

northern sentry

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WHATS INSIDE THIS WEEK:



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Col. Michael Walters assumed command of the 5th Bomb Wing from Col. Bradley Cochran during a change of command ceremony at Minot Air Force Base, North Dakota, on July 16, 2020. Walters comes to the 5 BW from the 379th Air Expeditionary Wing, Al Udeid Air Base, Qatar. See photos on page 2 and story on page 3.

U.S. AIR FORCE PHOTO | SSGT STEVEN ADKINS

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Videos



2020 5TH BOMB WING CHANGE OF COMMAND
 Col. Bradley L. Cochran relinquishes command of the 5th Bomb Wing to Col. Michael O. Walters on July 16, 2020 at Minot Air Force Base, North Dakota. The presiding official over the ceremony was Maj. Gen. Mark E. Weatherington, 8th Air Force and Joint-Global Strike Operations Center commander.

U.S. AIR FORCE PHOTOS | SSGT STEVEN ADKINS

LAW TALK

What is a Power of Attorney?

Granting someone Power of Attorney is a decision that should be made carefully. Essentially, this document gives whomever you designate (called your Attorney-in-Fact) the authority to sign important documents on your behalf. The authority given can vary, however, based on the type of Power of Attorney you choose.

There are three main types of Power of Attorney: Power of Attorney with General Provisions, Durable Power of Attorney, and Special Power of Attorney

1. Power of Attorney with General Provisions: This is often referred to as a "non-durable" or "limited" Power of Attorney. It takes effect immediately upon signing but terminates upon the grantor's incapacitation, making it a less desirable option if your goal is estate planning.
2. Durable Power of Attorney: This is, by far, the most common Power of Attorney document we draft for our clients. This does not go into effect immediately; instead, it becomes effective upon your incapacitation, allowing your Attorney-in-Fact to handle matters for you while you are unable to do so. It can also be drafted with general provisions, allowing it to be effective immediately and beyond your incapacitation.
3. Special Power of Attorney: This document gives another authority to act for you but only on a specific matter such as opening a bank account or selling home. This type of Power of Attorney is useful if you do not want to grant someone the authority to handle all of your matters for you, but you do need assistance with a specific task. The document can be drafted to terminate upon the completion of the designated task or after a certain time frame.

In any case, all types of Power of Attorney terminate upon death. The authority granted by these documents cannot be exercised after the grantor has passed away.

For a military family, having the ability to take legal action while the individual is unavailable or unable to do so on their own can be very important. If you would like to discuss a Power of Attorney or any other part of estate planning, do not hesitate to give us a call at 701-852-5224.



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 Saturday: 2 a month by appt
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5th Bomb Wing change of command

SENIOR AIRMAN DILLON J. AUDIT, 5 BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

Col. Michael Walters assumed command of the 5th Bomb Wing from Col. Bradley Cochran during a change of command ceremony at Minot Air Force Base, North Dakota, on July 16, 2020.

To adhere to current social distancing guidelines, the ceremony was held virtually with limited in-person attendance. Those in attendance included families of both commanders and commander's support staff.

Walters comes to the 5 BW from the 379th Air Expeditionary Wing, Al Udeid Air Base, Qatar, where he served as the commander of the 379th Expeditionary Operations Group, in support of Operations FREEDOM'S SENTINEL and INHERENT RESOLVE.

"We set the bar for excellence at Minot Air Force Base and the 5th Bomb Wing," Walters said. "Make no mistake, Minot is special, there is no place on earth like this."

Walters has flying experience in the B-52H Stratofortress, B-2 Spirit, and B-1B Lancer with more than 2,680 flight hours, including 588 combat hours.

Walters' experience and leadership will ensure the combat readiness and bolster the strategic importance of the 5th Bomb Wing. He will be responsible for operations involving the wing's fleet of B-52 bombers that provide deterrence and peace of mind for the nation and its allies; while ensuring global strike capabilities for the Department of Defense from Minot.

"The Air Force and this nation count on the men and women of the 5th Bomb Wing

to underwrite their freedom and security 24/7/365," 8th Air Force commander, Major General Mark Weatherington said. "And this is a world class leadership team to match that fact."

Walters expressed gratitude in being selected to lead the Warbirds.

"To the Warbirds, I am truly honored to take the lead," Walters said. "I'm humbled by your accomplishments, your sacrifice, and dedication."

Cochran will be assigned as a member of Headquarters of

the Air Force Air Staff as the Deputy Director of operational capability requirements at the Pentagon in Washington D.C.

"The Warbirds continue to make history and carry on a legacy of excellence," Cochran said. "Thank you for allowing me to stand with you and be part of that legacy. It has been my honor to be counted a Warbird."

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Studio Photo of Col. Michael Walters, 5BW Commander.

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COL. MICHAEL WALTERS, 5BW COMMANDER.

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Col. Michael Walters

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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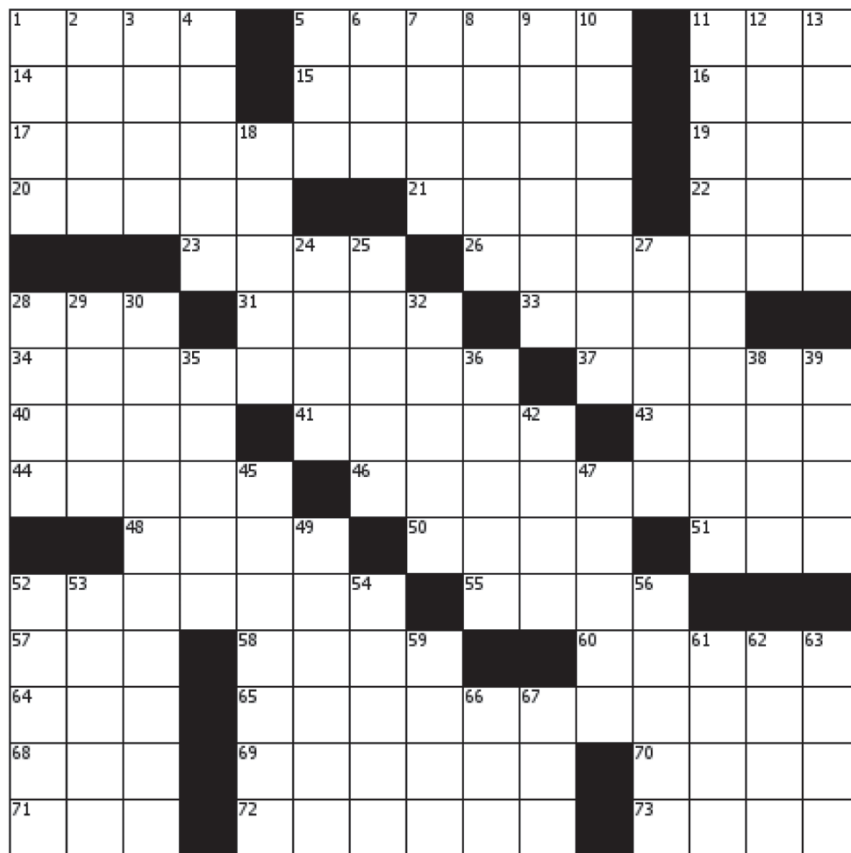
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CROSSWORD PUZZLE

Solution can be found in next weeks edition

Across

- 1. A ___ pittance
- 5. Reduce in value
- 11. "Ben-Hur" studio
- 14. Big hearts
- 15. First name in aviatrixes
- 16. Pig-poke connector
- 17. Mitchell creation
- 19. Preschooler's dread
- 20. Laser printer option
- 21. It can be French or English
- 22. WWW address
- 23. First word in a Travolta film title
- 26. Support, to a civil engineer
- 28. Forty-niner's equipment
- 31. "Star Trek" crewman
- 33. "Alfred" composer
- 34. 1A, for example
- 37. Kafka hero Gregor
- 40. Mil. institution since 1845
- 41. Outdoor dining space
- 43. Epitome of thinness
- 44. What a library does
- 46. Lamebrain
- 48. Sharp barks
- 50. Adult grigs
- 51. Gene's place
- 52. Inhabitant of Luanda
- 55. Calendar abbreviation
- 57. Infantile syllable
- 58. Tennis champ Nastase
- 60. It holds 13 arrows on a bill
- 64. Fertilization sites
- 65. 18th-century navigator
- 68. Insurrectionist Turner
- 69. Buyer, in a phrase
- 70. "Picnic" penner
- 71. A positive word



- 72. Saudi Arabian currency
 - 73. Ball-bearing items
- Down**
- 1. Grape refuse
 - 2. Dolphin's navigation aide
 - 3. Walk like a tosspot
 - 4. Ban legally
 - 5. Apply with a swab
 - 6. Exotic farmbird
 - 7. Kiss hit
 - 8. Parcel out
 - 9. Lead-in for Madre or Leone

- 10. They believe "money doesn't grow on trees"
- 11. Juice provider
- 12. Protruding knot on a tree
- 13. "___ Leaf Rag" (Scott Joplin)
- 18. Word on a nickel
- 24. Clay or coal unit
- 25. Entreat
- 27. Rush-hour problem
- 28. Road to Damascus figure, later

- 29. Church wing, perhaps
- 30. Some bleaters
- 32. Disentangle
- 35. Talkers' medium
- 36. Dinner fork quartet
- 38. ___ Fein
- 39. Kelp, e.g.
- 42. Give wolfish looks
- 45. Film editor, at times
- 47. It's mostly all downhill from here
- 49. Italian deli item
- 52. Cause for contortions
- 53. Stellar stars
- 54. Bitingly cold
- 56. Unspoken
- 59. Kett of the comics
- 61. Decamped
- 62. Theater section
- 63. Barely manages (with "out")
- 66. Netscape buyer
- 67. Kind of agent



I am a word of six; my first three letters refer to an automobile; my last three letters refer to a household animal; my first four letters is a fish; my whole is found in your room. What am I?

Answer: A carpet.

SUDOKU

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

Solution to puzzle on page B11

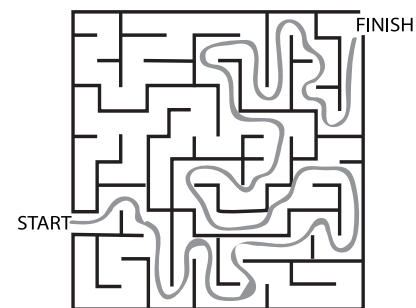
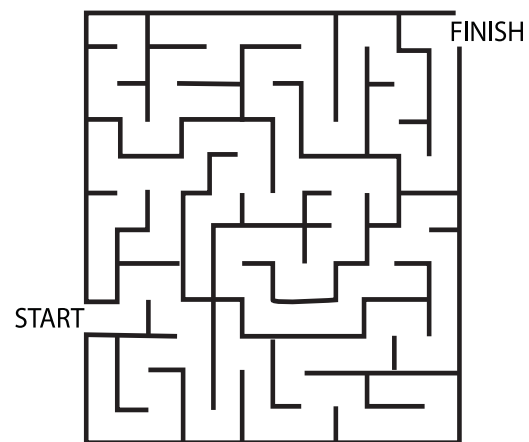


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ANSWER: FAIRS

Maze Craze

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- 1947: PRESIDENT HARRY S. TRUMAN SIGNS THE NATIONAL SECURITY ACT.



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How they SAY that in...

- ENGLISH:** Carousel
- SPANISH:** Tiovivo
- ITALIAN:** Carosello
- FRENCH:** Manège
- GERMAN:** Karussell

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Can you guess what the bigger picture is?

ANSWER: PRIZE COW



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Columbia College happy to be at MAFB

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MINOT AIR FORCE BASE -- The office of Columbia College on the second floor of the Education Center is closed for now, but Program Coordinator for the MAFB, Linde Paige, has been working from home, as many others have been, in order to establish operations of the Columbia, Missouri based institution.

"Central Michigan University has left Minot AFB" according to Paige, "and now that we have opened an office on base we are the only stateside Air Force Base with Columbia College." Right now Linde Paige is busy taking phone calls from potential students, some who are just arriving at Minot after being assigned here in the last few months. But according to Paige "most of the degrees are set up so military members and their family can take classes that go where you go."

"We are all about providing quality education to our service members," said retired U.S. Army Lt. Col. Robb Boone, the college's associate vice president in charge of military locations.

The college will offer the following degree programs at the base: Bachelor of Science in Cybersecurity, Bachelor of Science in Management Information Systems, Bachelor of Science in Human Resource Management, Bachelor of Science in Organizational Leadership, Bachelor of Science in Public Administration, Bachelor of Arts in Human Services, and Bachelor of Arts in Psychology. In addition, the college will offer certificates in Human Resource Management, Management, and Marketing Management.

Paige is no stranger to the Minot AFB. Although her family traveled as she was growing up, they eventually settled in Minot as her father was from Upham. "We moved to Minot in 1978 to be closer to my grandparents who lived in Upham. I graduated from Minot High School in 1986, and also graduated from Minot State University and Central Michigan University." She is a first generation college and masters holder. Her

9.5 years of experience with Central Michigan University is especially valuable being that she worked from the same office that Columbia College now occupies, Suite 219. Linde has also worked for the other universities at MAFB in different capacities from teaching to administration. Included in that list are Central Michigan University, Minot State University, Park University and Embry Riddle Aeronautical University.

Besides being convenient, tuition at Columbia College is considered very affordable. For military members, the cost is \$250 per credit hour for undergraduate courses online or onsite. The Air Force tuition assistance program will mean no personal costs for students. Spouses of military active-duty spouses might also qualify for a grant for a class that would make it virtually free, according to Paige. The college also offers tuition discounts for spouses to continue toward completion of a degree.

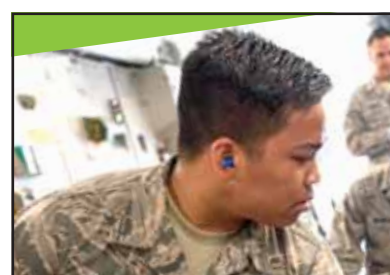
In a unique approach to assisting military students, Columbia College has eliminated fees and the cost of books for its adult students with a program called "Truition."

"Even though the office is temporarily closed on base, I encourage those interested in continuing their education to give me a call."

You can find Columbia College on line at ccis.edu, or locally by calling (701) 727-8386, or by emailing Linde Paige at lpaige@ccis.edu.



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Flying Legends of Victory Tour bring iconic World War II Aircraft B-17 Flying Fortress and B-25 Mitchell to Bismarck International Airport

July 20-26, 2020, Bismarck Aero Center,
2301 University Drive, Building 22, Bismarck, ND

'FLYING LEGENDS OF VICTORY TOUR', ARIZONA COMMEMORATIVE AIR FORCE MUSEUM

MESA, AZ - The Commemorative Air Force, Airbase Arizona is bringing two of the most iconic warplanes from World War II to visit Bismarck Municipal Airport, July 20-26. Rides and ground tours may be purchased for both planes. The public can experience a Living History Flight in a fully restored B-17 or B-25 Bomber on Friday, Saturday, and Sunday, July 24-26.

Both aircrafts will be open to the public for ground tours Tuesday-Thursday from 9am-6pm and Monday, Friday-Sunday from 2pm-6pm. To schedule a ride book online at www.azcaf.org/tour or call 480-462-2992.

The B-17 Flying Fortress Sentimental Journey is one of only five currently flying in the world out of over 12,000 manufactured for combat during WWII - and is the leading exhibition warbird in The Flying Legends of Victory Tour conducted by CAF Airbase Arizona, a non-profit flying museum. The Boeing B-17 was most famous for operations in Europe but was used in every theater of war from 1941-45.

B-17 cruise speed was about 160 miles per hour; maximum altitude was 36,000 ft. At high bombing altitudes in unheated aircraft, extreme temperatures subjected many crew members to frostbite.

Sentimental Journey was originally manufactured and delivered to the U.S. Army Air Forces for war service in 1944 - too late for European service but flew missions in the Pacific Theater.

After the war, she flew for training, testing, and air-sea rescue missions and was eventually sold for surplus and used as a fire bomber. In 1978 the aircraft was purchased by Commemorative Air Force (CAF) member and donated to the newly formed Arizona unit of the world-famous CAF. She was meticulously restored and is today maintained in tip-top condition and operated by all-volunteer crews from the membership of CAF Airbase Arizona.

The B-25 proved to be one of the best weapons and was possibly the most versatile aircraft

of WWII. Heavily armed, it was utilized for the high- and low-level bombing, strafing, photo-reconnaissance, and submarine patrol. Its most distinguishing role was in the historic raid over Tokyo in 1942 by the Doolittle Raiders. The B-25 saw duty in every combat area flown by the Dutch, British, Chinese, Russian, Australia, and US forces.

Our particular B-25J, Maid In The Shade, served her wartime duty with the 319th Bomb Group, 437th Squadron at Serragia Airbase, Corsica. There it was assigned Battle Number 18. The plane flew 15 combat missions over Italy and Yugoslavia between November 4 and December 31, 1944. The majority of the targets were railroad bridges. After the war, she was used as a trainer before being sold at auction and used as an insect sprayer. She was acquired by Airbase in 1981 and after 28-year extensive restoration, flew again in 2009.

The exhibition of Sentimental Journey and Maid in the Shade as part of the Flying Legends of Victory Tour is hosted/sponsored at the Bismarck Aero Center.

CAF Airbase Arizona is one of over 80 worldwide units of the CAR, which is headquartered in Dallas, TX. The CAF is a non-profit 501(c)3 corporation whose mission is defined by three values:

- Educate younger generations about the history through our

museum and fully operational vintage military aircraft

- Inspire others to participate in preservation of military aviation heritage
- Honor all veterans for their sacrifice towards securing the freedoms we all enjoy today



B-17 Flying Fortress Sentimental Journey



B-25J Maid in the Shade

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Plane Tours	Tour both planes, Tue-Thu 9am-6pm, Mon, Fri-Sun 2-6pm \$15 per person, \$25 per family DONATIONS KEEP US FLYING! <small>Non-Profit 501(c)(3) educational organization Visit www.azcaf.org</small>

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91 Missile Wing Dominates with Colonel Lee. R. Williams Memorial Award

AIRMAN 1ST CLASS JOSH W. STRICKLAND, MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. - The 91st Missile Wing at Minot Air Force Base was awarded the Colonel Lee R. Williams Memorial award thus capturing the title of Best Intercontinental Ballistic Missile Wing in the Air Force Global Strike Command for the year of 2019.

To defend the nation with a combat-ready nuclear force is the mission of the 91st Missile Wing. A mission that the 91st MW takes pride in not just achieving, but excelling at.

Leading the way in AFGSC, the 91st Rough Riders dominated in numerous areas such as a sortie alert rate, launch facility availability rate, maintenance execution rate and mean time to repair; showing that the Rough Riders gets it done for AFGSC.

Winning the Colonel Lee R. Williams Award isn't just achieved by a wing for best rates though, the achievements and outstanding performance of the wing's Airmen and its servant leadership by commanders and noncommissioned officers all played a part. The Rough Rider Airmen from multiple shops worked in tandem with each other winning recognition including the 2019 AFGSC Chadwell Trophy for the "Most Superior Intercontinental Ballistic Missile Maintenance" and the 2019 AFGSC McAadoo Award for "Best Overall ICBM OSS." Not to mention the wing garnered four Air Force level, twenty-four AFGSC, and ten Twentieth Air Force awards.

Colonel Harris, 91st Missile Wing Commander says, "I'm beyond proud of the men and women of the 91st MW and

the contributions they've made to the nuclear mission. They have never backed down from a challenge and always stand ready to defend this nation. While the many awards won this year by the Rough Riders is incredible, what's more impressive is accomplishing the mission in one of the most austere locations in the Air Force, 24/7/365, while developing innovative solutions that make this weapon system



AS A NUCLEAR FORCE IT'S OUR RESPONSIBILITY TO PROTECT OUR NATION AND ALLIES, AND THE PARTNERSHIPS WE HAVE ARE STRENGTHENED BECAUSE OF THE RESOLVE AND PROFESSIONALISM OF OUR AIRMAN WHO WORK TOGETHER AS A TEAM TO DETER OUR ADVERSARIES

COLONEL HARRIS, 91ST MISSILE WING COMMANDER



lethal and effective for years to come".

The 91st MW sets the standard by providing a reliable and combat ready force while also paving the way for innovation. In the past year the 91st MW benchmarked the mission planning process, integrated over 100 Air National Guardsmen into daily missile field operations, deployed its first reservist to a nuclear alert resulting in the only nuclear certified Airmen

in the Air Reserve Component, and deployed the Numbered Air Force's first 3D printed module saving the Air Force countless dollars.

While operations continued throughout the year here, the impact of the Rough Riders stretched across the country and globe. A Rough Rider Airman enabled international cross talks for women, peace and security issues with the Bangladesh military enabling the cultivation of an Air Force and United Nations relationship. The world continues to watch Minot Air Force Base on a daily basis and often they travel to the 91st Missile Wing to see the famous Rough Riders work first hand. Last year, representatives from the Government of Japan and the Republic of South Korea visited Minot enabling the Secretary of the Air Force's intent of strengthening alliances.

"As a nuclear force it's our responsibility to protect our nation and allies, and the partnerships we have are strengthened because of the resolve and professionalism of our Airman who work together as a team to deter our adversaries," said Harris.

The 91st Missile Wing Rough Rider Airmen are specially entrusted with and responsible for the most powerful weapons in the nation's arsenal. The elite team of highly disciplined Airmen who are poised 24/7 to ensure the deterrent capabilities of the United States when called upon are the reason the 91st Missile Wing stands above the rest. Well done Rough Riders... BULLY!



A transporter erector is raised during an annual proofload test at Minot Air Force Base, North Dakota, April 2, 2019. A transporter erector is used to downstage a Minuteman III intercontinental ballistic missile rocket engine into silos.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN ASHLEY BOSTER



Secretary of the Air Force Barbara Barrett and Gen. Timothy Ray, Air Force Global Strike commander, sit at a mock launch control center, at F.E. Warren Air Force Base, Wyo., on Oct. 27, 2019. Barrett was briefed on the extent on F.E. Warren's many missions including its extensive missile mission.

U.S. AIR FORCE PHOTO | STAFF SGT. ASHLEY N. SOKOLOV



From left, Capt. Ben Shea, 91st Operations Support Squadron minuteman combat crew commander, and 2nd Lt. Taylor Yost, 740th Missile Squadron deputy MMCCC, review Missile Alert Facility checklists at MAF Delta-01, Max, North Dakota, Oct. 26, 2019.

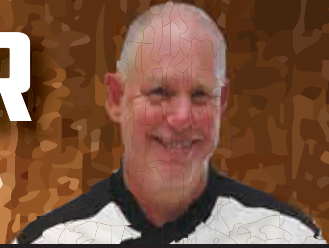
U.S. AIR FORCE PHOTO | SENIOR AIRMAN ALYSSA M. AKERS



Senior Airman Patrick McKelvey, 91st Missile Wing security forces member, stands at a launch facility at Minot Air Force Base, North Dakota on Nov. 8th, 2019. McKelvey was coordinating the landing of a helicopter.

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

TRAEGER TALK



DRAMBUIE DUCK

SCOTT PEARSON, CEO
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Legend has it that ancient Scottish warriors would take a medicinal mix of honey, herbs and spices before battle to give them strength and courage, and afterward to help heal wounds. That mixture later became part of the recipe for Drambuie. In today's world, who doesn't need strength, courage, and enhanced healing? Whether that works for you or not, duck with a glaze of Drambuie, honey, Dijon mustard, and Caraway is amazingly rich and delicious.



INGREDIENTS:

- 5 pound Duck
- 1/4 cup Drambuie
- 1/4 cup Dijon Mustard
- 1/4 cup Honey
- 1/8 cup Caraway Seeds
- 1/3 cup Kosher Salt
- Traeger Pecan Pellets, or other pellets of your choice

To prepare the duck for smoking:

Work your fingers under the skin over the breasts and rub kosher salt over the breasts. It is best to do this the night before cooking, but try to give the salt



at least 45 minutes to work. Duck is naturally juicy and tender, but the salt will add flavor and help the meat hold onto all the moisture it has. Salt needs time to work. At first, it draws moisture to itself. In time, the meat will draw the moisture back, bringing salt with it. This brine will help the meat hold its moisture while cooking. Salt is the only seasoning that significantly penetrates meat.

Ducks have lots of fat under the skin, which must be released for the skin to get properly crispy. To do this, we poke a couple hundred holes, all over the bird, in the skin with a sharp probe. Avoid poking into the meat. This is easiest to do when the skin is loose after opening it up for salting.

The next step is to tighten the skin. We do this by pouring boiling water over the bird, or dipping into a pot of boiling water.



Next, we split the bird by removing the backbone, a process known as spatchcock. You will get the same result from splitting it into halves, which is probably the best way if serving the duck to two people. Once the bird is split, pat it dry with paper towels. Apply kosher salt to the whole bird, including the cavity area.

Mix Drambuie, Dijon mustard, honey, and about half of the caraway seeds in a pot.

Reduce over medium heat to about half volume. While still warm, apply the glaze to the cavity side, then the breast, legs, and all the exposed skin. Reserve the rest of the glaze. Once it cools, you will need to reheat to reapply.

Everything up to this point can be done the night before. Keep the glazed bird refrigerated, then pop on the Traeger grill, skin side up, two hours before your planned mealtime.

In the Traeger, use the Smoke or 165°F setting for about 20 minutes for smoke flavor, then turn up the heat to 375°F. After about the first hour, apply the rest of the glaze and sprinkle the rest of the caraway evenly over the surface.



Poultry is done when the internal temperature reaches 165°F in both the thigh and breast. To measure, put a probe in the breast, and when it reads 165°F remove it, and then test the thigh. Both need to reach 165°F for food safety. Legs and thighs are their most tender best at about 180°F.

Duck is more resistant to overcooking than chicken or turkey, but the breast is still better at 165°F than 180°F. Don't overcook the breast to get the thighs hotter than 165°F. Most grills have warmer and cooler zones. If you know where your grill is warmest, usually near the chimney, put the legs in that area and leave the breast in the cooler zone.

When the internal temperature of the meat reaches about 145°F, flip the bird so that the skin side is down. The directional heat from below will help crisp the skin. You can also do this skin side up in a broiler just before serving.



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Air Force announces 12 Outstanding Airmen of 2020

STAFF SGT. SAHARA L. FALES,
AIR FORCE'S PERSONNEL CENTER PUBLIC AFFAIRS

JOINT BASE SAN ANTONIO-RANDOLPH, Texas (AFNS) -- Air Force officials have selected the service's top enlisted members, naming the 12 Outstanding Airmen of the Year for 2020.

An Air Force selection board at the Air Force's Personnel Center considered 36 nominees who represented major commands, direct reporting units, field operating agencies and Headquarters Air Force. The board selected the 12 Airmen based on superior leadership, job performance and personal achievements.

Twelve Outstanding Airmen of the Year (alphabetically, by command of assignment when selected):

- Senior Airman Cassidy B. Basney, United States Space Force
- Master Sgt. Douglas K. Brock, Air National Guard
- Tech. Sgt. Jeremiah C. Camper, Air Education and Training Command
- Senior Master Sgt. Verna L. Cannon-Golemboski, Air Force Special Operations Command
- Senior Airman Roxanne Y. Darien, Air Force Materiel Command

- Tech. Sgt. Yvonne N. Febles-Rosario, Air Mobility Command

- Tech. Sgt. Nicole A. Gansert, Air Force Reserve Command

- Senior Master Sgt. Christopher A. Haney, USAFE-AFAFRICA

- Senior Master Sgt. Wilfred A. Morgan, Air Force Global Strike Command

- Tech. Sgt. Matthew M. O'Neill, Air Combat Command

- Senior Master Sgt. Christopher M. Ricks, Pacific Air Forces

- Senior Airman Portia L. Short, Air Force District of Washington

The winners are authorized to wear the Outstanding Airman of the Year Ribbon with the bronze service star device on the ribbon. They are also authorized to wear the Outstanding Airman of the Year badge for one year from the date of formal presentation.

The MAJCOM nominee list is available on myPers > Recognition > Special Trophies and Awards or select the active-duty enlisted category from the dropdown menu and search "12 OAY."

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.

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Dr. Li completed her medical degree and neurosurgery residency, including an enfolded 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*.

Neurosurgery Services

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- Spinal surgery
- Brain tumors

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**WHITE-HANDED
GIBBON**

CREATURE FEATURES

- White-Handed Gibbons are considered lesser apes and not monkeys. Apes do not have tails. They have hands similar to humans with opposable thumbs.
- True brachiators, gibbons are believed to be the fastest of all the primates and most agile tree dwelling animal. They use their long arms to effortlessly navigate through the trees.
- The White-Handed Gibbons arms are longer than its legs, which allow the gibbon to move nearly 10 feet with each pendulum swing of its body.

CROSSWORD PUZZLE

1		2	3			
				4		
			5			
6						
				7		
8						

ACROSS

1. Sweetly coated
5. At a distance
6. Tall, branched plants
7. Having high degree of heat
8. Confections

DOWN

1. Another name for candies
2. Plant product found in soaps and skincare
3. Enjoys a book
4. Special desserts

Answers:
Across
1. Sugared
5. Air
6. Trees
7. Hot
8. Candies
Down
1. Sweets
2. Glycerin
3. Reads
4. Treats

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UPCOMING EVENTS

JULY 29
**INTERNATIONAL
TIGER DAY**
10AM-2PM

**FREE ZOO DAY
DO-OVER!**
10AM-8PM

**MILITARY
DAYS**
FREE ENTRY
EVERY WEDNESDAY
IN JULY
12NOON-8PM

WHAT'S GOING ON MAFB

TODAY

- 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
- Registration for Play the Course Backwards 2 Person Scramble Closes, 1700, Rough Rider Golf Course
- 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

SATURDAY

- 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

SUNDAY

- Sunday Escapes Book Club, 1330, Minot AFB Library Facebook Page
- Zumba, 1400, Fitness Center

MONDAY

- Board Game Making Camp, Minot AFB Library, supply and design help by appointment
- Single Airman Free Fling Golf, 0900-1200, Rough Rider Golf Course
- Swerk, 0915, Fitness Center
- Reintegration Briefing, 1000-1100, A&FRC – Online Zoom Meeting
- Strength & Conditioning, 1130, Fitness Center
- Moving Out of the Dorms Class, 1430-1600, A&FRC
- Board Game Making Camp - Introduction, 1500, Minot AFB Library Facebook Page
- Newbery Book Club, 1600, Minot AFB Library Facebook Page
- Zumba, 1730, Fitness Center

TUESDAY

- Board Game Making Camp, Minot AFB Library, supply and design help by appointment
- Cycle, 0615, Fitness Center
- Game Day, 1000-1930, Minot AFB Library Facebook Page
- Moving Out of the Dorms Class, 1430-1600, A&FRC
- Fit to Fight, 1700, Fitness Center
- Zumba, 1830, Fitness Center

WEDNESDAY

- Board Game Making Camp, Minot AFB Library, supply and design help by appointment
- Bundles for Babies, 0900-1030, 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
- Moving Out of the Dorms Class, 1430-1600, A&FRC
- First Duty Station Officer Financial Training, 1500-1630, A&FRC
- Mug Club Special, 1600-1800, Rockers Bar & Grill
- Boss & Buddy \$1 Off Draft Special, 1630-1830, Rockers Bar & Grill
- Member Wind Down Wednesday Snacks, 1630-1830, Rockers Bar & Grill
- Wednesday Night Bingo, 1730-2030, Rockers Bar & Grill
- Yoga 101, 1830, Fitness Center

THURSDAY

- Board Game Making Camp, Minot AFB Library, supply and design help by appointment
- Tier 1 & 2 Initial Counseling (TAP) - Sep, 0800-0900, A&FRC
- Pre-Separation Counseling, 0900-1100, A&FRC – Online Zoom Meeting
- Reintegration Briefing, 1000-1100, A&FRC – Online Zoom Meeting
- Moving Out of the Dorms Class, 1430-1600, A&FRC
- STEAM Time, 1500, Minot AFB Library STEAM Time Facebook Group
- Fit to Fight, 1700, Fitness Center
- EFMP Virtual Adult Cooking Class – Sushi, 1800-1930, A&FRC – Online Zoom Meeting
- Zumba, 1830, Fitness Center

UPCOMING EVENTS:

• Last Day to Register for the 2D Art and Air Force Photo Contest at Arts & Crafts **31 July**

- Last Day to Register for the July Photo Scavenger Hunt at Minot AFB Library
- Board Game Making Camp, Minot AFB Library, supply and design help by appt.
- 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
- Swerk, 1830, Fitness Center
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

1 Aug

- Board Game Making Camp, Minot AFB Library, supply and design help by appt.
- EFMP Building Creative Minds, A&FRC, email Alicia Thompson at the A&FRC at alicia.thompson.30@us.af.mil for details
- Swerk, 1015, Fitness Center
- Digging Deeper on the Net, 1400, Minot AFB Library - Education Center Room 213
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

ONGOING EVENTS:

Available Dining (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!

Bomber Bistro August Special

Monday Lunch Special - Seafood Pasta

Try the new Seafood Pasta for lunch on Mondays at Bomber Bistro. Featuring pan seared scallops, sautéed calamari, and shrimp combined with your choice of spaghetti or fettuccine noodles in a delicious tomato sauce served with a slice of tasty garlic bread! Ask for it spicy for an extra kick! Only \$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!

The B-Fifty Brew August Special

Ultimate Breakfast Sandwich

You can't go wrong with this classic! Enjoy crispy bacon, tomato, egg, and roasted peppers on a bagel or croissant. Grab it today for only \$4!

Rockers Bar & Grill July Special

Chili Cheese Dogs

Dig in to 2 hot dogs covered with chili and melted cheese. Served with fries for only \$9.75!

Rockers Bar & Grill August Special

Rockin' Cuban

Try our twist on the classic Cuban! Pulled pork, swiss cheese, Dijon mustard, and fried pickles served on a toasted garlic panini bread! Served with fries for only \$9.75!

Auto Hobby

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NORTH DAKOTA GAME AND FISH DEPARTMENT

Record Lakes Stocked with Walleye Fingerlings

North Dakota Game and Fish Department fisheries personnel are finishing stocking a record 180 lakes across the state with nearly 12 million walleye fingerlings.

Fisheries production and development supervisor Jerry Weigel said the number of lakes bested the previous high by nearly 30 waters.

"There is record water across the state, so timing of a near record walleye production could not have come at a better time," Weigel said. "Valley City and Garrison Dam national fish hatcheries contributed to make this happen. Both hatcheries have been outstanding in helping address our demand for walleye fingerlings."

Garrison Dam National Fish Hatchery set a record for the most pounds shipped of these 1- to 1.5-inch fingerlings, with more than 8,400 total pounds.

Given the record walleye production, coupled with a record number of lakes stocked resulted in a lot of driving time for fish haulers.

"Just in the first seven days of this year's walleye production, haulers traveled more than 8,200 miles and stocked over 150 lakes with 7.6 million fish," Weigel said.

Crews had near perfect conditions with most lakes at or near record water levels, with flooded vegetation for the young fish to hide and plenty of food for them to eat, which bodes well for future fishing opportunities.

"One of the biggest challenges this year was access to some lakes," Weigel said. "As a result of last fall's record rains, a lot of local roads in central and eastern North Dakota remained flooded and often closed, thus making navigating some roads more challenging."

Later this fall, fisheries personal will sample walleye lakes to assess success of this year's walleye stocking, as well as what Mother Nature provided.

One common observation fish haulers noted while traveling across the state, Weigel said, was the high amount of fishing taking place, both from shore and from boats.

"It's a great time to fish for walleye," he added. "Statewide, there are a lot of opportunities, and a good chance of success. This is

especially true if you live in rural North Dakota where a lot of varied fishing opportunities exist."

For a complete list of all fish stockings, visit the fishing link at the Game and Fish Department's website, gf.nd.gov/fishing.

Bowhunter Education Field Day Set

A field day for students who have taken and passed an online bowhunter education course is Saturday, Aug. 1 from 1-5 p.m. at the Outdoor Wildlife Learning Site, located adjacent to the North Dakota Game and Fish Department's main office in Bismarck.

An online course must be completed prior to taking the field day class. Students can enroll by visiting the Game and Fish Department website at gf.nd.gov. The class is limited to 15 students and social distancing guidelines will be followed.

Students must provide their own archery equipment. Long pants, hunting boots and sunscreen are recommended.

Students will rotate through three stations of shot placement and shooting proficiency, tree stand placement and safety, and ground blind placement and tracking big game.

For more information, contact Pat Lothspeich at 701-328-6332, or email plothspeich@nd.gov.

Fur Harvester Class Scheduled

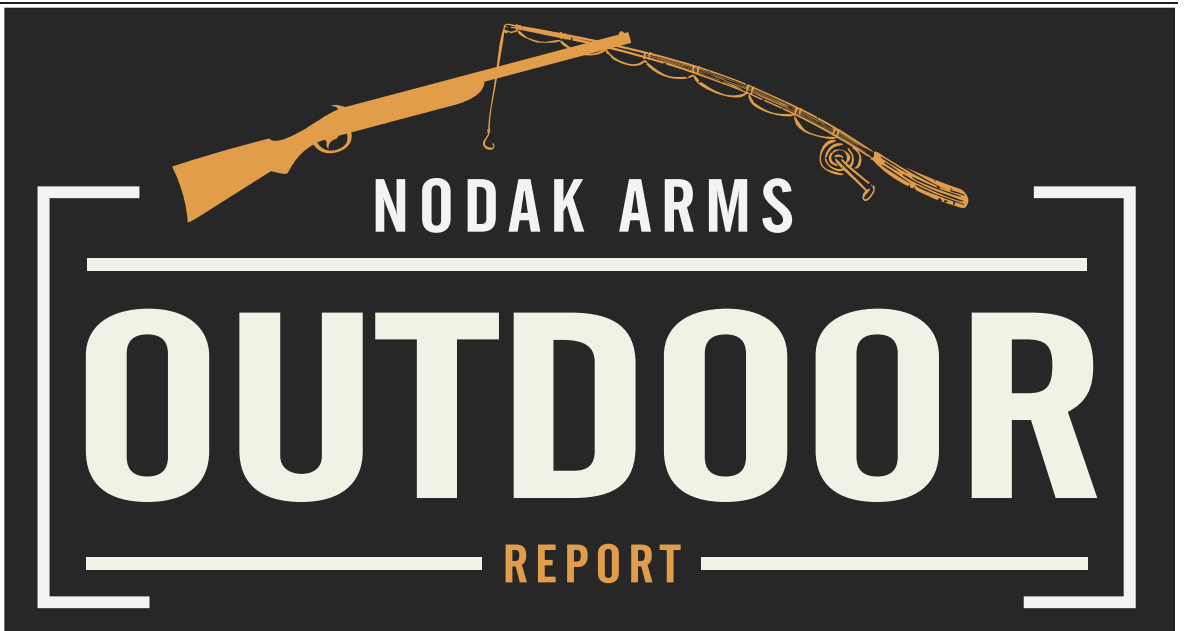
The North Dakota Cooperative Fur Harvester Education Program is sponsoring a fur harvester education class in Bismarck for anyone interested in trapping or hunting furbearers.

The class is scheduled for Aug. 4 and 6 from 5-9 p.m., and Aug. 8 from 8 a.m. - 5 p.m. The course is free and takes 16 hours to complete.

Students will learn the history of the fur trade in the Dakotas, furbearer identification, tools and techniques for harvesting furbearers in North Dakota, as well as proper handling (skinning, fleshing and boarding) of furbearers.

Upon completion, graduates are issued a certification card that is recognized by any state requiring trapper education prior to purchasing a license.

Anyone interested in signing up for the class should visit the North Dakota Game and Fish Department website at gf.nd.gov.



OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, July 20: 1,844.15 feet above mean sea level (MSL); 27,900 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.79 feet above mean sea level (MSL).

Stump Lake elevation: 1,449.8 MSL.

•N.D. Game & Fish Dept. game wardens: Not much change in success throughout north-central area lakes. Improving white bass success on Devils Lake along with better walleye activity. No Missouri River System reports.

•Devils Lake, Woodland Resort, Devils Lake: Continued good for walleye in 20 to 25 feet using spinners and bottom bouncers with nightcrawlers. Good numbers of small fish so sort through for the keepers. Also try jigging Raps around the humps for larger walleye.

•Lake Darling, Karma C-Store, Ruthville: Lake Darling improving for walleye with a few larger fish now showing up.

•Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: Walleye success is generally slow. Reminder that the refuge closes for public use at 10 p.m. nightly. Beaver Lodge Canoe Trail conditions are good for canoeing and kayaking.

•Lake Metigoshe, Four Seasons, Bottineau: Continued good bluegill success in the shallows with occasional walleye mixed in and a few nice-sized pike.

•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: Inconsistent weather patterns creating inconsistent walleye success but better numbers of larger fish showing up when the bite is on.

•Lake Sakakawea, Scenic 23, New Town: Spotty walleye success with good numbers of smaller fish. Move around using a variety of

- Do not release any fish caught from water 25 feet and deeper because their swim bladder likely won't allow them to survive when coming up from deep water.
- 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.
- Blue-green algae advisory listed for Coal Mine Lake (Sheridan Co.). Please follow N.D. Dept. of Environmental Quality safety recommendations on lakes with advisories or warnings.

TOURNAMENTS

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

- July 25: Devils Lake.
- July 26: Lake Sakakawea, Parshall Bay.
- Aug. 1: Lake Sakakawea, 4 Bears; Devils Lake (3).

presentations with fish scattered in various depths.

•Lake Sakakawea, Van Hook Resort, New Town: Hit-and-miss walleye success probably due to inconsistent weather. Try 12 to 35 feet using crankbaits, jigging Raps, spinners, and basically a mixed bag of presentations.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace continues producing walleye in the spillway channel during the day but sort through for keepers with lots of small fish. Try jigging in the holes for larger fish using a variety of presentations. It's a case of quality more so than quantity in the holes. Try 3-way swivels in the chutes during the day for walleye and catfish with occasional trout and salmon. Fair but inconsistent night bite from shore off the rocks or by the boat dock. Slower from shore during the day for walleye with better catfish success. East end of Lake Sakakawea producing some nice walleye but move around and cover lots of area to locate them. Try 12 to 20 feet with spinners and bottom bouncers with leeches and nightcrawlers. Occasional salmon with herring or flashers and squids in 80 to more than 100 to 120 feet. Try to locate thermocline and work about 20 feet above it. Some 8- to 10-pound salmon showing up.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Lake Sakakawea producing walleye around Lewis & Clark State Park. Work 15

to 25 feet with nightcrawlers or leeches with spinners and bottom bouncers. Some success starting with jigs and plastics around White Earth Bay. Good catfish from both Missouri and Yellowstone rivers. Blacktail Dam continues producing bluegill and perch. Northgate Dam continues producing crappie.

•Lonetree WMA area lakes, Harvey: Area lakes remain fair to good for a mix of walleye and pike but success is hit-and-miss depending on weather fronts moving in and out.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Reports remain limited from the Souris River and area lakes.

Paddle craft river elevation & flows:

- Des Lacs River, Foxholm: River stage, 5.37 feet; streamflow, 4.94 CFS.
- Little Missouri River, Long X Bridge: Streamflow, 147 CFS.
- Missouri River Washburn: River stage, 11.46 feet.
- Missouri River, Williston: River stage, 17.76 feet.
- Souris River, Foxholm: River stage, 4.81 feet; streamflow, 0.99 CFS.
- Souris River, Minot: River stage, 4.06 feet; streamflow, 6.05 CFS.
- Yellowstone River, Sidney, Mont.: River stage, 5.39 feet; streamflow, 10,700 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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INGREDIENTS

- 1/2 CUP SOY SAUCE
- 1/4 CUP MIRIN
- 2 TABLESPOON SUGAR
- 3 COINS FRESH GINGER, EACH 1/4 INCH THICK
- 1 CLOVE GARLIC, CRUSHED
- 1/2 TEASPOON ONION POWDER
- 1/2 TEASPOON BLACK PEPPER
- 2 POUND VENISON, TRIMMED

In a mixing bowl, combine the soy sauce, mirin, sugar, ginger, garlic, onion powder and pepper.

With a sharp knife, slice the venison into 1/4 inch thick slices. Trim any fat or connective tissue.

Put the meat slices in a large resealable plastic bag. Pour the marinade mixture over the venison and massage the bag so that all the slices get coated with the marinade. Seal the bag and refrigerate for several hours, or overnight.

When ready to cook, set Traeger temperature to 180° and preheat, lid closed for 15 minutes. For optimal flavor, use Super Smoke if available. Remove the venison from the marinade; discard marinade. Dry the meat slices between paper towels.

Arrange the meat in a single layer directly on the grill grate. Smoke for 3 hours or until the jerky is dry but still chewy and somewhat pliant when you bend a piece.

Transfer to a resealable plastic bag while the jerky is still warm leaving the top open. Let the jerky rest for an hour at room temperature.

Squeeze any air from the bag and refrigerate the jerky. It will keep for several weeks. Enjoy!



Ryan Davy - GM Minot

www.HofE.com/BBQHQ

Optimize aviation fuel? The Air Force wants your ideas

AIR FORCE OPERATIONAL ENERGY

Washington, D.C. -- In partnership with AFWERX, Air Force Operational Energy has launched an Airmen Powered by Innovation Challenge to solicit ideas on how to optimize aviation fuel for the Air Force, enabling greater combat capability, range, and more efficient operations. The challenge is open to Airmen of all ranks and occupations and is accepting submissions on a rolling basis. Each submission will be carefully reviewed by subject matter experts to determine possibility of Air Force buy-in and implementation, based on associated costs, benefits, challenges, and potential risks. If selected, Air Force Operational Energy will work with AFWERX to source funding and develop an execution plan. Airmen are also encouraged to vote for their favorite submission through the online portal.

Submissions can focus on a

number of areas to optimize aviation fuel use including (but not limited to):

- Energy and logistics risk mitigation
- Drag reduction devices on aircraft
- Lighter weight aircraft parts
- Streamlined flight plans during training
- 21st century technologies and software
- Engine sustainment processes
- Optimized fuel loads
- Efficient flight formations
- Airmen education and training

To learn more about the challenge visit www.safie.hq.af.mil/APIChallenge or apply directly to the Ideascale website <https://usaf.ideascale.gov> (CAC-enabled) by clicking on 'Command and Wing' and searching for the Operational Energy challenge. Users must set up an Ideascale account to participate.



Air Force Global Strike Command strengthens workforce with robotic process automation

1ST LT. GERALD PEDEN, AIR FORCE GLOBAL STRIKE COMMAND PUBLIC AFFAIRS

BARKSDALE AIR FORCE BASE, La. -- In a world that continues to develop technology that can process more and more information, how does Air Force Global Strike Command go about processing its own data, while advancing resources to achieve the mission?

Air Force Global Strike Command's Science and Technology Directorate, also known as ST, worked to answer this by guiding the collaborative effort between not only command directorates, but local organizations through a Partnership Intermediary Agreement to develop a robotic process automation implementation plan to increase productivity and efficiency throughout the command using bots.

By collaborating with Deloitte Development LLC to provide technological expertise, and the Cyber Innovation Center to support the program assessment guidance, ST ensured an effective technology plan would be in place for the implementation of robotic process automation development.

Maj. Ryan Chapman, technology advisor to AFGSC Chief Scientist, said the program is designed to do menial tasks such as data analysis for organizations and increase accuracy in operations by having an automated system in place to process tedious duties, allowing Airmen to complete higher-level tasks that require critical thinking.

"The bot can be used in any

organizational system that requires repetitive or menial tasks," Chapman said. "We all may have that part of our job that requires us to copy and paste data or information from one website, Excel sheet, or PowerPoint slide, to another, but bots can automate these steps, allowing us to all focus on higher-level work and Airmen



YOU WANT TO ENSURE THE DATA YOU'VE PULLED IS CORRECT, BUT WITH THE RPA [ROBOTIC PROCESS AUTOMATION] IT'S AUTOMATED, SO THERE'S NO MISTAKE.

KEITH TONNIES, DEPUTY CHIEF OF CURRENT OPERATIONS



fresh out of tech school will be able to perform the higher-level tasks they were trained for."

The operation and assessment of this program is being led by AFGSC's Directorate of Operations and Communications, also known as A3/6. Using nine automatable processes provided by A3/6 as candidates, the robotic process automation is tracked by Deloitte Development LLC, to evaluate how much money and time would be saved by the program's implementation. This evaluation will support A3/6 with narrowing the candidate

processes down to three for the next step of the trial phase.

Keith Tonnies, Deputy Chief of Current Operations at A3/6, said robotic process automation may be used to support a variety of organizations, including personnel, supply and logistics, to enhance the credibility of processed information. He also said the program will save the command money by reducing the amount of time members must focus on menial tasks, while allowing for more organizational duties to be completed in less time.

"It can be repetitive work that takes time to do, especially when you're double-checking and ensuring you haven't made a mistake," Tonnies said. "You want to ensure the data you've pulled is correct, but with the RPA [robotic process automation] it's automated, so there's no mistake."

The final selected robotic process automation programs are planned to be implemented first at A3/6 by early fall and later expanded to the rest of AFGSC.

"The process and coding should be scalable, developed for a single use case in a single shop, but ideally, it will be scaled from one small use case to all Air Force Global Strike Command bases," Chapman said.

This effort to provide efficient processes for AFGSC members and enhance production quality is a part of the goal of continuously promoting innovation and collaboration throughout the command.

In partnership with AFWERX, Air Force Operational Energy has launched an Airmen Powered by Innovation Challenge to solicit ideas on how to optimize aviation fuel for the Air Force, enabling greater combat capability, range, and more efficient operations. The challenge is open to Airmen of all ranks and occupations and is accepting submissions on a rolling basis.

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91 Security Forces Master Sergeant Selects



(M)Sgt Corey M. Dennison, 91 MSFS



(M)Sgt Keyonia T. Haynes, 91 MSOS



(M)Sgt Nathan A. Patterson, 891 MSFS



(M)Sgt Vincent W. Bustillo II, 91 SFG

Congratulations to our newest Master Sergeant Selects! Of 22,286 TSgts eligible to promote, only 4,649 were selected...a promotion rate of 20.8%! The promotion board recognized the hard work and dedication of FOUR of our Defenders to join the Senior Noncommissioned Officers ranks:
 (M)Sgt Vincent W. Bustillo II, 91 SFG
 (M)Sgt Corey M. Dennison, 91 MSFS
 (M)Sgt Nathan A. Patterson, 891 MSFS
 (M)Sgt Keyonia T. Haynes, 91 MSOS
 What an incredible accomplishment; congratulations again Master Sergeant selects!
 Col Segars

91 Security Forces Quarterly Awards

DEFENDERS
 Please join me in congratulating the 91 SFG quarterly award winners for the 2d quarter of 2020! A huge thank you to the supervisors and team leaders for another round of great competition. This last quarter has been a challenge with Health Protection Condition changes,

COVID-19 mitigation and the launch of Operation OLYMPIC RAMPART... you all have performed brilliantly! Our SFG led the way and continues to lead the way for Twentieth Air Force as we continue to fight and stop the spread and STILL provide the highest alert level security for our nation's most

powerful weapon system. I cannot thank you enough for all the long hours, hard work and sacrifice you all have put forth every day! Again, please help me congratulate and wish the below personnel good luck as they compete at the wing!

Col Segars

- Airman: SrA Erica G. Baldenegro, 791 MSFS
- NCO: TSgt Paul D. Sanders, 91 SFG
- SNCO: MSgt Michael E. Urquhart, 91 MSOS
- CGO: 1st Lt Jacob A. Van, 791 MSFS
- Flt CC: 2d Lt Axel F. Huss, 91 MSFS
- Professional Team: 891 MSFS/CSS
- Civilian Cat I: Mr. Gary C. Conlee, 91 MSOS
- Civilian Cat II: Mr. Donovan D. Womack, 91 SFG
- Key Spouse: Mr. Owen Lawler, 91 MSFS
- Key Spouse Team: 91 MSFS Key Spouse Team
- Volunteer: TSgt Lionel J. Blunt, Jr., 891 MSFS



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Maintaining Strong Relationships: Virtual Resources Available to Military Couples

MILITARY ONESOURCE

The stress brought on by the coronavirus pandemic presents challenges for everyone and may affect relationships. This can be especially true of intimate partner relationships.

Stress may come from couples spending more time together due to stay-at-home orders. Being separated due to travel restrictions can also cause stress.

It's normal to go through ups and downs in your relationship. But if you are feeling frustrated or tense, it's important to know you are not alone. Military OneSource offers a variety of virtual relationship resources that can help.

Take time to see if they are right for you, and share them with others who may benefit from them.

Strengthen your bond with your partner from home

There are a variety of counseling options and tools available to help military couples work through the stress brought on by the pandemic. Take advantage of these resources through Military OneSource and Military Community and Family Policy:

- Receive coaching sessions, practical tools, resources and problem-solving techniques through the Building Healthy Relationships specialty consultation. This resource from Military OneSource helps you deepen relationships with family, friends and others through an education-based consultation. Meetings are designed to be flexible and personable. They are available to you by phone or

video.

- Talk through your situation or concerns by accessing confidential, non-medical counseling services through Military OneSource via telephone and video sessions.

- Access counseling via telephone and video sessions and webinars through the Military and Family Life Counseling Program.

- Develop and practice good communication through Love Every Day, an interactive digital tool. Love Every Day is a fun and text message-based way that helps you improve relationship communication in only a few minutes each day.

- Check out these webinars that address relationships. One even zeros in on dual military couples.

- Meet with a FOCUS provider along with your partner or spouse through video teleconference as part of FOCUS and TeleFocus Services.

Tips for couples to manage relationship stress

- Military OneSource offers tips for couples to help them cope with the stress and pressure brought on by the pandemic. These include:

- Come up with a plan to deal with the new normal.
- Give each other space, which could mean going to a different room, or maybe just wearing earbuds or headphones.
- Practice good communication, starting by setting aside a time to talk when you aren't too stressed.
- Check in with each other by video or phone if you are separated.
- Find time to be active by

building physical activity into your day. Try a personal health and wellness coach or even a mobile coach.

- Take time to breathe, and remember why you and your partner love each other.

- Another factor regarding the stress you may feel in your relationship could be related to the stress the entire family is facing.

Above all else, when stress is high take care of yourself so you'll be there for your spouse or partner.

If your spouse or partner has made you feel unsafe or afraid, help is available through the Family Advocacy Program. Speak to a victim advocate to explore next steps, or call or chat with the National Domestic Violence Hotline 24/7, at 800-799-7233 or thehotline.org.

Stay up to date on all the latest information on COVID-19. For updates for the military

community regarding the virus that causes COVID-19, view the following sites:

- Visit [Coronavirus.gov](https://www.coronavirus.gov), [CDC.gov](https://www.cdc.gov), [USA.gov](https://www.usa.gov) and [Defense.gov](https://www.defense.gov).
- Follow Military OneSource's Facebook, Twitter and Instagram

platforms.

Continue to visit the Coronavirus Information for Our Military Community page for updates.

Check [Move.mil](https://www.move.mil) for PCS-related updates.



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Next, as summer wears on, many of the parts on your car will start to have a little heat stress. Of course there is the coolant in your radiator, the freon in your air conditioning, the transmission fluid and all those belts and hoses. These all need a little extra attention once the temperature gets about 90 degrees, which of course it will in the next 2-3 weeks. It's a good time to give us a call and schedule your vehicle for a general maintenance inspection. The time and money you spend keeping your vehicle in good running condition is worth it, especially if you are headed out on a vacation trip.

We always encourage our customers to listen to their vehicle. That annoying rattle here or vibration in the steering wheel can mean there are problems ahead if you don't fix them now. At Dynamic Auto, we take pride in knowing our customers, and taking the time to listen to their concerns.

If you are new to the area and are looking for a place where "locals go" to get their vehicles fixed, give us a call. We are the closest total auto repair center to the MAFB.

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Northern Celebrations



Blue-green algae

Patricia Stockdill

Maybe it's heightened awareness and concern but every year it seems the words "blue-green algae" crop up somewhere in North Dakota – a conversation among boaters and anglers, a press release, or worse – a report of a sick person or dead dog or livestock.

Blue-green algae issues don't seem to be going away. The problem is blue-green algae has once again been confirmed in some North Dakota lakes.

It's the time of year when algal blooms can occur with persistent hot weather, less inflows to refresh lakes, and high nutrient levels in a lake.

The presence of blue-green algae in a lake shouldn't be taken lightly.

People can become sick – sometimes quite sick – with diarrhea and vomiting. It can be deadly for dogs in just a matter of minutes.

The problem with blue-green algae is that, yes, there are several types of nontoxic algae and some are even healthy. But that doesn't describe blue-green algae, which can produce toxins making people and animals sick.

The other problem with blue-green algae is it takes on so many colors, forms, and the timing of when or where it can occur.

As if that's not bad enough, it doesn't always die off in winter and can even grow beneath ice.

Blue-green algae can discolor water. In severe situations, a lake can even look as ugly as green pea soup or a bad mix of blue or green paint. It can cause foam or scum and even develop into mats on the water surface.

Plus, it's not always green – it could be other colors, as well.

To complicate things even more, while a lake may appear to have blue-green algae, it can only be confirmed through water testing. That's why all algal blooms should be considered toxic and avoided.

In people, blue-green algae reactions can include skin rashes, allergic-like reactions, eye and respiratory irritation, or neurological effects, for example.

Even small exposure, such as few mouthfuls of algae-contaminated water, may

result in fatal poisoning for dogs. It can even be inhaled.

Blue-green algae in the fall is an especially dangerous time for hunters and hunting dogs.

Aggressive, immediate treatment is critical to help treat the fast-acting, potentially fatal poison when it occurs in dogs.

The sad part is that might not be enough to save an animal.

Hunting dogs are especially predisposed to exposure because they're outside so much but summer blooms can affect dogs and people enjoying recreational time in the water, swimming and splashing.

Clinical signs vary in dogs depending on the toxin but indications of liver damage include vomiting, diarrhea, blood in stool, weakness, pale mucous membranes, jaundice, seizures, disorientation, coma, excessive salivation, muscle tremors, rigidity, and paralysis, difficulty breathing, bluish skin discoloration, and shock.

Liver failure can quickly cause death for a dog.

It's critical to get an animal to a veterinarian immediately because there is no antidote for blue-green algae toxins.

The N.D. Department of Environmental Quality website link, (https://deq.nd.gov/WQ/3_Watershed_Mgmt/8_HABS/Habs.aspx) provides a wealth of information regarding blue-green algae, including listings of lakes with blue-green algae advisories and warnings.

However, that doesn't mean those are the only lakes people should be concerned about. It just means those are lakes the agency was notified of a bloom and tested for blue-green algae toxins.

An advisory means blue-green algae is present in portions of the lake with toxin levels exceeding public health criteria.

One warning was issued in July at Patterson Lake in southwest North Dakota, seven advisories, and 19 lakes had low toxin levels – but that could change.

Just remember – there could be more. Follow recommendations posted on all lakes with blue-green algae advisories and warnings

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Paying tribute to J.T. Rice



J.T. Rice
PILOTS FOR CHRIST
ND Chapter

John Timothy Rice...

Air Force 2nd Lt. John Timothy Rice was born October 5th, 1987 at Rugby, ND to John and Barbara Rice. Home-educated at the Rice Homeschool from Kindergarten through the 12th grade, J.T. graduated from there in May of 2006. He attended the United States Air Force Academy in Colorado Springs from 2006-2010, graduating with honors in Geo-Political Science in May 2010. J.T. was currently attending Texas Tech University in Lubbock and in December of 2011 would have received his Master's Degree in Language followed by jet training at Sheppard Air Force Base.



He lived a rich, full life. J.T. loved his studies; he loved geography. That love brought him to the National Geographic Bee in Washington, DC three years in a row, where he captured two fourth place finishes. Two other competitors along with J.T. were chosen to form the United States team that was sent to the International competition. They defeated Germany and France in

the Championship round. He was active in FFA, music and sports at the Maddock Public School.

J.T. had a big smile and warm personality. He loved to hunt and fish with his dad and brothers. J.T. loved to tease his sisters and referred to them as his "beautiful sisters". Flying was a passion. He was a member of the United States Air Force Academy Flying Team. While attending Texas Tech, he received his instrument and commercial ratings and was to have taken a check ride this weekend for the instructor rating. J.T. enjoyed traveling and loved to experience the culture of various countries. He had visited Iceland, South Korea, Netherlands, Spain, France, Lesotho, Japan, Thailand, Morocco, Tunisia, Egypt and South Africa. His life verse: Ecclesiastes 12:13 – "Now all has been heard; here is the conclusion of the matter. Fear God and keep His commandments, for this is the whole duty of man."

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JT RICE-NORTH DAKOTA CHAPTER OF PILOTS FOR CHRIST, INT.

On Sunday August 2nd 2020, the "JT Rice North Dakota Chapter of Pilots for Christ" will be hosting a FREE Golf Ball Drop and Celebration fly-in. This is the eighth annual ball drop for the organization and again this year the members would like to give back in appreciation of all that has been given to them through donations of time, talent, resources, and funding.

The group formed a prize committee to choose prizes to be given away. The committee chose 1) a gas grill. 2) a one-hour helicopter tour. 3) a one-hour airplane tour. 4) Medora Musical Tickets for 2. 5) Kindle Fire. 6) \$100 Meat Gift Pack. 7) \$100 Harrimann's Restaurant Gift Certificate. 8) CenDak Gift Certificate. 9) Harrimann's Coffee House Gift Certificate. Free golf ball drop tickets will be distributed on the day of the event. As in past celebrations, the event will also have an All Faith Service, A Featured Speaker, A Complimentary Bag Lunch. Due to public safety regarding Covid19 we will not be offering Airplane Rides, and Helicopter Rides during the 2020 event. The service will be outside this year and chairs will be provided for attendees to be placed where they feel comfortable. Social distancing is recommended, and many safety precautions are being

implemented this year. The Service starts at 10am with lunch and the ball drop to follow

The organization is anticipating an attendance of 200-250 for the celebration. The 3000' cement runway and new taxiway will accommodate a wide variety of airplanes to land at the Maddock Airport (6D3). The group would like to see 50-100 planes fly-in for the event. The event, in previous years has had pilots fly in from Wyoming, Washington, Michigan, South Dakota, and of course from all around our great state of North Dakota. In the past, the event has always had wonderful media coverage, both television and newspaper.

The Chapter is looking forward to having you and your friends fly-in, drive-in, walk-in for the JT-Rice North Dakota Chapter of Pilots for Christ 8th Annual Golf Ball Drop. It should prove to be an incredibly fun and meaningful event. What a great way to spend a family day in summer 2020!

The JT Rice-North Dakota Chapter of Pilots for Christ serves the State of North Dakota, with free urgent air and ground transportation, with focused service on ambulatory patients seeking treatment at distant medical locations, terminally ill patients seeking to return home to family, pastors and missionaries within the scope of their duties,

with additional considerations to veterans, and the general population with valid urgent transportation needs.

The organization is always in need of pilots willing to help serve the citizens of North Dakota that are in need. They invite you to consider joining in their service efforts by becoming a member.

For more information on membership you may contact: Patrick Tracy, President, JT Rice North Dakota Chapter of Pilots for Christ, Int., P O Box 100, Maddock, ND 58348; Phone: 701-739-9024 or email: thegrocer@gondtc.com



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An honors graduate of Brigham Young University, Dr. Hill earned his Doctor of Medicine degree from Penn State University College of Medicine and completed his surgical internship and ophthalmology residency at the University of Kentucky College of Medicine. Throughout his medical career, Dr. Hill has been recognized for academic achievements such as peer-reviewed research and textbook publications. He has maintained a strong commitment to volunteer service through international and domestic missions providing vision care to disadvantaged patients. A member of the American Society of Cataract and Refractive Surgery, American Academy of Ophthalmology, and the Alpha Omega Alpha Honor Society, Dr. Hill enjoys spending time with his wife and five children.

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OUT OF THE DARKNESS
AMERICAN FOUNDATION FOR SUICIDE PREVENTION

MINOT, ND – Suicide is the 10th leading cause of death in the United States, yet suicide can be prevented. Volunteers from Minot, ND are joining the quarter of a million people who are walking in towns across the United States to draw attention to the fight for suicide prevention. The annual Minot Out of the Darkness Community Walk, hosted by the AFSP ND Chapter— www.afsp.org/minot will be held at 12:00pm, Sunday, September 13th at Oak Park. This walk supports the American Foundation for Suicide Prevention’s education and support programs and its bold goal to reduce the annual U.S. rate of suicide 20 percent by the year 2025.

“Suicide touches one in five American families. We hope that by walking we will draw attention to this issue and keep other families from experiencing a suicide loss. Our ultimate goal is to save lives and bring hope to those affected by suicide,” said Twyla Hofer, Minot Out of the Darkness Community Walk Co-Chair.

The Minot Out of the Darkness Community Walk is one of more

than 550 Out of the Darkness Overnight, Community and Campus Walks being held nationwide this year. The walks are expected to unite more than 300,000 walkers and raise millions for suicide prevention efforts. Last year, these walks raised over \$21 million for suicide prevention. Last year this local walk, raised over \$35,000 and had more than 600 participants. This year we are adding a Drive through option to keep participants safe while still joining us on Walk day.

“These walks are about turning hope into action,” said AFSP CEO Robert Gebbia. “The research has shown us how to fight suicide, and if we keep up the fight, the science is only going to get better and our culture will get smarter about mental health. With the efforts of our courageous volunteers, and a real investment from our nation’s leaders, we hope to significantly reduce the suicide rate in the United States.”

Sponsors, Walkers, and Volunteers for the Minot Out of the Darkness Walk are still needed. Free registration at afsp.org/minot



MENTOR

BECOME A MENTOR AND JOIN OTHERS IN YOUR COMMUNITY MAKING A DIFFERENCE IN THE LIFE OF A CHILD.



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Walk to Fight Suicide

Minot Out of the Darkness Community Walk/Drive
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8	3	9	1	7	5	2	4	6
1	7	2	3	6	4	9	8	5
4	6	5	8	9	2	1	7	3
6	2	1	5	8	3	4	9	7
5	8	7	9	4	6	3	1	2
9	4	3	2	1	7	6	5	8
3	1	8	7	2	9	5	6	4
7	5	6	4	3	1	8	2	9
2	9	4	6	5	8	7	3	1

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.

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• **TEEN HOURS**
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• Morning start times
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CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

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

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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>7/25-Saturday Vespers-5:00 P.M. 7/26-Sunday Holy Liturgy-10:00 A.M.</p> <p>Father Paul Hodge</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> 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> 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="1312 1751 2026 2448"> <p>ORCS Preschool</p> <p>Our Redeemer's Christian School's Preschool Program will be starting it's 33rd year the fall of 2020 and we would love to have your child be a part of it!</p> <p>NOW ACCEPTING REGISTRATIONS FOR THE 2020-2021 SCHOOL YEAR</p> <p>HIGHLIGHTS OF OUR PROGRAM</p> <ul style="list-style-type: none"> • Time-tested curriculum including STEM and Language Arts activities as well as Free Play • 2 and 3 day options available • Kindergarten readiness skills practiced each session • All teachers hold a North Dakota Professional Educator's License • Christ-centered environment <p>Please contact our school office or visit our website for more information. 701.839.0772 Email: jschultz@orcsknights.org Website: www.orcsknights.org</p> </div>	
<p>First Assembly of God 1805 2nd St. SE 838-1111</p> <p>Morning Worship 8:30 a.m. Sunday School 10 a.m. Morning Worship 11 a.m. Wednesday Family Night..... 6:30 p.m.</p>	<p> OUR REDEEMER'S CHURCH KNIGHTS</p> <p> Our Redeemer's Christian School 700 16th Avenue SE Minot, ND 58701 info@orcsknights.org • 701-839-0772 www.orcsknights.org</p>	<p>To Advertise your Church on this page,</p> <p>Call 839-0946</p> <p>Only \$7.00 a space / per week</p>		

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Schedule of Events

- 8:00-11:00** Farmers Market
on 6th and Main Street
- 8:00-12:00** Vehicle Registration
on 6th and Main Street
- 8:00-5:00** Crazy Days Sidewalk Sales
- 10:00-4:00** Car Show, Dunk Tank,
Street Vendors, Kiwanis Kids
Tractor Ride
- 10:00-4:00** Petting Zoo
located at empty lot
North of Courant
➤ Sponsored by 4-H
- 10:00-4:00** Music
Chloe Marie and ShyBoys Band
located at 5th and Main Street
- 10:00** Big Wheel Races
located at 5th street by Coffee Kiosk
- 10:30** Tractor Parade
- 11:00** Bike Parade for Kids
Starts at Central School on Main
➤ Dress Up & Decorate your Bikes!
➤ Prizes will be Awarded!
- 11:30-1:00** Rock Painting
located at Coffee Kiosk
- 12:30** Car Judging
- 11:30-12:30** Nickels in a Haystack
located across from
Jason's Super Foods
➤ Sponsored by JLW Construction
- 12:45-2:00** Power Wheels Derby
located in front of NSCCU
➤ Sponsored by
North Star Community
Credit Union
➤ Prize for 1st
- 1:00-5:00** Free Swimming at the Pool
- 2:30** Bike Giveaway
- 3:30** Raffles
➤ Sponsored by the Chamber and
Participating Businesses
➤ Trophies Sponsored by
Doghouse