

northern sentry

FREE | WWW.NORTHERNSENTRY.COM | VOL. 59 • ISSUE 24 | MINOT AIR FORCE BASE | FRIDAY, JUNE 11, 2021



Chief Master Sergeant of the Air Force Joanne Bass visited Minot Air Force Base last week. CMSAF had the opportunity to tour a B-52 and attend all calls with the enlisted airmen of Minot AFB that included aircraft maintainers, the 91st Missile Wing, and the 5th Medical Group. More photos can be found on page A7 and Minot AFB PA Flickr page.

U.S. AIR FORCE PHOTOS | MINOT AFB PA



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A LOOK BACK

THIS WEEK IN USAF HISTORY

THE WOMEN'S ARMED SERVICES INTEGRATION ACT PASSED IN CONGRESS

JUNE 12, 1948

Since America's conception, women have played an integral role in the military. Whether it was as nurses, spies, soldiers disguised as men, or officially recognized service members, women have always served vital, often unrecognized, roles in the nation's defense. The United States officially allowed women to join the military on June 12, 1948 with the passing of the Women's Armed Services Integration Act. After they had served in the Women's Army Corps, Navy Women's Reserve, Marine Corps Women's Reserve, and the Coast Guard Women Reserves under special legislation during WWII, the United States finally realized the importance of integrating females, who have historically made up about half of the US population, into the military. Section 502 of the act still excluded women from aircraft and Navy vessels that might engage in combat, but it was a step in the right direction towards a more modern, inclusive military.

Information courtesy of: visitthecapitol.gov/cgc.edu

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A Small Town Memorial Day Celebration

ABIGAIL KINDER, NORTHERN SENTRY

Generations of Americans have fought in many wars and joined the armed services throughout the years, and the pride and tradition of honoring those who came before is continually passed down to those who serve next. In support of the small surrounding communities, Minot Air Force Base shows its appreciation for local Veterans by joining in these traditions.

On May 29, 2021, personnel from Minot Air Force Base participated in a Memorial Day service at McKinney Cemetery just outside of Tolley, N.D. The MAFB Honor Guard has been involved since 2018 and this year, Col. Aaron Cowley, Commander of the 5th Maintenance Group, and Chaplain Lt. Col. Buddy Walker, 5th Bomb Wing, also attended to support the community in their Memorial Day ceremony.

54 Veterans buried at various cemeteries in the area were honored by local residents, American Legion Posts, and Airmen from the base.

Honor Guard members presented the colors at this year's event and also performed a ceremonial flag fold in front of the Veteran's Memorial at the cemetery. The memorial, which displays the names of each deceased Veteran and a bench for reflection, was a joint effort created by local residents and businesses to commemorate those who lay to rest in the cemeteries.

After the pledge of allegiance

and national anthem were performed, Chaplain Lt. Col. Buddy Walker provided the invocation and Col. Cowley gave a memorial address. A Veteran Roll Call also took place, in which the names of each Veteran buried at McKinney, Trinity Lutheran, Hamerly Lutheran, and St. Charles Catholic Cemeteries was remembered.

Together the Bothun-Peterson Sherwood American Legion Post 213 and George T. Taylor Mohall American Legion Post 52 conducted a three-volley cannon salute using a replica Army infantry cannon. Taps was then played before the final benediction was given by Chaplain Walker.

SSgt. Richard Cabak, Noncommissioned Officer in Charge for the Honor Guard on Memorial Day, reflected on the importance of ceremonies like this and the Guardsmen's involvement. "For holidays, it signifies an official recognition of that event. When they see us carrying through a performance, it sets in their minds that 'hey this is something that's important; this is something that should be remembered.' It's about lighting that candle in their mind's eye."

For many small town residents, the Veterans buried at these local cemeteries are family members and friends, making each Memorial Day an especially emotional and important holiday. "Whenever you hear Taps play across a field, especially out there

in the open plains, it echoes the service of all of these people," said Cabak. "For me, Memorial Day is a chance to reflect not only on my own service with the Air Force but also the capacity of every person who came before me. It's a calling in a sense."

Minot AFB's Guardsmen take pride in their calling, and their performance at events like this help to strengthen the bond between the base and local communities. They take extra care to refine their ceremonies in order to pay proper tribute to the service members they are honoring.

"We take our job very seriously. There's always an aspect of camaraderie, but there is a characterization within that camaraderie that we are all here for a serious purpose. This takes a lot of dedication and practice. Sometimes it's the last contact that people have with the Air Force. We pretty much represent the face of the service and everything we do reflects on that, so we need to be sharp as we can," Cabak explained.

Franklin D. Roosevelt once said, "Those who have long enjoyed such privileges as we enjoy forget in time that men have died to win them." Memorial Day is an annual reminder of the sacrifice, bravery, and dedication of America's Veterans, and with the spirit of these small town celebrations that continue year after year, they will never be forgotten.



Guardsmen perform a ceremonial flag folding in front of the Veteran's Memorial at McKinney Cemetery on May 29, 2021. From Left to Right : A1C Jonathon Tyson and A1C Paulo Macabinguil.



Minot Air Force Base Honor Guard members presented and retired the Colors at a Memorial Day service held at McKinney Cemetery, N.D. From Left to Right: A1C Alexander Zakaryan, A1C Jamal Albarado, A1C DeShawn Jones, and A1C Athony Bilardi. Not pictured: SrA Jaymen Christian.

SUPPLIED PHOTOS



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Memorial Day Creates a Fabric

ROD WILSON, NORTHERN SENTRY

There is a song on the radio that talks about "Back Where I Come From", and every Memorial Day I remember the town where I grew up in North Dakota that celebrated Memorial Day, with pride.

You see in the small town of Maddock in the 1960's, there were a lot of veterans that kept the local American Legion Post 26 vibrant. The Korean conflict was just over, and the Vietnam war was yet to happen, so Memorial Day honored those who gave their lives for freedom in World Wars I & II.

For many years as a Cub Scout, and later as a Boy Scout, it would be our duty to help place the wood crosses in the City Park. During the Memorial Day service, it was the Scouts who would line up and place small American Flags on the crosses as Taps, and then a 21 gun salute, would honor those who died. Until 1968 when Congress made Memorial Day the last Monday in May, the 30th of May was Memorial Day. Even though school may have already been dismissed for the summer, the Maddock High School Band was expected to play for the ceremony, and we did with pride. Once Memorial Day was moved to the last Monday in May, it created a 3-day weekend. However, for many years the traditional service went on as before.

But as the song I referred to also says in the lyrics, "and that's where I'll be when I'm dead and gone," and now small rural towns have watched time move along, and the crosses increase in number, while those who are there to honor those who have passed away in service to their country, have become fewer and fewer.

Those who died in Korea, Vietnam and Desert Storm are now names on the crosses. They too are deserving of the honor that Memorial Day brings. The American Flags, the ceremonies, the playing of taps, the patriotic speeches, and the Honor Guards, they are all important to preserving freedom, and yet these Memorial Day traditions are becoming harder to plan, with fewer participants as rural America, and rural North Dakota, has become less populated.

MINOT AFB PROUDLY HELPS MCKINNEY CEMETERY SERVICE-

CSM (RET) NAOMI HAYE

For over 80 years an annual Memorial Service has been held

at the McKinney Cemetery located 2 miles north and 1.5 miles east of Tolley, ND, with the exception of the pandemic cancellation in 2020. The memorial service to honor fallen veterans and the Veteran's Memorial dedication was held Saturday, May 29, with over 80 in attendance.

Each year local American Legion Posts had sufficient members to provide a color guard to support the service; however, each year Legion member numbers were also decreasing. In 2018 the McKinney Cemetery Association reached out to Minot Air Force Base for assistance and the MAFB Honor Guard readily agreed to present colors and conduct the ceremonial flag fold. Minot AFB Honor Guard has continued their annual support. They presented colors at this year's memorial service honoring 54 veterans buried at McKinney Cemetery (34), Trinity Lutheran Cemetery (6), Hamerly Lutheran Cemetery (7) and St. Charles Catholic Cemetery (7). The Honor Guard also performed the ceremonial flag fold with CSM (ret) Naomi Haye reading the ceremonial script. The National Anthem was sung by Reagan Fitzsimmons of Mohall.

A Veteran's Memorial honoring deceased veterans buried at the four cemeteries was dedicated by CSM (ret) Naomi Haye. The memorial consists of a display case with the names of each deceased veteran, a bench for reflection, and a soldier and bald eagle standing guard on each side. The memorial concept was created through the efforts of Tom Gehringer, David Stark, Martin Irgens and Mark Zeltinger. The display case and bench were designed and created by Duane Ingerson, Kenmare, with the soldiers and eagles obtained from SVJ Creative Designs, Kellogg, MN. Reishus Construction, Mohall, built the statue base and Ben Thom, Mohall, graveled the cemetery road. The memorial was built with donations from the Darrel Triplett family; Fox Den, Foxholm; Lakeside Lounge, Grano; Mohall American Legion; Mohall Fire Department and Tolley Fire Department.

Military members have also provided the memorial address since 2018, with Colonel Aaron S. Cowley, Commander, 5th Maintenance Group, key speaker this year. The invocation and benediction were provided by Chaplain (Lt Col) Buddy Walker, 5th Bomb Wing.

A three-volley cannon salute, using a replica 37-mm Army



CSM (ret) Naomi Haye, Col Aaron Cowley, Chaplain Buddy Walker
SUPPLIED PHOTO

infantry cannon, was conducted by the Bothum-Peterson Sherwood American Legion Post #213 and George T. Taylor Mohall American Legion Post #52 following the Veteran Roll Call. The memorial service concluded with taps played by Vonda Schmidt of Mohall.

COL AARON COWLEY REFLECTS ON A LIFE

The Cowley household was busy on Memorial Day weekend, with their oldest daughter, Bailey graduating from Minot High School on Sunday, May 30th. "When I was asked, I knew I was going say yes, unless something happened that would absolutely prevent my participation," said Col Cowley. The 5th Maintenance Group will change commands, and Col Cowley and his family will be headed for a new assignment in Utah. After some thoughts about what he would reflect on during his address, "It came to me that we had a young man from my hometown that last his life in Afghanistan. I was able to talk about the people who were affected by the loss. It just seemed to come together," according to Cowley.

Col Cowley was inspired by the number of people in attendance at the Saturday event. "When CSM Haye sent me a photo of the cemetery, it seemed very remote, but the people came and remembered."

A SPECIAL FRIENDSHIP

For Chaplain Buddy Walker, his invitation to participate in the Mohall event happened because "Naomi Hayes has a hanger at the Mohall Airport, and so do we." As the two pilots began to build their friendship, the invitation was extended and accepted. Chaplain Walker was also pleasantly surprised by the attendance. "You know as a Chaplain, you kind of get used to looking around and estimating the number in attendance" he says with a smile, "I was estimating around 70-80."

NEVER FORGOTTEN

"There is a special bond on this base" relates Col Cowley "and we will miss that part of being stationed in North Dakota." And it is that special bond, call it a fabric, that will keep Minot Air Force Base at the top of the list when it comes to needing participants for Memorial Day in the years ahead. And for those who retire from the Air Force and choose to make this area their home, like CSM (ret) Naomi Hayes, a simple conversation at a local airport, or a professional relationship may result in an invitation for future programs at McKinney Cemetery. And for those who gave their life for their country, these are the moments, and this is certainly a duty that we owe them all. God Bless America!

CONTACTUS

Ted Bolton
Publisher | Advertising
bagroup@srt.com

Rod Wilson
Business Development | Marketing
sentr-sales@srt.com

Abigail Kinder
Reporter/Creative Services
nsabby@srt.com

GRAPHIC DESIGN BY
Nikki Greening
nsads@srt.com or
nsgraphics@srt.com

MINOT AIR FORCE BASE PUBLIC AFFAIRS

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NEWS SUBMISSIONS

Northern Sentry Office
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v35bw.pa@us.af.mil
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MAIL & FAX

315 South Main Street, Suite 202
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Warriors Walk Among Us

ABIGAIL KINDER, NORTHERN SENTRY

On the surface, TSgt. Nicole Albritton is your typical Airman. She works as a Fleet Management and Analysis Noncommissioned Officer in Charge for the 5th Logistics Readiness Squadron at Minot Air Force Base, N.D. She enjoys running in her free time, and she is a hard-working, dedicated individual. But underneath all of that, Albritton is a Wounded Warrior who battles daily with a medical mystery that has turned her life upside down.

In the summer of 2019, Albritton was diagnosed with a rare brain tumor at Walter Reed National Military Medical Center in Bethesda, Md. "It took a lot of testing. It took four hospitals and eight MRIs to find the tumor—that's how tiny it is, and it caused a lot of issues," she said. While her Air Force career was able to continue, Albritton found herself with an entirely new set of challenges to navigate.

After being diagnosed with the tumor, medical professionals immediately referred Albritton to a recovery care coordinator for the Air Force Wounded Warrior Program. "I had no idea what the program was. Everybody hears wounded warrior and they think Wounded Warrior Project, and this is not that," she explained.

The Air Force Wounded Warrior Program, or AFW2, is a Congressionally-mandated program that focuses on care and recovery for wounded, ill, and injured Airmen, Veterans, and their families. The program offers a variety of opportunities and resources to help participants navigate their difficult life

changes through adaptive sports, ambassador programs, care events, caregiver training, and wellness and resiliency classes.

"They want us to be returned to duty, so when we're going through this, they're another avenue to help us through the legal and medical system and help us get some of the care we need because a lot of people don't understand what it is to be sick," Albritton said. She decided to pursue two different tracks in AFW2: adaptive sports and becoming an ambassador.

"I became an ambassador in order to tell my story because

“

All we're asking for people to do is understand that we're going through massive life changes and we need somebody to sit by us and be like 'it's okay, we're here.' No judgement, just be here for us."

TSGT. NICOLE ALBRITTON
AIR FORCE WOUNDED WARRIOR
PROGRAM AMBASSADOR

”

my story is so wild. I dealt with bullying because of it being invisible. I would never want to see somebody else in my position, so I can use my platform to make sure that nobody else has to go through what I did."

Albritton is open about her medical journey and hopes that her story will encourage others

to find a new perspective on not only being sick but properly handling situations with the Wounded Warriors around them. "People just don't know, because we're trying to function as active duty members," she said. "We understand that you're probably frustrated, because we have a lot of doctor's appointments or maybe our performance is slipping, but just imagine how frustrated we are. We have to relearn a completely different way of life and it's frustrating and tempers are going to flare, so just be patient, be kind, and realize you're not the subject matter expert. All we're asking for people to do is understand that we're going through massive life changes and we need somebody to sit by us and be like 'it's okay, we're here.' No judgement, just be here for us."

For Albritton, her illness affected more than just her work life. "Everything I had worked hard for and everything I had loved was stripped away from me. Previous to me getting sick, I was a runner. I haven't been able to run since I got sick, which is massive," she said. But Albritton didn't let the illness stop her from pursuing her passion. Through AFW2, she was able to join the adaptive sports program and is now one of 45 Airmen who will be participating in the Department of Defense Warrior Games in September 2021.

The DoD Warrior Games is an annual adaptive sports competition that celebrates the resiliency and dedication of America's Wounded Warriors.



TSgt. Nicole Albritton is a Fleet Management and Analysis NCOIC for the 5th Logistics Readiness Squadron at Minot Air Force Base, N.D. In 2019, she was diagnosed with a rare brain tumor and has since become an ambassador and adaptive sports competitor for the Air Force Wounded Warrior Program.

Teams from each service branch compete in events such as wheelchair basketball, cycling, indoor rowing, wheelchair track, powerlifting and more. 2021's event will be held at the ESPN Wide World of Sports Complex at Walt Disney World Resort, Fla.

This year's Warrior Games will be Albritton's true comeback story. "The last race that I participated in was the 2018 Wine and Dine Half Marathon Series at Walt Disney World. I saw the announcement that [the Warrior Games were] going to be at Disney and it was a sign. But I didn't know if I was going to make the team this year because it's very competitive."

Through her persistence and with the support of her leadership here at Minot AFB, Albritton was able to qualify for the Air Force's Warrior Games team and will be competing in wheelchair track,

cycling and shooting. "I was blown away and in tears when I found out," she said. "I didn't even think I would get this far. I shocked myself that I made it this year; this was my first year!"

"There are so many sports and it's so cool to see the athletes overcoming their physical, mental, and health barriers to compete in all of these things. They take everybody down to this common factor to make sure that everybody can play."

AFW2's adaptive sports program offers world class coaches, some of whom have competed in the multi-national Invictus Games, to their recovering Airmen in preparation for the Warrior Games. While Albritton can't be sure about what her future holds, she plans to continue in adaptive sports and hopes to one day make it to the Invictus Games to represent Team US.

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Albritton's indomitable spirit and passion for the Wounded Warrior Program keeps her going through the highs and lows of her life battling an invisible illness. "You would look at me and you would never know what I deal with on a daily basis. I, from the outside, look like a normal human being. You don't know that I have a brain tumor or that I'm half blind in one of my eyes. There are a plethora of other issues. I've worked my [butt] off to be healing, but I'm still a medical mystery. I'm still stumping doctors left and right, but at the same time I'm still putting in the work to try to get healthy. It's just a matter of staying on top of it because it's what I have to do; there are no other options."

"[AFW2] saved my life, and I can't thank this program enough and that's why I became an ambassador for them. It's a wonderful program on every aspect of healing and having a team that completely understands what you're going through."

Each and every day, Wounded Warriors walk among us. Whether they are a member of your squadron, one of your leaders, your neighbor, or even yourself, every Warrior plays an integral role in the community and the mission. They continually represent the strength and resilience of the USAF.

To learn more about AFW2, visit www.woundedwarrior.af.mil. For more information on the DoD Warrior Games, go to www.dodwarriorgames.com.



Then 1st Lt. Ryan McGuire (right) sprints the last leg of the 1,500m dash to take fourth place during the Warrior Games May 14, 2010, in Colorado Springs, Colo. Members that are enrolled in the Air Force Wounded Warrior (AFW2) Program have been ill, injured or wounded in ways that were inevitable to avoid. To help them cope and grow accustomed to their new normal the AFW2 Recovering Airman Mentorship Program (RAMP) provides mentors who have walked those same footsteps.

U.S. AIR FORCE PHOTO
TECH. SGT. SAMUEL BENDET



Staff Sgt. Chelsea Wells, a cyber surety technician with the 55th Communications Group, works on training her dog, Velma, Jan. 9, 2020, Papillion, Neb. Wells is training Velma with the non-profit, JAVELAN, to qualify her as a service dog. Airmen that are dealing with Invisible Wounds (post-traumatic stress disorder; traumatic brain injury; or other cognitive, emotional, or behavioral conditions) often are referred a service dog to augment their treatment.

U.S. AIR FORCE PHOTO | JOSH PLUEGER



U.S. Air Force Staff Sgt. Lara Ishikawa, 359th Medical Wing, explains the functions of a recumbent bike during an Adaptive Sports Program camp at Joint Base San Antonio-Randolph, Texas, March 21, 2013. The mission of the AFW2 Recovering Airman Mentorship Program is to connect Warriors, with each other, to aid in their recovery.

U.S. AIR FORCE PHOTO
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Companion Planting

For hundreds of years, gardeners have counted on companion planting to get better yields, better pest and disease resistance and better soil. Companion planting is defined as the planting of different crops in proximity for any of a number of reasons. There's a good book out there called "Carrots Love Tomatoes." It explains why carrots and tomatoes are so compatible, as are leeks and potatoes, kale and onions, tomatoes and cucumbers and the list goes on. Did I mention, companion planting can be a lot of fun.

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AIRMAN 1ST CLASS QUARAN BUSH TRAVEL PAY TECHNICIAN

Airman 1st Class Quaran Bush is a Travel Pay Technician for the 5th Comptroller Squadron. Originally from Augusta, Georgia, Bush became a member of Team Minot in October 2020.

"It's a small town [Minot] but the people here are very polite and our gym here on base is nice," said Bush. "The thing that I like about my unit is the others I'm working with are very supportive. We always have each other's backs no matter what."

Bush's responsibilities include in-processing Airmen to Minot Air Force Base, audit review vouchers for members who have had a Permanent Change of Station and need reimbursement for expenses, and also working on inquiries created on the Comptroller Services Portal. "My favorite part of the mission is I enjoy when I can help out a member who is clearly frustrated about anything finance-related because I know that if the tables were turned, I would want all the assistance I could receive to find a solution to the problem," said Bush. "[What keeps me motivated is] My one-year-old son, Bronx," said Bush. "Knowing he is there drives me to become a better version of myself daily so that I could provide for him and be an ideal role model."



Bush spends his free time cooking, exercising in the gym, playing basketball, and watching Netflix.

Currently holding a Bachelor's Degree, Bush would like to

commission and seeks to further his education. In the future, he also wants to own a small business or real estate to profit off of.

Public Works director asks residents to limit water usage

CITY OF MINOT

City of Minot Public Works Director Dan Jonasson is asking Minot residents and all users of City water, which include users on the NAWS system, rural water users and Minot Air Force Base to minimize outdoor water usage to help balance demands at the water treatment plant.

Jonasson said the water restrictions are due to several wells that have failed on the raw water system, limiting the amount of water that can be produced.

Jonasson said that because of the recent warm temps and little rain fall, water usage in the city has risen to about 11.5 million gallons per day, which is approximately 2 million gallons a day more than we are able to produce due to limited raw water capacity at the Minot Water Treatment Plant.

Water Plant employees are working to complete repairs to the wells, but it is expected that it will take up to two weeks before all of the wells are operating.

"We really appreciate the public adjusting their water usage, and limiting their lawn watering and car washing said Jonasson. "By doing this, we hope we can maintain an adequate supply of water and will not have to mandate stricter

water use restrictions."

For additional information or interviews contact the Public

Information Office at 701-857-4727 or by email at pio@minotnd.org.



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CMSAF VISITS MINOT AFB

Chief Master Sergeant of the Air Force Joanne Bass visited Minot Air Force Base last week. CMSAF had the opportunity to tour a B-52 and attend all calls with the enlisted airmen of Minot AFB that included aircraft maintainers, the 91st Missile Wing, and the 5th Medical Group. More photos can be found on Minot AFB PA Flickr page.

U.S. AIR FORCE PHOTOS | MINOT AFB PA

Angel Food Ice Cream Dessert

Thanks Mom!
18 servings of approx. 162 calories per piece, depending on angel food cake used

<p>ingredients</p> <p>1.5 quart Edy's Slow Churned Vanilla light ice cream (or any ice cream), slightly softened</p> <p>12-13 oz prepared angel food cake (about 1 1/4 bar, sliced) (calculated at 150 calories/piece but they vary from 120-170 calories per piece, check label when purchasing)</p> <p>12 oz frozen orange juice or pink lemonade from concentrate, thawed (don't add water)</p>	<p>instructions</p> <p>Slice the angel food cake to fit evenly on the bottom of a 9X13 pan.</p> <p>Spread the softened ice cream over the angel food and place into freezer.</p> <p>After frozen, dump the thawed orange juice or pink lemonade over the ice cream and spread evenly; freeze again.</p> <p>Let sit a few minutes before serving.</p>
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Locally-owned SkinnyWeek Weight Management Club was started in the summer of 2020 by the Blessum family.

Founder Cherie Blessum loves to share her extensive weight management experience with others who struggle to manage their weight on their own. Her husband Mike Blessum is the chief operations engineer and handles all of the behind-the-scenes systems that make SkinnyWeek run. Their daughter Rachel provides all graphic design and is also hands-on in the meeting room. Their son Jay is a CPA, and is the bookkeeper for SkinnyWeek. SkinnyWeek teaches lasting weight management

through eating real food-- no gimmicks or claims of rapid weight loss.

They provide the tools necessary to navigate an obesogenic world. Weekly weigh-ins provide accountability, and meetings energize, engage, and leave members feeling strong and supported. They offer a calorie-based method and app, but support members with other methods if desired.

SkinnyWeek is celebrating their one-year anniversary on June 21st with a 5K and Ice Cream Social at Leach Park in Minot. Registration starts at 5:30, and the 5K begins at 6:30. Registered participants will receive an event t-shirt and ticket for LOVE Ice Cream.

Get to know SkinnyWeek! The event is open to the public. Pre-register at skinnyweek.com!

Monday, June 21

5:30 registration
6:30 5K start

Leach Park
2400 2nd Ave SW Minot

Members- \$5
Non-members- \$25

All registered participants will receive an event t-shirt and a ticket for ice cream from the LOVE Ice Cream truck.

Pre-register at skinnyweek.com!



Join us for ice cream and a 5K to celebrate one year of SkinnyWeek!

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United States Air Force Lt. Gen. Robert Miller was promoted to his current rank and sworn in as the 24th Surgeon General of the Air Force and Space Force in a ceremony officiated by U.S. Air Force Chief of Staff Gen. Charles Brown June 4th at Joint Base Anacostia-Bolling. Miller, a graduate of Uniformed Services University, was confirmed by the U.S. Senate in May.

U.S. AIR FORCE PHOTOS



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VACATION READY

CAR CARE

Car care checklist for summer road trips • Part 1

It's time for a drive vacation. You mapped a route, booked hotels, and made a checklist of things to do before you go. AAA reminds you to also make car maintenance part of your summer road trip preparation. Use this car care checklist to ensure your vehicle is ready for summer travel.

Check tires and tire pressure
Inspect all four tires and, if you have one, the spare tire as well. Look for cuts, gouges or sidewall bulges. Insert a quarter upside down into grooves to check tire tread. If you see the top of George Washington's head, it is time for new tires.
Check tire pressure when the car has been idle and tires are cool. Inflate as needed to the vehicle manufacturer's recommended pressure. You will find it listed in the owner's manual and on the sticker of the driver side door jamb. Do not use the number on the tire sidewall.

Listen to and feel the brakes
If you hear a grinding sound or feel a vibration when applying the brakes, take your vehicle to an auto repair shop for a brake inspection. A service professional will check the brake system for fluid leaks, and the pads, rotors, shoes and drums. If repair or replacement is needed, use the Repair Cost Estimator to help anticipate costs.

Secure and test the battery
Check the car battery to be sure cable connections are clean and tight, and the hold down hardware is secure. Have a service professional do a battery check to determine remaining capacity. AAA members may request a free battery check.

Top off engine oil and other fluids
Check that engine oil, coolant and brake, transmission and power steering fluids are at the correct levels for safe vehicle operation. When adding fluids, use products that meet the specifications listed in the owner's manual.
Note that newer car models may have sealed automatic transmissions without a dipstick, and electric power steering that may not use fluid.

Replace wiper blades and replenish windshield cleaner
Rubber wiper blades naturally deteriorate over time. If wipers streak or fail to clear the windshield thoroughly, replace the blades. Fill the windshield washer reservoir with fluid formulated to remove insects and other debris, and test to make sure the nozzles spray adequately.



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- CHECKING BELTS AND HOSES
- INSPECTING TIRE PRESSURE
- CHECKING ENTIRE UNDERCARRIAGE

Your vehicle counts on new oil and oil filters to keep it operating efficiently. Oil should be kept full, clean from particles and not burnt. Oil lubes crucial engine parts. Moving components create rubbing, and over time that heat wears the parts down. Oil or a synthetic lubricating substance can minimize the damage from the rubbing by those moving components. By performing a regular oil change schedule you will effectively increase your engine's efficiency as well as maintain the life of your car's engine.

WHEN TO CHANGE/CHECK YOUR OIL

- Check Oil Light is on
- Check Engine Light is illuminated
- Oil is dirty
- Pinging, knocking, or additional sounds coming from the engine



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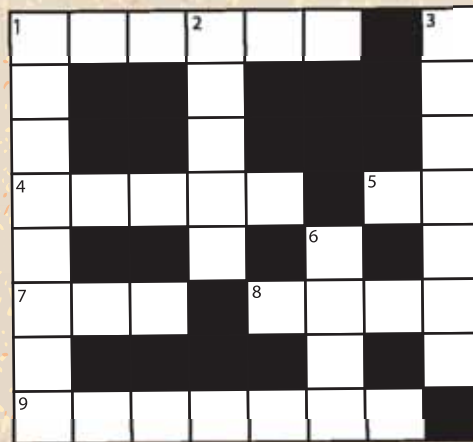


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ACROSS


1. Metal frames on a grill
4. Cup-shaped spoon
5. Midwestern state (abbr.)
7. Writing fluid
8. Venison
9. Comes together

DOWN

1. Cooking food over a flame
2. Place to eat a meal
3. Chicken or turkey
6. Unpleasant emotion

Answers:
Across: 1. Grates 4. Ladle 5. IL 7. Ink 8. Deer
Down: 1. Grilling 2. Table 3. Poultry 6. Fear

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Ticks and dogs

Patricia Stockdill

Yes, North Dakota has four seasons. It's just that residents may know them not as spring, summer, fall, and winter.

Nope, instead these are the state's unofficial four seasons: Too-hot-for-tick season, getting-chillier-for-tick season, too-darn-cold-for-tick season, and TICK SEASON.

It's almost like turning on a light switch when seasons change. One day it's bitter cold and the unending season officially known as winter just won't go away.

The next day it seems spring has arrived and the ground is crawling with nasty, dreaded ticks.

Just ask Garnet and Eider, the two resident four-legged Hunting Maniacs, how much they love tick season. Even with the appropriate canine tick protection, the offenders still manage to find the dogs.

Oh, sure, it starts out kind of nice when they notice they are the recipients of an abundance of pets and scratches, especially after any outing.

Until, that is, those loving fingers suddenly latch onto a creature that, in turn, latched onto Eider or Garnet. Or, if it hadn't already latched on, was exploring the best place to do so. While those fingers snatch the offending wood tick, it seems more often than not they also snatch a bit of dog hair in the process.

Suddenly the Hunting Maniacs determine the abundance of pets, scratches, and massaging fingers aren't all they're cracked up to be. Rather than lie down and soak up the attention, they seek the nearest hiding spot.

It's amazing the places two 40-plus-pound hunting dogs can sequester themselves if there is any hint of a pending "tick check".

Sadly, though, ticks aren't much to laugh about.

The Purina Outdoor Wire aptly described the concerns dog owners have when it comes to dealing with ticks: The bottom line is the distribution of tick species, prevalence, and infectious pathogens fluctuate based on weather, rainfall, and climate.

It seems ticks can be here, there, and everywhere.

It's not one's imagination, though, because dogs

— and people — could be at increasing risk as tick distribution spreads geographically.

People traveling in other regions of the United States with dogs can find different ticks from those in North Dakota. Every state has some type of highly prevalent, tick-borne disease.

Here are some Purina Outdoor Wire tips to follow in helping to deal with ticks and North Dakota's four unofficial tick seasons:

*Learn what ticks are common in North Dakota, as well as what tick species could be in area you're when traveling with your dog.

*Learn what diseases are associated with the ticks in North Dakota and the region a person is going with their dog.

*Be aware that an infected tick transmits the pathogen to the dog it bites. Because many pathogens are also zoonotic, they can also infect people. It's important to protect humans from ticks as well as pets.

*Tick-borne diseases can be transmitted in as little as three to six hours. Always perform a head-to-tail body check on dogs after they've been outside.

*Admittedly, the most common reaction when removing a tick is to want to simply grab it with one's fingers — and likely grabbing dog hair in the process. However, it's better to remove the tick with a tweezers and firmly pull upwards to get its entire body, especially in removing the head and offending incisors biting into the dog.

*Don't twist or squeeze a tick when grabbing it.

*A variety of tick repellents for dogs are available. Use them. And only use one recommended for dogs on dogs.

*The type of tick repellents — oral, topical preventative, or collar — and how it's used varies by exposure risk, safety, and how often they swim or are bathed.

In addition, it doesn't hurt to have one's dog screened annually for an infection by a veterinarian. Even though it's officially Tick Season, don't harbor oneself or one's dogs inside. Getting outdoors is the healthiest thing for humans and dogs alike — just be tick savvy.

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Air Force NC3 Center deactivates as missions realign under AFGSC

CARLA PAMPE, AIR FORCE GLOBAL STRIKE COMMAND PUBLIC AFFAIRS

BARKSDALE AIR FORCE BASE, La. --

In 2017, Air Force Global Strike Command stood up a new organization here to oversee the Air Force's nuclear command, control and communications systems - the U.S. Air Force Nuclear Command, Control and Communications Center. After making significant strides to normalize the way in which our service handles NC3, the Air Force NC3 Center was formally deactivated June 4.

Over the past four years, center personnel worked to streamline the management of approximately 62 different systems into a codified weapon system. This transition was made possible by the men and women of the NC3 Center, who tackled some daunting tasks across the nuclear enterprise, according to Col. Craig Ramsey, Commander, AFNC3 Center.

"In the last four years, we made a lot of progress across the Air Force that was needed to increase the focus area of NC3," Ramsey said. "Now it has the attention it deserves across the enterprise, and we're in a better position for NC3 overall."

Ramsey said the deactivation of the center is a step in normalizing the NC3 weapon system by moving its different mission sets (bombers, launch control centers, wing command posts, unified command centers, etc.) under

their respective directorates within AFGSC.

"For instance, sustainment and logistics for the NC3 systems will move back under the A4 directorate, which manages the same type of issues for every other weapon system," Ramsey said. "Planning and programming for the various mission sets will move back to the A5/8 directorate, which manages plans and programs for all things in the command."

During the transfer of roles and responsibilities back to AFGSC, no manpower will be lost.

"There will be a net zero change in personnel assigned to the base," Ramsey said. "We will still have all the people that were doing the work at the NC3 Center, they're just in a different chain of command."

Ramsey said there has been a very deliberate turnover of roles and responsibilities over the last few months to ensure continuity of mission. He also added that he is very proud of the work NC3 Center personnel accomplished over the last several years.

"At a time when we really needed it, we were able to provide a one-stop shop for NC3 across the Air Force," Ramsey said. "That paired us nicely with some of our partners, and gave this mission the focus it needed at a critical time."



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5th Bomb Wing Airmen receive Wing level quarterly awards on June 4, 2021 at Minot Air Force Base, North Dakota.

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 NCO of the Quarter: SSgt Theodore Banta
 SNCO of the Quarter: SMSgt Christopher Clements
 CGO of the Quarter: 1st Lt Audrey Meakin
 FGO of the Quarter: Maj Palmer Roux III
 Cat 1 Civilian of the Quarter: Ms. Susan Yatzeck
 Cat 2 Civilian of the Quarter: Ms. Katrina Smith
 Cat 3 Civilian of the Quarter: Mr. Carlan Taft

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Back Talk

Chiropractic Offers Help and Hope as Stress Levels Soar

2020 concluded as one of the most stressful years in history. Statistics reflect the damage and fallout from lives lived in a sea of stress. A Gallup poll determined that 79% of people experienced stress sometimes or frequently throughout their day. That poll was taken before the pandemic even began! Now cities are experiencing massive increases in stress data that reflect a tragic suicide increase of over 40% from 2019 to 2020. People conducting their daily routines amidst feelings of fear, anxiety, and worry needs to be addressed with a healthy and hope-filled solution.

Stress kills people. Reports estimate that two-thirds of doctor visits connect to a stress causing issues. Stress also contributes to deadly chronic diseases like heart disease and heart attacks. Stress presents a significant health challenge that every person must consider. A smart, proactive health decision includes seeking a lifestyle that regularly builds resilience to better adapt to stress.

Many proven lifestyle modifications help the body adapt and cope with stress. Rhythmic breathing, consistent exercise, and good nutrition provide excellent choices to help counteract the impact of stress. One of the best and most effective stress relieving interventions available comes from regular spinal adjustments. The spine engages in a unique and intimate relationship with the central nervous system. The central nervous system filters various stressors for harm effects. Individuals react to stress differently. One person might withstand high amounts of stress yet not experience any significant health challenges or symptoms. Another person may encounter lower amounts of stressors but exhibit greater levels of pain, dysfunction, or disease. The brain and nervous system provide the filter that screens all stress. The intimate connection between the spine and central nervous system means that optimal function of the spine provides tremendous potential for stress relief and better overall health.

If the spine becomes slightly altered in its alignment and movement, the function of the nervous system becomes compromised. This creates less ability for the body to safely filter out the effects of stress. Chiropractic does not avoid or reduce stress. Chiropractic focuses on helping a person better adapt by making the body more resilient. Research from 2014 proved a direct link between a spinal adjustment and a reduction in stress hormones. Chiropractic reduces unwanted stress built up in the spine and nervous system and balances hormones by restoring proper function to the entire body. Chiropractic does not resolve the presence of stress in a person's life but does provide a drug-free solution that strengthens the body's resilience. Make 2021 a year of vitality and peace by making chiropractic part of every family's proactive health plan!

All the best to you and yours in great health,
 Dr. Willy Fielhaber

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Upcoming Events

12 JUN **CHEERING FOR CHASE CORNHOLE TOURNAMENT**
 12:00 PM
 Circle Sanitation
 105 34th Ave NE, Minot

Chase Jones is 10 years old and a 4th grader at TGU in Granville, ND. After battling leukemia for the past 4 years, he now needs a Bone Marrow Transplant. This event is to help the family with medical as well as living expenses during this difficult time. *Saturday, June 12th, 2021* Rain or Shine! Circle Sanitation - 105 34th Ave NE, Minot ND (across from the Minot Air Museum). Registration begins at 12 PM, Bags fly at 1 PM. \$50 Entry Fee per team. Registration is limited to the first 64 paid teams. Cash payout to the top 3 teams. The remaining funds will go to the Jones family to help with medical and travel expenses. Register at Circle Sanitation ahead of time to secure your spot, or the day of the event.



For more information:
 Facebook Event / Cheering for Chase Cornhole Tournament

14 JUN **VETERANS APPRECIATION FLAG DAY EVENT**
 11:00 AM - 2:00 PM
 Ryan Buick GMC
 1111 20th Ave SW, Minot

Join us to celebrate and honor the military veterans of Minot, North Dakota on June 14, 2021 at Ryan Buick GMC! All donation proceeds benefit Disabled American Veterans which provides resources to veterans within our community. The event is open to the public. Free-will lunch provided with your choice of burger or brat, pasta salad, cookie salad, chips, scotcheroos, and bottled water. There will be a short program put on by the Disabled American Veterans. See you there!



For more information:
 Facebook Event / Ryan Buick GMC / Veterans Appreciation...

17 JUN **THE GREAT DUCK RACE**
 6:00 PM
 Roosevelt Park Pool
 1215 E Burdick Expy, Minot

Adopt a duck or two for your business, individual, or family and race it down the slide on Thursday, June 17th at 6:00 pm. All proceeds will benefit the Roosevelt Park Zoo Amur Leopard Exhibit. There will be an individual/family group and a business group. Races will be broken down into heats and winners will compete for the final prize. Business Grand Prize: Roosevelt Park Zoo - Zookeeper Corporate Membership (\$750 value) Individual/ Family Grand Prize: Roosevelt Park Zoo Family Pass and behind the scenes tour for 1st & 2nd place (\$125 value) Ducks are \$10 each. Adopt a duck online or at the Minot Parks office. Adoptions are due by Friday, June 11th at 4:30 pm.



For more information:
 Facebook Event / The Great Duck Race

18-19 JUN **MIDSUMMER FESTIVAL**
 5:00 PM - 10:00 PM
 Scandinavian Heritage Park
 1020 S Broadway St, Minot

Join us for our annual Midsummer Festival! Midsummer is held in June around the summer solstice, the longest day of the year. It is a celebration of the ushering in of light, after the long dark winters and is a cherished tradition in Scandinavia. Come celebrate Midsummer with us in the Scandinavian Heritage Park! This year's two-day event will include music, vendors, demonstrations, workshops, food/refreshments, Abba Hour, fun kids' activities, and the most anticipated event - the lighting of the bonfire! (Sauna "may" also be open!) HOURS, Friday: 5 pm to 10 pm, Saturday: 10 am to 5pm, Sunday: Church service, ADMISSION: FREE!!!!!!



For more information:
 Facebook Event / Midsummer Festival

On Base

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Pedestrian Safety

Know and Watch your Surroundings



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Did you know approximately 5,900 pedestrians in America are killed by automobiles every year? Almost one-third of these victims are children under the age of 15. All of us are pedestrians at one time or another, and are obligated to abide by the same traffic laws that assure the safety whether we are walking, bicycling or the motorist, or an adult or child. As parents we are also obligated to teach our children the importance of traffic safety, especially in housing areas where streets have a tendency of being smaller. Here are a few pedestrian safety tips to follow:

- Walk on the sidewalks – Stay on the sidewalks and crosswalks. Avoid walking in traffic if there are no sidewalks or crosswalks. If you have no other choice, walk facing the traffic.
- Look LEFT, RIGHT, and LEFT for vehicles – Stop at the curb and look LEFT, then RIGHT, then LEFT again. Stopping at the curb signals drivers that you intend to cross. Cross in marked crosswalks and obey the signals.
- See and be seen- Stay out of the driver's blind spot. Make eye contact with the driver when crossing busy streets. If walking at dusk or dark, wear reflective gear and carry a flashlight. Vision is more impaired at night.
- Watch your children – Do not let your children play in the streets or close to the roads. Do not let them cross the roads without supervision. While walking through the housing area ensure to be aware of any cars pulling out of their driveways, especially if they are backing out. They may not always see you. Children are small, unpredictable, and cannot judge vehicle distance and speeds. Start teaching your children at an early age on traffic safety. Teach the colors of all of the traffic lights and the vehicle lights and what they mean. Educate the importance of not darting out on the road, even

to chase a ball.

As a motorist on Minot AFB do not always assume the people around you are paying attention. Sometimes their attention can be diverted especially if they're children. All people are unpredictable and as a motorist, you should always be alert. You can encounter a pedestrian anytime and anywhere, even in places where they are not supposed to be. They can be hard to see, especially at night or while it's raining. Slow down if you can not see clearly. Stop for pedestrians who are in the crosswalks and when you stop for a pedestrian in the crosswalk, make sure you are far enough back for cars in the other lane to see the pedestrian in time to stop. If vehicles are stopped in the street in front of you, do not just assume you can pass them, maybe their waiting for a pedestrian to cross the road. When turning right on a red right, always look to the right as well as the left to make sure pedestrians are not crossing in the crosswalk. If you spot a pedestrian wearing headphones or using a cellular phone, be attentive for they may not hear your vehicle. Remain vigilant at all times, especially in areas where children may dart out unexpectedly into traffic areas. These include base housing and school areas, near school buses and around ice cream trucks. While backing out of your driveway, always look in your back window as well as your mirrors to ensure no kids are behind you. If you have to, walk around the vehicle before driving out.

One last tip to keep in mind, if you see a child in the front yard or near a curb, always assume they will dart out on the road. If you always keep this in mind, this will lessen the chances of a child being struck. By paying attention to your surroundings, whether you are the pedestrian or the motorist. It could be a matter of life or death.

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2021 TORCH RUN

Airmen from Minot Air Force Base and law enforcement officers from the Minot Police Department teamed up in the 2021 Torch Run to support the North Dakota Special Olympics on June 3, 2021, in Minot, North Dakota. Airmen of the 5th Security Forces Squadron and 91st Tactical Response Force rucked the 17.6-mile trek from the Main Gate of Minot AFB to Buffalo Wild Wings in Minot, while Airmen of the 91st Missile Security Operations Squadron and Minot Police Department law enforcement officers ran.

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First Care Health Center

First Care Health Center is a medical center located in Park River, North Dakota. Consisting of a critical access hospital, a rural health clinic, and licensed professionals, First Care Health Center is dedicated to serving the people of Park River and surrounding area. Our providers and staff are here for you - all day, every day, all year to provide "professional care with a personal touch."



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Employment Contact Information

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Nina Hollingsworth, SHRM-CP:
701-284-4580 - nina.hollingsworth@1stcarehc.com

CEO/Administrator
Marcus R. Lewis, MBA, NREMT
701-284-4538 - marcus.lewis@1stcarehc.com



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Local Cravings
Restaurant Guide

Applebee's Grill & Bar

2302 15th St SW, Minot, ND 58701
Phone: 701.839.2130
www.applebees.com

Bone's BBQ Steakhouse & Grill

1412 2nd Ave SW, Minot, ND 58701
Phone: 701.838.9140
www.bonesbbqminot.com

Badlands Restaurant & Bar

1400 31st Ave SW, Minot, ND 58701
Phone: 701.852.7335
www.blgrill.com

28 Tastes & Taps

1603 35th Ave SW Minot, ND 58701
Phone: 701.838.2828
www.facebook.com/28tastes

Mi Mexico

301 40th Ave SW Minot, ND 58701
Phone: 701.858.0777
www.mimexicomintnd.com

Pink's Bar & Grill

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Phone: 701.852.2385
www.facebook.com/PinksBarGrill

Culver's Restaurant

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Phone: 701.852.4800
www.culvers.com

Prairie Sky Breads

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Phone: 701.858.0612
www.prairieskybreads.com

Dakota Burger Company

315 S. Main St. Suite 200, Minot, ND 58701
Phone: 701.852.8183
www.dakotaburgercompany.com

The Starving Rooster

30 1st St. NE, Minot, ND 58703
Phone: 701.838.3030
www.starvingrooster.com

Primo Restaurant

1505 N Broadway, Minot, ND 58703
Phone: 701.838.7746
www.primominot.com

Souris River Brewing

32 3rd St NE Minot, ND,
Phone: 701.837.1884
www.sourisriverbrewing.com



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THE UNHOLY
(2021) Drama, Horror, Mystery (PG-13)

PUSS AND BOOTS
(2011) Animation, Adventure, Comedy (PG)

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(2021) Animation, Comedy, Family (PG)

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(1932) Boris Karloff (PG)

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INGREDIENTS
4 FILET MIGNON STEAKS
1 TEASPOON SALT
1 TEASPOON BLACK PEPPER
1 TEASPOON GARLIC SALT
1 CUP PARMESAN CHEESE
4 GARLIC CLOVES
1 TABLESPOON DIJON MUSTARD

When ready to cook, set grill temperature to High and preheat, lid closed for 15 minutes.

While the grill is heating up, season the filets with salt, pepper, and garlic salt. Also mince your garlic and chop your Parmesan so it's fine, and combine. When the grill reaches temperature, place filets on the grill and cook for 4 minutes on each side.

After 8 minutes total, spread the filets with the Dijon mustard and dip in the minced garlic and Parmesan cheese mixture and place back on the grill for another 1-2 minutes or until the cheese is melted.

Let rest for 5 minutes and serve. Enjoy!

 Ryan Davy - GM
Minot

www.HofE.com/BBQHQ



CLEMENTS MCMULLEN MEMORIAL DAEDALIAN WEAPON SYSTEMS MAINTENANCE TROPHY 2020

The 91 Missile Wing Maintainers receives the Clements McMullen Memorial Daedalian Weapon Systems Maintenance Trophy for 2020. More photos can be found on Minot AFB PA Flickr page.

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<p>EVERYDAY HAPPY HOUR • 3PM – 6PM</p> <ul style="list-style-type: none"> \$2 off All Apps \$3 House Wine & Domestic Pints Bavarian Pretzels with Beer Cheese Sauce \$4 Rail Drinks, ND Brewery Pints & 22oz Domestic Taps, 4 Lettuce Cups \$5 Moscow Mule \$6 Specialty Cocktails, Martinis & 22oz ND Breweries Taps 1/2 Flat Bread Pizza 	<p>DAILY SPECIALS</p> <ul style="list-style-type: none"> Monday \$5 Moscow Mules (all day) Tuesday \$4 ND breweries (all day) Wednesday 1/2 Price Wine by the glass/bottle (all day) Thursday \$1 up for all Tall Taps (all day) Sunday BRUNCH (11am-2pm) \$7 TSR Bloody Mary & Caesars \$12 Bottomless Mimosas \$6 Breakfast Shots 	<p>FAMILY PACKS</p> <ul style="list-style-type: none"> Monday Pizza Pack Combo Tuesday Sandwich Pack Wednesday Chef Creation* Thursday Pasta Pack <p><small>*Changes Weekly - Check our Facebook Page</small></p>
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BABY ANNOUNCEMENTS

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BABY BOY BORN ON SUNDAY, MAY 30, 2021 TO: VICTORIA AND FRANK AGUON III MINOT, ND

BABY BOY BORN ON FRIDAY, JUNE 04, 2021 TO: TIFFANY AND JONATHAN HAWKINS MAFB, ND

If you want to put a photo of your baby in the Northern Sentry, send it to nsads@srt.com. Please include your name and the birth date of your baby. Baby listings will come from Trinity.

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CMSGT. THOMAS RETIREMENT CEREMONY
The retirement Ceremony of CMSGt. Detrick Thomas June 4, 2021 at Minot Air Force Base, North Dakota.

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NODAK ARMS

OUTDOOR

REPORT

OUTDOOR NOTES:

PATRICIA STOCKDILL

Lake Sakakawea elevation, June 7: 1,835.19 feet above mean sea level (MSL); 22,500 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,448.12 feet above mean sea level (MSL).
Stump Lake elevation: 1,448.05 MSL.

•N.D. Game & Fish Dept. game wardens: No Lake Sakakawea or north-central area lake reports.

•Devils Lake, Ed's Bait Shop, Devils Lake: Fair to good for walleye with lots of activity on the north end of Creel Bay using slip bobbers and leeches. Also try Scooter's Point on the main lake. East Bay somewhat slow but Mike's and Chain lakes continue producing walleye. Access becoming difficult, however, with low water. Good white bass activity from shore.

•Devils Lake, Woodland Resort, Devils Lake: Continued fair walleye success in shallow water using slip bobbers. Also try switching to spinners and nightcrawlers or jigging along the bridges and locating weed beds. Good white bass success from shore.

•Lake Darling, Karma C-Store, Ruthville: Fair walleye success at Grano with some activity on the Souris River near Upham. Also try Baker's Bridge on the river.

•Lake Metigoshe, Four Seasons, Bottineau: Bluegill starting to bite from the shallows. Continued walleye and pike success.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Fair but spotty and inconsistent for walleye on the east end of Lake Sakakawea. Try a variety of depths and move around using jigs or Lindy rigs and nightcrawlers or leeches. Lake Audubon continues producing nice walleye and smallmouth bass.

•Lake Sakakawea, Indian Hills Resort, Garrison: Water temperatures warming with bite switching to nightcrawlers or leeches in 13 to 25 feet for walleye. Move around with no specific locations yet. Smallmouth bass quite active throughout the

- Check local fire restrictions when camping, etc.
- June 12: Nat'l. Marina Day, Fort Stevenson State Park, Garrison, 1 p.m., deTrobiand Marina open house, kiddie boats, rain gutter regatta, and minnow races.

TOURNAMENTS:

- June 11 & 12: Lake Sakakawea, New Town Marina.
- June 12: Devils Lake, Spirit Lake Casino: Devils Lake.
- June 18: Devils Lake, Grahams Island State Park.
- June 19: Lake Sakakawea, Fort Stevenson State Park; Lake Sakakawea, Parshall Bay, Devils Lake, 6-Mile Bay.
- June 20: Lake Sakakawea, Fort Stevenson State Park.
- June 25 & 26: Devils Lake, Grahams Island State Park.

area.

•Lake Sakakawea, New Town: Walleye bite remains slow from Deepwater Bay to Van Hook Arm with occasional, scattered fish at best. Better activity remains in the river portion from New Town west.

•Lake Sakakawea, Van Hook Bait & Tackle, New Town: Walleye bite remains tough with scattered success at best yet. Move around and try a variety of baits and presentations in a variety of depths.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Continued fair to good for walleye from New Town west to White Earth Bay on the upper end of Lake Sakakawea, including Antelope Flats. Try 12 to 15 feet with nightcrawlers and spinners. Areas from Little Beaver Bay to the west are still muddied up.

Missouri and Yellowstone rivers continue producing nice catfish. Trenton Lake slowed for crappie but improving for walleye and pike. Blacktail Dam fair for bluegill on bedding areas. Try slip bobbers in low light morning and evening hours for walleye.

•Lonetree WMA area lakes, Harvey: Clear Lake fair for walleye. Antelope and Goose lakes quiet. Fair to good walleye success on Stober and Hurdsfield-Tuffy lakes with increasing activity throughout many area lakes.

N. D. rivers, river stage & streamflow:

- North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Reports from limited from area lakes and the Souris River.
- Little Missouri River, Long X Bridge: Streamflow, 77.8 CFS.
- Missouri River, Williston: River stage, 19.29 feet.
- Missouri River, Washburn: River stage, 9.68 feet.
- Souris River, Bantry: River stage, 1.16 feet; streamflow, 0 CFS.
- Yellowstone River, Sidney, Mont.: River stage, 9.12 feet; streamflow, 27,600 CFS.

Numbers to know:

- N.D. Game and Fish Dept., main Bismarck office: (701) 328-6300, website: (<http://gf.nd.gov>).
- Report All Poachers: (800) 472-2121 or (701) 328-9921.

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Cooperatives donate \$30,000 to Glenburn Fire Dept. that burned down

VERENDRYE ELECTRIC COOPERATIVE

Six cooperatives joined forces to donate \$30,000 on May 19 to help a rural fire department rebuild after a fire destroyed its station.

"I am absolutely impressed with how the electric cooperatives are doing this," said Glenburn Fire Chief Michael Overton. "I don't know that I can express how appreciative we are. Everyone on the fire department is appreciative."

Overton, a member of Verendrye Electric Cooperative who lives north of Minot, commands a department with 20 volunteers that covers 165 square miles in parts of four counties.

The fire district protects rural members of Verendrye Electric Cooperative and North Central Electric Cooperative. There are also six substations within a 10-mile radius of Glenburn owned by Central Power Electric Cooperative and several miles of power lines.

The unthinkable happened on March 6 when a fire destroyed their building and most of their vehicles and equipment. Since then they have been using a building owned by a construction company rent free and have received donated vehicles and equipment.

"Our job is public safety and with losing everything in a fire it's a real kick in the gut if we

can't provide the services we need to keep our communities safe," Overton said.

North Central Electric Cooperative, Verendrye Electric Cooperative and Central Power Electric Cooperative provided donations that were matched by Basin Electric Power Cooperative and CoBank. Cooperative Finance Corp. also matched the donation made by Central Power.

"We're here in farm country, conditions are dry, fires can get out of control quickly and we need to have those fire

departments," said Wayne Martian, manager of North Central Electric Cooperative.

Erin Laverdure, Project Coordinations Representative with Basin Electric, a generation and transmission cooperative, said Basin was happy to help with matching funds.

"Basin Electric is a cooperative formed by cooperatives and we are here to support them. When they thrive, we thrive so it's a real natural connection," she said.



Glenburn Fire Chief Michael Overton, accepts a check for \$30,000 from Wayne Martian, manager of North Central Electric Co-op. The money was donated by North Central Electric Cooperative, Verendrye Electric Cooperative and Central Power Electric Cooperative, with matching funds provided by Basin Electric Cooperative, CoBank and Cooperative Finance Corp. Others pictured include cooperative managers and volunteer firefighters.



ND-021 Magic City Composite Squadron (Minot)
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All About Pets



Protecting your Pet from the Summer Heat

Summer in North Dakota is already off to a great start! It's now the perfect time to go outside and get active with your pet. But with the temperature reaching record highs so early in the season, it's important to take extra precautions to protect your four-legged friend. Since dogs are unable to sweat and cool down through panting only, here are a few things you can do to help them stay cool so you can all enjoy some fun in the sun:

- Stay off of hot pavement—if it will burn your feet, it will burn their paws. Try to take your dog for walks in the early morning or evening. Not only will the temperature be cooler, but the pavement won't be as hot. You can also opt to take them on walks through wooded forests or on dirt or grass paths. Some pet owners may use "dog shoes" when there's no other option, but most pets will probably not find this comfortable.
- Water your dog—yes, you read that right. Not only is important to have a constant supply of fresh, cool water when outside on a hot day, but it can be beneficial to literally water your dog! Fill up a kiddie pool and throw in their favorite ball, turn on the sprinklers, take your dog to a lake or creek, or grab the sprayer and hose them down. Not only are these fun ways to enrich your dog, but they will keep body temperature down so everyone's happy. If your dog doesn't like water, you can slowly work up to it through desensitization and counter-

conditioning, or you can just provide them with a shaded area or leave them inside.

- Never leave your dog in the car—does this need to be said anymore? It still happens often, so yes. If you can't take your dog inside wherever you're going, leave them home. If you can't find a fully shaded parking spot and leave the AC on full blast, leave them home. If you're going to be gone for an extended period of time, leave them home.

- Find indoor activities—sometimes it's too hot for anyone, pets or parents alike, to be outside. To keep your dog busy on days like this, try getting creative with your indoor activities. You can play tug of war in the living room, let them watch dakrats scurry by out the window, play hide and seek, work on some training... the possibilities are endless. If you really want to get out of the house, there are many dog-friendly businesses where you can bring your pet inside. Any pet stores, Tractor Supply Co., and Hobby Lobby are a few favorites. (Be sure to call your location first before bringing any pets in, and make sure they're mindful of their manners!)

Despite all our efforts, dogs are still at risk for heat stroke on a hot day. Watch out for excessive panting, confusion, vomiting, bright red gums, lethargy, body temperature over 104 degrees, and collapse, seizure, or coma. Take your pet to the vet immediately if you suspect they have excessive heat stress.

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Minot AFB CY 2020 Consumer Confidence Report (CCR)

Minot AFB is pleased to provide you the 2020 Consumer Confidence/Water Quality Report. This report complies with the notification requirements found within 40 CFR 141, *National Primary Drinking Water Regulations* and Air Force Instruction 48-144, *Drinking Water Surveillance Program*. The Minot AFB water system is considered a continuous water system with the City of Minot and as such all water quality data included in this report was collected and furnished by the City of Minot's Water Treatment Plant.

Terms for this Report

AL (Action Level): The concentration of a contaminant, if exceeded, triggers treatment or other requirements which a water system must follow.

MCL (Maximum Contaminant Level): The highest level of a contaminant that is allowed in drinking water.

MCLG (Maximum Contaminant Level Goal): The level of a contaminant in drinking water below which there is no known or expected risk to health.

MRDL (Maximum Residual Disinfection Level): The highest level of disinfectant allowed in drinking water. There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants.

MRDLG (Maximum Residual Disinfectant Level Goal): The level of a drinking water disinfectant below which there is no known or expected risk to health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contaminants.

ND (Not Detected): Or below the detectable level of the test procedure.

NTU (Nephelometric Turbidity Units): A measure of how clean the water is, caused by suspended matter in the water.

pCi/l (picocuries per liter): A measure of radioactivity in water

ppm (Parts per million) or mg/l (Milligrams per liter): one part by weight of analyte to 1 million parts by weight of the water sample. Roughly equivalent to one drop per 10 gallons of water or one minute in two years.

ppb (Parts per billion) or µg/l (Micrograms per liter): one part by weight of analyte to 1 billion parts by weight of the water sample. Roughly equal to one drop in ten thousand gallons of water or one minute in two thousand years.

TT (Treatment Technique): A required process intended to reduce the level of a contaminant in drinking water.

We are pleased to report that Minot AFB's drinking water is safe and meets all state & federal requirements

Table: Detected Regulated Contaminants						
Contaminant	MCLG	MCL	Level or Range	Date Tested	Violation	Source of Contaminant
INORGANIC CONTAMINANTS						
Arsenic (ppb)	0	10	1.74	3/16	No	Erosion of natural products; runoff from orchards; runoff from glass and electronics production wastes
Barium (ppm)	2	2	0.00433	3/16	No	Discharge of drilling wastes; Discharge from metal refineries; Erosion of natural deposits
Chromium (ppb)	100	100	1.37	3/16	No	Discharge from steel and pulp mills; Erosion of natural deposits
Fluoride (ppm)	4	4	0.72	3/16	No	Erosion of natural deposits; Water additive which promotes strong teeth; Discharge from fertilizer and aluminum factories
Nitrate + Nitrite (ppm)	10	10	0.045	3/20	No	Runoff from fertilizer use; leaching from septic tanks, sewage; erosion of natural deposits
Selenium (ppb)	50	50	1.65	3/16	No	Discharge from petroleum and metal refineries; Erosion of natural deposits; Discharge from mines
DISINFECTION BYPRODUCTS						
Total Haloacetic Acids (ppb)	-	60	13 (8.65-17)	12/20	No	Byproduct of drinking water chlorination
Total Trihalomethanes (ppb)	-	80	46 (39.26-49.45)	12/20	No	Byproduct of drinking water chlorination
DISINFECTANTS						
Chloramine (ppm)	MRDLG 4	MRDL 4.0	3 (2.09-3.18)	3/20	No	Water additive used to control microbes
OTHER CONTAMINANTS						
Copper (ppm)	1.3	AL=1.3	0.039 90 th % Value	8/18	0 Sites Exceeded AL	Corrosion of household plumbing systems; erosions of natural deposits; leaching from wood preservatives
Lead (ppb)	0	AL=15	4.56 90 th % Value	8/18	0 Sites Exceeded AL	Corrosion of household plumbing systems
Total Coliforms	0	5% of monthly samples	2%	10/20	No	Naturally present in the environment

WHERE DOES OUR WATER COME FROM?

The City of Minot has two sources of water: the Minot Aquifer and the Sunde Aquifer. The Minot AFB water system is considered a continuous water system with the City of Minot and as such is sourced from the same locations. The Minot Aquifer follows the Souris River in the local vicinity, and the associated source wells are located in the valley to the west of Minot. The Sunde Aquifer comes from the north, travels under Minot, then turns and flows southeast to the county line. The associated source wells are about five miles southeast of town where the aquifer passes under the Souris River. The Minot Water Treatment Plant is located beside the Souris River at: 900 16th Street SW, Minot ND 58701.

THE SAFE DRINKING WATER ACT

The Safe Drinking Water Act (SDWA) was first passed in 1977. It was amended in 1986 and again in 1996. As part of the 1996 amendments, all customers must receive a report on the quality of their drinking water.

This report covers the calendar year 2020. The results provided represent the latest tests performed on our water. Also included are pertinent subjects such as water sources, water quality and a description of terms used.

Some people may be more vulnerable to contaminants in drinking water than the general population. Immunocompromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/Centers for Disease Control (CDC) and Prevention guidelines on appropriate means to lessen the risk of infection by Cryptosporidium and other microbial contaminants are available from the Safe Drinking Water Hotline at (800-426-4791).

All regulated substances which have been detected in our water are listed in the table provided on the front of this report. All are well within the established limit.

Unregulated contaminants are those for which EPA has not established drinking water standards. The purpose of unregulated contaminant monitoring is to assist EPA in determining the occurrence of unregulated contaminants in drinking water and whether future regulation is warranted.

In 2018, the City of Minot was required to test for lead and copper. If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. The City of Minot Water Treatment Plant is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components.

Use water from the cold tap for drinking and cooking. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking. If you are concerned about lead in your drinking water, you may wish to have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline or at <http://www.epa.gov/safewater/lead>.

WELLHEAD PROTECTION

The City of Minot, in cooperation with the North Dakota Department of Environmental Quality, has completed the delineation and contaminant/land use inventory elements of the North Dakota Source Water Protection Program. Based on the information from these elements, the North Dakota Department of Environmental Quality has determined that our source water is "moderately susceptible" to potential contaminants. Copies of the Wellhead Protection Program plan and other relevant information regarding this program can be obtained from City of Minot Engineers Office or Public Works during normal office hours.

A FEW WORDS ABOUT WATER QUALITY

The sources of drinking water (both tap water and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs, and wells. As water travels over the surface of the land or through the ground, it dissolves naturally-occurring minerals and, in some cases, radioactive material and can pick up substances resulting from the presence of animals or from human activity.

Contaminants that may be present in source water include:

Microbial contaminants such as viruses and bacteria, which may come from sewage treatment plants, septic systems, agricultural livestock operations, and wildlife.

Inorganic contaminants such as salts and metals, which can be naturally-occurring or result from urban storm run-off, industrial or domestic wastewater discharges, oil and gas production, mining, or farming.

Pesticides and herbicides which may come from a variety of sources such as agriculture, storm water runoff, and residential uses.

Organic chemicals including synthetic and volatile organic chemicals, which are by-products of industrial processes and petroleum production and can also come from gas stations, urban storm water run-off and septic systems.

Radioactive materials which can be naturally occurring or be the result of oil and gas production and mining activities.

In order to ensure that tap water is safe to drink, EPA prescribes regulations that limit the amount of certain contaminants in water provided by public water systems. Food and Drug Administration (FDA) regulations establish limits for contaminants in bottled water which must provide the same protection for public health.

Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate the water poses a health risk. More information about contaminants and potential effects can be obtained by calling EPA's Safe Drinking Water Hotline (800) 426-4791.

If you have questions regarding this report, please contact 5 OMRS/SGXJ Bioenvironmental Engineering at 723-5151.

You may also attend the Minot City Council Public Works Committee meetings if you have concerns about water quality. Meeting times and dates can be obtained by contacting the City Clerk's office at (701) 857-4752.

If you are aware of non-English speaking individuals who need help with the appropriate language translation, please call (701) 852-0333.

The Safe Drinking Water Act and the Environmental Protection Agency deal primarily with the health aspects of water. There are a number of additional constituents common in all ground water in which most people are interested. Among these are minerals, most of which are beneficial, which can impact aesthetic qualities. As the City of Minot has 15 different sources these components can vary. An estimated average of these components are provided below.	
Hardness	144 mg/l 8.4 grains per gallon
Total dissolved solids	978 mg/l
Conductivity	1260 umhos/cm
Sodium	218 mg/l
pH	9.0
Calcium	70 mg/l
If you wish to obtain more information please call the Minot Water Treatment Plant at (701) 857-4760.	

YOUTH IN ACTION

Preventing Summer Slide



RACQUEL LABADIE, GS-11
SCHOOL LIAISON SPECIALIST
CHILD AND YOUTH EDUCATION SERVICES



Traditionally, the end of the academic year signals the beginning of summer camps and long hours at the pool for students. While the fun in the sun activities take place, parents express concern behind the scenes that academic skills begin to decline with each passing summer day. This decline in reading and math skills is often termed summer slide. For military-connected students, this time of year often adds a different experience. Summer means packing the house and moving across country or an ocean to settle in at a new duty location. These students follow their active-duty parent to wherever the military determines is their next home and may miss opportunities for summer camps and extended hours at the pool. Unfortunately, what they do not miss in a PCS summer is the summer slide conundrum. Military-connected students may not see a decline of academic skills because they were playing by the pool, but rather because they were in a car or plane relocating to a new home. For them, the summer slide becomes the PCS slide." Amanda Trimillos, Season of My Military Student. There are plenty of recommendations on how parents can avoid the summer slide. In regards to reading retention, the best way to avoid a decline is to

ensure students have access to books and other reading materials. The base library will run the Summer Reading Program which is an incentive based program and offered at most base libraries, contact the library at 701-723-3344 for more information. To support math retention ensure students are practicing math with every days skills such as helping to create a grocery list and budget, measuring ingredients during baking, or figuring out the tip while at a restaurant. For older students, they may consider having a summer job or tutoring younger students in a subject they have mastered. Encourage students to spend time outside and without screens, discussing nature and building real world connections with peers. In the local area numerous on and off base agencies will be holding summer camps that support academic retention. Minot Public Schools, the Taube Art Museum, Minot Parks District, Full STEAM Ahead, Roosevelt Park Zoo, ND State Parks, 4H, Youth Center, and the YMCA are just a few of the local options for summer camps and classes. For more information on ways to prevent the summer slide or local summer enrichment opportunities, contact the School Liaison at 701-723-1447, mafb.school.liaison@us.af.mil

Share Your Summer Memories
With the Northern Sentry

We want to see and hear about your family adventures from Summer Break!

Become your own reporter and submit a photo and "Summer Fun Report" to help us share all of the wonderful summertime activities that Minot has to offer. Let us create scrapbook memories for you to cherish for years to come. Just send us your favorite photos, a headline, and a caption to tell us more.

SUBMIT by e-mail: nsads@srt.com or tag us in a Facebook Post or send us a FB message!

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Universal Studios vacation announced as grand prize for 'Military Kids Have Talent'

Deadline extended to June 25

THE ELIZABETH DOLE FOUNDATION

The Elizabeth Dole Foundation announces the return of its "Military Kids Have Talent" contest, spotlighting the incredible talents of America's military and veteran kids. Children, grandchildren, and survivors of service members and veterans are encouraged to take a recording of their best talent and have an adult submit it before the June 25 deadline. Actor Jocko Sims will host a virtual broadcast of the entries and America will have the chance to vote on the military kid with the best talent. This year, the grand prize winners for each of the six categories will receive a FREE three-night family vacation for four to Universal Studios in Orlando, Florida. Hotel accommodations and airfare are provided.

"Military Kids Have Talent was so nice we had to do it twice," said Jocko Sims in a video. "Our goal here is simple: We want to celebrate all the incredible and unique talents our country's military and veteran kids and survivors have to offer."

The Foundation created the contest last year to highlight these extraordinary young people during a time when many milestones and celebrations were cancelled due to COVID-19. As a result of

the amazing success of last year's show, the Foundation is thrilled to showcase the hidden talents of America's military kids once again.

"Military families raise children who are very mature and compassionate for their age. We understand many grow up faster because of the nature of being a military kid," said Steve Schwab, CEO of the Elizabeth Dole Foundation. "The COVID-19 crisis continues to affect children and their families who face uncertainty and are stressed. We want to give them a chance for kids to be kids and make cherished memories for them and their families."

Who can participate?
 • Talent contest participants must be the child, survivor, or family member of a military service member or veteran and be 18 years old or younger. Groups are welcome to participate if each member of the group is the child or survivor of a military service member or veteran.

• The general public is invited to participate during the watch party by viewing submissions and voting for their favorite talent.

How will "Military Kids Have Talent" work?

• Contest participants will choose their talent, and with the help of their parents, record a video of their performance. Videos must be no longer than two minutes.

• Entries will be submitted at www.hiddenheroes.org/talent. This portal also includes release forms that participants will need to sign as well.

• After the June 25 deadline, all videos will be compiled into a show that will be broadcast as a watch party for families and friends.

• During the watch party, family and friends will be able to cast vote(s) for their favorite talents.

• After the votes are tallied, the Foundation will host a finale to announce the top winners.

What is the deadline?
 • Videos must be submitted by Friday, June 25, 2021, at 11:59 p.m. EST.

For more specific entry instructions, please visit www.hiddenheroes.org/talent. If you are interested in connecting with a member of the Foundation's leadership team, please contact Austin Courtney at Austin@elizabethdolefoundation.org.

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MINOT AIR FORCE BASE

Finest

TSGT. JOHANN GONZALEZ
 5th Security Forces Squadron recently won the 2021 Huddle Outstanding Leadership NCO Category. "Tsgt. Johann Gonzalez is also known as the 'Hype Man.' He's focused and smiling, ready to take action. He makes the Airmen feel like they are a part of something great and that they are vital to the success of the mission."

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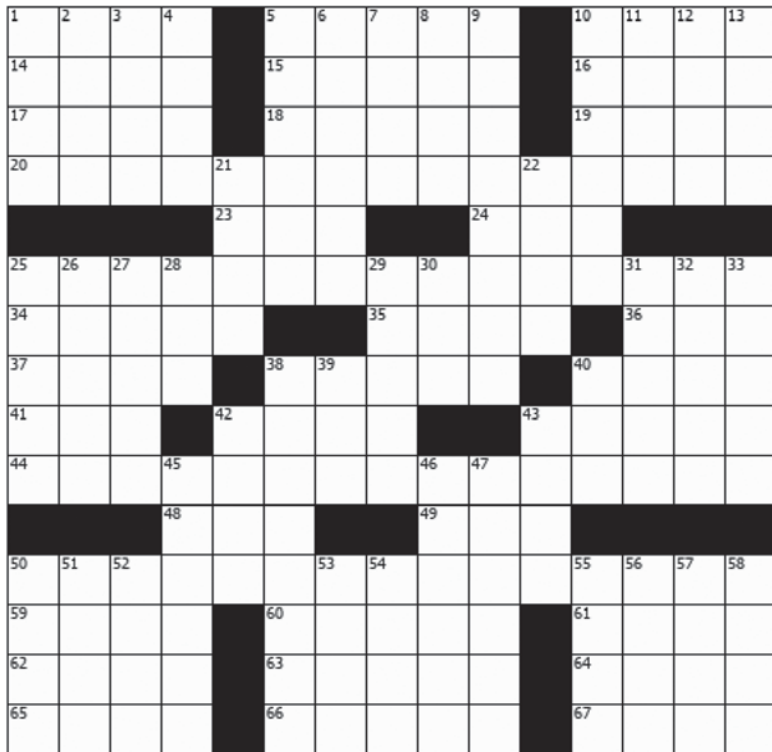
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CROSSWORD PUZZLE

Across

- 1. What's more
- 5. Florida seaport
- 10. "Reflections on Ice-Breaking" poet
- 14. Word between in and of
- 15. Certain woodwinds
- 16. "A-Tisket, A-Tasket" first name
- 17. Important time periods
- 18. They could be hard to swallow
- 19. Magic wand feature
- 20. Spade
- 23. ___ out a living
- 24. "Do the Right Thing" pizzeria owner
- 25. Diamond
- 34. Buzzing, as with excitement
- 35. Syngman of Korea
- 36. Sovereign symbol
- 37. "Cheers" bartender Woody
- 38. Burn with steam, e.g.
- 40. Barbed remark
- 41. ___ Jima
- 42. Relative of etc.
- 43. Joker portrayer Romero
- 44. Club
- 48. Sports legend Bobby
- 49. Word with cold or loud
- 50. Heart
- 59. Code lead-in
- 60. Not on all fours
- 61. Something to pass
- 62. Skyrocket
- 63. Kidney-related
- 64. Color for a little boy
- 65. Descry
- 66. Skier's challenge
- 67. Appear



Down

- 1. Some are stout ones
- 2. Foreign currency of old
- 3. Line of clothing?
- 4. Expel
- 5. Capital of Kansas
- 6. One who waits
- 7. Source of a leak
- 8. Neanderthal's wear
- 9. Did a taxing task?
- 10. Hershey rival
- 11. Prefix meaning "high"
- 12. Pole, e.g.
- 13. Tortoise's victim
- 21. Mend
- 22. Word with man or dweller
- 25. Former undersecretary of state Philip
- 26. "Life is Just ___ of Cherries"
- 27. "Oh, ___ don't!"
- 28. Young ibex
- 29. Medical student's hurdles
- 30. Org. for Sharks and Penguins
- 31. Kind of pollution
- 32. Word with blight or guerrilla
- 33. Movie critic Roger
- 38. Swizzle sticks, e.g.
- 39. Recyclable item
- 40. Lapidarist's item
- 42. Raison d'___
- 43. Spoils shares
- 45. Public lead-in
- 46. Cobbler's piece
- 47. Steal livestock
- 50. Grammatical category
- 51. Love deified
- 52. Minimal high tide
- 53. City south of Moscow
- 54. Quicky-marriage locale
- 55. Peters out
- 56. It has banks in Africa
- 57. Popular board game
- 58. Kind of sch.

SUDOKU

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

Solution to puzzle on page C6

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CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

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

REEL TIME THEATER MOVIE SCHEDULE

FRIDAY, JUNE 11 • 1900
THOSE WHO WISH ME DEAD (R)

SATURDAY, JUNE 12 • 1900
SPIRAL: FROM THE BOOK OF SAW (R)

SUNDAY JUNE 13 • 1300
ALADDIN (PG)

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.

Chapel Services at MAFB
 Protestant
(North Plains Chapel in Base Housing)
Sunday Community Service
 1030 a.m.
 (Holy Communion 1st Sunday)
 Children's Church during school year

Catholic Mass (Northern Lights Chapel across from Rockers)
 Sunday 1000
 Daily Monday-Thursday at 1200

St. Peter The Aleut Eastern Orthodox Church

109 6th St. SE
Minot • 838-3094

Saturday, June 12
 Vespers, 5 PM

Sunday, June 13
 Holy Liturgy, 10AM

V. Rev. Fr. Paul Hodge

Break Forth Bible Church

Thursdays 7:00pm
 and Sundays 10:30am

1821 W Burdick Expressway

For More Information:
 701.353.9337 | www.bfbc.tv

Trinity Church

An Evangelical Free Church
 3500 4th St. SW • 839-5127
 (Just North of Super Wal-Mart)

Sunday School
 & Fellowship 9:00 a.m.
 Worship 10:30 a.m.

www.trinitychurchminot.org

Bible Fellowship Church

Worship Service at 10:45am Sundays
 Sunday School at 9:45am

1720 4th Ave NW, Minot
838-0916

MinotBibleFellowship.org

Faith United Methodist Church

5900 Highway 83 N, Minot
www.faithumcminot.com

Pastor Ken Mund
701-838-1540

Sunday School (All Ages): 9:45 a.m.
 Sunday Coffee Fellowship: 10:30 a.m.
 Worship Services: Sunday 11 a.m.

Minot Baptist Church

Sending the Glorious Light of Jesus Christ to a Dark and Needy World

Sunday School 9:45 a.m.
 Morning Worship 11:00 a.m.
 Evening Worship 6:00 p.m.
 Wednesday Evening..... 7:00 p.m.

Independent/Fundamental/KJV
500 46th Ave NE • 839-1351
 Pastor David Miller

Cornerstone Presbyterian Church

1000 NE 3rd Street
852-0315

Sunday Schedule
 Contemporary Worship 9:00am
 Sunday School (All Ages) 10:00am
 Traditional Worship 11:00am

Wednesday Evening Schedule
 Community Dinner 5:30-6:30pm
 Contemporary Worship 6:30pm
 Youth Group & Small Groups.. 7:15pm

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 8:15, 9:30, & 11:00 am
 Sunday School
 Age 4 - Grade 12
 9:30 am (Sept-May)
 Adult Bible Study
 9:30 am

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 Missouri Synod

Sunday Worship
9:30 AM

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Sundays:
 Worship..... 10:00 am

Wednesdays:
 Soup Kitchen 11:30 am

Brian T. Skar, Pastor
www.ibcminot.org

Apostolic Faith Church, UPCI

2929 19th Ave NW • Minot
 Located off Hwy 83 Bypass West
(701) 838-0609

Saturday School 2:00 p.m.
 Sunday Worship 3:30 p.m.
 Wednesday Bible Study 7:30 p.m.

Jesse Starr, Pastor

St. John the Apostle Catholic Church

2600 West Central Ave • Minot, ND 58701
839-7076

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.

Fr. David A. Richter, Pastor
 Parish website: www.stjohnminot.com

First Lutheran Church - ELCA

120 5th Ave. NW
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Sunday Worship
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www.firstlutheran.tv
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 Sunday 9:30 am
www.flcminot.com

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Anna B. Henderson

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Home: 701-838-5759
KHRT 1320: 9 a.m. Sunday

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.

First Assembly of God

1805 2nd St. SE
838-1111

Morning Worship 8:30 a.m.
 Sunday School 10 a.m.
 Morning Worship 11 a.m.
 Wednesday Family Night..... 6:30 p.m.

First Baptist Church

200 3rd St. SW • 852-4533
www.fbcminot.org

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.

Rev. Kent Hinkel, Senior Pastor
Rev. Barry Seifert, Associate Pastor
Pastor Sam Kautzmann, Student Ministries
Elaine Carlson, Children's Ministry Director

Cross Roads Baptist

Southern Baptist Convention

Sunday School (all ages) 9:45 a.m.
 Sunday Worship 11 a.m. & 6:30 p.m.
 Wednesdays (Prayer & Missions) ... 6:30 p.m.

www.minotrcbc.org
email: minotrcbc@gmail.com
Dr. Bob Farmer- Pastor

415 28th Ave SE (Behind Menards)
838-1873

West Minot Church of God
 Family Worship Center

1105 16th St. NW • 839-1407

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

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Minot AFB, N.D. – 1Lt, Joshua Trosen from the 5th Aircraft Maintenance Squadron, has been appointed the Summary Court Officer (SCO) for the estate of **A1C Johnathan E. Drake, 5th Aircraft Maintenance Squadron**. All claims for or against the estate of the deceased must be submitted to the SCO. For more information, call 1Lt Joshua Trosen at 218-536-0189.

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DVD Movies, Partial List. Questions
Call 701-626-2712.

tfn

SUDOKU SOLUTION

Puzzle on page C8

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

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rotate & vary

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June 18

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attached garage-with floor
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June 18

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June 4



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MINOT AFB ANNOUNCEMENTS

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COLUMBIA COLLEGE

For nearly fifty years Columbia College has offered educational opportunities to the military and is proud to establish our newest location here, at Minot AFB. Founded in 1851, Columbia College is a private, nonprofit liberal arts and sciences college that serves approximately 18,000 students annually and is proudly recognized by numerous organizations as a Military Friendly institution of higher education. Check out our website (ccis.edu) for the list of organizations that recognize the hard work the college puts in to serve those who serve our country and their families. With 29 online degrees the college is working to offer classes this summer on the installation. In the meantime you can choose your mode of education from strictly online classes to in-person ZOOM synchronous classes. Chose from the many associate, bachelor, or master's degree programs available and know your degree can be completed at Minot or anywhere you have internet connectivity or explore in-seat opportunities if you re-locate near one of our 30 locations nationwide. Fully accredited by the Higher Learning Commission (HLC) we are delighted to establish this location at Minot. Come talk to us at the education center and explore your options for your next step down the path to your educational goal. We are located in Room 219 or call (701) 727-8386.

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MINOT STATE UNIVERSITY

Minot State offering face-to-face classes at Minot Air Force Base. Minot State University is excited to again offer face-to-face classes at the Minot Air Force Base starting with the Summer 2021 semester. The Summer 2021 semester begins June 1 and finishes July 29 with registration currently open. MSU at the Minot Air Force Base will also have three sessions of face-to-face classes in Fall 2021. Those three sessions are Aug. 23 to Dec. 17, Aug. 23 to Oct. 14, and Oct. 18 to Dec. 19. There is no application fee for active-duty military personnel. Military personnel can complete their Community College of the Air Force (CCAF) degree and earn a bachelor's degree from Minot State. For more information, contact Brigitte Mikula at 701-727-9044 or by email at Brigitte.mikula@minotstateu.edu

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WHAT'S GOING ON MAFB

FRIDAY 11

- Registration ends for Wine & Paint at the Arts & Crafts Center
- HIIT Strength and Conditioning, 0530, Fitness Center
- TAP (DoL) – Employment Workshop, 0800-1600, A&FRC
- Spouses Corner, 0900-1000, A&FRC, In-Person and Zoom Meeting
- Cycle, 1630, Fitness Center
- Friday Fun Member Snacks, 1630-1830, Rockers Bar & Grill
- Club Member Benefit, 1700-1900, Rough Rider Lanes
- Karaoke Night, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

MONDAY 14

- HIIT Strength and Conditioning, 0530, Fitness Center
- Lean Six Sigma Tools & Techniques Class, 0800-1500, Education Center Room 215, Hosted by Manpower
- Stroller Fitness Bootcamp, 1000, Fitness Center, Outdoor Track
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Cycle, 1630, Fitness Center, Outdoor Track
- Craft Club, 1800, Minot AFB Library
- Wine & Paint Class, 1800-2000, Arts & Crafts Center
- Swerk, 1930, Fitness Center

UPCOMING EVENTS

FRIDAY 18

- Registration ends for the Acrylic Paint Pouring Class at the Arts & Crafts Center
- Registration ends for the Match Play Tournament at the Rough Rider Golf Course
- HIIT Strength and Conditioning, 0530, Fitness Center
- Spouses Corner, 0900-1000, A&FRC, In-Person and Zoom Meeting
- Friday Fun Member Snacks, 1630-1830, Rockers Bar & Grill
- Club Member Benefit, 1700-1900, Rough Rider Lanes
- Magic The Gathering Chaos Draft, 1800, ESC
- Swerk, 1830, Fitness Center
- Karaoke Night, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

SATURDAY 12

- Minot AFB History Walk begins at the Minot AFB Library
- Registration ends for Pride of America Golf Scramble at the Rough Rider Golf Course
- Summer Reading Program begins at the Minot AFB Library
- Summer Reading Program Competitions begin at the Minot AFB Library
- Summer Reading Program Squadron Contests begin at the Minot AFB Library
- Cycle, 0900, Fitness Center
- Summer Reading Program Kick-Off Party, 1300, Minot AFB Library
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

TUESDAY 15

- Registration ends for the Team PT Challenge at the Fitness Center
- Registration ends for the Magic The Gathering Chaos Draft at ESC
- Lean Six Sigma Tools & Techniques Class, 0800-1500, Education Center Room 215, Hosted by Manpower
- Moving Out of the Dorms Budget Class, 0900-1030, A&FRC
- Game Day, 1000-1930, Minot AFB Library Facebook Page
- Modern Civilian Resume Workshop, 1400-1600, A&FRC
- Magic The Gathering Commander Night, 1800, ESC
- Swerk, 1930, Fitness Center

SATURDAY 19

- Match Play Tournament, 0730, Rough Rider Golf Course
- Pre-Father's Day Bowling Special, 1600-1900, Rough Rider Lanes
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

SUNDAY 13

- Golf Ball Sale begins at the Rough Rider Golf Course
- Pride of America Golf Scramble, 0900, Rough Rider Golf Course
- Zumba, 1400, Fitness Center

WEDNESDAY 16

- HIIT Strength and Conditioning, 0530, Fitness Center
- Lean Six Sigma Tools & Techniques Class, 0800-1500, Education Center Room 215, Hosted by Manpower
- Bundles for Babies, 0900-1030, A&FRC
- Pre-Deployment/Remote Readiness Training, 1000-1100, A&FRC, Zoom Meeting
- Story Time, 1030, Minot AFB Storytime Club Facebook Group
- NAF HR Job Fair, 1100-1300, Rockers Bar & Grill, hosted by NAF HR
- Team PT Challenge, 1130, Fitness Center
- Cycle, 1630, Fitness Center
- Yoga, 1830, Fitness Center

ONGOING

- The status and location of Minot Air Force Base events are subject to change due to base restrictions.
- Art Heist Escape Room Game: 19-26 June, Minot AFB Library – Call to schedule an appointment.
- FCC Pre-Orientation: One-on-One Appointments: Family Child Care – Call to schedule an appointment.
- DELIVERY OPTIONS (Hours subject to change)
Bomber Bistro: Monday-Friday 1630-2030

WE ARE HIRING
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THURSDAY 17

- Pre-Separation Counseling, 0830-1130, A&FRC, In person and Zoom Meeting
- Stroller Fitness Bootcamp, 1000, Fitness Center, Outdoor Track
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Cityscapes Charleston Special Lunch, 1030-1330, Dakota Inn Dining Facility
- Thrift Savings Plan for Military Members, 1300-1500, A&FRC
- Kids' Night, 1530-2030, Bomber Bistro
- Have a Ball League, 1800, Minot AFB Library
- Zumba, 1830, Fitness Center

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