

northern sentry

FREE | WWW.NORTHERNSENTRY.COM | VOL. 58 • ISSUE 27 | MINOT AIR FORCE BASE | FRIDAY, JULY 3, 2020



WHATS
INSIDE
THIS WEEK:



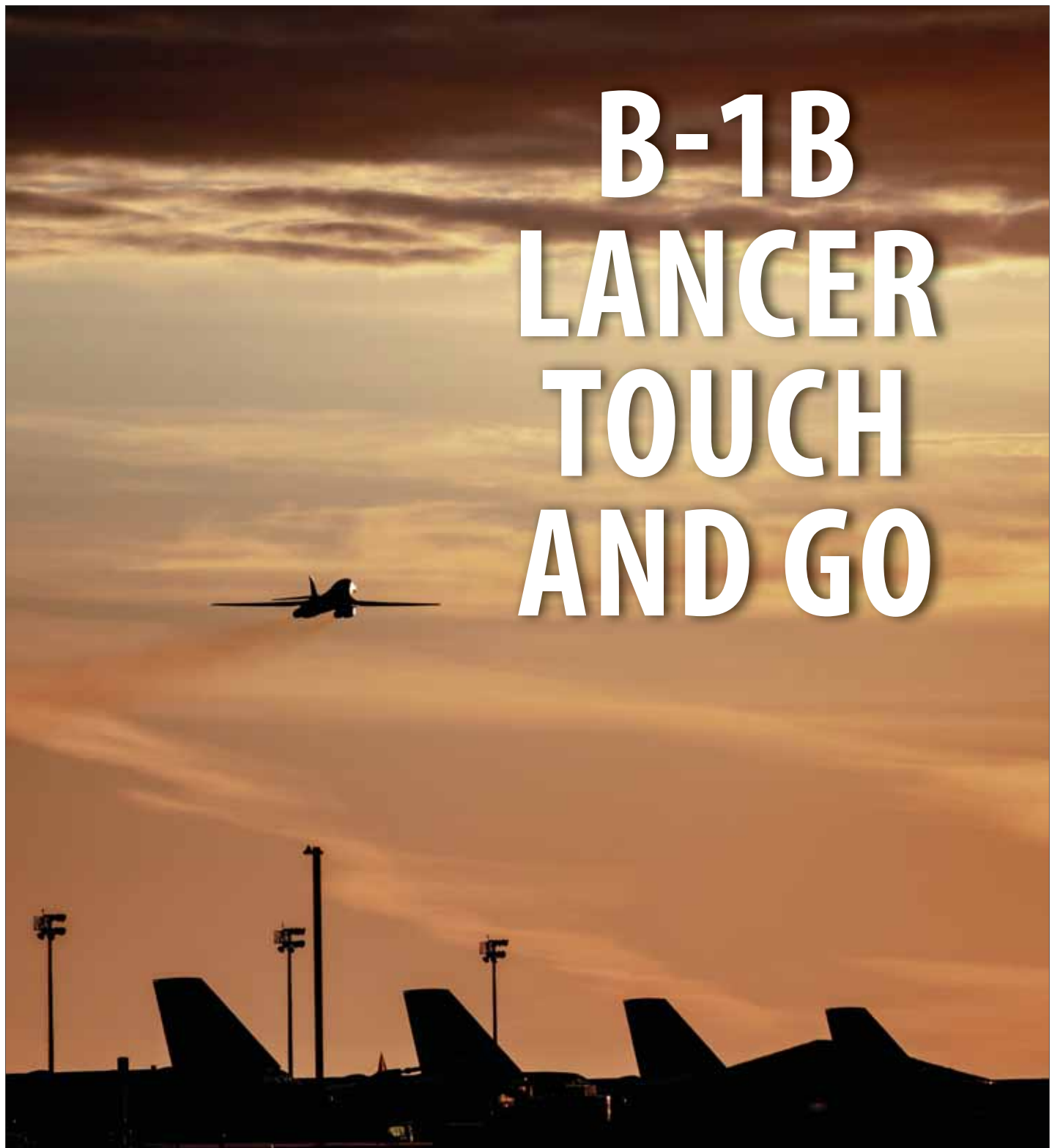
AIR FORCE AWARDS
CONTRACT
FOR IMPROVED
FEMALE BODY
ARMOR

A7



ALS CLASS 20-D
GRADUATION

B3



B-1B LANCER TOUCH AND GO

A B-1B Lancer flies above Minot Air Force Base, N.D., June 22, 2020. The B-1 can travel faster than the speed of sound and carry a payload of 75,000 pounds.

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

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Minot AFB



Videos

Bombers deploy, operate across multiple theaters projecting power during pandemic

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

Air Force Global Strike Command is conducting operations globally, demonstrating the command's ability to provide flexible options and project combat power while supporting all combatant command priorities.

"U.S. Strategic Command units regularly conduct training with, and in, support of all Geographic Combatant Commands. In our case, this takes the form of Bomber Task Force missions which provide our Strikers opportunities to integrate with allies and partners and to become familiar with multiple forward areas of operation," said Gen. Tim Ray, AFGSC and Air Forces Strategic-Air commander. "All of this feeds into a larger effort to assure allies and partners, and to help maintain global stability and security."

In May, B-1B Lancers from the 9th Expeditionary Bomb Squadron, 7th Bomb Wing, Dyess Air Force Base, Texas, deployed to Andersen Air Force

Base, Guam, in support of Pacific Air Forces' BTF missions. Over the course of the month and into June, the B-1Bs as well as B-52H Stratofortresses conducted bilateral training with the Koku-Jieitai, or Japanese Air Self-Defense Force.

Meanwhile in the European Command area of responsibility, two B-52Hs from the 5th BW, Minot AFB, North Dakota, conducted a long-range, long duration strategic mission throughout Europe, the Arctic and Baltic regions, June 15, while also integrating with the Baltic Operations exercise.

The 5th BW's participation in the 49th iteration of the BALTOPS exercise follows their most recent training exercise over the Arctic Ocean and Laptev Sea, wherein four B-52Hs conducted training with Norwegian F-16s and F-35s, June 3.

Most recently, three B-52H bombers with the 96th Bomb Squadron, 2nd Bomb Wing,

Barksdale Air Force Base, Louisiana, returned to the Indo-Pacific region June 14 to conduct BTF operations out of Eielson Air Force Base, Alaska. The bombers are supporting Pacific Air Forces' training efforts with allies, partners and joint forces, and strategic deterrence missions to reinforce the rules-based international order in the region. The last time B-52Hs deployed to Eielson AFB was July of 2017.

"BTF missions are routine demonstrations of the credibility of our forces to address a diverse and uncertain security environment, and particularly AFGSC's ability to deliver lethal, long-range strike options across the globe anytime, anywhere," Ray added.

As the sole provider of bombers for the Western Alliance, AFGSC Strikers train to be the premier long-range precision strike force that provides the nation and its allies the ability to compete, deter and win on the world stage.



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.

ESTONIAN AIR FORCE



A B-52H Stratofortress prepares to take off at Minot Air Force Base, N.D., June 2, 2020. The B-52s are conducting a long-range, long-duration strategic Bomber Task Force mission throughout Europe and the Arctic region.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN ALYSSA DAY

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**Can Self Esteem Be Improved With Good Posture?
Posture Exercises & Chiropractic Care are key!**

Chiropractic adjustments help the body create better posture by reducing nervous system stress, increasing mobility, and allowing greater balance and spatial awareness. Improved posture proves to have lasting effects on many aspects of function beyond just musculoskeletal health. Science links improved posture to better breathing, sleep, hormone control, and brain health.

Parents often ask healthcare providers about the effects of bad posture and slouching on their children's health. A study published in 2019 explained the effects of postural health on fourth grade children. One of the primary objectives of the study meant to find out if bad posture influenced the self-esteem of fourth graders.

The study involved 108 students. Facilitators assigned each student a randomized variable of assuming either a 'high power' pose or a 'low power' pose. Each student held the posture for one minute. The children were then evaluated using a standard self-esteem assessment.

High power posing consists of the non-verbal expression of power through expansive, open body postures. This stance becomes known as power posing. High power posing links to hormonal and behavioral changes. High power posing affects psychological processes, including feelings of empowerment and other emotional benefits. Students in high power posing showed a higher self-esteem, better mood, and more positive feelings regarding the student-teacher relationship. The findings show consistency with postural intervention effects in children and self-esteem elevation. This study revealed that good posture produced a large-scale effect on school related self-esteem.

The study involved asymptomatic fourth grade children. Improving posture for just one minute resulted in meaningful improvements in mood, emotions and self-esteem. The findings proved consistent with those seen in patients of all ages in Chiropractic clinics all over the world. Improvement of postural distortions through Chiropractic adjustments and postural exercises produce a variety of benefits for patients. This study supports Chiropractic care as a primary source of proactive health care for adults and children. Evidence based research continues to provide a litany of benefits experienced by people who proactively care for their spine, posture, and nervous system. Improving postural distortions represent one of many ways in which overall health improves in patients not experiencing immediate suffering from pain or musculoskeletal complaints.

The outcome traces back to the old adage which speaks to an ounce of prevention being worth more than a pound of cure. Providing the spine and nervous system with regular maintenance radiates improved health and vitality throughout the entire health structure of the body.

All the best to you and yours in great health,
Dr. Willy Fielhaber

CornerStone Chiropractic

Dr. Willy Fielhaber

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Five Minutes to Thrive: Why Should Leaders Care What Others Think About Them?

DR. ASHLEY KILGORE, 5TH OMRS MENTAL HEALTH CLINIC

MINOT AIR FORCE BASE, N.D. --

Your leadership philosophy is an important part of your occupational identity, which is a collection of stories that you tell yourself and others about what it means to be you as a worker. These stories often include memorable experiences, both positive & negative, which have influenced your development. However, the stories we tell about ourselves are less meaningful to others than the behaviors they see. Psychologist Robert Hogan said, "The 'you' that you know is hardly worth knowing because you made it up" (i.e. our identities are merely collections of largely made-up stories, loosely tied to reality). Impactful leaders focus on their reputations,

which include behaviors that are observable by others, and which are better predictors of their future performance than identity.

Don't misunderstand, positive self-appraisals are great things to have, but they don't guarantee you second dates, or home mortgages. For those, you need excellent social and financial capital. When you step into a new job, your boss and subordinates may care about what's written on past EPRs/OPRs, but they'll certainly care about your reputation...particularly if it's a bad one. Leaders care about reputation because it affects individual & team performance, job satisfaction, and organizational tenure. Critical feedback is one way that leaders receive valuable information

about their reputations and enhance their own and others' job performance. Below are some suggestions regarding feedback:

- Ask for it. Feedback is usually better when it's solicited, rather than when given out of necessity
- Don't squander it. Only ask for feedback if you really want it, not because it seems like something "a good leader would do". Treat critical feedback like gold when you receive it
- Be open to it. It's up to you whether you accept the feedback you receive. If you reject it, be thoughtful about why. Others' willingness to give you feedback in the future may depend on it
- Be specific. Consider the information you're after, and who is best qualified to provide it. Instead of asking, "How do you

think I'm doing as a leader?", try "Would you be willing to give me feedback about my composure during today's staff meeting?"

- Timing is important. Pause, and clarify that what you are really seeking is critical feedback, not merely reassurance. Give others time to prepare thoughtful feedback. It will be worth the wait
- Consider multiple sources. Subordinates, peers, and bosses may have helpful insights, but don't discount non-work sources. Our reputations are more consistent across settings than we think.

For questions, contact Dr. Ashley Kilgore (ashley.c.kilgore.mil@mail.mil) or the Minot Mental Health Clinic at 701-723-5527

LEGAL NOTICE

MINOT AIR FORCE BASE, North Dakota. -- It is with deep regret that we announce the untimely passing of Airman First Class Tyve K. Bulliner (Active Duty), 91 Missile Security Forces Squadron, Minot Air Force Base, North Dakota. All claims for or against the decedent's estate must be submitted to the Summary Court Officer: Captain Metz. For more information or to submit a claim, call (701-723-3293) or E-mail andrew.metz.5@us.af.mil



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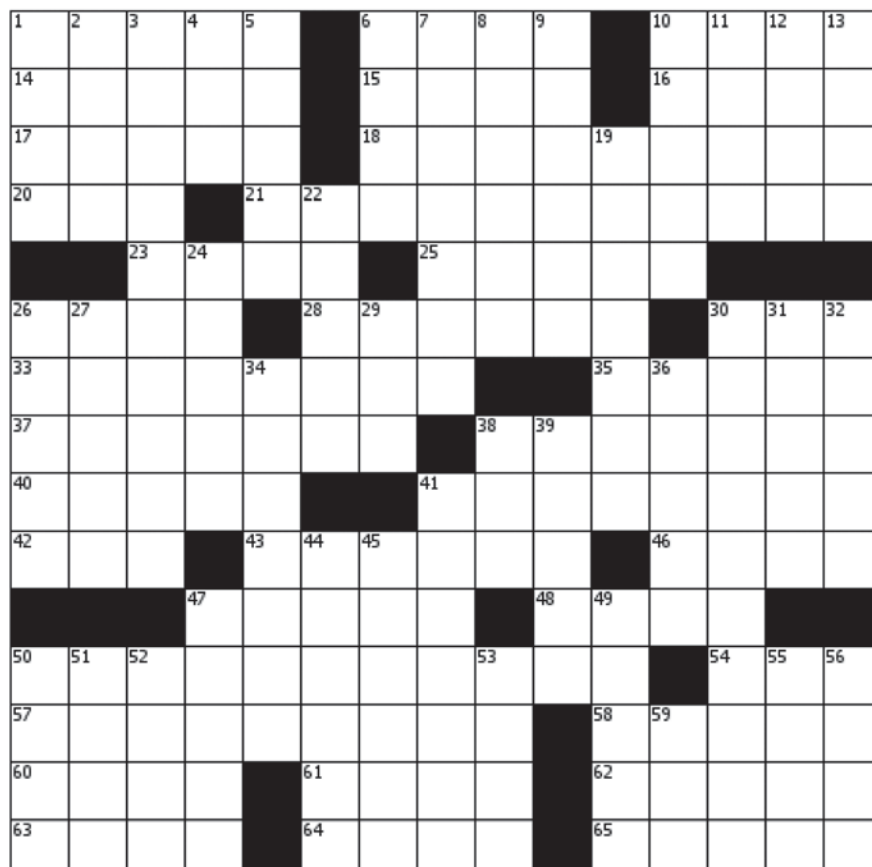
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CROSSWORD PUZZLE

Solution can be found in next weeks edition

Across

- 1. "Dance With Me Henry" singer Georgia
- 6. Loan nos.
- 10. Fishing gear
- 14. Medium medium
- 15. Attention-getting sound
- 16. Inter ___
- 17. Japan's "City of Water"
- 18. Entreats
- 20. Limitless limit?
- 21. Canine commuter system?
- 23. Jumble
- 25. It may be golden
- 26. Pole, for one
- 28. Least warped, as a beam
- 30. Winter setting in Wyo.
- 33. Court denizen
- 35. "Six ___."
- 37. Horns in the woods
- 38. Brawl site
- 40. Explosive trial
- 41. Rejected
- 42. Norse god of strife
- 43. Charged
- 46. Bouncer's concerns
- 47. ___ du Louvre
- 48. Crackers in a red box
- 50. One who understands canaries?
- 54. Dry gently, as tears
- 57. Californian, e.g.
- 58. Curriculum suffix
- 60. "Must've been something ___"
- 61. Town in Abruzzi
- 62. "Cross my heart!"
- 63. First-time tux wearer, maybe



- 64. Grief cause
- 65. Goes it alone

Down

- 1. Pontiacs since 1964
- 2. "That's all ___"
- 3. Issue for arguing asses?
- 4. ___ choy
- 5. Attempts
- 6. Oft-seen puzzle clue letters
- 7. Look from hiding
- 8. Consignee's hope

- 9. Shells out
- 10. Bead material
- 11. Like a school supplies mkt.
- 12. Caught up to, in a way
- 13. Ready-to-mail item, briefly
- 19. Time managers?
- 22. "When You Wish Upon ___"
- 24. Wicked ways

- 26. Perspective
- 27. Full of fluff
- 29. Patient tenders, for short
- 30. Object of bovine witchcraft?
- 31. Porcine proboscis
- 32. Weather word
- 34. Be a wiseacre
- 36. Like a wiseacre
- 38. It's heard in a herd
- 39. ___ crow flies
- 41. Kitchen gadgets
- 44. Kind of body
- 45. Treating nastily
- 47. Measured (out)
- 49. Woods tools
- 50. Bit of lawn litter
- 51. Tear's mate
- 52. Spanish pronoun
- 53. Barbra's "A Star Is Born" costar
- 55. Currency exchange fee
- 56. The better players earn them
- 59. John, to Paul



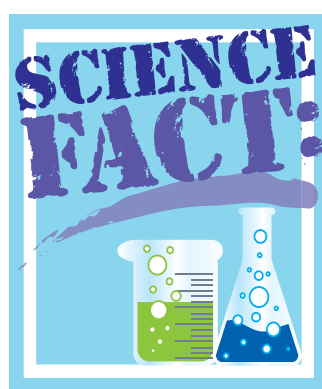
Why do we tell actors to "break a leg" ?

Answer: Because every play has a cast.

SUDOKU

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

Solution to puzzle on page B11



THE SCIENCE BEHIND THESE COLORFUL ITEMS THAT LIGHT UP THE SKY IS A UNIQUE CHEMICAL REACTION.

ANSWER: FIREWORKS

Fireworks Word Find

Find the hidden words in the puzzle.

BEAUTIFUL	DISPLAY	NOISE
BLAST	ENTERTAINING	ROCKET
BURST	FIREWORKS	SKY
COLORFUL	FUSE	SPARKS

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

Get Scrambled

Unscramble the words to determine the phrase.

G H L I T P U H T E K S Y

ANSWER: Light up the sky

THIS DAY IN...



HISTORY

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How they SAY that in...

ENGLISH: Night

SPANISH: Noche

ITALIAN: Notte

FRENCH: Nuit

GERMAN: Nacht

Did you Know?

FIREWORKS ARE COMPONENTS OF CELEBRATIONS TO MARK CANADA DAY AND AMERICA'S INDEPENDENCE DAY.

GET THE PICTURE?

Can you guess what the bigger picture is?

ANSWER: FIREWORKS

3D Musical Paint Party

TAUBE MUSEUM OF ART

3D Musical Paint Party
MINOT, ND – The Minot Symphony Orchestra and the Taube Museum of Art announce their collaborative fundraising event, “3D Musical Paint Party” to be held on July 27th – 29th, 2020.

“Everyone needs art more than ever right now! The symphony and Taube have worked well together for over 6 years for the Great Tomato Festival, so it just felt natural for us to collaborate and bring a virtual event to life,” said Ellen Fenner, executive director of the Minot Symphony Orchestra.

With the Great Tomato Festival being cancelled, the Taube and Minot Symphony Orchestra developed a fun for all ages 3-D interactive fundraiser featuring an in person event, online auction and a hands on experience, to help replace lost revenue from the annual event.

The online auction will open on Monday July 27th at noon and bidding will end on Thursday July 30th at noon. Auction items and bidding instructions can be found on the Taube Museum of Art and Minot Symphony Orchestra Facebook pages as well as www.taubemuseum.org and www.minotsymphony.com.

A VIP event with local artist, Walter Piehl, will be held on Tuesday July 28th. To adhere to social distancing guidelines, a limited number of tickets are available and must be purchased in advance. The event will take place at the Taube Museum of Art from 6 PM to 8 PM. Musicians from the Minot Symphony will perform and Walter Piehl will create a live painting. The painting from the event will be available for auction. Tickets are \$107.72 per person and will include drinks and hors

d'oeuvres. Advanced tickets are required and can be purchased at <https://musicalpaintpartyvip.eventbrite.com>. Tickets for Taube Members and MSO season ticket holders are available now, and to the public beginning July 1. Attendees must be 21+.

On Wednesday July 28th all ages are invited to take part in a virtual paint by music party! The symphony’s woodwind quintet, The SubZero Winds, will stream music and attendees will create an abstract painting to the rhythm of the music at home. Painting kits are available for \$33.46 each or a friend & family pack of 4 kits can be purchased for \$107.72 (includes fees). Kits includes canvas, paints, brushes, and a private event link. Kits must be purchased no later than July 13th and can be purchased at <https://musicalpaintparty.eventbrite.com> and picked up at the Taube Museum of Art located at 2 North Main St. from 1-4 PM July 27-28. Music from symphony musicians along with a review of the auction items and the paint party will begin at 7pm. The goal is to have 500 attendees painting at the same time!

The Taube Museum of Art and Minot Symphony Orchestra are two of the nonprofit organizations that makes Minot a special community. Your support would be greatly appreciated to help them continue to carry out their missions: To enrich lives through the visual arts and to provide opportunities for musicians and inspiration to patrons through education and the performance of diverse orchestral repertoire.

For more information, please visit Taube Museum of Art or Minot Symphony Orchestra’s Facebook pages or call 701-838-4445 or 701-858-4228.

BADLANDS RESTAURANT BAR

Upcoming Events

4 JULY MINOT PARKS 4TH OF JULY FESTIVAL
12:00 PM - 3:00 PM
Roosevelt Park
420 3rd AVE SW Minot, ND

Celebrate the 4th of July at Roosevelt Park! Enjoy music from Badlands Express and local food truck vendors! *This event is free to attend!
*We will continue to follow state and local guidelines regarding Covid-19



For more information:
Facebook event/ Minot Parks

4 JULY MINOT 2020 JULY 4TH FIREWORKS DISPLAY
10:45 PM - 11:45 PM
North Dakota State Fair
2005 Burdick Expy E, Minot

The Minot 2019 Independence Day Fireworks Display! After the Races on July 4th at the North Dakota Fair Grounds! Stay tuned for updated information on social distancing and if the grandstands will be open.



For more information:
Facebook event/ Minot Fireworks Association

6-9 JULY SUMMER SOCCER CAMP
9:00 AM - 12:00 PM
Minot Soccer Association
21st Ave NW, Minot

MSA will host summer camps Monday -Thursday, July 6-9th. Cost is \$30 Per camp. Can sign up for multiple camp options, Choose from: Technical Skills Camp 9:00-10:00 AM. Skills will be age appropriate (U4-U19). Finishing Camp 10:00-11:00 AM (U8-U19). Goal Keeper Camp 11:00-12:00 (U8-U19). <https://minotsoccer.sportngin.com/register/form/417118332>



For more information:
Facebook event/ Minot Soccer Association

9 JULY PINTS & 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

11 JULY CONCEALED CARRY CLASS
12:00 PM - 4:00 PM
Nodak Arms Inc.
601 104th St SE, Minot

Class 1 and Class 2 permit classes. We provide everything here in house. — fingerprints, passport photos, testing materials, applications, firearm for testing, ammunition, money orders, and mail envelope.



For more information:
Facebook event/ Nodak Arms Inc.

11 JULY ICE COLD RYDERS MC SUMMER RIDE AND BIKE WASH
12:00 PM
The Spot, 6 2nd st NE, Minot

For our 10 year anniversary we are having a day full of events. The day will start with a ride that starts at The Spot. There is a 20 dollar registration fee. Kickstands up at noon. The ride will end back at The Spot around 5pm where there will be food, music and bike wash. Also at this time we will have a 50/50 raffle and the drawing for the gun raffle. So come out and support. Money raised on this day will go towards the 2nd Annual Food For Thought Gala.



For more information:
Facebook event/ Ice Cold Ryders MC

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Air Force Surgeon General authorizes 5-year shaving waivers

AIR FORCE SURGEON GENERAL PUBLIC AFFAIRS

FALLS CHURCH, Va. (AFNS) -- In a memorandum dated June 18, 2020, Lt. Gen. Dorothy Hogg, Air Force Surgeon General authorized five-year shaving waivers for Air and Space professionals diagnosed with Pseudofolliculitis Barbae, effective immediately. Driven by feedback from the field, the change is intended to

provide more time for skin to heal and prevent a recurrence. The previous policy required PFB waivers to be updated annually. The change allows shaving waivers to be valid for five years from the date of initiation. The waiver remains valid regardless of the member's deployment or new permanent change of station location. Once diagnosed with PFB,

members are instructed on proper shaving methods to prevent a recurrence. Red bumps associated with this condition can cause a secondary infection and excessive scarring. PFB is most common in men with hair that curls when cut. The policy on the length of facial hair remains the same and cannot exceed one-quarter of an inch.

Facial hair must be grown out naturally. Any shaping or styling of facial hair is not allowed, and facial hair cannot interfere with the wear of personal protective equipment, such as a gas mask. Members must be able to perform required duties.

This new authority will be updated in Air Force Instruction 44-102, Medical Care Management; and AFI 36-2903, Dress and Personal Appearance of Air Force Personnel, and will be standardized across the force.



Staff Sgt. Antoine, 13th Intelligence Squadron intelligence analyst, raises his head as Lt. Col. David Gregory, 9th Medical Group flight surgeon chief of medical staff, inspects his neck and face during a shaving waiver course at Beale Air Force Base, Calif., March 15, 2018. The most common reason Airmen request shaving waivers is due to pseudofolliculitis barbae, which is also known as shaving bumps or ingrown hairs.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN COLVILLE MCFEE

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Air Force awards contract for improved Female Body Armor

DARYL MAYER, AIR FORCE LIFE CYCLE MANAGEMENT CENTER PUBLIC AFFAIRS

WRIGHT-PATTERSON AFB, Ohio (AFNS) -- The Air Force Life Cycle Management Center Female Fitment Program Office has awarded a contract to begin production and development for body armor designed to better protect female Airmen during combat and contingency operations.

Finding uniform items and gear optimized for female Airmen is an Air Force Chief of Staff initiative. The Female Fitment Program Office was created in response to identify problems and find solutions quickly. The office partnered with the Air Force Security Forces Center in San Antonio to find a "sufficient armored plate carrier system that addresses appropriate form, fit and function while providing adequate protection for female Airmen."

"This is a perfect example of Air Force Materiel Command getting feedback from the field and delivering the Air Force we need to the warfighter," said Gen. Arnold W. Bunch Jr., AFMC commander. "I'm proud of the team pulling together to do what is right for our Airmen. They deserve gear that offers the protection they need while allowing them to complete their mission."

AFLCMC's Human Systems Division is the lead organization to assess, evaluate and acquire new body armor for Security Forces Defenders and other female Airmen whose jobs require them to operate in dangerous environments. The new body armor will be specifically fitted to the female body preventing exposure to risks.

"Our female Airmen had gaps due to poor fitment issues," said Maj. Saily Rodriguez, Female Fitment Program manager. "The new gear fits properly which improves protection and offers better comfort for gear that has to be worn in difficult environments and conditions."

The program office conducted an evaluation that included laboratory and field assessments. The contract was awarded to TSSi of Harrisonburg, Virginia for the Aspetto "Mach V" system that was deemed the best solution in terms of price, effectiveness and fitment.

"The feedback during our field assessment was overwhelmingly positive. This is something our Airmen want because it offers a great benefit to their health and safety," Rodriguez said.

The first product deliveries are expected in Fall 2020.

FEMALE BODY ARMOR SYSTEMS

Coming to USAF Security Forces - Fall 2020



WHAT'S NEW?

- Increased mobility
- Increased load carriage support
- Increased comfort while still maintaining coverage of vital organs

"We owe it to them to have gear that fits."
Gen. David L. Goldfein, CSAF

WHY?

- Because female airmen need gear that fits properly and provides protection and comfort for missions in difficult environments and conditions






The Air Force Life Cycle Management Center Human Systems Division completed an evaluation of commercially-available female body armor systems in the lab and in the field with input from Defenders. The best performer, TSSi, was selected, and a contract has been awarded to begin development and production.

The Air Force Life Cycle Management Center Female Fitment Program Office has awarded a contract to begin production and development for body armor designed to better protect female Airmen during combat and contingency operations. The new body armor will be specifically fitted to the female body preventing exposure to risks.

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WHAT'S GOING ON MAFB

TODAY

- Independence Day Observed
- Independence Day Fireworks, Dusk - around 2300, Bud Ebert Park

TUESDAY

- Cycle, 0615, Fitness Center
- Boots to Business, 0800-1600, A&FRC - Online Zoom Meeting
- Game Day, 1000-1930, Minot AFB Library Facebook Page
- Fit to Fight, 1700, Fitness Center
- Swerk, 1830, Fitness Center

THURSDAY

- Tier 1 & 2 Initial Counseling (TAP) - Sep, 0800-0900, A&FRC
- Pre-Separation Counseling, 0900-1100, A&FRC - Online Zoom Meeting
- Reintegration Briefing, 1000-1100, A&FRC - Online Zoom Meeting
- Fit to Fight, 1700, Fitness Center
- Craft Club, 1800, Minot AFB Library Facebook Page
- Zumba, 1830, Fitness Center

SATURDAY

- Independence Day Special Lunch, 1030-1330, Dakota Inn Dining Facility
- Independence Day Special Dinner, 1630-1830, Dakota Inn Dining Facility

WEDNESDAY

- Right Start, 0730, A&FRC - Online Zoom Meeting
- Boots to Business, 0800-1600, A&FRC - Online Zoom Meeting
- Club Member Benefit, 0900-1400, Rough Rider Lanes
- Swerk, 0915, Fitness Center
- Pre-Deployment/Remote Readiness Training, 1000-1100, A&FRC - Online Zoom Meeting
- Story Time, 1030, Minot AFB Storytime Club Facebook Group
- Strength & Conditioning, 1130, Fitness Center
- Military TSP Class, 1430-1600, A&FRC
- Mug Club Special, 1600-1800, Rockers Bar & Grill
- Boss & Buddy \$1 Off Draft Special, 1630-1830, Rockers Bar & Grill
- Member Wind Down Wednesday Snacks, 1630-1830, Rockers Bar & Grill
- Wednesday Night Bingo, 1730-2030, Rockers Bar & Grill
- Yoga 101, 1830, Fitness Center

SUNDAY

- Zumba, 1400, Fitness Center

MONDAY

- AFGSC Family Day
- Swerk, 0915, Fitness Center
- Strength & Conditioning, 1130, Fitness Center

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 July Special - Wednesday Lunch Special

Smoked BBQ Plate
 Enjoy your choice of smoked brisket, baby back ribs, or polish sausage served with beans and coleslaw! Try it on Wednesdays during lunch while supplies last!
 1 meat for \$9.95, 2 meats for \$10.95, 3 meats for \$11.95 - Includes a drink!

The B-Fifty Brew July Special

Cinnamon Roll
 Start the day by satisfying your sweet tooth! Swing by to snag one of our delicious cinnamon rolls to go! Grab it today for only \$4!

Rockers Bar & Grill July Special

Chili Cheese Dogs
 2 hot dogs covered with chili and melted cheese. Served with fries for only \$9.75!

Auto Hobby

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



UPCOMING EVENTS:

- 10 July**
- Strength & Conditioning, 1130, Fitness Center
 - Friday Fun Member Snacks, 1630-1830, Rockers Bar & Grill
 - Club Members \$\$\$ Drawing, 1730-1830, Held at Rockers Bar & Grill, Winner Announced at Bomber Bistro and Jimmy Doolittle Center
 - Karaoke Night, 1800-2200, Rockers Bar & Grill
 - Zumba, 1830, Fitness Center
 - Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

- 11 July**
- Registration Closes for Only the Best Come North Scramble at Rough Rider Golf Course
 - Zumba, 1015, Fitness Center
 - Minot AFB Library FAN-CON, 1100-1600, Minot AFB Library Facebook Page
 - UFC 251: Usman vs Burns, prelims begin at 1900, main event begins at 2200, Rockers Bar & Grill
 - Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes



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NORTH DAKOTA GAME AND FISH DEPARTMENT

Deer Lottery Held, Licenses Remain

North Dakota's deer gun lottery has been held and individual results are available online at the state Game and Fish Department's website, gf.nd.gov.

Chief of administrative services Kim Kary said moving to an online lottery has resulted in reducing the time between the application deadline and the lottery run date.

"It's a major benefit in moving to an all online lottery application process," Kary said.

More than 6,200 deer gun licenses remain. Only resident applicants who were unsuccessful in the lottery can apply for remaining licenses.

More than 81,000 individuals applied for a deer gun lottery license, in addition to about 12,600 gratis applicants. The 2020 deer gun proclamation allows for 69,050 deer gun season licenses.

Unsuccessful applicants can apply online for remaining licenses beginning July 1. The deadline for applying is July 22.

Operation Dry Water

The North Dakota Game and Fish Department will again participate in Operation Dry Water as part of a nationally coordinated effort to increase knowledge about the dangers of boating under the influence. The goal is to reduce the number of accidents and deaths associated with alcohol and drug use on state waterways.

ODW weekend, July 3-5, is the national weekend of heightened enforcement effort directed at boating under the influence laws and recreational boater outreach.

While informing and educating boaters about the hazards and negative outcomes associated with boating while under the influence of alcohol or drugs is a year-round effort, on ODW weekend the Game and Fish Department's game wardens will be focused on the water, informing boaters about safe boating practices, and removing impaired operators from the water.

A feature story on ODW weekend is included in the June issue of the North Dakota OUTDOORS magazine.

Tips to staying safe on the water:

Boat sober - alcohol use is the leading contributing factor in recreational boater deaths. Alcohol and drug use impair a boater's judgment, balance, vision and reaction time.

Wear your life jacket - 85% of drowning victims nationwide were

not wearing a life jacket.

Take the online boating safety education course - 71% of deaths nationwide occurred on boats where the operator had not received boating safety instruction.

Put Garbage Where it Belongs

The North Dakota Game and Fish Department reminds outdoor recreationists to keep it clean this summer by packing out all trash.

All garbage, including used fireworks, should be placed in a proper trash receptacle. If trash cans aren't available, or are full, take the trash and dispose of it at home.

It is not uncommon to see garbage piling up around full trash containers. Styrofoam containers are not biodegradable, but are often found wedged in cattails, drifting or washed up on shore.

Tires, mattresses and kitchen appliances have found their way to public use areas.

This illegal dumping is costly to clean up and takes a significant toll on the environment. Not only does it spoil the beauty of the land, it destroys habitat, has the potential to pollute North Dakota waters and can injure wildlife.

Littering violations should be reported by calling the Report All Poachers at 701-328-9921.

WMA Regulations Prohibit Fireworks, Camping Restrictions Lifted for Holiday

The North Dakota Game and Fish Department reminds citizens that possession or use of fireworks on state wildlife management areas is prohibited.

The primary objective of a wildlife management area is to enhance wildlife production, provide hunting and fishing opportunities, and offer other outdoor recreational and educational uses that are compatible with these objectives. Only activities that would not disrupt the intentions of how these areas are managed are encouraged, and a fireworks display is not compatible.

In addition, the Game and Fish Department will lift the Tuesday-Wednesday no-camping restriction for the upcoming Fourth of July holiday week, which will allow overnight camping June 30 and July 1 on those WMAs that otherwise have this two-day restriction in place.

A complete list of WMA regulations is available on the Game and Fish website, gf.nd.gov.



OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, June 29: 1,843.29 feet above mean sea level (MSL); 28,200 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.4 feet above mean sea level (MSL).

Stump Lake elevation: 1,449.48 MSL.

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

*Devils Lake, Ed's Bait Shop, Devils Lake: Try slip bobbers or trolling spinners and bottom bouncers in 20 to 25 feet for walleye. Mix it up, though, and also try shallower and deeper depths. Continued white bass success from shore.

*Devils Lake, Woodland Resort, Devils Lake: Try spinners and bottom bouncers in 7 to 15 feet trolling less than 1.5 MPH around Howards Bay, Patience Point, or the Golden Highway for walleye. Some pike mixed in. Work wind-blown shorelines in 7 to 10 feet with minnows for white bass.

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

*Lake Metigoshe, Four Seasons, Bottineau: Good numbers of nice-sized pike with some walleye mixed in. Look for crappie along the weed beds from boats with continued bluegill activity shallow around the docks.

*Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Spotty walleye success on the east end of Lake Sakakawea. Move around using a variety of presentations. Continued good catfish in the Missouri River tailrace chutes.

*Lake Sakakawea, Indian Hills Resort, Garrison: No new reports.

*Lake Sakakawea, Scenic 23, New Town: Continued good small walleye success in the Van Hook Arm with a few larger ones showing up. Work deep but it's a matter of being in the right spot when the bigger fish move in without any consistent patterns yet.

*Lake Sakakawea, Van Hook Resort, New Town: Improving walleye success with some larger

- Operation Dry Water underway the 4th of July weekend to help reduce boating under the influence.
- Fireworks prohibited on all N.D. Game & Fish Dept. Wildlife Mgmt. Areas and U.S. Fish & Wildlife Service Nat'l. Wildlife Refuges and Waterfowl Production Areas.



fish how showing up. Move around, working 18 to 30 feet with bottom bouncers or spinners and nightcrawlers or leeches, although anglers still finding some success with minnows. Also try crankbaits.

*Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace producing small walleye from boats in the channels. Fish aren't patterning, however, and sort through for a catch for keepers. Try Lindy rigs or spinners with a variety of baits. No reports on crankbaits producing anything yet. A few larger fish coming down river. Try jigs. Look for smattering of trout and walleye with better catfish success in the chutes. The river is inconsistent overall, though. Lake Sakakawea producing some small walleye. Move around to locate active fish. Try points with slow death rigs and bottom bouncers with nightcrawlers in 22 feet. Also try jiggling in the shallows. Occasional salmon using downriggers with flashers and squids with herring. Try around 120 feet from Sakakawea State Park east to Deadman's Bay. Salmon bite is also inconsistent.

*Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Lake Sakakawea clearing up, especially from White Earth Bay to the east. Van Hook Arm remains the best bet for walleye. Try 15 to 20 feet using spinners and nightcrawlers or jigs and leeches.

Good numbers of smallmouth bass in White Earth Bay. Good catfish action around Lewis & Clark State Park. Kota-Ray Dam producing largemouth bass.

*Lonetree WMA area lakes, Harvey: Fair to good success throughout many area lakes, including Goose Lake.

*North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Limited reports from the Souris River and area lakes.

Paddle craft river elevation & flows:

- *Des Lacs River, Foxholm: River stage, 5.8 feet; streamflow, 15.8 CFS.
- *Little Missouri River, Long X Bridge: Streamflow, 80.9 CFS.
- *Missouri River Washburn: River stage, 19.79 feet.
- *Missouri River, Williston: River stage, 11.36 feet.
- *Souris River, Foxholm: River stage, 4.76 feet; streamflow, 0.65 CFS.
- *Souris River, Minot: River stage, 3.99 feet; streamflow, 3.95 CFS.
- *Yellowstone River, Sidney, Mont.: River stage, 8.39 feet; streamflow, 23,300 CFS

Numbers to know:

- N.D. Game and Fish Dept., main Bismarck office: (701) 328-6300, website: (<http://gf.nd.gov>).
- Report All Poachers: (800) 472-2121 or (701) 328-9921.

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MEATLOAF CUPCAKE BITES



INGREDIENTS

- 1 TEASPOON OLIVE OIL
- 1 CUP ONION, DICED
- 1 TEASPOON DRIED OREGANO
- 2 CLOVE GARLIC, MINCED
- 1 CUP BREADCRUMBS
- 1 TEASPOON WORCESTERSHIRE SAUCE
- 1 TEASPOON SALT
- 6/25 TEASPOON BLACK PEPPER
- 2 WHOLE EGGS
- AS NEEDED COOKING SPRAY
- 1 1/2 POUND GROUND BEEF, 80% LEAN
- 3 TABLESPOON CHIVES, CHOPPED
- 1 CUP TRAEGER CHILI BBQ SAUCE
- 4 CUP POTATOES, MASHED
- 12 SLICES COOKED BACON, CRUMBLED

When ready to cook, set the temperature to 350°F and preheat, lid closed (10-15 minutes)

Combine all ingredients, except for the BBQ sauce, in a large bowl. Fold gently; use your hands.

Spray a 12-cup muffin or mini loaf pan with cooking spray. Spoon the meat mixture into the cups.

Top each meatloaf mancake with 2 tsp. of BBQ sauce. Bake for 25 minutes.

Prepare the mashed potatoes while the meatloaf bakes.

Once the meat has finished cooking, pipe the mashed potatoes on top of each mini meatloaf using a pastry bag with a large star tip.

Shower with chives and bacon. Enjoy!



Ryan Davy - GM
Minot

www.HofE.com/BBQHQ

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ALS Class 20-D Graduation



More photos can be found on Minot AFB PA Flickr page.

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Telemedicine offers AFGSC bases effective way to treat patients during COVID-19 pandemic

CARLA PAMPE, AIR FORCE GLOBAL STRIKE COMMAND PUBLIC AFFAIRS

BARKSDALE AIR FORCE BASE, La. --

Throughout the COVID-19 pandemic, Air Force Global Strike Command has continually sought new and innovative ways to do business and make sure the mission continues.

AFGSC's use of telemedicine is no exception. Prior to the pandemic, the Air Force as a whole was using telemedicine, but on a much smaller scale, said Col. Robert Peltzer, Command Administrator with the AFGSC Command Surgeon's office.

"Our Air Force nursing staff has used telemedicine quite frequently to provide medical advice and relay provider treatment instructions to patients. However, telemedicine by Air Force providers has been used less frequently for a variety of reasons," he said.

"Given the risks of COVID-19 exposure, we have been charged to utilize a host of other methods to continue to provide care and services to our patients. It has allowed us (and I believe the Air Force Medical Service as a whole) to recognize how we can use technology, including secure messaging and sometimes even video telehealth, to better serve our patients."

Improved technology and capabilities and an increase in tech saavy patients and providers expressing interest in telemedicine options are just a couple of the reasons behind the sudden surge in telemedicine, said Lt. Col. Michelle Bray, a family physician with the 90th Medical Operations Squadron at F.E. Warren Air Force Base, Wyoming.

"Patients and providers both have busy schedules which do not always allow for standard 7:30 a.m. -4:30 p.m. appointment hours," Bray said. "Many patients feel that they need something very specific and are often frustrated when they spend time in a clinic waiting room for a long period of time only to have a short visit with their provider, and in some cases find that no physical exam was done or was very cursory and are frustrated that their medications could not have been refilled in another manner."

Additionally, the current COVID-19 pandemic has forced an increase in staying at home and staying away from clinics or hospitals where potentially sick patients may be present forcing both providers and patients to explore telemedicine options, Bray said.

Lt. Col. Troy Novak, an administrator with the 5th Medical Group at Minot AFB, North Dakota, agreed.

"The sudden need for telemedicine arose in response to COVID-19," he said. "Although the pandemic sparked a telemedicine rush, it was long overdue. Over the last two years, our medical group has identified that telemedicine has the potential to expand services to our Airmen and families."

New and emerging technologies are helping make telemedicine more effective, Novak said.

"Now we are meeting the patient where they are using the same technologies they use to connect to friends and family. In this new environment, we are connecting our local and our

national medical resources to our patients," Novak added. "This shift is new to both provider and patient, but feedback is positive and it will be hard to go back to the traditional clinic visit."

While technology has improved, there are still changes that can be made to make telemedicine even better and more user friendly, Peltzer said.

"We need to work on platforms for other telemedicine that are not blocked by government firewalls. Teleconferences such as Skype, Zoom, Google Meets, etc., should be considered to allow video conferences with patients if desired," he said. "With incorporation of telemedicine, work hours and duty hours should be considered as well. If a provider is able and willing to work on telehealth medicine outside of traditional duty hours this allows more flexibility, and hours they are expected to be in the clinic should be considered. This allows an increase in flexibility of staff schedules and will likely decrease burnout and increase productivity."

For the most part, patients seem to like the telemedicine option, said Maj. Ryan Proffitt, a physical therapist at Whiteman Air Force Base, Missouri.

"For the most part they seemed to be very surprised when I am calling to check up on them," he said. "Phone call or video conferencing cannot replace face to face visits, or should I say hands on visits in physical therapy, but there is still benefit from the use of video and telephone evaluations."

Many patients seem to appreciate the ability to communicate through telemedicine, Bray said.

"We have received overall very positive feedback," she said. "Patients are very happy that they can have their needs addressed without having to drive a long commute, spend a significant time in a waiting room, or worry about child care needs during their appointment."

In some cases patients do prefer to be seen face to face."

While telemedicine offers many positive benefits for the patients and providers, Peltzer said there will always be a need to see patients in person for some things.

"Telemedicine should not be a primary way of treating patients, as many things can be missed. But, telemedicine can improve efficiency by allowing much of the historical portion of the interview to be completed in advance of the appointment," he said.

"Our staff can gain back some valuable time to address other patients' needs by decreasing the 'foot traffic' and labor that would have been required by seeing all our patients face-to-face. By improving efficiency in our processes and being strategic over what types of care can be successfully completed thru telemedicine versus face-to-face, we can improve our delivery of healthcare to patients."



TELEMEDICINE CAN IMPROVE EFFICIENCY BY ALLOWING MUCH OF THE HISTORICAL PORTION OF THE INTERVIEW TO BE COMPLETED IN ADVANCE OF THE APPOINTMENT.

COL. ROBERT PELTZER, COMMAND ADMINISTRATOR



Advancements in telehealth services have made it easier and more convenient for patients to access the healthcare services they need. The Air Force Medical Service has used advancements in telehealth to offer patients a wide variety of services such as secured messaging with their healthcare team, and virtual appointments with specialists that can be accessed from anywhere.

U.S. AIR FORCE GRAPHIC



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Tricare Selected Reserve termination explained

SEAN P. HOULIHAN, AIR FORCE RESERVE COMMAND PUBLIC AFFAIRS

ROBINS AIR FORCE BASE, Ga. (AFNS) -- For Airmen enrolled in Tricare Reserve Select, there has been a change over the last 60 days on Tricare coverage payments due to the COVID-19 pandemic and the ability to request reinstatement if needed due to miscommunication of policy guidelines.

The June 16 policy change stated Tricare "will delay terminating coverage for one month beyond the last paid-through date. During the period of payment delinquency, claims will not be paid and coverage will be terminated retroactively to the last paid-through date."

This is in contrast to the April 6 message that said Tricare would "delay terminating coverage for selected Reserve members until 90 days after the date the COVID-19 emergency has ended as determined by the Director, Defense Health Agency."

"There was no policy change, but rather erroneous information was put out regarding Tricare coverage for members who defaulted on premium payments," said Lt. Col. Costau Bastien, Force Transformation chief, Headquarters Air Force Reserve at the Pentagon. "By law, Tricare is required to suspend coverage after 30 days past the payment

due date. The guidance the Office of the Secretary of Defense put out erroneously stated that Tricare would delay suspending coverage until 90 days after COVID operations ceased."

Bastien said to remedy this disconnect, OSD will allow members up to five months, instead of the original three-month period, to pay overdue premiums to have coverage reinstated and will honor any medical services and bills incurred during that time, once premiums are paid.

Reservists may have to resubmit any previously denied Tricare claims from the period of

delinquency for processing.

The colonel said Reserve leadership at both the Pentagon and Air Force Reserve Command, headquartered on Robins Air Force Base, are providing information through functional communities to unit leadership to make sure Reservists are aware of the correct information.

Any member who acted upon the April 6 guidance should contact Tricare immediately to ensure premiums are paid in order to avoid a loss of health care coverage.

Any Reserve members needing financial assistance should contact their unit leadership

and local Airmen and Family Readiness Center. Bastien also said as normal operations resume, members should work with their units to accomplish missed Unit Training Assembly periods, which may provide income to cover overdue Tricare premiums.

For more information on Tricare coverage, visit www.tricare.mil. For the East Coast region, visit www.humanmilitary.com or call 800-444-5445. For the West Coast region, contact Health Net at 844-866-9378.

Aviation Unit Receives Alert for Possible Mobilization

NORTH DAKOTA NATIONAL GUARD

BISMARCK, N.D. — A North Dakota Army National Guard unit has received an alert for possible mobilization. If ordered to mobilize, the Bismarck-based Company C, 2nd Battalion, 285th Aviation Regiment, would deploy to the National Capital Region (NCR) area late in 2020. The unit consists of about 70 Soldiers and operates the UH-60 Black Hawk helicopter. If mobilized, their anticipated mission would be transport of personnel and light cargo within the NCR area. "We are extremely proud

of the professionalism of our Army aviators," said Maj. Gen. Al Dohrmann, North Dakota adjutant general. "They have a safe operating record of nearly 150,000 flight hours dating back to 1958 and have been instrumental in support of state and federal missions to include flood response, wildfire fighting, search and rescue missions and have successfully served overseas." The unit is led by Capt. Robert Sorenson and 1st Sgt. Mitch McCoy. Company C, 2nd Battalion, 285th Aviation

Regiment was previously deployed to Kosovo in support of peace keeping operations from Nov. 2013 to Dec. 2014 and to Iraq Oct. 2009 to Sept. 2010. Other support provided by the North Dakota Army National Guard to the NCR were two mobilizations that assisted in the protection of airspace by the Grand Forks-based 1st Battalion, 188th Air Defense Artillery Regiment from May 2017 to April 2018 and May 2013 to April 2014.



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- Their beak tip is used for tearing. Bald Eagles kill their prey with their talons by penetrating flesh.
- A Bald Eagle's skin is protected by over 7,000 feathers lined with down. Their feet are cold resistant, consisting mostly of tendons.

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Snakebite!

Patricia Stockdill

The first snakebite came as a complete surprise: Huni came up limping after going through a brushy draw while grouse hunting on a balmy late September evening.

Her foot began swelling. She must have sprained it, we thought, so we iced it.

The next morning, this small, fine-boned Brittany had a leg swollen larger than a person's arm. It looked like she was wearing a blimp. A quick call to the veterinarian confirmed she needed immediate medical attention.

Our veterinarian quizzed us about the evening events, wondering if we were hunting "west river" (west of the Missouri River) or "east river". As he examined her, the rattlesnake's bite marks weren't visible. Had we been "west river", it probably would have been an easy call to make that she, indeed, had a rattlesnake bite.

However, given her swelling and massive amount of black-and-blue skin under her "armpit", all symptoms pointed to a rattlesnake bite. The veterinarian said Huni was lucky in large part because we iced the outside of the leg – not the bite location – the evening she was bitten. Its location was close to her heart and increased swelling could have been more dangerous.

The second snakebite could have and should have been avoided: Denali, a six-month-old Brittany, was on an August Badlands hike with us. A sharp yip, and the little 18-pound, six-month-old pup came barreling back to my husband in agony. He quickly found the culprit – a few steps later, a small rattlesnake struck his boot.

We were in a remote area of western North Dakota's Badlands and wireless reception wasn't a possibility. After a slow, agonizing trip on prairie trails, we made it so we could at least try to locate a veterinarian in western North Dakota on a Sunday afternoon. That would determine which direction we would go.

Denali was equally lucky, in part because her bite was in her paw, not close to her heart or throat.

Snakebites and dogs can be a deadly combination. Our dogs were both extremely lucky.

Thankfully, prairie rattlesnakes are the only common venomous snakes in North Dakota.

In addition, a prairie rattler isn't nearly as deadly as desert or Mohave rattlesnakes. But that doesn't underscore the fact that they're dangerous to dogs.

Huni's situation also underscores the fact prairie rattlesnakes aren't just found "west river" or in the Badlands. We were hunting along the north shore of Lake Sakakawea only about 20 miles west of Garrison when Huni was bitten. Unlike Denali's situation, she wasn't in an area where one thinks of rattlesnakes.

Both situations underscore the importance of preparedness.

The Purina ProPlan Outdoor Wire offers snakebite tips:

*Remember, they can occur on land or water.

*Many variables determine the severity and outcome of snakebites, including size and age of the dog, bite location, type of snake, and – perhaps equally as critical – how the human handles the situation.

*If traveling in areas with snakes – including outside of North Dakota – find out what types of venomous snakes could be in the area, their preferred habitat, and "personality."

*Consider "snake-proofing" or "snake-breaking" your dog by helping prepare it to react to an offensive strike. Try to locate a snake-avoidance clinic, which conditions dogs to give any snake he or she encounters via sight, smell, or sound a wide berth. Snake breaking might not eliminate risks, but dogs learn to avoid snakes through repetition and reinforcement.

*Recognize the signs: Bleeding, bruising, and swelling around the bite and color changes from red and blue to black as tissues die around the wound. Pale gums, cool skin, tremors, weakness, lethargy, confusion, lack of coordination, vomiting, and slow respiration could also mean a snakebite.

*Keep your "snakebite kit" handy: The kit contains one thing and one thing only – your vehicle keys. Don't ice or warm the wound area. Don't try to cut into the wound and suck out venom or apply a bandage.

The only thing to do is try to keep the dog calm and restrained as gently as possible, helping slow the spread of venom as you high-tail it to the nearest veterinarian.

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

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

BARKSDALE AIR FORCE BASE, La. --

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

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

The B-1's long-planned retirement timeframe is a key component to effective fleet management during the transition to the B-21. The Air Force will gradually retire B-1s, beginning with the most costly and structurally deficient of the airframes. By adopting a phased retirement approach, this will allow overlap between legacy and next generation bombers.

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

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

the possibility of hypersonic weapons.

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

These are just a few ways we will continue to invest in upgrading and maintaining B-1 combat effectiveness until the airframe reaches the end of its life cycle.

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

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



Above: A U.S. Air Force B-1B Lancer, assigned to the 37th Expeditionary Bomb Squadron, Ellsworth Air Force Base, S.D., flies over the East China Sea, Jan. 9, 2018. The Lancer serves as premier platform for America's long-range bomber force, carrying the largest conventional payload of guided and unguided weapons in the Air Force inventory.

U.S. AIR FORCE PHOTO
STAFF SGT. PETER REFT



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to get that "big present" during "Cowboy Christmas." Even if the four-legged athletes hope to keep them from doing so.

Nine-time PBR stock contractor of the year, Chad Berger of Mandan will bring his bulls and Joe Simon of Dakota Rodeo will provide other roughstock, much of which is famous in the National Finals Rodeo circles.

In a matter of seconds, the contests will be over. Next up might be from the legendary Killdeer Mountain Roundup Rodeo (<https://killdeermountainrounduprodeo.com>) in Killdeer, which will celebrate its 97th year July 3-4, or the 61st Towner Rodeo

(www.ndrodeo.com/rodeo-programs/55th-annual-towner-rodeo).

North Dakota has several exceptional areas to see from the saddle. Enjoy a short ride at the Medora Riding Stables or as part of a ranch vacation at Black Leg Ranch. Or explore the legendary landscapes with your own horse (www.ndtourism.com/articles/saddle-horseback-riding-north-dakota-style).

These are just a few ways to discover your cowboy spirit in North Dakota. For more activities and events taking place go to www.ndtourism.com.



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CHURCH DIRECTORY

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

<p>Little Flower Catholic Church 800 University Avenue West 838-1520</p> <p>Mass Schedule Saturday 4:30 pm Sunday 8:30 & 10:00 am</p> <p>Fr. Ken Phillips, Pastor www.littleflowerminot.com</p>	<p>St. Peter The Aleut Eastern Orthodox Church</p> <p> 109 6th St. SE Minot • 838-3094</p> <p>Sunday 10:00 a.m. Congregational Prayer Reader Service</p>	<p> Break Forth BIBLE CHURCH</p> <p>Thursdays 7:00pm 2nd + 4th Sundays 10:30am at the GRAND HOTEL www.breakforthbiblechurch.com</p>	<p> An Evangelical Free Church 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p>Sunday School & Fellowship 9:00 a.m. Worship 10:30 a.m.</p> <p>www.trinitychurchminot.org</p>	<p> Bible Fellowship Church</p> <p>Worship Service at 10:45am Sundays Sunday School at 9:45am</p> <p>1720 4th Ave NW, Minot 838-0916 MinotBibleFellowship.org</p>
<p> Faith United Methodist Church</p> <p>5900 Highway 83 N, Minot www.faithumcminot.com</p> <p>Pastor Ken Mund 701-838-1540</p> <p>Sunday School (All Ages): 9:45 a.m. Sunday Coffee Fellowship: 10:30 a.m. Worship Services: Sunday 11 a.m.</p>	<p>Minot Baptist Church</p> <p><i>Sending the Glorious Light of Jesus Christ to a Dark and Needy World</i></p> <p>Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Evening Worship 6:00 p.m. Wednesday Evening 7:00 p.m.</p> <p><i>Independent/Fundamental/KJV</i> 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p>Cornerstone Presbyterian Church</p> <p>1000 NE 3rd Street 852-0315</p> <p>Sunday Schedule Contemporary Worship 9:00am Sunday School (All Ages) 10:00am Traditional Worship 11:00am</p> <p>Wednesday Evening Schedule Community Dinner 5:30-6:30pm Contemporary Worship 6:30pm Youth Group & Small Groups.. 7:15pm</p> <p>All are Welcome! www.ecominot.org</p>	<p>Congregational UCC 430 N. Broadway • 839-1064</p> <p>Sunday Worship 11am Sunday School 11am Tuesday Bible Study 12pm Saturday Noah's Breakfast .. 9:30am</p> <p>Please join us, all are welcome here!</p> <p> UNITED CHURCH OF CHRIST</p>	<p> St. Mark's Lutheran Church <i>Missouri Synod</i></p> <p>Sunday Worship 9:30 AM</p> <p>2209 4th Avenue NW Minot, ND 839-4663 Reverend Philip Beyersdorf</p>
<p> Immanuel Baptist Church</p> <p>1615 2nd St. SE Minot • 839-3694</p> <p>Sundays: Worship 10:00 a.m.</p> <p>Wednesdays: Soup Kitchen 11:30 a.m. - 12:30 p.m.</p> <p>Brian T. Skar, Pastor www.ibcminot.org</p>	<p>Apostolic Faith Church, UPCI</p> <p>2929 19th Ave NW • Minot Located off Hwy 83 Bypass West (701)838-0609</p> <p>Saturday School 2:00 p.m. Sunday Worship 3:30 p.m. Wednesday Bible Study 7:30 p.m.</p> <p>Jesse Starr, Pastor</p>	<p> St. John the Apostle Catholic Church</p> <p>2600 West Central Ave • Minot, ND 58701 839-7076</p> <p>Daily Mass Schedule: Tuesday 5:15 p.m. Wednesday - Friday 7:00 a.m. Saturday 5:00 p.m. Sunday 8:00 & 10:30 a.m.</p> <p><i>Fr. David A. Richter, Pastor</i> Parish website: www.stjohnminot.com</p>	<p> First Lutheran Church - ELCA 120 5th Ave. NW 852-4853</p> <p>Saturday Worship 5:00 pm Sunday Worship.. 8:30 am & 11:00 am Sunday Education 9:45 am Wednesday Supper 5:00 pm Wed. Worship & Education..... 5:45 pm</p> <p>www.firstlutheran.tv (Live Stream & Recorded) Radio Broadcast KRRZ 1390AM Sunday 8:30 am www.flcminot.com Pastor Brandy Gerjets • Pastor Ellery Dykeman</p>	<p></p> <p>Gospel Tabernacle Community Church</p> <p>9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson</p> <p>Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday</p> <p>Sunday School 9:45 a.m. Adult/Children Worship.. 11 a.m. Family Hour 6:30 p.m. Evening Worship 7:30 p.m. Bible Study/Child-Adult Children Worship (Wed).... 7 p.m. Prayer (Friday) 7 P.m.</p>
<p>Bethany Lutheran 215 3rd Ave. SE, Minot, ND Phone: 838-5196 A Member of the ELCA</p> <p>Sunday Worship 8:30 & 10:30 am Sunday Fellowship 9:30 am Wednesday Church School 5:45 pm Wednesday Worship 6:45 pm</p> <p>Website: www.bethanylutheranminot.com Email: bethanylutheran@srt.com Live Streaming: bethanylutheran.tv Pastor Janet Hernes Mathistad Pastor Gerald Roise</p>	<p>First Baptist Church 200 3rd St. SW • 852-4533 www.fbcminot.org</p> <p>Classic Worship Service 8:30 a.m. Adult Sunday School 9:45 a.m. Contemporary Worship Service .. 9:50 a.m. Children's Church 9:50 a.m. Sunday School (All Ages) 11:00 a.m. Contemporary Worship Service.. 11:05 a.m. Wed. AWANA (Sept. to May) 6:30 p.m.</p> <p>Rev. Kent Hinkel, Senior Pastor Rev. Barry Seifert, Associate Pastor Pastor Sam Kautzmann, Student Ministries Elaine Carlson, Children's Ministry Director</p>	<p> Cross Roads Baptist</p> <p>Southern Baptist Convention</p> <p>Sunday School (all ages) 9:45 a.m. Sunday Worship 11 a.m. & 6:30 p.m. Wednesdays (Prayer & Missions) ... 6:30 p.m.</p> <p>www.minotcrbc.org email: minotcrbc@gmail.com Dr. Bob Farmer- Pastor</p> <p>415 28th Ave SE (Behind Menards) 838-1873</p>	<p> West Minot Church of God <i>Family Worship Center</i></p> <p>1105 16th St. NW • 839-1407</p> <p>Sunday School 9:30 a.m. Sunday Worship 10:30 a.m. Children's Church & Nursery Wednesday Family Training Hour Meal 5:30p.m. Classes for All Ages 6:30 p.m. Youth Center, Friday 7:00 - 11:00 p.m. ABC Child Care Center 852-6352</p> <p>westminot.com facebook.com/westminot</p>	<p>Our Redeemer's Church <i>A Church of the Lutheran Brethren</i></p> <p>Thursdays: Worship 6:30 p.m.</p> <p>Sundays: Worship 8:30 a.m. & 10:45 a.m.</p> <p>700 16th Ave SE • 701-838-0750</p> <p>For more information visit us on the web at: www.ourredeemers.org</p>
<p> Vincent United Methodist Church</p> <p>1024 2nd St. SE • 838-4425 <i>Behind Town & Country Shopping Center</i> open hearts...open minds...open doors!</p> <p>Sunday School 9:00 a.m. Sunday Worship Service 10:00 a.m. Fellowship 11:00 a.m.</p> <p>Pastor Matt Scherbenske www.vincentumc.com</p>	<p> OUR REDEEMER'S CHURCH <i>A Church of the Lutheran Brethren</i></p> <p>Thursdays: Worship 6:30 p.m.</p> <p>Sundays: Worship 8:30 a.m. & 10:45 a.m.</p> <p>700 16th Ave SE • 701-838-0750</p> <p>For more information visit us on the web at: www.ourredeemers.org</p>	<p>Chapel Services at MAFB <i>Protestant (North Plains Chapel in Base Housing)</i></p> <p>Contemporary Service Sunday Worship 1000</p> <p>Gospel Service Sunday Worship 1130</p> <p><i>Catholic Mass (Northern Lights Chapel across from Rockers)</i> Sunday 1000 & 1700 Daily Monday-Thursday at 1200</p>	<p>ORCS Preschool</p> <p>Our Redeemer's Christian School's Preschool Program will be starting it's 33rd year the fall of 2020 and we would love to have your child be a part of it!</p> <p>NOW ACCEPTING REGISTRATIONS FOR THE 2020-2021 SCHOOL YEAR</p> <p>HIGHLIGHTS OF OUR PROGRAM</p> <ul style="list-style-type: none"> • Time-tested curriculum including STEM and Language Arts activities as well as Free Play • 2 and 3 day options available • Kindergarten readiness skills practiced each session • All teachers hold a North Dakota Professional Educator's License • Christ-centered environment <p>Please contact our school office or visit our website for more information. 701.839.0772 Email: jschultz@orcsknights.org Website: www.orcsknights.org</p>	
<p>First Assembly of God 1805 2nd St. SE 838-1111</p> <p>Morning Worship 8:30 a.m. Sunday School 10 a.m. Morning Worship 11 a.m. Wednesday Family Night..... 6:30 p.m.</p>	<p> OUR REDEEMER'S CHRISTIAN SCHOOL 700 16th Avenue SE Minot, ND 58701 info@orcsknights.org • 701-839-0772 www.orcsknights.org</p>	<p>To Advertise your Church on this page,</p> <p>Call 839-0946</p> <p>Only \$7.00 a space / per week</p>		

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REAL ESTATE

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

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

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HELP WANTED

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

LEGAL NOTICE

MINOT AIR FORCE BASE, North Dakota. --
It is with deep regret that we announce the untimely passing of **Airman First Class Tyve K. Bulliner (Active Duty), 91 Missile Security Forces Squadron,** Minot Air Force Base, North Dakota. All claims for or against the decedent's estate must be submitted to the Summary Court Officer: Captain Metz. For more information or to submit a claim, call (701-723-3293) or E-mail andrew.metz.5@us.af.mil

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

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By email or phone at mmackey@kalixnd.org
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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. 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. 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

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.

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

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

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.

SUDOKU SOLUTION

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



Happy 4th of July

INDEPENDENCE DAY



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