

WHATS
INSIDE
THIS WEEK:



N.D. AIR NATIONAL
GUARD FAMILY OF
THE YEAR NAMED

A7



TRAFFIC
MANAGEMENT
OFFICE
RECOGNITION

B6



AFSA CHAPTER
959 AWARDS
SCHOLARSHIP
TO HAYLEE
HUHMANN

B7



COLONEL HARRIS MOVES ON

Col. Glenn Harris says goodbye to Minot Air Force Base after 2 years of being command lead of more than 1,800 Airmen and civilians in operation, maintenance and security of Minot AFB's Minuteman III intercontinental ballistic missiles. Harris relinquishes command of the 91st Missile Wing to Col. Christopher Menuey during a change of command ceremony at Minot Air Force Base, North Dakota, on July 28, 2020. See photos & story on page 2 and 3.

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

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DETAILS ON PAGE B4

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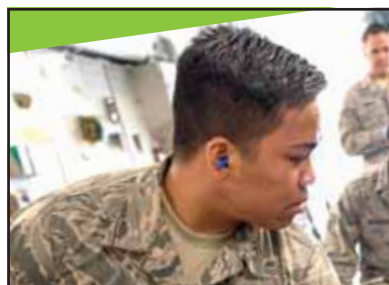


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91st Missile Wing Change of Command

NORTHERN SENTRY

Under a cloudless blue sky, against the shield of the 91st Missile Wing positioned proudly on the headquarters building, with a backdrop of two BearCats and two missile maintenance vehicles, Col. Glenn Harris relinquished his command of the 91st MW to Col. Christopher Menuey. Presiding over the change of command was Maj. Gen. Michael J. Lutton, 20th Air Force commander.

Once the command party were ushered into place, Senior Master Sergeant Timothy Herrman

assigned to the 891st Missile Security Forces Squadron, began the Change of Command ceremony by singing the National Anthem.

"You kept Airmen in the front of your mind at all times," Maj. General Michael Lutton said in his remarks to the crowd, "your leadership during COVID 19 was exemplary."

Col. Harris was then presented the Legion of Merit by Maj. General Lutton.

In his final address as Commander of the 91st Missile

Wing, Col. Harris reviewed the exceptional partnerships established between Minot Air Force Base and the Minot community. "Civic leaders promoting Minot Air Force Base have brought the Barksdale Trophy to the community." Col. Harris also pointed out the partnership that exists between the 5th Bomb Wing and the 91st Missile Wing. "I know that the partnership between the Roughriders and the Warbirds will continue to remain strong."

In thanking his leadership

team, Col. Harris noted the team functioned "efficiently and effectively, taking my command to the next level. The 91st MW is always ready, always responsive, and innovative...standing ready to protect our country and our families."

The Harris family, including Col. Harris' wife Dona and sons Justin & Jordan, are headed to Omaha where Col. Harris has accepted a position with United States Strategic Command. (USSTRATCOM)



Col. Glenn T. Harris relinquishes command of the 91st Missile Wing to Col. Christopher E. Menuey on July 28, 2020 at Minot Air Force Base, North Dakota. The presiding official over the ceremony was Maj. Gen. Michael J. Lutton, 20th Air Force commander.

U.S. AIR FORCE PHOTOS | SSGT MICHAEL KANTACK



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MAKING MORE POSSIBLE

Col Harris Moves On

Proud of the Rough Riders...Bully!

Team Minot, Dona, the boys and I couldn't have been prouder to be part of this area for the last 2 years. It was an exceptional assignment for us. You talk about what Team Minot is. It's and 8,500 square mile complex of people, city, towns, businesses...truly exceptional. The characteristics of the people, the kindness the sharing, as it is truly evident

as we worked through the COVID 19 in the past 6 months. It has truly been an exceptional place to work and be a part of, and it's no surprise that in 2019 the town of Minot was named by the Air Force Global Strike Command winner of the Barksdale Trophy for the most outstanding community support to a base in the Air Force Global Strike

Command. Truly outstanding, but certainly not unexpected. It's been a pleasure for us to be here with you and to serve. Thank you, Bully



COLONEL GLENN T. HARRIS,
Commander, 91st Missile Wing



U.S. AIR FORCE PHOTOS | SSGT MICHAEL KANTACK

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COMMANDERS

5th Bomb Wing Commander:

Col. Michael O. Walters

5th Bomb Wing Vice Commander:

Col. Brian D. Vlaun

91st Missile Wing Commander:

Col. Christopher E. Menuet

91st Missile Wing Vice Commander:

Col. Barry E. Little

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*Congratulations
and good luck*
FROM YOUR CHAMBER/TEAM MINOT PARTNERS!



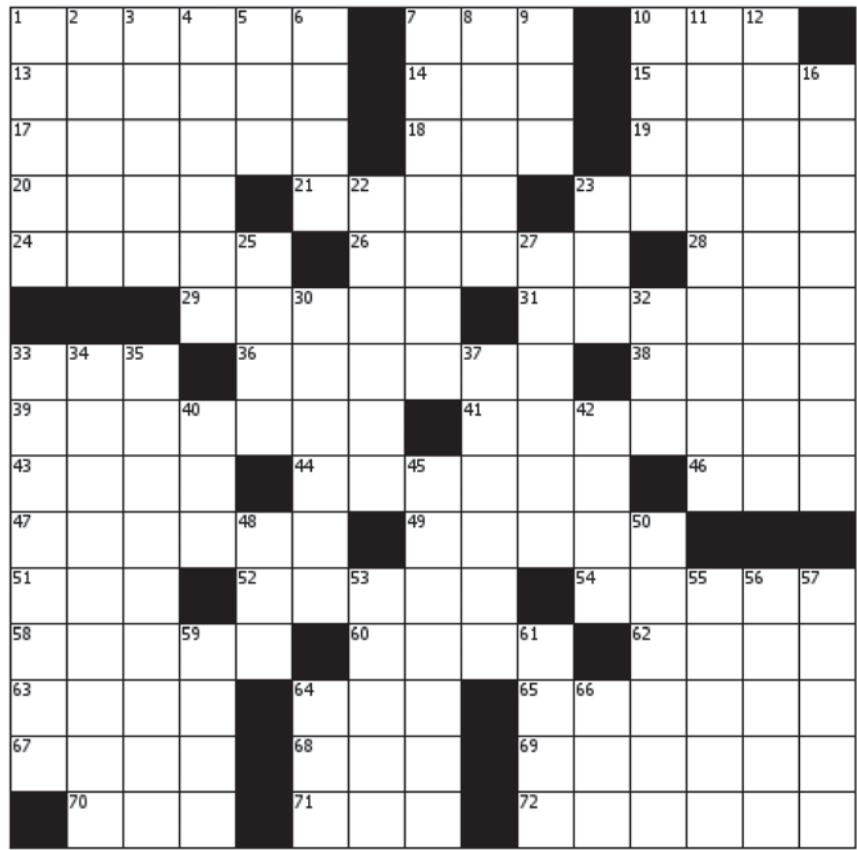
MINOT
CHAMBER

CROSSWORD PUZZLE

Solution can be found in next weeks edition

Across

- 1. Tony's housemate on "Who's the Boss?"
- 7. Hiker's need, maybe
- 10. Tests for college credit, for short
- 13. Weapon alternative in mysteries
- 14. Sch. with branches in Tulsa and Okmulgee
- 15. Former ruler that gets its name from "Caesar"
- 17. Place for two peas?
- 18. "I like the cut of your ____"
- 19. Verne captain
- 20. Anderson of "WKRP in Cincinnati"
- 21. Abbr. in the footnotes
- 23. Rakish sorts
- 24. Abbr. on a cornerstone
- 26. Couples, in the tabloids
- 28. Easter egg need
- 29. Start of a waffle-grabbing slogan
- 31. Maximally
- 33. Tape format
- 36. Ordered (around)
- 38. Little buzzer
- 39. Question of commitment
- 41. Song from Neil Diamond's 1996 album "Tennessee Moon"
- 43. Grand Cherokee maker
- 44. Manson "family" member who attempted to assassinate Gerald Ford
- 46. Word before "amis," in French
- 47. 1974 Mecedades hit subtitled "Touch the Wind"
- 49. Bowling lane button
- 51. Water source



Down

- 52. Spot in the sea
- 54. Heavy, like some baked goods
- 58. Indie film producers behind "The Toxic Avenger" series
- 60. Tributary of the Seine
- 62. Steak cut
- 63. Condition that may first appear in junior high
- 64. U.S. cabinet that decides wage standards, for short
- 65. Food grain
- 67. Body part that may get barked
- 68. Org. whose first champs were the Houston Oilers (1960)

Down

- 1. "To invent, you need a good imagination and ____ of junk" --Thomas Edison
- 2. Being rude on the phone, sending e-mail flames, etc.
- 3. "Jack and the Beanstalk" baddie
- 4. First glance
- 5. Looky-____
- 6. "____ Love Her" (Beatles song)
- 7. Rum and lime juice cocktails

- 8. Line to the audience
- 9. Place to drink some suds
- 10. "____ extra charge"
- 11. Lewis Carroll, e.g.
- 12. Identical to the point of boring
- 16. Icing buds on decorated cakes
- 22. California coast section that starts near Hearst Castle
- 23. UV indicator?
- 25. "I'll ____ your side..."
- 27. They head houses of ill repute
- 30. Gallant partner?
- 32. Shop decision-maker: abbr.
- 33. Sedans introduced in 1980
- 34. They're high in the chain of command
- 35. "Take some time to consider..."

- 37. Namesakes of Jim Henson's otter
- 40. CD predecessors
- 42. Liberal arts college in Portland, Ore.
- 45. Host with a self-proclaimed "No Spin Zone"
- 48. Carrere of "Wayne's World"
- 50. Penn's silent partner
- 53. Bathtime scrubber: var.
- 55. First name in strikeouts
- 56. Persistent squeeze
- 57. "Come in" command
- 59. One of Kevin's "American Beauty" costars
- 61. Give off
- 64. Sex columnist Savage
- 66. Hosp. area



What is in seasons, seconds, centuries and minutes but not in decades, years or days?

Answer: The letter 'n'

SUDOKU

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

Solution to puzzle on page B11



THIS MOUNTAIN/VOLCANO IS ACTUALLY THE TALLEST ON EARTH. IT IS MORE THAN 10,000 METERS TALL, THOUGH HALF OF IT IS SUBMERGED IN THE PACIFIC OCEAN.

ANSWER: MAUNAKEA

Great Outdoors Word Find

Find the hidden words in the puzzle.

CAMPING	MOUNTAIN	TRAVEL
COAST	NATURAL	TREES
HIKING	OCEAN	VISTA
LAKE	RIVER	WILDLIFE
J T N H N L U J F A S C		
S T W U J A Y A K P G A		
E G J R X K T C Y X R M		
E Y F A E E X U Q A Z P		
R Z X W U V T N R C N I		
T W I L D L I F E A H N		
C O A S T A E R E I L G		
J V T G T N J C K Z G R		
S P I N L D O I J A L S		
Z F U S A S N E K K X X		
U O X A T G L E V A R T		
M C O L Q A P M X W D E		

Get Scrambled

Unscramble the words to determine the phrase.

E F H R S I A R

Answer: Fresh Air

THIS DAY IN...



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- 1786: DR. MICHEL-GABRIEL PACCARD AND JACQUES BALMAT BECAME THE FIRST TO CLIMB MOUNT BLANC.
- 1876: THOMAS EDISON IS GRANTED A PATENT FOR HIS MIMEOGRAPH.
- 1988: WRIGLEY FIELD HOSTS THE FIRST NIGHT BASEBALL GAME IN ITS HISTORY.



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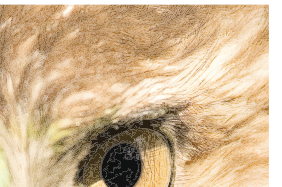
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How they SAY that in...

- ENGLISH: Nature
- SPANISH: Naturaleza
- ITALIAN: Natura
- FRENCH: Nature
- GERMAN: Natur



SCIENTISTS THINK THAT BREATHING IN AIRBORNE CHEMICALS PRODUCED BY PLANTS HELPS PEOPLE FIGHT OFF ILLNESSES. THAT'S A GREAT REASON TO SPEND TIME OUTDOORS.



Can you guess what the bigger picture is?

ANSWER: OWL

Northern Sentry Historical Journals soon to be at MAFB Library

NORTHERN SENTRY

The first 44 of nearly 60 books containing historical copies of the Northern Sentry and its predecessor The Northern Star, were delivered to the Minot Air Force Base Library.

"I was so pleased when Julie Reiten, Supervisory Librarian at the Minot Air Force Base Library, accepted our offer to keep the bound copies in the base library on a permanent loan" shared Ted Bolton, "as the owner and publisher of the Northern Sentry, it seemed right to me, that this 47 year, week by week history of life on Minot Air Force Base should be easily available to those who serve here today."

The rest of the books are in Garrison at BHG Publishers and will be transferred to Minot AFB within the next 30 days. BHG, The Minot Daily News, and now BAG LLC have all published a paper at Minot Air Force Base under the Northern Sentry and other banners like the Northern Star which was the name of the paper in the 80's and 90's.

According to Reiten "Historical newspapers provide glimpses of the smaller human stories that often are passed over in written histories. They're also a great resource for the Library. We handle informal historical questions, and we have done a few history-based programs with some help from the wing history offices including the Minot AFB History Geo-Scavenger Hunt which is running currently through August 15."

The editions vary in size, but in one spot the are a very accurate and chronological record of the Minot AFB.

"Thousands of Airmen and their families have passed through the gates over the last 47 years, and much of who they were and what they did was captured in the pages of the paper" relates Bolton

"At the Library, the books are easily accessible for those who would like to do their own research or would like to browse through them" says Reiten.



Upcoming Events

Back to School CARnival

Youth Center • 7 August • 10 AM - 2 PM

Celebrate back-to-school with our annual Operation Homefront Backpack Brigade!

This year's school supply distribution event will be a "Drive-Thru CARnival". Drive the whole family over to participate in our CARnival games from the comfort of your vehicle, enjoy a snack, and pick up your Operation Homefront backpack of supplies!

Eligible recipients for the Backpack Brigade include DEERS enrolled military youth who will be in Kindergarten-12th grade for the 2020-2021 school year. Prior registration will not be required; distribution will be on a first come, first serve basis.

FOR MORE INFORMATION, CALL THE YOUTH CENTER AT 723-2838

Logos for FORCE, YP, and the Minot Air Force Base are visible.

MINOT AIR FORCE BASE CLUB CHAMPIONSHIP

AT THE MAFB ROUGH RIDER GOLF COURSE

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Dig Deeper: Read, Investigate, Discover

From June 13th to August 15th during the Minot AFB Library Summer Reading Program, participants can win prizes for reaching their reading goals and enter their names into a grand prize drawing.

Themed events include the Kick-Off Party on June 13th, the Wrap-Up Party on August 15th, and a variety of other programs throughout the summer.

There's also a serious side to summer reading. Research shows that students who read recreationally out-perform those who don't.

Open to ALL ages, infants to adults!

To learn more or to register, call the library at 723-3344 or visit our website at https://acc.ent.sirsi.net/client/en_US/minot/

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Logos for Facebook and the Minot Air Force Base are visible.



5 CONS CONTRACT FOR CE

The 5th Contracting Squadron contracted a deal on a crack filler for the 5th Civil Engineering Squadron on July 24, 2020 at Minot Air Force Base, North Dakota. The crack filler uses gallons of tar to fill up cracks and asphalt on the flightline in order to obtain mission readiness.

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N.D. Air National Guard Family of the Year Named

NORTH DAKOTA NATIONAL GUARD

MINOT, N.D. - The North Dakota Air National Guard recently named Airmen Staff Sgt. Jessica Harper and Staff Sgt. Sarah Harper, as Family of the Year during a ceremony at Minot Air Force Base on July 17.

Both Airmen are assigned to the 219th Security Forces Squadron. Serving with active duty U.S. Air Force units at Minot Air Force Base, this squadron is a part of the Fargo-based 119th Wing, nicknamed the "Happy Hooligans". The Harpers earned this recognition for their volunteer and morale-building efforts within the 219th Security Forces Squadron over the past year, as well as their

contributions within the local community. Both are involved in fund raising for animal rescue and serve as volunteer coaches for area youth sports.

"Both of these Airmen had such a positive impact on our squadron through their efforts planning and coordinating memorable events for unit members," said Maj. Greg Goodman, 219th Security Forces Squadron commander. "They're also actively involved in serving our community, volunteering as coaches, organizing fundraisers and delivering meals in their off-duty time."

Staff Sgt. Sarah Harper has been a full-time active Guard

Reserve (AGR) member of the unit since 2015. Staff Sgt. Jessica Harper, a member of the Minot Police Department, recently joined the unit as a drill status member last March.

"We're really proud to recognize these non-commissioned officers as our Family of the Year," said Chief Master Sgt. Jeff Miller, North Dakota Air National Guard state command chief, who presented the award. "Families like the Harpers who volunteer their valuable time to serve and improve their units and communities deserve to be singled out and formally thanked for their efforts."



Top Right: Airmen of the 219th Security Forces Squadron Staff Sgt. Jessica Harper, left, and her wife Staff Sgt. Sarah Harper, hold their North Dakota Air National Guard Family of the Year award, which was presented to them at Minot Air Force Base, N.D., on July 18, 2020.

U.S. AIR NATIONAL GUARD PHOTO
CHIEF MASTER SGT. DAVID H. LIPP

Above: Chief Master Sgt. Jeff Miller, the North Dakota Air National Guard state command chief, presents the N.D. Air National Guard family of the year award to Staff Sgt. Sarah Harper as her wife Staff Sgt. Jessica Harper, both of the 219th Security Forces Squadron, looks on at Minot Air Force Base, Minot, N.D., on July 18, 2020.

U.S. AIR NATIONAL GUARD PHOTO
CHIEF MASTER SGT. DAVID H. LIPP

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Back Talk

To be or not to be healthy that is the question

It is the best time in our lifetime to be healthy!!! I am willing to debate any doctor or scientist on the planet who would say otherwise. Why is it the best time to be healthy? Well we know that statistically you are orders of magnitude less likely to get sick or have any adverse effects from the current pandemic, orrrrr from any virus or bacteria. I want to change the conversation. From watching the news, you would think that COVID 19 had a political advisor. Let me tell you this virus and no virus is political, it is a few stands of DNA or RNA in this case that is trying to make as many copies of itself as it can while it is here on earth. The thing we KNOW is that it stands a very small chance of making copies of itself in a healthy person. In fact, in a healthy person it is destroyed. Pretty cool!!! Let's talk more about that as a country! Let's talk about the fact that being a healthy person is the best thing you can do for your family, for your friends, for your community for your county and for the world!!! I know that option is not in everyone power, but everyone has the ability to take steps to be healthier today than they were yesterday. I pray that the pandemic is a giant wakeup call that we as a county are not as healthy as we could be and that it is time to take action and be healthier people. You know what is awesome about being healthy? It helps you live your life to the fullest and enjoy more of your life every day and not just during a pandemic. How cool would it be to turn up the volume knob on everything you love in your life? That is what being healthier feels like. If you have ever wanted to take control of your health, lose weight, get out of chronic pain, eat less sugar, quit smoking, drink less pop, start exercising etc. now is the perfect time in history to do that. If you do it now you will not only be helping yourself you will also be helping your family, your loved ones and your community! There has never been a better time to be healthy! Here are your instructions.

Eat Right
Sleep Right
Move Right
Think Right

Simple steps to get started:

Eat Right-increase vegetables, take supplements, and eat only in an 8 hour window per day

Sleep Right-Get some black out curtains, read before bed and shut off all screens 30 min before bed. If you need help ask our staff about liposomal sleep (this stuff is liquid gold)

Think Right-Take all social media off your phone, don't watch the news (if you feel like you must keep it to 30 min per day), Make a list of 3 things you are grateful for every day (add to it throughout the day if you feel like it)

Move Right-get adjusted make sure all your joints are moving properly, raise your heart rate for at least 30 min per day (can be yard work, house work, going for a walk, or lifting weights).

There are lots more things we can add to this list, but I bet you can pick one thing from each of those categories and start today. I am excited to think about what will happen to my community when everyone realizes this is the best time in our lifetimes to be healthy. What starts with you can impact the world!

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WHAT'S GOING ON MAFB

TODAY

- Last Day to Register for the 2D Art and Air Force Photo Contest at airforcephotocontest.wishpondpages.com
- Last Day to Register for the July Photo Scavenger Hunt at Minot AFB Library
- 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 and Saturday Unlimited Bowling, 2100-2300, Rough Rider Lanes

SATURDAY

- 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
- Zumba, 1130, 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

SUNDAY

- Zumba, 1400, Fitness Center

MONDAY

- FCC New Provider Pre-Orientation: One-on-One Meetings Available
- HIIT Strength and Conditioning, 0600, Fitness Center
- Senior TAP, 0730-1600, A&FRC
- 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
- Cycle, 1615, Fitness Center
- Core Plyo, 1730, Fitness Center
- Zumba, 1730, Fitness Center
- Key Spouse Meeting, 1800, Held at Professional Development Center and hosted by A&FRC
- Candlelight Yoga, 1830, Fitness Center

TUESDAY

- Cycle, 0615, Fitness Center
- Run 4 Fitness, 0615, Fitness Center
- Senior TAP, 0730-1600, A&FRC
- Game Day, 1000-1930, Minot AFB Library Facebook Page
- Strength & Conditioning, 1130, Fitness Center
- Fit to Fight, 1700, Fitness Center
- Zumba, 1930, Fitness Center

WEDNESDAY

- HIIT Strength and Conditioning, 0615, Fitness Center
- Senior TAP, 0730-1600, A&FRC
- Club Member Benefit, 0900-1400, Rough Rider Lanes
- Swerk, 0915, Fitness Center
- EFMP 2 Day Space Camp, 1000-1200, Held at High Air Ground and hosted by A&FRC
- 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
- Brown Bag Book Talks, 1200, Minot AFB Library
- Mug Club Special, 1600-1800, Rockers Bar & Grill
- Cycle, 1615, Fitness Center
- Boss & Buddy \$1 Off Draft Special, 1630-1830, Rockers Bar & Grill
- Member Wind Down Wednesday Snacks, 1630-1830, Rockers Bar & Grill
- Cycle, 1730, Fitness Center
- Wednesday Night Bingo, 1730-2030, Rockers Bar & Grill
- Yoga, 1830, Fitness Center

THURSDAY

- Cycle, 0615, Fitness Center
- Senior TAP, 0730-1600, A&FRC
- Reintegration Briefing, 1000-1100, A&FRC — Online Zoom Meeting
- EFMP 2 Day Space Camp, 1000-1200, Held at High Air Ground and hosted by A&FRC
- Strength & Conditioning, 1130, Fitness Center
- Fit to Fight, 1700, Fitness Center
- Zumba, 1830, Fitness Center

UPCOMING EVENTS:

- Last Day to Register for the Minot AFB Club Championship at Rough Rider Golf Course **7 Aug**
- HIIT Strength & Conditioning, 0615, Fitness Center
- Senior TAP, 0730-1600, A&FRC
- Swerk, 0915, Fitness Center
- Back to School CARnival, 1000-1400, Youth Center
- Strength & Conditioning, 1130, Fitness Center
- Cycle, 1615, Fitness Center
- Friday Fun Member Snacks, 1630-1830, Rockers Bar & Grill
- First Friday, 1700-1800, Jimmy Doolittle Center
- Zumba, 1730, Fitness Center
- 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
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

- Last Day to Record for the Summer Reading Program at MAFB Library
- Cycle Endurance Event, 0800-1000, Fitness Center
- Minot Club Championship, 0800, Rough Rider Golf Course
- Swerk, 1015, Fitness Center
- Zumba, 1130, Fitness Center
- Board Game Making Camp Competition, 1500, Minot AFB Library - Education Center
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

ONGOING EVENTS:

Library Detectives Game, Minot AFB Library, time slots available by appointment
Board Game Making Camp, Minot AFB Library, supply and design help by appointment
Minot vs. Barksdale AICS Challenge, 3 August — 7 August, 1300-1430, Youth Center

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!

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- Lions live in prides dominated by one male, including several females and cubs.
- Their long retractable claws help the lion grab and hold prey. Lions have massive shoulders and strong forelimbs, long, sharp claws, and short, powerful jaws to aid them while hunting.
- The female lioness does most of the hunting. They are mainly nocturnal and work in teams to stalk and ambush prey.
- They use their roar to communicate and declare territory. A lion's roar can be heard over several miles.
- Lions sleep or rest about 20 hours a day.

Fact File

Life Span	10 - 14 years
Weight	300 - 600 pounds
Height to Shoulder	4 feet
Body Length	8 - 9 feet
Tail Length	26 - 39 inches
Top Speed	50 mph
Wild Diet	Deer, Gazelle, Antelope, Giraffe, Zebra, Wildebeest, Impala



CROSSWORD PUZZLE

ACROSS

- Condition of being protected
- Of great weight
- Aches and
- Large vehicle (abbr.)
- Gaining knowledge

DOWN

- Education building
- Things to read
- Flow into a stream
- Person, place or thing

Answers:
Across: 1. Safety 3. Heavy
Down: 1. School 2. Books 3. Noun 4. Pour 5. Learning 6. Lingo 7. Pains

UPCOMING EVENTS

AUGUST 5
CANVAS, KIDS & CONSERVATION

AUGUST 8
FAMILY SPIN & ROAR

AUGUST 10
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AFMC releases updated strategic plan

MARISA ALIA-NOVOBILSKI, AIR FORCE MATERIEL COMMAND

WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFNS) --

The Air Force Materiel Command has released an updated strategic plan identifying four key focus areas as the organization continues to ensure the Air and Space Forces remain ready to fly, fight and win today and into the future.

"AFMC built the most powerful Air Force in the world and our nation still depends on us to build and power the Air Force of the future," states Gen. Arnold W. Bunch Jr., AFMC Commander, in the foreword. "Our adversaries have eroded our technological advantage and have presented us with new challenges and opportunities. We must operate at the speed of relevance to counter these threats and develop, deliver, support and sustain the most lethal and ready Air Force in the world."

In addition to identifying a

refreshed command mission and vision statement, the plan identifies four key lines of effort aimed at ensuring the command can meet the needs of the National Defense Strategy today and into the future. These four LOEs focus on: readiness and lethality; delivery with disciplined speed; strengthening the AFMC team; and fostering trusted connections. Each LOE contains specific objectives designed to guide AFMC teams to meet the shared vision identified in the strategy.

The new plan also includes a specific objective to address diversity, equality and inclusion under AFMC's LOE 3: Strengthen Our Team, aimed at ensuring the command attracts, develops and retains diverse Airmen and maintains a culture and climate where all can thrive.

To view the complete strategic plan, visit: AFMC Strategic Plan.




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BAKED QUESO BLANCO DIP



INGREDIENTS

12 OUNCE HEAVY CREAM

1 POUND AMERICAN CHEESE, CHOPPED INTO SMALL PIECES

1/2 POUND MOZZARELLA CHEESE, GRATED

2 CAN GREEN CHILES

1 TEASPOON CHILI POWDER

1 TABLESPOON CUMIN

1/2 TEASPOON RED PEPPER FLAKES

1 TABLESPOON TRAEGER CHICKEN RUB

TO TASTE CILANTRO, FINELY CHOPPED

TO TASTE CHERRY TOMATOES, SLICED

TO TASTE NACHO JALAPENOS

AS NEEDED TORTILLA CHIPS


When ready to cook, start the Traeger according to grill instructions. Set the temperature to 450 degrees F (500 if using a WiFi-enabled grill) and preheat, lid closed, for 10 to 15 minutes.

Bring cream to a simmer over medium heat. Slowly whisk in cheese in batches making sure the first batch is fully incorporated before adding the next.

Once all the cheese is melted, add in green chiles and seasonings. Taste and adjust seasoning with more Traeger Chicken Rub if needed.

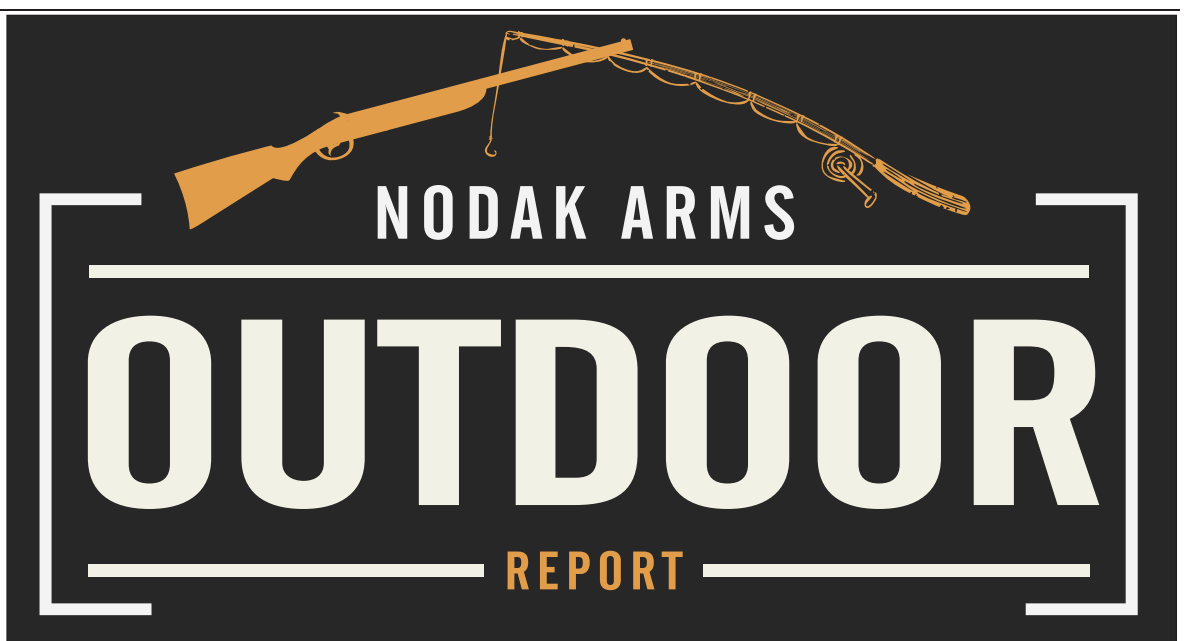
Pour cheese mixture into a cast iron pan and place directly on the grill grate. Cook for 15-20 minutes or until cheese mixture is bubbling.

Garnish with tomatoes, cilantro, jalapeños and a sprinkle of chili powder if desired. Serve with your favorite tortilla chips. Enjoy!



Ryan Davy - GM
Minot

www.HofE.com/BBQHQ



OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, July 27: 1,843.87 feet above mean sea level (MSL); 28,100 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.89 feet above mean sea level (MSL).

Stump Lake elevation: 1,449.93 MSL.

• N.D. Game & Fish Dept. game wardens: Van Hook Arm slow to fair for walleye on Lake Sakakawea with fair success around New Town. No reports from the east end of Lake Sakakawea, Devils Lake or north-central area lakes.

• Devils Lake, Ed's Bait Shop, Devils Lake: Continued walleye success using live bait with spinners and bottom bouncers. Better success remains on the west side, possible due to the number of anglers working the west end. Occasional pike with stray perch.

• Devils Lake, Woodland Resort, Devils Lake: Continued walleye activity in 6 to 25 feet with spinners and bottom bouncers in 20 feet or slip bobbers around 10 feet. Try Old or New Mil bays and Pelican Lake.

• Lake Darling, Karma C-Store, Ruthville: Fair for walleye on Lake Darling using nightcrawlers. Leech availability is limited. No reports from Lake Audubon.

• Lake Metigoshe, Four Seasons, Bottineau: Continued bluegill success but sort through for the nice keepers with lots of small ones. A few scattered walleye with fair to good pike success.

• Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Move around and work a variety of depths from 2 to 40 feet to locate walleye on the east end of Lake Sakakawea and then try a variety of presentations. No consistent depth or presentation on the east end.

• Lake Sakakawea, Indian Hills Resort, Garrison: Extremely inconsistent walleye success. Try 30 to 35 feet with nightcrawlers but work shallower on windy days. Good numbers of smaller, 15-inch fish. Bite Me! fishing tournament applications due Aug. 12.

• 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.

• N.D. Dept. of Environmental Quality issued blue-green algae advisories: Rice Lake, (Ward Co.) and Coal Mine Lake.

• Aug. 5: Pronghorn applications due. Go online to the N.D. Game & Fish Dept. website, (gf.nd.gov) to apply.

TOURNAMENTS

• Aug. 1: Lake Sakakawea, 4 Bears; Devils Lake (3).

• Aug. 8: Lake Sakakawea, White Earth Bay.

• Aug. 8 & 9: Lake Sakakawea, Indian Hills Resort.

• Lake Sakakawea, Scenic 23, New Town: Anglers working hard for walleye but finding some success. Try 20 to 30 feet with Lindy rigs and nightcrawlers or leeches.

• Lake Sakakawea, Van Hook Resort, New Town: Some walleye success but anglers working hard for their catches. Try farther south in the Van Hook Arm using a variety of presentations and depths in 18 to 35 feet. Mix it up with crankbaits, jigging Raps, or spinners and bottom bouncers and leeches.

• Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace continues producing small walleye in the spillway channel. Try the chutes in the evening or at night for best walleye success using 3-way swivels. A few walleye down river using jigs. Catfish remain good in the chutes. Try the wing walls or boat ramp from shore for catfish with occasional walleye. Also try the old Spillway Pond area for catfish. East end of Lake Sakakawea remains tough with better success deep in 30-plus feet. Try Lindy rigs or slow death hooks but overall bite is tough. Occasional salmon but not many anglers out. Fish are running in the 8-plus-pound range. Try 80 to 120 feet.

• Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Walleye continue moving west with decent walleye success east of Lund's Landing.

Try 20 to 25 feet with nightcrawler harnesses or a crankbait bite in deeper water. White and smallmouth bass success in several bays on the upper end of the lake. Missouri River remains good for catfish. Kota-Ray remains good for panfish.

• Lonetree WMA area lakes, Harvey: Antelope Lake good for a couple of year classes of walleye but area lakes getting weedy.

• North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Some pike success on the Souris River but limited reports from area lakes.

Paddle craft river elevation & flows:

• Des Lacs River, Foxholm: River stage, 5.45 feet; streamflow, 6.1 CFS.

• Little Missouri River, Long X Bridge: Streamflow, 107 CFS.

• Missouri River Washburn: River stage, 11.25 feet.

• Missouri River, Williston: River stage, 17.06 feet.

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

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

• Yellowstone River, Sidney, Mont.: River stage, 4.43 feet; streamflow, 7,320 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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Department of the Air Force introduces Arctic Strategy

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

WASHINGTON (AFNS) -- Secretary of the Air Force Barbara Barrett unveiled the new, comprehensive Department of the Air Force Arctic Strategy, July 21.

The strategy outlines the Department's unique regional role and efforts to optimize Air and Space Force capabilities throughout the region in support of the National Defense Strategy.

"The Arctic is among the most strategically significant regions of the world today – the keystone from which the U.S. Air and Space Forces exercise vigilance," Barrett said. "This Arctic Strategy recognizes the immense geostrategic consequence of the region and its critical role for protecting the homeland and projecting global power."

The strategy outlines four coordinated lines of effort that Air and Space Forces will use to enhance vigilance, reach and power to the nation's whole-of-government approach in the Arctic region:

- Vigilance in all domains
- Projecting power through a combat-credible force
- Cooperation with allies and partners
- Preparation for Arctic operations

Vigilance in all domains: The number one Department of Defense priority is homeland defense. Air and Space Forces contribute to this priority by monitoring potential threats across all warfighting domains, including air, space and cyberspace.

When it comes to the Arctic, U.S. Air and Space Forces are responsible for the majority of Department of Defense missions

in the region, including the regional architecture for detecting, tracking, and engaging air and missile threats. Space Professionals in the region are responsible for critical nodes of the satellite control network that deliver space capabilities to joint and coalition partners, as well as the U.S. national command authority.

"Integrating space capabilities into joint operations fuels the joint force's ability to project power anywhere on the planet, any time," said Chief of Space Operations Gen. Jay Raymond. "The Arctic is no different. Spacepower is essential to Arctic operations, allowing us to see with clarity, navigate with accuracy, and communicate across vast distances."

Projecting power through a combat-credible force: Protecting America's interests in the homeland and abroad entails more than a vigilant defensive posture. Joint Base Elmendorf-Richardson and Eielson Air Force Base, Alaska, present combat capability with fifth-generation fighters as well as mobility and refueling aircraft. The Air Force provides the capability to reach remote

northern locations via the New York Air National Guard's 109th Airlift Wing which operates ski-equipped LC-130s that can land on ice.

"Our unique positioning in locations like Alaska, Canada and Greenland are integrated with multi-domain combat power," said Air Force Chief of Staff Gen. David L. Goldfein. "These locations harness powerful capabilities, and their unwavering vigilance to protecting the homeland represents a strategic benefit that extends well beyond the region itself."

Cooperation with allies and partners: Alliances and partnerships are key in the Arctic, where no one nation has sufficient infrastructure or capacity to operate alone. Interoperability is especially critical in the Arctic due to the terrains, limited access, and low density of domain awareness assets. Many regional allies and partners have dedicated

decades of focus to the Arctic, developing concepts, tactics and techniques from which the joint force can greatly benefit. Indigenous communities possess millennia of knowledge about the Arctic domain passed down through generations. Working with indigenous communities helps Air and Space Forces understand the Arctic environment, enriches training and exercises, and ensures recognition of their contributions to Department of the Air Force activities.

"Strong relationships with regional allies and partners, including at the local level, are a key strategic advantage for the U.S. in the Arctic," Barrett said. "U.S. Air and Space Forces are focused on expanding interoperability with peers that value peaceful access in the region, and we appreciate our local hosts that have welcomed Department of the Air Force installations, Airmen and Space Professionals as part of their

communities for decades."

Preparation for Arctic operations: The Arctic's austerity requires specialized training and acclimation by both personnel and materiel. The ability to survive and operate in extreme cold weather is imperative for contingency response or combat power generation.

"Spanning the first airplane flights in Alaska in 1913 to today's fifth-generation aircraft and sophisticated space monitoring systems operating in the region, the Arctic has consistently remained a location of strategic importance to the United States," Barrett said. "While the often harsh weather and terrain there call for appropriate preparations and training, Airmen and Space Professionals remain ready to bring the nation's Arctic air and space assets to bear to support the National Defense Strategy and protect the U.S. homeland."

Sports Physical Information

COVID-19 Impact

The North Dakota High School Activities Association has modified its requirement for preparticipation physical exams due to the COVID-19 pandemic.

- Preparticipation physicals completed during the 2019-20 school year will be accepted for the 2020-21 school year upon submission of the 2020-21 Annual Sports Health Questionnaire (Form B), signed by parent and athlete.

Who Needs a Physical?

- Any student who did not receive a physical during the 2019-20 school year will need to have an updated physical exam to participate in activities.
- All incoming 7th grade students will need to have new physical exams regardless of whether they received a physical during 2019-20 school year.

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AFSFC launches software to monitor health of military working dogs

RACHEL KERSEY, 502ND AIR BASE WING PUBLIC AFFAIRS

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

The Air Force Security Forces Center at Joint Base San Antonio-Lackland officially launched the Kennel Health Assessment 2.0 project July 8. The purpose of KHA 2.0 is to ascertain the holistic state of all of the kennels across the Air Force to ensure the well-being of all military working dogs.

Master Sgt. Steven Kaun, Air Force MWD program manager started the project in 2018 as KHA 1.0. It had the basic bones of the current project, most importantly the need to track the status of each individual kennel, but because of competing priorities, KHA had to take a back seat. It was revived again when AFSFC and Air Staff leadership recognized the need for this information. In this second iteration, the project included a way to assign a grade to each kennel in the Air Force system.

"This is instrumental in our ability to communicate to senior leaders and key decision makers the data they need to make the most informed decisions when it comes to MWD readiness, health and its direct correlation to the MWD kennel facilities, which house these sensitive high value assets," said Tech. Sgt. Otho Nugent, Air Force MWD assistant program manager, who leads special project areas. "Currently there is nothing to capture the status of MWD kennels across the enterprise and we recognize this is a problem, so we have created a comprehensive solution and first ever product to get after the problem."

The software will analyze four major focus areas — administrative offices, kennel facilities, support areas and veterinary support. It will also analyze 10 sub-focus areas and 32 graded areas. These parameters will be used to categorize and advocate for facility enhancements and renovations to properly support more than \$116 million in MWD assets.

The team developed a custom workbook to collect all of this data. Responses were

solicited from 74 field units at permanent Air Force bases and the information gathered will be compiled into a dashboard showing both individual and holistic kennel health across the Air Force. The team estimates the information can be presented within 30-60 days to senior leaders and key decision makers so that next steps can be taken to make any improvements where necessary.

"With the proper support and funding this product can be captured, updated and displayed in a web-controlled database

“CURRENTLY THERE IS NOTHING TO CAPTURE THE STATUS OF MWD KENNELS ACROSS THE ENTERPRISE AND WE RECOGNIZE THIS IS A PROBLEM, SO WE HAVE CREATED A COMPREHENSIVE SOLUTION AND FIRST EVER PRODUCT TO GET AFTER THE PROBLEM.”

TECH. SGT. OTHO NUGENT,
AIR FORCE MWD ASSISTANT
PROGRAM MANAGER

allowing for live and analyzed data," Nugent said. "Funding for this directly correlates to Air Force MWD health, safety, quality of life and overall readiness."

The product will be available for security forces decision makers through a secured web platform and that will allow leaders to utilize the data to invest in their home station kennels to ensure that they are in compliance with the

requirements for facility care and maintenance. This is incredibly important for Air Force mission readiness.

"Most wouldn't think that a kennel facility would have anything to do with readiness; however, this is inaccurate," Nugent said. "MWDs are required to be housed in these facilities, and if these conditions are poor then the health of the MWDs housed within them will diminish. Ensuring our most valuable assets — people and MWDs — have the ability to perform what they have been tasked and trained to do is at the heart of readiness. It is our job as an Air Force to provide these basic foundational needs for our K-9s to ensure they can perform to their max potential at a moment's notice."

Kennels must be up to standard on sanitation and preventive health measures, including food quality, waste disposal, insect and rodent control, water supply, vaccinations, training of personnel, safety measures and additional areas.

To effectively track this vital information, AFSFC plans to improve on KHA 2.0 and launch a more organized and professional database application that will contain the information collected and allow owners/users in the field to update the information as needed. Funding an owner/user compatible database would allow the Air Force to control and monitor the information through contractual agreements, business rules and more.

"In order to maintain MWDs we have in inventory and to continue to enlist MWDs into the Air Force in accordance with our

regulations, we need to invest our time, money, and efforts into our kennel facilities," Nugent said. "MWDs are not seen as equipment but as sensitive, high

value assets that require training, love and attention to operate at Olympic levels by skilled handlers."



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Federal Employee Viewpoint Survey helps civilians voice their opinions

SECRETARY OF THE AIR FORCE STAFF REPORT

ARLINGTON, Va. (AFNS) -- The Federal Employee Viewpoint Survey will be available for Air Force civilian employees starting July 15.

The FEVS is a government-wide, Office of Personnel Management administered annual survey that Air Force civilian employees have been participating in since 2006. The approximately 100-question survey takes 20-to-30 minutes to complete and is anonymous. The survey includes questions about employees' work-life, job and organizational satisfaction, commitment, engagement, performance management and communication. It measures employee perceptions of whether their organization is successful.

Permanent, non-seasonal full and part-time civilian employees onboard as of October 2019 are eligible to participate and will receive a link for the survey via

an email from OPM. The survey invitation and OPM reminder emails will come from 'EVA@OPM.gov' between 15 July and 26 August.

In an effort to understand how the COVID-19 pandemic has affected the federal workforce, this year's survey will be a census including questions designed to gather information about how employees have worked together, used tools, received communications, maintained health and safety, employed work/life flexibilities, and more.

"Feedback through the FEVS provides insight into what our civilian Airmen think we're doing right and where we need to improve," said Lt. Gen. Brian Kelly, Manpower, Personnel and Services, deputy chief of staff. "The more people participate, the better sense we get for how to improve ourselves, our organizations and

our Department."

Kelly highlighted three objectives for this year's upcoming Federal Employee Viewpoint Survey:

- a. Increase survey participation
- b. Increase communication and feedback between leaders and employees on their concerns
- c. Understand the Air Force in comparison to other Departments within the Federal Government

"The 2020 FEVS provides an opportunity to further strengthen communications and understanding between Air Force leadership and our civilian employees," Kelly said. "We are eager to hear what our civilian Airmen have to say."

For more information about the Federal Employee Viewpoint Survey, visit <https://www.opm.gov/fevs/>.



The Federal Employee Viewpoint Survey will be available for Air Force civilian employees from July 15 to August 26.

COURTESY GRAPHIC

91st Security Forces Group Quarterly Awards



Congratulations to the following Defenders who won their respective category at 91 MW 2nd Quarter Awards announcement July 27:

- Airman: SrA Erica G. Baldenegro, 791 MSFS
- NCO: TSgt Paul D. Sanders, 91 SFG
- 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
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North Dakota pronghorns

Patricia Stockdill

August may be just around the corner but some folks are already thinking hunting season – and it's not just the fact that we're only about six weeks from the deer archery season opener.

The N.D. Game and Fish Department recently announced this fall's pronghorn season will offer up 1,790 available licenses in this year's lottery. That's 460 more licenses than the 2019 season; a reflection on a rebounding population.

North Dakota pronghorn live on the eastern edge of their historic range, although historical records from the 1800s suggest they once roamed across much of the state.

Pronghorn aren't as adaptable as white-tailed deer. They need open space and prairie and rely on their phenomenal vision and speed to avoid predators. They don't do well in fenced areas. Unlike deer, elk, and moose that simply jump or walk over a fence, pronghorn try to go under fences. They also try to migrate in years of severe winter weather but not all of them migrate back from their southern sanctuary in Wyoming, Montana, or South Dakota.

Three consecutive severe winters took their toll on their population in North Dakota about a decade ago and the state's pronghorn season was closed for a few years. However, their numbers have been gradually recovering in recent years and the number of available pronghorn licenses mirrored that population fluctuation.

As land use changed and more people settled across the plains, pronghorn are now mostly found "west river" – west of the Missouri River and Lake Sakakawea. Pronghorn still remain in northwestern North Dakota, though. That area's population has also increased enough in recent years to allow the Game and Fish Department to open two units north of the Missouri River for the first time since 1993.

Successful pronghorn license applicants can use their license for the bow-only season, which

runs from noon on Sept. 4 through Sept. 27. If they don't fill their tag during that time, they have the option of using either a bow or rifle during the gun/bow season, which runs from noon on Oct. 2 through Oct. 18.

That differs from North Dakota's deer season, when deer gun lottery license holders can only hunt with a legal weapon during the standard November deer season – they can't hunt during the state's archery deer season if they draw a deer lottery license.

Only North Dakota residents can apply for a pronghorn license with applications due Aug. 5. Applications are available on the Game and Fish Department website, (gf.nd.gov). General game and habitat licenses are required when pronghorn hunting and the license will be added to the checkout cart if an applicant doesn't already have it.

North Dakota's pronghorn country is a mix of private and public land. It's always beneficial to take the time to become familiar with a unit, the landowners, and unit boundaries.

Applicants must be 12 years of age. Licenses are \$30 for applicants 16 years of age and older and \$10 for those under 16.

Pronghorn are a unique species in North America. They're not members of the goat or deer family. They're social, curious, and well adapted as an all-weather animal.

A pronghorn's long, slender legs coupled with cloven, pointed hoofs provides padding to swiftly travel across prairie, rocks, and hard ground. It's small stomach and large heart and lungs suit its speed, as well, and they gulp air through their open mouth as they begin to run. A large trachea provide for rapid air intake and oxygen exchange.

Plus, a pronghorn's hair lengthens in the winter and each hair follicle is thicker at the stalk than the tip with cells providing dead air space for insulation. It can also erect its hair anywhere on its body.

It's a special species in North Dakota and worth a trip "out west" to experience.



Pronghorn inhabit the western part of North Dakota.

Patricia Stockdill Photo

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Traffic Management Office recognition



The Chiefs Group had the opportunity to recognize A1C Kelly and her Traffic Management Office team for doing awesome things for Team Minot, July 24. They do great things every day, but add COVID to the mix their jobs are very difficult. Congratulations again A1C Kelly! #5LRSKnights -Warrior Chief

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AFSA Chapter 959 Awards Scholarship

Haylee Huhmann Wins Essay Contest

NORTHERN SENTRY

For Haylee Huhmann, there has been no other way of life other than growing up in a military household. So, when friends and family encouraged her to enter an essay contest sponsored by AFSA, she took her ideas and experiences and crafted a 500-word essay that addressed the advantages of growing up in a military household. Says Haylee, "Growing up in a military household has given me many chances to learn to adapt to an ever-changing environment. Each time my family has moved to a new location, I have had the opportunity to see how different parts of the country vary in their culture and mannerisms. This exposure to new environments has given me an open mind and ability to change the way I do things to match others around me."

Haylee, a 2020 graduate of Minot High School, has been in Minot for almost 2 years. She is the daughter of Vern and Tara

Huhmann and has been accepted at Brigham Young University in Idaho, where she plans to pursue a degree in Mechanical Engineering with an emphasis in Aerospace Engineering. She would like to work in NASA, particularly the jet propulsion laboratory in California. But "if they need someone to go into space, I will be available," says Haylee.

So, what has made Minot different from other places you may have lived? "Well I learned to figure skate. I'm not really great at it, but I like to skate."

On her free time, you can find Haylee "hanging out with my friends and playing games."

Her writing skills may also lead her to a future of writing children's books. "I hope to publish children's books someday" says Haylee.

Haylee also likes to create artwork. "I am surprised when people talk about my artwork. I just don't think I am that great of an artist."



Some of Haylee Huhmann's art work shown above. Two digital peices (the constellation Scorpius and snail) and a traditional drawing (two dragons).



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Growing Up In A Military Household

HAYLEE HUHMANN

Growing up in a military household has given me many chances to learn to adapt to an ever-changing environment. Each time my family has moved to a new location, I have had the opportunity to see how different parts of the country vary in their culture and mannerisms. This exposure to new environments has given me an open mind and ability to change the way I do things to match others around me. Moving has also allowed me to develop the ability to make friends quickly, which is already helping me connect to others attending my college. Each move has given me the chance to pick up on new ways to communicate and preform tasks which, in turn, has benefited me as I prepare to attend college.

Growing up in a military household has also given me the chance to see great leaders in action throughout my life. Seeing my father help younger members of the Air Force has

inspired me to take part in mentoring programs during my time in school. Observing my father and other members of the Air Force has given me the relatively rare chance to have a deeper understanding of how a leader should act.

Being a part of a military family has also made me more resilient. It's taught me to push through tough situations, which has been especially helpful in the chaos that the past year has been. It's taught me think on my feet and be ready for anything. Knowing that orders to move or for my father to deploy could come at any time has made me realize how valuable time is, and that you have to make the most of every day.

Growing up in an Air Force family has molded me for the future by shaping my long-term goals. Being around people who work in the field of aerospace has led me to majoring in mechanical engineering with an aerospace

engineering focus. I hope to work for NASA so I can work alongside the Space Force and push the limits of humanity's knowledge of space. Without the Air Force's influence, I doubt that I would have wished to pursue the path I have chosen.

Because I'm a part of a military family, I carry with me perspectives and talents from many different locations. It's made me more open to change and far less afraid to initiate the changes I want to see in the world. Because of this, I speak my mind well and understand that communication is key if anything is to be done. I have also learned many of the traits that make up a good leader, and understand that strong leadership is vital to being successful in any endeavor. I'm grateful to have had the opportunities presented to those who are raised in military families because they have made me a better person than I could have ever been without them.



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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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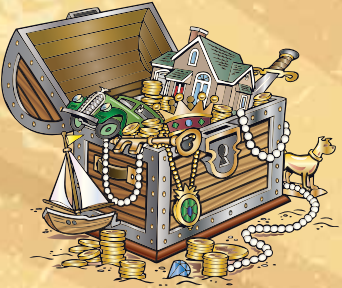
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Name, rank, service and badges will be more identifiable on OCP

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

Air and Space Professionals will soon be more recognizable in their Operational Camouflage Pattern uniforms.

OCP rank insignia, badges, name, and service tapes will now feature a lighter, three-color background pattern, versus the current seven-color pattern, to

increase readability and ease rank recognition.

"We received significant feedback that prompted this update," said Lisa Truesdale, Air Force military force management policy deputy director. "The current rank insignia, badges, name, and service tapes on the

OCP uniform are sometimes challenging to see against a seven-color background. Simplifying these features on a lighter, three-color pattern—while not compromising the overall functionality of the uniform—will improve our situational awareness in day-to-day interactions."

The Air Force name and service tapes will retain their current spice brown letter stitching,

while Space Force versions will still feature space blue stitching. Stitching for the Air Force rank insignia and badges will remain spice brown.

The Army and Air Force Exchange Service has already begun to transition inventories to the new three-color pattern name and service tapes. The Defense Logistics Agency is placing orders for the three-color pattern as seven-color backgrounds are

phased out; some of the three-color insignia name tags should be in the inventory by Nov. 2020.

The U.S. Air Force Academy implemented the uniform change for the June 2020 class and Basic Military Training is on target for Oct. 2020.

The current seven-color background rank insignia, badges, name and service tapes are and will remain, authorized for wear.



SUICIDE AWARENESS RIDE

The 91st MSFS held a Suicide Awareness ride July 22. Riders travelled round trip from Minot to The Iron Oar at Sakakawea. Organizers and participants said the ride was a success and was a lot of fun.

91 MISSILE SECURITY FORCES SQUADRON PHOTOS

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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>8/1-No Saturday Vespers 8/2-Sunday, 10:00AM Congregational Prayer Service</p>	<p> Break Forth BIBLE CHURCH 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) Sunday School 9:00 a.m. Worship 10:30 a.m. 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 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 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. <i>Independent/Fundamental/KJV</i> 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p>Cornerstone Presbyterian Church 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 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 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 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  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. <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 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 5:30 p.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>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 5:30 p.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> Vincent United Methodist Church 1024 2nd St. SE • 838-4425 <i>Behind Town & Country Shopping Center</i> open hearts...open minds...open doors!</p> <p>Sunday School 9:00 a.m. Sunday Worship Service 10:00 a.m. Fellowship 11:00 a.m.</p> <p>Pastor Matt Scherbenske www.vincentumc.com</p>	<p> OUR REDEEMER'S CHURCH <i>A Church of the Lutheran Brethren</i></p> <p>Thursdays: Worship 6:30 p.m.</p> <p>Sundays: Worship 8:30 a.m. & 10:45 a.m.</p> <p>700 16th Ave SE • 701-838-0750</p> <p>For more information visit us on the web at: www.ourredeemers.org</p>	<p>Chapel Services at MAFB <i>Protestant</i> (North Plains Chapel in Base Housing)</p> <p>Contemporary Service Sunday Worship 1000</p> <p>Gospel Service Sunday Worship 1130</p> <p><i>Catholic Mass (Northern Lights Chapel across from Rockers)</i> Sunday 1000 & 1700 Daily Monday-Thursday at 1200</p>	<div data-bbox="1333 1765 2005 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 <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>To Advertise your Church on this page,</p> <p>Call 839-0946</p> <p>Only \$7.00 a space / per week</p>	<p>OUR REDEEMER'S CHRISTIAN SCHOOL'S PRESCHOOL PROGRAM</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>	

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