

# northern sentry

FREE | WWW.NORTHERNSENTRY.COM | VOL. 58 • ISSUE 25 | MINOT AIR FORCE BASE | FRIDAY, JUNE 19, 2020

## WHATS INSIDE THIS WEEK:



SENATE CONFIRMS BROWN TO BE 22ND AIR FORCE CHIEF OF STAFF

A3



B-52S PARTICIPATE IN BTF, BALTOPS 2020 EXERCISE

A5



JUNE: PTSD AWARENESS MONTH

A6

# 2020 TRF TRYOUTS



Team Minot Airmen compete during this quarter's TRF indoctrination course. In order to be a part of Minot Air Force Base's nuclear SWAT team, these Airmen are exposed to the hardest challenge Minot AFB has to offer. *More photos can be found on page B6 and MAFB PA Flickr page.*

U.S. AIR FORCE PHOTO | MINOT AFB PA

**NOW RE-OPENED!**

# WE'LL BUY YOU DINNER!

**ENTER WEEKLY!**

No Limit, Enter As Many Times As You Wish!

BLGRILL.COM | 1400 31ST AVE | MINOT, ND | 701-852-7335

DETAILS ON PAGE B3

## ONLY THE BEST COME NORTH!



WWW.MINOT.AF.MIL

Like "MINOT AIR FORCE BASE"

CONTACT MINOT AFB PUBLIC AFFAIRS:

(701) 723-6212  
V35BW.PA@US.AF.MIL



### Minot AFB



### Videos

# Gen. Goldfein earns Eisenhower Award

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

ARLINGTON, Va. (AFNS) -- Air Force Chief of Staff Gen. David L. Goldfein, received the prestigious Eisenhower Award June 9 from the Business Executives for National Security during a virtual award dinner.

The Eisenhower Award, which is awarded twice a year, recognizes military leaders, public servants and private citizens who have made considerable contributions toward former President Dwight Eisenhower's holistic definition of national security, described as, "...the total product of our economic, intellectual, moral and military strength."

"What an honor it is to accept this recognition on behalf of the almost 700K Airmen who stand watch here in the homeland and abroad," Goldfein said. "As leaders, it is our honor and sacred duty to take care of them and their families so they can take care of the mission."

According to their website, BENS is a nonprofit organization comprised of more than 400 senior business and industry executives who volunteer their time and expertise to address the national security community's most pressing challenges.

"Gen. Goldfein was recognized for his outstanding service to our nation and all that he has

contributed to strengthening our national security," said James Whitaker, BENS spokesman.

Goldfein was recognized for his commitment to shaping the Air Force and joint force for the future, Whitaker explained. He has been the thought leader championing collaborative efforts to connect the joint force across warfighting domains, while inspiring joint, interagency and coalition teams. He has balanced and modernized air, space, and cyberspace inventories, organizations, and training.

Unlike previous years when the award from the influential group known as BENS is presented during a high-profile dinner, Goldfein received the honor from retired Army Gen. Joseph L. Votel, BENS president and CEO, during the virtual gathering made necessary by the COVID-19 pandemic.

In addition, Goldfein's contributions were celebrated by two "appreciators" – the former Secretary of the Air Force Deborah Lee James and retired Chief Master Sgt. Jeremy Hardy. James and Goldfein served together for three years while James led the service as the 23rd secretary of the Air Force. Hardy, a career pararescueman, was part of the rescue force that saved

Goldfein after being shot down in May 1999.

During the online event, Goldfein was one of four honorees to receive the Eisenhower Award. The other recipients honored were; Thomas J. Campbell, managing partner, DC Capital Partners; to Eren and Fatih Ozmen, owners and leaders of Sierra Nevada Corporation.


Goldfein joins a list of previous winners including former Chairman of the Joint Chiefs of Staff Gen. Joseph Dunford, former Secretaries of Defense Leon Panetta and Ash Carter, former Sen. John McCain, and current Secretary of State, Mike Pompeo.

"On behalf of our Airmen and our families, I offer a heartfelt thank you for all you do," Goldfein said to the honorees and BENS. "I am truly honored, on behalf of our Airmen, to join the list of recipients who are titans in this great experiment called democracy."

Since 2016, Goldfein has served as the chief of staff of the Air Force. He is the senior uniformed Air Force officer responsible for the organization, training and equipping of 693,000 active-duty, Guard, Reserve and civilian forces serving in the United States and overseas. As a member of the

Joint Chiefs of Staff, Goldfein and other service chiefs function as military advisers to the secretary

of defense, National Security Council and the president.



**EXCHANGE**

**Military spouses, dependents, and veterans**

**Are you an Entrepreneur? Or have a Home Base Business?**

Let the Exchange help you grow your business, by becoming an in mall concession.

**MONTHLY, WEEKLY, WEEKEND, OR DAILY TIMES AVAILABLE!**

along with low and no fee options available at start up.

For details contact the  
Exchange Services Business Manager  
**Lisa Anderson**  
701-340-1193  
andersonlm@aafes.com



"Wise Guy," tail number 60-0034, is the second B-52 Stratofortress to go through a three-phase regeneration process to return active service. Wise Guy will transfer to Minot Air Force Base, North Dakota, where it will re-enter service and restore the fleet to 76 aircraft.

In 2015, the first B-52 completed the restoration process. Both aircraft were regenerated thanks to the 309th Aerospace Maintenance and Regeneration Group at Davis-Monthan Air Force Base, Arizona, the Oklahoma City Air Logistics Complex at Tinker Air Force Base, and Airmen at Barksdale Air Force Base, Louisiana.

U.S. AIR FORCE PHOTO | KELLY WHITE



**BackTalk**

**The Secrets Your Body May Be Keeping From You**

Can you feel the shirt you are wearing? Chances are you could not until I just mentioned that. You probably felt your shirt when you put it on this morning, but soon after your brain did a clever trick. Did the nerves responsible for sending the signals to your brain that you have a shirt touching your skin just stop? No, they did not. What happened was a process called attenuation. Attenuation in this context means that your brain got the signals from your shirt first thing in the morning and then soon after realized that that stimulus was not going to change so it down regulated those signals from your conscious mind. It knew that feeling of Hain's cotton on your skin was not going away any time soon and was not a priority for your survival and just like that you stopped noticing it. Until of course I mentioned it and now that tag is probably itching you again DANGIT; sorry!

Attenuation is just one way that your body can be keeping a secret from you. You see just like your brain quieted the signal from your shirt, it can do the same thing with pain. Some folks have severe problems with their back and just live with them; or try to tough through them and sometimes the pain goes away. That can be a good thing if the problem got fixed. But a bad thing if it did not and the brain just gave up on you and attenuated the pain. Your brain said "HEY! I have been using this pain to try to get your attention but you refuse to do anything about that so I am just going to turn that signal way down." This can become a big problem. A handy man I knew years ago comes to mind when I think about this. He suffered from back pain for years and just ignored it and eventually the pain went away. The key to this story is that the pain went away but the problem did not. If you saw his legs, it was clear that his right leg muscles were 1/3 the size of his left leg. There was a pinched nerve and his body was trying to get his attention to fix for years. In the end it just gave up and attenuated the pain. No question his health suffered as a result of the situation.

The second way your body may be keeping a secret from you has to do with the structure of your nerves. 90% of your nerve is dedicated to motor and sensory functions. Only 10% of it deals with pain. That means that you could have a lot of nerve pinching going on without you even noticing it. It gets worse!!! It is estimated that our brain processes 3 trillion bits of information per second!!! That's trillion with a B (sorry, bad joke). The VAST majority of those 3 trillion bits of information is processed at a sub conscious level. In fact, our conscious brain (all the info we are aware of) processes about 50 bits of information per second. If we are making our decisions about our health based on how we feel then also consider that only 10% of that 50 bits is related to pain!!! That means if you say I don't think I need to be adjusted because I feel fine that you are basing that decision on 5/3,000,000,000,000 of the information. Even by North Korean standards that is not a very large percentage of information to make your decisions based off of. Unless you know your Core Score, unless you know what your x-rays look like, unless you have been consistently assessed to see how well you are holding your adjustments, your body may be hiding lots of information from you. You have an amazing brain, you have an amazing nervous system, and if you take care of them they will take care of you. We are here to make sure there are no secrets when it comes to your health!



**CornerStone Chiropractic**



*Dr. Matt Hanson*

**1350 20th Ave SW, Minot, ND 58701**  
**(701) 852-2800**



**FOLLOW US ON FACEBOOK!**

**northern sentry**

MINOT AIR FORCE BASE NEWSPAPER  
WWW.NORTHERNSENTRY.COM

**X-TREME BOWLING IS BACK!!**

at North Hill Bowl  
**FRIDAY & SATURDAY**  
**6PM-CLOSE**

Get your friends together and do an X-treme Bowling Night.

**North Hill BOWL**

1901 NORTH BROADWAY, MINOT, ND  
852-4108  
WWW.NORTHHILLBOWL.COM

# Senate confirms Brown to be 22nd Air Force chief of staff on unanimous vote

CHARLES POPE, SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

WASHINGTON (AFNS) -- The U.S. Senate confirmed Gen. Charles Q. Brown Jr., June 9, to be the 22nd Air Force chief of staff, clearing the way for the decorated pilot and experienced commander to become the first African American in history to lead a branch of the U.S. military as its highest-ranking officer.

The vote was 98-0. In advance of today's vote on his confirmation, Brown testified before the Senate Armed Services Committee during a hearing May 7. During the hearing, Brown pledged to ensure Air Force readiness to support the National Defense Strategy, if confirmed. "I am committed to the Air Force achieving irreversible momentum towards implementation of the National Defense Strategy and an integrated and more lethal joint force," Brown said.

Secretary of the Air Force Barbara Barrett congratulated Brown on his confirmation and highlighted the important role he will play leading the Air Force into the future and carrying on the strategic vision of the current Air Force chief of staff, Gen. David L. Goldfein.

"I join leaders, Airmen and Space Professionals from across the forces in congratulating Gen. Brown and his wife Sharene," Barrett said. "Leaders of their

caliber will perpetuate the legacy of excellence that Gen. Goldfein and Dawn Goldfein have epitomized over the last four years. Gen. Brown's unrivaled leadership, operational experience and global perspective will prove crucial as we continue modernizing the Air Force to meet tomorrow's national security challenges and protect our nation."

Goldfein also congratulated Brown and cited his unparalleled qualifications to be the next Air Force chief of staff. "There is no one I know who is better prepared to be chief of staff, no one who has the experience and the temperament to lead the Air Force," Goldfein said. "The Air Force and our nation will be in good hands under his leadership."

Chief of Space Operations and fellow service chief, Gen. Jay Raymond also congratulated Brown on his confirmation.

"Gen. Brown is an innovative leader who clearly understands the complex and evolving strategic environment we face today as a Department," Raymond said. "He clearly understands the importance of leading across all domains to compete, deter and win — especially in war-fighting domains like space. I am thrilled with Gen. Brown's

confirmation. I couldn't ask for a better teammate."

Brown was commissioned in 1984 as a distinguished graduate of the ROTC program at Texas Tech University. He is a command pilot with more than 2,900 flying hours, including 130 combat hours.

Brown currently serves as the U.S. Pacific Air Forces commander and the air component commander of U.S.

Indo-Pacific Command at Joint Base Pearl Harbor-Hickam, Hawaii. U.S. Pacific Air Forces is responsible for Air Force activities spread over half the globe in a command that supports more than 46,000 Airmen serving principally in Japan, South Korea, Hawaii, Alaska and Guam.

Brown will replace Goldfein Aug. 6 at a swearing-in ceremony.



The U.S. Senate confirmed Gen. Charles Q. Brown Jr., June 9, to be the 22nd Air Force chief of staff, clearing the way for the decorated pilot and experienced commander to become the first African American in history to lead a branch of the U.S. military as its highest-ranking officer.

U.S. AIR FORCE COURTESY PHOTO

## CONTACTUS

Ted Bolton  
 Publisher | Advertising  
 bagroup@srt.com

Rod Wilson  
 Business Development | Marketing  
 sentrysales@srt.com

Nikki Greening  
 Creative Services  
 nsads@srt.com or  
 nsgraphics@srt.com

## MINOT AIR FORCE BASE PUBLIC AFFAIRS

### Chief of Public Affairs

Maj. Natassia Cherne  
**Public Affairs Officer**

1st Lt. Victoria Palandech  
 2nd Lt. Ryan Walsh  
**Superintendent**

Master Sgt. Jeremy Larlee  
**Civic Outreach**  
 Mrs. Tracy McIntosh

### Staff Photojournalists

Technical Sgt. Crystal Cheriere  
 Technical Sgt. Benjamin Smith  
 Staff Sgt. Michael Kantack  
 Staff Sgt. Steven Adkins  
 Staff Sgt. Ashley Boster  
 Senior Airman Alyssa Day  
 Senior Airman Dillon Audit  
 Airman 1st Class Josh Strickland  
 Airman 1st Class Caleb Kimmel  
 Airman 1st Class Jesse Jenny  
 Airman Jan Valle

### COMMANDERS

**5th Bomb Wing Commander:**

Col. Bradley Cochran

**5th Bomb Wing Vice Commander:**

Col. Brian D. Vlaun

**91st Missile Wing Commander:**

Col. Glenn Harris

**91st Missile Wing Vice Commander:**

Col. Barry E. Little

### NEWS SUBMISSIONS

Northern Sentry Office  
 nsads@srt.com | 701.839.0946

### MAFB Public Affairs Office

v35bw.pa@us.af.mil  
 701.723.6212

### MAIL & FAX

315 South Main Street, Suite 202  
 Minot, ND 58701 | 701.839.1867

### VIEW ONLINE

www.northernentry.com  
 www.minot.af.mil

### FIND US ON FACEBOOK

Minot Air Force Base - Northern Sentry. The Northern Sentry is published by BAG, LLC., a private firm operating independently of the U.S. Air Force. Contents of the Northern Sentry are not necessarily the official views of, or endorsed by, the U.S. government, the Department of Defense or the Department of the Air Force. The official news source for Minot Air Force Base is [www.minot.af.mil](http://www.minot.af.mil). The appearance of advertising in this publication, including inserts or supplements, doesn't constitute endorsements by the DoD, the Department of the Air Force or BAG LLC., of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchasers, users or patrons. We welcome your stories and photos of interest to the readership of the Northern Sentry. Minot Air Force Base Public Affairs reserves the right to not authorize publication. The Northern Sentry deadline for submission of materials is at noon the Tuesday before publication date.

**HAVE FUN AS A VOLUNTEER AT**

**ROOSEVELT PARK ZOO**

Minot Air Force Base has been among our top volunteer groups for several years donating more than 2,500 hours of community service in the last five years. Thank you for making Roosevelt Park Zoo a premiere destination.

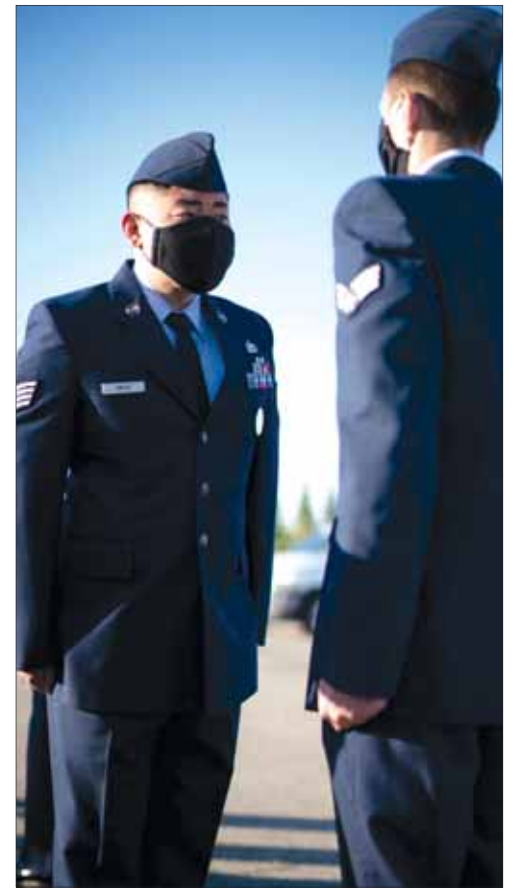
FOLLOW US ON FACEBOOK

1219 BURDICK EXPY EAST MINOT, ND  
[www.RPZoo.com](http://www.RPZoo.com) • 701-857-4166

**BOPPRE LAW FIRM**

BRIAN W. BOPPRE | ATTORNEY AT LAW

2151 36th Ave SW • Suite B • Minot, ND  
 Phone: 701-852-5224 • Fax: 701-852-5229



**ALS CLASS 20-D CLASS**

Airmen get their blues inspected at Airman Leadership School on Minot Air Force Base, North Dakota, June 12, 2020.

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS JESSE JENNY



- TIRE SALES & SERVICE
- AUTO REPAIR
- ATV REPAIR
- AUTO ELECTRIC REPAIR
- MOTORCYCLE REPAIR
- AUTO MAINTENANCE
- DETAILING

5220 N BROADWAY, MINOT  
701-852-4556



REALTOR  
**KAITLYNN  
EARNEST**

COLDWELL  
BANKER1ST MINOT  
REALTY, INC.  
RESIDENTIAL SALES

Mobile 701-509-0278

katyrearnest@gmail.com



# B-52s participate in BTF, BALTOPS 2020 exercise

AIR FORCE GLOBAL STRIKE COMMAND AIR FORCES STRATEGIC AIR  
RELEASE NUMBER: 010620

Two 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 Baltic region, June 15, 2020, while also supporting the Baltic Operations exercise.

This is the 49th iteration of the BALTOPS exercise and the premiere maritime-focused exercise in the Baltic region. Air and maritime assets from 19 NATO allied and partner nations will participate in live training events that include air defense, anti-submarine warfare, maritime interdiction and mine countermeasure operations.

In support of Bomber Task Force Europe, a B-52 conducted

integration and interoperability training with British Royal Air Force Typhoons and French Mirage 2000s assigned to NATO's Baltic Air Policing mission. The bomber also overflew Tallinn, Estonia, Riga, Latvia, and Vaindloo Island in the Baltic Sea.

A B-52 then conducted a low-approach over the USS Mount Whitney, the flagship and command ship of the United States Sixth Fleet in support of the BALTOPS exercise.

"Long-range strategic bomber missions to the Baltic region are a visible demonstration of our capability to extend deterrence globally," said Gen. Jeff Harrigan, U.S. Air Forces in Europe and Air Forces Africa commander. "Our participation in BALTOPS also

provides an opportunity for us to strengthen relationships with our NATO allies and partners while operating in the air and sea domains."

A KC-135 Stratotanker from the 100th Air Refueling Wing, RAF Mildenhall, England, enabled the B-52s to complete the round trip from Minot Air Force Base.

Participation in multinational exercises enhances our professional relationships and improves overall coordination with allies and partner militaries during times of crisis.

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



B-52s conduct interoperability training with aircraft from the Baltic Air Policing mission during a long-range, long duration strategic Bomber Task Mission throughout Europe and the Baltic region, June 15, 2020. Participation in multinational exercises enhances our professional relationships and improves overall coordination with allies and partner militaries during times of crisis.

COURTESY PHOTO | ESTONIAN AIR FORCE



Left: B-52s conduct interoperability training with aircraft from the Baltic Air Policing mission during a long-range, long duration strategic Bomber Task Mission throughout Europe and the Baltic region, June 15, 2020. Participation in multinational exercises enhances our professional relationships and improves overall coordination with allies and partner militaries during times of crisis.

COURTESY PHOTO  
ESTONIAN AIR FORCE



From left, the British Royal Navy Duke-class frigate HMS Kent (F78), the Supply-class combat support ship USNS Supply (T-AOE 6), the Blue Ridge-class command and control ship USS Mount Whitney (LCC 20), the Royal Danish Navy Absalon-class support ship HDMS Esbern Snare (L17) and the Swedish Royal Navy Visby-class corvette HMS Karlstad (K35) sail in formation in the Baltic Sea while a U.S. Air Force B-52H Stratofortress long-range bomber flies overhead during exercise Baltic Operations (BALTOPS) 2020, June 15, 2020. BALTOPS is the premier annual maritime-focused exercise in the Baltic Region, marking the 49th year of one of the largest exercises in Northern Europe enhancing flexibility and interoperability among allied and partner nations.

U.S. NAVY PHOTO | MASS COMMUNICATION SPECIALIST  
2ND CLASS DAMON GROSVENOR

## Welcome Dr. Colón Internal Medicine



Christian Colón, MD

A member of our primary care team, Christian Colón, MD, is an internist dedicated to providing effective, patient-centered care that promotes wellness in addition to treating illness.

### Now Accepting New Patients

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.

#### Internal Medicine Services

- Diagnosis and treatment of adult illness
- Comprehensive care and manage of common and complex diseases
- Health screenings, immunizations, and preventive care
- Yearly physical exams

Health Center – Town & Country  
831 South Broadway, Minot ND 58701  
For Appointments, Please Call **701-857-7986**



trinityhealth.org

*It's our 80th Anniversary*  
**AND WE HAVE SIZZLING HOT SAVINGS!**

**APPLY TODAY AND YOU COULD WIN A FREE GRILLING GIFT OR A HOT DISCOUNT OF UP TO .80% OFF YOUR LOAN RATE.**

This sizzling hot offer is for a limited time only. Some restrictions apply.

nsccu.com  
NCUA

**North Star**  
Community Credit Union  
CELEBRATING 80 YEARS

**What is PTSD?**

Post-traumatic stress disorder is a mental health condition that some people develop after experiencing or witnessing a traumatic event such as combat, a natural disaster, a car accident, or sexual assault.<sup>1</sup>

Learn more at: [www.ReadyAirmen.com](http://www.ReadyAirmen.com)

U.S. Department of Veterans Affairs, PTSD Basics. [2019]. [https://www.ptsd.va.gov/understand/what/ptsd\\_basics.asp](https://www.ptsd.va.gov/understand/what/ptsd_basics.asp)

**June: PTSD Awareness Month**

Leaders can empower and support Airmen with PTSD by promoting the following tips:

- ▶ Do not self-medicate
- ▶ Find a support group
- ▶ Follow the provider's treatment plan
- ▶ Learn more about PTSD
- ▶ Practice positive self-care
- ▶ Stay connected with trusted advocates
- ▶ Stay physically active
- ▶ Talk to a mental health professional

# PTSD Awareness: Know When You Aren't You

SHANNON HALL, AIR FORCE WOUNDED WARRIOR PROGRAM

JOINT BASE SAN ANTONIO-RANDOLPH, Tex. --

Sleepless nights, angry for unknown reasons, feelings of isolation and decreased interest in doing what you enjoy are just a few of the symptoms those diagnosed with Post-Traumatic Stress Disorder (PTSD) face every day. Trying to understand and cope with the symptoms, in addition to managing the event that caused it all, can be overwhelming for some people.

According to the National Center for PTSD, the disorder is a mental health problem that some develop after experiencing or witnessing a life-threatening event, like combat, a natural disaster, a car accident or sexual assault. Some people experience an event, have a grieving period, and then return to their old self with distant memories of what happened. Those who suffer from PTSD are unable to make the event a distant memory and become highly distressed when remembering that time in their life.

"When I tried to sleep, I kept having the feeling that I was back overseas," said Master Sergeant Retired Patrick Poe, Security Forces Training non-commissioned officer. "I was always on-guard, reacting to the sounds and actions that occurred while I was overseas. I was not sleeping."

The signs and symptoms of PTSD, while similar in many ways, are experienced differently by everyone. Some people get angry and frustrated, while others are more tired and isolate themselves. Recognizing these symptoms and the impact they have on daily life is the first step in getting help..



Master Sergeant (retired) Patrick Poe was diagnosed with PTSD in 2016, after multiple tours down-range as a Security Forces Training non-commissioned officer. To help cope with the symptoms, Poe stays active with his son, sees a counselor, and does art.

"I first noticed that I was easily angered and aggravated. After my second deployment the symptoms were worse with depression, anxiety, and unexplainable feelings," Poe said. "I got help after I realized it was affecting my job, relationships and my mental health."

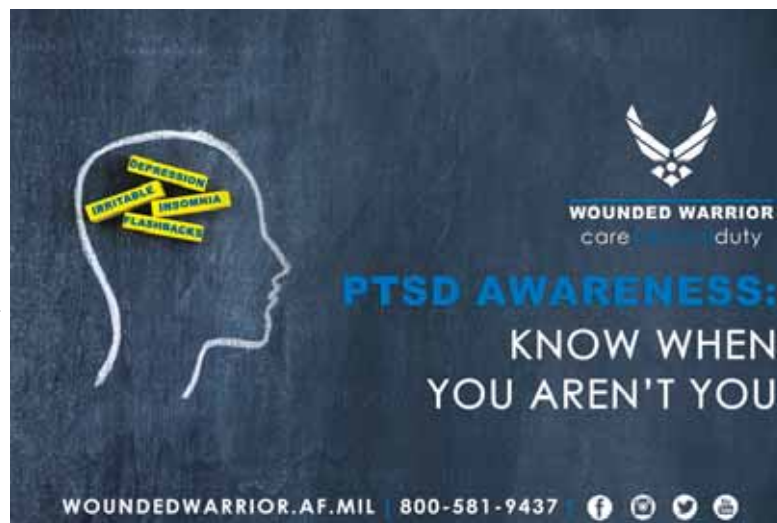
Although members cannot be forced to seek treatment for their PTSD, families, friends, and leadership can still help them along the path of their recovery. Helping the member realize how their symptoms impact those around them may be what they need to make the decision to seek help. Even if they don't seek treatment, it is important for those around them to stay mentally strong and continue to care for themselves as well.

"There are times where I have to distance myself emotionally, so that I am not affected negatively," said Michelle Hart, Poe's significant other. "It is self-preservation and I've learned that it is not on me to fix him. All I can do is be a constant in his life and be as positive as possible."

Remaining strong, together, is key to surviving and living with PTSD. Know your friends, your family, your Airmen, your leaders and yourself. If something seems off, talk with someone, and get the help needed and know you are never alone.

"I learned that speaking up and seeking help is not a sign of weakness, but strength and AFW2 is now a family that has never left me," Poe said. "They wrapped their arms around me, accepted me as I am and showed me that even with my disabilities I can do, and accomplish, all things."

June is PTSD Awareness month and AFW2 will host daily virtual socials live on Facebook to help everyone cope during this time. Visit the program's Facebook page to hear stories of resiliency and engage in wellness activities hosted by Air Force Wounded Warriors. For additional information, visit [www.woundedwarrior.af.mil](http://www.woundedwarrior.af.mil) to refer an Airman to the program, read about the program's mission, or learn about additional services offered to caregivers and families.



U.S. AIR FORCE GRAPHIC | KORTINAE LOZANO



Master Sergeant (retired) Patrick Poe and his girlfriend, Michelle, work together to deal with the symptoms of his PTSD. Michelle is a constant in his life and stays positive during the hard times.

COURTESY PHOTO

**PRE Father's Day Bowling Special**  
at Rough Rider Lanes

**Saturday, June 20th**  
5:00pm-8:00pm

CELEBRATE FATHER'S DAY EARLY AT ROUGH RIDER LANES! DADS BOWL UP TO 3 GAMES FREE AND RECEIVE FREE SHOE RENTAL! FAMILY MEMBERS BOWL FOR JUST \$3.00 A GAME WITH \$2.25 SHOE RENTAL!

727-4715

**SEALED BID AUCTION**  
AT MAFB OUTDOOR RECREATION

**JUNE 22-27**

TURN IN BIDS AT ODR DURING THE FOLLOWING HOURS:  
MONDAY-FRIDAY: 10:00AM-4:30PM  
SATURDAY: 10:00AM-1:30PM  
\*\*EXCLUDING WEDNESDAY: ODR CLOSED\*\*

**USED JET SKIS, BOATS, & MORE!**

IT'S TIME FOR A SEALED BID AUCTION! EACH ITEM IS NUMBERED. TO PLACE A BID, WRITE DOWN THE ITEM NUMBER & DOLLAR AMOUNT ALONG WITH YOUR NAME, ADDRESS, & PHONE NUMBER. PLACE BID INTO SEALED ENVELOPE, WRITE THE ITEM NUMBER ON THE FRONT, AND TURN IT IN AT OUTDOOR REC DURING OPERATING HOURS. WINNERS WILL BE NOTIFIED ON JUNE 29TH BY RESOURCE MANAGEMENT. WINNING BIDDERS WILL BE RESPONSIBLE FOR REMOVING ITEMS FROM RESALE LOT.

**MINIMUM BID WILL BE LISTED FOR EACH ITEM. ALL SALES ARE FINAL. ITEMS MUST BE PAID FOR AT THE TIME OF PICK UP.**

FOR FORCE FOR DETAILS, CONTACT OUTDOOR REC AT 723-3648

# PTSD: A Chief's story

CHIEF MASTER SGT. MICHAEL BRUNIN, 926TH WING

NELLIS AIR FORCE BASE, Nev. -- How do we handle post-traumatic stress disorder?

What is right?

What is wrong?

We can tend to look inside and say do I actually have it or am I just being weak? Pride is a good thing, but pride is also a killer when you have PTSD. When someone says PTSD we automatically think, "I wonder where they were deployed?" However, there are five main types of PTSD that effect the human psyche and we just don't think about this until, sometimes, it's too late.

Researchers speculate that, upon facing overwhelming trauma, the mind is unable to process information and feelings in a normal way. My overwhelming trauma was watching my son fight cancer. It was two full years of hell watching him go through things that a normal human being should not be going through. At the time I was like a robot and didn't realize the damage that was being done to me. I had to stay strong. I was the leader of my family and by God I was not going to allow anyone to see weakness in myself. I bottled it up to a point that I was looking in the mirror and didn't recognize the man looking back. I was in a dark place.

I remember as my son was gasping for his last breaths to try and stay alive I told him, "son I'm ok and I'll make it, you go rest now and see God." After he passed, I had so much hate and anger for God. I bottled it up to the point I wanted to die. I didn't realize I had a form of PTSD and I had it bad.

I didn't like who I was, so I started talking to priests and pastors and asking questions as to why would God take a child in such a vicious way? All said the same thing to me, "It's God's will." I found myself in an area that I was spiraling more down and out than towards peace. You see with my particular form of PTSD I couldn't find peace with God or accept why my son was taken. I hid it for the most part at work, but it was there like a demon in the night, always waiting on me to help me go down the dark hole and hate life.

Two things happened to me that saved me; I met my future wife and I got an answer.

My wife was like an angel sent to me as a gift. She has this unique ability to get me to open up more than I have ever done with anyone else. She was able to get me to just talk to the point of tears. It was as if a weight on my soul was lifting and I was starting to find peace with my son being gone.

However, I still had a beef with

God for his method of how he took my son; two years of hell. Why not just take him? You're God after all? But, one day as I'm sitting in my office working away a new member of our Wing showed up at my door. He was like the wind. One second he was not there then the next bam there stood Chaplain Lt. Col. Rowley. He was a very soft-spoken man. He asked if he could step into my office and I said absolutely sir. We introduced ourselves. Then I posed the question that I always do with chaplains, pastors and priests. I was waiting for the typical stupid answer that had always followed when he shocked me with an answer that made me cry with tears of relief. It was amazing. He, in one quick swoop, took so much hurt away. At that moment, I had finally found my peace with God. That one moment in time was the healing I needed to help me completely move forward.

I talked with him many times after that, and eventually was able to completely drop my shield and open up more to others. The best part is I healed my relationship with God. Do I have any demons still there? I don't feel any remorse towards God nor am I angry about my son passing these days. I do however hurt at times, but the demons are no longer in control of me.

Oh, that awesome blast of an answer that the "Wind" Lt. Col. Rowley gave me? For that, my friends you will have to come and have a chat with me. Can't make it that easy.

I leave you with this. I have been so lucky to come from a large family. Not just the one I was raised in, but also the one I come to every day as well. If not for all of them, I would not be here today. My family, unit and friends have always been there for me to talk with and get me through my past of hard times. No one can truly understand the pain that someone else is really going through, for the human mind is a very fragile thing. Remember this. What might seem like nothing or trivial to you, might just be the breaking point to another. To be a good listener to a person in need could just potentially save a life.

Remember bottling it up fuels the demons that live in the dark and want you there with them, for it is pain they seek. There are so many avenues that are there to help. We have one life that we get to enjoy and to hurt inside for most of it is robbing you and the ones that love you.

PTSD Resources:

<https://www.militaryonesource.mil/>

<https://www.ptsd.va.gov/>



## Take a hike

Patricia Stockdill

A quote by American author Willa Cather may epitomize what it takes to appreciate a hike in parts of North Dakota: "Anybody can love the mountains, but it takes a soul to love the prairie."

Cather was known for her novels about frontier life – especially the Great Plains. While landscape and lifestyles have changed significantly since she penned "O Pioneers!" or "The Song of the Lark" more than a century ago, it's still possible to get a hint of what might have inspired her to make that assessment of what might – more often than not – be preserved as barren wasteland.

Just consider a trek on the Nux Baa Ga Trail at Indian Hills Resort west of Garrison: Lake Sakakawea serves as the backdrop to its six miles of winding trails over and through coulees and draws. It's mixed grass native prairie meeting one of the nation's largest man-made reservoirs, a true blend of history – some of that frontier life Cather wrote about – with the lives of the American Indians who called the region home.

The trail's name pays homage to those early residents, the farming nations of Mandan, Hidatsa, and Arikara Indians living along the Missouri River, and means "all the people" in Arikara.

The hard-pack dirt trail is safe for children and adults and provides that hint of what frontier was like before modernization. It's open for horseback riding, hiking, and bicycling.

Audubon National Wildlife Refuge (NWR) offers a different trail and different look at prairie. Located southeast of Garrison along the south shore of Lake Audubon, the refuge's mile-long self-guided hiking trail illustrates how the Northern Great Plains and its waves of grass mixed with wetlands plays such a major role in migratory bird nesting and migration.

And northwest of Minot, Upper Souris National Wildlife Refuge has a mix of trails along with its paved Prairie-Marsh Scenic Drive: The Oxbow

Nature Trails is located at the Outlet Fishing Area and can be a one-half or a mile long journey.

The Overlook Nature Trail treks over prairie hills overlooking the Souris Valley while Pelican Nature Trail is a one-half mile hike to Pool A spillway below Lake Darling Dam.

Farther north, the Centennial Wildlife Nature Trail begins at the north end of the Renville County Memorial Park, also called Mouse River Park. Round-trip, it's two to 2.5 miles long.

All of the trails are mowed paths for comfortable hiking, although a portion of the Oxbow Nature Trail has a pebbled surface.

The two Cottonwood Nature Trail loops pay homage to cottonwood trees planted in the 1930s by the CCC, Civilian Conservation Corps.

Just a note about the refuge, though – wildlife, especially nesting migratory bird species, are its primary mission. Because of that, it is open to the public daily from 5 a.m. to 10 p.m. While dogs are welcome, they must be leashed.

And please don't disturb plants, flowers, grasses, trees and shrubs, or collect rocks, antler sheds, or berries – they all play an important role for wildlife of all sizes and shapes.

The refuge volunteer partner organization, Friends of the Souris Loop Refuges, takes the "self-guided" aspect out of exploring some of the nature trails at Upper Souris NWR by sponsoring its Friends Nature Walk June 25, 7 p.m. They even provide free use of binoculars to observe birds and other wildlife while on the hike. It's a great way to get acquainted with the refuge, the region's wildlife, and some folks who probably already share a love of the same prairie Cather so eloquently described.

Besides, it's a great way to social distance outside if one is so inclined. Simply email the organization, ([fsourisllor@gmail.com](mailto:fsourisllor@gmail.com)) to RSVP for the Nature Walk.



An informational sign along Upper Souris National Wildlife Refuge's Prairie-Marsh route describes the important role of the prairie.



The auto tour route on Upper Souris National Wildlife Refuge northwest of Minot also provides opportunities for those wanting to trek in a different manner to more closely explore the refuge.

*U.S. Fish and Wildlife Service, Upper Souris National Wildlife Refuge Photos*

This special feature is sponsored by:



**NewKota**  
Services & Rentals

WE HIRE VETERANS

Only the Best Come,  
Live & Stay North

APPLY ONLINE AT  
[www.newkota.com](http://www.newkota.com)

"Best Toys in Town"

**main street BOOKS**  
NEW & USED

NOW SELLING KOMBUCHA ON TAP

**MILITARY ID DISCOUNT!**  
10% Off Everything, Every Day!  
WITH A MILITARY ID

**CHECK OUT ALL THE NEW ITEMS IN STORE!**

OPEN: Monday • Saturday: 10am - 6pm • Sunday: 12n - 4pm  
8 Main St S • Downtown Minot • 839-4050 • [www.mainstreetbooksminot.com](http://www.mainstreetbooksminot.com) • [mainstreetbooks@srt.com](mailto:mainstreetbooks@srt.com)

**DID YOU KNOW...**  
 YOU CAN READ THE FULL  
 NORTHERN SENTRY EDITION ONLINE!  
 VISIT OUR WEBSITE:  
[WWW.NORTHERNSENTRY.COM](http://WWW.NORTHERNSENTRY.COM)



# WHAT'S GOING ON MAFB

## TODAY

- Cycle, 0615, Fitness Center
- Pre-Father's Day Meals To Go – Lunch Pickup, 1100-1300, Jimmy Doolittle Center
- Strength & Conditioning, 1130, Fitness Center
- Pre-Father's Day Meals To Go – Dinner Pickup, 1330-1700, Jimmy Doolittle Center
- Swerk, 1830, Fitness Center
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

## WEDNESDAY

- Circuit Training, 0615, Fitness Center
- Right Start, 0730, A&FRC – Status TBD
- TAP/Vocational Track Day 1, 0800-1600, A&FRC – Online Learning Modules
- Club Member Benefit, 0900-1400, Rough Rider Lanes
- Swerk, 0915, Fitness Center
- Story Time, 1030, Minot AFB Storytime Club Facebook Group
- Strength & Conditioning, 1130, Fitness Center
- First Duty Station Officer Financial Training, 1500-1630, A&FRC – Limited Seating Available

## SATURDAY

- Cycle, 0900, Fitness Center
- Swerk, 1015, Fitness Center
- Pre-Father's Day Bowling Special, 1700-2000, Rough Rider Lanes
- Lights & Strikes and Saturday Unlimited Bowling, 2000-2300, Rough Rider Lanes

## THURSDAY

- Cycle, 0615, Fitness Center
- TAP/Vocational Track Day 2, 0800-1600, A&FRC – Online Learning Modules
- Tier 1 & 2 Initial Counseling (TAP) - Sep, 0800-1100, A&FRC – Online Learning Modules
- Sealed Bid Auction – Bid Turn In, 1000-1630, Outdoor Recreation
- Reintegration Briefing, 1000-1100, A&FRC – Online Zoom Meeting
- Summer Luau Special Lunch, 1030-1330, Dakota Inn Dining Facility
- Fit to Fight, 1700, Fitness Center
- Zumba, 1830, Fitness Center

## SUNDAY

- Zumba, 1400, Fitness Center

## MONDAY

- Cycle, 0615, Fitness Center
- Swerk, 0915, Fitness Center
- Sealed Bid Auction – Bid Turn In, 1000-1630, Outdoor Recreation
- Reintegration Briefing, 1000-1100, A&FRC – Online Zoom Meeting
- Strength & Conditioning, 1130, Fitness Center
- Newbery Book Club, 1600, Minot AFB Library Facebook Page
- Zumba, 1730, Fitness Center

## TUESDAY

- Cycle, 0615, Fitness Center
- Run 4 Fitness, 0615, Fitness Center
- Sealed Bid Auction – Bid Turn In, 1000-1630, Outdoor Recreation
- Game Day, 1000-1930, Minot AFB Library Facebook Page
- Fit to Fight, 1700, Fitness Center
- Swerk, 1830, Fitness Center

### UPCOMING EVENTS:

**26 June**

- Cycle, 0615, Fitness Center
- Sealed Bid Auction – Bid Turn In, 1000-1630, Outdoor Recreation
- Strength & Conditioning, 1130, Fitness Center
- Swerk, 1830, Fitness Center
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

**27 June**

- Cycle, 0900, Fitness Center
- Sealed Bid Auction – Bid Turn In, 1000-1330, Outdoor Recreation
- Swerk, 1015, Fitness Center
- Baby & Me Story Time, 1500, Minot AFB Storytime Club Facebook Group
- Lights & Strikes and Saturday Unlimited Bowling, 2000-2300, Rough Rider Lanes

**Due to base precautions, several base events have been postponed or cancelled. Visit [www.5thforcesupport.com](http://www.5thforcesupport.com) or 5th Force Support on Facebook for all up to date 5 FSS information.**

## 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!

**Auto Hobby**  
 Now Open: Tuesday-Friday: 0900-2000, Saturday: 0900-1700, Sunday & Monday: Closed

**People you know. Experience you trust.**

**FIRST WESTERN BANK & TRUST** [firstwestern.bank](http://firstwestern.bank)

**Easy entertainment. Fast connections.**

Ready to Midco? Let's go!  
[Midco.com](http://Midco.com) | 1.800.888.1300

© 2020 Midcontinent Communications. All Rights Reserved.





presents  
**JUNGLE JENN**





### SIAMANG GIBBON

CREATURE FEATURES

- Considered a lesser ape, the Siamang Gibbon is the largest and darkest of the 14 gibbon species. Unlike monkeys, apes do not have tails.
- Known as the "kings and queens of swing", Siamang Gibbons move in the trees by hand over hand swinging, a locomotion known as brachiating.
- With an arm span of almost 5 feet, their arms are 2 ½ times the length of their body.
- A Siamang Gibbon can grasp and carry things with both their hands and feet.

### CROSSWORD PUZZLE



**ACROSS**

1. Long journeys
4. Strong desire to achieve something
6. Quality of being orderly

**DOWN**

1. Break from work or school
2. Against
3. Vacation properties
5. Runs on rails

**HOURS:**  
OPEN DAILY  
10AM-8PM

FOLLOW US ON FACEBOOK 

1219 BURDICK EXPY EAST MINOT, ND  
WWW.RPZOO.COM • 701-857-4166

**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

# Golden Ticket Winners!

**WINNER!**

**Matt Brimmer**  
found his second Golden Ticket. He received \$20 Cash & a \$25 Gift Certificate to Badlands Restaurant.

**WINNER!**

**The McConnell Family**  
found a \$45 Golden Ticket in the Northern Sentry delivered to their doorstep. They received \$20 Cash and a \$25 Gift Certificate to Badlands Restaurant.  
Way to go McConnells!

**WINNER!**

**Erik Jiminez**  
found a \$45 Golden Ticket in the Northern Sentry. He received \$20 Cash and a \$25 Gift Certificate to Badlands Restaurant.

## Find hidden treasure in your Northern Sentry!

Keep an eye out for a "Golden Ticket" tucked away inside your paper! We will be randomly inserting one or more Golden tickets each week over the next few months into the Northern Sentry papers delivered to the MAFB. A Golden Ticket will have a specific cash value between \$20 and \$100! No purchase necessary, no strings attached, if you find a ticket, just let us publish your name & picture as a winner and the cash is yours. You'll never know if you're a winner unless you pick up that paper and turn every page. We'll keep you posted on whose found hidden treasure by printing their names and photos in the paper and on our Facebook page.

## NORTH DAKOTA GAME AND FISH DEPARTMENT



### PRACTICE PATIENCE AT BOAT RAMPS

Boaters are reminded to exercise patience, practice physical distancing and plan accordingly when heading to a lake or river this summer.

The North Dakota Game and Fish Department receives a number of complaints every year about overly aggressive behavior at boat ramps. A few simple reminders will help ensure a fluent transition when launching and loading a boat.

#### Launching

- Don't pull onto the ramp until your boat is ready to launch.
- Prepare for launching in the parking area. Remove covers, load equipment, remove tie downs, attach lines and put in drain plug, before backing onto the ramp.

- When ready, pull into line to launch. Wait your turn. Be courteous.

#### Loading

- Don't block the loading area with your boat until your tow vehicle is ready to load. Wait until you are clear of the launch area to unload gear.

- As soon as your trailer is in the water, load and secure your boat to the trailer.

- Remove boat and trailer from the water as quickly as possible.

- Get clear of the ramp. Pull into the parking area to finish securing your boat, unloading gear, draining all water and inspecting for and removing any vegetation. Remember to leave plugs out when transporting boat.

### WATCHABLE WILDLIFE PHOTO CONTEST

While contest guidelines for the North Dakota Game and Fish Department's Watchable Wildlife Photo Contest have change little from previous years, photographers are reminded to follow the guidelines for submitting their work.

Photographers who want to submit photos to the contest should go the Game and Fish Department's website at [gf.nd.gov/photo-contest](http://gf.nd.gov/photo-contest). Then it is a matter of providing some pertinent information about the photo and uploading it.

Doing so helps both with ease of submitting photos for the photographer and managing those images for Game and Fish staff.

The contest is now open and the deadline for submitting photos is Oct. 2. For more information or questions, contact conservation biologist Patrick Isakson at [pisakson@nd.gov](mailto:pisakson@nd.gov).

The contest has categories for nongame and game species, as well as plants/insects. An overall winning photograph will be chosen, with the number of place winners in each category determined by the number of qualified entries.

Contestants are limited to no more than five entries. Photos must have been taken in North Dakota.

By submitting an entry, photographers grant permission to Game and Fish to publish winning photographs in North Dakota OUTDOORS, and on the Department's website.

### BOAT NORTH DAKOTA COURSE

North Dakota state law requires youth ages 12-15 who want to operate a boat or personal watercraft by themselves with at least a 10 horsepower motor must first pass the state's boating basics course.

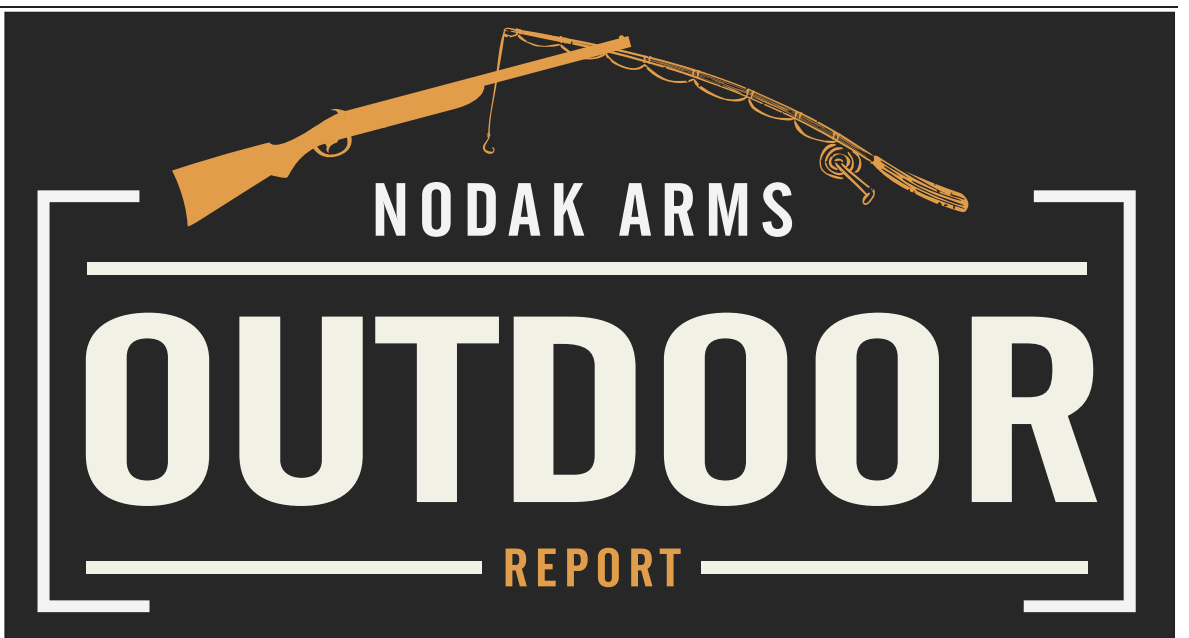
Two commercial providers offer the course online, and links to those sites are found on the North Dakota Game and Fish Department's website at [gf.nd.gov](http://gf.nd.gov). The online provider charges a fee for the course.

Upon completion of the online test, students can print a temporary certification card, and within 30 days a permanent card will be mailed.

The course covers legal requirements, navigation rules, getting underway, accidents and special topics, such as weather, rules of the road, laws, life saving and first aid.

All boaters are encouraged to take the course. Some insurance companies give adult boat owners who pass the course a discount on boat insurance.

For more information contact Game and Fish at [ndgf@nd.gov](mailto:ndgf@nd.gov); or 701-328-6300.



## OUTDOOR NOTES:

PATRICIA STOCKDILL

### Fishing:

Lake Sakakawea elevation, June 15: 1,842.8 feet above mean sea level (MSL); 27,800 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.43 feet above mean sea level (MSL).

Stump Lake elevation: 1,449.61 MSL.

• N.D. Game & Fish Dept. game wardens: Devils Lake fair to good for white bass from shore. No reports from north-central or northwestern lakes. Missouri River fair to good for walleye. Lake Sakakawea starting to improve for walleye when wind allows anglers to get on the water.

• Devils Lake, Ed's Bait Shop, Devils Lake: Look for good white bass success from shore. Try casting with larger minnows. Limited walleye success from boats due to wind. Look for better success with spinners and nightcrawlers in the coming weeks as the bite transitions into summer.

• Devils Lake, Woodland Resort, Devils Lake: Wind and weather permitting, angles are finding OK walleye success. Try New Mil or Old Mil bays with slip bobbers or pitching crankbaits. Look for a switch to trolling in 10 feet and deeper soon with warmer water.

• Lake Audubon, Totten Trail, Coleharbor: Limited activity on Lake Audubon, although a few musky anglers are finding fish in the back bays. Remember to release any musky less than 48 inches.

• Lake Darling, Karma C-Store, Ruthville: No new reports.

• Lake Metigoshe, Four Seasons, Bottineau: Bluegill moving into shallow water by the docks for some angling activity in the wind. Weather permitting, anglers are finding some nice-sized walleye and pike.

• Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Windy weather limiting activity on the east end of Lake Sakakawea. Move around with fish not patterning. Missouri River continues improving for walleye below the tailrace.

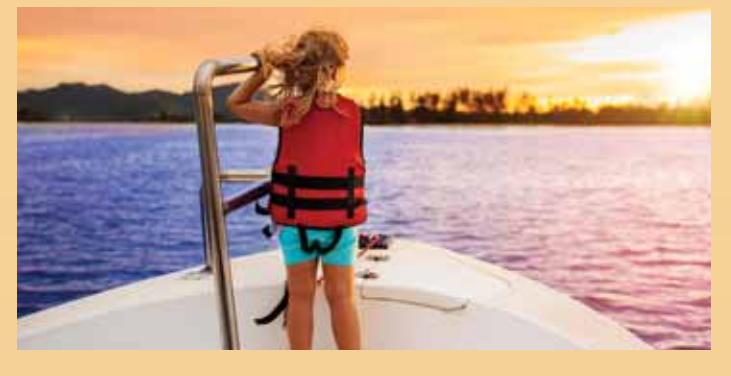
• Lake Sakakawea, Indian Hills Resort, Garrison: Wind making for difficult fishing, although when anglers can get out they're finding some walleye success with minnows. Move around in a variety of depths with a lack of consistent fish and

- June 25: Nature Walk, Upper Souris Nat'l. Wildlife Refuge, 7 p.m. Hosted by Friends of the Souris Loop Refuges. RSVP by email, ([fsourisloopr@gmail.com](mailto:fsourisloopr@gmail.com)).

- 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](http://parkrec.nd.gov)).



weather patterns.

• Lake Sakakawea, Scenic 23, New Town: Van Hook Arm fair for walleye, wind and weather permitting. Work shallow in 10 to 15 feet and less with a variety of presentations.

\*Lake Sakakawea, Van Hook Resort, New Town: Walleye success seems to be improving but wind continues limiting activity. Try 20 feet and deeper with best success still with minnows. Some improving success on leeches. Try flashy presentation with slow death hooks or large spinners.

• Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River fair to good for walleye in the spillway channel and blowout. Try variety of presentations, especially Lindy rigs and nightcrawlers. Also try jigging in the holes. Try crankbaits at night for walleye from the rocks off shore with some catfish mixed in. Lake Sakakawea remains better farther west, wind permitting, but is still inconsistent.

• Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Better Lake Sakakawea success is east around the New Town area and

Van Hook Arm. Try Blacktail Dam for perch and bluegill. McGregor Dam producing trout.

• North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Wind continues limiting activity on area lakes and river.

### River elevation & flows:

• Des Lacs River, Foxholm: River stage, 5.62 feet; streamflow, 9.18 CFS.

• Little Missouri River, Long X Bridge: Streamflow, 145 CFS.

• Missouri River Washburn: River stage, 11.31 feet.

• Souris River, Foxholm: River stage, 5.08 feet; streamflow, 4.13 CFS.

• Souris River, Minot: River stage, 3.99 feet; streamflow, 3.95 CFS.

• Yellowstone River, Sidney, Mont.: River stage, 8.51 feet; streamflow, 23,900 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.

THIS SPECIAL FEATURE IS SPONSORED BY:

**THE DAKOTA'S AR AUTHORITY**  
Parts, Accessories, Modifications, Repair & Custom Builds  
Shop Online [www.NodakArms.com](http://www.NodakArms.com)  
Sales@nodakarms.com • 701.839.0005

2 Miles East of Minot on Highway 2

Follow us on Facebook

## TREAGER FRIES WITH CHIPOTLE KETCHUP



### INGREDIENTS

- 4 WHOLE CHIPOTLE CHILES
- TABLESPOON EXTRA-VIRGIN OLIVE OIL
- 1 TEASPOON ONION POWDER
- 1 TEASPOON GARLIC POWDER
- CUP KETCHUP
- 1 TABLESPOON SUGAR
- 1 TABLESPOON CUMIN
- 1 TABLESPOON CHILI POWDER
- 1 WHOLE LIMES
- 6 WHOLE YUKON GOLD POTATOES, CUT INTO THICK STRIPS
- 2 TABLESPOON BUTTER
- 1 TABLESPOON TREAGER BEEF RUB
- 1/4 CUP PARSLEY, FLAT LEAF, FINELY CHOPPED

Chop the chipotle peppers, then combine them with the remaining chipotle ketchup ingredients in a mixing bowl. Refrigerate the mixture for at least 1 hour to allow the flavors to blend (making it one day ahead of time is even better if you can swing it).

When ready to cook, set temperature to High and preheat, lid closed for 15 minutes.

Place the potatoes in a bowl, drizzle with melted butter and sprinkle with Beef rub, toss to coat.

Lay the fries on a Traeger Grilling Basket or a baking sheet and bake for 10-15 minutes, or until the fries reach your desired level of crispiness

Remove the fries from the grill, place in a bowl, and toss with parsley. Enjoy by the handful with plenty of chipotle ketchup for dipping. Enjoy



Ryan Davy - GM  
Minot

[www.HofE.com/BBQHQ](http://www.HofE.com/BBQHQ)

# This can help military spouses revamp a job hunt during COVID-19

LIZANN LIGHTFOOT

Everything looks different in 2020, including how military spouses tackle a career search.

After months at home due to COVID-19, restrictions have forced a change to what is already a complex lifestyle. Whether that's working from home, helping kids with distance learning or missing professional development opportunities, routines are a lot more complicated. But military spouses don't have to figure it out alone.

This may be the perfect time to reach out and get extra help from a mentor. Lucie Piper, program coordinator for the Military Spouse Mentoring Program at American Corporate Partners (ACP), recommends military spouses connect with a professional role model.

"This is a great time to get linked up because you can talk to your mentor about where you are specifically right now. You can learn how to leverage your current remote work situation into a long-term situation or focus on the ins and outs of your industry and your job search," she said.

The program connects military spouses with professionals who can help with career exploration, entrepreneurship and small business growth, resume reviews, networking, interview prep, career coaching and overall professional development. Best of all, the program is free to military spouses, active duty, survivors and spouses of wounded because of the partnerships they have formed with Fortune 500 companies.

The COVID-19 lockdown has been a period of uncertainty in many ways, but Piper says mentorship offers free, valuable guidance and direction during difficult times.

"There is never a bad time to network and plan, but it is low risk and high reward to connect to your mentor once a month. If 12-month goals feel too intimidating, set quarterly goals instead of long-term goals," Piper said.

ACP mentorship program has been creating working relationships since 2008. It's intentional about connecting qualified candidates with either a professional in their field or an expert in an area where they need business advice. Logistically, each mentor and protégé have a meaningful conversation once a month over the course of a year.

Piper, who is a veteran spouse of a former Marine, has been a mentor herself and is still an operations associate, overseeing many mentored pairs to ensure things are going smoothly for them. She is proud that each mentor is hand-selected for a customized mentorship experience.

"We have a personal call to reach out and get to know each protégé. That's when we dig in to find out what they are looking for, what mentor they think will be most helpful, what part of their career field needs the most assistance. It's a very high-touch, back and forth process. If they love the person, we will pair them. If they don't, we will keep working to pair them with



someone else," she said.

The mentors are professionals from a variety of sectors. Many come from the Fortune 500 companies who sponsor the program at ACP. For the military spouse program, Piper says some of the mentors include other military spouses. But finding a good mentor for military spouse small business owners challenges ACP to think outside the box.

"Our mentors can offer career guidance such as how to restore confidence in professional abilities, craft a resume that

reflects years of volunteer service, or start a small business. We can pair a small business owner with someone experienced in marketing or finances. Mentors represent over 35 different areas of expertise from different industries to make sure we have the right mentor for every military spouse," she said.

For military spouses struggling to find career direction after the COVID-19 lockdown, a PCS move or any other military life disruption, an ACP mentor can help mentees develop a career

strategy with clear goals and actionable items. Piper says, "I know spouses are navigating a lot of challenges. We want to help them get a foot in the door and make sure their resume is seen. We have space to mentor over 800 military spouses in our program. We're ready to go and want to help these spouses!"

Visit Spouse Application to get connected to your own mentor.

This story originally appeared in Military Families Magazine.

**ACCESS**  
Roll Up Cover

**ROLL-UP PICK UP COVERS**  
- SRT - 2 ELECTRIC - SPOOL ROLL TARP - TRUCK TARPS

Manufactured by AGRI-COVER

DISTRIBUTED BY  
**NELSON RIPPLINGER SALES**

ASK ABOUT MILITARY DISCOUNT

NEW & USED COVERS ON HAND OWNED BY VETS

JIM OR BONNIE 838-2515 • CELL 721-1251

**CAPITAL R.V.**

North Dakota RV Dealer  
#1 Motor Home, Towable & Toy Hauler RV Sales

3000 14th Ave SW • Minot, ND  
Hours: Monday - Friday 8:00 am - 5:00 pm  
Saturday 8:00 am - 2:00 pm  
701-838-4343 • 800-488-7896  
www.capitalrv.com

**BF**  
**Break Forth BIBLE CHURCH**

Thursdays 7:00pm  
2nd + 4th Sundays 10:30am  
at the **GRAND HOTEL**

Experience God!

Healing  
Spirit Filled  
Freedom

breakforthbiblechurch.com

**CPM**  
creative property management Inc.

**MOVE-IN READY UNITS!**  
STUDIO AND 1 BEDROOM APARTMENTS

STARTING AS LOW AS \$325 A MONTH!

**SCHEDULE YOUR SHOWING TODAY!**

**CPM** 701-852-5028  
creative property management Inc. WWW.CREATIVEMINOT.COM

2 Winners Every Week!

**BADLANDS RESTAURANT & BAR**

**WE'LL BUY YOU DINNER!**

1. Take a selfie photo showing this ad!
2. Like Badlands Restaurant & Bar on Facebook!
3. Send a message to the Badlands Facebook inbox.
4. In the message, provide your e-mail information and make sure to attach your selfie/photo.

No Limit, Enter As Many Times As You Wish!

**\$25.00 Gift Certificate From Badlands Restaurant & Bar**

By participating in the above contest, you give Badlands Restaurant & Bar and co-marketing partners permission to use your photo submission to announce you as a winner! Badlands Restaurant & Bar will not share your email information.

# Weatherington takes command of 'The Mighty Eighth' and J-GSOC

JUSTIN OAKES, 8TH AIR FORCE/J-GSOC PUBLIC AFFAIRS

BARKSDALE AIR FORCE BASE, La. --

Maj. Gen. James Dawkins Jr. relinquished command of the nation's bomber force to Maj. Gen. Mark Weatherington during a change of command ceremony at Barksdale AFB, La., today.

Although group size was limited and there were no traditional formations of Airmen -- all due to the current COVID-19 health crisis -- friends, family, local community leaders and Airmen across the bomber community paid tribute to Dawkins and welcomed the new commander.

The commander of Air Force Global Strike Command officiated the event.

"There's a lot of good things in General Dawkins' future, and I'm proud to have served with him," said Gen. Timothy Ray, AFGSC commander. "In 'Striker' culture, we stand on the shoulders of

giants."

In his final moments as commander, Dawkins reflected upon his time within the historic "Mighty Eighth" unit.

"To the men and women of Eighth Air Force and the Joint-Global Strike Operations Center, it has been my distinct honor to serve as your commander," said Dawkins. "You make long-range precision strike look easy, and yet no other nation can do what we do."

With the passing of the Eighth Air Force flag, Weatherington officially became the 55th commander of The Mighty Eighth, an organization with more than 20,000 Airmen and upwards of 150 B-1, B-2 and B-52 bombers as well as four E-4Bs.

"What a tremendous honor," said Weatherington. "I look forward to collaborating and

strengthening our communities and forces in the days to come."

As the leader for U.S. bomber forces, Weatherington also assumed the role of commander for the Joint-Global Strike Operations Center, which plans and executes strategic deterrence and global strike operations for U.S. Strategic Command air components.

The roles and responsibilities as the leader of the Air Force's bomber force are many, but Weatherington said he remains eager for the challenge and puts faith in his newfound team.

"To everyone at the Eighth Air Force and J-GSOC, thanks for your unwavering commitment to excellence," said Weatherington. "You remain instrumental to our nation's defense, and I am excited to tackle the challenges that lie ahead."



Maj. Gen. Mark Weatherington, right, incoming 8th Air Force and Joint-Global Strike Operations Center commander, receives the guidon from Gen. Timothy Ray, Air Force Global Strike Command commander, during a change of command ceremony at Barksdale Air Force Base, La., June 12, 2020. The passing of a squadron's guidon symbolizes a transfer of command.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS JACOB B. WRIGHTSMAN

## SUMMER LUAU

Aloha!

Join us for a fun filled lunch at our  
4th Annual Summer Luau

**25 June 2020**  
**10:30 AM - 1:30 PM**  
**Dakota Inn Dining Facility**

Music

Special Lunch Menu

# NODAK ARMS

## INDOOR INTERACTIVE SHOOTING RANGE

**Range Time HAPPY HOUR: 10 AM - 2 PM Mon.-Thurs.**  
**\$7.50 per 50 Rounds**      **6 PM - 10 PM Fri. & Sat.**

**Book Range Time: [www.nodakarms.com/bookings](http://www.nodakarms.com/bookings) \*Guns Supplied Free if Needed**

creative property management Inc.

### BEAUTIFUL CONDOS & TOWNHOUSES FOR RENT

**2 AND 3 BEDROOMS AVAILABLE WITH ATTACHED HEATED GARAGE**

GREAT LOCATION, RIGHT OFF HIGHWAY 2 FOR EASY ACCESS TO THE BASE  
**STARTING AS LOW AS \$895 A MONTH!**

**SCHEDULE YOUR SHOWING TODAY!**

**701-852-5028**

[WWW.CREATIVEMINOT.COM](http://WWW.CREATIVEMINOT.COM)

explore, experience, discover

**Bring out your inner artist!**

# MARGIE'S

Gift Shop • Coffee & Smoothie Bar • Ceramic & Glass Studio

**Team Minot**

Every Tuesday from 5:30-8:30pm we invite our neighbors to the North at Minot AFB to come in!

**It's our thank you for serving!**

Must have a active AF ID card at time of purchase.

RECEIVE 10% off

includes Ceramics, Glass, Giftware & Coffee

[margiesartglass.com](http://margiesartglass.com)

**109 South Main St. Minot**  
**701.837.8555**

No Appointments Necessary!

# AFRS releases Aim High mobile app

MASTER SGT. CHANCE BABIN, AIR FORCE RECRUITING SERVICE PUBLIC AFFAIRS

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

To help better communicate, inform and inspire new recruits and with embedded tools to guide them into the right total-force career path, the Air Force Recruiting Service's Innovation team launched the "Aim High" mobile phone application June 15.

With recruiters no longer meeting potential recruits or applicants in person due to the COVID-19 outbreak that has crippled much of the nation's industries, AFRS expedited the release of the app to help recruiters overcome this obstacle and allow them to communicate better with recruits throughout the process of joining the service on active duty or going to the Air National Guard or Air Force Reserve.

"The Aim High app has been in the works since 2018 and was originally set to be released this summer," said Chief Master Sgt. Jason O'Donley, AFRS Innovation superintendent. "But with the current COVID-19 situation, we

have been working tirelessly to get it released sooner to help our recruiters accomplish their mission. The app is full of information about the Air Force and many of the features will help recruiters and applicants communicate, allowing people to make an informed decision based on the information all in one location."

The Aim High app is a comprehensive, intuitive recruiting tool powered by a data-rich, enterprise solution that helps the Air Force find elite Airmen, as well as guides recruits to discover their passions through intuitive, interactive means. The app also provides family and friends a way to have insight into a recruit's training and keeps Airmen involved in recruiting well after being assigned to their first duty stations.

"What we have developed is a one-stop shop for all things Air Force," O'Donley said. "Currently there is a lot of information about the Air Force, careers, delayed

enlistment, etc., but the information is in different locations, which has meant recruits have to visit multiple resources to get informed. With the app, information is pulled for them from a variety of sources, and the recruits are connected with the information in one location so they don't have to go looking for it, which can be frustrating."

For recruiters, the app includes tools such as messaging that allows them to stay in touch with recruits throughout the process.

"Having informed customers usually leads to more satisfied customers," O'Donley said. "Focusing on our potential recruits and the informed decision of what career they want in the Air Force, the messaging feature provides a more robust capability as opposed to just using text."

Using Google Analytics, recruiters can monitor the number of active users, the pages they visited, as well as how long they viewed each page. Additionally, mobile traffic and specific page performance information can be obtained. This will help determine any efforts requiring enhancement and/or modification to the app's features.

A major feature of the app that all Airmen can utilize is the ability to capture leads and refer them to AFRS, enabling the We Are All Recruiters program to be managed

better.

"One of the main tenets of the Aim High app is to enable all Airmen to capture leads and be able to pass them directly to AFRS," O'Donley said. "By broadening recruiting, the Air Force will increase the pool of qualified recruits and, in turn, increase the appropriate career-to-Airman matches."

In its current state, the Aim High app can send normal and "A-list" referrals, which is a lead captured within the app that is given priority and bypasses normal recruit filtering. Instead, the referral goes straight to a recruiter, ensuring quality leads are handled in a timely and expedient fashion, O'Donley said.

The app can also be used by recruits' family and friends of those as they attend Basic Military Training, giving them a sneak peek into the training environment of their loved one.

"Through the app, recruits can invite family and friends to experience basic military training through photos throughout the entire process," O'Donley said. "This feature does two things: increases the number of people using the Aim High app and shows a snapshot of what the initial steps into the Air Force are really like for their Airman."

As AFRS continues to evolve into a total-force enterprise,

it is important that all events throughout the total force are available to be seen by everyone.

"The Aim High app currently integrates active duty and Reserve events into one location," O'Donley said. "The integration of the Air National Guard events is in progress. The events feature is the first step of total-force integration in the app. The Aim High app is taking disparate, component-centric data sources (normally viewed separately) and integrating them into a comprehensive, user-friendly experience."

Additionally, capturing direct user feedback allows users to report issues all within the framework of the app. Utilization of this feedback will enable management to prioritize requests and provide features quickly.

"One cool feature with the app is any user can send feedback and it goes straight into a log we keep with developers," O'Donley said. "We review all the feedback from our users, whether it's a glitch or an issue that might have outdated information or if they want a feature added. With this information we will consider future capabilities of the app. We want to know what users want."

The Aim High app can be downloaded on Android or iOS. Type in "Aim High" in the app store to find and download.



**Stay home, see your provider.  
At the same time.**

Your health concerns don't wait; why should you? Trinity Health offers safe, convenient ways for you to see your provider using your tablet, mobile phone, or laptop.

Ask your provider about scheduling a video visit.

[trinityhealth.org/telehealth](https://trinityhealth.org/telehealth)

Don't have a provider? Call our physician referral service at **701-857-DR4U**



## Minot AFB Exchange, Commissary Team Up to Sell Each Other's Gift Cards

ARMY & AIR FORCE EXCHANGE SERVICE PUBLIC AFFAIRS

Minot AFB – The Army & Air Force Exchange Service and the Defense Commissary Agency have joined forces to sell the other's gift cards in their stores.

Starting June 22, Minot AFB commissary gift cards from \$5 to \$300 will be available at the Exchange for purchase. In addition, Exchange gift cards from \$5 to \$1,500 will be available at the commissary.

Gift cards must still be redeemed at their respective agency or online.

"The Exchange and commissary are working together for the good of the military community, bringing convenience and value to all who serve," said Air Force Chief Master Sgt. Luis Reyes, the Exchange's senior enlisted advisor. "Both retailers are all-in to support our Warfighters and their families."

The joint effort showcases the strength of military resale, said Army Command Sgt. Maj. Tomeka N. O'Neal, DeCA's senior enlisted advisor to the agency director.

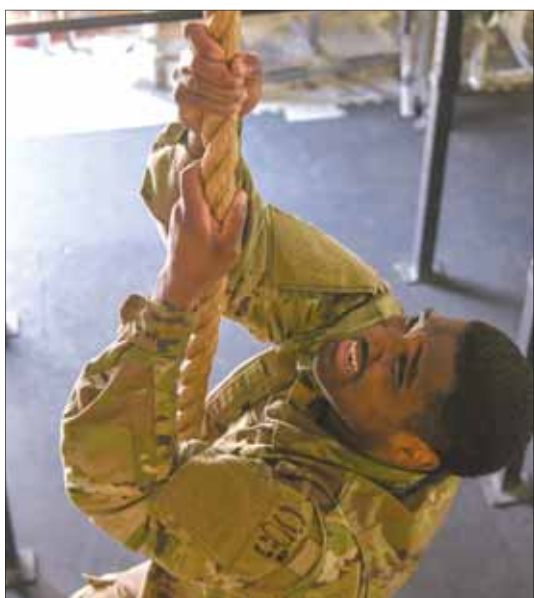
"This initiative is another example of the military resale community partnering to offer our customers the best that the installation has to offer for commissary and Exchange shopping," O'Neal said. "Collaborative efforts such as this help reinforce the value of the installation as the No. 1 destination to best serve our service members and their families."



**2020 TRF TRYOUTS**

Team Minot Airmen compete during this quarter's TRF indoctrination course. In order to be a part of Minot Air Force Base's nuclear SWAT team, these Airmen are exposed to the hardest challenge Minot AFB has to offer. More photos on page 7 and Minot AFB PA Flickr page.

U.S. AIR FORCE PHOTOS | MINOT AFB PA



**MINOT AIR FORCE BASE**

# Finest

**SENIOR MASTER SGT. WILFRED MORGAN**

Facility systems superintendent with the 5th Civil Engineer Squadron won the Air Force Global Strike Command Outstanding Airmen of the Year Senior Noncommissioned Officer of the Year category for 2019. Congratulations, you are one of Minot's Finest.

Proudly Serving MAFB for over 30 years!

[www.minotsfines.com](http://www.minotsfines.com) 701.839.0989  
524 31st Avenue SW • Minot, ND

At Great Clips we're great at

## MILITARY STYLE HAIRCUTS

...well we are just plain great at all haircuts!

**Military Discount ~ On Line Check In**  
Open at 8 AM Monday - Saturday, Noon on Sunday.

# Great Clips

3226 16th Street SW, Suite 200 (701) 858-1811

**GREATCLIPS.COM**

**701-857-9210**

3520 S. Broadway • Minot, ND 58701  
[www.CartivaOfMinot.com](http://www.CartivaOfMinot.com)

VEHICLE OF THE WEEK

**2017 GMC SIERRA 1500 SLT 4WD**

**\$34,994** STOCK# 57044TC

FINANCING AVAILABLE

LET'S MEET IN THE center

# 4TH OF JULY parade

**SATURDAY, JULY 4**  
**1:00PM**  
**MAIN STREET**

LINE UP STARTS AT 12:00 NOON AT RUGBY HIGH SCHOOL PARKING LOT.

FOR MORE INFO ON UPCOMING EVENTS CHECK OUT OUR COMMUNITY CALENDAR  
[www.rugbynorthdakota.com](http://www.rugbynorthdakota.com)  
701.776.5846 • [rugbychamber@gondlc.com](mailto:rugbychamber@gondlc.com)

**RUGBY**  
GEOGRAPHICAL CENTER OF NORTH AMERICA  
NORTH DAKOTA



**WEEKEND BOWLING**  
**AT ROUGH RIDER LANES**  
**LIGHTS & STRIKES**  
 FRIDAYS: 9:00PM-11:00PM  
 SATURDAYS: 8:00PM-11:00PM  
 \$4.00 PER GAME  
 \$2.25 SHOE RENTAL  
**GLOW IN THE DARK BOWLING & MUSIC!**  
**SATURDAY UNLIMITED**  
 8:00PM-11:00PM  
 \$18 PER PERSON  
 PLUS \$2.25 SHOE RENTAL  
**FORCE** \* PROVIDED WE ARE NOT CLOSED FOR A HOLIDAY OR FAMILY DOWN DAY  
**BOWLING 727-4715**

**TOGETHER, WE IMPROVE QUALITY OF LIFE** Same day appointments available.

1201 11th Avenue SW, Minot, ND  
 Phone 701.858.6700, 800.841.7321  
 Hours: Monday-Friday 8 a.m.-5 p.m.  
 cfmmnot.UND.edu

**CFM Center for Family Medicine**  
**SCHOOL OF MEDICINE & HEALTH SCIENCES UNIVERSITY OF NORTH DAKOTA**

**BADLANDS RESTAURANT BAR**

# Upcoming Events

**19 JUNE** **PINTS AND PUPPIES**  
 5:00 PM - 10:00 PM  
 The Spot  
 6 2nd st NE, Minot

Come out with your furry four-legged friends and enjoy the company of other dog lovers! This event is to help bring awareness to Turtle Mountain Animal Rescue and For Belle's Sake - Rescue/Rehabilitation. Free-will donations will be accepted and a portion of proceeds will be given to the animal rescues. Puppy Pools // Fenced Area // Outdoor Seating & Bar // Drink Specials



For more information:  
 Facebook event/ The Spot

**20 JUNE** **SPRING PEDDLERS + VENDORS MARKET**  
 10:00 AM - 4:00 PM  
 The Spot  
 6 2nd st NE, Minot

\$5 Admission (18 and up) // Kids (17-under) FREE // Military or College ID \$3. DJ and Emcee D&D Karaoke & DJ Service. Bar on site sponsored by The Spot. Breakfast & Lunch by The Starving Rooster. Make and Take Gnome Workshop by Sugar n Twine. Baked Treats including Cupcakes by Cherry on Top & many other wonderful local bakers! Handmade Vendors, Small Business, and Boutiques galore!



For more information:  
 Facebook event/ The Spot

**21 JUNE** **FATHER'S DAY AT THE ZOO**  
 10:00 AM - 8:00 PM  
 Roosevelt Zoo  
 1215 E Burdick Expy, Minot

Dad's admission is free with a child's admission purchase. (No matter how big or small his child may be.) Adults \$9.50, Kids (3-12) \$5.50, 2 & under Free. We also happen to be celebrating World Giraffe Day and Member Appreciation Day. Watch for more activities from 10:00am-2:00pm.



For more information:  
 Facebook event/ Roosevelt Park Zoo

**21 JUNE** **MOVIE IN THE PARK - SPIDER MAN: INTO THE SPIDER VERSE**  
 9:30 PM - 11:30 PM  
 Minot Oak Park Amphitheater  
 19th Ave SW, Minot

Sponsored by: Magic City Lions Club. All movies are free to attend. In case of inclement weather, the movie will be moved to the MAYSA Arena. This movie is rated PG so please plan accordingly. We will continue to follow state and local guidelines regarding Covid-19. Dates are subject to change due to COVID-19 closures.



For more information:  
 Facebook event/ Minot Parks

**23 JUNE** **KIDS CAMP**  
 10:00 AM - 2:00 PM  
 Margie's Art Studio  
 109 Main Street South, Minot

Another fun ceramic technique! Working with ceramic tile and glazes and unusual application you will have fun making your own art work to hang. No age limit, but adult supervision is required. \$15 per student, All supplies included. Please wear closed toes shoes.



For more information:  
 Facebook event/ Margie's Art Studio

**25 JUNE** **FIVE BUCK BBQ**  
 11:00 AM - 1:00 PM  
 Minot Oak Park, Park Shelter #9  
 19th Ave SW, Minot

This will be a to-go, drive thru lunch to ensure safety for all. Grab your lunch and find a picnic table at the park, head back to your office or home! For only \$5 you will get a burger, chips, drink and a cookie! Cash and cards accepted. Businesses can pre-pay for employee's by sending us a PM, we will invoice you. Proceeds benefit Companions for Children - a local nonprofit organization, meaning your support stays in your community!



For more information:  
 Facebook event/ Companions for Children - Youth Mentoring

**HALF PRICE BOTTLES OF WINE**

**MONDAY NIGHTS**

**BLGRILL.COM | 1400 31ST AVE | MINOT, ND | 701-852-7335**

# Let's Plan Your Party!

## Birthday Parties

X-TREME OR OPEN BOWLING

**SUPER PARTY**

• 2 Hour Party for up to 10 People  
• Shoe Rental  
• Pop and Ice Cream  
**\$155+tax**  
\$12 for each additional person

**MEGA PARTY**

• 2 Hour Party for up to 10 People  
• Shoe Rental  
• 2 - 16" Pizzas, Pop and Ice Cream  
**\$185+tax**  
\$15 for each additional person

Additional \$10 for X-treme Bowling

**ALL PARTIES INCLUDE:**  
Plates, Cups, Napkins, Utensils, Invitations & Balloons  
Birthday Child will receive a "Happy Birthday" Bowling Pin or a coloring T-Shirt.  
You bring the cake and the kids!  
**NO OUTSIDE FOOD OR BEVERAGES ALLOWED.**

1901 NORTH BROADWAY MINOT, ND  
NORTHHILLBOWL.COM

FOR RESERVATIONS PLEASE CALL **852-4108**

## Party Room

**FROM KID'S BIRTHDAY PARTIES TO GIRLS NIGHT OUT, OR TEAM BUILDING!**

We have a party space available for all of your fun!  
**Call for details!**

**109 South Main St. Minot 701.837.8555**

**Blake Krabseth**  
Comedian / Magician  
Great for Parties and Conventions  
**701-720-1786**  
magic@blakekrabseth.com  
**BLAKEKRABSETH.COM**

## now playing

**TROLLS, WORLD TOUR (PG)**  
**SHREK (PG)**  
**BACK TO THE FUTURE PART II (PG)**  
**FRIDAY THE 13TH 1980 (PG)**

Admission is \$4.00 for all seats.

**oakparktheater.net** for show times

## High Air Ground

TRAMPOLINE PARK

**10% OFF ANY PARTY PACKAGE**  
Must be booked by 12-31-19. Not good with any other discounts or promotions. Must mention "Northern Sentry" when booking. Packages starting at \$130.

1210 4th Ave NW | Minot, ND 58703  
**701-837-JUMP**  
[WWW.HIGHAIRGROUND.COM](http://WWW.HIGHAIRGROUND.COM)

# BUSINESS & PROFESSIONAL Directory

**AUTOMOTIVE**

**MBM AUTO SERVICE**  
Minot's Service Specialists  
**PARTS & SERVICE**  
We Specialize In:

**1215 Valley St. 838-9607**  
Next to Action Wrecking

**ACTION AUTO WRECKING**  
Free Parts Locating service

1215 Valley St., Minot  
Formerly Minot Wrecking

We pay top price for cars & trucks, running or not  
Selling new, used and rebuilt parts.

Phone 852-2470 or Toll Free 1-800-533-5904 • Fax 838-7627

**REAL ESTATE**

**BUY OR SELL ONLY WITH THE BEST!**

**#SOLD WITH US!**  
**BROKERS12.COM**

**Thank You FOR YOUR SERVICE!**

Serving Our Military (Active, Reserves and Veterans) and Saving Them Money on a Home.

**It's our way to say Thank You.**

**HomesForHeroes.com**

**Lucas Knight**  
Signal Realtors  
p: (701) 852-3505  
c: (701) 720-9163  
e: Lucas@SignalRealtors.com  
w: MinotHomeSearch.com

**AUTOMOTIVE**

**QUICK CASH!!**  
Running & Non-Running Cars & Trucks

**Edwardson Sales 839-9512**  
We also sell cars \$500 - \$1500  
Give Us A Call!  
Will Haul Junk Cars Free Of Charge

**HOBBY SHOP**

**AEROPORT HOBBY SHOP**  
RC Cars, RC Airplanes, Rockets, Trains, Plastics, Testors Paints, Engines & Accessories, Helicopters, Balsa Wood & Glues.

**838-1658**  
2112 N. Broadway • Minot, ND  
Ask for Eva • [www.airporthobby.com](http://www.airporthobby.com)

**STORAGE UNITS**

**NORTHERN PRAIRIE CONDOS & STORAGE, INC.**  
Military Discounts - Best Rates  
24 Hour Access  
**701-720-1093**  
Convenient North Location for Both Base & Minot Customers

**ACCOUNTANT**

**BradyMartz**  
Make Every Day Count  
CERTIFIED PUBLIC ACCOUNTANTS  
24 W. Central, Minot • 852-0196  
[www.bradymartz.com](http://www.bradymartz.com)

**northern sentry**  
MINOT AIR FORCE BASE NEWSPAPER  
[WWW.NORTHERNSENTRY.COM](http://WWW.NORTHERNSENTRY.COM)

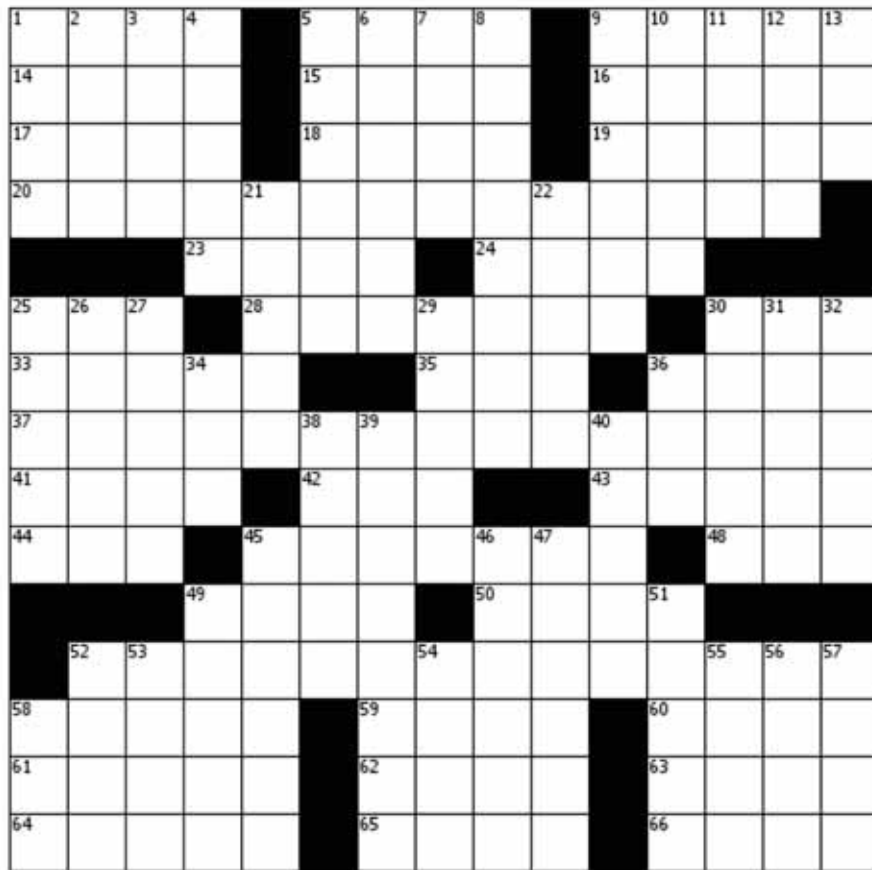
Feature your business here for as little as \$9.00 per week!  
For more information call 839-0946 or email: [sentrysales@srt.com](mailto:sentrysales@srt.com)



# CROSSWORD PUZZLE

**Across**

- 1. Second Amendment word
- 5. Complain gratingly
- 9. Praline ingredient
- 14. Least varying tide
- 15. Nabisco best seller
- 16. Hacienda brick
- 17. Hack's wheels
- 18. Slapstick ammo
- 19. Certain rental
- 20. Start of a voter's quip
- 23. "First Wives Club" members
- 24. Windshield shading
- 25. Strawberry was one
- 28. Exploring
- 30. Sure thing?
- 33. "Memorable" monument
- 35. Serpent's mark?
- 36. Gas-grill rock
- 37. Voter's quip, part 2
- 41. Ali Baba's command
- 42. VCR button
- 43. They can offend
- 44. Toon Chihuahua
- 45. Ease, as a load
- 48. Prefix meaning "ear"
- 49. Circus barker
- 50. Cato's bird
- 52. End of the quip
- 58. Lawful
- 59. Look for and gather
- 60. Jason's vessel
- 61. Battery terminal
- 62. Avoirdupois alternative
- 63. Kind of whisky
- 64. Dead duck



- 65. Planted
  - 66. Banjo site, in song
- Down**
- 1. Detractor
  - 2. Genuine
  - 3. Long skirt
  - 4. Net feat
  - 5. Statue of Liberty's skin
  - 6. Melodic passage
  - 7. Rod partner

- 8. Optimistic
- 9. Leading, as the way
- 10. Papal proclamation
- 11. Sonata finale
- 12. Cain's bane
- 13. Keanu in "The Matrix"
- 21. Opponents of 25-Across
- 22. Trident's trio
- 25. College concentratio

- 26. Bolt, then hitch
- 27. Occupied
- 29. "Twelfth Night" character
- 30. Gulliver creature
- 31. Tennis Hall-of-Famer
- 32. Final word
- 34. Augusta National members
- 36. Bygone Ford
- 38. Dickens' Heep
- 39. Pays no attention to
- 40. Seattle hoopster, for short
- 45. A, B or C
- 46. Candlemaking fat
- 47. Ashford of track
- 49. Type of remark
- 51. Make a pile
- 52. Port authority?
- 53. Desktop image
- 54. Continental dollar
- 55. Club in a bag
- 56. Shrek, e.g.
- 57. What one little piggy had
- 58. Fall behind

## SUDOKU Solution to puzzle on page B11

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

Solution to last week's Crossword puzzle.

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

## REEL TIME THEATER MOVIE SCHEDULE



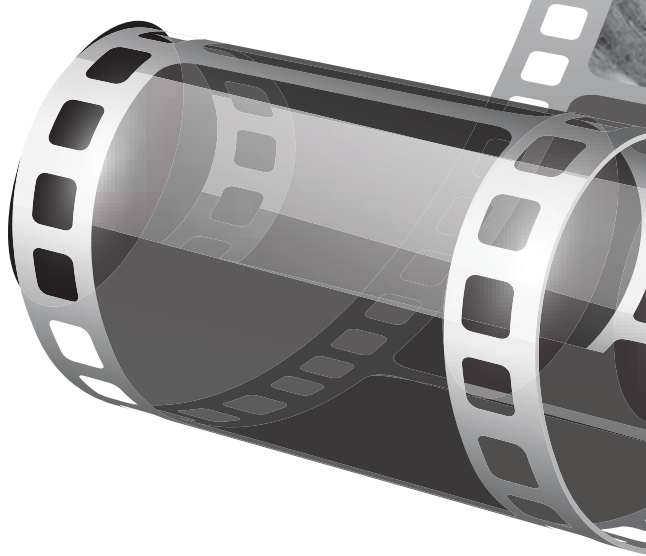
FRIDAY, JUNE 19 1400  
MEGA MIND (PG)

“ The supervillain Megamind finally defeats his nemesis, the superhero Metro Man. But without a hero, he loses all purpose and must find new meaning to his life. ”



FRIDAY, JUNE 19 1900  
JURASSIC PARK (PG-13)

“ A pragmatic paleontologist visiting an almost complete theme park is tasked with protecting a couple of kids after a power failure causes the park's cloned dinosaurs to run loose. ”



# 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><b>Little Flower Catholic Church</b> 800 University Avenue West 838-1520</p> <p><b>Mass Schedule</b> Saturday ..... 4:30 pm Sunday ..... 8:30 &amp; 10:00 am</p> <p><b>Fr. Ken Phillips, Pastor</b> www.littleflowerminot.com</p>	<p><b>St. Peter The Aleut Eastern Orthodox Church</b></p>  <p><b>109 6th St. SE Minot • 838-3094</b></p> <p>Saturday Vespers ..... 7:00 p.m. Sunday Liturgy ..... 10:00 a.m.</p> <p>Fr. Thaddeus Nielsen</p>	 <p><b>Break Forth BIBLE CHURCH</b></p> <p>Thursdays 7:00pm 2<sup>nd</sup> + 4<sup>th</sup> Sundays 10:30am at the <b>GRAND HOTEL</b> www.breakforthbiblechurch.com</p>	 <p><b>An Evangelical Free Church</b> 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p>Sunday School &amp; 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><b>1720 4th Ave NW, Minot 838-0916</b> MinotBibleFellowship.org</p>
 <p><b>Faith United Methodist Church</b></p> <p><b>5900 Highway 83 N, Minot</b> www.faithumcminot.com</p> <p><b>Pastor Ken Mund</b> 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><b>Minot Baptist Church</b></p> <p>Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School ..... 9:45 a.m. Morning Worship ..... 11:00 a.m. Evening Worship ..... 6:00 p.m. Wednesday Evening ..... 7:00 p.m.</p> <p><i>Independent/Fundamental/KJV</i> <b>500 46th Ave NE • 839-1351</b> Pastor David Miller</p>	<p><b>Cornerstone Presbyterian Church</b></p> <p><b>1000 NE 3rd Street 852-0315</b></p> <p><b>Sunday Schedule</b> Contemporary Worship ..... 9:00am Sunday School (All Ages) ..... 10:00am Traditional Worship ..... 11:00am</p> <p><b>Wednesday Evening Schedule</b> Community Dinner ..... 5:30-6:30pm Contemporary Worship ..... 6:30pm Youth Group &amp; Small Groups.. 7:15pm</p> <p><b>All are Welcome!</b> www.ecominot.org</p>	<p><b>Congregational UCC</b> 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><b>UNITED CHURCH OF CHRIST</b></p>	 <p><b>St. Mark's Lutheran Church</b> <i>Missouri Synod</i></p> <p><b>Sunday Worship 9:30 AM</b></p> <p><b>2209 4th Avenue NW Minot, ND 839-4663</b> Reverend Philip Beyersdorf</p>
 <p><b>Immanuel Baptist Church</b></p> <p><b>1615 2nd St. SE Minot • 839-3694</b></p> <p>Sundays: Worship ..... 10:00 a.m.</p> <p>Wednesdays: Soup Kitchen .... 11:30 a.m. - 12:30 p.m.</p> <p><b>Brian T. Skar, Pastor</b> www.ibcminot.org</p>	<p><b>Apostolic Faith Church, UPCI</b></p> <p><b>2929 19th Ave NW • Minot</b> Located off Hwy 83 Bypass West <b>(701)838-0609</b></p> <p>Saturday School ..... 2:00 p.m. Sunday Worship ..... 3:30 p.m. Wednesday Bible Study ..... 7:30 p.m.</p> <p><b>Jesse Starr, Pastor</b></p>	<p><b>St. John the Apostle Catholic Church</b></p>  <p>2600 West Central Ave • Minot, ND 58701 <b>839-7076</b></p> <p>Daily Mass Schedule: Tuesday ..... 5:15 p.m. Wednesday - Friday ..... 7:00 a.m. Saturday ..... 5:00 p.m. Sunday ..... 8:00 &amp; 10:30 a.m.</p> <p>Fr. David A. Richter, Pastor Parish website: www.stjohnminot.com</p>	 <p><b>First Lutheran Church - ELCA</b> 120 5th Ave. NW 852-4853</p> <p>Saturday Worship ..... 5:00 pm Sunday Worship.. 8:30 am &amp; 11:00 am Sunday Education ..... 9:45 am Wednesday Supper ..... 5:00 pm Wed. Worship &amp; Education..... 5:45 pm</p> <p>www.firstlutheran.tv (Live Stream &amp; Recorded) Radio Broadcast KRRZ 1390AM Sunday 8:30 am www.flcminot.com Pastor Brandy Gerjets • Pastor Ellery Dykeman</p>	 <p><b>Gospel Tabernacle Community Church</b></p> <p>9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson</p> <p><b>Church: 701-838-4492</b> <b>Home: 701-838-5759</b> <b>KHRT 1320: 9 a.m. Sunday</b></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><b>Bethany Lutheran</b></p> <p>215 3rd Ave. SE, Minot, ND Phone: 838-5196 A Member of the ELCA</p> <p>Sunday Worship ..... 8:30 &amp; 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><b>First Baptist Church</b></p>  <p>200 3rd St. SW • 852-4533 www.fbcminot.org</p> <p>Classic Worship Service ..... 8:30 a.m. Adult Sunday School ..... 9:45 a.m. Contemporary Worship Service .. 9:50 a.m. Children's Church ..... 9:50 a.m. Sunday School (All Ages) ..... 11:00 a.m. Contemporary Worship Service.. 11:05 a.m. Wed. AWANA (Sept. to May) ..... 6:30 p.m.</p> <p>Rev. Kent Hinkel, Senior Pastor Rev. Barry Seifert, Associate Pastor Pastor Sam Kautzmann, Student Ministries Elaine Carlson, Children's Ministry Director</p>	<p><b>Cross Roads Baptist</b></p> <p><b>Southern Baptist Convention</b></p> <p>Sunday School (all ages) ..... 9:45 a.m. Sunday Worship ..... 11 a.m. &amp; 6:30 p.m. Wednesdays (Prayer &amp; 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><b>West Minot Church of God</b> 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 &amp; 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><b>West Minot Church of God</b> 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 &amp; 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><b>Vincent United Methodist Church</b></p> <p><b>1024 2nd St. SE • 838-4425</b> Behind Town &amp; 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><b>Pastor Jennifer McDonald</b> www.vincentumc.com</p>	 <p><b>OUR REDEEMER'S CHURCH</b> A Church of the Lutheran Brethren</p> <p>Thursdays: Worship ..... 6:30 p.m.</p> <p>Sundays: Worship ..... 8:30 a.m. &amp; 10:45 a.m.</p> <p><b>700 16th Ave SE • 701-838-0750</b></p> <p>For more information visit us on the web at: www.ourredeemers.org</p>	<p><b>Chapel Services at MAFB</b></p> <p>Protestant (North Plains Chapel in Base Housing)</p> <p><b>Contemporary Service</b> Sunday Worship ..... 1000</p> <p><b>Gospel Service</b> Sunday Worship ..... 1130</p> <p>Catholic Mass (Northern Lights Chapel across from Rockers) Sunday ..... 1000 &amp; 1700 Daily ..... Monday-Thursday at 1200</p>	<div data-bbox="1323 1751 1995 1840"> <h2>ORCS Preschool</h2> </div> <div data-bbox="1323 1855 1995 1944"> <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> </div> <div data-bbox="1323 1958 1995 2062"> <h3>NOW ACCEPTING REGISTRATIONS FOR THE 2020-2021 SCHOOL YEAR</h3> </div> <div data-bbox="1323 2077 1995 2240"> <p><b>HIGHLIGHTS OF OUR PROGRAM</b></p> <ul style="list-style-type: none"> <li>• Time-tested curriculum including STEM and Language Arts activities as well as Free Play</li> <li>• 2 and 3 day options available</li> <li>• Kindergarten readiness skills practiced each session</li> <li>• All teachers hold a North Dakota Professional Educator's License</li> <li>• Christ-centered environment</li> </ul> </div> <div data-bbox="1323 2255 1995 2448"> <p>Please contact our school office or visit our website for more information. <b>701.839.0772</b> Email: jschultz@orcsknights.org Website: www.orcsknights.org</p> </div>	
<p><b>First Assembly of God</b></p> <p>1805 2nd St. SE 838-1111</p> <p>Morning Worship ..... 8:30 a.m. Sunday School ..... 10 a.m. Morning Worship ..... 11 a.m. Wednesday Family Night..... 6:30 p.m.</p>	  <p><b>OUR REDEEMER'S CHURCH</b> 700 16th Avenue SE Minot, ND 58701 info@orcsknights.org • 701-839-0772</p> <p>www.orcsknights.org</p>	<p><b>To Advertise your Church on this page,</b></p> <p><b>Call 839-0946</b></p> <p><b>Only \$7.00 a space / per week</b></p>		

we've got the church you've been looking for  
*Your life matters to God!*



# CLASSIFIEDS

www.northern Sentry.com | nsads@srt.com or sentrysales@srt.com | 701.839.0946 | 315 S. Main Suite 202 | Minot, North Dakota

## RUMMAGE SALE

A Little Bit Of Everything...  
With A Lot Of Savings!  
**4R HOME THRIFT**  
2031 N Broadway  
Furniture, Tools, Movies,  
Misc. & Interesting Items  
Monday - Saturday -  
8:30 AM to 6 PM  
Sunday - 12 PM to 5 PM  
**15% Military Discount!**  
<https://www.facebook.com/4rhomethrift>

## GARAGE SALE

**3721 E. BURDICK EXPY**  
**HUGE VINTAGE & COLLECTIBLE SALE!** Every Weekend, Weather Permitting. Many Old Pictures, Old Books, Pottery, China, Glassware, Cast Iron, Old Vinyl Records, 8 Track Tapes, Old Picture Frames, Old Beer Cans, Signs, DVD Movies, Partial List. Questions Call 701-626-2712.

## AUTOMOTIVE

**90 DAY FREE POWERTRAIN WARRANTY** on most cars. Check out our inventory at [karz4u.com](http://karz4u.com) or call Cliff (Retired MSGt) at 701-240-9172.

## JOHN'S



## AUTOBODY

Pays Up To **\$500**

Insurance Deductibles

We Guarantee All Work & Color Match

4121 S. Broadway  
839-8896

## FOR SALE

**FIVE SHELF BOOKCASE WITH SLIDING GLASS DOORS.** Very Old Oak Miniature Camel Back Trunk. Vintage Solid Wood Marantz Stereo Cabinet, Old Tractor Seat & Horse Hames Stool Chair, Vintage Hammond Chord Organ, Works Fine. Questions Call 701-626-2712.

## REAL ESTATE

Find **ALL** listed homes for sale in Minot and the surrounding areas at [www.brokers12.com](http://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.

### PROPERTY FOR SALE?

You could be reading your ad right now! Place your ad in the Northern Sentry for as low as \$3.50/week. Call and ask us how! 701.839.0946.

## RENTALS

**AVAILABLE NOW!** Several apts on North Hill available 4 rent. 2 Bdrm + 1 bath. \$655 to \$795. Call Matt or Jerry at IPM. 852-1157

## SURREY

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. \$950/month plus utilities. Call (701) 721-0355

## TRANSPORTATION

**I BUY CARS OR HAUL JUNKERS AWAY FOR FREE** - Call Karz 4-U at 240-9172.

**\$\$\$ QUICK CASH \$\$\$**  
Paying cash now for any car or truck, running or not. We also sell cars \$500-\$1500, give us a call. Edwardson Sales 839-9512 (Will haul junk cars or trucks away, no charge)

## SUDOKU ANSWERS

Answers to puzzle from page B9

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

## PROFESSIONALS

**LEE CLOUSE INDEPENDENT BEAUTY CONSULTANT**  
[www.marykay.com/1clouse](http://www.marykay.com/1clouse).  
701-839-0475 or 701-721-0475.

**\*The ONLY AUTHORIZED Skincare & Makeup Haus on MAFB!**

**The Skin Haus**  
A sweet escape. Even sweeter prices.  
Emily Bessette  
Licensed Aesthetician  
[emilybessette@yahoo.com](mailto:emilybessette@yahoo.com)  
[www.emilyskinhaus.com](http://www.emilyskinhaus.com)

## 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](mailto: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.

### LOOKING FOR A CAREER THAT IS BOTH CHALLENGING AND REWARDING?

Kalix is seeking caring and compassionate people to provide support for people with disabilities. We have schedules to fit your needs. We offer competitive wages and excellent benefits.

We are an equal opportunity employer and a drug free workplace.  
Apply in person at: 605 27th St SE, Minot ND 58701  
Or contact: Matt Mackey  
By email or phone at [mmackey@kalixnd.org](mailto:mmackey@kalixnd.org) 701-852-1014

**MATURE, RELIABLE, AND A TRUSTWORTHY INDIVIDUAL.** Part-Time Retail sales 25-35 hrs/week occasional Sat. closed Sun. Apply in person at Aeroport Hobby Shoppe, 2112 N. Broadway.

## CAREERS

BE PART OF SOMETHING more.



At Trinity Health, every employee plays a vital role in providing life-changing care for the communities we serve. We have opportunities in many exciting areas and offer competitive wages and excellent benefits. Join us.

Human Resources  
120 Burdick Expy E  
Minot, ND  
701-857-5191  
[jobs@trinityhealth.org](mailto:jobs@trinityhealth.org)

Trinity Health is an EEO/AA/Female/Minority/Vet/Disabled Employer.

[trinityhealth.org/careers](http://trinityhealth.org/careers)



## BASE ANNOUNCEMENTS

**EMBRY-RIDDLE AERONAUTICAL UNIVERSITY**  
Embry-Riddle Aeronautical University is now registering for the Summer 2020 term (1 Jul-1 Sept). 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](mailto: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.

**PARK UNIVERSITY MINOT -**  
Your degree, Your way. Now enrolling for Summer classes starting June 8. Earn your CCAF credits, AU-ABC, and your Bachelor's degree with PARK. Let's maximize your military experience! Find how many credits you can get from your military experience by going to [military.park.edu](http://military.park.edu) and confirmed your credits Or Ask Alexa! Enable the Park University skill on your Alexa device and say "Alexa, ask Park, How many credit hours can I get from my military experience?" She'll even tell you your graduation date! Minot AFB @ the Education Center RM 222 | 844-884-8612 | [mino@park.edu](mailto:mino@park.edu)  
PARK. YOU

### ADULT & TEEN BAGGERS NEEDED AT THE MINOT AFB COMMISSARY BAGGERS WORK FOR TIPS ONLY

**\*ADULT HOURS**  
Tuesday-Friday 7am-4pm  
\* 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.

# FIND IT HERE

**\$1.00 CLASSIFIEDS!\***

\$3.00 for Classifieds with photo  
Active Military & Dependents only

Sign-up online at [northern Sentry.com](http://northern Sentry.com)

\*OFFER ONLY AVAILABLE WHEN BOOKING ONLINE

**northern Sentry**

SHOP THE CLASSIFIEDS FOR THE BEST LOCAL DEALS!



Homes



Cars



Jobs



Merchandise



& More

*Red-Hot*

**DON BESSETTE  
HYUNDAI**

# LEASE DEALS

**THESE DEALS WON'T BE AROUND LONG!**

**2020 Hyundai Tucson AWD SE**  
Stock# M11071  
3yr/30,000 miles **\$269/mo**  
\$1767 cash due at signing \*with approved credit (WAC)  
Excludes tax, title, license, and fees

**2020 Hyundai Santa Fe SEL Sport Utility**  
Stock# M11199  
3yr/30,000 miles **\$399/mo**  
\$1898 cash due at signing \*with approved credit (WAC)  
Excludes tax, title, license, and fees

**2020 Hyundai Elantra SE**  
Stock# M10991  
3yr/30,000 miles **\$189/mo**  
\$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**  
\$1595 cash due at signing \*with approved credit (WAC)  
Excludes tax, title, license, and fees  
55 miles per gallon city and highway combined

**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

**Qualify for An Additional...  
HYUNDAI \$500 MILITARY REBATE\*\***



**America's Best Warranty\***  
10-Year/100,000-Mile Powertrain Limited Warranty

**Owner Assurance**

**HYUNDAI**

\*See dealer for LIMITED WARRANTY details.

\*Special Pricing after all qualifying rebates offered by dealership.  
\*\*On select models with approved financing with Hyundai. Rebates include Retail Motor Cash, Military Rebate, and Hyundai Motor Finance Cash. 10 yr./100K Pwr Train Warranty & 5 yr./60 mile New Vehicle Warranty included on select models. Addtl. tax, title, license & fees due at signing. See dealer for details.

1715 N BROADWAY MINOT, ND • 701-852-3300

**WWW.DONBESSETTEHYUNDAI.COM** 

# 10 ROUND PUNCH CARD

AVAILABLE AT THE ROUGH RIDER GOLF COURSE

**PLAY 10 ROUNDS FOR THE PRICE OF 8!**

**GOLFERS!** Want to play golf and save some money, but aren't ready for a season pass? Rough Rider Golf Course offers a 10 Round Punch Card with price based on rank! Pay for 8 holes and get two FREE!



**FOR MORE INFO, STOP IN OR GIVE US A CALL AT 723-3164!**

