

northern sentry

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WHATS INSIDE THIS WEEK:



SLOW AND STEADY WINS THE RACE

A2



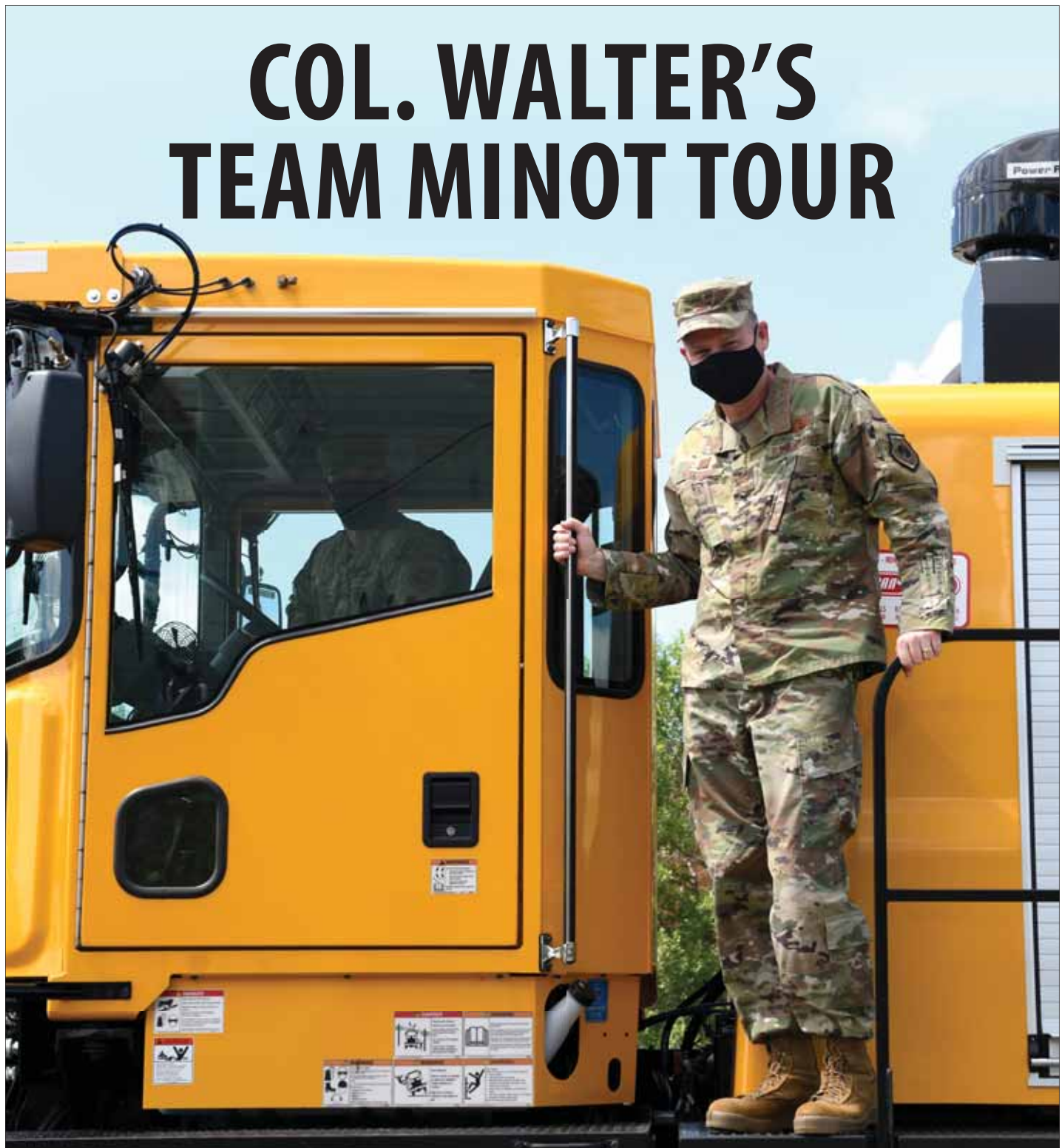
QUILTS OF VALOR

A6



DOGS OF WAR CAR WASH

B7



Col. Michael Walters, 5th Bomb Wing commander, tours Team Minot at Minot Air Force Base North Dakota, Aug 5, 2020. Col. Walters visited multiple squadrons in which he participated in activities such as driving a snow blower, visiting the dorms and meeting Team Minot Airmen. More photos on page 3.

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



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DETAILS ON PAGE B4

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Videos

Slow and steady wins the race

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

MINOT AIR FORCE BASE, N.D.

Worldwide, approximately 3,000 deaths are caused everyday by motor-vehicle accidents alone.

In the year of 2017 and 2018, two Airmen were involved in fatal crashes on the North Dakota highway 83 intersection in Ruthville, which spurred the implementation of a reduced speed limit and other preventive measures such as: bright LED lighting, reflective markers and warning signs.

Accidents involving speeding not only affect the driver, but the passengers as well; children, best friends and loved ones become the victims of needless tragedy.

At the end of 2018, 51,490 drivers in the U.S. were involved

in 33,654 fatal crashes. A total of 9,378 fatalities were caused by drivers speeding alone. Accidents involving speeding made up 26 percent of traffic deaths that year.

“When you operate a motor vehicle, you are making choices that’ll affect your safety, your family’s safety and the safety of drivers around you,” said Mr. Rod Krause, 5th Bomb Wing safety and occupational health manager.

Recently North Dakota local law enforcement implemented an “Obey the Sign or Pay the Fine” campaign from June 1-30, 2020. This mission was to reinforce the importance of driving the speed limit. During this 30 day campaign, 1,833 citations were given and 1,574 of them were for speeding.

Driving in North Dakota can be

dangerous because of local weather. Storms, blizzards and other natural disasters make driving difficult; even more so when drivers aren’t obeying traffic laws.

“The only thing you control is your own actions,” said Krause. “You make the decision where to go, when to go, how fast or slow and whether to break the rules or obey the rules.”

Everyone’s safety is important, especially when it comes to operating a vehicle. To keep you vigilant for safe driving here are some tips on vehicle safety.

- Slow down
- Manage your time
- Avoid distractions such as your cell phone
- Don’t drink and drive
- Ensure everyone is wearing

their seatbelt

- Keep a calm and clear mindset
- Get plenty of rest

Every time a vehicle is operated improperly the driver puts, not only their own life at stake, but

the lives of every other driver and their passengers.

Slow down and stay safe Minot. Based on data from the Fatality Analysis Reporting System (FARS).



Airman Jan Valle graphic in support of the “Wear A Mask” campaign.

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Col. Walters Team Minot Tour



Col. Michael Walters, 5th Bomb Wing commander, tours Team Minot at Minot Air Force Base North Dakota, Aug 5, 2020. Col. Walters visited multiple squadrons in which he participated in activities such as driving a snow blower, visiting the dorms and meeting Team Minot Airmen.

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

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CROSSWORD PUZZLE

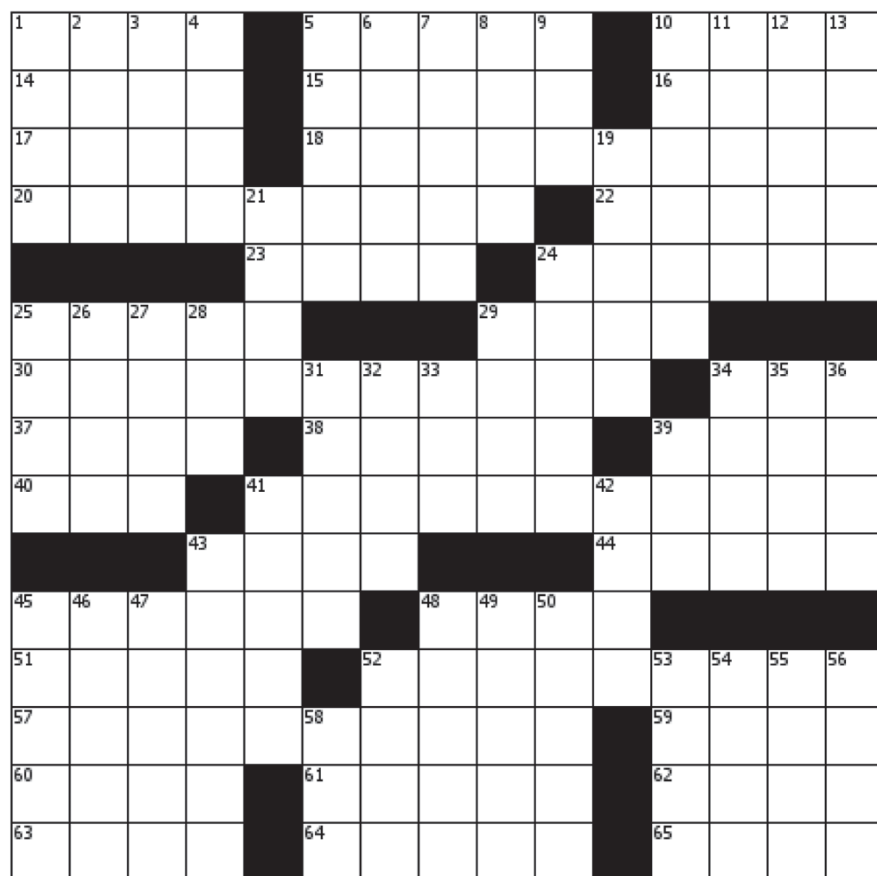
Solution can be found in next weeks edition

Across

- 1. Bridge coup
- 5. Gambler's bankroll
- 10. ___ mater
- 14. Fabric rib
- 15. Made a mistake
- 16. Open wasteland
- 17. Declare
- 18. Washington waterway
- 20. Art Garfunkel's ex-partner
- 22. Extremely
- 23. Salary limits
- 24. Kind of lab burner
- 25. Pear variety
- 29. "Doggone it!"
- 30. Sports gambler's concern
- 34. "Be prepared" org.
- 37. Fashion magazine
- 38. Appears dramatically
- 39. Persuade with flattery
- 40. URL punctuation
- 41. Investment swindle
- 43. Litter cries
- 44. Buenos ___
- 45. Affectionate touch
- 48. Paying close attention
- 51. Not together
- 52. Toy on a spring
- 57. 1964 Beatles hit, and this puzzle's title
- 59. River through Russia
- 60. Gambling city
- 61. Valentine's Day symbol
- 62. Steak order

Down

- 1. Trade
- 2. Volcano's output



- 3. Baseball's Felipe, Matty, Jesus or Moises
- 4. Whimper
- 5. Brown-toned photo
- 6. "The Apprentice" host
- 7. Ancient Greek city
- 8. Very sharp, as wit
- 9. Summer hrs. in Mass.
- 10. Quantity
- 11. ___ XIV
- 12. Three-card game
- 13. "As You Like It" forest
- 19. "The Mod ___"
- 21. Rabbit's tail
- 24. Orchestra section
- 25. Imitated
- 26. ___ contendere: court plea
- 27. Leave at the altar
- 28. Binary digit
- 29. Moore of movies
- 31. Decelerates
- 32. Soprano Lily
- 33. "Frasier" role
- 34. Afrikaans speaker

- 35. "If it's all the ___ to you..."
- 36. Chopping tools
- 39. Greek X
- 41. Sauce made with basil
- 42. Musical with Rum Tum Tugger and Mungojerrie
- 48. Kingly
- 49. Old Greek assembly area
- 50. Like a sullen child
- 52. "Not a ___ out of you!": "Shh!"
- 53. Gang's territory
- 54. Wrath, to Romulus
- 55. Golfer's transport
- 56. Swiss painter Paul
- 58. Videotape format



What has one eye, but can not see?

Answer: A needle

Guess Who?

I am an actor born in England on September 10, 1960. I lived in England, Nigeria and the U.S. as a child. I gained prominence as an actor for my roles in many films, such as "Pride and Prejudice." I have earned one Academy Award.

Answer: Colin Firth

SUDOKU

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

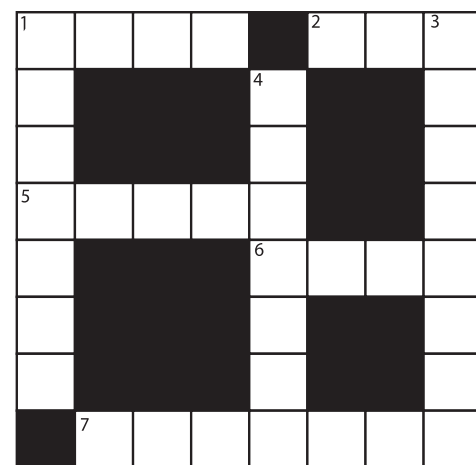
Solution to puzzle on page B11



ANCIENT EGYPTIANS MADE THE FIRST OF THESE ITEMS, WHICH WERE BUILT BY SEWING PLANKS WITH STRAPS AND STUFFING GRASS AND REEDS IN BETWEEN.

ANSWER: SHIPS

Crossword Puzzle



ACROSS

- 1. Floating navigation marker
- 2. The ocean
- 5. Poison
- 6. Nourishment
- 7. Using rod and reel

DOWN

- 1. Riding on a ship
- 3. Steering clear of
- 4. One of the heaviest known bony fishes

Answers: Across 1. Buoy 2. Sea 5. Toxin 6. Food 7. Fishing Down 1. Boating 3. Avoiding 4. Sunfish

THIS DAY IN...



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• 2014: A MONTH'S WORTH OF RAIN FALLS IN A SINGLE DAY IN JAPAN'S HIROSHIMA PREFECTURE.



PORT

the left side of a boat that is facing forward



How they SAY that in...

- ENGLISH:** Fish
- SPANISH:** Pescar
- ITALIAN:** Pescare
- FRENCH:** Pêcher
- GERMAN:** Angeln



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Can you guess what the bigger picture is?

ANSWER: DOCK CLEAN AND LINE



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Small Works Exhibit and Auction

(MINOT, ND) The Taube Museum of Art is hosting its 13th annual Small Works Exhibit and Auction! The auction will be on display through August 28th in the Upper Gallery.

Due to the current pandemic, the Taube staff are doing their best to keep a sanitized, safe environment for its patrons. With this, we have reduced hours. We are open to the public from

1-4pm Tues-Thurs and by appointment. Our staff wears masks while working, and we provide free masks and hand sanitizer at the door for those who want it!

We know that many still do not want to risk going out at this time, and we understand! Our Small Works auction is also available for bidding completely online, so that you can participate from the comfort and safety of your own home. Please go to https://www.facebook.com/pg/TaubeMuseumofArt/photos/?tab=album&album_id=3539878626022411 to check it out! If you see something you would like to bid on, just check the description of the piece for current bids and bid your amount by commenting on the picture of the artwork you would like.

Times like this are difficult on not only nonprofits, but artists as well. If you are able, please consider supporting the Taube Museum of Art AND the Artists in this exhibition by bidding on a piece! This exhibit has been ongoing for 13 years, and is a way for people to find and buy smaller, more affordable works from their favorite artists. This year, we have works from: Doug Pfliger, Rayson Renfrow, Wendy Kimble, Nicole Gagner, Roxi Mathis, Shelly Saylor, Kim Hogoboom, Kami Hanson, Charlie Lee, Erica Jespersen, Bill Harbort, Linda Olson, Amanda Francis, Ryan Stander, Dominica Granada, Kim Bromley, Nancy Walter, Amanda Schlieman, Clint Whitmore, Prairie Fairy Designs, and David Basasira, an artist working out of Africa!

We are deeply grateful for the support we get from the community, and we would LOVE to surprise our artists by getting every last one of these artworks sold from this exhibition! If you are able, we would love your help in making this goal come true.

Museum and Gift Shop hours: Tues - Fri 1-4 pm, or by special appointment. There is no charge for admission, but contributions are accepted to help the Taube Museum fulfill their mission of enriching lives through the visual arts.

The exhibition is made possible with support from the North Dakota Council on the Arts.

For more information - 838-4445: Rachel Alfaro, Executive Director

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Quilts of Valor

NORTHERN SENTRY

For 97-year-old World War II veteran Edward Zilli, it has been 75 years since he landed on the beach in Normandy. For 26-year-old Anthony (Tony) Mastroianna stationed at Minot Air Force Base in security forces, it has been 6 years since he enlisted in the Air Force and during his enlistment he was deployed to Afghanistan. What the two men have in common, besides their military service, is that they have both been honored to receive a quilt from Quilts of Valor.

Dan and Lynn Heald founded the local chapter of Quilts of Valor. In his presentation speech of Tony's quilt Dan explains "We come from families rich in veterans. Lynn is a quilter and together, we have found a way to blend those two passions together through an involvement with an organization committed to honoring our service members and veterans with quilts that have been made to honor them for their service. It's called the Quilts of Valor Foundation. It's a group of thousands of quilters from around America."

Catherine Roberts, the founder of the organization developed the mission to honor service members and veterans who have been touched by war with comforting and healing Quilts of Valor. Catherine founded the organization as a result of her eldest son's deployment to Iraq. She always said she was 10 seconds away from panic while he was deployed. In a quote, Catherine Roberts relates "This whole thing began with a deployed son and a dream... literally a dream. The dream was as vivid as real life. I saw a young man sitting on the side of his bed hunched over. It was the middle of the night. The permeating feeling was one of utter despair. It was as though I could see his war demons clustered around him dragging him down into an emotional gutter. Then, as if viewing a movie, the next scene was totally transformative. He was wrapped in a quilt. His whole demeanor changed from one of despair to one of hope and well-being. It was the quilt which made this change. I founded the foundation with the image of a combat warrior struggling with his war demons and not physical wounds. We are one human being reaching out and touching another without judgement; reaching out with acceptance and an acknowledgement of their service to our nation in very trying circumstances. We as a foundation will go wherever those who have been touched by war go, or are. We don't need high profile venues to find them. They are in plain sight."

Quilts of Valor recognizes and acknowledges the "war demons" that survive from all wars. Thousands of quilters are hard at work covering warriors from all conflicts including, but not limited to, WWII, Korea, Vietnam, Iraq and Afghanistan.

Quilts of Valor can be found in every state of the union, Canada, the United Kingdom and Australia. To date 250,807 Quilts of Valor have been awarded both in the United States and abroad.

There are several Quilts of Valor groups in North Dakota who work for this purpose. Minot's Peace and Honor Quilts of Valor Group has a wonderful

group of women and men. They meet regularly to sew and work on quilts to honor those we consider our heroes.

Lynn Heald is the leader for the Quilts of Valor Peace and Honor group in Minot. "We started in January of 2020, but soon after that we had to shut down during the lockdown period." Lynn has over 20 years of experience in quilting. "I came to North Dakota and I needed a hobby, and I've been designing and teaching ever since"

The Peace and Honor group is now active again and "we have delivered 5 quilts so far, but we still have 10 individuals on our list to receive quilts." There is a core group of 7 members that are sewing at home getting tops ready. In addition, there have been a handful of other quilters that have helped "but we can use more quilters. We'd like to deliver 3-5 quilts per month" according to Heald.

Each quilt takes about 40 hours to complete. The quilters can design their own quilt tops, "and we use simple patterns" adds Heald. "It really does make a very dynamic quilt."

"Each quilt brings a three-part message from our hearts" according to Dan Heald. "First we honor the veteran for their service. We honor them for leaving all that they hold dear and for standing in harm's way in a time of crisis, protecting us

from the effects of war. Next, our quilters know that freedom is never free. The cost of freedom is the dedication of men and women. The quilt is meant to say thank you for your sacrifice. And finally, the quilt is meant to offer our veterans comfort and to remind them that they are forever in our thoughts and our hearts. They are appreciated and are remembered. For those of us who have never seen combat, who have never been in a war zone, such experiences are beyond our capacity to comprehend, but we believe that each Quilt of Valor has the ability to offer both warmth and comfort. We hope that when recipients experience dark times or need the warmth of a grateful hug, they will wrap the quilt around them, and it will provide the recipient with the comfort that we have sewn into every seam. From the standpoint of Tony Mastroianna, "I am so honored that people took the time to put something together, just for me. I especially appreciate the mindset of the people who make the quilts".

Each quilt is typically wrapped around the recipient and presented with a hug. The hug comes not only from those here today, but it comes from every member of the Quilts of Valor family nationwide. That hug for Tony Mastroianna occurred in a local restaurant. "I was having dinner with my parents when



Above: Ed Zilli

these two strangers showed up and presented me with the quilt", Tony remembers, "now the quilt is draped across the back of a couch in my study, ready for me to use this winter."

"The mission is quite simple" continues Lynn Heald "we want to wrap quilts around service members and veterans who have been touched by war." To nominate someone for a Quilt of Valor "you go to the national web site www.qovf.org. You nominate someone who has been touched by war, and eventually the name will get sent to the local organization." It may take 6-12 months for the name of a nominee to reach a local chapter, "but we know that every recipient

appreciates their quilt, and that is what makes this so special."

For more information about Quilts of Valor, or to donate monetarily, email peace&honorqov@gmail.com, or call 701-340-4870.

Each quilt costs about \$350.00, "so donations are always welcome, and we welcome new volunteers," says Lynn Heald.

"To Tony & Ed" Dan continues, "we are thankful for your patriotism and for your life and what you have done for us all. So, on behalf of the Quilts of Valor Foundation and a grateful nation, with our deep appreciation, we thank you for your service to our country with this Quilt of Valor Award."

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Back Talk

A Deaf Janitor, Ghandi, and Airline Pilots... Nervous System Improvements Distinguish Chiropractic from other Health Disciplines

Chiropractic practice began 125 years ago with the administration of the first adjustment to a hearing-impaired janitor in Davenport, Iowa. That moment unlocked incredible results and restoration for people of all ages experiencing a variety of health challenges. Some people misunderstand Chiropractic as it pertains to the function of the entire body. Chiropractors focus on the health and optimization of the spine because all bodily systems answer to the powerful nervous system housed and protected by the spine. Chiropractors focus on so much more than back and neck pain.

Scientific evidence shows the spine's connection to all areas of the body through an intimate relationship between spinal health and central nervous system function. Research published in a prestigious medical journal called Spine in 2019 reported on the influence of an adjustment on musculoskeletal and autonomic nervous system health. Tests showed that a chiropractic adjustment improved heart rate variability, skin conductance, oxygen saturation, and electrocardiogram measures. In other words, the research revealed that a manual Chiropractic spinal adjustment influences the bones, joints, muscles, ligaments, and nervous system. An adjustment's influence on the central nervous system explains why so many adults, children and infants achieve benefits which extend to challenges or problems seemingly unrelated to the spine.

Chiropractors regularly witness positive outcomes involving breathing, digestion, immunity, heart health, fertility, and much more. Popular examples of recovery and restoration document prestigious journals and health records spanning over 125 years of Chiropractic practice dating



back to the sounds first heard by a hearing-impaired custodian. Another example occurred in the early 1940s when Mahatma Gandhi reported receiving regular Chiropractic care over a series of months resulting in a reduction in blood pressure problems.

Another more general example of Chiropractic benefits achieving outcomes beyond pain relief involves professional airline pilots. An airline pilot must pass annual health assessments to maintain status to pilot large aircrafts. Recommendations spread through the pilot circles that Chiropractic adjustments improved eye function and empowered pilots to better prepare for the vision acuity test. These pilots understood that improving the health of their spine and nervous system resulted in optimal function of eyesight as a means of preparing for ocular exams.

These examples serve as simple reminders that Chiropractic originated as a means of unlocking power within the body to function, restore, and heal at optimal levels when the nervous system operates without interference. We pursue the education of local and national audiences with an evidence-based message offering hope through a proactive health care approach designed to naturally empower the body to excel at the highest level.

All the best to you and yours in great health,

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Left to right: Ed Zilli presented a Quilt of Valor from Lynn Heald. Lynn Heald displays a finished QOV Quilt, Lynn sewing a quilt top. Dan & Lynn Heald present Tony Mastroianna with a quilt and certificate.

SUPPLIED PHOTOS



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WHAT'S GOING ON MAFB

TODAY 14

- HIIT Strength & Conditioning, 0615, Fitness Center
- Mystery Price Bowling, 0900-2100, Rough Rider Lanes
- Swerk, 0915, Fitness Center
- Strength & Conditioning, 1130, Fitness Center
- Cycle, 1615, Fitness Center
- Friday Fun Member Snacks, 1630-1830, Rockers Bar & Grill
- 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

SATURDAY 15

- Last Day to Record Hours for the Summer Reading Program and Squadron Contest at Minot AFB Library
- Last Day to Register for Minot AFB History Geo-Hunt at Minot AFB Library
- Swerk, 1015, Fitness Center
- Zumba, 1130, Fitness Center
- Summer Reading Program Wrap Up Party, 1300, Minot AFB Library Facebook Page
- Single Airman Free Bowling, 1800-2300, Rough Rider Lanes
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes
- UFC 252: Miocic vs Cormier 3, prelims begin at 1900, main event begins at 2200, Rockers Bar & Grill

SUNDAY 16

- Zumba, 1400, Fitness Center

MONDAY 17

- HIIT Strength and Conditioning, 0600, Fitness Center
- 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
- World's Fare Week, 1030-1330, Dakota Inn Dining Facility
- Strength & Conditioning, 1130, Fitness Center
- Cycle, 1615, Fitness Center
- Core Plyo, 1730, Fitness Center
- Zumba, 1730, Fitness Center
- Yoga, 1830, Fitness Center

TUESDAY 18

- Cycle, 0615, Fitness Center
- Run 4 Fitness, 0615, Fitness Center
- TAP, 0730-1600, A&FRC
- Game Day, 1000-1930, Minot AFB Library
- World's Fare Week, 1030-1330, Dakota Inn Dining Facility
- Strength & Conditioning, 1130, Fitness Center
- Fit to Fight, 1700, Fitness Center
- Zumba, 1930, Fitness Center

WEDNESDAY 19

- Registration Opens for Summer Games at the Fitness Center
- HIIT Strength and Conditioning, 0615, Fitness Center
- TAP, 0730-1600, A&FRC
- Bundles for Babies, 0900-1030, A&FRC
- Club Member Benefit, 0900-1400, Rough Rider Lanes
- Swerk, 0915, Fitness Center
- EFMP 2 Day Science Camp, 1000-1200, High Air Ground 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
- World's Fare Week, 1030-1330, Dakota Inn Dining Facility
- Strength & Conditioning, 1130, Fitness Center
- 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 20

- Cycle, 0615, Fitness Center
- TAP, 0730-1600, A&FRC
- Reintegration Briefing, 1000-1100, A&FRC – Online Zoom Meeting
- EFMP 2 Day Science Camp, 1000-1200, High Air Ground hosted by A&FRC
- World's Fare Week, 1030-1330, Dakota Inn Dining Facility
- Strength & Conditioning, 1130, Fitness Center
- Fit to Fight, 1700, Fitness Center
- Zumba, 1830, Fitness Center

UPCOMING 21

- Last Day to Register for Star & Stipes Scramble at the Rough Rider Golf Course
- HIIT Strength & Conditioning, 0615, Fitness Center
- TAP, 0730-1600, A&FRC
- Mystery Price Bowling, 0900-2100, Rough Rider Lanes
- Swerk, 0915, Fitness Center
- World's Fare Week, 1030-1330, Dakota Inn Dining Facility
- Strength & Conditioning, 1130, Fitness Center
- Friday Fun Member Snacks, 1630-1830, Rockers Bar & Grill
- 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, 2100-2

DINING

Available Dining (Hours subject to change)

Bomber Bistro
Monday-Friday 1030-2100, Saturday 1400-2000
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
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

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Rockers Bar & Grill • Rockin' Cuban
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Fact File

Life Span	18 - 20 years
Weight	150 - 185 pounds
Height to Shoulder	3 feet
Height to Shoulder	4 1/2 feet
Wild Diet	Omnivore: Grasses, Shrubs, Weeds, Trees

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ACROSS

1. Condition of being protected
3. Of great weight
4. Aches and _____
6. Large vehicle (abbr.)
7. Gaining knowledge

DOWN

1. Education building
2. Things to read
4. Flow into a stream
5. Person, place or thing

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

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91ST MISSILE SECURITY FORCES SQUADRON PHOTOS



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 - 1 TABLESPOON FRESH CHOPPED ROSEMARY
 - 1 TABLESPOON FRESH CHOPPED THYME
 - AS NEEDED SEA SALT AND FRESHLY CRACKED BLACK PEPPER

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


Line a large baking sheet with parchment paper. Place the potato wedges on the baking sheet, then drizzle over the olive oil, add garlic, sprinkle over rosemary and thyme, and season well with sea salt and freshly cracked black pepper. Toss everything to mix.

Bake 40 to 45 minutes until potatoes are cooked through and golden brown. Enjoy!



Ryan Davy - GM Minot

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NODAK ARMS

OUTDOOR

REPORT

OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

•N.D. Game & Fish Dept. game wardens: Van Hook Arm generally slow but producing some small walleye. No reports from the east end of Lake Sakakawea or Devils Lake. North-central area lakes generally slow.

•Devils Lake, Ed's Bait Shop, Devils Lake: Most walleye success is on spinners and bottom bouncers with nightcrawlers but look for some success vertical jigging or trolling lead core in deeper water. Leech season is generally over as a bait. Scattered pike success. Continued white bass from shore.

•Devils Lake, Woodland Resort, Devils Lake: Continued fair to good for walleye using spinners and bottom bouncers with nightcrawlers. Lots of small fish in 10 to 25 feet with larger fish in deeper water using vertical jigs.

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

•Lake Metigoshe, Four Season, Bottineau: Continued bluegill success with occasional walleye in the early morning or evening hours.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Fair for walleye on the east end of Lake Sakakawea but move around and try a variety of depths and presentations.

•Lake Sakakawea, Indian Hills Resort, Garrison: Some walleye success around the beacon and Independence Point using nightcrawlers.

•Lake Sakakawea, Scenic 23, New Town: Van Hook Arm slowed with better walleye success farther east, including Douglas Bay.

•Lake Sakakawea, Van Hook Resort, New Town: Try Shell Village or Independence Point for walleye in 25 to 35 feet with jigging Raps or nightcrawlers.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace continues producing small walleye from boats in the spillway channel. Try Lindy rigs or spinners and nightcrawlers. Some dark hour success trolling in the chutes. Fair for walleye from the rocks off shore



• Remaining deer licenses now available on first-come-first-served basis. Go to the N.D. Game & Fish Dept. website, (gf.nd.gov) for details and application.

• Aug. 15: Early Canada goose season opens.

• Aug. 22: Beach Party, Fort Stevenson State Park, Garrison.

• Aug. 22: Fall crow season opens.

• N.D. Dept. of Environmental Quality blue-green algae warning for Stump Lake and advisories for Rice, Coal Mine, and Buffalo lakes.

• 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.

• Boating accidents should be reported to local game wardens.

• Remember to bring insect repellent and sunscreen when outdoors.

TOURNAMENTS

• Aug. 15: Lake Sakakawea, Van Hook Arm; Lake Sakakawea, Sakakawea State Park; Lake Sakakawea, Lake Audubon, cabin site; Devils Lake, Creel Bay.

• Aug. 21: Lake Sakakawea, Indian Hills Resort.

in the evening but activity slowed. Slower during the day with limited trout and salmon activity in the tailrace. Continued catfish success throughout the tailrace. Lake Sakakawea producing small walleye on the east end. Work anywhere from 13 to 35 feet using live bait for small fish. Larger fish coming in deeper water using crankbaits. Some salmon success in 85 feet over 100 to 120 feet using herring or flashers and squids or salmon flies.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Water clearing on the west end of Lake Sakakawea around Lewis & Clark State Park and Lund's Landing with improving walleye success. Missouri River also clearing but water levels are low. Some walleye activity around the pumphouse. Look for good

local Canada goose numbers for the early season.

•Lonetree WMA area lakes, Harvey: Fair to good walleye success on Antelope, Goose, and Clear lakes in about 10 feet using spinners and nightcrawlers. Look for a fair early Canada goose season with nice numbers of local birds.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Souris River low and slow so anglers should locate deep holes for any walleye or pike success. Area lakes slow.

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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Survivor harnesses resilience to overcome invisible wounds

AIR FORCE WOUNDED WARRIOR PROGRAM

JOINT BASE SAN ANTONIO-RANDOLPH, Texas (AFNS) -- Reality hit when then Airman First Class Brittany Johnson of the 49th Logistics Readiness Squadron left the hospital in September 2010 after a week-long stay for sexual and physical assault. "I didn't feel like myself," recalls Johnson, now a technical sergeant with the 36th Civil Engineering Squadron. "I couldn't find joy in activities anymore."

While at home on convalescent leave, Johnson found herself reliving memories of her assault. She couldn't move on from her traumatic experience and started having nightmares, flashbacks and panic attacks. Waking up in a dark room or coming across reminders of her attacker, like a similar last name, haircut or car model he drove, would trigger her symptoms.

Her symptoms had a large impact on her daily life. She became distrustful of people and withdrew from personal interactions, including her 19-month-old daughter. Johnson lost interest in activities she had enjoyed before, even those as simple as taking a walk. "I wanted to sleep all day even though I couldn't fall asleep," recalls Johnson as she often was too tired to get out of bed.

Johnson felt her life slipping away from her control until a conversation with her mother made her pause. "How can you take care of anyone else until you take care of yourself?" Johnson remembers her mother's words, "How can you pour from a cup that's empty?" Those words stuck with Johnson. Having the support of her family gave Johnson the strength to reach out for help so she could take back power over her life.

In October, one month after leaving the hospital, Johnson made an appointment at the mental health clinic and talked to her supervisor, as a courtesy while still on convalescent leave, to let him know she was seeking treatment. The provider diagnosed her with PTSD, anxiety and depression and recommended a mix of therapy and medication.

"In the beginning, I was the roadblock," Johnson talks about her early days of treatment. "I was so shut down that I had a hard time opening up and talking about what happened." But the providers were supportive and worked with Johnson to personalize her treatment, including helping Johnson open up by switching her to a different therapist with whom she felt a more personal connection.

As Johnson went back to work in December, she at first tried to hide her state of mind and "put on a happy face" to show she was OK. But after going home from work, she wouldn't eat and would feel sad and cry most days. "I didn't know what normal or happy were anymore," Johnson said.

Then Johnson's leadership stepped in. They supported Johnson's desire to return to work, and also encouraged her to seek any additional help she needed. Unit support was important to Johnson, and it helped her overcome concerns about seeking various resources to help work through her experiences.

"My leadership would check in on me asking questions like, 'How has it been going?' or 'Is there anything I could do to help you?' And they really meant it," Johnson recalled. "My supervisor at the time really cared about my well-being." Her supervisor also made sure she took the time to go to her mental health appointments and that she wasn't scheduled for any work tasks or meetings during those times. "We have a great relationship and still talk to this day even though he's retired. He still checks in on me."

With trusted advocates behind her, Johnson turned her life around. "Treatment helped me regain control over my life," Johnson said. Seeking help gave her the tools to understand her feelings and how to manage her symptoms. "I started to recognize my triggers," Johnson added. "I understood when my panic-attacks would begin, so I would pause to breathe and use coping techniques, like the 5-4-3-2-1, method to take back control over the situation."

As Johnson started to learn how to manage her invisible wounds, her weekly therapy sessions became biweekly, monthly, and finally, as needed. Within the first two years of treatment, Johnson completed medication and therapy, after which her therapist told Johnson she could still set up an appointment whenever she needed to talk. "I still occasionally go to therapy to maintain my mental health and stay resilient."

"Seeking treatment definitely helped my career and made my life better overall," Johnson said. "I'm better able to help myself

and others. I've learned to listen and process my emotions and can now take a step back from a situation and process what's going on first before reacting."

Seeking treatment also helped Johnson create a more supportive culture for Airmen at work, especially as she continued to move up the ranks and took on more leadership responsibilities over the last decade. A lot of Airmen now come to her for advice. "They're comfortable asking me for help or talking with me about personal hardships or challenges in their lives."

Johnson wishes more Airmen would ask for help to look after themselves. "You can't properly do your job if you're not 100% OK, especially if you're in a leadership position," Johnson said. "It's a snowball effect, everything starts with you." Johnson has the following advice for Airmen, caregivers, and leaders:

"Airmen. Take care of yourself first. Never be ashamed of what you went through. Never be ashamed to speak out. Never be ashamed to get help."

"Caregivers. Be patient with your Airman. Encourage them to figure out what works for them, but they have to do the work themselves. Treatment won't be beneficial unless they are willing to do the work to get better."

"Leaders. Be empathetic towards your Airmen and be ready to have difficult conversations. Do whatever it takes to create a supportive culture for your Airmen, so they are comfortable and trust you enough to come forward and ask for help."



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AIR FORCE WOUNDED WARRIOR PROGRAM COURTESY GRAPHIC

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Community College of the Air Force reveals plans for new degree program

AIRMAN 1ST CLASS JACKSON MANSKE, AIR UNIVERSITY PUBLIC AFFAIRS

MAXWELL AIR FORCE BASE, Ala. (AFNS) --

The Community College of the Air Force announced plans for a new degree program slated for launch in 2021.

The new Associate of Applied Science in Military Technology and Applied Sciences Management degree is a flexible alternative for enlisted personnel serving in Air Force specialties lacking enough formal skills training to meet current degree program requirements, said Dr. Hank Dasinger, the dean of CCAF.

Approximately 12,000 students in the following Air Force specialties will benefit from the roll-out of the MTASM degree:

- 1C5X1 Command and Control Battle Management Ops
- 1N7X1 Human Intelligence Specialist
- 2A5X1A Airlift/Special Mission Aircraft
- 3D0X1 Knowledge Operations Management
- 3E851 Explosive Ordnance Disposal
- 3F4X1 Equal Opportunity
- 3N0X2 Broadcast Journalist
- 3N0X5 Photojournalist
- 3N1X1 Regional Band
- 3N2X1 Premier Band
- 8A200 Enlisted Aide

- 8C000 Amn and Family Readiness Non-commissioned Officer
- 8B100 Military Training Leader

- 8F000 First Sergeant
- 8P100 Defense Attaché
- 9L000 Interpreter and Translator

"This degree also provides a pathway for enlisted personnel from other U.S. military services participating in CCAF-affiliated education and training programs as authorized by the recent National Defense Authorization Act of 2020," Dasinger said.

There are several key differences between the MTASM and existing vocationally based degree programs:

- Introduces requirement of 39 total semester hours for leadership/leadership-related courses and military science and technology courses in lieu of technical core and elective courses.
- Reinstates an oral communication requirement of three semester hours in lieu of a second written communication requirement.
- Eliminates the physical education requirement decreasing the total hours required for degree completion from 64 to 60 semester hours.

Introduces opportunity for six semester hours in open elective courses.

The MTASM degree also permits students to pursue a concentration in specific topics of compelling interest to the Department of the Air Force. Anticipated topics include areas such as space operations, cybersecurity and ethical leadership.

In addition to developing this new degree program, CCAF has also made several academic policy changes regarding existing degrees. The following changes took effect April 1, 2020:

- Reduced technical core requirement from 12 to nine semester hours
- Discontinued awarding apprentice-level specialty internship credit (INT3000/SDI3000)
- Discontinued special duty internship credit
- Replaced specialty internship credit (INT5000/7000) with upgrade training credit (UGT5000/7000)

For more information regarding the new degree program and policy changes, visit <https://www.airuniversity.af.edu/Barnes/CCAF/>.



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U.S. AIR NATIONAL GUARD PHOTO | SENIOR AIRMAN KLYNNE PEARL SERRANO

AF removes uniform barrier for women, authorizes pants option for mess dress

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

WASHINGTON (AFNS) --

Based on overwhelming feedback from the field, Department of the Air Force officials announced today women may elect to wear pants or a skirt with their mess dress uniform.

The changes, which are effective immediately, are outlined in an exception-to-policy memorandum addressed to all Air Force personnel.

"It's our responsibility to provide flexible uniform options that are functional and comfortable for all Air and Space Professionals," said Lt. Gen. Brian Kelly, deputy chief of staff for manpower, personnel and services. "We have a lot of people working really hard to review our existing policies to make sure there are no unintended barriers or unfair practices that may be impacting specific groups of people on our team. We still have our work cut out for us, but this is a step in the right direction in creating an inclusive culture."

Previously, women were required to wear a floor-length skirt with the mess dress uniform. As an interim solution, until women's mess dress slacks are available for purchase in approximately 18-24 months, women are authorized to immediately purchase and alter men's mess dress trousers.

Alterations for women opting to wear the men's mess dress trousers will be provided by the Army and Air Force Exchange Service at no cost to the member.

"We hear you," said Chief Master Sergeant of the Air Force Kaleth Wright. "This is a bit of good news for some of our teammates who've wanted this change for a while now. A small thing, but one that I hope can go a long way to helping Airmen realize that we listen, we hear and we care."

Changes will be incorporated

in the next update of Air Force Instruction 36-2903, Dress and Personal Appearance of Air Force Personnel. In the interim, for more information, the exception to policy memorandum and frequently asked questions are available on the public website of the Air Force's Personnel Center at <https://www.afpc.af.mil/Career-Management/Dress-and-Appearance/>.



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AFGSC TESTS UNARMED MINUTEMAN III FROM AIRBORNE CONTROL CENTER

An Air Force Global Strike Command unarmed Minuteman III intercontinental ballistic missile launches during an operational test at 12:21 a.m. Pacific Daylight Time 4 August 2020, at Vandenberg Air Force Base, Calif. ICBM test launches demonstrate the U.S. nuclear enterprise is safe, secure, effective and ready to defend the United States and its allies. ICBMs provide the U.S. and its allies the necessary deterrent capability to maintain freedom to operate and navigate globally in accordance with international laws and norms.

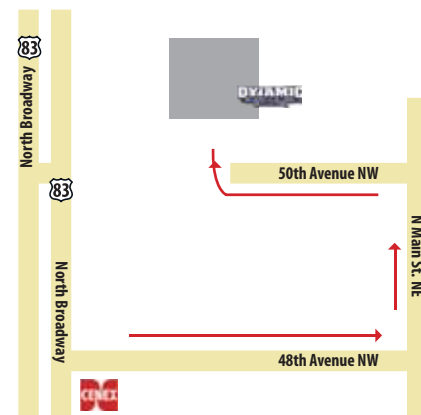


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Where The Locals Go

We have all been "lost" when it comes to finding a location based on the address. Dynamic Auto is one of those locations that may take a little effort to find, but the quality of service you receive at Dynamic is worth the extra effort. We are located on 50th Avenue NW, but as you travel North, or South, on Highway 83, there is no exit onto 50th Avenue NW. Instead, exit onto 48th Avenue



NW, go about 2 blocks to North Main Street. Now go north to 50th Avenue NW, and we are the 4th bay from the south on the business condo building. (We've included a map to help you find our location.)

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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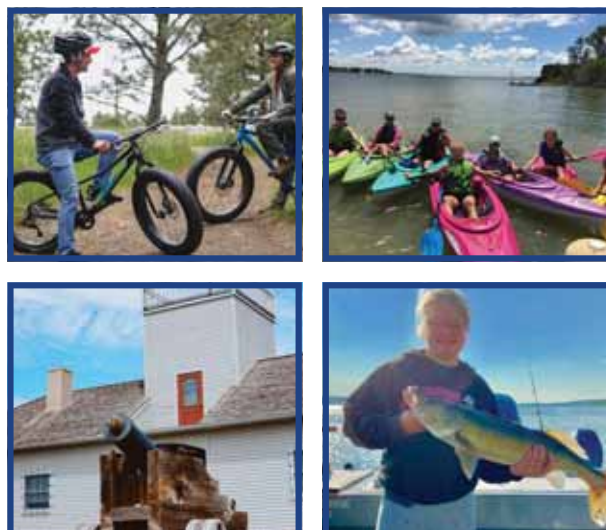
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It's training and conditioning time

Patricia Stockdill

Where or where has the summer gone? Grouse and partridge season is less than a month away, opening Sept. 12. Don't blink, because the state's resident waterfowl season begins Sept. 26 followed by the revered pheasant opener, this year beginning Oct. 10.

The big question of the day is "just how well-conditioned is that four-legged Hunting Maniac?" Oh, sure, he or she was probably romping in the water whenever the family could steal time away at the lake.

He or she probably romped in the yard, doggie park, or both throughout the summer.

That's a good thing – a really good thing. .

But are they really, truly ready for the rigors of hunting season?

Preseason conditioning and training shouldn't start the day before the season opens. In reality, it should have started much earlier.

But take heart, it's not too late for proper preparation, training tune-ups, and conditioning – and still be ready for hunting season.

For starters, be smart about preseason conditioning by avoiding the heat of the day – take that four-legged Hunting Maniac out for a few minutes in the morning or evening. Start gradually, let them rest, and always keep them hydrated. After all, it's not just people who need water for a life well lived. Gradually build up their conditioning and exercise program.

Nestle Purina PetCare has a Sporting Dog program focusing on not just dog food, but proper health, conditioning, nutrition, training, and education for dog owners for the overall well-being of one's dog. In this case, it's all about hunting dogs.

Their Outdoor Wire offers some tips when it comes to training:

Re-enforce basics. Friendly little reminders are good for dogs of all ages, especially because they know fall is coming. It's in their blood and they instinctively know it's time to hunt. It's the real deal, not just playtime.

They're more than ready and that means they're more than excited. It's hard to contain excitement so take time to remind them they

need to sit, stay, heel, and all of those other wonderful basic commands they know but don't want to bother with because they're focused on the upcoming hunting season.

Don't condone undesirable behavior. Yes, the Hunting Maniac really should retrieve the bird to hand, not jump out of the pickup or crate until released, or try to jump over the moon to grab a bird you're carrying.

Re-create reality. Nothing is better than real life, in-the-field training. But let's be honest – that's not always possible. However, with a little imagination a backyard or even doggie park can double as a hunting simulator.

For example, duck hunters can practice having their dog sit in an area with limited visibility, spread out some duck or goose decoys, and work with him or her so they learn to patiently wait until given a retrieve command.

Upland hunting situations can be re-created so the dog learns to follow hand signals.

And retrieving training can be as simple as tossing a training dummy.

*Whether it's preseason training and conditioning or real world hunting, water really, truly is essential for people and dogs, alike.

They need frequent rests and water breaks, especially when afield early in the season. Just like people, dogs can become dehydrated and suffer heat exhaustion and heat stroke. Monitor their physical condition and activity.

Try adding a small quantity of broth to their water for dogs who don't like to drink from a squirt bottle or bowl because they're too excited to quit hunting.

The flip side to that are those dogs who gulp too much water, which is also unhealthy. Put small quantities in the bowl to help prevent that beloved Hunting Maniac from drinking too much too fast.

So get out there.

Train. Condition. Teach.

Yes, it's a busy time of year.

But hunting season will be here before we know it.



It may only be a toy duck and Garnet may be a puppy, but her owner has already been working with her to retrieve – even if it's in the house and time to rest – so she's ready for the upcoming hunting season.

Patricia Stockdill

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The YWCA Minot is hosting a Women's Film Festival

LUNAFEST: Short Films by and about Women

YWCA MINOT

LUNAFEST, the fundraising film festival dedicated to championing women filmmakers and bringing women together in their

communities, will be hosted by YWCA Minot at The Spot in Minot on August 21, 2020.

The YWCA Minot is the only women and children's homeless shelter in the region. The YWCA is dedicated to eliminating racism, empowering women and promoting peace, justice, freedom and dignity to all. We do this by providing effective programs to the community such as our emergency shelter, the Dakota Diaper Pantry, the Community Closet and the Fresh Start Shower Program.

This is the very first time LUNAFEST will be in the Magic City. LUNAFEST is a unique film festival that highlights women as leaders in society, illustrated through seven short films by

women filmmakers. The films range from animation to fictional drama, and cover topics such as women's health, body image, relationships, cultural diversity and breaking barriers.

All proceeds from LUNAFEST will benefit YWCA Minot. Thus far, LUNAFEST, which is created and funded by LUNA® The Whole Nutrition Bar, has raised more than \$5 Million for nonprofit organizations across the US and Canada.

WHEN: August 21st, 2020
Food Truck Festival: 5pm
Cocktail Hour: 6pm
Showing of LUNAFEST Films: 7pm

WHERE: The Spot
6 2nd St NE, Minot, ND 58703
TICKETS: \$30 online or at the door

Available to purchase at: <https://www.eventbrite.com/e/ywca-lunafest-tickets-111834381646>



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DOGS OF WAR CAR WASH

91st Missile Security Forces Squadron hosted a car wash in Minot, August 8. The amount raised was over \$700, with all donations going towards the 2020 Holiday Party. The Dogs of War would like to thank all those that came out and supported the car wash and made a donation. It is greatly appreciated!



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A Long Island, NY, native, Dr. Moore has a background as a professional musician, initially as a member of a successful rock band and later as a solo recording artist and soundtrack composer. Dr. Moore earned his Doctor of Osteopathic Medicine from Des Moines University in Iowa, and completed his psychiatry residency at Garnet Health Medical Center, Middletown, NY. He is a member of the American Psychiatric Association.

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US Defense, Air Force Departments invite hackers to re-imagine how space systems are secured

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

WASHINGTON (AFNS) -- The U.S. Department of the Air Force and Department of Defense are changing the way they approach building secure and resilient space systems by inviting the global security research community to hone their space domain hacking skills in an open and collaborative environment.

On Aug. 7 to 9, the Department of the Air Force and DOD's Defense Digital Service will premiere the Space Security Challenge 2020, a mixture of virtual workshops and prize challenges related to securing space systems, including a live capture-the-flag (CTF) style satellite hacking competition dubbed "Hack-A-Sat."

"We are excited about this year's Hack-a-Sat Challenge at DEF CON Safe Mode," said Dr. Will Roper, assistant secretary of the Air Force for acquisition, technology and logistics. "Space is an increasingly important contributor to global economies and security. Letting experts hack an orbiting satellite will teach us how to build more secure systems in the future."

Both departments are working in close coordination with DEF CON's Aerospace Village to virtually showcase the team's mission: build a diverse community committed to promoting and developing aerospace cybersecurity expertise and knowledge through positive collaboration.

SPACE IS AN INCREASINGLY IMPORTANT CONTRIBUTOR TO GLOBAL ECONOMIES AND SECURITY. LETTING EXPERTS HACK AN ORBITING SATELLITE WILL TEACH US HOW TO BUILD MORE SECURE SYSTEMS IN THE FUTURE."

DR. WILL ROPER, ASSISTANT SECRETARY OF THE AIR FORCE FOR ACQUISITION, TECHNOLOGY AND LOGISTICS

systems through virtual "hands-on" learning. By enabling this type of collaboration, DDS and the Department of the Air Force intend to learn from the community and change how space systems are acquired, secured and integrated.

Spectators and researchers looking to immerse themselves in the Hack-A-Sat contest and learn more about the challenges of cybersecurity in space are invited to visit hackasat.com to access the 3D Hackers' Den experience. A 3D Satellite Ops Center will broadcast live programming throughout the three-day event including a keynote show titled "Between Two Nerds" where Brett Goldstein, DDS director, and Roper will talk candidly about why securing this domain is imperative to maintain life as we know it. A live broadcast agenda can be found at hackasat.com.

Whether it's learning to attempt to send messages to a mock aircraft or mimicking the types of commands used to hack a mock satellite, workshop participants will learn about aviation and aerospace through play. Visit dds.mil/defcon/ to learn more

about Bricks in the Air, the four bay avionics workshop designed with the LEGO Bricks' Technic series; CPX SimpleSat and DDSat-1, the satellite hacking workshop; and Nyan-Sat, the ground station hacking workshop developed in partnership with Red Balloon Security. On Aug. 6, the vibrant, web-based virtual reality environment goes live at dds-virtual.com. In order to play, participants only need a Twitch account. Not required — a verified email address or special VR equipment. The first 500 to complete one of the Bricks in the Air, CPX SimpleSat or DDSat-1 challenges will receive a free Bricks in the Air T-shirt.

The CTF competition and virtual workshops are meant to be educational and revelatory; the DoD does not condone hacking for malicious gain. In bringing together two often perceived at-odds communities — the DOD and hackers — the department aims to tackle the unforeseen security risks in aerospace systems, attract security research talent and influence a more resilient design and development process for future assets.

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The virtual workshops are intended to support and generate burgeoning interest across the aerospace security domain, while the CTF competition will challenge some of the world's most skilled hacking teams to test their skills at hacking a government satellite system.

More than 2,000 teams made up of more than 6,000 individuals earned points based on their accuracy and speed solving binary challenges during the jeopardy-style CTF Qualification Event in late May. Eight of the most talented teams have been invited to the Hack-A-Sat final event where they will be challenged to reverse engineer and operate satellite systems in order to earn "flags," or binary codes. Additionally, there are several aerospace cybersecurity virtualized workshops and educational opportunities aimed to improve the security, safety and resilience of space

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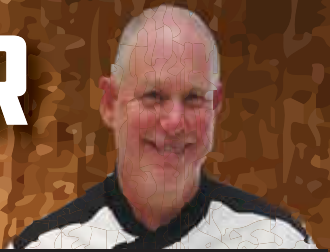
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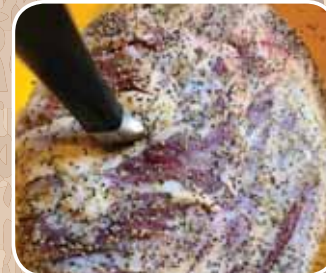
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A LITTLE LAMB

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On tonight's table is a roast leg of lamb. Smoked to 145°F, then seared over a hot charcoal and willow fire. This process of cooking over low heat first, resting, then searing over very high heat, is known as Reverse Sear. It is the best way to produce perfectly done meat and a crunchy seared crust, without overcooking any meat. We explain the process more fully in this article: http://homeofeconomy.net/sub/reverse_sear

Preparation starts with applying Kosher salt and spices to the meat surface. This is best done the night before, but you will still get good results doing the spice rub right before cooking, like we did today. Proper salting helps the meat retain moisture and it tastes good. No need to over-salt, just sprinkle it on like you would at the table.

Step two is stabbing the roast like a maniac. This accomplishes a couple things. It allows oil and fat from the surface to get down inside the roast, and it also makes pockets where we can insert slivers of fresh garlic. There is a common belief that melting fat will trickle down through the meat and enhance flavor; unfortunately, this isn't true. A few stab holes may allow a bit of fat and spices to get down inside, though. Normally, only salt will actually move through the meat, so even a little bit of spice seeping into the stab holes makes a difference.

After applying a rub of extra virgin olive oil, Kosher salt, course ground pepper, rosemary, thin garlic slices, and course garlic granules, we inserted slivers of fresh garlic into the stab holes. A few rosemary leaves in the holes is also a good thing. Any oil on the surface will

interfere with getting smoke flavor into the meat, so we normally avoid it. However, the large size of rosemary leaves make some additional binder desirable. Olive oil is delicious and the flavor compliments lamb, so it's really a wonderful compromise.

The roast went into the grill and the temperature dial was set to 180°F. About five hours later, we started a charcoal fire and put some willow sticks on top of the fire. The roast came off the Traeger at 145°F internal temperature, which is done medium. We set it aside to rest and cool for twenty minutes while the old Weber charcoal grill got hot. It only took a few minutes to sear all six sides of the meat, including significant dark brown crunchy char on one side.

We served the roast with boiled Red River Valley red potatoes, in butter and rosemary and fresh buttered garden beets. There really isn't a better meal.

INGREDIENTS

- 4.5 lb Leg of Lamb, bone in
 - 2 tbsp Extra Virgin Olive Oil
 - 1 clove Fresh Garlic
 - 1 tbsp Kosher Salt
 - 1 tbsp Course Ground Pepper
 - 1 tbsp Course Ground Garlic Granules
 - 2 tbsp Rosemary Leaves, dried or fresh
- Optional:
- Mint jelly served on the side.

Serves about 4



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

LEGAL NOTICE

MINOT AIR FORCE BASE, North Dakota. --
 It is with deep regret that we announce the passing of **STAFF SGT. CHRISTOPHER A. MARTIN (ACTIVE DUTY)**, 705th Munitions Squadron, Minot Air Force Base, North Dakota.

2d Lt. Beverly Niutoa (808) 364-5321, has been appointed the Summary Court Officer. All claims for or against the decedent's estate must be submitted to the Summary Court Officer:

705 MUNS
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Minot Air Force Base, North Dakota. 58705

For more information, call 701-723-3045

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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Solution to last week's Crossword puzzle.

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Thursdays ~ Fridays ~ Saturdays



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CHURCH DIRECTORY

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

<p>Little Flower Catholic Church 800 University Avenue West 838-1520</p> <p>Mass Schedule Saturday 4:30 pm Sunday 8:30 & 10:00 am</p> <p>Fr. Ken Phillips, Pastor www.littleflowerminot.com</p>	<p>St. Peter The Aleut Eastern Orthodox Church</p> <p>109 6th St. SE Minot • 838-3094</p> <p>Saturday, August 29 No Vespers Sunday, August 30 10:00 AM, Congregational Prayer Service Only</p>	<p>BF Break Forth BIBLE CHURCH</p> <p>Thursdays 7:00pm 2nd + 4th Sundays 10:30am at the GRAND HOTEL www.breakforthbiblechurch.com</p>	<p>Trinity Church An Evangelical Free Church 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p>Sunday School & Fellowship 9:00 a.m. Worship 10:30 a.m.</p> <p>www.trinitychurchminot.org</p>	<p>Bible Fellowship Church</p> <p>Worship Service at 10:45am Sundays Sunday School at 9:45am</p> <p>1720 4th Ave NW, Minot 838-0916 MinotBibleFellowship.org</p>
<p>Faith United Methodist Church</p> <p>5900 Highway 83 N, Minot www.faithumcminot.com</p> <p>Pastor Ken Mund 701-838-1540</p> <p>Sunday School (All Ages): 9:45 a.m. Sunday Coffee Fellowship: 10:30 a.m. Worship Services: Sunday 11 a.m.</p>	<p>Minot Baptist Church</p> <p>Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Evening Worship 6:00 p.m. Wednesday Evening 7:00 p.m.</p> <p><i>Independent/Fundamental/KJV</i> 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p>Cornerstone Presbyterian Church</p> <p>1000 NE 3rd Street 852-0315</p> <p>Sunday Schedule Contemporary Worship 9:00am Sunday School (All Ages) 10:00am Traditional Worship 11:00am</p> <p>Wednesday Evening Schedule Community Dinner 5:30-6:30pm Contemporary Worship 6:30pm Youth Group & Small Groups.. 7:15pm</p> <p>All are Welcome! www.ecominot.org</p>	<p>Congregational UCC 430 N. Broadway • 839-1064</p> <p>Sunday Worship 11am Sunday School 11am Tuesday Bible Study 12pm Saturday Noah's Breakfast .. 9:30am</p> <p>Please join us, all are welcome here!</p> <p>UNITED CHURCH OF CHRIST</p>	<p>St. Mark's Lutheran Church <i>Missouri Synod</i></p> <p>Sunday Worship 9:30 AM</p> <p>2209 4th Avenue NW Minot, ND 839-4663</p> <p>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>OUR REDEEMER'S CHURCH <i>A Church of the Lutheran Brethren</i></p> <p>Thursdays: Worship 6:30 p.m.</p> <p>Sundays: Worship 8:30 a.m. & 10:45 a.m.</p> <p>700 16th Ave SE • 701-838-0750</p> <p>For more information visit us on the web at: www.ourredeemers.org</p>
<p>Vincent United Methodist Church</p> <p>1024 2nd St. SE • 838-4425 <i>Behind Town & Country Shopping Center</i> open hearts...open minds...open doors!</p> <p>Sunday School 9:00 a.m. Sunday Worship Service 10:00 a.m. Fellowship 11:00 a.m.</p> <p>Pastor Matt Scherbenske www.vincentumc.com</p>	<p>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>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 Daily Monday-Thursday at 1200</p>	<p>ORCS Preschool</p> <p>Our Redeemer's Christian School's Preschool Program will be starting it's 33rd year the fall of 2020 and we would love to have your child be a part of it!</p> <p>NOW ACCEPTING REGISTRATIONS FOR THE 2020-2021 SCHOOL YEAR</p> <p>HIGHLIGHTS OF OUR PROGRAM</p> <ul style="list-style-type: none"> • Time-tested curriculum including STEM and Language Arts activities as well as Free Play • 2 and 3 day options available • Kindergarten readiness skills practiced each session • All teachers hold a North Dakota Professional Educator's License • Christ-centered environment <p>Please contact our school office or visit our website for more information. 701.839.0772 Email: jschultz@orcsknights.org Website: www.orcsknights.org</p>	
<p>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>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, Call 839-0946 Only \$7.00 a space / per week</p>	

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