

northern sentry

FREE | WWW.NORTHERNSENTRY.COM | VOL. 58 • ISSUE 28 | MINOT AIR FORCE BASE | FRIDAY, JULY 10, 2020


WHATS INSIDE THIS WEEK:



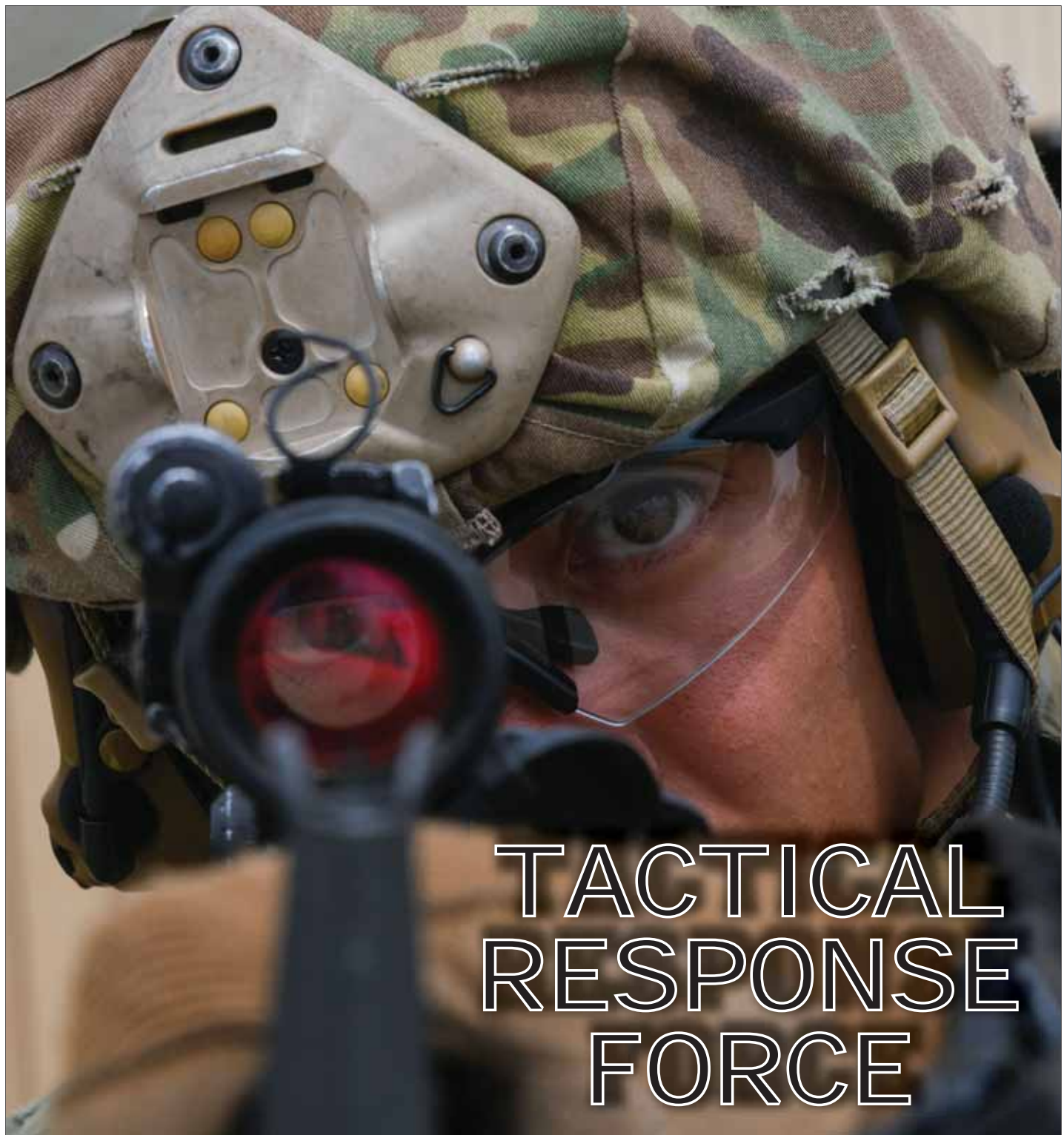
EXCHANGE CELEBRATES 125 YEARS OF SERVICE, SUPPORT WITH DEALS **A2**



USAF... INDEFINITELY! **A5**



91ST MISSILE SECURITY FORCES SQUADRON PROMOTION CEREMONY **B3**



Team Minot Airmen practice engaging a threat June 12, 2020, at Minot Air Force Base, North Dakota. These Airmen are going through three weeks of training to be a part of Minot Air Force Base's Tactical Response Force. *See story on page 3.*

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS CALEB S. KIMMELL

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Minot AFB



Videos

Exchange Celebrates 125 Years of Service, Support with Deals

ARMY & AIR FORCE EXCHANGE SERVICE PUBLIC AFFAIRS

Minot AFB – In 1895, the War Department issued General Order 46 directing commanders to establish an exchange at every post. Now, 125 years later, the Minot AFB Exchange and ShopMyExchange.com will commemorate the Army & Air Force Exchange Service’s milestone anniversary with a host of sales.

From July 24 through July 30, military shoppers can save up to \$125 on select Sony cameras, iPad pro, Fitbit, Garmin and Samsung watches, Ashley furniture and select cribs, car

seats and strollers. Additionally, select vacuums, sports nutrition items, Conair, Ace Goody Hair and Revlon products as well as school supplies will be 25% off.

On July 25, the Exchange’s 125th anniversary, shoppers will find 25% off all men’s Nautica, Columbia and Carhartt apparel, all women’s Lucky Brand apparel, all handbags and wallets to include Coach Michael Kors and Vera Bradley as well as all Oakley sunglasses. In the food court, all combo meals will be discounted \$1.25.

“Offering these deals to our

patrons is a way to thank the military family for everything they do for our country,” said Minot AFB Exchange General Manager Michael Bell. “As we have done for 125 years, we will continue to go where Soldiers and Airmen go to support them and their families wherever they are called to serve.”

Honorably discharged Veterans can take advantage of these specials online at ShopMyExchange.com, while all Veterans with service-connected disabilities can shop in-store at Exchanges worldwide.



Minot AFB Homes

Dear Residents,

The Minot AFB Homes team is very excited to share that many capital improvement project plans have been approved and will begin in 2020, with most of them also being completed this year. Many of the projects planned are as a result of resident responses to resident satisfaction surveys conducted over the past few years.

The work will be completed by our sister company, Balfour Beatty Renovation & Construction. Projects include:

- Demolition of 166 vacant homes in Prairie Rose Estates
- Replacing most community playgrounds
- Road replacement projects community-wide, including roads, sidewalks, and gutters
- Replacement of water heaters, refrigerators and kitchen ranges
- Replacement of all home windows throughout the community
- Installing cordless blinds in resident homes
- Replacement of exterior light fixtures to LED fixtures
- Inspection and replacement of sump pumps
- Replacement of home flooring to plank flooring as homes turn

We anticipate that these projects will begin in July. As projects require additional resident communications, including notification of home appointments, how to prepare

for work in your home, and when playgrounds may be temporarily closed for work, the Minot AFB Homes team will be communicating primarily through our email notification system. If you do not currently receive our emails, please contact the community management office so we can add your contact information to our system.

If you have any questions or concerns at any time regarding work being completed in your home or in the community, please contact the community management team at 701.727.0007.

Warm regards,
Michael Lahr
Community Manager

Minot AFB Homes presents our 2020 BBCF scholarship winners, Erin and Lauren!

Minot AFB Homes is pleased to announce that two of our residents, Erin Bradford and Lauren Vengels, have received scholarships for the 2020/2021 academic year through Balfour Beatty Communities Foundation.

The scholarships will aid Erin and Lauren in their pursuit of degrees in nursing and business management, respectively. The annual scholarship program is open to residents throughout Balfour Beatty Communities’

residential portfolio, including 55 military housing communities throughout the United States.

Congratulations, Erin and Lauren, and we wish you continued success in all your future pursuits!



You Don't Need To Be An Expert...

One of the most frustrating experiences you can have is an auto repair business that doesn't take the time to explain what is wrong with your car... in layman's terminology. As much time as we spend in our cars, we know when something isn't quite right, and we want to get it fixed before it becomes a major repair and a major repair bill. Many auto repair shops pay their staff a commission to sell additional services. With today's vehicles, most of us don't know the right questions to ask... we aren't experts.

That is why it is important to develop a relationship with an auto repair business you can trust, like Dynamic Auto Solutions. Most reputable auto repair businesses provide a majority of the services you will need to keep your vehicle in great shape, and at a fair price. The mechanics in these businesses are trained and certified to complete their work efficiently and dependably and they aren't paid a commission to sell you additional services that you don't need.

When you drive in and explain your problem, Adam and his staff will listen and give you an honest estimate of what it will take to get your vehicle back on the road. Most good repair shops, including Dynamic Auto Solutions, guarantee their repair work. We want satisfied customers. These customers are our best advertising!

So, don't feel like an amateur when you bring your vehicle to Dynamic Auto Solutions. We appreciate your business today, and in the future.



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Tuesday: 9:00am – 6:00pm
Wednesday: 7:30am – 6:00pm
Thursday: 7:30am – 6:00pm
Friday: 7:30am – 4:30pm
Saturday: 2 a month by appt
Sunday: Closed

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Method to the Madness

AIRMAN 1ST CLASS CALEB S. KIMMELL,
MINOT AIR FORCE BASE PUBLIC AFFAIRS

“To the ‘X’ and back. Go!” These were words heard often by the 15 Airmen who were trying out for Minot Air Force Base’s Tactical Response Force, North Dakota’s nuclear “SWAT” team. The trainees weren’t able to hold their 50 pound ruck bags above their head for a minute, so they were instructed by their primary instructor, Technical Sergeant Israel Garza of the 91st Security Forces Operations, to run 400 meters to a large X painted on the flight line and back.

“This might be the hardest thing some of you do in your entire lives”, commanded Garza. “I am here to push you. You will not like me! I am not your friend. But I will make you better.”

The words rang out clearly and hung in the air like a thick fog. The Airmen were lined up in front of the flight line, nervous and awaiting the three week long training they were about to endure. Team Minot Airmen must prove themselves to be physically capable and mentally sturdy enough to be a member of Minot Air Force Base’s most prestigious Security Forces team.

The selection process is a three week long indoctrination course. It is designed to test an Airman’s capability to handle themselves under extreme stress, and to push them to their physical breaking point. “This course is designed to force them into making mistakes,” said Garza, “but there’s a method to the madness. With failure comes learning opportunities.”

Garza had everyone assemble

at 4 a.m. on their first day of training. They did 3 hours of exercise, pushing themselves to their limit. After a small break, it was back to the grind. Now it was team pushups, sprints and having limited time to do tasks; it was all part of the routine. While similar to Air Force Basic Military Training, the TRF selection course takes it to the next level.

“On the final day of training, the trainees will go through a 12-hour day” says Garza. “They’ll receive a phone call at 2 a.m., where they’ll have to drive to the TRF building and equip their gear. Then they’ll do their final PT test, followed by a long day of training.”

The final test for these Airmen is called the “15 minute challenge”. They must run 800 meters, then drag/carry another Airman for 50 meters in helmet and vest with plates. After that they will breach a door with a large battering ram, do 50 pushups, and 5 pullups. They then must climb a rope about a story and a half high and finish the challenge with one last 800-meter run. This string of workouts must be completed in 15 minutes or less to become a part of this team.

At the end of the training, there will be opportunities for the Airmen who pass the course to fly in helicopters, slide down a rope into a Launch Facility, rappel from buildings, and so much more. If they complete this course, they will have proved themselves worthy of the title; “TRF Airman”.



Team Minot Airmen are taught how to do a fireman's carry June 8, 2020, at Minot Air Force Base, North Dakota. A fireman's carry is the most effective way to carry an injured person.



Team Minot Airmen prepare to board a helicopter June 16, 2020, at Minot Air Force Base, North Dakota. Helicopter boarding and exiting is a main part of Team Minot's Tactical Response Force's mission.



Team Minot Airmen practice engaging a threat June 12, 2020, at Minot Air Force Base, North Dakota. These Airmen are going through three weeks of training to be a part of Minot Air Force Base's Tactical Response Force.

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U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS CALEB S. KIMMELL

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Minot Area Chamber of Commerce and Minot Park District collaborate Military Days at the Zoo set for Wednesdays in July

MINOT AREA CHAMBER OF COMMERCE COMMUNICATOR

COVID-19 has put a stop to many events, and that includes the Military Day at the Park this summer. But it doesn't mean we won't have an event; it will just be a little different. The Minot Park District and Minot Area Chamber of Commerce will sponsor Military Days at the Zoo every Wednesday in July with a valid Military ID.

This will take place from noon to 8 p.m. The Military Affairs Committee of the Minot Area Chamber is sponsoring this event with the Minot Park District as a thank you to our military members and their families for the sacrifices they endure each day for our freedom. For more information on this event, contact the Chamber at 852-6000.



Join us, July 5-12 for Medora WISH Kids Free Week!

The Theodore Roosevelt Medora Foundation alongside the generous "Wish Wranglers" of the Medora WISH Endowment, are delighted to announce the second-ever Kids FREE Week in Medora, when kids age 17 and under get in absolutely FREE to select, favorite attractions!

This Week Will Include:
 FREE child/student tickets to the Medora Musical and other Medora favorite show and attractions!
 Kids can attend the following for FREE July 5-12!
 - Medora Musical
 - The Teddy Roosevelt Show
 - Live. Laugh. Love. by Bill Sorensen
 - Theodore and Edith

Kids always golf free after 3:00 PM Sunday-Friday at Bully Pulpit thanks to Midco and an anonymous donor!

PLUS, kids AND veterans get to ride the NEW Manitou the Point to Point Zipline for FREE on July 12! It's the perfect adventure for young and old!

Veterans Day at the Medora Musical

Veterans of the United States attend the Medora Musical for FREE on July 12!

July 12 Schedule
 5:20pm: Veterans Appreciation pre-show!
 5:30pm: The first Military and Veterans Appreciation show begins at Medora Musical!
 6:00-8:00pm MDT:
 - Keg social at Tjaden Terrace, next to the Burning Hills Amphitheatre
 - Veterans and their families invited to free Keg Social at North seating area of Tjaden Terrace before or after the show
 8:20pm: Veterans Appreciation pre-show!
 8:30pm: The second Military and Veterans Appreciation show begins at Medora Musical!

Veterans Tickets
<https://medora.com/ticketing/>
 Thank you to Mary Larsen, the founding donor of the TRMF Veterans Appreciation Day Endowment, for your generous support of military appreciation and veterans' activities on this special day in the Badlands.



Upcoming Events

11 JULY **MINOT FARMERS MARKET**
 9:00 AM - 12:00 PM
 Oak Park
 1300 4th Ave NW Minot

Be sure to head over to Oak Park Saturday, July 11th from 9am until 12pm for the OPENING DAY! (& every following Tuesday, Thursday, Saturday) We will have produce, baked goods, fresh bread, and more. Stay Tuned for more COVID-19 guidelines.



For more information:
 Facebook event/ Minot Farmers Market

13 JULY **2 PERSON LADIES SOURIS SCRAMBLE**
 10:00 AM - 3:00 PM
 Souris Valley Golf Course
 2400 14th Ave SW, Minot

\$60 per Golfer/ Includes: Green fees, cart, range balls, morning coffee & pastries, and taco bar following play. Each golfer will receive a swag bag and entered to win door prizes. Prizes for the champion in each flight, as well as hole prizes for long putt, long drive, and closest to the pin. Teams will be flighted by a blind draw. Special High School Division for players who will be in grades 7 - 12 during the 2020-2021 school year. Register by calling 701-857-4189



For more information:
 Facebook event/ Minot Parks

16 JULY **FAIR FOOD FESTIVAL**
 4:00 PM - 8:00 PM
 The Spot
 6 2nd st NE, Minot,

2020 has left many of us without our favorite NDSF food favorites. This is your chance to come downtown Minot and support some local food trucks and food vendors.
 Thurs July 16 & Fri July 17 4pm - 8pm
 Sat. July 18 12pm - 8pm, Sun. July 19th 12pm - 5pm
 *some vendors will be open extended times All ages welcome!
 Beer/liquor garden (21+)



For more information:
 Facebook event/ The Spot

17 JULY **DIG IT UP BUGS**
 10:30 AM - 11:00 AM
 Nature's Nook Children's Toys & Books
 1700 21st Ave. NW, Suite B, Minot

Experience the thrill of discovery just like a real paleontologist as you excavate 12 giant bug eggs! Simply soak the 3" clay egg in water and then carefully chisel away the shell to excavate the bug surprise inside. Every egg in the carton contains a different prehistoric bug model! The set includes one dozen individually-wrapped clay eggs, each with a chiseling tool and instructions, and an excavation guidebook for learning more about your bug discoveries. It's a perfect group or party activity!



For more information:
 Facebook event/ Nature's Nook Children's Toys & Books

18 JULY **OUTDOOR PEDDLERS+VENDORS MARKET**
 10:00 AM - 4:00 PM
 The Spot
 6 2nd st NE, Minot

As we enter into our 3rd Season of the Peddlers Market, we are changing things up a bit!
 *As we continue to support and promote all small business, we have now added Home-based and non-handmade vendors to the mix! (Only one brand per vendor allowed)
 *We will have Food Trucks so plan to come and stay a while!
 FREE Admission // Kid-Friendly



For more information:
 Facebook event/ The Spot

18 JULY **DATE AT THE PLATE PROM NIGHT**
 7:00 PM - 11:30 PM
 Corbett Field
 Burdick Expy E & 13th St SE, Minot

Step up to the plate, grab a date and join us at Prom! Area high school students are encouraged to join us for a night out on the patio with their friends and classmates as the Sabre Dogs take on the Badlands Big Sticks. The night will feature catered food, a pregame grand march, and post game dance for high school age students. A valid school ID will be required to be allowed into the group.



For more information:
 Facebook event/ Souris Valley Sabre Dogs



USAF... Indefinitely!

NORTHERN SENTRY



In September of 1995, a young man just out of high school was faced with a decision. His girlfriend was pregnant and enlisting in the Air Force seemed like the best option for him to support his wife and soon to be family. David Moore was raised in Fayetteville, North Carolina, but off he headed to Basic Tech School in Lackland AFB, Texas, where the Air Force assigned his career field, Security Forces. "I entered the Air Force in the Open General category, and the last thing I wanted to be was Security Forces. But pretty soon the job grew on me. As you learn your job and gain confidence, you kind of become addicted. I learned the job and how it would work for me," relates CMSgt Moore.

After basic training he was ready to start his mission and career field. The first stepping stone in his Air Force journey to Chief Master Sergeant would be Barksdale, Louisiana, the base that SMSgt Moore credits with laying the ground work for his leadership track. "Everything I learned there is what I practice today" explains CMSgt Moore. "It was a very intense 4 years at an up-tempo base. It was an awesome assignment, and I learned a lot!"

Incirlik AB, Turkey would be CMSgt Moore's next stop. "In 2 years, I progressed up the ranks and became a Staff Sergeant. It was a different mission; I learned a lot about being a non-

commissioned officer," continues Moore. It is here that the young Staff Sargent learned how to be a leader, and what it takes to be a leader. "Initially I did not think I was going to be a leader, but I got to see first hand how it (being a leader) would work for me."

Next step, Spangdahlem AB, Germany. CMSgt Moore was still Security Forces, but he would learn Law Enforcement, "it was still security forces, but a different branch of it" relates Moore. While stationed at Spangdahlem, CMSgt Moore would deploy with the Army, and the assignment would be to run convoys between Kuwait and Iraq.

The next stepping stone was not one that was easy for CMSgt Moore, it was Malmstrom Air Force Base, Montana. Even though he advanced to Tech Sergeant, "It was a rough assignment career wise" according to Moore. "I guess you could say I made a few enemies in key positions." As in any career, there are those bumps in the road, and Malmstrom seemed to be that bump, "But it made me who I am today. By now I had been in the Air Force for over 10 years. I was fully invested in the military." And out of most bad experiences, something good will come. "I was promoted to Master Sergeant."

It was here that CMSgt David Moore became a world traveler. His journey started with Osan AB, Korea, where he

was a Flight Chief, in charge of over 80 people. "I was in charge of all 3 missions (Law Enforcement, Security, Base Defense Operations) at Osan during my shift, and there were 6 Master Sergeants in my squadron."

Back stateside would be Langley AFB, Virginia, where his mission was specifically law enforcement with a little bit of security. "Our main mission was to deploy." CMSgt Moore deployed to Afghanistan twice, 6-month deployments, in 3 years. It was during this time that Moore's first marriage came to an end.

There was a quick trip to Kunsan AFB, Korea for a year where CMSgt Moore worked in a position that was reserved for seasoned Master Sergeants. "It was much the same as Osan, but I was responsible for around 300 people. Looking back, it was a very quick year."

Now CMSgt Moore headed to Lackland AFB, in San Antonio, Texas, where he spent 2 1/2 years as an Operation Superintendent, "and I found out I got promoted to Senior Master Sergeant." It was the start of a relationship with his current wife, Laura, and they eventually got married. "It has been awesome" according to CMSgt Moore. Lackland has the largest non-nuclear Security Forces mission in the continental U.S., and his responsibility grew to managing over 625 people.

His next stop would be Minot Air

Force Base in February of 2019, and an assignment with the 91st Missile Security Forces Squadron. "Minot is completely different than Malmstrom. Immediately after I moved here I was placed in a Chief Master Sergeant position. I hit the ground running," CMSgt Moore relates. Within a year, Moore would find out that he was promoted to Chief, and on July 1 "I sew the stripe on." The induction ceremony has already taken place, and with that "you are accepted into the top 1% of the Air Force personnel."

So, what is it like to hold such a prestigious position? "It's starting to sink in. I am humbled person and it would be selfish of me to not acknowledge the support I have had over the years."

Recently CMSgt. David Moore made the MAFB Facebook page with his indefinite enlistment. "It was a no-brainer. I'm almost at 25 years now, and so I only have about 5 more years left."

While in Minot, Moore has enjoyed the local activities like ice fishing "although I didn't catch anything" he says with a chuckle. He's also a member of the Minot Rifle & Pistol Club. But "I anticipate there is a move on the horizon" says Moore, and the next stepping stone, which may be the last stepping stone in the journey of a kid who enlisted some 25 years ago. And we know that there will be another journey that will begin for CMSgt David Moore.



SUPPLIED PHOTOS

MINOT AIR FORCE BASE

Finest

TRF TEAM
(TACTICAL RESPONSE FORCE)

known as North Dakota's nuclear SWAT team, 15 Airmen stood on the line to try out for this elite team. If they complete this course they will have proved themselves worthy of the title, "TRF Airmen".

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Family: \$20.00
Active Military - 50% Discount

dakotaterritoryairmuseum.com

*Happy 65th Anniversary
Minot Air Force Base*

Meet the AFGSC Outstanding Airmen of the Year: Minot First Sergeants Council

CARLA PAMPE, AIR FORCE GLOBAL STRIKE COMMAND PUBLIC AFFAIRS

BARKSDALE AIR FORCE BASE, La. --

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

The Minot Air Force Base, North Dakota, First Sergeants Council was named the First Sergeant Council of the Year. The council is comprised of 31 members, which includes the 91st Missile Wing, 5th Bomb Wing and tenant units.

"We are truly humbled," Senior Master Sgt. Chrishana Dameron, council vice president, said. "It is recognition of a hungry team of professionals, dedicated leaders and followers, who came together as a family with a common goal - to make Team Minot, the community, and the command better for Airmen and families. A reminder that 'Only the Best Come North,' and we are here to serve!"

The vision of the Minot First Sergeants Council is "to care for,

mentor and develop Team Minot to 100 percent mission readiness... today, tomorrow, forever," said Senior Master Sgt. Yucari Brown, council president.

"Our team is composed of individuals that are truly dynamic. They are always putting their Airmen first and creating innovative ideas and ways to motivate, encourage, mentor and develop not only their Airmen but the whole council," Brown said. "Just like most councils, we utilize our time together to learn from each other, support each other and ensure the council is working towards our objectives and focus."

Over the past year, the council's focus has been on improving the quality of life and warfighter readiness of the Airmen on the base, as well as their families.

The council identified a medical care void, and worked to synchronize needs with the community. They created the first-ever spouse resiliency curriculum, planned professional development courses and consulted with eight

support agencies. Both the 91 MW and 5 BW adopted the initiative.

The council also steered a new club program, which drove connections between 430 members and spurred 28 new clubs for various interests around the base.

"I'd say the thing I am most proud of is our ability to bring together the base as a whole via the clubs initiative with such a small and young team of First Sergeants," said Senior Master Sgt. Jamie Britt, previous council president who is now stationed at Los Angeles Air Station, California.

In the office of the 5th Force Support Squadron First Sergeant, Master Sgt. Lakisha Brown, hangs a scrabble anagram based off the word "1Sgt." It contains the words counselor, team, leader, enforcer, mentor and advocate.

"This exemplifies what we do to partner along with Air Force Global Strike Command and support the two legs of the nuclear triad," Brown said. "People First!"



Left: The Minot Air Force Base, North Dakota, First Sergeants Council was named the First Sergeant Council of the Year. The council is comprised of 31 members, which includes the 91st Missile Wing, 5th Bomb Wing and tenant units.

Top Right: In the office of the 5th Force Support Squadron First Sergeant, Master Sgt. Lakisha Brown, hangs a scrabble anagram based off the word "1Sgt." It contains the words counselor, team, leader, enforcer, mentor and advocate.

LAW TALK

ESTATE PLANNING MYTH: Young People Don't Need Wills

There are many reasons that young couples think they don't need wills:

"We're young and healthy. We have plenty of time to worry about dying."

"We don't have children yet. We'll just have to change our wills when we do so we might as well wait."

"We're still building up our savings account and 401k—we can't possibly afford estate planning too."

While all of the above might seem like valid reasons, they are unfortunately very shortsighted. Many people think that older couples are the ones who need to plan for the end of life and make sure they have wills and other paperwork in order. However, in some ways, it's even more important for young couples—particularly those with young children.

You might tell your sister and her husband that you want them to be guardians of your children if something were to happen to you—without legal documentation that might not happen.

You experience a divorce and remarriage early in life. You have children from your first marriage. If something were to happen to you without a will, your ex-spouse might gain control of your children's inheritance—and your current spouse may not receive what you want them to receive.

You and your significant other are in a long-term and committed relationship but you don't plan to get married. Without an estate plan, you might not be able to make medical or financial decisions for each other if you're ill and you won't be entitled to any assets in their name if they pass away.

In all of these cases, a simple estate plan could avoid a great deal of emotional and financial difficulty.

While military families have ready access to simple estate planning documents, there are many situations in which trusts or other more complex estate planning documents are useful or necessary. Give us a call at 701-852-5224 and schedule a consultation to discuss your unique situation and your concerns. We can help put your mind to rest and make sure that everything is in order to protect your young family and your still-growing assets.



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WHAT'S GOING ON MAFB

TODAY

- Registration Closes for Whitewater Rafting and Zip-Lining Trip to Bozeman, Montana at Outdoor Recreation
- 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

TUESDAY

- Cycle, 0615, Fitness Center
- TAP/VA Day, 0730-1600, A&FRC
- Game Day, 1000-1930, Minot AFB Library Facebook Page
- Fit to Fight, 1700, Fitness Center
- Swerk, 1830, Fitness Center

THURSDAY

- TAP/Employment Track Day 1, 0730-1600, A&FRC
- Reintegration Briefing, 1000-1100, A&FRC – Online Zoom Meeting
- STEAM Time, 1500, Minot AFB Library STEAM Time Facebook Group
- Fit to Fight, 1700, Fitness Center
- Zumba, 1830, Fitness Center

SATURDAY

- 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

WEDNESDAY

- TAP/DOL, 0730-1600, A&FRC
- 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
- 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

- Only the Best Come North 4 Person Scramble, 0900, Rough Rider Golf Course
- Zumba, 1400, Fitness Center

MONDAY

- FCC New Provider Pre-Orientation: One-on-One Meetings Available
- TAP, 0730-1600, A&FRC
- Swerk, 0915, Fitness Center
- Reintegration Briefing, 1000-1100, A&FRC – Online Zoom Meeting
- Federal Resume Workshop, 1100-1230, A&FRC
- Strength & Conditioning, 1130, Fitness Center
- EFMP Orientation, 1300-1500, A&FRC – Online Zoom Meeting
- Zumba, 1730, Fitness Center
- Craft Club, 1800, Minot AFB Library Facebook Page
- Ashtanga Yoga Basic, 1830, Fitness Center

UPCOMING EVENTS:

- 17 July**

 - TAP/Employment Track Day 2, 0730-1600, A&FRC
 - 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
- 18 July**

 - Escape Room Game, Minot AFB Library, call to schedule a game time for anytime between 1100-1800
 - Zumba, 1015, Fitness Center
 - Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

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
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Air Force stands up new division to enhance customer service for EFMP families

TONI WHALEY, AIR FORCE'S PERSONNEL CENTER PUBLIC AFFAIRS

JOINT BASE SAN ANTONIO-RANDOLPH, TEXAS (AFNS) -- The Department of the Air Force stood up a new division at the Air Force's Personnel Center to integrate three Exceptional Family Member Program, or EFMP, components -- medical, family support and assignments.

The new Exceptional Assignment Program division will provide Airmen and their families with a singular point of contact to be more responsive and expedite their requests.

There are plans to add more EFMP core components to the division, such as legal support, special education liaison and TRICARE support in the future.

"Your voices were heard," said Kimberly Schuler, Humanitarian, EFMP and Expedited Transfer Reassignments chief. "Integrating all EFMP components under one division prevents families from having to navigate through a complex process and engage multiple organizations to respond to a singular EFMP request. Our goal is to improve the customer experience of our Airmen and their families during challenging times," Schuler said.

The new division will also handle Humanitarian and Expedited Transfer assignment requests and execute the enhanced Air Force Family Member Travel Screening, or FMTS, process. The process allows Air and Space professionals the ability to virtually accomplish, track and communicate with medical personnel on their permanent change of station family screening

requests.

Overall, EFMP will continue to evolve for the betterment of families with several processes already implemented to enhance the program. For example, Family Support coordinator training has been standardized to provide families with better and consistent information. Additionally, face-to-face orientations are available for EFMP families at all Air Force installations along with an online orientation for geographically separated units and leaders.

WE ARE EXTREMELY PROUD TO STAND UP THIS NEW INTEGRATED DIVISION AS WE KNOW HAVING A SINGULAR POINT OF CONTACT FOR OUR EFMP AIR AND SPACE PROFESSIONALS AND THEIR FAMILIES....

KIMBERLY SCHULER, HUMANITARIAN, EFMP AND EXPEDITED TRANSFER REASSIGNMENTS CHIEF

There are approximately 33,400 active duty Air and Space Professionals sponsoring more than 55,000 family members currently enrolled in EFMP.

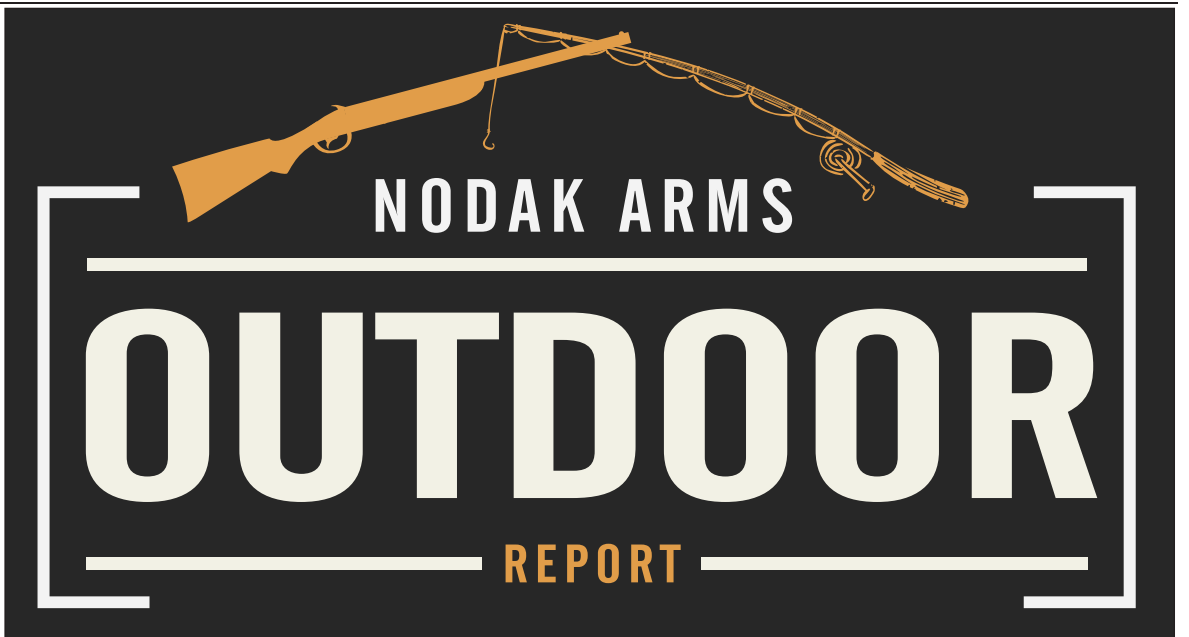
"We are extremely proud to stand up this new integrated division as we know having a singular point of contact for our EFMP Air and Space Professionals and their families will make it much easier for families to get the assistance they deserve" Schuler said.



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OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, July 6: 1,843.94 feet above mean sea level (MSL); 28,100 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.73 feet above mean sea level (MSL).

Stump Lake elevation: 1,449.64 MSL.

• N.D. Game & Fish Dept. game wardens: Improving walleye success at Deepwater Bay on Lake Sakakawea and farther to the east end. No reports from the Van Hook Arm but look for continued small walleye success. Fair success throughout several Rugby and other north-central area lakes. Mixed success on Devils Lake, perhaps in part with lots of recreational boating activity and weather fronts moving through.

• Devils Lake, Ed's Bait Shop, Devils Lake: Continued fair to good walleye success. Try 20 to 25 feet but work shallow, as well, using spinners and bottom bouncers with nightcrawlers or leeches. Also try slip bobbers or trolling crankbaits in the same depths. Not many pike reports but continues white bass success.

• Devils Lake, Woodland Resort, Devils Lake: Fair to good for walleye using spinners with nightcrawlers in 10 to 13 feet. Try the west half of Devils Lake. Continued fair to good for pike, although white bass slowed somewhat.

• Lake Darling, Karma C-Store, Ruthville: Scattered small walleye success at Grano and on Lake Darling. Look for some weed and algae growth starting, though. No new reports from Lake Audubon.

• Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: Lake Darling generally remains slow for walleye. Outlet Fishing Area also slow.

• Lake Metigoshe, Four Seasons, Bottineau: Lots of recreational boating but anglers continue finding bluegill and walleye with some nice-sized pike when they can get out.

• Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Better walleye

• Release any fish caught from water 25 feet and deeper because their swim bladder won't allow them to survive when coming up from deep water.

• Resident deer applicants unsuccessful in the first lottery have until July 22 to apply for the second lottery for leftover licenses available in some units. Go to the N.D. Game & Fish Dept. website, (grf.nd.gov), for details and application.

• Watchable Wildlife photo contest underway with Oct. 2 deadline. Contact N.D. Game & Fish Dept. conservation biologist, Patrick Isakson, pisakson@nd.gov for details.

success on the east end of Lake Sakakawea remains farther west around Deepwater Bay with some improving activity in Garrison Bay. Try around 17 feet with spinners and nightcrawlers. Continued good catfish in the Missouri River tailrace chutes.

• Lake Sakakawea, Indian Hills Resort, Garrison: Try the north side flats for walleye in 8 to 20 feet with crankbaits. Work inside the bays as well as the points

• Lake Sakakawea, Scenic 23, New Town: Fair to good for small walleye with fish scattered throughout the Van Hook Arm in various depths.

• Lake Sakakawea, Van Hook Resort, New Town: Continued walleye success working 18 to 35 feet with a definite shift towards nightcrawlers or leeches and Colorado blades. Also try crankbaits in 18 to 20 feet. Continued nice-sized pike success with good numbers of bass yet.

• Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace remains consistent from boats in the channel for small walleye. Try spinners or slow death rigs with nightcrawlers. Chutes continue producing catfish with a few walleye mixed in with success at night for walleye from the rocks along the shore. East end of Lake Sakakawea spotty for walleye. Move around and try to locate fish using crankbaits, and then shift to slow death rigs with nightcrawlers or leeches. Also try jigging in the weeds in shallow water.

• Lake Sakakawea/northwest

N.D. lakes, Scenic Sports, Williston: Increasing walleye success between Hofflund and White Earth Bay with clearing water. Try 15 to 20 feet using spinners and nightcrawlers or jigs and leeches. Noonan Dam producing a few walleye. Missouri River producing catfish west of Williston.

• Lonetree WMA area lakes, Harvey: Continued fair walleye success throughout many area lakes.

• North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Look for some activity on area lakes.

Paddle craft river elevation & flows:

• Des Lacs River, Foxholm: River stage, 5.99 feet; streamflow, 20 CFS.

• Little Missouri River, Long X Bridge: River stage, 0.08 feet; streamflow, 332 CFS.

• Missouri River Washburn: River stage, 11.5 feet.

• Missouri River, Williston: River stage, 20.35 feet.

• Souris River, Foxholm: River stage, 4.82 feet; streamflow, 1.07 CFS.

• Souris River, Minot: River stage, 4.49 feet; streamflow, 61.8 CFS.

• Yellowstone River, Sidney, Mont.: River stage, 8.09 feet; streamflow, 21,900 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.

BAKED SALMON CAKES



INGREDIENTS

- 2 POUND SALMON TO TASTE
- SALT TO TASTE
- GROUND BLACK PEPPER TO TASTE
- 1/2 SMALL ONION, DICED
- 1 CELERY, STALKS
- 1 BELL PEPPER, RED
- 1 TABLESPOON DILL, FRESH OR DRIED
- 1 TEASPOON LEMON ZEST
- 1/2 TEASPOON BLACK PEPPER
- 1/4 TEASPOON COARSE SEA SALT
- 1 1/2 TABLESPOON BREADCRUMBS
- 2 LARGE EGGS
- 3 TABLESPOON EXTRA-VIRGIN OLIVE OIL

When ready to cook, set the Traeger to 275° and preheat, lid closed for 15 minutes.

Season the salmon fillets with salt and pepper and place directly on the grill grate. Grill until internal temperature reaches 120°. Remove from grill and set aside to cool.

Place the cooled salmon filets in a large bowl and break up with a fork. Add onions, celery (diced), bell pepper (diced), dill, lemon zest, salt and pepper, bread crumbs and eggs. Mix well.

Shape the salmon mixture into 6 patties, roughly 2" wide. Increase grill temperature to 375° and preheat lid closed for 10-15 minutes.

When the oil is hot, add the patties to the cast iron and cook in batches. Cook for 10-12 minutes, flipping once halfway through or until sides are golden brown. Enjoy!



Ryan Davy - GM Minot

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91st Missile Security Forces Squadron Promotion Ceremony



CMSGT David J. Moore and SMSGT Jacob L. Holm were promoted at the Jimmy Doolittle Center on Minot Air Force Base, North Dakota, March 30, 2020.

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS CALEB S. KIMMEL

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Goldfein describes the future of the Air Force

TECH. SGT. ROBERT BARNETT, SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

WASHINGTON (AFNS) -- Air Force Chief of Staff Gen. David L. Goldfein presented an optimistic and confident portrait of the service's future July 1, telling an influential audience at the Brookings Institution the service is fulfilling all missions with excellence and ingenuity despite an array of challenges.

During the hour-long virtual appearance, the Air Force's highest-ranking officer explained that the service has made progress toward high-priority goals that include all-domain, joint operations and adapting to meeting threats from near-peer powers.

He also discussed improvements in technological innovation and acknowledged the need to address new challenges. The opportunities included the continued development of the U.S. Space Force, improving the diversity of the Air Force, while also ensuring social and criminal justice across the service.

Goldfein explained that early in his tenure, he noticed four key areas "we have to invest in if we're going to build the force we need to be able to compete, deter, and if deterrence fails, win," he said.

The first key area was space. The Air Force had to make space superiority number one, he explained. "It was never a guarantee that if you moved first in space that you were going to win. But in every (war) game we played, if you were the second mover, you were guaranteed to lose," he said.

"It became clear to me that the time to build a service was now... that a chief of a service focused on space is going to move faster than a chief of a service that's focused on the entire multi-domain Air Force," Goldfein said. "Once I became a believer, I got behind it full-force."

The plan is to make the new service successful within the Department of the Air Force, which means growing it while keeping it connected, he said.

The second key area was Joint All-Domain Command and Control, an approach that aligns each branch of the U.S. military to maximize the projection of power across air, land, sea, space and cyber operations.

This concept, known in the shorthand JADC2, represents a fundamental shift in how the joint force and industry will do business, he said. The collection of networked systems and immediately-available information is critical to enabling joint service operations across all domains.

It is about connecting the force in ways never seen before, Goldfein said. He illustrated the concept by explaining that new aircraft must be able to "talk" to older aircraft. They also must be able to instantly and seamlessly communicate with an X-37 space plane in orbit, a Marine task force or an Army brigade combat team on the ground and to a Navy submarine below sea. Every system needs to be optimized to operate simultaneously in all-domain operations, in land, sea,

undersea, space and cyberspace.

The third element of investment was a hybrid force – describing the desire for stand-off and stand-in systems. In order to win future battles, this means portions of the joint team should be able to "penetrate, persist, proliferate, protect and punish the adversary," while other portions of the force may have to operate from outside the threat area.

The final area focused on the false assumption that future logistics are safe.

"Let's be honest, I've been able to flow whatever forces I needed into theater in whatever time frame or mode I wanted, and I was never under attack," Goldfein said. "That's a false assumption for a future conflict."

Each of these four areas contribute to building a force that could change the outcome of future fights.

"The only way to pay for that [force] is to get rid of those things that don't play well or heavily in the 2030 fight. That's the path the service has been on," he said. "Trying to get us to think about digital engineering, architecture and common data as the currency of future warfare."

Building this force means focusing on recruitment and development, Goldfein explained.

"We're doing a lot of work toward becoming a more diverse force, but I think we have the opportunity in front of us right now to put our foot on the gas and really move forward," he said. "We're the big tent service because we have the most diverse mission set. We do leaflets to nukes. We ought to be the very best in the world at diversity. And we're not. But we can be."

The measures being put in place to get where the force needs to be are aggressive and long-term, he explained. They involve changing the demographic, building a culture of inclusiveness at the squadron level, and giving commanders the tools they need.

"History's not on our side here," he said, noting the human tendency toward distraction. "Shame on us, if we let that happen. I've talked to commanders across the Air Force, and asked them to commit right now to making history wrong on this one."

The CSAF explained that he wants the Air Force to be the standard that other services strive to follow. He wants diversity of Airmen across the demographics, of ideas and innovation to think of things others haven't thought of, and solve problems for questions not asked yet, in order to network every asset in the armed services and the fighting force he envisions for 2030.

Maturing this doctrine, and the technology surrounding it, is among Goldfein's most significant accomplishments as his four-year term as chief of staff comes to an end next month. He said his job as the outgoing chief is to run a transition that's the gold standard for continuity, stability and keeping the missions of the Air Force.

Finally, he praised the selection of Gen. Charles Q. Brown Jr. to be the 22nd Chief of Staff. Goldfein touted Brown's command experience in Europe, Central Command, and now the Pacific.

"He knows every international air chief from Africa to Europe, with a personal relationship... every international air chief in the Middle East, and every international air chief in the Pacific and (U.S. Indo-Pacific Command)," he explained. "This is a guy whose resume is just spectacular."

"An unbelievable officer...if you look at his background, you won't find one (officer), quite frankly, that's better," Goldfein said. "The wonderful thing is he and Sharene are an incredible team. It's going to be fun to hand the flag to a good friend and a great officer, who will take this Air Force to newer heights."



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SMAC receives new commander



Col. David J. Hornyak, right, incoming Standoff Munitions Application Center commander receives the guidon from Maj. Gen. Mark E. Weatherington, left, 8th Air Force and Joint-Global Strike Operations Center commander, at a change of command ceremony at Barksdale Air Force Base, La., June 18, 2020. SMAC is a planning cell within the J-GSOC that provides combatant commanders with fully integrated, multi-domain standoff weapons solutions. The center began operations as an independent organization in August 2018.



Maj. Gen. Mark E. Weatherington, left, 8th Air Force and Joint-Global Strike Operations Center commander, Col. Matthew C. McDaniel, center, outgoing Standoff Munitions Applications Center commander, and Col. David J. Hornyak, right, incoming SMAC commander, sit during a change of command ceremony at Barksdale Air Force Base, La., June 18, 2020. A change of command is a military tradition that represents a formal transfer of authority and responsibility for a unit from one commanding or flag officer to another.

U.S. AIR FORCE PHOTO | 8TH AIR FORCE/J-GSOC PUBLIC AFFAIRS

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



Col. Matthew C. McDaniel, right, outgoing Standoff Munitions Application Center commander, relinquishes the guidon to Maj. Gen. Mark E. Weatherington, left, 8th Air Force and Joint-Global Strike Operations Center commander, during a change of command ceremony at Barksdale Air Force Base, La., June 18, 2020. The passing of a squadron's guidon symbolizes a transfer of command.



Col. David J. Hornyak, incoming Standoff Munitions Application Center commander, addresses the crowd at a change of command ceremony at Barksdale Air Force Base, La., June 18, 2020. Col. SMAC is a planning cell within the Joint-Global Strike Operations Center that provides combatant commanders with fully integrated, multi-domain standoff weapons solutions. The center began operations as an independent organization in August 2018.

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Life Span	13 - 20 years
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Trout in North Dakota: Give 'em some respect

Patricia Stockdill

Nowadays, trout in North Dakota might be considered the Rodney Dangerfield of fish species...they don't seem to get much respect. It's not that people don't fish for them. It's just that after the N.D. Game and Fish Department and U.S. Fish and Wildlife Service entered into the amazing partnership in the 1970s, it provided the ability to stock species like walleye, pike, and perch in lakes across much of the state..

After their heyday of the 1960s and 1970s trout trickled down the "favorite" list among anglers. Even as late as 1970, 12 percent of North Dakota anglers preferred to catch trout, based on angler harvest survey information. That changed as walleye stocking success grew across state's lakes, definitely making them the state's preferred choice among anglers.

Trout fell into a nice niche for anglers and not necessarily as the First Fish of North Dakota

However, trout still have their place, especially in North Dakota's two unique trout "hot spots" – the Missouri River tailrace and the Turtle River in Turtle River State Park in eastern North Dakota near Arvilla.

If you want big trout, head to the tailrace where rainbow and brown trout gorge themselves on smelt, thriving in the cold, cold water below Garrison Dam.

If you want a more traditional trout stream fishing experience, head to Turtle River State Park. It's about as close as you can get in North Dakota to a mountain stream trout fishing experience.

Located downstream of Larimore Dam, the dam's bottom intake provides colder water longer into the spring at the park. That's where the river has nice streambed rock along with a shady canopy of trees.

The Turtle River has been stocked in the park annually since 1994. Game and Fish Department crews deliver rainbows twice each spring – about 2,000 fish altogether – and another 750 in the fall, typically late September.

Another partnership brings trout into North

Dakota: Game and Fish Department crews deliver walleye eggs to Wyoming and Montana. In exchange, North Dakota gets Shasta strain of rainbow trout eggs from Ennis, Mont. The Garrison Dam National Fish Hatchery then rears the eggs until they're large enough for Game and Fish Department to stock. Larger brood rainbow trout come from Wyoming. The four entities and their great partnership are the reason trout are in North Dakota today.

However, trout aren't necessarily new to state waters, North Dakota has a long history of trout fishing and stocking. Even though they aren't native to North Dakota, the forerunner to the state's modern Game and Fish Department actually stocked trout in the early 1900s.

Rainbow trout weren't stocked consistently until 1954 when they were brought into Gordon Lake. Eight lakes, including what would later become Lake Oahe, were stocked in 1955.

Today, trout are stocked in more than 50 lakes annually, the Turtle River, and they're in the Missouri River below Garrison Dam.

The reason North Dakota has any trout at all is because of the rearing, stocking, and excellent working partnerships. Trout, a cold-water species, need cold water, unlike walleye that can handle warmer water temperatures.

Trout also need higher dissolved oxygen (DO) water levels. They're the first fish to die with low dissolved oxygen water levels, which can be an issue in some shallow North Dakota lakes in both the summer and winter. Trout need 4 or 5 parts per million (PPM) of DO. Walleye can survive with 2 PPM dissolved oxygen levels; bullheads less.

Trout don't spawn in North Dakota because water typically warms up too early in the spring. Also, they need aerated water trickling and tumbling over rocky, gravel streambeds for spawning habitat.

That's unlikely to happen in North Dakota, given the state's soils and other environmental conditions that make it so different even from neighboring states like Montana where there are native trout rivers and streams.

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Five Minutes to Thrive: DON'T PANIC- PIVOT!

DR. ASHLEY KILGORE, 5TH OMRS MENTAL HEALTH CLINIC

MINOT AIR FORCE BASE, N.D. --

First, a brief comparison. Pivoting (verb) is to turn, rotate, swivel, spin or twirl. Panic (noun) is to feel sudden uncontrollable alarm, anxiety, fright, dread or fear. We have all likely panicked about something during COVID-19. Panicking is normal, sometimes, but it shouldn't be a constant.

Adjusting to any change in life (e.g. getting married, having a baby, retiring, separating or transitioning) can be difficult. With all the changes COVID-19 has brought us already, and the uncertainty of the future, it's no wonder that many of us are feeling panicked. Some folks envision an entirely new world-post COVID-19. In short, we are all justifiably fearful about the threat the pandemic poses to our future. Change does not have to mean panic. Life and all the good things in the world aren't canceled, they are just different.

Instead of a complete overhaul or visualization of a post-apocalyptic world, I suggest a Pivot instead of a panic. Pivoting is neutral and is simply defined as movement or course correction. We all have the capacity to lean while challenged, especially in the military, whereas 'sempergumby' is our way of life. If you're sick of the constant advice to define a new normal, just don't. Instead of trying to define a "new normal," just go with what's happening in the now. Say to yourself "today is

Monday, these are my tasks, this is what's important today, and this is what I'll do to feel good about today." Rinse and repeat for tomorrow.

And now a brief guide on how to pivot:

Step Back & Regroup – When change makes you feel tense or edgy, it might be time to take a timeout - they're great for adults too. Stepping back and regrouping can help you feel calmer and less reactive. Whatever "hat" you're wearing (e.g. parent, teacher, partner, co-worker, leader), taking a breather will help you make choices with greater clarity and confidence.

Seek Solutions – Take opportunities to seek varied solutions to new problems. Do not be afraid to look "outside the box" for ideas. Plus, actively seeking solutions will give you a focus, purpose, and a sense of taking ownership of your part in the change process. Notice what you did right!

Expect the Unexpected – Even as you are in the process of pivoting to new situations, know that change may be just around the corner again! It may be helpful to mentally rehearse your reactions to changes that are likely to occur, which will help you to maintain poise when things go sideways.

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

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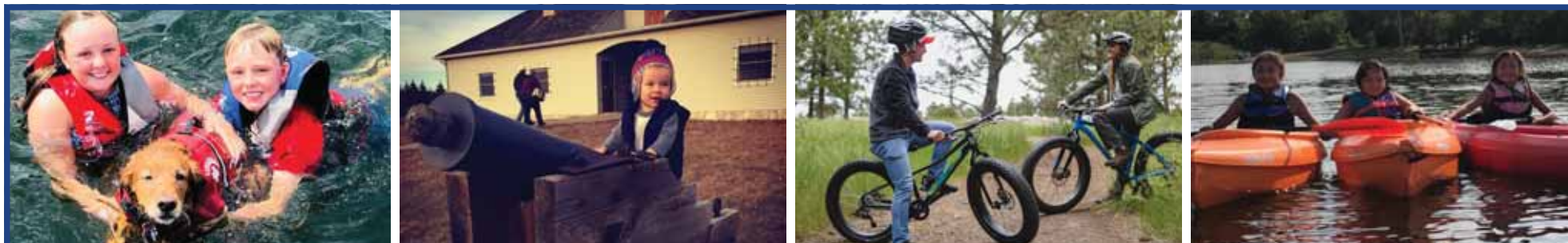
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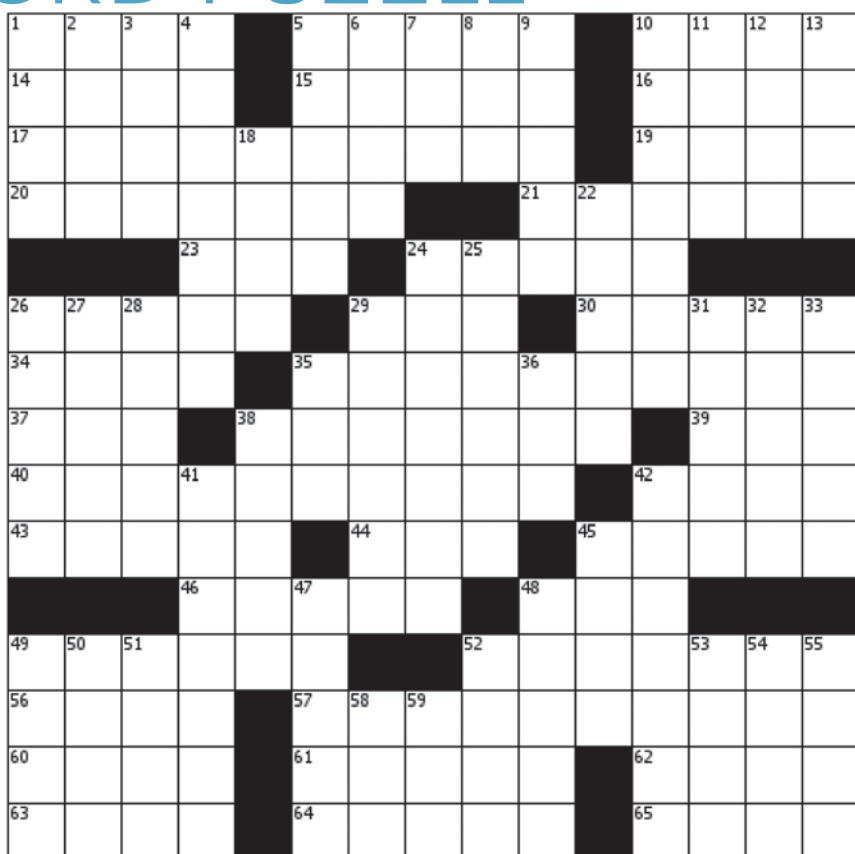
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CROSSWORD PUZZLE

Solution can be found in next weeks edition

- Across**
- Portoferraio's locale
 - Dish for Twist
 - Tumultuous sit-down
 - Jerusalem Mount
 - Roomy size
 - Tear asunder
 - Words with "here I come"
 - Often used Latin abbreviation
 - Severely simple
 - Reflexive pronoun
 - Horse course
 - Odorize by burning
 - Cake feature
 - Piper's due
 - Spot for shots
 - Low in fat
 - Approximately
 - Eruption fallout
 - They're hot south of the border
 - Move aimlessly
 - "Last chance!"
 - Acronymic computer truism
 - It may be light or grand
 - Back muscle, to weightlifter
 - They sometimes accompan ejections
 - Respond to, as information
 - ___ Salvador, El Salvador
 - Brunei's island
 - Priest's simple ceremony
 - All het up
 - When to call me?
 - Editor's option
 - Certain Alaskan
 - First of 13 popes
 - Sniggler's haul
 - "The Winding Stair" poet



- Down**
- Book of the Bible
 - In ___ of
 - Parts of Phyllis Diller's wardrobe
 - Words with now
 - Denzel Washington film
 - Infrequent
 - Caterer's vessel
 - Psyche division
 - Admit
 - Find a buyer beforehand
 - A type of beer
 - Shape of the old pigskin
 - Filthy lucre
 - Orbital period
 - Ivan and Peter
 - Camel string
 - Shoelace place
 - Steppe sister?
 - Fable composer

- A name for the God of the Old Testament
- Grapefruit relative
- Initiate
- English teacher's concern
- It was opened before Windows
- Homo sapiens
- "... ___ the fields we go"
- Use caller ID
- They are often juggled
- Saloon
- Cower
- It's here before tomorrow
- Puts first things first
- Beseached
- A type of arch
- Paper-towel unit
- Stumblebum
- "The Morning Watch" author
- Clog, e.g.
- Prepare paint
- Steak go-with
- A vote for



What do you call a blind dinosaur ?

Answer: Do-you-think-he-saur-us

SUDOKU

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

Solution to puzzle on page B11

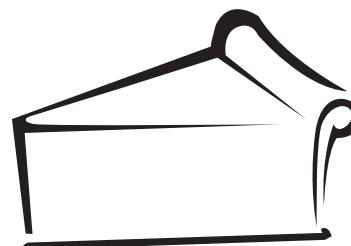
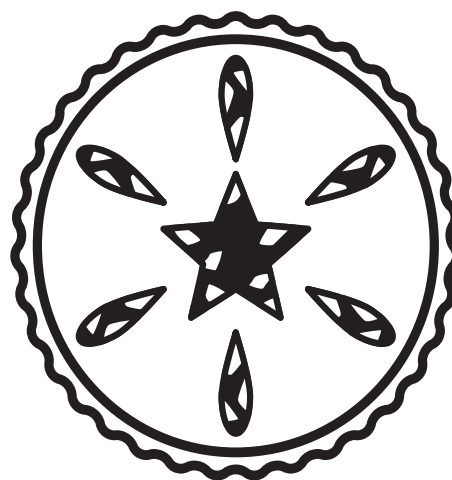


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ANSWER: BLUEBERRY

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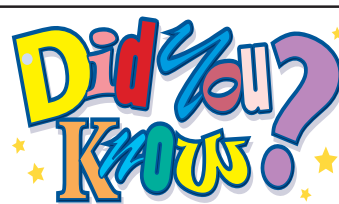
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- GERMAN: Blau



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ANSWER: BLUEBERRIES

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 Sunday 8:30 & 10:00 am
Fr. Ken Phillips, Pastor
www.littleflowerminot.com

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www.faithumcminot.com
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Family Hour 6:30 p.m.
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Children Worship (Wed).... 7 p.m.
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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.

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

PROFESSIONALS

LEE CLOUSE INDEPENDENT BEAUTY CONSULTANT

www.marykay.com/1clouse.
701-839-0475 or 701-721-0475.

HELP WANTED

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

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

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

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.

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Minot, ND
701-857-5191
jobs@trinityhealth.org

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

trinityhealth.org/careers



GARAGE SALE

Stamping & Scrapbooking Sale
HUGE 13TH ANNUAL MULTI-PARTY

(over 35 sellers!)
Saturday, July 25th 9-3 pm
429 Cedon Dr, Minot

July 24

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 or call Cliff (Retired MSgt) at 701-240-9172.



AUTOBODY

Pays Up To **\$500**

Insurance Deductibles

We Guarantee All Work & Color Match

4121 S. Broadway
839-8896

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)

NORTHERN AUTO AUCTION
1st & 3rd Saturday Every Month!
Approx. 75-100 Cars, Pickups, Trucks, Etc.!
Bring vehicles & title to auction yard
BUY or SELL!
All units sold AS-IS condition
Terms: Cash or check supported by a bank letter of credit.
Auctioneers: Clint Beeter, Lic. #199 & Kevin Beeter, Lic. #464 - Clerk Lic. #199
3035 Valley St., Minot, ND 58701
701-838-3733 or 1-800-210-8995

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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
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.

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

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

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

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

BASE ANNOUNCEMENTS

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

Embry-Riddle Aeronautical University is now registering for the Fall 2020 term (10 Aug-11 Oct). You can enroll in classes for CCAF, classes towards Undergraduate degrees such as: AS/BS Aeronautics, AS/BS Aviation Maintenance, AS/BS Technical Management and Graduate degrees: MS Aeronautics, MBA Aviation & MS Management. Please 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 Fall classes starting August 17. 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|darlene.thomas@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.

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**It's impossible to
improve the world's
greatest deterrent.
Until it's not.**

NG⁷
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