

northern sentry

FREE | WWW.NORTHERNSENTRY.COM | VOL. 58 • ISSUE 29 | MINOT AIR FORCE BASE | FRIDAY, JULY 17, 2020

WHATS INSIDE THIS WEEK:



2020 5 MSG CHANGE OF COMMAND

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5 LRS HAND SANITIZER DELIVERY

A7




MILITARY STAR 125,000-POINT GIVEAWAY JULY 25

B6




Col. Bradley Cochran, 5th BW Commander, flew his fini-flight on July 14, 2020 at Minot Air Force Base North Dakota. Family, friends, and co-workers all gathered to celebrate Col. Cochran's time at Minot Air Force Base. See page 3 & 5.

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



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5TH MISSION SUPPORT GROUP CHANGE OF COMMAND

Col Brett Black assumes command from Col. Richard Goodman on July 13, 2020 at Minot Air Force Base, North Dakota.

U.S. AIR FORCE PHOTOS | MINOT AFB PA



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Thank You Minot

Hey Team Minot, Col Cochran here; Before I depart in the next couple of days, I just wanted to say thanks. Say thanks for everything you did, to take care of the mission, take care of the Airmen, and to take care of this community. To build leaders, to improve the quality of life for our airmen. This is a fantastic assignment. I truly feel actually humbled to have been serving with each one of you. You have demonstrated outstanding performance throughout my time here, and all of that credit goes to you.

I want to thank our community partners for everything that they do for this base. This truly is an amazing place. What makes it so amazing is the community and their support for us and this mission.

Finally, I want you to remember to be proud of Minot. This is the home of the

Global Striker. This is the place where the entire Global Strike Command comes to do the mission. No place is like Minot Air Force Base. So be proud of that. Walk tall, shoulders back and be proud of the mission you do here.

Col Walters coming in behind me is a fantastic officer; he's going to do amazing things and lead you to exceptional heights. I am super excited to have him replacing me.

Thanks again, I feel humbled to be a part of this team serving with each and every one of you.

Good luck to you, and Godspeed.

Col. Bradley Cochran
5th Bomb Wing Commander



U.S. AIR FORCE
Minot Air Force Base

HOME OF
THE GLOBAL STRIKER



Maj. Gen. Thomas Bussiere, Eighth Air Force commander, passes the 5th Bomb Wing guidon to Col. Bradley Cochran, 5th BW commander, at Minot Air Force Base, North Dakota, May 31, 2018. As commander, Cochran ensures the wing's combat readiness and is responsible for operations involving the wing's fleet of B-52H Stratofortress bombers.

U.S. AIR FORCE PHOTO



Team Minot welcomes new 5th Bomb Wing commander Col. Bradley Cochran, 5th Bomb Wing commander, speaks to Team Minot Airmen during a change of command ceremony at Minot Air Force Base, North Dakota, May 31, 2018. Cochran is the 55th commander of the 5th BW and previously served as the 28th Bomb Wing vice commander at Ellsworth AFB, South Dakota.

U.S. AIR FORCE PHOTO

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COMMANDERS

5th Bomb Wing Commander:

Col. Bradley Cochran

5th Bomb Wing Vice Commander:

Col. Brian D. Vlaun

91st Missile Wing Commander:

Col. Glenn Harris

91st Missile Wing Vice Commander:

Col. Barry E. Little

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**Congratulations
and good luck**

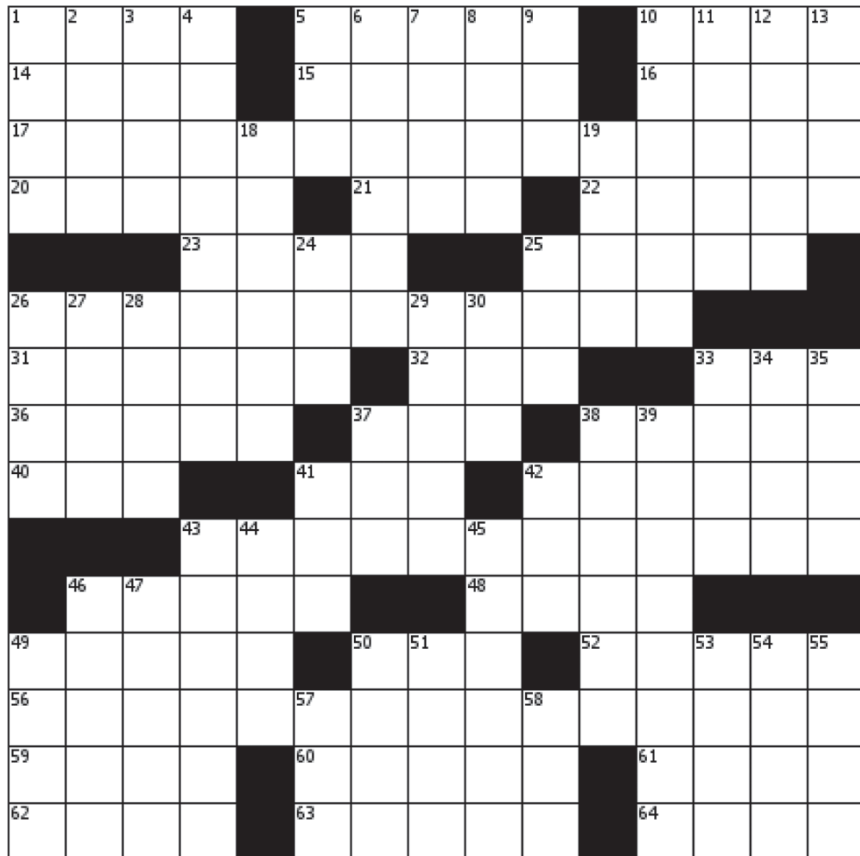
FROM YOUR CHAMBER/TEAM MINOT PARTNERS!

CROSSWORD PUZZLE

Solution can be found in next weeks edition

Across

- 1. One tense
- 5. Bum chaser?
- 10. Roe source
- 14. Potpourri
- 15. Gene or Grace
- 16. Tress material
- 17. Party!
- 20. Botch
- 21. Quick-flash connector
- 22. Wins a board game
- 23. Kind of bowling or tennis
- 25. Developers' interests
- 26. All about tennis?
- 31. Cancels the mission
- 32. Random choice
- 33. It does a bang-up job?
- 36. Heed the dentist's order
- 37. Bon ____ (witty remark)
- 38. Mideast ruler
- 40. Marsh
- 41. Ability to distinguish pitch
- 42. Family room feature
- 43. The guys?
- 46. Ph.D. hurdles
- 48. Some votes
- 49. Amalgamation
- 50. Initials of a pro basketball team
- 52. Persuasive poke
- 56. Wholly
- 59. Chills and fever
- 60. Like a ballerina
- 61. Nobleman
- 62. Founder of Little America
- 63. Work the runway
- 64. Finishes the pumps



Down

- 1. Bard's creation
- 2. Jai ____
- 3. Convenes
- 4. Youngsters
- 5. Slalom
- 6. Lessee
- 7. Members of a fraternal order
- 8. Exile site of 1814
- 9. Bread choice
- 10. Blade holder
- 11. "Gabriel Conroy" author Bret
- 12. Buenos ____
- 13. Abolitionists
- 18. Retirement dinners, often
- 19. MMD less CDI
- 24. Unsel'd of basketball
- 25. Slob's room
- 26. Large fishhook
- 27. Ready trio member
- 28. Io or Phobos

- 29. New Zealand native
- 30. Picnic problem
- 33. Yukon, for one (Abbr.)
- 34. ____-do-well
- 35. Kind of weight
- 37. Deranged
- 38. Greek goddess of wisdom
- 39. Restrained
- 41. Mummy's three
- 42. Chicken Little's concern
- 43. Under the influence
- 44. Automobile pioneer
- 45. Coop sound
- 46. Branch of knowledge (suffix)
- 47. Become chronic
- 49. Reveal indiscreetly
- 50. Corporate ID
- 51. Word with rock or rain
- 53. Low, heavy cart
- 54. Roberts' co-star
- 55. Building additions
- 57. Highlands hat
- 58. ____ canto



Mr. and Mrs. Mustard have six daughters and each daughter has one brother. How many people are in the Mustard family?

Answer: There are nine Mustards in the family. Since each daughter shares the same brother, there are six girls, one boy and Mr. and Mrs. Mustard.

SUDOKU

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

Solution to puzzle on page B11

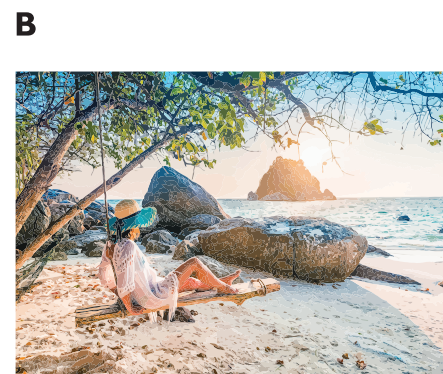


THIS SEA CREATURE IS A LARGE MOLLUSK THAT RESIDES INSIDE A CONICAL SHELL.

ANSWER: CONCH

What's the Difference?

There are four things different between Picture A and Picture B. Can you find them all?



Answers: 1. Rope on swing missing 2. Boat missing 3. Extra rock in water 4. Distant island bigger

THIS DAY IN...



HISTORY

- 1810: CITIZENS OF BOGOTÁ DECLARE THEIR INDEPENDENCE FROM SPAIN.
- 1969: ASTRONAUT NEIL ARMSTRONG BECOMES THE FIRST MAN TO WALK ON THE MOON.
- 2015: THE UNITED STATES AND CUBA RESUME FULL DIPLOMATIC RELATIONS AFTER FIVE DECADES.



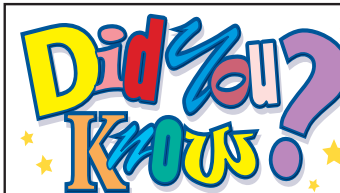
TIDE

alternate rising and falling of the sea

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How they SAY that in...

- ENGLISH:** Coast
- SPANISH:** Costa
- ITALIAN:** Costa
- FRENCH:** Côte
- GERMAN:** Küste



FLIP-FLOPS ARE WORN ALL SUMMER LONG, ESPECIALLY WHEN WALKING ALONG THE COASTLINE. SIMILAR FOOTWEAR WAS ONCE WORN BY ANCIENT EGYPTIANS.



Can you guess what the bigger picture is?

ANSWER: LIGHTHOUSE



COL. COCHRAN'S FINI FLIGHT
Col. Bradley Cochran, 5th BW Commander, flew his fini-flight on July 14, 2020 at Minot Air Force Base North Dakota. Family, friends, and co-workers all gathered to celebrate Col. Cochran's time at Minot Air Force Base.

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

BADLANDS RESTAURANT BAR

Upcoming Events

BINGO NIGHTS

AT ROCKERS BAR & GRILL
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JOIN US FOR A GAME OF BINGO EVERY WEDNESDAY IN THE ROCKERS BAR AREA! ROUNDS START AT 5:30PM, 6:30PM, & 7:30PM! PAYOUT IS \$25 FOR THE FIRST STRAIGHT BINGO OF EACH ROUND, THEN THE GAME WILL CONTINUE TO COVERALL GAMES WHICH WILL EACH HAVE A 50/50 PAYOUT FOR THE COVERALL WINNER! SEATING IS LIMITED TO FOLLOW HEALTH AND SOCIAL DISTANCING GUIDELINES.

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18 - 25 July 2020
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To learn more about this year's Summer Reading Program, call 723-3344 or visit our website at https://acc.ent.sirsi.net/client/en_US/minot/

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2020 SPARK TANK PITCH DAY

U.S. AIR FORCE PHOTOS | MINOT AFB PA

BackTalk

MYTH: "Once You Start Going to a Chiropractor, You Must Keep Going!"

The Research Says...

A popular myth once deterred people receiving the countless benefits of Chiropractic care. The myth involved the assertion that once a person engaged with Chiropractic care, they became forever bound to continue or risk a detrimental outcome. Nothing could be further from the truth!

Americans champion their freedom. Health care represents one of the many ways in which people embrace freedom of choice in the form of doctors, treatments, diets, and supplements. Even people with specific insurance plans maintain the freedom to pursue health outside the limits and bounds of insurance offerings. Chiropractic care also offers the freedom to pursue short term or long-term care.

The misconception regarding Chiropractic revolved ironically around the reality of positive results within the nervous system. Meditation, exercise, and vitamins all represent health choices which become increasingly beneficial through regularity. Lifestyle choices impact health. A person choosing Chiropractic care or other form of lifestyle choice intended for long term health improvement noticed results over a period of time and consistency. Those benefits naturally revert and deteriorate when someone chooses to step away from that lifestyle choice, whether it be exercise, a healthy diet, or Chiropractic care.

Groundbreaking research published in one of the world's most prestigious medical journals showed the value and benefits of regular Chiropractic adjustments. The study randomly divided a group of sixty patients with back pain. The first group received placebo adjustments throughout the trial. The second group received three real adjustments per week for four weeks with no follow up care. The third group received three real adjustments per week for four weeks with one additional adjustment every two weeks for the following nine months.

Results declared what most Chiropractors witness on a regular basis. The groups receiving real



adjustments reported significant relief and improved function compared to the group receiving placebo adjustments. Further evidence revealed that participants who received on-going adjustments every two weeks achieved the highest level of function, comfort, mobility, and life quality. The group who received positive initial results with real adjustments before reverting to a previous lifestyle experienced diminished results over time. The reality of the study reflects in other arenas of health care. People maintain the freedom to make lifestyle choices which produce positive outcomes over a period of consistency and regularity. People also lose progress when they revert to a previous, less healthy lifestyle.

Chiropractic care provides maintenance and healing within the body. Evidence-based research proved long ago that adjustments create improved health and function within the body. Someone acclimated to better health will experience a deterioration of their health when they choose to no longer care for their nervous system. A similar outcome would occur in someone who exercises and maintains a healthy diet but chooses to become sedentary and eat foods high in fat.

A consistent approach to proactive health care empowers entire families to better function and life quality. Chiropractic patients experience genuine improvement in health and performance by unlocking potential within the body. Regular adjustments ensure that optimal health for the entire family remains a never-ending pursuit.

All the best to you and yours in great health,



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MAKING MORE POSSIBLE



5 LRS HAND SANITIZER DELIVERY

The 5 Logistics Readiness Squadron receive a delivery of hand sanitizer at Minot Air Force Base, North Dakota, June 23, 2020. The 5th LRS received a donation from EXXON, international oil and gas company, containing 192 containers of hand sanitizer in response of COVID-19.

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN DILLON J. AUDIT

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Welcome Dr. Li

Neurosurgery



Maria Li, MDCM, MSc, FAANS

Maria Li, MDCM, MSc, FAANS is a board-certified neurosurgeon with over 20 years of experience. She brings an abundance of expertise to help patients with brain, spine, and peripheral nerve disorders.

Dedicated to Excellence and Lifelong Learning

Dr. Li completed her medical degree and neurosurgery residency, including an enrolled orthopedic spine fellowship, at McGill University, Montreal. She did a post-doctoral laboratory fellowship in neurophysiology at the University of California and completed a clinical fellowship in skull base and cerebrovascular surgery at the Seattle Neuroscience Institute. Dr. Li has practiced general neurosurgery in the US for a decade, improving services for patients and implementing a cranial neurosurgery program in Arkansas. Previously she practiced, taught, and did clinical research for nearly a decade at teaching hospitals affiliated with McGill University and the University of Montreal. Her neurosurgical practice has consisted of 50% cranial and 50% spinal surgeries, with a focus on brain tumors. Dr. Li participates in the annual maintenance of certification program of the American Board of Neurological Surgery. She is a member of several medical and neurosurgical organizations and continues to serve as a reviewer for the journal *Neurosurgery*.

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- Spinal surgery
- Brain tumors

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WHAT'S GOING ON MAFB

TODAY

- 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

TUESDAY

- Escape Room Game, Minot AFB Library, call to schedule a game time for anytime between 1100-1800
- Cycle, 0615, Fitness Center
- Game Day, 1000-1930, Minot AFB Library Facebook Page
- Fit to Fight, 1700, Fitness Center
- Zumba, 1830, Fitness Center

THURSDAY

- Escape Room Game, Minot AFB Library, call to schedule a game time for anytime between 1100-1800
- Reintegration Briefing, 1000-1100, A&FRC – Online Zoom Meeting
- Fit to Fight, 1700, Fitness Center
- Zumba, 1830, Fitness Center

SATURDAY

- 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

WEDNESDAY

- Escape Room Game, Minot AFB Library, call to schedule a game time for anytime between 1100-1800
- Right Start, 0730, 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
- 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

- Escape Room Game, Minot AFB Library, call to schedule a game time for anytime between 1100-1800
- Swerk, 0915, Fitness Center
- Reintegration Briefing, 1000-1100, A&FRC – Online Zoom Meeting
- Strength & Conditioning, 1130, Fitness Center
- Zumba, 1730, Fitness Center
- Ashtanga Yoga Basics, 1830, Fitness Center

UPCOMING EVENTS:

- 24 July**
- Last Day to Register for Play the Course Backwards 2 Person Scramble at Rough Rider Golf Course
 - Escape Room Game, Minot AFB Library, call to schedule a game time for anytime between 1100-1800
 - 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
 - Swerk, 1830, Fitness Center
 - Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes
- 25 July**
- Escape Room Game, Minot AFB Library, call to schedule a game time for anytime between 1100-1800
 - Play the Course Backwards 2 Person Scramble, 0900, Rough Rider Golf Course
 - Swerk, 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:
 Dine In Lunch and Lunch To Go: Monday-Friday 1100-1300. Limited seating is available and social distancing. Call in your To Go 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

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Air Force building more inclusive culture through Dress and Appearance updates

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

WASHINGTON (AFNS) -- As part of the ongoing effort to build more inclusive Air and Space Forces, on July 10 the Department of the Air Force announced revisions to Air Force Instruction 36-2903, "Dress and Personal Appearance of Air Force Personnel", which are effective immediately.

The changes, as outlined in an Air Force Guidance Memorandum dated July 1, 2020, include the removal of subjective language and other rules that may have been creating unintentional or unfair barriers for Air and Space Force uniformed members.

"As we listened to Airmen and Space Professionals, we reviewed our policies and identified language in our dress and appearance instruction that was problematic for certain groups," said Lisa Truesdale, Air Force deputy director of military force management policy. "Ensuring inclusive language in our policies is one of the first steps in creating a more inclusive culture where all uniformed members can thrive and maximize their fullest potential."

The changes are:

Individuals granted a shaving waiver may cut or trim their facial hair. In June 2020, the Air Force's surgeon general extended approval for shaving waivers that now remain valid for up to five years, for Airmen and Space Professionals diagnosed with Pseudofolliculitis Barbae. PFB, also known as razor bumps, is a chronic inflammatory condition that occurs more frequently in African American males. While Airmen and Space Professionals who are diagnosed with PFB will continue treatment and education on how to improve and ultimately heal the condition, the dress and appearance verbiage allows them to more readily present a neat, clean, and professional image.

Removal of the word "faddish",

references to complexion and associated subjectivity. Airmen across the Total Force had provided feedback that the term "faddish" was subjective, and resulted in particular demographics being disproportionately caught up by the enforcement of those rules



AS WE LISTENED TO AIRMEN AND SPACE PROFESSIONALS, WE REVIEWED OUR POLICIES AND IDENTIFIED LANGUAGE IN OUR DRESS AND APPEARANCE INSTRUCTION THAT WAS PROBLEMATIC FOR CERTAIN GROUPS

LISA TRUESDALE, AIR FORCE DEPUTY DIRECTOR OF MILITARY FORCE MANAGEMENT POLICY.



that included the term.

Name tapes/tags can include diacritical accent and hyphens, when it is a more accurate representation of a legal name and helps with pronunciation (e.g. Peña, Lewis-Miles, Müller, Calderón).

Authorization for male members to have one straight line part (cut, clipped, or shaved) on either side of their head.

Removal of the restriction on combat boots height, acknowledging that some career fields require more flexibility.

For more information, Airmen should view Air Force Guidance Memorandum 2020-01 and check Air Force Instruction 36-2903 for updates, which are available on the public website of the Air Force's Personnel Center at <https://www.afpc.af.mil/Career-Management/Dress-and-Appearance/>.

BAKED BUFFALO CHICKEN DIP



INGREDIENTS

- 8 OUNCE CREAM CHEESE, SOFTENED
- 1/2 CUP SOUR CREAM
- 1/2 CUP MAYONNAISE
- 2 TABLESPOON DRY RANCH SEASONING
- 1 TEASPOON KOSHER SALT
- 1/2 CUP FRANK'S REDHOT SAUCE
- 2 CUP COOKED CHICKEN, SHREDDED
- 1 CUP SHREDDED CHEDDAR CHEESE
- 1 CUP SHREDDED MOZZARELLA CHEESE
- TO TASTE BLUE CHEESE
- TO TASTE COOKED BACON, CRUMBLD

When ready to cook, set temperature to 350°F and preheat, lid closed for 15 minutes.

In a medium bowl or the bowl of a stand mixer, combine cream cheese, sour cream, mayonnaise, ranch, salt, and hot sauce and mix until combined.

Fold in the cheddar, mozzarella, and shredded chicken. Transfer to an oven proof dish and top with blue cheese and crumbled bacon.

Place directly on the grill grate and cook for 20-30 minutes until the top is golden brown and dip is bubbling.


Serve with chips, crackers, crostini, or sliced vegetables. Enjoy!



Ryan Davy - GM Minot



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NODAK ARMS

OUTDOOR

REPORT

OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, July 13: 1,844.13 feet above mean sea level (MSL); 28,200 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.62 feet above mean sea level (MSL).

Stump Lake elevation: 1,449.68 MSL.

*N.D. Game & Fish Dept. game wardens: No Missouri River System reports. Devils Lake remains spotty for walleye with improving success on the east end. No reports from north-central area lakes.

*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. Best activity is generally on the west end of the lake.

*Devils Lake, Woodland Resort, Devils Lake: Fair for walleye with better success in 10 to 12 feet using spinners and bottom bouncers with leeches or nightcrawlers. Also try slip bobbers. Continued good white bass activity.

*Lake Darling, Karma C-Store, Ruthville: Lake Darling still somewhat slow with fair at best walleye success. Try the bridges. Lake Audubon slow, as well, for walleye.

*Lake Metigoshe, Four Seasons, Bottineau: Continued fair to good for bluegill but sort through for the nicer sized keepers. Work early morning or evening hours for walleye. Continued pike activity.

*Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Fair to good for walleye in 6 to 20 feet on the east end of Lake Sakakawea using nightcrawlers or leeches. Also try Deepwater Bay. No Missouri River or Lake Audubon reports.

*Lake Sakakawea, Indian Hills Resort, Garrison: Fair to good walleye success with lots of small fish. Try along the north shore using a variety of presentations with leeches. Work deeper for

- 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.
- Remember to bring insect repellent when outdoors.

TOURNAMENTS

(check with tournament sponsors for scheduling updates relating to Covid-19):

- July 25: Devils Lake.
- July 26: Lake Sakakawea, Parshall Bay.

larger fish. Bite Me! tournament deadline Aug. 1.

*Lake Sakakawea, Scenic 23, New Town: Fair to good for walleye in 6 to 20 feet on the east end of Lake Sakakawea using nightcrawlers or leeches in 6 to 20 feet Also try Deepwater Bay.

*Lake Sakakawea, Van Hook Resort, New Town: Improving walleye success in the Van Hook Arm. Try shallower in 8 to 18 feet working west shoreline structure. Also try deeper yet, though, in 18 to 30 feet with larger, flashier spinners and bottom bouncers with leeches and nightcrawlers. Good success from shore for pike and bass.

*Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace continues producing walleye in the spillway channel but sort through for keepers. Try jigs with a variety of bait. Work down river for larger fish using jigs. Chutes slower but try 3-way swivels or plastics for walleye and trout. Catfish seem to have slowed. Night shore-fishing remains fair to good for walleye. Try off the rocks or down at the campground. Try the points on the east end of Lake Sakakawea in 8 to 15 feet for walleye with slow death hooks. Work the windy side. Also try shallow in the weeds. Nice quality but not large numbers of fish. Occasional salmon using downriggers in deep water over 80 to 120 feet along the dam, in the middle, or from Government Bay to Deadmans Bay.

*Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Lake Sakakawea continues producing walleye from Hofflund Island to the east in 15 to 20 feet using nightcrawlers with spinners and harnesses. Good numbers of small fish farther west with larger fish tending to come more so from the Van Hook Arm. Trenton Lake remains fair for crappie. Kota-Ray Dam producing perch and bluegill. *North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Limited reports from area lakes but look for some pike success on the Souris River along J. Clark Salyer Nat'l. Wildlife Refuge.

River elevation & flows:

*Des Lacs River, Foxholm: River stage, 15.49 feet; streamflow, 6.74 CFS.

*Little Missouri River, Long X Bridge: Streamflow, 257 CFS.

*Missouri River Washburn: River stage, 11.02 feet.

*Missouri River, Williston: River stage, 19.14 feet.

*Souris River, Foxholm: River stage, 4.87 feet; streamflow, 1.5 CFS.

*Souris River, Minot: River stage, 4.13 feet; streamflow, 10.9 CFS.

*Yellowstone River, Sidney, Mont.: River stage, 6.88 feet; streamflow, 16,600 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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7 survival tips for stay-at-home moms

JULIE FERGUSON

Earlier this year, I found myself thrown into the shock of being a stay-at-home-military-spouse mom. It was a big adjustment, especially with three cross country (and cross ocean) moves added into the mix. And then to make matters even more complex, along came a global pandemic. After weeks of feeling overwhelmed and constantly behind on my to-do list, I realized I needed to change my daily approach.

Here are seven survival tips for the stay-at-home moms:

Find your routine

Long after my daughter no longer required midnight feedings and was (usually) sleeping through the night, I realized I had fallen into the habit of never setting my alarm. I would groggily stumble out of bed in the mornings after my slumber was interrupted by the babbling of the baby in the next room.

After weeks of constant exhaustion, I realized that I needed to be more intentional about setting my day. I feel so much better when I wake up an hour before my daughter and sneak in a short yoga session, write in my gratitude journal, read a favorite book, or simply enjoy a cup of coffee before jumping in the shower. Setting this routine also adds a sense of normalcy and consistency for those times of solo parenting when the military inevitably sends my spouse elsewhere.

Get excited for the week

Planning two or three small and specific outings helps keep me feeling organized and adds excitement into an otherwise mundane week. Restaurants and

venues may still be closed, but fortunately summer is the perfect season to head outdoors and stay socially distant.

This outing could be as simple as picking up some of my favorite boba tea from downtown and setting up a picnic, or as adventurous as heading to the beach for some sand and sun. I keep a diaper bag in my trunk with baby essentials that I replenish once a week – diapers, wipes, snacks, toys – so I am not worried about forgetting any infant items when I am running out the door for our excursions.

Form a babysitting exchange

One of the best things I ever did was set up a babysitting trade with some mom friends in my neighborhood. Let's be honest – childcare is expensive; it is often a deterrent to enjoying baby free time.

Ask some friends if they would be willing to trade babysitting sessions every other week so you can spend some quality time with your spouse, run that errand you've been putting off, or simply take a relaxing stroll. It is also incredibly helpful to have a small pool of free and trusted childcare for last minute things – like the maintenance crew coming to your house to repair the unexpected leaky floor upstairs, or if you need a sitter at the eleventh hour during a deployment.

Plan mom dates

Virtual playdates have been a saving grace, but now I am taking full advantage of open spaces to coordinate socially distant meetups with friends outdoors as areas reopen. Once each week, I meet some friends for a "mom date." We hike with



strollers or carriers in tow or let the babies run around in a botanical garden or an empty field while we drink coffee and chat, six feet apart. Socializing with people who want to talk about more than the ABC's and can relate to life as a mom and military spouse is critical to my sanity and is an occasion I look forward to each week.

Schedule virtual hangouts

Of course, military life means you are often far from family and friends – pandemic or not. But once the world crisis really took effect and no visitors were permitted, I found myself overwhelmed by the constant video chat requests, and like I was spending a lot of time in front of screens.

I created a video chat schedule to manage the week more effectively. This kept me from feeling guilty when I was not

able to answer impromptu video chats, allowed for our parents to get quality virtual hangouts with their granddaughter, and facilitated catch-up sessions with friends around the world.

Pursue creativity

Initially, I was excited to step away from the working world and finally enjoy uninterrupted baby time, but I quickly realized I needed a creative outlet to keep my sanity intact. I soon fell in love with DIY projects and finding pieces to restore for our new house – which has little furniture because we had always lived in such small spaces before now.

Sanding down a dresser or painting a new frame is therapeutic and concentrating on creative endeavors provides mindful stress relief during seasons when the needs of the military send my spouse across

the world.

Avoid mom burnout

Mom Burnout sneaks up on you slowly; it is often when you least expect it. Mamas are known for their constant love and support of everyone else in the house, but it cannot be said enough how important it is for you to take care of you. Especially with times of uncertainty compounding everyday life, and the demands of the military often leaving you solo-parenting full time, self-care is critical.

Take five minutes and write down things that bring you joy – reading, baking, writing, exercising, crafting, napping – whatever it may be. And then make sure you take some time do an activity you love every day – even if it is for just fifteen minutes.

This story originally appeared in Military Families Magazine.

Minority Serving Institution Scholarships to be upgraded to further Air, Space Force diversity efforts

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

WASHINGTON (AFNS) -- The Department of the Air Force announced June 29 that all 161 Air Force ROTC scholarship recipients in good standing with the program and attending Historically Black Colleges and Universities or Hispanic-Serving Institutions will receive an upgrade offer from their current scholarship level, which will advance students to full tuition and fees paid, beginning the fall term of academic year 2020-21.

"The Air and Space Forces know that diverse Airmen operating in an inclusive culture increases innovation and operational effectiveness," said Brig. Gen.

Leslie A. Maher, commander of the Jeanne M. Holm Center for Officer Accessions and Citizen Development. "The Air and Space Forces are investing in students who have earned ROTC scholarships at minority serving institutions to ensure success as we strive for the diversity we need to improve Air Force mission performance."

The Type 1 scholarship covers full tuition and fees with no monetary cap. The other scholarship opportunities include Type 2 scholarships which provide a student up to \$18,000 per year, and the Type 7 scholarships which offer full tuition and fees,

capped at the in-state tuition rate.

"Diversity and Inclusion are priorities of the Department of the Air Force to build teams comprised of diverse backgrounds, experiences and demographics," said Brig. Gen. Troy Dunn, Air Force director of military force management policy and leader of the Department of the Air Force's Task Force on Diversity and Inclusion. "By fostering diversity and establishing an inclusive culture, we will increase our abilities to recruit from the broadest possible pool of talent, solve the toughest challenges, and engage the full power of an innovative force."

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Theater and music programs adjust, cancel due to COVID-19

LUCIE KRISMAN, ND NEWSPAPER ASSOCIATION

Weslie Langton, who has been cast as the lead in a summer production at Fort Totten Little Theatre, said "Rock of Ages" will be something for people to look forward to with the loss of theatrical and other arts opportunities due to COVID-19.

"I think it'll be really nice just to have something going on," said Langton. For audience members, "it will be something really fun to experience."

Across the state, many theater programs and other regular offerings in the performing arts are on hold or adjusting in different ways as the COVID-19 pandemic continues into the summer.

Some local theaters such as Sleepy Hollow Theatre & Arts Park in Bismarck and Greater Grand Forks Community Theatre have closed their doors entirely for the season. In an online statement, Kirsten Dauphinais, president of the Grand Forks theatre, explained the financial difficulties facing community theaters across the country. Her theater has suffered from high costs and loss of revenue since February, she said.

"It is the Board's emphatic intention to keep the theatre in good repair, satisfy all our obligations, and resume programming in various capacities as soon as it is safe to do so," Dauphinais said.

However, other North Dakota

theater programs are carrying on through the summer as normally as they can, including Frost Fire Summer Theatre in Walhalla, which will launch a four-part virtual series starting July 25. Theater-goers can enjoy the productions from home until Aug. 21.

The long-running Medora Musical also resumed operations after reopening June 19 for the season with weeknight shows at 7:30 p.m. and Saturday and Sunday shows at 8:30 p.m. A second show on Saturday and Sunday nights began July 4. The show opened with limited capacity and increased spacing between groups.

"We have heard from thousands of folks, that now more than ever, the people of North Dakota need the Medora Musical," Marketing and Communication Director Justin Fisk said in an online statement earlier this year.

At Fort Totten, the "Rock of Ages" show replaces a planned production of "The Producers." Director Peter Foss said the theater quickly changed gears when the pandemic made it clear there would be difficulties, opting for a more outdoor-friendly show that was more concertlike.

The show opens July 8 and will take place at Roosevelt Park in nearby Devils Lake, N.D. Seating will be sold in pods and spaced out to maximize social distancing, and sanitizing stations will be



A schedule graphic demonstrates the creativity that Frost Fire Summer Theater has used to perform during the pandemic.

available at the park during the show.

"Honestly, the whole show is a big change from what we're used to," Foss said. "Overall, it's totally going to look different, but I think the experience will still be the same."

Amidst the pandemic, nationwide protests and all other current events, witnessing musicians play together in her own backyard was a welcomed start to the summer for Grand Forks resident Betty Bloomquist.

"It was wonderful to see them

up there enjoying each other and giving us this gift." Bloomquist said. "I was pleased that they wanted to share their gifts with us and they could create together with such good feeling."

Bloomquist has been offering her backyard as a spot for local classical music concerts featuring student musicians since the beginning of the summer as a way to continue experiencing music in the midst of COVID-19. The idea has caught on with other Grand Forks residents, who are scheduling backyard

concerts of their own.

As theater and music programs continue in North Dakota in the capacity they can right now, Bloomquist said she will host more upcoming concerts in her backyard and guests have been happy to experience them, even while socially-distanced.

"It's just really kind of amazing how pleasing it is to people," Bloomquist said. "After these months of confinement, it's just been a good experience."



The cast of "Rock of Ages," a Fort Totten Little Theatre production, will open the show's run July 8 in Roosevelt Park in Devils Lake, N.D. Seating will take into account precautions recommended due to the coronavirus.



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Leading 20th Air Force – command team way forward

1ST LT IEVA BYTAUTAITE, 20TH AIR FORCE PUBLIC AFFAIRS

F. E. WARREN AIR FORCE BASE, Wyo. --

The Sentinel Warriors of 20th Air Force are now led by Maj. Gen. Mike Lutton, commander, and Chief Master Sgt. Charles Orf, command chief. Lutton has been in the commander's seat for almost a week, but he already has a clear mission, vision and priorities for the Sentinel Warriors.

The 20th Air Force team must provide combat-ready forces, given the global security environment. They are a part of the joint force prepared to win, and will continue to grow lethality and innovate to provide military options to ensure our nation always meets the global security environment from a position of strength.

The mission of 20th Air Force is to defend the United States with combat ready nuclear forces; on order, conduct global strike. Our priorities are building integrated lethality; developing and caring for Airmen and families; and leading nuclear surety and weapon system safety. Our vision statement is simple and powerful - we are the world's most respected and feared global strike team, always ready to strike.

Having a clear vision for the future from the commander helps Airmen achieve goals and responsibilities of ensuring a lethal, safe and secure force.

Q. The new mission statement says: defend the United States with combat ready nuclear forces; on order, conduct global strike.

How can Airmen at all levels ensure they remain combat ready?

A. Combat ready is a function of experience and proficiency. Leadership at all levels must continually assess flight, squadron, group, and wing readiness as well as experience and proficiency. Then mentor, coach, teach, and prepare Airmen for the assigned missions. By forecasting opportunities to grow readiness, leaders at all levels continue to develop their Airmen by providing opportunities to not only develop but grow experience and proficiency.

Q. The new vision statement, the world's most respected and feared global strike team, always ready to strike, also focuses on readiness. Can you explain why it is important for 20th Air Force to work together as a cohesive team?

A. Teams are more lethal and effective than individuals. Being a part of the joint force is a team effort. Team cohesion starts with an understanding of what each individual teammate brings to the fight. Integration combines multiple disciplines across various teams to create lethal military units able to achieve our most challenging military objectives. Lastly, teamwork is predicated on respect for what each member brings to the fight. Each team member is valued and contributes to the mission.

Q. The command's priorities, build integrated lethality, develop and care for Airmen and families,

and lead nuclear surety and weapon system safety focus on mission, the development of Airmen and their families, and nuclear surety. What does developing Airmen and families look like?

A. Developing Airmen and families remains fundamental to the success of our Air Force and military. Developing Airmen is about taking the time to understand the unique perspectives of each Airmen. It is important for leaders to understand their goals and take the time to ensure Airmen have a plan to meet their goals. Then, leaders need to mentor, coach, and support Airmen along the way. Developing Airmen isn't a task to accomplish. It is a fundamental responsibility of all leaders.

Families, as noted above, remain fundamental to the success of our Air Force and military. We must ensure world-class support for our families as well as a world-class community on and off-base. This all starts with how our families are welcomed to Air Force Global Strike Command and our bases. Our military-community partnership is also key to ensuring success in this area.

Q. As you look forward to leading the Sentinel Warriors, what are you most excited about?

A. I am most excited to be back in Air Force Global Strike Command and humbled to be able to serve our Airmen and families!



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Catch-and-release isn't always the best as a fish

Patricia Stockdill

It's been said that there is a time and place for everything.

The old adage holds true for fishing, as well, especially when it comes to well-meaning anglers practicing catch-and-release.

Generally, releasing a healthy fish is a noble act.

It's just that it's not always the best for the fish, especially if an angler reels it in from depths of 25 feet and more.

Granted, North Dakota has numerous lakes shallower than that. But when fishing lakes such as Devils Lake and especially Lake Sakakawea, working deeper water is common in the summer.

The problem is fish coming from deeper depths likely won't survive if well-meaning and well-intending anglers release them back into the lake. The best advice from the N.D. Game and Fish Department is that anglers should be prepared to keep a fish and chalk it up in their daily limit if it was caught in 25 feet of water or deeper.

It doesn't matter if it's a walleye, skipjack, northern pike, perch, or salmon.

The reason for the recommendation to keep those fish comes down to their physical makeup: Fish can experience barotrauma, a condition occurring when a fish in deep water is brought to the surface quickly and gases in its swim bladder greatly expand. It typically occurs at the 33-foot depth.

Anglers should keep any fish if its eyes, vent, or stomach is protruding or expanded because those are indications of barotrauma. The bottom line – when fishing water deeper than 25 feet, catch-and-keep is the recommended practice.

Never "vent" or "fizz" a fish in an attempt to save it and release it into the water. Instead, it's simply best to keep it and enjoy it as a meal. The reality is the fish will die if it suffers from barotrauma. Releasing it simply wastes a valuable resource.

Studying catch-and-release trends is an interesting reflection on changing times. Decades ago, fishing was a recreational activity providing food on the table for many anglers. Catching a fish of any size or type meant it was going to be kept and eaten.

That fish provided a family meal – and there were fewer fish years ago in many North Dakota lakes.

Back then, pike and bullheads were species most commonly on the table. Nowadays, if it's not a walleye, it's not a keeper for many anglers in the state.

Society is changing and fishing is more of a recreational activity. With so many walleye of different sizes in many lakes, anglers can be – and are – more selective of what goes into the frying pan.

North Dakota typically doesn't have many regulations relating to catch-and-release for most species. It's more of a societal issue than biological in the state, in large part because fishing pressure isn't as great in North Dakota compared to some other states.

Nowadays, many anglers opt to release larger walleye rather than keeping those 5- or 6-pound fish – and larger.

Historically, many anglers release smallmouth and largemouth bass because anglers often consider them incidental catches. When it comes to perch, anglers tend to use a 9-inch-length as a benchmark as to whether or not it lands on the dinner table or swims another day: Less than 9 inches, it oftentimes swims. More than 9 inches is often a perch dinner.

An increasing number of anglers are opting to keep pike. One reason might be the Game and Fish Department's efforts to educate anglers on proper "Y" bone removal techniques in filets could be one reason. People are finding out just how delicious pike can be when one isn't fighting fish bones every meal.

Given good water conditions coupled with excellent fish production from U.S. Fish and Wildlife Service National Fish Hatcheries in Riverdale and Valley City, proper catch-and-release of a fish isn't as critical as other states.

One area catch-and-release is regulated, though, is July and August walleye tournaments. Unless tournament format provides for immediate on-the-water release, any walleye caught during those months must be kept – it's too hot for fish to survive in a live well.

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MILITARY STAR Salutes Exchange's 125 Years with 125,000-Point Giveaway July 25

ARMY & AIR FORCE EXCHANGE SERVICE PUBLIC AFFAIRS

Minot AFB – A big milestone deserves a big prize. To celebrate the Army & Air Force Exchange Service's 125 years of serving the military community, the MILITARY STAR® card is giving away 125,000 rewards points to 10 lucky shoppers.

Every time Minot AFB Airmen and families use their cards on July 25, they will automatically be entered into the sweepstakes.

MILITARY STAR cardholders earn 2% in rewards points and a \$20 rewards card every 2,000 points, making the 125,000-point giveaway equal to \$1,250 for each winner. Rewards cards can be used anywhere Exchange gift cards are accepted.

"The more Minot AFB Exchange shoppers use their MILITARY STAR card on July 25, the more chances they'll have to win," said Minot AFB Exchange General Manager Michael Bell. "It's a great way to thank our shoppers and celebrate 125 years of serving the best customers in the world."

Shoppers can use their MILITARY STAR card and earn entries at any military exchange or commissary, ShopMyExchange.com, myNavyExchange.com and ShopCGX.com.

Other benefits of the MILITARY STAR card include:

- The lowest flat-rate APR (10.24%) among store cards—rate is offered to all cardholders upon account approval.
- No annual, late or over-limit fees.

- 10% discount on first day's purchases for new MILITARY STAR accounts.

- Free shipping on all ShopMyExchange.com and MyNavyExchange.com orders.

- Reduced-interest deployment plan with no payments required for eligible customers.

Honorably discharged Veterans who have verified their eligibility to shop the Exchange online are eligible to win, too, as are all disabled Veterans with in-store shopping privileges. Veterans can find out more on the Exchange's community Hub page at <https://bit.ly/Vets4Life>

Winners will be notified by Aug. 31.

The MILITARY STAR card is administered by the Army & Air Force Exchange Service and is accepted at all military exchanges and commissaries. For more information, visit MyECP.com.



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Minot AFB – Helping those in need is always in season—and now Army & Air Force Exchange Service shoppers can donate any amount to military relief funds year-round at the Minot AFB Exchange.

Airmen and other authorized shoppers can donate to Army Emergency Relief (AER) or the Air Force Assistance Fund (AFAF) at the register at the Minot AFB Exchange. Shoppers have the option to donate in increments of \$1, \$5 and \$10 or can enter in a custom amount. Online donations can be made in \$5 increments during checkout at ShopMyExchange.com.

“AER and AFAF take

exceptional care of Soldiers, Airmen and families navigating difficult times, such as during the recent upheaval caused by the COVID-19 pandemic,” said Exchange Director/CEO Tom Shull. “We’ve seen our military community grow stronger by standing together through the pandemic, and now Exchange shoppers can continue to support the important work of these relief funds anytime they shop.”

AER and AFAF provide emergency assistance, sponsor educational programs and offer community programs that make life better for service members and their families.

“Exchange shoppers have been

generous with their donations,” said Lt. Gen. (Ret.) John D. Hopper Jr., CEO of the Air Force Aid Society, one of four charities that benefit from the AFAF. “Every dollar given is a helping hand to Airmen and their families in need.”

Since 2017, Exchange shoppers have donated to AER and AFAF at the register, but only during select giving periods throughout the year. Exchange shoppers have donated nearly \$800,000 to these agencies in the last three years. The year-round giving and custom amount options will help sustain support for service members and families throughout the year.



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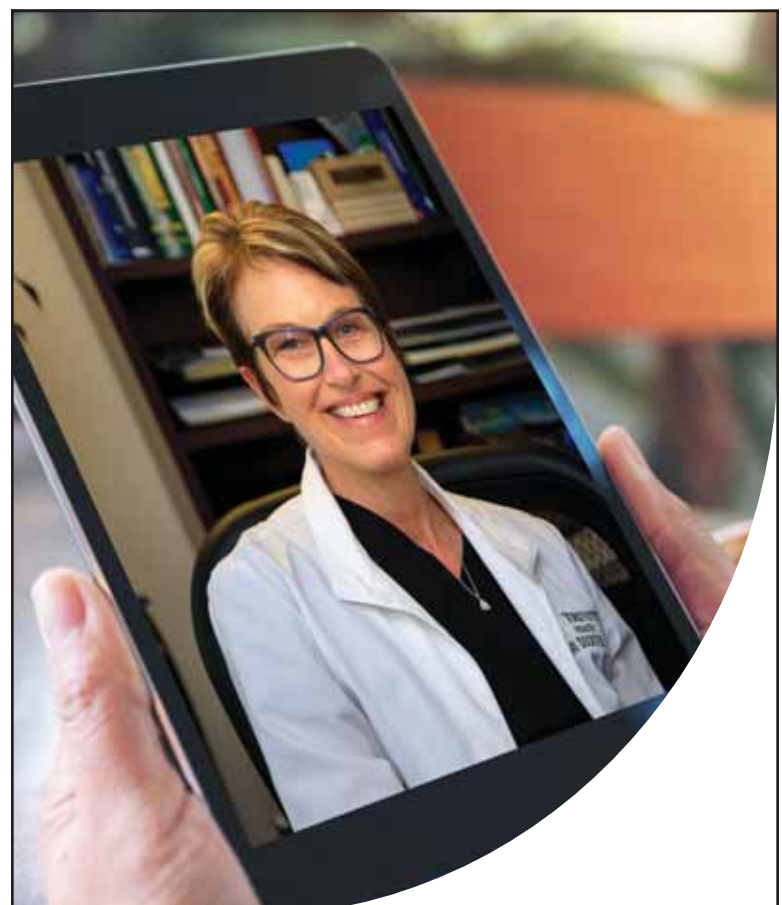
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Revolutionizing Aircrew training through virtual reality

MASTER SGT. TED DAIGLE, 307TH BOMB WING

BARKSDALE AIR FORCE BASE, La. --

A new virtual reality trainer is one step closer to potentially transforming the way B-52 Stratofortress student-pilots train for combat.

The Virtual Reality Procedures Trainer, released during a milestone demonstration of its capabilities July 7, at StrikeWVrx in Bossier City, Louisiana, may even change the entire Air Force bomber community's approach to training.

The VRPT is the brainchild of Maj. Mark Budgeon, currently assigned to Air Force Global Strike Command, Maj. Brandon Wolf, 307th Operations Support Squadron and Maj. Justin Stephenson, 11th Bomb Squadron Chief Pilot and Chief of Innovations.

"Our adversaries are getting much better, much faster," said Budgeon. "This system has the potential to revolutionize the entire training process and make our student graduates better."

The three Airmen teamed up with King Crow Studios, a virtual reality training company from Baton Rouge, Louisiana, to develop it as part of a larger learning management system that uses virtual reality with an embedded instructor to teach and grade B-52 student pilots.

Members of the 307th Bomb Wing, 2nd BW and Air Force Global Strike Command watched as a demonstrator from King Crow Studios put on virtual reality goggles to access a

360-degree, virtual replica of the jet's cockpit.

The demonstrator was able to practice going through the entire ground procedures checklist just as a student pilot would prior to take-off.

During the demonstration, Budgeon, an active-duty Airman, and Wolf, a Reserve Citizen Airman, explained several ways the VRPT can improve current training practices.

Practice makes perfect
The main advantages of the VRPT are its potential to reduce human bias in instruction, provide better access to training for student pilots, and give students immediate feedback that lessens the chance they develop poor habits in the early phases of training.

Wolf explained that current technology used in student pilot training limits hands-on training opportunities. Due to logistical concerns, student pilots don't have 24-hour access to instructors or training tools.

The VRPT has the potential to eliminate that problem.

It employs virtual reality goggles, a computer and two hand controls. These portable items can be used almost anywhere to generate the virtual B-52 cockpit.

"It would be accessible to them all the time, so they can take it home and practice," said Wolf. "They become familiar with it, and we won't get that deer-in-headlights moment when they first get in the simulator or

B-52."

The program also has the capacity to collect data on student performance with time stamps that show speed and errors. That data can be used by instructors to provide immediate feedback.

"It catches mistakes early on a human might miss so that instructors can create a process for correcting them," said Wolf.

The three pilots also stressed ease of use with the new system. "Its operating system is intuitive, so all we have to is hand it to them and say 'go,'" said Budgeon.

King Crow Studios is scheduled to produce a complete VRPT prototype later this year.

Budgeon, Wolf and Stephenson hope the trainer moves into the third phase of the contracting process and is adopted by the 307th Bomb Wing to train all incoming B-52 student pilots for the Air Force.

If adopted, the three Airmen are eager to press forward with similar trainers for the jet's weapons systems officers and electronic warfare officers.

Chad Louviere, King Crow Studios' founder, expressed optimism the three Airmen's vision for the future will become reality.

"We can do anything in this environment," said Louviere regarding the training capacity of virtual reality. "We are here at the right time because the technology is advancing exponentially."

U.S. Air Force Maj. Justin Stephenson, 11th Bomb Squadron Chief Pilot and Chief of Innovations, practices with the Virtual Reality Program Trainer at StrikeWVrx in Bossier City, Louisiana, July 7, 2020. The VRPT uses virtual reality technology to improve instruction for B-52 Stratofortress student-pilots.



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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>Saturday-No Vespers Sunday-Congregational Worship Service Only-10:00A.M.</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> Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Evening Worship 6:00 p.m. Wednesday Evening 7:00 p.m.</p> <p><i>Independent/Fundamental/KJV</i> 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p>Cornerstone Presbyterian Church</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>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> 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</p> <p><i>Protestant (North Plains Chapel in Base Housing)</i> Contemporary Service Sunday Worship 1000</p> <p>Gospel Service Sunday Worship 1130</p> <p><i>Catholic Mass (Northern Lights Chapel across from Rockers)</i> Sunday 1000 & 1700 Daily Monday-Thursday at 1200</p>	<div data-bbox="1333 1751 1995 1855"> <h2>ORCS Preschool</h2> </div> <div data-bbox="1333 1855 1995 1958"> <p>Our Redeemer's Christian School's Preschool Program will be starting it's 33rd year the fall of 2020 and we would love to have your child be a part of it!</p> </div> <div data-bbox="1333 1958 1995 2077"> <h3>NOW ACCEPTING REGISTRATIONS FOR THE 2020-2021 SCHOOL YEAR</h3> </div> <div data-bbox="1333 2077 1995 2255"> <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 </div> <div data-bbox="1333 2255 1995 2463"> <p>Please contact our school office or visit our website for more information. 701.839.0772 Email: jschultz@orcsknights.org Website: www.orcsknights.org</p> </div>	
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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.

LOOKING FOR A CAREER THAT IS BOTH CHALLENGING AND REWARDING?

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

We are an equal opportunity employer and a drug free workplace.

Apply in person at:
605 27th St SE, Minot ND 58701
Or contact: Matt Mackey
By email or phone at
mmackey@kalixnd.org
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.

SUDOKU SOLUTION

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

CAREERS

BE PART OF
SOMETHING
more.



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

Human Resources
120 Burdick Expy E
Minot, ND
701-857-5191
jobs@trinityhealth.org

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

trinityhealth.org/careers



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.

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

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

NO DUIs NO EXCUSES
DRINK RESPONSIBLY
701-720-2254

Thursdays ~ Fridays ~ Saturdays



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

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