

WHATS INSIDE THIS WEEK:



AFGSC
OUTSTANDING
AIRMEN OF
THE YEAR

A3



B-52S TRAIN
WITH NORWEGIAN
AIRCRAFT IN
HIGH NORTH

A5



WE'RE IN THIS
TOGETHER
COLORING
CONTEST
WINNERS

B5

MINOT AFB 5TH MISSION SUPPORT GROUP



The 5th Mission Support Group poses for a photo at Minot Air Force Base, North Dakota on May 30, 2020. *More photos can be found on page B6 and MAFB PA Flickr page.*

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

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Videos

Academy announces new data science major

JENNIFER SPRADLIN, U.S. AIR FORCE ACADEMY PUBLIC AFFAIRS

U.S. AIR FORCE ACADEMY, Colo. (AFNS) --

Data + analysis = command decision.

This simple equation can be applied to most modern military action and shows how one element must be in concert with the other to create the right sight picture for commanders.

"It's not enough to have more data than our adversaries. It's how we understand the information and use it at the speed of relevance that matters," said Air Force Chief of Staff Gen. David Goldfein.

To better prepare future officers in the Air and Space forces, the U.S. Air Force Academy has created a data science major, approved by the Academy Board June 4. The Academy will also introduce data science principles into various academic disciplines.

"Data science is the tip of the spear in terms of importance to winning future conflicts," said Bradley Warner, a professor and data science program director. "It has also emerged as a leading new career field in the private sector, so much so that the National Academies of Sciences, Engineering and Medicine advocated that all undergraduate students receive a foundation in data science."

The data science major will be interdisciplinary, built with core classes from the Academy's management, math, computer science and philosophy departments. Warner anticipates

this technical discipline will appeal to a wide cross-section of cadets, including those who struggle in advanced math courses but want to pursue a technical degree.

Cadet 3rd Class Devin Wasilefsky will be one of the first cadets to major in data science.

"I was attracted to the Air Force and the Academy for the opportunities you're given to gain a skillset and a top-tier education," he said. "Data science is such a broad capability that it will be useful during my military service, but it also lends itself to employment opportunities in the civilian sector."

Forbes recently ranked data scientist as the "best job in America" for three years in a row.

After graduation, Wasilefsky hopes to serve in hospital management and use data science to improve hospital efficiency and customer satisfaction.

Brig. Gen. Linell Letendre, dean of faculty, celebrated the new major in a June 5 statement announcing its approval.

"Graduates of the data science major will have the strong decision-making capabilities expected of the Air and Space force leaders in this increasingly data-drive world," she wrote.

Data sciences is the Academy's newest major. In fall 2019, the Academy relaunched the space operations major and approved a space warfighting minor this month.

NDSFF Extends Scholarship Application Deadline

NORTH DAKOTA STATE FAIR FOUNDATION

Minot, ND — The North Dakota State Fair Foundation has extended its scholarship application deadline for North Dakota graduating high school seniors. The previous application date of June 1 has been extended to July 1, 2020. The Foundation has six \$1000 scholarships available.

"We recognize that students have had an unusually challenging spring, and want to allow some extra time for them to participate in the application process," said Todd Berning, North Dakota State Fair Foundation President. Berning said plans to award the scholarship have also changed. "Instead of hosting an in-person reception for all applicants, we will do a virtual live presentation through the North Dakota State Fair Foundation Facebook page." The virtual presentation will stream July 22 at 7:00 PM and students no longer need to be

present to win.

To be eligible for the scholarship a student must; be a citizen of North Dakota, have plans to enroll in an accredited post-secondary education institution, and have exhibited and/or competed in 4-H and/or FFA at the North Dakota State Fair for a minimum of four years. All applicants meeting the scholarship criteria will be honored as the "North Dakota State Fair Graduating Class of 2020." Six \$1000 scholarships will be drawn for and awarded.

Scholarship applications can be found on the North Dakota State Fair Foundation website, www.ndstatefairfoundation.com.

The North Dakota State Fair Foundation exists to develop lifelong relationships with donors to secure philanthropic gifts that will preserve and enhance the North Dakota State Fair, and all that it encompasses, for posterity.

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Meet the AFGSC Outstanding Airmen of the Year: *Senior Master Sgt. Wilfred Morgan*

CARLA PAMPE, AIR FORCE GLOBAL STRIKE COMMAND PUBLIC AFFAIRS

BARKSDALE AIR FORCE BASE, La. --

Air Force Global Strike Command recently named its Outstanding Airmen of the Year for 2019, recognizing the top enlisted members across the command.

Senior Master Sgt. Wilfred Morgan, a facility systems superintendent with the 5th Civil Engineer Squadron at Minot Air Force Base, North Dakota, won the Senior Noncommissioned Officer of the Year category.

"It's an amazing and humbling accomplishment," Morgan said of the award.

"It validates all the things I ask of my team members and what I try to display on a daily basis, which is that 'the sky's the limit' if you're willing to work hard, have a good and positive attitude, persevere through difficult times which are learning opportunities, and are dedicated to serving and developing others."

Morgan, a native of Washington, D.C., joined the Air Force in October of 1999, and has spent his career mentoring others.

"What I am most proud about in my career is when I became a military training leader," Morgan said. "I had a GREAT opportunity to establish a strong Air Force foundation for so many Airmen. It also allowed me an opportunity to develop and mature as a leader."

Mentoring others is something

he still enjoys in his current job.

"My favorite thing about my job is to develop Airmen's skills as craftsmen and supervisors, then watch them pay it forward to strengthen our WarBull and Global Striker culture," Morgan said.

Over the past year, Morgan has worked to support that AFGSC culture and mission in a number of ways. He led 58 engineers and directed the daily maintenance of Air Force Global Strike Command's largest lightning protection systems program. His expertise also led to the

certification of 165 protection-level one assets and to the development of an Air Force level nuclear gate grounding program that was benchmarked across the command.

"I had a GREAT opportunity to establish a strong Air Force foundation for so many Airmen. It also allowed me an opportunity to develop and mature as a leader."

SENIOR MASTER
SGT. WILFRED MORGAN

Additionally, he guided an airfield innovation project and created an anti-icing device for 558 taxiway light canisters. Morgan's efforts negated \$11 million in repair costs during North Dakota winters and ensured safe launch and recovery of over 1,200 sorties.

"Nothing works without a little love and touch from an engineer," he said. "Being in a leadership position in the Civil Engineer Squadron, our team maintains and illuminates the

airfield runway so our bombers can provide precision global strike sorties. Additionally we provide continuous utility systems service to over 500 facilities at Minot AFB 'Home of the Global Striker,' which is the only installation that houses two legs of the nuclear triad."

While mission focus is a priority, Morgan has also worked to better himself personally and professionally, mastering a strategic deterrence course while

simultaneously pursuing his project management professional certification. He utilized his course skills to direct 27 electrical craftsmen in the modernization of the wing's \$4 million nuclear command, control and communication network which expanded communication capabilities into 46 locations world-wide.

His leadership culminated in his selection as the 8th Air Force's Lance P. Sijan nominee.



Senior Master Sgt. Wilfred Morgan, a facility systems superintendent with the 5th Civil Engineer Squadron at Minot Air Force Base, North Dakota, won the Air Force Global Strike Command Outstanding Airmen of the Year Senior Noncommissioned Officer of the Year category for 2019.

U.S. AIR FORCE PHOTO

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The B-1 bomber is not done serving the US Air Force

MAJ. GEN. JAMES DAWKINS, JR., COMMANDER, 8TH AIR FORCE AND J-GSOC

BARKSDALE AIR FORCE BASE, La. --

The B-1 remains a combat-proven airframe capable of meeting today's combatant commanders' needs, and it will be a necessity as the Air Force modernizes its entire bomber force to include the B-21 Raider.

Maintaining an adequate B-1 force during a heavy B-52 test period and initial B-21 build-up is essential to ensuring the United States can respond to the security requirements in an uncertain world. Because of this reality, we're developing an innovative approach to B-1 fleet management and sustainment.

The B-1's long-planned retirement timeframe is a key component to effective fleet management during the transition to the B-21. The Air

Force will gradually retire B-1s, beginning with the most costly and structurally deficient of the airframes. By adopting a phased retirement approach, this will allow overlap between legacy and next generation bombers.

Also, the Air Force remains committed to embracing an approach that will develop and sustain the bomber fleet that we need to protect and defend the United States and our allies against an ever evolving threat. The bomber force of today as well as the bomber force of tomorrow will continue to align with the National Defense Strategy and fulfill combatant command requirements. Our experts are continuously assessing potential upgrades and changes to our tactics that will improve the combat capability of the bomber

force.

In a recent experiment, we demonstrated it was possible to increase the internal and external storage capacity of the B-1, adding additional Joint Air-to-Surface Standoff Missiles and the possibility of hypersonic weapons.

We also intend to preserve the longevity of the B-1 by implementing changes to flight employment profiles. Ongoing structural analysis indicates changes to flight training profiles will extend the life of the airframe, giving us the margin needed to transition our bomber force. While we may adapt the manner in which we fly, there will be no loss in the B-1's global strike capabilities.

These are just a few ways we will continue to invest in

upgrading and maintaining B-1 combat effectiveness until the airframe reaches the end of its life cycle.

When it comes to fast response with overwhelming firepower, bombers continue to prove that they can reach anywhere, anytime... simply put, the B-1 delivers. A prime example took place in October when two B-1s launched from Ellsworth AFB in South Dakota and touched down in Saudi Arabia in response to recent threats in the region.

As we transition to the next generation of bombers, the sustainment of the combat-proven B-1 remains as important as ever. The B-1 and the Airmen who operate and maintain the aircraft will provide a crucial bridge as we build our force to more than 225 bombers.

Note to Strikers from the AFGSC Commander

GEN. TIM RAY, AIR FORCE GLOBAL STRIKE COMMAND

BARKSDALE AIR FORCE BASE, La. --

Strikers, We are a family, and we need to have a family discussion about what is happening in our country.

Barely one week ago, we witnessed something tragic and horrible-- another senseless death of an African American at the hands of someone entrusted to serve. This is not okay...this will never be okay. And while we need to have the difficult conversation, we need to realize

that some of our teammates are truly struggling in a significant way. Don't try to evaluate that. Don't try to rationalize that; just realize the pain is real.

The immediate need is for empathy. We need to be there for our teammates and take time to listen now as we begin to work

through this. We acknowledge that we are all different and have different life experiences. We all joined the Air Force to be a part of something bigger than ourselves...a place where you can succeed regardless of who you are, what you look like, or where you came from.



We are all responsible to make this our reality.

This has to start by building trust in a difficult time if we are to be the force that extends dignity and respect to all people. We are not there yet as an organization, but we will do everything we can to get this right. I promise that we will be a command where our actions match our words, and we will create an environment for all Airmen to thrive.

We will get through this together.

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B-52s train with Norwegian aircraft in high North

CAPT. RACHEL N SALPIETRA, U.S. AIR FORCES IN EUROPE AND AIR FORCES AFRICA PUBLIC AFFAIRS

Four B-52H Stratofortresses from the 5th Bomb Wing, Minot Air Force Base, North Dakota, conducted a long-range, long duration strategic Bomber Task Force mission throughout Europe and the Arctic region, June 3, 2020.

The flight involved missions over the Arctic Ocean and Laptev Sea. Additionally, the aircraft conducted training with Norwegian F-16s and F-35s.

The U.S. Department of Defense is working with our Arctic nations and multinational and interagency public and private partners to maintain a secure and stable region where

nations work cooperatively to address challenges.

“The Arctic is a strategic region with growing geopolitical and global importance, and these Bomber Task Force missions demonstrate our commitment to our partners and allies and our capability to deter, assure, and defend together in an increasingly complex environment,” said Gen. Jeff Harrigian, U.S. Air Forces in Europe and Air Forces Africa commander. “The integration of our bombers across Europe and the Arctic is key to enhancing regional security.”

Joint and combined training, exercises, and operations help

mitigate and reduce security risks associated with increased human activity in the Arctic.

KC-135 Stratotankers from the 100th Air Refueling Wing, RAF Mildenhall, England, and the 168th Air Refueling Wing, Eielson Air Force Base, Alaska, enabled the B-52s to complete the round trip from Minot Air Force Base.

Continuing coverage of this deployment will be available on this website, and on the DVIDS hub at: <https://www.dvidshub.net/feature/bombertaskforceeurope>.



TOP RIGHT: Norwegian F-16s and F-35s train with a B-52H Stratofortress during a long-range, long duration strategic Bomber Task Mission throughout Europe and the Arctic region June 3, 2020. The Arctic is a strategic region with growing geopolitical and global importance, the U.S. Department of Defense is working with our Arctic nations and multinational and interagency public and private partners to maintain a secure and stable region where nations work cooperatively to address challenges.

U.S. AIR FORCES IN EUROPE & AIR FORCES AFRICA PHOTO

A U.S. Air Force B-52 Stratofortress from the 5th Bomb Wing, Minot Air Force Base, North Dakota, approaches a KC-135 Stratotanker from the 100th Air Refueling Wing, RAF Mildenhall, England, to receive fuel during a strategic bomber mission off the northern Norwegian coast, June 3, 2020. Strategic bomber missions familiarize aircrew with air bases and operations in different Geographic Combatant Command's areas of operations.

U.S. AIR FORCE PHOTO | TECH. SGT. EMERSON NUÑEZ



A U.S. Air Force B-52 Stratofortress from the 5th Bomb Wing, Minot Air Force Base, N.D., breaks away from a KC-135 Stratotanker from the 100th Air Refueling Wing, RAF Mildenhall, United Kingdom, after receiving fuel during a strategic bomber mission off the northern Norwegian coast, June 3, 2020. Joint and combined training, exercises and operations help mitigate and reduce security risks associated with increased human activity in the Arctic.

U.S. AIR FORCE PHOTO | TECH. SGT. EMERSON NUÑEZ

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Christian Colón, MD

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Dr. Colón manages the full range of health conditions affecting adults, adolescents, and seniors. He earned his medical degree from Loma Linda University School of Medicine in California and completed his Internal Medicine residency at AdventHealth Orlando. Following residency, he practiced at hospital and clinic settings in Florida. Dr. Colón's experience includes community service and medical mission work for underserved populations in Puerto Rico.

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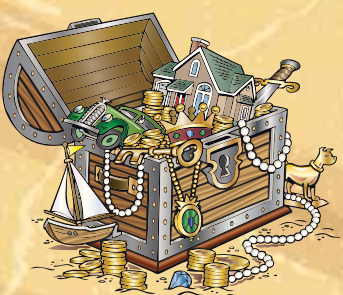
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Probably the lowest cost fish in the grocery store is cod. It is the staple protein for fish and chips, but the Traeger wood fired grill does it even better. Better yet, any lean fish lends itself to this process.

The USDA recommends 145°F internal temperature for any fish for food safety. Most people will want it done to at least that temperature. When the fish flakes easily, it is done.

For this recipe, we simply coated the fish in salt and pepper, just like you would if it came to your table without seasoning. Clean your cooking grates and apply cooking spray so you don't have to fight to keep the fish in one piece when serving.

Use the Smoke setting, 165°F or 180°F. The lower the better for smoke flavor, but in outdoor temperature below freezing, the Smoke setting is not always usable. Depending on the thickness of the filets, smoking could take up to about 45 minutes on 180°F.

The sauce is easy and quick to make. It is another variation on our hollandaise sauce recipe, but without the full strength emulsion. You can make the sauce while the fish is on the grill. It's best not to do it too far ahead because the weaker emulsion may not stand reheating.

Melt the butter while you finely chop a large white onion. When the butter is melted, stir in the onion and cook over medium heat until the onion is softened. About 10 to 15 minutes is good. Remove from heat and let it cool slightly. In a separate bowl, add two tablespoons of the melted butter and onion mixture to the egg yolks. Stir together until smooth,

then add slowly back to the butter and onion, stirring constantly. Heat over medium heat until it starts to thicken, then add white wine. Reduce until it reaches the desired thickness. Add garlic and paprika.

Wilt the greens in a skillet over medium heat with a teaspoon of water. Add vinegar to taste.

Serve the fish on a bed of wilted greens under a blanket of sauce and with extra sauce on the side. Serves about 4.

INGREDIENTS

- 2 pounds Cod loin filet
- ½ cup Butter, salted
- 1 large Onion, white or red
- ½ cup Wine, white, dry
Sauvignon Blanc is good
- 2 Egg Yolks
- 1 tsp Garlic granules
- 1 tsp Paprika
- 5 oz Mixed Greens
- 2 tsp Vinegar, apple cider or malt
- Salt
- Pepper



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Finances made easy with new online portal

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

WASHINGTON (AFNS) -- A new way of getting financial support is sweeping across the Air Force. With six bases having already tested the newest tool from the Air Force Financial Management community, called Comptroller Services Portal, it's expected to be implemented to the remaining installations by the end of the fiscal year.

CSP is an automated incident management application that allows customers to request and receive online assistance from their servicing comptroller squadron. CSP has integrated workflows which assist the customer in seeking help with travel pay, military pay and civilian pay.

"This is our 21st century customer-service tool," said Capt. Carly Serratore, Secretary of the Air Force of Financial Management CSP program manager. "It's now possible for customers to submit inquiries and for comptroller squadron technicians to assist customers from any location – at work, home, coffee shop or an airport terminal. It will change business as we know it, while providing better, faster and more accurate services to our customers."

The innovative program will assist with personnel pay and travel operations, and has workflows for unit accounting and unit resource management. These additional capabilities will assist unit resource advisors and cost center managers in seeking help with accounting and budget support. CSP will also help standardize finance processes and communication across the Air Force, and offers users access to all things financial management

with quick links, knowledge articles and frequently asked questions.

"CSP demystifies and streamlines our financial processes," Serratore added. "It gives the customer control and transparency over their pay on the same user-friendly platform, regardless of where they're stationed. It gives the finance community the ability to do data analytics and trend analysis to target training and ultimately better serve our customer."

CSP is built on the cloud-based SharePoint online platform, which provides new features, improved security, dependability,

“

It will change business as we know it, while providing better, faster and more accurate services to our customers.

CAPT. CARLY SERRATORE

”

flexibility and access. It also provides the Air Force a low cost and effective avenue to build future applications.

The 412th Comptroller Squadron and the Edwards Air Force Base, California community was one of the six test bases chosen for CSP due to its past involvement with the program.

"Edwards AFB has been instrumental in standing up the CSP since the beginning. In fact, the beta version of CSP was

developed at Edwards (AFB) in 2015 by my boss, Lt. Col. Michael McPherson. So, we felt it only made sense that they'd be our first test base," Serratore said. "The 412/CPTS FMF team, Ms. Becky Pituch and Ms. Wende Wagner have shown great leadership in this positive change for the Air Force."

As CSP was in the early test phase, the benefits were not only seen by the customers, but by the comptrollers working the inquiries at Joint Base San Antonio, Texas – which was the second base to implement the program.

"As a service provider, it helps me ensure nothing falls through the cracks, and provides immediate transparency to the customer on their inquiry," said Lt. Col. Dane Franta, 502nd CPTS commander. "We appreciate the flexibility to respond to customers systematically, rather than react on-the-fly."

Lt. Col. Michael McPherson, Secretary of the Air Force of Financial Management director of systems integration, expressed the positive impact CSP will have on Airmen by standardizing the financial process across the Air Force.

"Maintaining mission readiness is always at the forefront of our innovative thinking," he said. "The CSP creates a transparent and streamlined process, which allows Airmen to spend less time dealing with finance and resource management. It's our desire that this new capability will inspire confidence in all Airmen knowing FM has them covered, so they can focus on the mission and their families."



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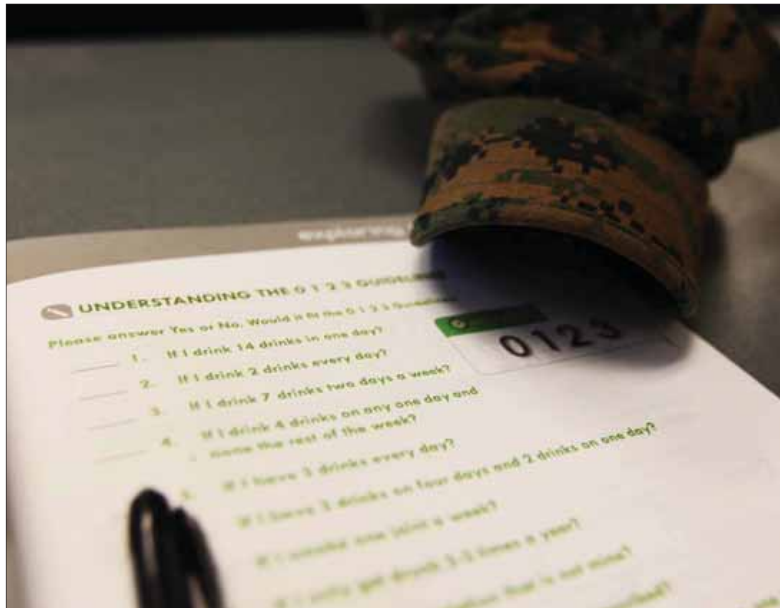
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If you're a service member, you're not alone. You'll find treatment and support through your service branch's substance abuse program. Treatment for military family members struggling with addiction is covered under TRICARE. Eligible veterans can find substance abuse programs through the Department of Veterans Affairs.

Making the decision to change

The first step toward recovery is making the decision to get sober. This means changing familiar behaviors and creating a new lifestyle. If you want to escape a substance that controls your life, you must also

Give up people, places and things that trigger cravings.

Become totally honest about your addiction with yourself and others.

Learn how to deal with stress in new and healthier ways.

Getting treatment

Treatment helps you rebuild the brain's connections that have been altered by addiction. Treatment may be intensive and span weeks or months followed by long-term support. There is no single treatment approach that fits everyone's needs. Treatment may include:

Detoxification

Medication

Inpatient care

Residential rehabilitation

Outpatient service

An effective treatment program will address more than just your

substance use problem. At a minimum, you can expect your treatment program to provide:

Education and therapy sessions on addiction, getting sober and preventing relapse

Counseling to help you develop new coping skills

Self-help groups for drug and alcohol addiction

Joining a support group can be an important part of recovery. Alcoholics Anonymous and Narcotics Anonymous are widely available on military installations and in civilian communities. These follow a 12-step model that involves:

Admit that you cannot control your addiction or compulsion

Recognize a higher power (as you understand it) that can give strength

Examine past mistakes with the help of a sponsor (experienced member)

Make amends for these mistakes

Learn to live a new life free from old, unhealthy habits and behavior

Help others who suffer from the same addictions or compulsions

Staying sober

Having support from family and friends, getting involved in new activities like a hobby or volunteering, and taking care of yourself by exercising, eating right and getting enough sleep will help you stay sober.

If you are addicted to drugs or alcohol, start your recovery now by contacting SAMHSA's National Helpline at 800-662-HELP (4357) to find the resources or support programs that will be right for you.



Q and A with a pheasant

Patricia Stockdill

It's the time of year when things get busy in the outdoor world – there's fishing to do, boating, hiking, and an array of other outside "stuff".

June is especially busy for those feathered creatures out there, as well, with chicks, ducklings, and other baby birds hatching, growing, and demanding to be fed.

Constantly.

Typically pheasants in North Dakota hatch later here than in other parts of the country. But in honor of the fact that mid- to late June is getting into the peak of the hatch for upland birds such as pheasants, sharp-tailed grouse, and partridge, here's a trivia quiz to test one's knowledge:

Question: How far from a sharptail's dancing lek, where spring courtship occurs, will a female grouse typically nest? Answer: They stick pretty close to home and don't venture far, usually nesting within a mile of a lek.

Question: What type of nest do grouse and pheasant hens make? Answer: There isn't any need for an architect in their world because nests aren't not overly extravagant – typically scrapes lined with feathers and plant materials.

Question: What is the earliest upland game bird to pair off in the spring? Answer: Partridge. They begin pairing off in early spring – February – while rooster pheasants don't even start trying to establish their territory until March. Male grouse arrive at leks in early May, lingering through May.

Question: What is the average number of eggs in a pheasant, grouse, and partridge clutch? Answer: Pheasants usually have 11 or 12, grouse 10 to 14, and partridge 15 to 17 eggs.

Question: How often does a hen pheasant, grouse, and partridge lay eggs in a nest? Answer: Pheasants usually lay two eggs every three days while grouse and partridge hens lay an egg a day.

Question: Where do upland birds nest? Answer: Grass is critical nesting habitat. Pheasants nest in grassy areas, hayfields, fencerows, and even road right-of-ways.

Grouse nest in residual cover on uncultivated areas while partridge, like pheasants, nest in hayfields, fallow ground, native grassland, and roadsides.

Question: How long does it take for a sharptail grouse chick to become completely feathered? Answer: Six weeks.

Question: How soon before a pheasant chick can fly? Answer: They can fly short distances in two weeks.

Question: What are some of the causes of nesting mortality for upland birds? Answer: Predators, weather, mowing or haying, accidents, etc.

Question: What is the typical percentage of nest mortality for upland birds? Answer: Nest success is about 50 percent in any given year. Losses can be offset by the fact that upland birds will attempt to re-nest if something happens to the eggs in a nest prior to hatching. That's why some broods have smaller chicks in the fall – they hatched later in a re-nesting attempt. Hens of all three species will try to re-nest if a nest was destroyed for some reason even as late as into July and early August.

Question: Do upland birds raise more than one brood each year? Answer: Not in North Dakota. They re-nest only if the nest is lost.

Question: What is the most critical food for young pheasant, grouse, and partridge chicks? Answer: Insects, insects, and more insects, which is one reason extreme drought can be so detrimental on chick survival – lack of morning dew and rain reduces insect populations. Insects are a protein-rich food source and chicks of all three species feed on them during their first several weeks after hatching. As they grow, they gradually switch to a more vegetation-based diet.

Question: How soon before a pheasant chick begins foraging for food? Answer: Within a few hours the chicks dry off and the hen leads her brood away from the nesting area to begin foraging.

While it may seem quiet out there in the countryside, it's really just the opposite for the wildlife world.

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WHAT'S GOING ON MAFB

TODAY

- Cycle, 0615, Fitness Center
- NAF Sale, 0900-1600, Jimmy Doolittle 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

SATURDAY

- Last Day to Register for Pride of America 4 Person 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

SUNDAY

- Pride of America 4 Person Scramble, 0900, Rough Rider Golf Course
- 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

- Cycle, 0615, Fitness Center
- TAP, 0730-1600, A&FRC — Online Learning Modules
- Swerk, 0915, Fitness Center
- Reintegration Briefing, 1000-1100, A&FRC — Online Zoom Meeting
- Strength & Conditioning, 1130, Fitness Center
- Zumba, 1730, Fitness Center

TUESDAY

- Cycle, 0615, Fitness Center
- Run 4 Fitness, 0615, Fitness Center
- TAP/VA Day, 0730-1600, A&FRC — Online Learning Modules
- Game Day, 1000-1930, Minot AFB Library Facebook Page
- Moving Out of the Dorms Class, 1430-1600, A&FRC — Limited Seating
- Fit to Fight, 1700, Fitness Center
- Swerk, 1830, Fitness Center

WEDNESDAY

- Circuit Training, 0615, Fitness Center
- TAP/DOL, 0730-1600, A&FRC - Online Learning Modules
- Bundles for Babies, 0900-1030, A&FRC - Limited Seating
- 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
- TAP/DOL Track Day 1, 0730-1600, 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
- Moving Out of the Dorms Class, 1430-1600, A&FRC — Limited Seating
- STEAM Time, 1500, Minot AFB Library STEAM Time Facebook Group
- Fit to Fight, 1700, Fitness Center
- Zumba, 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:

19 June

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

20 June

- 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

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 1100-1700. Lounge is open Wednesday-Friday 1500 - 2100. 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!

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- Ring-Tailed Lemurs move about quadrupedally (using all 4 limbs). They will spend about 40% of their time on the forest floor foraging for food.
- The Ring-Tailed Lemur holds its tail vertically as it moves to serve as a flag to help keep the troop together while traveling or foraging.
- Their "sunning" posture is part of a behavior called Thermoregulation. Ring-Tailed Lemurs will sit upright with their forearms on their knees exposing their underside to the sun to rewarm themselves from the chilly nights.

Fact File	
Lifespan	16 - 19 years
Weight	4 - 7 pounds
Tail Length	20 - 22 inches
Body Length (head to tip of tail)	3 - 3 1/2 feet
Wild Diet	Deciduous Canopies (Markings) Fruits, Leaves, Tree sap, Flowers, Tree bark




CROSSWORD PUZZLE

1				2					

ACROSS

- Slope of land
- Petaled plant part
- Sweet liquid
- Soil fertilizer

DOWN

- Places to grow plants
- Knob for tuning
- Pick crops
- Short for ampere

Answers:
Across: 1. Garden 2. Dial 3. Harvest 4. Amp
Down: 1. Grading 2. Flower 3. Nectar 4. Compost

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Prairie Public announces winners of PBS Kids Writers Contest

PRAIRIE PUBLIC BROADCASTING



Fargo, ND, 5/21/2020 – Prairie Public has announced the winners of their 2020 PBS KIDS Writers Contest. One hundred and eight local children submitted creative entries, and all received certificates of participation and personalized, positive feedback.

“Prairie Public is proud to host the Writers Contest every year because it underscores our commitment to the success of children,” said Christine McClellan, Prairie Public’s digital communications specialist. “This year’s contest landed at a time when students are home from school, so we are glad we could provide a creative outlet for them.”

Judges who evaluated the entries and chose the winners were retired educator Bev Pearson, Molly Flaspohler of the West Fargo Public Library, and the children’s librarians at the Fargo Public Library.

The annual PBS Kids Writers Contest is an initiative designed to promote the advancement of children’s literacy skills through hands-on, active learning. The contest encourages children in grades K-3 to celebrate creativity by submitting their own original stories and illustrations.

Sixteen stories were chosen for first place and red ribbon favorite recognition, which are all available to read at prairiepublic.org/writerscontest.

First Place Kindergarten – “Where Are My Glasses?” by Trey W., Wahpeton, N.D.

Grade 1 – “My Magic Trip Home” by Lilia K., Bismarck, N.D.

Grade 2 – “Cooper and the Germ” by Victoria A., Minot, N.D.

Grade 3 – “Prela’s Learning Adventures: Prela Goes to the Shelter” by Paisley S., Minot, N.D.

Red Ribbon Favorites Kindergarten – “Super Dog” by Sam Z., Fargo, N.D.

Kindergarten – “Bun Bun the Hero” by Alice P., Jamestown, N.D.

Kindergarten – “Meeting Buddy the Bison” by Chaitanya G., West Fargo, N.D.

Grade 1 – “Mimi Wants to Fly” by Naia T., Winnipeg, M.B.

Grade 1 – “Dinosaur Friends” by Jack P., Hillsboro, N.D.

Grade 1 – “Save the Earth” by Sathvik A., West Fargo, N.D.

Grade 2 – “Sprinkles” by Otis S., Fargo, N.D.

Grade 2 – “The Little Pigling” by Danielle B., Minot, N.D.

Grade 2 – “Buddy Learns a Lesson” by Sloane Z., Fargo, N.D.

Grade 3 – “In Search of Me” by Mia H., Fargo, N.D.

Grade 3 – “The Mystery of the Missing iPhone 11 Pro” by Luke H., Minot, N.D.

Grade 3 – “Super Cat Stops Time” by Myles T., Minot, N.D.

SMOKED MIDNIGHT BRISKET

INGREDIENTS

1 TABLESPOON WORCESTERSHIRE SAUCE
1 TABLESPOON TRAEGER BEEF RUB
1 TEASPOON TRAEGER CHICKEN RUB
1 TEASPOON TRAEGER BLACKENED SASKATCHEWAN RUB
1 (4-6 LB) FLAT CUT BRISKET
1 CUP BEEF BROTH

For the Sauce: Whisk Worcestershire sauce and Traeger rubs together in a bowl. Rub mixture into the meat.

When ready to cook, set Traeger temperature to 180° and preheat, lid closed for 15 minutes. For optimal flavor, use Super Smoke if available.

Place brisket on the grill until internal temperature of the meat reaches 160°, about 5 to 7 hours.

Remove from the grill and double wrap tightly with foil and add 1/2 cup to 1 cup beef broth then return to grill.

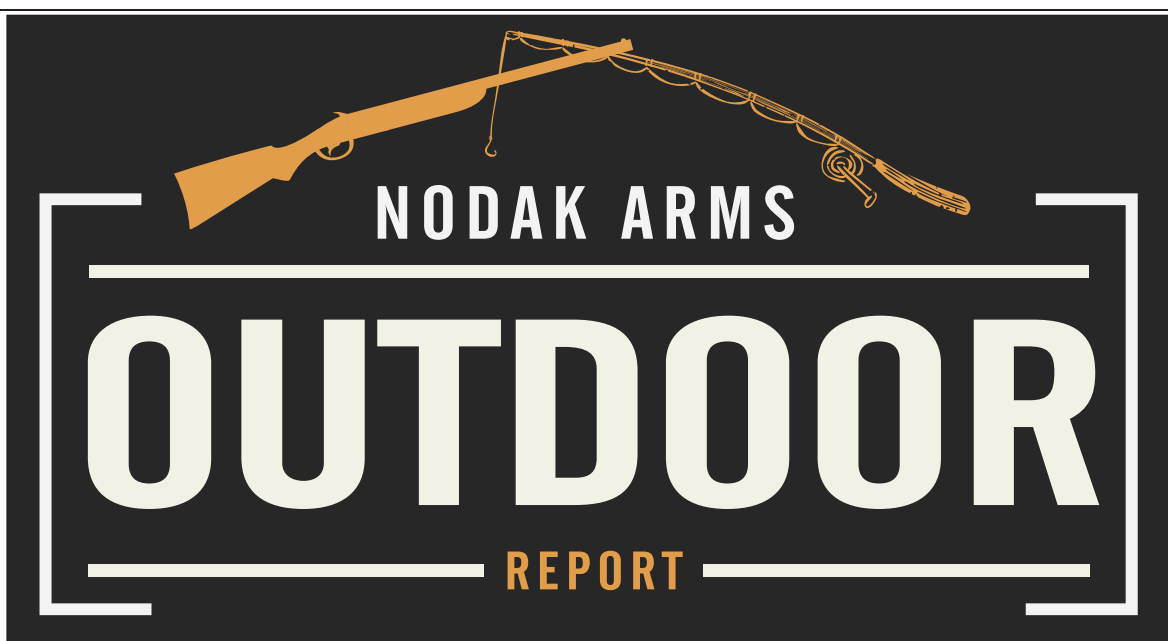
Increase grill temperature to 225° and place brisket back on grill 4 to 5 hours until the internal temperature of the meat reaches 204°.

Remove from the grill and let it rest for at least 30 minutes before slicing against the grain. Serve with your favorite Traeger BBQ sauce. Enjoy!



Ryan Davy - GM
Minot

www.HofE.com/BBQHQ



OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, June 8: 1,841.7 feet above mean sea level (MSL); 28,000 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.61 feet above mean sea level (MSL).

Stump Lake elevation: 1,449.78 MSL.

•N.D. Game & Fish Dept. game wardens: No Devils Lake, north-central lakes, or Missouri River System reports.

•Devils Lake, Ed’s Bait Shop, Devils Lake: Try casting crankbaits or slip bobbers and leeches for walleye but look for a switch to spinners and leeches or nightcrawlers starting in about 15 feet as water temperatures continue to warm. West side of the lake seems more consistent than east side because of warmer water. Try Pelican Lake, New Mil or Howard’s bays. Use caution on Pelican, however, with shallow water and obstructions.

•Devils Lake, Woodland Resort, Devils Lake: Fair to good walleye success. Try slip bobbers in deeper water or work shallow with crankbaits. Also try spinners with leeches or nightcrawlers, starting about 10 feet and working out.

•Lake Darling, Karma C-Store, Ruthville: Lots of activity, wind and weather permitting, but limited reports on success from area lakes.

•Lake Darling, Upper Souris Nat’l Wildlife Refuge, Foxholm: Some boat activity but generally slow success.

•Lake Metigoshe, Four Season, Bottineau: Improving bluegill bite with fish moving a little bit shallower. Occasional nice-sized pike with some walleye activity.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Fair walleye success on the east end of Lake Sakakawea. Try shallow in the bays or around 7 Sisters with a variety of presentations. Best success remains with minnows but some activity starting on nightcrawlers. No new reports from Lake Audubon.

•Lake Sakakawea, Indian Hills Resort, Garrison: Last weekend’s wind and weather mixed up walleye success. Try pitching jigs with minnows in deeper water after last weekend’s weather. Look for a move back to shallower water with stable

- 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.
- State parks are open with camping reservations available online at (parkrec.nd.gov).



weather.

•Lake Sakakawea, Scenic 23, New Town: Van Hook Arm fair to good for small walleye with some nice-sized fish mixed in. Try jigs and minnows or Lindy rigs with some improving success with spinners and bottom bouncers. Fish are scattered with success throughout the Van Hook Arm.

•Lake Sakakawea, Van Hook Resort, New Town: No real pattern to walleye success yet with inconsistent weather and wind. Try the north end of the Van Hook Arm using minnows with some improving success with nightcrawlers and leeches but anglers are still finding success with jigs in shallow water. Also try spinners in 16 feet and deeper.

•Lake Sakakawea/Missouri River, Scott’s Bait & Tackle, Pick City: River improving for walleye. Try jigs and minnows or Lindy rigs and plastics or nightcrawlers throughout much of the area down river from the dam. Look for an occasional catfish from the chutes from boats. Still somewhat slow from shore off the rocks at night. Improving walleye success from Lake Sakakawea. Try jigging along the north shore in shallow water or spinners and nightcrawlers in 9 to 20 feet farther west of Pick City around Beulah or Beaver bays.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Lake Sakakawea churned up on the west end after weekend winds. Prior to

the winds, though, the south shore was producing nice walleye success using Lindy rigs and nightcrawlers or leeches, as well as around White Earth Bay on the north shore. Look for a mix of walleye, white bass, and smallmouth bass jigging in shallow water, 5 feet or less. New Town and Van Hook Arm steady for small walleye. Try leeches or nightcrawlers. Kota-Ray Dam and Kettle Lake producing rainbow trout. Excellent bow-fishing opportunities for carp.

•North-central/central N.D. lakes, Townner Hdwe. Hank, Townner: Souris River producing some pike.

River elevation & flows:

• Des Lacs River, Foxholm: River stage, 5.64 feet; streamflow, 9.62 CFS.

•Little Missouri River, Long X Bridge: Streamflow, 181 CFS.

•Missouri River Washburn: River stage, 11.33 feet.

•Souris River, Foxholm: River stage, 5.07 feet; streamflow, 3.97 CFS.

•Souris River, Minot: River stage, 4.07 feet; streamflow, 9 CFS.

•Yellowstone River, Sidney, Mont.: River stage, 12.53 feet; streamflow, 47,000 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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Revised Air Force age policy allows spouse's military goal to become a reality

TIFFANY LAWRENCE

A new Air Force policy opened a career door for one spouse who thought her dream expired.

Yolanda Tann dismissed the idea of joining the military when she and her high school sweetheart, Marine Staff Sgt. Tony Tann, married in 2002. But she never imagined years later, after his retirement and an age limit change, her passion to serve would be quenched.

Yolanda grew up in a family heavily saturated in the military. Her father was a Marine and her grandfather served in the Navy. She loved hearing their stories of camaraderie and wanted to be able to one day say she was part of something bigger than herself. Everything fell into place when she joined Army ROTC in high school. She felt at home. For her, the legacy of her family was propelling her towards destiny.

But her military track took on a different shape when she met her future husband in NJROTC. Within seven months after she graduated, they were married and she moved to Okinawa to be with him.

"I already knew that Tony was going into the service. We didn't know if it was going to be a long haul thing but I wanted to support my husband. I no longer thought of joining," she said.

She also didn't view this as a sacrifice. The most important thing in the Tann household is that at least one parent always be present.

"I never wanted dual-military for us. That works for some people but we wanted stability for our kids," Yolanda explained.

She didn't resent this decision. Her mission was to take care of

the family so her husband could focus on building a successful career and providing for them.

Off and on they would jokingly talk about how funny it would be if she joined the military after he got out. Yolanda didn't think it was a possibility because she exceeded the cutoff age of enlistment. Tony always thought it would be amazing if she could fulfill what she wanted to do after all this time.

In 2014 the decision was made to change the cutoff enlistment age in the Air Force from 27 to 39. Yolanda is 36.

Tony, who has now been retired since 2019, fully supports her decision to enlist.

"I've been trying to find work since February but nothing panned out. I don't think it was in God's plan," he said.

He embraces this opportunity to spend more time with his children and be the present parent while his wife commits to serving her country. The Tanns have officially switched roles.

But Yolanda faced one last roadblock. Her weight wasn't within enlistment standards. She's been working hard at it after giving birth to their third child in November of 2016. Tony told her, "Baby you want to do it? Let's kick it in high gear!" So, they began working out together.

"She was already eating right. We just had to put in the work to get her strong and military ready," he added.

It worked. On January 14th of this year, Yolanda raised her right hand to make the oath to protect her country and defend the constitution. She crossed over



from being a military spouse to becoming an airman.

She is looking forward to being a part of AFSC Security Forces.

"I will be a defender of whatever base I'm on! I'm the Po Po," she said while laughing excitedly.

As the oldest in her group of recruits she brings maturity and perspective. The possibility of going to war is real and Yolanda's military mindset motivated her to help bring her fellow Air Force recruits into focus.

"A lot of you are signed up for the benefits. Yes, they are great. But ultimately, we are signing up to give our lives to make sure our freedoms remain — that the way we want to live stays that way.

If you don't have that mindset, then you need to leave now. Because when the flames are hot, I don't want to look over and my battle buddy is gone," she said to the group.

Talks of combat and war even led some of her friends to question, "are you sure you want to go in?" She and her husband don't back away from this topic. She says, "We have the conversation about me possibly going to war. I'm not fearful of it. I'm very aware of what's going on and I know that me going in the military, that's the biggest part of it. We can't control everything. For me and my family, God is in control."

The Tann household fully supports the new dynamic and

transformation that's taking place. Changing duty stations can be hard on some children but the Tann kids, who have always been military kids, are excited to continue their adventures.

"My kids are all about it. They keep saying when are leaving?" Yolanda said.

This role reversal is a feat they are tackling as a team. Everyone is switching gears, but it is working well for them. Tony has become Mr. Mom and is his wife's biggest cheerleader.

"I'm excited. I dragged them around [the world]. She can drag us around now!"

The article originally appeared in Military Families Magazine.



Tony and Yolanda Tann

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2019 Water Quality Report, MINOT AFB - System ID 5100660

Terms for this Report

AL (Action Level): The concentration of a contaminant, if exceeded, triggers treatment or other requirements which a water system must follow.

MCL (Maximum Contaminant Level): The highest level of a contaminant that is allowed in drinking water.

MCLG (Maximum Contaminant Level Goal): The level of a contaminant in drinking water below which there is no known or expected risk to health.

MRDL (Maximum Residual Disinfection Level): The highest level of disinfectant allowed in drinking water. There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants.

MRDLG (Maximum Residual Disinfectant Level Goal): The level of a drinking water disinfectant below which there is no known or expected risk to health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contaminants.

ND (Not Detected): Or below the detectable level of the test procedure.

NTU (Nephelometric Turbidity Units): A measure of how clean the water is, caused by suspended matter in the water.

pCi/l (picocuries per liter): A measure of radioactivity in water

ppm (Parts per million) or mg/l (Milligrams per liter): one part by weight of analyte to 1 million parts by weight of the water sample. Roughly equivalent to one drop per 10 gallons of water or minute in two years.

ppb (Parts per billion) or µg/l (Micrograms per liter): one part by weight of analyte to 1 billion parts by weight of the water sample. Roughly equal to one drop in ten thousand gallons of water or one minute in two thousand years.

TT (Treatment Technique): A required process intended to reduce the level of a contaminant in drinking water.

Table 1. Detected Regulated Contaminants						
Contaminant	MCLG	MCL	Level or Range	Date Tested	Violation	Source of Contaminant
INORGANIC CONTAMINANTS						
Arsenic (ppb)	0	10	1.74	3/16	No	Erosion of natural products; runoff from orchards; runoff from glass and electronics production wastes
Barium (ppm)	2	2	0.00433	3/16	No	Discharge of drilling wastes; Discharge from metal refineries; Erosion of natural deposits
Chromium (ppb)	100	100	1.37	3/16	No	Discharge from steel and pulp mills; Erosion of natural deposits
Fluoride (ppm)	4	4	0.72	3/16	No	Erosion of natural deposits; Water additive which promotes strong teeth; Discharge from fertilizer and aluminum factories
Nitrate + Nitrite (ppm)	10	10	0.11	2/19	No	Runoff from fertilizer use; leaching from septic tanks, sewage; erosion of natural deposits
Selenium (ppb)	50	50	1.65	3/16	No	Discharge from petroleum and metal refineries; Erosion of natural deposits; Discharge from mines
DISINFECTION BYPRODUCTS						
Total Haloacetic Acids (ppb)	0	60	15 (6.9-11.97)	3/19	No	Byproduct of drinking water chlorination
Total Trihalomethanes (ppb)	0	80	44 (31.96-38.8)	3/19	No	Byproduct of drinking water chlorination
DISINFECTANTS						
Chloramine residual (ppm)	MRDLG 4	MRDL 4.0	3.1 (2.81-3.42)	6/19	No	Water additive used to control microbes
OTHER CONTAMINANTS						
Copper (ppm)	1.3	AL=1.3	0.039*	8/18	Below AL	Corrosion of household plumbing systems; erosions of natural deposits; leaching from wood preservatives
Lead (ppb)	0	AL=15	4.56*	8/18	Below AL	Corrosion of household plumbing systems
Total Coliforms	0	5% of monthly samples	2%	5/19	No	Naturally present in the environment
RADIOACTIVE CONTAMINANTS						
None Detected	n/a	n/a	n/a	6/18	No	Erosion of natural products

*This value represents the 90th percentile value of the most recent round of sampling.

INTRODUCTION

We're very pleased to provide you with Minot Air Force Base's 2019 Water Quality Report. We want to keep you informed about the excellent water and services you have received over the past year. Our goal is and always has been, to ensure you receive a safe and dependable supply of drinking water. **We are pleased to report that our drinking water is safe and meets all state and federal requirements.**

WHERE DOES OUR WATER COME FROM?

Minot has two sources of water: the Minot Aquifer and the Sundre Aquifer. The Minot Aquifer follows the Souris River in the local vicinity, and the wells are in the valley in the west part of Minot. The Sundre Aquifer comes from the north, travels under Minot, turns and goes southeast to the county line. The wells are about five miles southeast of town where the aquifer passes under the Souris River. The Minot Water Plant is located beside the Souris River at 900 16th Street Southwest.

Minot is currently working on what is called the NAWS, or Northwest Area Water Supply project. This will bring Missouri River water from Lake Sakakawea to Minot where it will be treated and sent out to satisfy the water needs of much of northwest North Dakota, including Minot AFB.

WELLHEAD PROTECTION

The City of Minot participates in North Dakota's Wellhead Protection Program. The City of Minot has completed the delineation and contaminant/land use inventory elements. Based on information from these elements, our source water has been determined to be moderately susceptible to potential contaminants. Copies of the Wellhead Protection plan and other relevant information regarding this program can be obtained from the City of Minot Engineers Office, Public Works during normal office hours.

THE SAFE DRINKING WATER ACT

The Safe Drinking Water Act (SDWA) was first passed in 1977. It was amended in 1986 and again in 1996. As part of the 1996 amendments, all customers must receive a report on the quality of their drinking water. This report covers the calendar year 2019. The results provided represent the latest tests performed on our water. Also included in the report, are pertinent subjects such as water sources, water quality, and a description of terms used.

Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate the water poses a health risk. More information about contaminants and potential effects can be obtained by calling EPA's Safe Drinking Water Hotline (800-426-4791).

ANALYSIS OF MINOT AFB DRINKING WATER

All regulated substances which have been detected in our water are listed in table 1. All are well within the established limit. There are a number of components common in all water, and components can vary across Minot's 14 different wells. In addition to the regulated substances, Minot also tests for turbidity(clarity) and disinfection by-products. Soon to be added are radon, sulfates, and more disinfection by-products.

Federal regulations allow a system to monitor for regulated contaminants less often than once a year. The results listed in Table 1 include the date and results of the most recent samples collected.

A FEW WORDS ABOUT WATER QUALITY

The sources of drinking water (both tap water and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs, and wells. As water travels over the surface of the land or through the ground, it dissolves naturally-occurring minerals and, in some cases, radioactive material, and can pick up substances resulting from the presence of animals or from human activity.

Contaminants that may be present in source water include:

Microbial contaminants, such as viruses and bacteria, which may come from sewage treatment plants, septic systems, agricultural livestock operations, and wildlife.

Inorganic contaminants, such as salts and metals, which can be naturally- occurring or result from urban storm run-off, industrial or domestic wastewater discharges, oil and gas production, mining, or farming.

Pesticides and herbicides, which may come from a variety of sources such as agriculture, storm water runoff, and residential uses.

Organic chemicals, including synthetic and volatile organic chemicals, which are by-products of industrial processes and petroleum production, and can also come from gas stations, urban storm water run-off and septic systems.

Radioactive materials, which can be naturally occurring or be the result of oil and gas production and mining activities.

In order to ensure that tap water is safe to drink, EPA prescribes regulations that limit the amount of certain contaminants in water provided by public water systems. Food and Drug Administration (FDA) regulations establish limits for contaminates in bottled water which must provide the same protection for public health.

Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/Centers for Disease Control (CDC) and Prevention guidelines on appropriate means to lessen the risk of infection by Cryptosporidium and other microbial contaminants are available from the Safe Drinking Water Hotline (800-426-4791).

If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. Minot AFB is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components. **Use water from the cold tap for drinking and cooking. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking.** If you are concerned about lead in your drinking water, you may wish to have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline or at <http://www.epa.gov/safewater/lead>.

If you have questions regarding this report, please contact Minot AFB Base Utilities Inc. at 727-5050 or Bioenvironmental Engineering at 723-5151. You may also attend the Minot City Council Public Works Committee meetings if you have concerns about water quality. Meeting times and dates can be obtained by contacting the City Clerk's office at 857-4752. Also, if you are aware of non-English speaking individuals who need help with the appropriate language translation, please call (701) 852-0333.

WE ARE IN THIS TOGETHER

COLORING CONTEST WINNERS



Schuyler McCraney (4)
First Place 0-6 year
Won \$75.00



Altman Sisters

Hadley (5)
Second Place 0-6 year
Won \$50.00

Winnie
Third Place 0-6 year
Won \$25.00



Emma Smiley (9)
First Place 7-12 year
Won \$75.00



Aiden White (9)
Second Place 7-12 year
Won \$50.00



Nate Friesz (11)
Third Place 7-12 year
Won \$25.00



Our thanks to all of the kids who entered our "We Are In This Together" Coloring Contest. Congratulations to the winners. They were all very excited when we called them to share the good news that they had won. Be watching in the future for more contests sponsored by the Northern Sentry. Have a great summer.

5 FSS

Delivery & Take Out

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<p>BOMBER BISTRO</p> <p>TAKE OUT & DINING (ESM ACCEPTED): MONDAY-FRIDAY 10:30AM-9:00PM SATURDAY 2:00PM-8:00PM DELIVERY: 4:30PM-8:30PM PAYMENT MUST BE MADE PRIOR TO DELIVERY, NO ESM ACCEPTED</p> <p>727-4377</p>	<p>DAKOTA INN DINING FACILITY</p> <p>TAKE OUT & DINING (ESM ACCEPTED): MONDAY-FRIDAY: 6:00AM-9:00AM, 10:30AM-11:30PM, 4:30PM-6:30PM SATURDAY & SUNDAY: 6:30AM-6:30PM</p> <p>723-2359</p>
<p>JIMMY DOOLITTLE CENTER</p> <p>DRIVE THROUGH (ESM ACCEPTED): MONDAY-FRIDAY 11:00AM-1:00PM FAMILY MEAL PICK UP TUESDAY-FRIDAY 3:30PM-5:30PM ORDER IN ADVANCE VIA MEMBERPLANET PAYMENT MUST BE MADE PRIOR TO PICK UP, NO ESM ACCEPTED</p> <p>723-3731</p>	<p>ROCKERS BAR & GRILL</p> <p>TAKE OUT & DINING (ESM ACCEPTED): MONDAY-FRIDAY 11:00AM-5:00PM ROCKERS LOUNGE OPEN: WEDNESDAY-FRIDAY 3:00PM-9:00PM</p> <p>727-ROCK</p>
<p>KELLEY'S PLACE</p> <p>TAKE OUT BREAKFAST AND LUNCH (ESM ACCEPTED): MONDAY-FRIDAY 7:00AM-2:00PM</p> <p>727-4714</p>	

*SOME RESTRICTIONS MAY APPLY. DFAC, ROCKERS & BOMBER BISTRO DINING AREAS OPEN WITH LIMITED SEATING

TWO-DIMENSIONAL

Art Contest

AT MAFB ARTS & CRAFTS

JULY 1-31

IT'S TIME TO GET CREATIVE! ENTER YOUR TWO-DIMENSIONAL PAINTING OR DRAWING IN THIS FUN ART CONTEST IN CONJUNCTION WITH THE AIR FORCE PHOTO CONTEST! DIGITAL ART, PHOTOGRAPHY, & THREE-DIMENSIONAL ART WILL NOT BE ACCEPTED. OPEN TO ADULTS AGES 18 & OLDER. SEND THE ORIGINAL, HIGH RESOLUTION JPEG/JPG PHOTOS OF YOUR WORK WITH A MAXIMUM FILE SIZE OF 3MB TO LEANN.REINHARD@US.AF.MIL

THE WINNER WILL RECEIVE A \$50.00 FSS GIFT CARD!

PLUS, ENTER YOUR PHOTOGRAPHY IN THE AIR FORCE PHOTO CONTEST JULY 1-31! VISIT AIRFORCEPHOTOCONTEST.WISHPOND.PAGES.COM FOR MORE INFORMATION!

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2020 5TH MSG GROUP

The 5th Mission Support Group poses for photos at Minot Air Force Base, North Dakota on May 30, 2020. *More photos can be found on MAFB PA Flickr page.*

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

MINOT AFB
SCHOOL BOARD POSITION
NOW OPEN!
CURRENTLY ACCEPTING APPLICATIONS

For more information or an application
contact Racquel Labadie at
701-240-2380 or send an email
to racquel.labadie.1@us.af.mil

POSITION REQUIREMENTS :

- 1- Must reside on base
- 2- Active duty enlisted, reservists, and family members eligible*
- 3- Cannot be an employee of Minot Public Schools

Deadline to apply is 17 June



*Pursuant to DoDD 1344.10 paragraph 4.2.4.2 officers are not eligible to serve on the Minot AFB School Board as it is not an independent school district

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The Elizabeth Dole Foundation Creates New Talent Opportunity for Military Kids

ELIZABETH DOLE FOUNDATION

Washington, D.C. (June 3, 2020) – The Elizabeth Dole Foundation is launching a virtual “Military Kids Have Talent” contest today to spotlight the children and survivors of our nation’s military service members and veterans. Military kids play a critical role in their families and the Foundation wants to highlight these amazing young people during a time when many milestones and celebrations have been canceled due to COVID-19. “Military Kids Have Talent” is designed to give children a stage for sharing their skills and talents, and give audiences nationwide a chance to celebrate them.

“During COVID-19, many military families have faced even greater uncertainty and stress than in their regular day-to-day lives,” said Steve Schwab, CEO of the Elizabeth Dole Foundation. “Kids can definitely feel this, and we want to give them a chance to have fun and be recognized for who they are.”

Contest entries will be accepted until June 12th, and following that deadline, the Foundation will host a virtual viewing party for the public to watch talent submissions and vote for their favorites.

Who can participate?

- Talent contest participants must be the child, survivor, or dependent of a military service member or veteran and be 18 years old or younger. Groups are welcome to participate if each member

of the group falls into the aforementioned categories. The general public is invited to participate during the watch party by viewing submissions and voting for their favorite talent.

How will “Military Kids Have Talent” work?

- Contest participants will choose their talent, and with the help of their parents, film a video of their performance. Videos must be no longer than two minutes.

- Entries will be submitted at www.hiddenheroes.com/talent. This portal also includes release forms that participants will need to sign as well.

- After the June 12th deadline, all videos will be compiled into a longer form show that will be broadcast as a watch party for families and friends.

- During the watch party, family and friends will be able to cast vote(s) for their favorite talents.

- After the votes are tallied, the Foundation will host a broadcast to announce the top winners and award the prizes.

What is the deadline?

- Videos must be submitted by Friday, June 12th, 2020 at 11:59 pm EST.

For more specific entry instructions, please visit www.hiddenheroes.org/talent. If you’re interested in connecting with a member of the Foundation’s leadership team, please contact Austin Courtney at Austin@elizabethdolefoundation.org.



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Upcoming Events

13 JUNE

DATE NIGHT PAINTING

7:00 PM

Nature's Nook Children's Toys & Books
1700 21st Ave. NW, Suite B, Minot

Looking for something fun to do on date night? We are re-starting our painting classes. Each date night is 2 hours of fun painting with your partner on individual canvases or a shared master piece. Date Nights are for adults only, drinks and finger foods served, evening starts at 7pm and all supplies are provided. If you'd prefer to stay at home we offer Online Event Kits with a Facebook Live video during the event.



For more information:

Facebook event/ Nature's Nook Children's Toys & Books

13 JUNE

STAINED GLASS SUCCULENTS

10:00 AM - 2:00 PM

Margie's Art Studio
109 Main Street South, Minot

Never worry about forgetting to water you “plants” again! In this beginner friendly stained glass class, you will make a 3 dimensional arrangement of stained glass succulents and “plant” them in one of our upcycled wine bottles! All supplies included. Please wear closed toes shoes. Class size limited.



For more information:

Facebook event/ Margie's Art Studio

15 JUNE

ANYTIME FITNESS COMMUNITY SUNSET YOGA/PILATES WITH KATE

8:00 PM - 9:00 PM

Jim Hill Middle School

1000 6th St SW, Minot

Sunset yoga/pilates with Kate is back! Join us every Monday evening at 8 pm behind Jim Hill Middle School for Sunset yoga/pilates directed by Kate. This event is sponsored by your locally owned Anytime Fitness. Bring your own mat or towel, water and mosquito spray. \$5.00 per class or \$40 for all 12 sessions. All proceeds will be donated locally and will be decided by Kate. All ages welcome.



For more information:

Facebook event/ Anytime Fitness, Minot ND (South Minot)

16 JUNE

DOWNTOWN AFTER DARK W/ SOULSHINE

8:00 PM - 11:55 PM

The Spot

6 2nd St NE, Minot

Summer nights are best enjoyed outside with good music and good friends! Come to Downtown After Dark at The Spot and enjoy the rhythms and blues of Soulshine!



Parking Lot Party // 21+ // Bring Your ID-We Card Everyone!

For more information:

Facebook event/ The Spot

17 JUNE

MINOT DAV (DISABLED AMERICAN VETERAN) COFFEE SOCIAL

2:00 PM - 3:00 PM

Ward County Admin Bldg

225 3rd St SE Minot, ND

DAV CHAPTER 4 Coffee Social: Coffee and pastries start at 2:00pm. All Veterans, DAV Volunteers and Auxiliary members are welcome. Join us in the Veterans Room (105) in the Ward County Admin. Bldg. 225 3rd St SE Minot. A \$1 free will donation is suggested to help defray expenses for coffee, cups, utensils, creamers etc., etc. For any questions, please contact minotdavchptr4@hotmail.com



For more information:

Facebook event/ DAV Chapter 4 Minot, ND

17 JUNE

DBPA PROMDEMIC

5:00 PM - 11:00 PM

Downtown Minot

15 Main St North, Minot

The Downtown Business & Professional Association will host the “Promdemic” to help the current high school students in our community and surrounding communities celebrate their high school proms. This event is designed to give the students a chance at that fun in a safe, structured environment. Downtown businesses, along with other community partners, will partner together to provide entertainment, food and non-alcoholic beverages to the students. Tickets available on eventbrite (\$30)



For more information:

Facebook event/ Minot Downtown Business & Professional Association

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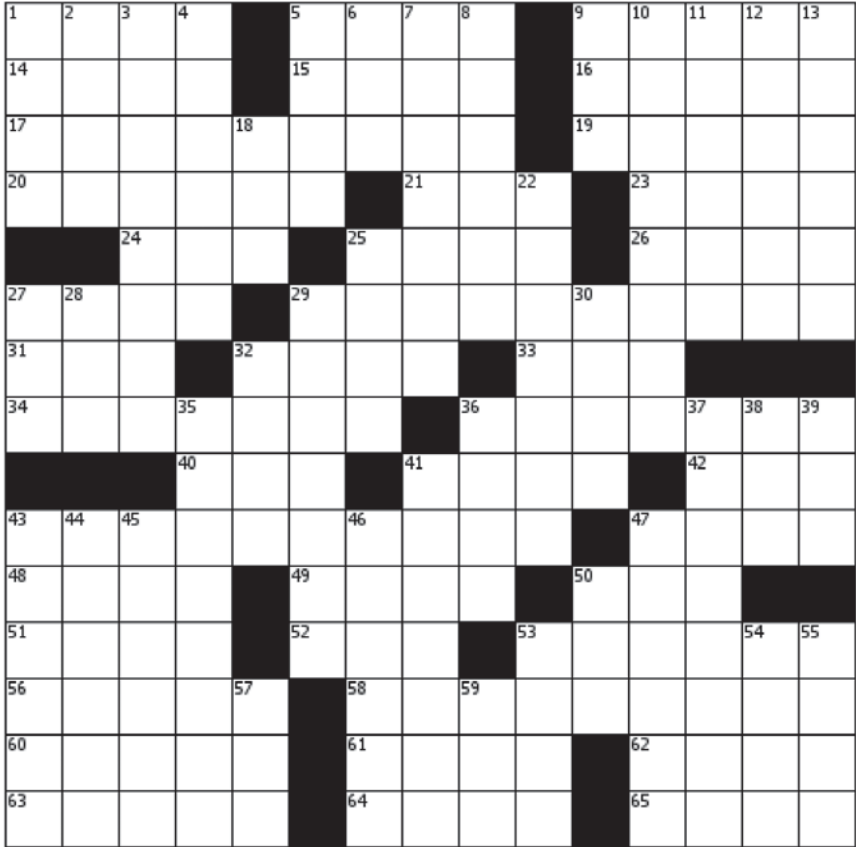
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CROSSWORD PUZZLE

- Across**
- 1. Anatomical pockets
 - 5. Israeli seaport
 - 9. Toward the stern
 - 14. Workplace inspector, for short
 - 15. Spiritual mentor
 - 16. Big name in Chicago politics
 - 17. A hit off the wall, perhaps
 - 19. Playful sea mammal
 - 20. They're under cities
 - 21. Clause connector
 - 23. Big city on the Big Island
 - 24. "The A-Team" star
 - 25. Trap, as a raccoon
 - 26. Gov't investigators
 - 27. Natural mimics
 - 29. Frank
 - 31. Organic necklace
 - 32. Rapper Snoop
 - 33. Ale server
 - 34. Mythological box opener
 - 36. Tie pattern, perhaps
 - 40. "___ Howdy Doody time!"
 - 41. Freudian error
 - 42. Eastern honorific
 - 43. Gun in a Western
 - 47. Initials on a brandy bottle
 - 48. Construction beam
 - 49. Mouthward
 - 50. Fathom
 - 51. You may get a hand here
 - 52. Pick on playfully
 - 53. Type of greens
 - 56. Graceful horses
 - 58. Poolroom item
 - 60. Dentist's request
 - 61. "To Sir With Love" singer



- Down**
- 1. Pub-crawlers
 - 2. "Even ___ speak ..."
 - 3. Chinese restaurant offering
 - 4. Warmongers rattle them
 - 5. They run only when broken
 - 6. Type of nut
 - 7. Certain floor cover
 - 8. Atlanta Braves field
 - 9. Bustle
 - 10. Household fixtures
 - 11. Nissan product
 - 12. Tentative proposal
 - 13. Hollywood Power
 - 18. Word with collection or class

- 22. Heartache
- 25. Garb for Claudius
- 27. Climber's challenge
- 28. Shade of green
- 29. Desolated
- 30. Clever comment
- 32. "The lady ___ protes too much"
- 35. Prepared for a shower
- 36. Appealed earnestly
- 37. Application request
- 38. Braggart's display
- 39. Puppy sound
- 41. Yankee, for one
- 43. Luncheonette supply
- 44. Gibraltar's peninsula
- 45. Imagined idyllic place
- 46. Bay windows
- 47. Type of abuse
- 50. Type of feeling
- 53. Hood
- 54. Pelvic bones
- 55. Word with game or action
- 57. ___ Lanka
- 59. Day-___ (fluorescent paint)



If a farmer has 5 haystacks in one field and 4 haystacks in the other field, how many haystacks would he have if he combined them all in a third field?

Answer: : One. If he combines all of his haystacks, they all become one big one.

SUDOKU Solution to puzzle on page B11

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

Solution to last week's Crossword puzzle.

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



ANIMAL FACT:

THIS BEAR IS THE SMALLEST AND MOST POPULOUS BEAR IN NORTH AMERICA.

ANSWER: BLACK BEAR

How they SAY that in...

ENGLISH: Mountain

SPANISH: Montaña

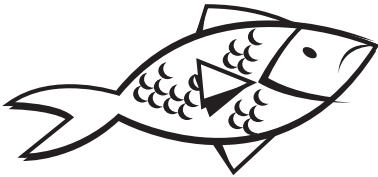
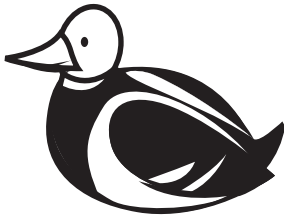
ITALIAN: Montagna

FRENCH: Montagne

GERMAN: Berglandschaft

Creative Coloring

Celebrate the great outdoors.
Color in this picture to create your own masterpiece.



THIS DAY IN... HISTORY

JUN 10

- 1854: THE UNITED STATES NAVAL ACADEMY GRADUATES ITS FIRST CLASS OF STUDENTS.
- 1947: SAAB PRODUCES ITS FIRST AUTOMOBILE.
- 2001: POPE JOHN PAUL II CANONIZES LEBANON'S FIRST FEMALE SAINT, SAINT RAFQA.

New word

VAST

of great extent or quantity

Did You Know?

THE U.S. HAS 419 NATIONAL PARK SITES AND CANADA HAS 48 NATIONAL PARKS AND NATURE PRESERVES.

GET THE PICTURE?

Can you guess what the bigger picture is?

ANSWER: PALM TREE

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>Saturday Vespers 7:00 p.m. Sunday Liturgy 10:00 a.m.</p> <p>Fr. Thaddeus Nielsen</p>	<p> Break Forth BIBLE CHURCH 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) Sunday School 9:00 a.m. Worship 10:30 a.m. 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 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 Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Evening Worship 6:00 p.m. Wednesday Evening 7:00 p.m.</p> <p><i>Independent/Fundamental/KJV</i> 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p>Cornerstone Presbyterian Church 1000 NE 3rd Street 852-0315</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 All are Welcome! www.ecominot.org</p>	<p>Congregational UCC 430 N. Broadway • 839-1064</p> <p>Sunday Worship 11am Sunday School 11am Tuesday Bible Study 12pm Saturday Noah's Breakfast .. 9:30am</p> <p>Please join us, all are welcome here!</p> <p>UNITED CHURCH OF CHRIST </p>	<p> St. Mark's Lutheran Church <i>Missouri Synod</i></p> <p>Sunday Worship 9:30 AM</p> <p>2209 4th Avenue NW Minot, ND 839-4663</p> <p>Reverend Philip Beyersdorf</p>
<p> Immanuel Baptist Church 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 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  2600 West Central Ave • Minot, ND 58701 839-7076</p> <p>Daily Mass Schedule: 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></p> <p>Gospel Tabernacle Community Church 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 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 415 28th Ave SE (Behind Menards) 838-1873</p>	<p> West Minot Church of God <i>Family Worship Center</i> 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 westminot.com facebook.com/westminot</p>	<p>West Minot Church of God <i>Family Worship Center</i> 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 westminot.com facebook.com/westminot</p>
<p> Vincent United Methodist Church 1024 2nd St. SE • 838-4425 <i>Behind Town & Country Shopping Center</i> open hearts...open minds...open doors!</p> <p>Saturday Informal Worship .. 5:00 p.m. Sunday School 9:00 a.m. Sunday Worship Service 10:00 a.m. Fellowship 11:00 a.m.</p> <p>Pastor Jennifer McDonald www.vincentumc.com</p>	<p> OUR REDEEMER'S CHURCH <i>A Church of the Lutheran Brethren</i></p> <p>Thursdays: Worship 6:30 p.m.</p> <p>Sundays: Worship 8:30 a.m. & 10:45 a.m.</p> <p>700 16th Ave SE • 701-838-0750</p> <p>For more information visit us on the web at: www.ourredeemers.org</p>	<p>Chapel Services at MAFB <i>Protestant</i> (North Plains Chapel in Base Housing) Contemporary Service Sunday Worship 1000</p> <p>Gospel Service Sunday Worship 1130</p> <p><i>Catholic Mass (Northern Lights Chapel across from Rockers)</i> Sunday 1000 & 1700 Daily Monday-Thursday at 1200</p>	<div data-bbox="1312 1765 2026 2448"> <p>ORCS Preschool</p> <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>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>Please contact our school office or visit our website for more information. 701.839.0772 Email: jschultz@orcsknights.org Website: www.orcsknights.org</p> </div>	
<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 CHURCH <i>A Church of the Lutheran Brethren</i></p> <p>Thursdays: Worship 6:30 p.m.</p> <p>Sundays: Worship 8:30 a.m. & 10:45 a.m.</p> <p>700 16th Ave SE • 701-838-0750</p> <p>For more information visit us on the web at: www.ourredeemers.org</p>	<p>To Advertise your Church on this page,</p> <p>Call 839-0946</p> <p>Only \$7.00 a space / per week</p>	<p>OUR REDEEMER'S CHRISTIAN SCHOOL'S PRESCHOOL PROGRAM</p> <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>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>Please contact our school office or visit our website for more information. 701.839.0772 Email: jschultz@orcsknights.org Website: www.orcsknights.org</p>	

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SUDOKU ANSWERS

Answers to puzzle from page B9

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

REAL ESTATE

Find ALL listed homes for sale in Minot and the surrounding areas at www.brokers12.com.

FSBO MOHALL ND

2010 Mfd home 28x64 has 2 decks, 3 bdrm, 2 bath, office, 2 car garage 28x42, large yard. Shop 32x64 has concrete floor & electricity. Price Reduced! Call/text for details, pictures, & to see. 701-228-4089 or 701-228-4190.

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3 bedroom ranch style home, 1 1/2 bath, basement, central air, attached garage, large yard, patio. Newly remodeled - new flooring and window coverings. No pets /No smoking. \$1050/month plus utilities. Call (701) 721-0355

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HELP WANTED

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.

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.

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Or contact: Matt Mackey By email or phone at mmackey@kalixnd.org 701-852-1014

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BASE ANNOUNCEMENTS

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY
Embry-Riddle Aeronautical University is now registering for the Summer 2020 term (15 June-16 Aug). 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 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 current course modalities include Online and/or Eaglevision home. If you have any questions, please call our teleworking phone number: 904-513-9734.

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* Later start times available but must be able to stay until 4pm & Sunday 11am-6pm

*** TEEN HOURS**
Tuesdays-Friday 4pm-7pm & Saturday 7am-6pm
* Morning start times rotate & vary

PLEASE SPEAK TO CHARLIE AT THE COMMISSARY IF INTERESTED OR LEAVE CONTACT INFORMATION WITH CUSTOMER SERVICE.

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Homes

Cars

Jobs & More



2020 5TH MXG GROUP

The 5th Maintenance Group poses for photos at Minot Air Force Base, North Dakota on May 30, 2020. *More photos can be found on MAFB PA Flickr page.*

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

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HYUNDAI**

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LONG!**

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\$269/mo

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Complimentary
Maintenance **PLUS**
America's Best Warranty

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*with approved credit (WAC)
Excludes tax, title, license, and fees

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Stock# M11199



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\$399/mo

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Complimentary
Maintenance **PLUS**
America's Best Warranty

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*with approved credit (WAC)
Excludes tax, title, license, and fees

2020 Hyundai Elantra SE

Stock# M10991



3yr/30,000 miles
\$189/mo

3years of
Complimentary
Maintenance **PLUS**
America's Best Warranty

\$1438 cash due at signing
*with approved credit (WAC)
Excludes tax, title, license, and fees

2019 Hyundai Ioniq Hybrid Limited

Stock# M10969



3yr/30,000 miles
\$299/mo

55 miles
per gallon city
and highway
combined

\$1595 cash due at signing
*with approved credit (WAC)
Excludes tax, title, license, and fees

2019 Hyundai Elantra GT N Line

Stock# M10962



3yr/30,000 miles
\$298/mo

\$1695 cash due at signing
*with approved credit (WAC)
Excludes tax, title, license, and fees

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\$500
MILITARY
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