this year including a Minot AFB History Geo-Hunt in which participants use geo-coordinates to find signs around the base that provide historical information and highlights, answer a trivia question, and, after finding all 9 signs, win a prize and a chance to win a grand prize. Think of it as geocaching without the cache and without a specific app (any GPS or mapping system that uses longitude and latitude will work). There is even a map and cryptic clue alternative for the less GPS-savvy. Along with the annual

July Photo Scavenger Hunt, the Minot AFB History Geo-Hunt provides an opportunity for social distancing-compatible outdoor activity.

Scheduled Library programs will be similar to previous years, but the Library will be as flexible as possible. Programs will be online, at the Library, or both, in accordance with changes in guidance as the summer progresses. For online programs, videos, links, and attachments will be posted to the Library's Facebook page (search for Minot AFB Library); those who don't use Facebook can request alternative access by emailing mafblibrary@gmail.com.

The grand prizes, funded by the Minot Spouses' Club, are a major cornerstone of Minot AFB Library's Summer Reading Program. There are a number of prizes for each age group: \$20 gift cards for adults and teens and toys for children. Because drawing slips for the grand prizes can be earned by reading (even after all of the regular incentive prizes have been earned), participating in activities, or attending library programs all the way up to August 15th, they make the program last for all 9 weeks, even for the most avid readers.

The Summer Reading Program kicks off on Saturday, June 13th. Usually, the Base Library hosts a Kick-Off Party that includes both registering a large number of participants and a variety of activities that fit the overall program theme, but since mass gatherings aren't advisable

during a pandemic, the Library's kick-off this year will be a bit different.

First, there will be activities online including: digital escape room games for both young children and adults through older kids, a story time video, and a variety of activities, physical and online, including, if everything works out, a video from some special guests. As with other online programs, the online content will be posted on the Library's Facebook page, and those who don't use Facebook can request alternative access by emailing mafblibrary@gmail.com.

Second, the Library will maximize staffing from noon to 3 pm on the 13th in order to be available at 701-723-3344 or 701-723-4418 or 701-723-4455 to help to those who need registration assistance or are unable to register online as well as to prepare t-shirt and registration bags for those who have already registered for the program and want to arrange to pick up them up. Both registration help and t-shirt and prize pick up will continue to be available through the Base Library's "Take-Out" operation throughout the program.

The Base Library's "Take-Out" operation allows people to contact the Library in advance to arrange for services and then stop by at a prearranged time to pick up checked-out materials, computer printouts, etc. That system will be expanded to include the pick-up of Summer Reading Program t-shirts and

prizes. The Base Library's re-opening plan involves a number of phases with different levels of service and availability, but the plan is to provide the "Take-Out" option as long as possible, even when other options are available.

To learn more about, or to pre-register for, the Summer Reading

Program or to view updated information about Library programs or services (including "Take-Out" instructions and hours), visit the Library's website at: https://acc.ent.sirsi.net/client_en_US/minot/

Air Force delays mandatory wear-date for OCP items, 2PFDU

STAFF SGT. SAHARA L. FALES,
AIR FORCE'S PERSONNEL CENTER PUBLIC AFFAIRS

JOINT BASE SAN ANTONIO-RANDOLPH, Texas (AFNS) --

In an effort to reduce unnecessary stress on Airmen and Space professionals during COVID-19 restrictions, several uniform changes scheduled to become mandatory for the Operational Camouflage Pattern and Two-Piece Flight Duty Uniform (2PFDU) on June 1, have been delayed to Sept. 1.

The changes for each uniform are detailed in Air Force Instruction 36-2903, "Dress and Appearance of Air Force Personnel." Mandatory wear of the Operational Camouflage Pattern Uniform remains April 2021.

The changes that become mandatory on Sept. 1 for the OCP include:

Officer rank insignia will be spice brown (exception: first lieutenant and lieutenant colonel rank insignia will be black).

The U.S. flag patch will be mandatory and the only authorized color is spice brown (cloth). Airmen will wear the flag while in garrison and deployed. Infrared U.S. flags are not authorized.

The authorized T-shirt color will be coyote brown (listed as Tan 499 per AAFES nomenclature) only. If purchasing coyote brown shirts from outside retailers,

uniformed members should ensure the color matches the authorized coyote brown color (Tan 499).

The authorized socks will be DLA-issued green socks or coyote brown only.

The authorized boot color will be coyote brown only. The two exceptions are for Airmen with a medical condition as determined by medical authorities at a civilian or military treatment facility and approved by the commander, and those who must wear black combat boots in industrial areas.

The changes that become mandatory on Sept. 1 for the 2PFDU include:

- All mandatory wear badges must be in place.
- The cloth U.S. flag will be the spice brown color only.
- The authorized socks will be DLA-issued green socks or coyote brown only.
- The authorized boot color will be coyote brown only.
- The only authorized color for thermal undergarments will be coyote brown.

For more information, please review Air Force Instruction 36-2903, "Dress and Appearance of Air Force Personnel," or visit <https://www.afpc.af.mil/Career-Management/Dress-and-Appearance/>.

The mandatory wear-date for certain Operational Camouflage Pattern and Two-Piece Flight Duty Uniform items was pushed to Sept. 1, 2020. The changes for each uniform are detailed in Air Force Instruction 36-2903, "Dress and Appearance of Air Force Personnel." Mandatory wear of the OCP Uniform remains April 2021.

U.S. AIR FORCE COURTESY GRAPHIC

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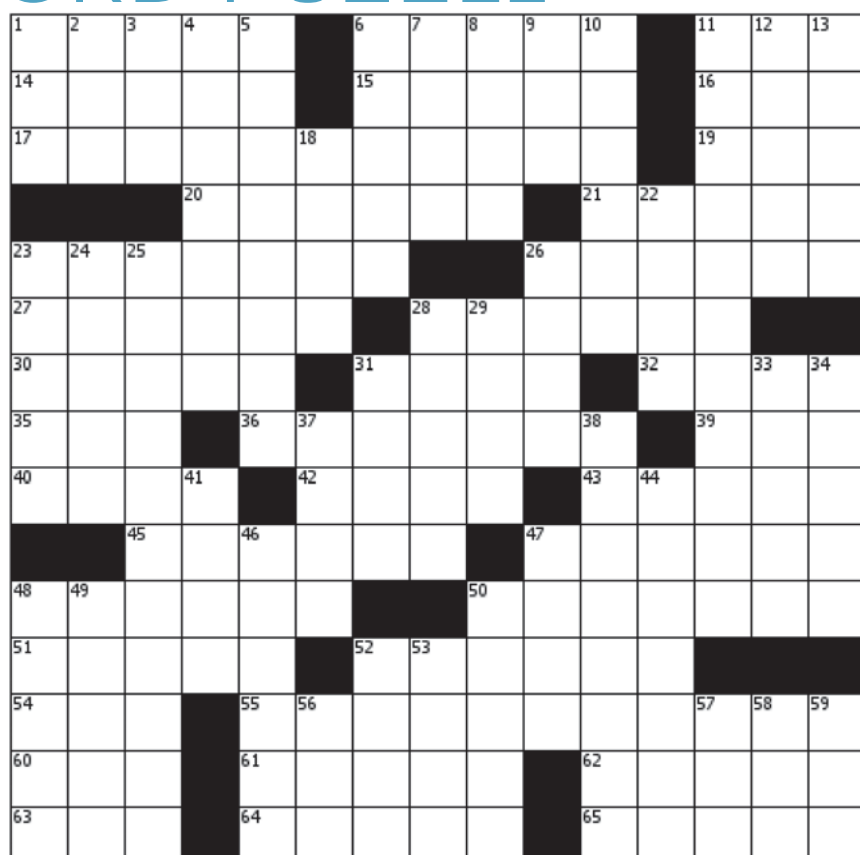
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CROSSWORD PUZZLE

Across

- 1. Actors Bates and Arkin
- 6. Moth-repelling wood
- 11. Sit, differently
- 14. Surfer's gadget
- 15. In awe
- 16. Bridal bio word
- 17. Hasn't quite entered or left?
- 19. Cornfield call
- 20. Sun blockers
- 21. Many of that
- 23. Had under surveillance
- 26. Joined together
- 27. Preserved, in a way
- 28. Bad thing to bear
- 30. Foot-long thing
- 31. Smooth-talking
- 32. Overcharge
- 35. Cookbook phrase
- 36. Show anger toward, in a way
- 39. Like a barrel of monkeys
- 40. Unwitting accomplice
- 42. Neck of the woods
- 43. Info from Webster's
- 45. Lathered (up)
- 47. Low-heeled shoe
- 48. Prickly pear, e.g.
- 50. Awards, as a degree
- 51. Felt the strain?
- 52. Completely mistaken
- 54. "Who am ___ argue?"
- 55. Stumble while running the bases?
- 60. Brazilian hot spot
- 61. Royal topper
- 62. Affect emotionally
- 63. Deep matter?



Down

- 1. "What a good boy ___"
- 2. Bela contemporary
- 3. Throw in
- 4. Geological period
- 5. Glows like coals
- 6. Louisiana cuisine
- 7. Cry of shock
- 8. Four-footed mothers
- 9. LAPD advisory
- 10. Ready to play again
- 11. Social Security?
- 12. Bait, say
- 13. Gave a darn?
- 18. Large cross
- 22. Cauldron stirrers
- 23. Discontinue, as a project
- 24. "American Idol" judge, Abdul
- 25. Where to learn how to tolerate your spouse's parents?
- 26. Valved instrument

- 28. Stuck together, in a way
- 29. Pop singer Coolidge
- 31. Quayle follower
- 33. Roman religious official
- 34. They may buckle
- 37. Chance occurrences
- 38. Sought help from
- 41. Part of a score
- 44. Convertible type
- 46. Reasons for some IRS visits
- 47. Place for some mixing
- 48. City in a Woody Allen film title
- 49. When Hamlet pretends to go mad
- 50. Rated G, so to speak
- 52. Off in the distance
- 53. Italian coin no longer minted
- 56. Long of "Boyz N the Hood"
- 57. Dead-end job
- 58. Bucket type
- 59. Master's follower, briefly

SUDOKU Solution to puzzle on page B11

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

Solution to last week's Crossword puzzle.

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



Which is correct to say, "The yolk of the egg are white" or "The yolk of the egg is white"?

Answer: Neither, the yolk of the egg is yellow.

HOROSCOPES

ARIES - Mar 21/Apr 20

Your strong will and courage makes you capable of anything, Aries. Just be sure to use your powers for good; otherwise, it can be easy to get in over your head.

TAURUS - Apr 21/May 21

Add an extra dash of charm to your requests, Taurus. You just may find that things go your way a little more easily. Have a partner work with you on a fun task.

GEMINI - May 22/June 21

Gemini, inspiration flourishes and you may feel some romantic sparks grow as well. Your senses are enhanced by all the things you experience around you the next few days.

CANCER - June 22/July 22

This week your efforts to take care of home and family will pay off in big ways, Cancer. You have a knack for maintaining peace and tranquility even when situations are hazy.

LEO - July 23/Aug 23

This week you may be examining your relationships and seeing which areas have room for improvement, Leo. This is your opportunity to really make some important changes.

VIRGO - Aug 24/Sept 22

Virgo, a situation arises that can bring you a much-needed financial boost. This boost is a result of the hard work that you've put in over the last several weeks.

LIBRA - Sept 23/Oct 23

Lately you may be feeling more emotional, Libra. Talk about your feelings with someone close to you. Sometimes speaking about things can help you sort through everything.

SCORPIO - Oct 24/Nov 22

Listen to your dreams this week, Scorpio. They will guide you where you really want to go in life. Explore all the possibilities that come your way.

SAGITTARIUS - Nov 23/Dec 21

Sagittarius, if you have been in a sociable mood, then embrace every opportunity to gather with friends or family when the opportunity presents itself.

CAPRICORN - Dec 22/Jan 20

Capricorn, this is a great week to take credit for all of the things you have accomplished lately. You will gain traction on projects and may even be able to take on new ones.

AQUARIUS - Jan 21/Feb 18

A goal to learn as much as possible is drawing you to the people who can offer you important life lessons. Take opportunities to engage in philosophical debates.

PISCES - Feb 19/Mar 20

Pisces, a hint that comes your way from a friend or coworker can be the clue that you need to achieve a goal that has thus far been out of reach.

CHURCH DIRECTORY

Because of the uncertainty of the COVID-19 virus effects, the Northern Sentry will continue to post future events as advertised by area groups. However, we highly encourage you to check in advance on the current status of your church service.

<p>Little Flower Catholic Church 800 University Avenue West 838-1520</p> <p>Mass Schedule Saturday 4:30 pm Sunday 8:30 & 10:00 am</p> <p>Fr. Ken Phillips, Pastor www.littleflowerminot.com</p>	<p>St. Peter The Aleut Eastern Orthodox Church</p>  <p>109 6th St. SE Minot • 838-3094</p> <p>NO SERVICES</p>	 <p>Break Forth BIBLE CHURCH</p> <p>Thursdays 7:00pm 2nd + 4th Sundays 10:30am at the GRAND HOTEL www.breakforthbiblechurch.com</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 Ken Mund 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>Independent/Fundamental/KJV 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p>Cornerstone Presbyterian Church</p> <p>1000 NE 3rd Street 852-0315</p> <p>Sunday Schedule Contemporary Worship 9:00am Sunday School (All Ages) 10:00am Traditional Worship 11:00am</p> <p>Wednesday Evening Schedule Community Dinner 5:30-6:30pm Contemporary Worship 6:30pm Youth Group & Small Groups.. 7:15pm</p> <p>All are Welcome! www.ecominot.org</p>	<p>Congregational UCC 430 N. Broadway • 839-1064</p> <p>Sunday Worship 11am Sunday School 11am Tuesday Bible Study 12pm Saturday Noah's Breakfast .. 9:30am</p> <p>Please join us, all are welcome here!</p>  <p>UNITED CHURCH OF CHRIST</p>	 <p>St. Mark's Lutheran Church Missouri Synod</p> <p>Sunday Worship 9:30 AM</p> <p>2209 4th Avenue NW Minot, ND 839-4663</p> <p>Reverend Philip Beyersdorf</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 5:15 p.m. Wednesday - Friday 7:00 a.m. Saturday 5:00 p.m. Sunday 8:00 & 10:30 a.m.</p> <p>Fr. David A. Richter, Pastor Parish website: www.stjohnminot.com</p>	 <p>First Lutheran Church - ELCA 120 5th Ave. NW 852-4853</p> <p>Saturday Worship 5:00 pm Sunday Worship.. 8:30 am & 11:00 am Sunday Education 9:45 am Wednesday Supper 5:00 pm Wed. Worship & Education 5:45 pm</p> <p>www.firstlutheran.tv (Live Stream & Recorded) Radio Broadcast KRRZ 1390AM Sunday 8:30 am www.flcminot.com Pastor Brandy Gerjets • Pastor Ellery Dykeman</p>	 <p>Gospel Tabernacle Community Church</p> <p>9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson</p> <p>Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday</p> <p>Sunday School 9:45 a.m. Adult/Children Worship.. 11 a.m. Family Hour 6:30 p.m. Evening Worship 7:30 p.m. Bible Study/Child-Adult Children Worship (Wed).... 7 p.m. Prayer (Friday) 7 P.m.</p>
<p>Bethany Lutheran 215 3rd Ave. SE, Minot, ND Phone: 838-5196 A Member of the ELCA</p> <p>Sunday Worship 8:30 & 10:30 am Sunday Fellowship 9:30 am Wednesday Church School 5:45 pm Wednesday Worship 6:45 pm</p> <p>Website: www.bethanylutheranminot.com Email: bethanylutheran@srt.com Live Streaming: bethanylutheran.tv Pastor Janet Hernes Mathistad Pastor Gerald Roise</p>	<p>First Baptist Church 200 3rd St. SW • 852-4533 www.fbcminot.org</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 Sam Kautzmann, Student Ministries Elaine Carlson, Children's Ministry Director</p>	<p>Cross Roads Baptist</p> <p>Southern Baptist Convention</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: minotcrbc@gmail.com Dr. Bob Farmer- Pastor</p> <p>415 28th Ave SE (Behind Menards) 838-1873</p>	 <p>West Minot Church of God Family Worship Center</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>West Minot Church of God Family Worship Center</p> <p>1105 16th St. NW • 839-1407</p> <p>Sunday School 9:30 a.m. Sunday Worship 10:30 a.m. Children's Church & Nursery Wednesday Family Training Hour Meal 5:30p.m. Classes for All Ages 6:30 p.m. Youth Center, Friday 7:00 - 11:00 p.m. ABC Child Care Center 852-6352</p> <p>westminot.com facebook.com/westminot</p>
 <p>Vincent United Methodist Church</p> <p>1024 2nd St. SE • 838-4425 Behind Town & Country Shopping Center</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 A Church of the Lutheran Brethren</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</p> <p>Protestant (North Plains Chapel in Base Housing)</p> <p>Contemporary Service Sunday Worship 1000</p> <p>Gospel Service Sunday Worship 1130</p> <p>Catholic Mass (Northern Lights Chapel across from Rockers) Sunday 1000 & 1700 Daily Monday-Thursday at 1200</p>	<div data-bbox="1333 1765 1984 1855" style="text-align: center;"> <h2>ORCS Preschool</h2> </div> <p>Our Redeemer's Christian School's Preschool Program will be starting it's 33rd year the fall of 2020 and we would love to have your child be a part of it!</p> <p style="text-align: center;">NOW ACCEPTING REGISTRATIONS FOR THE 2020-2021 SCHOOL YEAR</p> <p>HIGHLIGHTS OF OUR PROGRAM</p> <ul style="list-style-type: none"> • Time-tested curriculum including STEM and Language Arts activities as well as Free Play • 2 and 3 day options available • Kindergarten readiness skills practiced each session • All teachers hold a North Dakota Professional Educator's License • Christ-centered environment <p style="text-align: center;">Please contact our school office or visit our website for more information. 701.839.0772 Email: jschultz@orcsknights.org Website: www.orcsknights.org</p>	
<p>First Assembly of God 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>Our Redeemer's Christian School 700 16th Avenue SE Minot, ND 58701 info@orcsknights.org • 701-839-0772 www.orcsknights.org</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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SUDOKU ANSWERS

Answers to puzzle from page B9

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

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I go; fighting the Mental Health stigma

MAJ. MICHAEL BARLOW, 614TH COMBAT TRAINING SQUADRON

VANDENBERG AIR FORCE BASE, Calif. --

I am Maj Michael Barlow. I am an Airman in the United States Air Force, Director of Operations at the 614th Combat Training Squadron, and I go to Mental Health.

While I am a private person and typically have no desire to share my personal life with the world, I have realized that silence on this issue is not only not working; it's having lethal effects. That's not something that I can be a part of, so I end my silence here.

In all honesty, my silence ended several months ago when I first shared my story publicly with my unit. It was late 2019, and Air Force suicide numbers were trending higher than ever before. We didn't know it then, but we would finish the year with a 33% increase from 2018 and the highest number on record - 137. We lost one of our Wingmen roughly every three days.

When it came to my mental health, I had known for years that something was wrong, but it was only within the past couple of years that I finally decided to seek diagnosis and treatment at the Mental Health Clinic at my previous base.



Up until then, at various points in my 12 years in the Air Force, I'd gone to leadership to notify them that I thought I needed to be seen at Mental Health. To this day, I believe they genuinely had my interests at heart when they each said, more or less, "I'm not telling you not to go, but know that if you do, you'll likely lose your security clearance and possibly end your career. Do you want to do that to your family?"

Get help or stay... but not both. It seemed like a self-elimination program disguised as treatment and relief.

Still, at the 12-year point, for various reasons, I decided I needed to go regardless of the negative repercussions, and I hoped for the best. I told my supervisor in advance, but this time it wasn't to ask permission or get their thoughts on the matter. I was going.

My first question to the mental health provider was about the security clearance and career repercussions that I'd always been told would follow. I was told that this was a thing of the past. Over the next few weeks, there were tests, then a diagnosis, and finally a pharmaceutical

regimen that I was told would be a lifelong companion. All fixed, or getting there at least.

Security clearance, check. Career, check. Stigma, check.

That last one you weren't expecting, right? Doesn't quite fit in the list, does it? But you know it does. We all know it does. I get to keep my clearance and my job, but the deal is for all three.

Except, I respectfully decline. I will keep the first two. Those are mine. I earned them. But the stigma I don't accept. I won't accept. And I don't mind if you take that as a challenge. Please do. Resist. Insist. The more you do, the faster this stigma will end, and the sooner we can begin addressing mental health in an open and positive manner.

I go to Mental Health. I'm looking you dead in the eyes as I say that. And I'm going to say it more. I'm going to say it a lot, and I'm going to say it publicly. I'm going to do that until others start saying it, too, and start giving back all that stigma that they don't want and they don't need because it doesn't belong to them. It belongs to those of us who insist that it's part of the deal. But it's not anymore. Because... I go.

I don't think for a second that my openly embracing my mental health struggles and encouraging others to do the same is going to completely stop the loss of our friends and family to suicide. It isn't going to bring back those 137 we lost last year, one of whom I knew well—Michael. But I'd be willing to bet that for every ten or

hundred or whatever the number is who step out of the shadows, raise their hands, and say, "I go," we lose one less this year because

they see us and they hear us and they join us because they know it's safe to go.

DYNAMIC Auto Solutions LLC



Father's Day Specials

<p>FULL INTERIOR DETAIL</p> <p>Regular price \$175</p> <p><i>Special includes, shampoo, vacuum, windows and much more!</i></p> <p>FATHER'S DAY SPECIAL \$100!! <small>Special pricing until June 19</small></p>	<p>COMPLETE INTERIOR & EXTERIOR DETAIL</p> <p>Regular price \$450-\$600.</p> <p><i>Wash, wax and all the workings of the interior detailing!</i></p> <p>FATHER'S DAY SPECIAL \$300!!</p>
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CALL TODAY AND TALK TO GENESIS OR ADAM ABOUT SETTING UP A DETAIL!

5220 N BROADWAY, MINOT 701-852-4556



presents
JUNGLE JENN




RETICULATED GIRAFFE

CREATURE FEATURES

The giraffe is the tallest land-living mammal in the world.

- A giraffe's neck has 7 vertebrae. The same number as a human neck!
- Their pink and black tongue can be 22 inches long. Its color protects against sunburn. The length of their tongue enables them to easily strip leaves from the acacia tree while avoiding the thorns.
- Every time a giraffe lifts their head, they lift 550 pounds, which is the combined weight of their neck and head.

Fact File

Lifespan	20 - 25 years
Weight	1,500 - 4,250 pounds
Height	16 - 18 feet
Top Speed	35 mph
Wild Diet	Omnivore: Carotenes (Herbivore) Acacia leaves, Combretum leaves

CROSSWORD PUZZLE



ACROSS

1. Hanging seat
5. University of Oklahoma
7. Scottish hillside
8. Plant or animal from a specific place
9. Paths

DOWN

1. Walking terrain
2. Big group
3. Harder to see through
4. Thick substance
6. Moving waters

Answers: 1. Hammock 5. OU 7. Brae 8. Native
9. Trails
Down
1. Hiking 2. Mob 3. Munker 4. Genre
6. Rivers

HOURS:
OPEN DAILY
10AM-8PM

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UPCOMING EVENTS

JUNE 21
FATHER'S DAY
AT THE ZOO

JUNE 30
FREE
ZOO DAY

MILITARY DISCOUNT
\$5.00 off a \$75.00
Annual Family Pass