

northern sentry

FREE | WWW.NORTHERNSENTRY.COM | VOL. 59 • ISSUE 25 | MINOT AIR FORCE BASE | FRIDAY, JUNE 18, 2021



On June 12, 2021, Airmen from Minot Air Force Base, N.D. held a Rainbow Jog & Picnic to celebrate Pride Month. Airmen and civilians were invited to jog a course through the base and show off their support for Team Minot's LGBTQ+ community and then gather for an afternoon of food and fun in the sun. Check out page B2 & B3 to learn about the history of LGBTQ+ in the military and find more Pride events at Minot AFB.

NORTHERN SENTRY PHOTO | ABIGAIL KINDER



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Air Force coins official Maintenance Duty Uniform, adds immediate wear of tactical OCP caps

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ARLINGTON, Va. (AFNS) -- Maintenance Duty Uniform Air Force commanders of units with aircraft maintenance, industrial and other labor intensive Air Force Specialty Codes will have the option to authorize wear of a standardized, maintenance duty uniform, also referred to as coveralls, which may be worn on a day-to-day basis upon publication of the updated AFI 36-2903 anticipated for August 2021.

The career fields authorized to wear the MDU are: 2A, 2F, 2G, 2M, 2P, 2S, 2T, 2W, 3E, 3D, 1P.

“The MDU idea was presented to the 101st uniform board in November 2020 as a way to help increase readiness and timeliness from the work center to the flight line,” said Chief Master Sergeant of the Air Force JoAnne S. Bass. “We are hoping this change will instill a sense of culture and inclusivity for our maintainers who work to keep the mission going 24/7.”

When authorized by commanders, the sage MDU will be unit funded and members will wear the basic configuration consisting of a nametape, service tapes and rank along with the higher headquarters patch on

the left sleeve and a subdued U.S. flag and organizational patch on the right sleeve. The coyote brown t-shirt, OCP patrol or tactical cap, coyote brown or green socks, and coyote brown boots, are worn with the uniform. The MDU will not be utilized for office work environments, non-industrial or non-labor tasking, but is authorized for wear when transitioning from home to duty location and all locations on installations. It must be worn in serviceable condition. Local coverall variants are still authorized but only in work centers and on the flight line.

Tactical OCP Cap

Additionally, immediate wear of some tactical OCP caps is authorized while the Air Force continues the acquisition process to complete this new uniform item. These are not yet available through AAFES.

Current tactical OCP caps may be worn if they are made entirely of OCP material or OCP material with a coyote brown mesh back. No other colors or combinations are authorized. The Velcro or sew-on spice brown name tape will be worn centered on the back of the caps. The only item authorized for wear on the front of the cap is rank for officers.

Officers will wear either pinned, sewn or Velcro spice brown rank insignia centered 1/2 inch on the front of the cap on an OCP background. Air Force first lieutenants and lieutenant colonels will wear black rank. Velcro on the hat should not exceed the size of the insignia. Chaplains may wear the chaplain occupational badge sewn-on and centered 1/2 inch above the visor.

Enlisted members will not wear rank insignia or a subdued flag on the cap, only a name tape on the back of the cap is authorized. The front of the cap must not have any Velcro or other items.

In addition, females are authorized to pull their bun or ponytail through the back of the tactical OCP cap.

Once the acquisition process is complete for the new uniform item, which is expected to take approximately a year, all other caps will be unauthorized.

At this time, Guardians will adhere to the uniform standards of the U.S. Air Force until the U.S. Space Force develops its own policy.

Note: Theater commanders prescribe the dress and personal appearance standards in the theater of operations.

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Where does responsibility start?

SENIOR AIRMAN JOSH W. STRICKLAND,
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MINOT AIR FORCE BASE, N.D. --

But I'll only do it once...
But he didn't do it...
But she said it was okay...
But they told me it wasn't cool...

But. A term used to introduce a phrase or clause contrasting with what has already been mentioned and often used as an escape from one's own personal responsibility.

Although, what exactly is personal responsibility and what does it mean to Airmen serving in today's Air Force? Those are the questions that I sat down and discussed with Chief Master Sergeant of the Air Force Joanne Bass during her trip to Minot Air Force Base on June 1, 2021.

The Air Force teaches us as Airmen three core values that are ingrained into our minds from the first "...so help me God/I affirm," of our oath to this country; Integrity First, Service Before Self and Excellence In All We Do. These core values guide us and give us a foundation for leadership, decision-making and success; but, and there's that pesky word again, but what if you lack personal responsibility?

"We have to take in to account what does integrity, service and excellence mean to us, and somehow internalize that to be our moral compass on what right or wrong is," said Bass.

Personal responsibility is the internal obligation to accept the standards of society and make a conscious personal effort to live by those standards set by society and in our case as Airmen: the Air Force. While the values provide a path and mantra for guidance on our path, the ability to self-actualize your level of personal responsibility is key to success.

In my experience, personal responsibility as it relates to my reason for service and my

personal tie to the core values is as simple as the question: am I doing what is right to further my career while helping those around me?

An obstacle that I am learning to overcome is accepting that hard decisions will have to be made in my life, holding myself to them and helping others while knowing that sometimes they won't align with the internal sense of personal responsibility of other Airmen. This obstacle is quite difficult in regards to that last statement because sometimes what I feel is right may not be exactly what others feel is 'cool'; however overcoming the peer pressure of fitting is always a hurdle for anyone in any circumstance.

Making that hard choice shouldn't only give someone that sense of pride from making the right choice but the choice to do so should come naturally to them. Naturally, in the sense that personal responsibility isn't always an innate ability to choose what is right but is sometimes an earned sense of self that others have to work hard to achieve and maintain. With that being said, personal responsibility comes not only in the form of holding yourself accountable to your own decisions but holding yourself as an Airmen accountable to the fact that your actions and words can influence someone else's decisions.

"We all have an opportunity to influence," said Bass. "My hope as the Chief Master Sergeant of the Air Force is that we influence for good. To help bring each other along and take care of each other."

Members of society have a duty to those around them, more so, Airmen have an obligation to serve as examples in the eyes of their country. That can be hard



Chief Master Sergeant of the Air Force Joanne Bass and Senior Airman Josh Strickland, 5th Bomb Wing Public Affairs Airman, sit down for a conversation on personal responsibility at Minot AFB, ND, on June 2, 2021. 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.



Chief Master Sergeant of the Air Force Joanne Bass visited Minot AFB, ND, in June 2021. 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.

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS SAOMY SABOURNIN

for some and come naturally for others. We owe it to those working hard on that sense of self to not sabotage or influence them in a conflicting manner but rather be present for duty as a wingman, a friend or just a helping hand when they may seem to be straying from that path.

"Going to basic or tech training doesn't automatically make you someone who lives the core values and we all come from different walks of life," said Bass. "I came into our Air Force, and I was taught here are our core values but that doesn't mean that I lived those things out. I had to grow into the person that I am."

What would you do if you saw a friend, a wingman, a fellow Airman or even an acquaintance make a decision that would affect

their responsibility maybe not only to their oath of service but to their own life? What if they chose to drink and drive or you see them make inappropriate comments to their peers. What would you do?

We have a duty to ourselves and to others to lead and influence in a way every day that benefits our Air Force and the brothers and sisters that we serve with. We all took the oath, but that doesn't mean our work ends there. Our work began at the oath, our work began when we decided to pledge to those core values and hold ourselves responsible for the decisions we make and our progress on the path into becoming better people and Airmen.

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Good Gardening

ADVICE

by Marvin Baker

Trellising

It's always a good idea to consider using a trellis for a number of varieties in gardening. As an example, peas should always be trellised. Simply put, you'll get better yields than if they lie on the ground. Tomatoes can be trellised as well, more so to prevent wind damage than yield changes. Any of the vine crops may be trellised as well, if you have the space. Cucumbers, pumpkins, cantaloupe, etc., all "behave" more favorably when they are growing on trellises.

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Walking Out of the Darkness

ABIGAIL KINDER, NORTHERN SENTRY

Chances are you or someone you know has been affected by the tragedy of suicide. In the United States, it is the 10th leading cause of death, claiming the lives of over 47,500 people in 2019. That same year, there were an estimated 1.38 million attempts.

The American Foundation for Suicide Prevention (AFSP) is one of countless organizations in the United States trying to raise awareness for the effects of suicide in order to prevent it and offer support to those who are struggling. Twyla Hofer, Rehabilitation Technician for the North Dakota Department of Vocational Rehabilitation, and her daughter Cellest Hofer, work with the AFSP chapter in Minot year-round to bring awareness to these important issues. They are co-chairs of the Minot Out of the Darkness Community Walk which raises money and offers a venue for support in the local community. Currently, there are about 500 Out of the Darkness Walks that take place nationwide, with nine in North Dakota.

Twyla Hofer's personal experiences with suicide have lit a fire in her to help others who are battling with it. "I have had family members and friends who have died by suicide. What really gave us a push these last couple of years was my oldest daughter—she had a friend that died by suicide when she was about 12 or 13. We were introduced to the Walk at that time. The last five years, my youngest daughter has had lived experience with multiple attempts. So we really immersed ourselves in this walk and providing resources year round."

Suicide attempts often come without warning signs, but they can be a result of mental health problems, substance abuse, Post-Traumatic Stress Disorder, social isolation, and more. That's why the AFSP aims to provide more than just resources relating to suicide. Their mission also involves outside organizations with different specialties that can offer aid to those struggling with suicidal thoughts or support for those who have lost a loved one to it. "We have support from many local organizations and groups so that people know what avenues to take and reach out to. Our mission is to save lives and bring hope to those affected by suicide. We also fund research, provide education, advocacy and improvement intervention, and offer trained clinicians for suicide prevention," said Hofer.

Currently, AFSP is working with the federal government to officially designate "988" as the National Suicide Prevention Hotline. Similar to "911" for emergency assistance, "988" will provide trained professionals who are available 24/7 to offer life-saving resources to those considering suicide.

AFSP's other current goal is



Each year, the American Foundation for Suicide Prevention in Minot, N.D., holds a community walk to raise awareness and support for those affected by suicide. This year's Out of the Darkness Community Walk will be held at Oak Park on Sept. 19, 2021.

TWYLA HOFER PHOTOS

to reduce the annual suicide rate by 20% by 2025. It's important to unite in the cause to fight suicide, and this goal can be achieved with the collaboration of community members and support organizations.

"Around the nation, we join together to provide hope and healing, no matter what stage you're at, and if it's a family member or friend or you're the one struggling, we want to reach out to everyone and let them know that they are not alone. We're all in this together to fight suicide," said Hofer.

Suicide affects many people every day, but with the dedication

of advocates like Hofer and others from the AFSP, and with support events like the Out of the Darkness Walk, hopefully those who are struggling can find the peace they need to live a full, happy life.

The Minot Out of the Darkness Walk will be taking place at Oak Park on Sept. 19, 2021, from 12 p.m. to 3 p.m. CDT. Participants can register individually or as a team and have the option to donate money to the cause.

To learn more about the Minot Out of the Darkness Community Walk or the American Foundation for Suicide Prevention, visit www.afsp.org/minot.

skinny week

Patio Potatoes

About 12 servings of 1&1 calories each

ingredients

- 1 cup sour cream
- 1 can cream of potato soup
- 1 can cream of celery soup
- 1/2 cup half & half
- 1/2 teaspoon pepper
- 32 oz frozen shredded hash browns, thawed
- 1 medium onion, chopped (I use 1 teaspoon onion juice)
- 1 teaspoon salt
- 1 cup shredded cheddar

instructions

- Preheat oven to 350F
- Place thawed potatoes in a 9X13 pan.
- Mix remaining ingredients, except cheddar, and pour over potatoes.
- Sprinkle with one cup shredded cheese.
- Cover and bake for about an hour, or until cheese is bubbly and potatoes are cooked through.
- I mix it all completely before serving, but you can leave it as is in the pan.

SkinnyWeek Weight Management Club is all about lasting weight management. There are no quick fixes in weight loss - it takes time, discipline, and patience. Habit changes can be mentally overwhelming, so it helps to break them down into small, doable tasks.

For the month of June, SkinnyWeek has been assigning daily challenges. These are very small, quick assignments to help members realize how easy the little things really are.

A few examples are:

Drink at least 8 ounces of water with each meal or snack today.

Know what you're having for supper tonight.

If it takes less than two minutes, do it right now! Why make a pile of stuff to file later if you can do it now?

As you've probably noticed, one small accomplishment makes you feel

good, which leads you to do more. This is how habits are developed, and these habits lead to lasting change.

As Abraham Lincoln said, "Discipline is choosing between what you want now, and what you want most."

This is more easily said than done, but SkinnyWeek works hard to keep members engaged and learning about themselves.

They'd love to see you at the next meeting! The schedule and pricing can be found at skinnyweek.com.

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-Cherie

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Airmen of Minot

SENIOR AIRMAN CATHERINE BERNABE AIRCREW FLIGHT EQUIPMENT

Senior Airman Catherine Bernabe works in Aircrew Flight Equipment for the 5th Operations Support Squadron. Originally from California, Bernabe became a member of Team Minot in October 2018.

“Something I like about Minot is the community because there are individuals that go to the extreme extent posting alerts, events, notifications on social media and passing them along by word of mouth so everyone is not left out knowing about the notification,” said Bernabe. “Something I like about my unit is that our chain of command takes time out of their day to come to see how everyone is.”

Bernabe’s responsibilities involve packing parachute backpacks, being a trainer for the back style ejection seat parachute. “My favorite part of the mission is seeing the strategic bombers take off into the sky, knowing they are protecting our nation,” said Bernabe. “My motivation is my wife Araceli. Her knowledge from past military experiences gave me the endurance I need to fully understand the military lifestyle and definitely helped me understand a lot quicker along the way, allowing me to succeed



at my job faster than I expected.” Bernabe spends her free time with her wife, friends, family, pets, and going to lakes.

Her goal is to re-enter the medical field to work in pediatrics either as a military member or civilian.

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Project BEE: A new era of community service

ABIGAIL KINDER, NORTHERN SENTRY



On June 12, 2021, the former YWCA of Minot held a fundraising event and community celebration at High Third to announce their rebranding. The organization is now known as Project BEE and will continue providing community services but with a 100% local and client-based focus.

PROJECT BEE PHOTOS

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After 106 years of serving the local community, YWCA Minot is closing the book of their past and starting a new chapter as a nonprofit organization called Project BEE. The decision to rebrand came after years of planning, and the Project BEE team hopes that this fresh start will allow them to expand their program to support even more people in need.

Before the rebranding, which was officially announced on June 12, 2021, the YWCA Minot had been one of the city's few women's shelters and case management organizations. The board of directors realized that their mission was evolving into more than the advocacy that YWCA focuses on, so discussions of change began taking place. "YWCA is large nonprofit corporation but we needed to find ways to meet the needs of our rural communities in western North Dakota. We didn't feel like we were getting the support we wanted from the YWCA, and we thought it was time to start fresh," said Maj. Natassia Cherne, Board of Directors Vice President and Chair for Strategic Communications.

Liz Larsen, Executive Director at Project BEE, believes that the change is necessary in order to meet the unique needs of Minot's rural population. "We are very much boots on the ground. We want to focus on our local community. Being in western North Dakota we have a population that you don't see in a lot of places. We have a huge military presence and we also have a very large indigenous population. It felt like YWCA was focusing more on advocacy work and their urban shelters, but our needs are different out here," she

said. "It'll be better for Minot. People stress the importance of shopping local, and while it's not quite the same, it's focusing on our community." Since Project BEE has separated entirely from YWCA, 100% of their funds and efforts will be able to remain in the local area.

So, where did the name Project BEE come from? According to Cherne, it's a metaphor for their mission. "North Dakota is the number one honey producing state in the nation, and we felt the bee symbolizes so much. Without bees, we wouldn't have certain fruits, vegetables and flowers. They're so important to our environmental system," similar to how Project BEE is vital to the local community.

"The colonies are run by female bees so it's a nod to our 106 years of being rooted in female programs and being female-led. The hexagon (honeycomb) is one of the strongest geometric shapes," she continued, noting the hexagonal designs of their logo as representing the strength that their foundation is rooted in. "Beehives are all about community. The queen can't do everything herself; she needs the help of the workers. We felt that Minot is a community and North Dakota is a community, and that Project BEE bringing equity and empowerment here aligned symbolically with bees and hives."

Cherne emphasized Project BEE's ability to focus solely on their local clients. "It's very important for us to make sure that they know we are 100 percent local and all of their donations, time and service are going back into the community. We thank YWCA for years of good times and support, but we just felt that this was a new direction

that we needed to take for our organization."

Project BEE offers a variety of programs and resources to support the needs of the entire community, and they hope the rebrand will reflect that inclusiveness. "We are a shelter for women and children technically but we are the only homeless shelter in the area that serves transgender clients as well. We serve all people no matter what they look like, no matter who they identify as, no matter their beliefs or skin color," said Larsen.

Programs offered by Project BEE include an emergency shelter, Dakota Diaper Pantry, rental assistance, community closets, and the Fresh Start Shower Program. All of these programs aim to meet the basic needs to those struggling with homelessness, drug addiction, financial troubles and more unfortunate life circumstances.

The Project BEE team is still focused on their current programs, but they have many ideas for the future. They hope to expand their family shelter capabilities, partner with local universities to offer skill training, procure a bus for extra outreach and expand with a period hygiene bank, among other things.

"We can take this nonprofit where we want to go. Our mission is a lot more focused now, so we know that all of our anti-poverty programs are to support our clients and we strive for client-focused care," said Cherne.

Larsen added, "I hope that we can continue to evolve to meet our client's needs." In order to better accomplish that, Project BEE has become a "low-barrier shelter," meaning the requirements for entry are limited or minimal.

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“We can make a better impact on homelessness,” said Larsen. “We are not drug testing people; we’re not restricting them based on crimes they may have committed before. You don’t need identification...” This low-barrier model aims to reduce the amount of hurdles that Minot’s homeless need to overcome in order to find shelter, which is essential in a place where a roof over your head can mean life or death in the winter.

“You can’t work on getting a job, you can’t get sober, you can’t figure out anything if you don’t have that foundation of safe, stable housing,” said Larsen. “Sometimes they’ll make poor choices in exchange for shelter because they want a safe place to stay, and if it’s winter you’ll die if you sleep outside. We can give them an opportunity to break those cycles.”

“We believe in shelter; we’re part of the Minot homeless collaboration, we’re part of the nonprofits. We collaborate with other non-profits whose missions align or provide resources we may not be able to provide. We heard on Saturday night from one of our previous clients how important it is for people just to have a roof over their heads,” said Cherne.

Not only do former clients offer their success stories to Project BEE, but they also have valuable lived experience that gives staff and volunteers the inside perspective on the needs of their current clients in order to better aid them. Project BEE is truly an organization by the community, for the community.

Project BEE’s services are available for anyone, even Airmen and families from Minot Air Force Base. “If we can’t provide the services you need, we can

provide you the resources you need to get those services,” said Cherne. And if you’re looking for ways to support the local community, Project BEE has many venues. They are always searching for volunteers and have recently opened up their board opportunities to include all genders across the spectrum. The organization also takes monetary and resource donations.

Project BEE’s mission of equity and dignity for the people of Minot is vital to the wellbeing of the community, and the dedication of their team to that cause is displayed every day. Larsen says it gives her a reason to wake up every morning, and while Cherne will soon be leaving Minot for other military obligations, she plans to continue working with Project BEE from afar. “Even though I’m leaving at a pivotal time and it makes me sad that I won’t physically be here, this is just the beginning of a beautiful legacy of 106 years. We’re the oldest nonprofit but now with this new name and new brand we’ve also become the youngest,” she said.

“From the board of directors and the Project BEE team, we thank our community. We wouldn’t be here without them. You don’t get to be the oldest and then youngest nonprofit without the support of the community and donors.”

To learn more about Project BEE or find ways to contribute, visit www.projectbeend.org or check out their social media on Facebook and Instagram. Project BEE is also available on the RoundUp and Donate app, where you can round your purchases up to the next dollar and donate that money to charity.



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WHAT'S GOING ON MAFB

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 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 20

- Match Play Tournament, 0730, Rough Rider Golf Course
- Father's Day Golf Special, 0900-1500, Rough Rider Golf Course
- Zumba, 1400, Fitness Center

Pre-Father's Day Bowling
at Rough Rider Lanes
June 19th
Dads bowl up to 3 games FREE!

FATHER'S DAY WEEKEND ACTIVITIES & SAVINGS!

Father's Day Golf Special
Sunday, June 20th
at the Rough Rider Golf Course
Dads play for FREE and receive 1 free small bucket of range balls!

Hope to see you there!

MONDAY 21

- HIIT Strength and Conditioning, 0530, Fitness Center
- TAP GPS Workshop, 0730-1600, In person at A&FRC, online Zoom Meeting
- Stroller Fitness Bootcamp, 1000, Fitness Center, Outdoor Track
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Acrylic Paint Pouring, 1800-2000, Arts & Crafts Center
- Yoga, 1830, Fitness Center
- Swerk, 1930, Fitness Center

TUESDAY 22

- TAP (VA), 0800-1600, A&FRC
- Paintball 101, 0900-1200, Youth Center
- Game Day, 1000-1930, Minot AFB Library Facebook Page
- Swerk, 1930, Fitness Center

WEDNESDAY 23

- HIIT Strength and Conditioning, 0530, Fitness Center
- TAP (DoL) - Overview, 0730-1600, A&FRC
- Right Start, 0730-1200, A&FRC, held at Jimmy Doolittle Event Center
- Paintball 101, 0900-1200, Youth Center
- Pre-Deployment/Remote Readiness Training, 1000-1100, A&FRC, Zoom Meeting
- Story Time, 1030, Minot AFB Storytime Club Facebook Group
- Yoga, 1830, Fitness Center

THURSDAY 24

- Registration ends for the Virtual Performing Arts Camp at the Youth Center
- Registration ends for the June Mayhem Triathlon at the Fitness Center
- TAP (DoL) - Employment Workshop, 0800-1600, A&FRC
- Paintball 101, 0900-1200, Youth Center
- Stroller Fitness Bootcamp, 1000, Fitness Center, Outdoor Track
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Kids' Night, 1530-2030, Bomber Bistro
- Have a Ball League, 1800, Minot AFB Library
- EFMP Adult Cooking Class, 1800, A&FRC, held at Gourmet Chef
- Zumba, 1830, Fitness Center

UPCOMING EVENTS

FRIDAY 25

- Registration ends for the Epoxy Cutting Board Class at the Arts & Crafts Center
- HIIT Strength and Conditioning, 0530, Fitness Center
- TAP (DoL) - Employment Workshop, 0800-1600, A&FRC
- Paintball 101, 0900-1200, Youth Center
- Spouses Corner, 0900-1000, A&FRC, In-Person and Zoom Meeting
- June Mayhem Triathlon, 1100, Fitness Center
- Friday Fun Member Snacks, 1630-1830, Rockers Bar & Grill
- Club Member Benefit, 1700-1900, Rough Rider Lanes
- Swerk, 1830, Fitness Center
- Spouses Board Game Night, 1900, ESC
- Karaoke Night, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

SATURDAY 26

- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

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

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- A Warthog's disproportionately sized head has thick protective pads on both sides that look like warts. Their warts serve as a fat reserve and are used for defense when males fight.
- Their tusks are actually teeth. They use them for fighting, rooting, or digging.
- Warthogs do not have sweat glands. They must wallow in the mud to cool off.
- Lions and leopards are the Warthog's chief enemies. Warthogs protect themselves from predators by fleeing or sliding backwards into a hole, thus being in a position to use their formidable tusks in an attack.

Fact File	
Life Span	7 - 18 years
Weight	100 - 300 pounds
Height to Shoulder	25 - 33 inches
Head and Body Length	3 - 5 feet
Top Speed	34 mph
Wild Diet	Overseas Cereals (Sorghum), Grasses, Roots, Tubers, Berries, Bark

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Wild edibles

Patricia Stockdill

They run the gamut from A to Z if a person goes by their scientific names.

Wild onion (*Allium canadense*) to wild rice (*Zizania aquatica*): They're wild, native, and they're edible.

It's amazing how many edible wild plants, berries, roots, and flowers can be found right under our noses.

The trick, though, is knowing how to identify them. While many wild, native plants are edible for human consumption, some aren't and they can get a person pretty darn sick.

Really sick.

For example, death camas is poisonous yet can be confused in appearance with edible wild onions. It's important when picking something resembling a wild onion to get one with typical onion aroma. If it looks like a wild onion but is odorless, avoid it because it could be poisonous.

The rule when picking and eating wild, edible plants is proper identification. If you don't know what it is, don't eat it.

When eating wild, edible plants – especially for the first time – it's also good to follow another five simple rules:

*When in doubt about a plant's identification, don't eat it. Sorry if that is repetitive but that message can't be driven home enough.

*Don't eat anything that doesn't taste good.

*Eat new foods only in small amounts in case of an allergic reaction.

*Don't disguise the flavor when cooking but don't hesitate to enhance flavors with salt, butter, sauces, sweeteners, or other seasonings.

*Don't harvest plants from roadsides or areas that may have been sprayed with chemicals.

*Never remove any native plant unless it's found in abundance and never disturb rare plants. Also know where plants can be picked when on public land and always ask permission from a landowner if considering foraging on private land.

*Always leave plenty of wild plants for critters. While cooking and dining on wild, edible plants is a hobby or special treat for humans it's survival for critters of all sizes. This rule holds true for all wild, edible plants and perhaps especially so for berries.

Many wild, edible plants can be propagated and grown easily in a garden without injuring parent plants, so this might be a viable option for wild edible plant enthusiasts.

A look at some common wild, edible plants:

*Cattails: Almost every part of a cattail is edible at some point during the year but never collect from potentially polluted water. Pollen is one of the most delicious parts of a cattail. Gently bend (don't break) the spike into a gallon

pail and tap it against the side. A spike usually yields about a teaspoon of pollen unless rain or wind already sent the pollen sailing. It makes awesome pancakes, muffins, or other breads but don't completely substitute pollen for flour – just use about one-quarter or one-half of a cup of pollen and reduce the amount of flour accordingly. Be sure to sift out any fuzz or insects out before using. Pollen can be used fresh or freeze for later use.

*Prickly pear cactus: For the adventurous or brave folks out there – wearing good leather gloves for self-defense against spines – ripe fruit, pads, buds, and flowers during the summer can be eaten raw, cooked or dried. De-spine flower buds and roast or dry for cooking in stews. Seeds in the fall can be dried, then roasted and ground for use in soups. Be careful to remove all of the spines, even the tiniest ones.

*Wild rose: Its fall fruit is edible raw, stewed or made into jelly. Young spring shoots can be cooked; young leaves and stalks made into tea, and flower petals can be eaten raw in salads.

*Wild strawberries: Eat ripe fruit in late spring or early summer raw, cooked or dried. Young leaves can be steeped for tea. They're more flavorful, although smaller than cultivated strawberries yet have the same amount of vitamin C as an orange of equal size.

Some wild plant identification publications:

*"Edible Wild Plants of the Prairie" by Kelly Kindscher.

*"Grassland Plants of South Dakota and the Northern Great Plains" published by South Dakota State University.

*"Prairie Wildflowers and Grasses of North Dakota" published by the N.D. Game and Fish Department.

*"Wildflowers of North Dakota" by Paul B. Kannowski.

*"Wildflowers and Grasses and Other Plants of the Northern Plains and Black Hills" by Theodore Van Bruggen.



North Dakota's state flower, the wild rose, is edible. Its fruit can be eaten raw, stewed, or made into jelly. Young leaves and stalks can be used in tea.

PATRICIA STOCKDILL PHOTO

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On June 12, 2021, Airmen from Minot Air Force Base, N.D. held a Rainbow Jog & Picnic to celebrate Pride Month. Airmen and civilians were invited to jog a course through the base and show off their support for Team Minot's LGBTQ+ community and then gather for an afternoon of food and fun in the sun.

NORTHERN SENTRY PHOTOS
ABIGAIL KINDER

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Military Pride: A Journey to Acceptance

ABIGAIL KINDER, NORTHERN SENTRY

The journey of acceptance towards LGBTQ+ (Lesbian, Gay, Bisexual, Transgender, Queer/Questioning, Plus/Others) Americans in the military is a story that continues to this day. According to a 2015 Department of Defense Health Related Behaviors Survey of Active Duty Service Members, LGBTQ+ personnel accounted for about 6% of service members, a number which has more than likely risen with the implementation of more inclusive policies and workplace programs. The military community was not always as open to LGBTQ+ as it is today, but looking into the past gives a new perspective on how to move towards a more inclusive climate in the future.



A HISTORIC FIGHT FOR EQUALITY

In the early 1900s, identifying as gay was considered a mental illness. Same-sex relationships were criminalized and caused for discharge from the Armed Services. By 1982, the Department of Defense had enacted a policy stating that “homosexuality is incompatible with military service,” and therefore members of the LGBTQ+ community were excluded from joining or continuing service. From 1980 to 1990, an average of 1,500 men and women were expelled from the military due to this policy according to a United States General Accounting Office Report released to Fordham University.

The same report explained the rationale behind excluding gay individuals from the military, stating that they adversely affected “the ability of the Military Services to maintain discipline, good order, and morale...” and it was considered a risk to national security even though these reasons have since been disproved by professional studies.

By 1993, the United States was taking small measures to include LGBTQ+ members in the military with the “Don’t Ask, Don’t Tell” Policy enacted under President Bill Clinton. Under this policy, openly gay service members were still barred from the military but it prevented them from being asked about their sexual orientation and prohibited harassment of “closeted” (undisclosed orientation) service members.

While this was a small step in the direction of inclusivity compared to previous outright bans, it did not erase the stigma of being gay in the military or in society.

President Barack Obama repealed the “Don’t Ask, Don’t Tell” policy in 2011 which allowed them to openly serve in the military and represented the biggest step forward for LGBTQ+

service members in the military’s 246 year history.

In 2013, the Pentagon announced that the spouses of gay and lesbian service members would be allowed to receive full DoD benefits including TRICARE coverage, Separation Allowance, and Basic Allowance for Housing. More recently, there have been debates about transgender people in the military but legislation supporting them has been fluctuant.

PRIDE AT MINOT AIR FORCE BASE

There is no way to accurately know how many members of the LGBTQ+ community surround us each day, but their Airmen and allies at Minot Air Force Base are taking strides to create a safe, inclusive environment for all.

SrA. Edwin Jr. Washington, 5th Security Forces Squadron, is one Airman who believes that it’s important to celebrate the plight of LGBTQ+ service members in order to make progress. He was inspired to host several Pride Month events at Minot AFB to not only celebrate the inclusion of LGBTQ+ Airmen but to include allies and others in the conversation.

“I learned that there was never a Pride event here,” he said. “We have a lot of other events like African American Heritage Month, Women’s Month, we celebrate Veterans... and there are folks here who are LGBTQIA+ and who are allies who should have an event that celebrates them too.”

Washington hopes this year’s events will leave a lasting and positive impact on Team Minot. “People talk about their military legacy... and I probably won’t stay in but I want the impact of the event to be that it’s normalized here. Even after I’m gone, I hope it’s still going on and folks can still celebrate their pride.”

The celebrations began on June

12, 2021 with a Rainbow Jog & Picnic at the base fire pit. On June 19 at 5 p.m. CDT, a showing of “Love, Simon” will be held at the base movie theater for all to gather. On June 26 at 4 p.m., stop by Rockers Bar & Grill for an LGBTQ+ Forum where members, allies and leadership will discuss personal experiences and life lessons.

SET THE TEMPERATURE

As the events of the past have shown, it’s not always easy for some individuals to identify with the LGBTQ+ community. Not only are many service members searching for acceptance from their friends, family members and the community around them, but they are also trying to find peace with themselves. Washington explained, “It has its ups and downs. When it comes to being lesbian, gay, bi, or trans, it affects us very differently, just like your career field. You meet people who are supportive but you also meet folks who aren’t. What I’ve learned is that you need to be a thermostat and not a thermometer—set the temperature. I believe in setting a temperature of positivity and openness around me so other folks feel comfortable and open.”

The fight for visibility and acceptance for the military LGBTQ+ community is ongoing, and events like those being held this month are a small step towards that goal. Cultural change takes time, but by having judgement-free conversations and remaining supportive and open-minded as allies, America’s LGBTQ+ service members can be fully recognized as the valuable people they are.

According to Washington, they are all brothers, sisters, and friends in arms. “We all put on the same uniform; we all put on the same American flag every day.”

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A LOOK BACK THIS WEEK IN USAF HISTORY

SECAF SHEILA E. WIDNALL FLIES ON MINOT B-52 BOMBER
JUNE 24, 1996



SECAF Dr. Sheila Widnall poses after a trip on her first day in office. (National Archives)

During a global power mission on June 24, 1996, Secretary of the Air Force Dr. Sheila E. Widnall had the opportunity to fly on a B-52 Stratofortress assigned to the 5th Bomb Wing, Minot Air Force Base, N.D. Three of Minot’s bombers were involved in the exercise which began at Andrews AFB, Md., and was a joint operation with Canada and the US Navy. The mission took eight hours and included Long Range Anti-Surface Cruise Missile operations in the north Atlantic, live Mark 82 bomb drops at Gagetown Range in Canada, an aerial refueling over western New England, and fighter intercepts. The mission was a successful demonstration of the Air Force B-52 bomber fleet’s capabilities. Widnall, who was previously a Professor of Aeronautics and Astronautics at Massachusetts Institute of Technology, became the first female Secretary of the Air Force in 1993. Also accompanying Widnall on the mission was another female figure to make history, Lt. Kelly Flinn. Flinn, a copilot of the 23rd Bomb Squadron at Minot AFB, was the first B-52 combat-qualified woman in the nation’s history. Widnall’s focus as SECAF was on emphasizing Air Force values, supporting its mission in space, F-22 Fighter funding, and the development of women in the Air Force and other professional fields.

Information courtesy of: media.defense.gov

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Wednesday: 7:30am – 6:00pm
Thursday: 7:30am – 6:00pm
Friday: 7:30am – 4:30pm
Saturday: 2 a month by appt
Sunday: Closed

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Upcoming Events

19 JUN **DART-TINI DAY**
10:00 AM - 4:00 PM
Oak Park
1300 4th Ave NW, Minot

Hosted at Oak Park and by the Minot Nerf Club, you can expect a variety of game modes, starting with Traitor from 10-11, 11-12 try out VIP Escort, Cops and Robbers from 12-1, Invasion from 1-2, Infection: Marathon to end the day.



For more information:
Facebook Group / Minot Nerf Club / Dart-Tini Day

19 JUN **JUNETEENTH BLOCK PARTY**
12:00 PM - 5:00 PM
South Hill UHAUL (Old K-Mart)
1 20th Ave SE, Minot

The Minot African American Heritage Council is hosting a Juneteenth Block Party celebrating the emancipation of those who had been enslaved in the United States! Join us for food, games, live music and more.



For more information:
Facebook Event / Minot AAHC

20 JUN **FATHER'S DAY AT THE ZOO**
10:00 AM - 8:00 PM
Roosevelt Park Zoo
1219 Burdick Expy E, Minot

Happy Father's Day! Let's celebrate together at Roosevelt Park Zoo.

Dads admission is free on Father's Day with the purchase of a child's admission (even if that child is 2 and under and free or if that child is now an adult).



For more information:
Facebook Event / Roosevelt Park Zoo

23 JUN **ADULTING 101**
6:00 PM
Minot Public Library
516 2nd Ave SW, Minot

Adulting can be hard, so why not let us help you out! Every month we will learn some basic cooking skills with the use of an Air Fryer or Instant Pot. We'll also explore a variety of topics including financial literacy, first aid safety, basic car maintenance, and so much more!
For the month of June, we will learn how to measure wet and dry ingredients by making Air Fryer Pizza.
We will also have first aid training from Minot Fire Captain, Devin Walters. Registration is required. Stop by or call us today!
Visit <http://engagedpatrons.org/EventsExtended.cfm?SiteID=6713&EventID=435180&PK=704013>



For more information:
Website / minotlibrary.org / Events Listings

24 JUN **FILM PRESENTATIONS FROM ND HUMAN RIGHTS ARTS FESTIVAL**
7:00 PM
Oak Park Theater
1500 4th Ave NW, Minot

As part of the North Dakota Human Rights Arts Festival, a special theatrical screening of experimental and animated films will take place for one evening at the historic Oak Park Theater in Minot, North Dakota. The film series highlights the talents of avant-garde artist artists using innovative techniques in storytelling to highlight important human rights issues. The event is free and open to the public. Goodwill donations for the art festival are accepted. Reserve your seat online. Doors open at 6:30 p.m. Films begin at 7.



For more information:
Website / eventbrite.com / Minot - Human Rights Experimental..



Walter Grabowski returns to Minot Air Force Base after 50 years. Read about his visit in next week's Northern Sentry.

COURTESY PHOTOS

On Base

ART HEIST ESCAPE ROOM GAME
Minot AFB Library
19-26 June 2021
Open to Ages 7+
A precious piece of art and heritage has been stolen! Schedule your team in advance for a chance to locate the stolen art and beat this Escape Room Game.
No team scores about this year's Summer Reading Program, and the library of 213-2143 or visit our website at www.5thforcessupport.com

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Summer Food Safety: Outdoor Grilling

Grilling, one of the easiest low-fat cooking methods, can be a centerpiece for summertime meals. It is a great way to spend time with family and friends in an enjoyable setting.

While the art of grilling may come with practice, follow these pointers to enjoy a successful experience.

Bring out the Barbecue - Grills need annual cleaning after winter storage by scouring the grate with a wire brush. Spray the grid with oven cleaner and rinse thoroughly. Before each use, apply non-stick cooking spray to prevent food from sticking to the grill.

Stock up on Charcoal - Quality charcoal briquets light quickly and have a long burn life. Store charcoal in a cool, dry area. For instant-lighting charcoal, keep the bag tightly closed to prevent lighter fluid from evaporating. If you are using a gas grill, check the tank to make sure you have enough fuel to completely cook your meal.

Use Proper Tools - Tongs and a spatula help to turn food without piercing it to lose any juices. A vegetable grilling basket holds smaller foods. Other useful utensils include a wire brush for cleaning, long-handled tongs and flame retardant mitts to protect hands.

Get Ready to Grill - Arrange briquets in a pyramid at the bottom of the grill. Add approximately two ounces of lighter fluid and carefully light with a match.

Charcoal should be ready in about 20 minutes, with 70 percent covered with ash and displaying a slight red glow. To estimate the temperature, hold your hand, palm side down, about 6 inches above the coals.

two seconds - it's hot, about 375 degrees F. or more
three seconds - it's medium-hot, about 350 to 375 degrees F.

four seconds - it's medium, about 300 to 350 degrees F.
five seconds - it's low, about 200 to 300 degrees F.

When coals are ready for cooking, spread in a single layer or bank them. Set the grilling grid in place and put



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on the food.

Food Safety - Food safety should be a high priority while grilling. If food is handled or cooked improperly, health risks can dampen the experience. Use these food safety suggestions:

Keep meat cold until ready to grill. Do not leave it out at room temperature.

Pre-cooked meats can still be grilled to add authentic flavor and shorten grilling time.

If starting with frozen products, thaw in the refrigerator or microwave. Grill immediately after thawing in the microwave.

Do not use the same platter or utensils to handle raw and cooked products.

Use a meat thermometer to check internal temperatures. Ground meat should be 160 degrees F, poultry at 180 degrees F., poultry breasts at 170 degrees F., pork at 160 degrees F., and steaks at 145 degrees F.

Once taken from the grill, keep the meat hot until serving in a warming tray or slow cooker.

Place leftovers in the refrigerator. Discard anything left out more than two hours. If you are outdoors and the temperature is above 80 degrees F., refrigerate leftovers within one hour, or discard them.

Grilling Safety Tips
Pick a safe area - Position the grill in a well-ventilated, flat, level surface away from overhangs, deck railings and shrubbery. Keep children and pets away from the grill when in use.

Handle charcoal carefully - Never add lighter fluid directly to hot coals since flames could travel up the fluid stream. Instead, place several new briquets in a metal can and

apply lighter fluid. Transfer the briquets into the pyramid in the grill with pair of long-handled tongs and light with a match. Use proper utensils for safe handling of food and coals.

Putting out the fire - Place the cover on the grill, close the vents and allow the coals to burn out completely. Let ashes cool for at least 48 hours, and dispose in a non-combustible container. When using a gas grill, remember to allow it to completely cool before placing the cover over it.

More Grilling Tips
Before placing food on grilling surface, preheat the grill. Remove charred food debris to reduce exposure to possible cancer-causing substances formed during high heat cooking.

Avoid fire flare-ups by using lean meats and trimming away all visible fat. Raise the rack to the highest position away from the heat and keep food on one side of the grill and coals or other heat source on the other side.

Marinades enhance flavors, tenderize and keep foods moist. If you plan to use the remaining marinade later as a table sauce, it must be boiled for at least three minutes to eliminate bacteria.

Try grilling vegetables and fruits: eggplant, summer squashes, bell peppers, sweet onions, Roma or cherry tomatoes, mushrooms, mangoes, pineapple or peaches. Cut vegetables into half-inch slices or large chunks. Brush with warmed, seasoned oil. Turn only once, and grill until tender. Fruit should be halved with pits removed. Grill with the pulp (cut side) side down.

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Local Cravings Restaurant Guide

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<p>Badlands Restaurant & Bar</p> <p>1400 31st Ave SW, Minot, ND 58701 Phone: 701.852.7335 www.blgrill.com</p>	<p>28 Tastes & Taps</p> <p>1603 35th Ave SW Minot, ND 58701 Phone: 701.838.2828 www.facebook.com/28tastes</p>
<p>Mi Mexico</p> <p>301 40th Ave SW Minot, ND 58701 Phone: 701.858.0777 www.mimexicominotnd.com</p>	<p>Pink's Bar & Grill</p> <p>102 128th Ave NW Minot, ND 58703 Phone: 701.852.2385 www.facebook.com/PinksBarGrill</p>
<p>Culver's Restaurant</p> <p>3000 S Broadway, Minot, ND 58701 Phone: 701.852.4800 www.culvers.com</p>	<p>Prairie Sky Breads</p> <p>3 1st St. SE, Minot, ND 58701 Phone: 701.858.0612 www.prairieskybreads.com</p>
<p>Dakota Burger Company</p> <p>315 S. Main St. Suite 200, Minot, ND 58701 Phone: 701.852.8183 www.dakotaburgercompany.com</p>	<p>The Starving Rooster</p> <p>30 1st St. NE, Minot, ND 58703 Phone: 701.838.3030 www.starvingrooster.com</p>
<p>Primo Restaurant</p> <p>1505 N Broadway, Minot, ND 58703 Phone: 701.838.7746 www.primominot.com</p>	<p>Souris River Brewing</p> <p>32 3rd St NE Minot, ND, Phone: 701.837.1884 www.sourisriverbrewing.com</p>

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1/2 CUP SHREDDED CARROTS
1 CUP MAYONNAISE
3 TABLESPOON WHITE WINE VINEGAR
2 TABLESPOON SUGAR
SALT
BLACK PEPPER

Bring a large stock pot of salted water to a boil over medium heat and cook pasta according to package directions. Make sure to cook to al dente, strain, and rinse under cold water. When ready to cook, set Traeger temperature to 180°F and preheat, lid closed for 15 minutes. For optimal flavor, use Super Smoke if available. Spread cooked pasta out on a sheet tray and place sheet tray directly on the grill grate. Smoke for 20 minutes, remove from heat, and transfer directly to the refrigerator to cool. While the pasta is cooling, mix the dressing. In a medium bowl add the mayonnaise, white wine vinegar, and sugar and whisk to combine. Season with salt and pepper to taste. When pasta is cool, combine chopped veggies, smoked pasta and dressing in a large bowl. Cover with plastic wrap and place in the fridge for 20 minutes before serving. Enjoy!

Ryan Davy - GM
Minot

www.HofE.com/BBQHQ

Air Force readdresses women's hair standard after feedback

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

ARLINGTON, Va. (AFNS) -- Building on women's hair updates announced in February 2021, the Air Force will further revise Air Force Instruction 36-2903 to address differences in hair density and texture.

Previously, hair worn in a bun, braid, ponytail or equivalent could not extend beyond the width of the head. Beginning June 25, when hair is secured behind the head, the hair may extend six inches to the left and to the right and six inches protruding from the point where the hair is gathered. The 12-inch total width must allow for

City ends mandatory restriction on outdoor water usage

CITY OF MINOT

The City of Minot has ended a week-long mandatory water restriction of outdoor water use, including any lawn watering, car washing, or other uses.

Assistant Public Works Director Jason Sorenson said repairs have been made to City wells that were not working last week; two of the repaired wells are back online, with the remaining two wells expected to begin providing normal levels of raw water early next week.

"We appreciate the public's assistance in lowering our overall water usage while these wells were offline and undergoing repairs," Sorenson said. "Because of the lower demand for water, we were able to refill our reservoirs to ensure the integrity of our overall system and make sure we had enough water in reserve in case there was a large fire in our community."

Even with the treatment plant operating at normal levels again soon, Sorenson is asking residents to continue monitoring their outdoor water usage and follow the City ordinance that allows homes with even numbers to water on Monday, Wednesday, and Friday, and those with odd numbers to water on Tuesday, Thursday, and Saturday.

"We're ending the mandatory restriction on outdoor watering, but we hope the public remains vigilant about using water appropriately," Sorenson said. "Summer is always our peak usage time, and while we want residents to enjoy their lawns, gardens, and pools, we also want to ensure we don't need to enact restrictions again."

Besides the city of Minot, other users of Minot water include rural water systems, Minot Air Force Base, and those communities that receive water through the Northwest Area Water Supply system, including Kenmare, Berthold, and Mohall.

proper wear of headgear.

"Change doesn't happen overnight, and sometimes it takes another iteration to arrive at the best solution," said Air Force Chief of Staff Gen. CQ Brown, Jr. "This updated guidance represents meaningful progress. The feedback we received from our Airmen highlighted the need to reevaluate the policy and ultimately, make it more inclusive."

The change addresses feedback received since the previous guidance was originally published. Specifically, women voiced concerns over difficulty related to securing hair in a manner that does not extend beyond the head.

"In developing policy we try to address all angles and perspectives, but sometimes we have a blind spot," said Lt. Gen. Brian Kelly, Air Force deputy chief of staff for manpower, personnel and services. "The feedback we received highlighted the need to reevaluate the policy to make it even more inclusive."

Initial changes to women's hair standards were the result of various recommendations issued last fall by the Air Force uniform board. The group of 19 Airmen included a diverse group of men and women with officers and enlisted

members from various ethnic and occupational backgrounds across major commands and headquarters directories.

"Whether we're talking about hair, uniforms or forums for sharing ideas, an approach that embraces diversity and fosters an inclusive environment is critical to ensuring our talented, dedicated Airmen stay with us on this journey," said Chief Master Sergeant of the Air Force JoAnne S. Bass.

Members must adhere to current occupational safety, fire and health guidance, and mishap prevention procedures emphasizing when and how to mitigate the potential for injury from hair of varying lengths and styles around machinery, equipment, power transmission apparatus or moving parts. Airmen are encouraged to reach out to their safety office for assistance in analyzing any potential hazards, as applicable.

At this time, Guardians will adhere to the grooming standards of the U.S. Air Force until the U.S. Space Force develops its own policy.

Additional ideas generated from the uniform board are still under consideration for policy change and updates will be released as they become available.



The Air Force revises Air Force Instruction 36-2903 to address differences in hair density and texture June 25, 2021. When hair is secured behind the head, the hair may extend six inches to the left and to the right and six inches protruding from the point where the hair is gathered. The 12-inch total width must allow for proper wear of headgear.

U.S. AIR FORCE GRAPHIC



Sanford scholarship now available for military members, vets

Sanford Health is accepting applications until Aug. 31 for five \$5,000 awards

SHAWN NEISTEADT, SANFORD HEALTH

Sanford Health is accepting applications for five \$5,000 scholarships awarded annually to veterans, Guard/Reserve members or active duty military service members who have demonstrated leadership and commitment in their community.

The Sanford Health Military and Veteran Scholarship honors those who have furthered their own progress and enriched the lives of others, especially in service, academics and community involvement.

Apply online: Applications for Sanford Health Military and Veteran Scholarship due Aug. 31

Applicants must be a veteran, Guard/Reserve or active duty military service member and a full-time student pursuing a bachelor's, graduate or professional degree from an accredited U.S.-based institution of higher education. They must also have at least one full year of education remaining.

The scholarship is administered by the Sanford Health Department of Veterans and Military Services and was created in 2018 as part of the health system's efforts to serve veterans and military personnel through patient care, employment opportunities and community outreach.

Sanford Health also is participating in the Employer Support of the Guard and

Reserve, or ESGR, program. Sanford Health pledges to support the military services of employees and is an advocate for employee participation in the military.

For all of its efforts, Sanford Health was named one of the 2020 Secretary of Defense Employer Support Freedom Award recipients, the highest U.S. government honor to employers for support of National Guard and Reserve employees. The award recognizes employers who provide exceptional support to their guard and reserve employees. Almost half of the U.S. military is comprised of the guard and reserve. The Department of Defense shares these citizen warriors with their civilian employers, many of whom provide significant support to their employees who serve. This award recognizes employers who provide the most outstanding support for their guard and reserve employees and is presented annually by the Secretary of Defense.

Sanford Health is currently offering numerous scholarships, including the Sanford Health Equity in Education Scholarship. That scholarship is available to first-generation Americans, first-generation college students and non-traditional students of at least 25 years of age.

OUTDOOR NOTES:

PATRICIA STOCKDILL

Lake Sakakawea elevation, June 14: 1,838.11 feet above mean sea level (MSL); 21,700 cubic feet per second (CFS) Garrison Dam average daily releases.

Devi's Lake elevation: 1,448.08 feet above mean sea level (MSL).

Stump Lake elevation: 1,448.09 MSL.

- Devils Lake, Ed's Bait Shop, Devils Lake: Good walleye activity. East Bay improving for 16- to 20-inch walleye with increasing activity in 10 to 13 feet using slip bobbers or spinners with bottom bouncers with nightcrawlers. Also try Pelican Lake or north end of Creel Bay. Use caution on Pelican Lake with low water levels.

- Devils Lake, Woodland Resort, Devils Lake: Fair to good walleye success with spinners and bottom bouncers or pitching crankbaits into the shallow water. Start about 10 feet and work out. Try any of the bridges, Minnewaukan Flats, Pelican Lake, Stromme's Addition, or the north end of Creel Bay. Use caution on Pelican Lake with low water elevations with Creel Bay producing smaller fish. Good numbers of white bass from shore.

- Lake Darling, Karma C-Store, Ruthville: Grano producing pike with Lake Darling producing a few walleye. Lake Audubon fair to good for walleye.

- Lake Metigoshe, Four Seasons, Bottineau: Improving bluegill success in shallow water. Good pike numbers with best walleye bite in the evening.

- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Fair to good for walleye on the east end of Lake Sakakawea, including Douglas Bay, as well as Lake Audubon.

- Lake Sakakawea, New Town: Van Hook Arm remains somewhat slow but a few more anglers are starting to catch an occasional walleye. Try jigs or Lindy rigs with minnows yet.

- Lake Sakakawea, Van Hook Bait & Tackle, New Town: Bite is still somewhat tough but look for a little improving walleye success in the Van Hook Arm.



- Check local fire restrictions when camping, etc.
- Leave baby wildlife alone, especially fawns because their mothers are likely nearby.
- June 26 & 27: Frontier Military Days, noon to 4 p.m., Fort Stevenson State Park, Garrison.
- June 27: Visitor Appreciation Day with free daily entrance admission, Fort Stevenson State Park.

TOURNAMENTS:

- 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.

- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace continues producing walleye with good numbers of small fish in the Spillway Channel. Sort through for keepers. Try jigs and minnows. Fair catfish success from shore. Try casting crankbaits from shore at night for walleye. Lake Sakakawea remains spotty for walleye on the east end. Try pitching jigs in the shallows or vertical jigging in 20 feet as well as crankbaits. Water temperature still cool on the east end but look for improving success with warmer water. Better success is still farther west where there is warmer water.

- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Best walleye success on the west end of Lake Sakakawea remains east of White Earth Bay, especially between Four

Bears and Van Hook Arm. Try nightcrawlers. West end of the lake extremely muddy but Missouri and Yellowstone rivers continue producing catfish despite having muddy water but water levels remain high yet. Try slip bobbers for walleye on Blacktail Dam during low light hours. Some bluegill activity with fish moving onto spawning beds. Trenton Lake producing a mix of fish, including walleye, crappie, and catfish.

- North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Souris River improving for pike with some walleye mixed in. Recent rains bolstered water levels.

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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Current PCS, household goods affected by supply shortages

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

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

Following the COVID-19 pandemic, supply shortages have been popping up in everything from lumber to computer chips to new cars. These shortfalls are likely to affect some service members and their families this summer during the typically busy permanent change of station, or PCS, season.

According to a newly released communiqué from the Air Force's Personal Property Activity Headquarters, "Department of Defense demand this peak (PCS) season has greatly exceeded commercial industry capabilities, largely due to resource constraints associated with the COVID-19 pandemic. Per industry, this resulted in a 25% decrease in their labor pool, resulting in (decreased) personal property movement capacity necessary to support private sector and government demand."

To mitigate negative impacts on DoD families, the Air Force Joint Personal Property Shipping Offices are employing all available tools and options to accommodate shipment and delivery requests. Individual DoD services and United States Transportation Command leaders are working with commercial industry to modify business rules, adding flexibility to achieve maximum carrier capacity.

For those scheduled to PCS this year, there are some actions that can add more flexibility to your plans and help the Household Goods community with an expanded opportunity to move personal property:

- Get shipping requests in four to six weeks prior to the pickup window.

- Ask about expanding pack/pickup (a.k.a., "spread date") windows from the current seven-day requirement to 14 days.

- Contact the assignments team to determine if they can postpone the move by changing the report not later than date.

Airmen can take more control over their move this summer by doing a personally procured move (formerly known as the Do It Yourself move). According to the communiqué, this option allows personnel to "control your move dates and ensure you have ready access to your property upon arrival at your new location. There are several PPM options, including one that reimburses up to what the government would have paid for the move and another where you could receive a financial incentive of 100% of the government's constructed cost, plus fuel surcharge, and other (accessory costs)."

In addition to the old "rent a truck" PPM option, Airmen now have access to new modes within the commercial industry called portable moving and storage containers. These containers are dropped at the home, the service member packs them and the company picks up, transports, stores and then delivers at the destination. Some companies also offer a menu of associated services including full or partial packing.

Airmen can contact their local Personal Property Processing Office to discuss the benefits of a PPM. They can provide an estimate of the cost factors, describe the ins and outs of the programs and help determine if the PPM option is a good fit for each family.

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Car care checklist for summer road trips • Part 2

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 belts and hoses
Reinforced rubber drive belts power the engine water pump and accessories such as the alternator and air conditioning compressor so you should inspect and replace any that are cracked, glazed or frayed. Note that modern multi-rib or drive belt materials do not show easily visible signs of wear. As a general rule, replace drive belts every 60,000 miles. Inspect and replace worn, brittle, bulging or excessively soft radiator hoses. Check for leaks around hose clamps and at the radiator and water pump.

Keep the AC running cool
Take a test drive with the air conditioner running. If you notice a decrease in cooling capacity, take the car to an auto repair shop for diagnosis. Also have the cabin filter inspected and replaced as needed.

Replenish emergency kit supplies
AAA recommends keeping a well-stocked emergency kit in your vehicle. Include a flashlight and extra fresh batteries, first-aid supplies, drinking water, non-perishable snacks for people and pets, car battery booster cables, emergency flares or reflectors, a rain poncho, a basic tool kit, duct tape, gloves and shop rags or paper towels.

Plan ahead for vehicle service
In the event you should need vehicle maintenance, know ahead of time where to find an auto repair shop and technician you can trust. Use AAA.com/Repair to access AAA's network of nearly 7,000 Approved Auto Repair facilities. Each shop meets AAA's service and customer satisfaction standards. AAA members receive auto repair discounts, an extended 24-month/24,000-mile parts and labor warranty, and assistance in resolving repair-related issues.

Tips Courtesy of AAA

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THE MOST SMOKY DELICIOUS PORK CHOPS OF ALL TIME

Unexpected guests. It's happened before and it will happen again. Maybe your in-laws are traveling the country in their camper van and arrive a couple days early for the Fourth of July. You want to be a good host, but you have no meat thawed. To a lot of people, this sounds like disaster, but actually, it is a great opportunity for smoky deliciousness.

A couple weeks ago, I was the unexpected guest at my son's house. Of course, the good son that he is, he wanted to feed me but felt bad because he thought he didn't have anything suitable for a grilling. I asked him what sort of meat he had frozen.

He said, "I have some beautiful pork chops from Tim Szymanski, but they are in the deep freeze and they will never thaw in time."

I replied "That will be great. We can smoke them on the Traeger!"

"Can you do that?", he asked.

"Do you remember the Reverse Sear method that I am always talking about?" I asked him.

He said "Yeah, the one you never stop talking about."

"Well, it works just as well with frozen meat", I replied, "except that you have to treat the salt a little differently."

We set the Traeger Wood Fired Grill on 180°F and put the inch-thick hockey-puck-hard pork chops directly on the grate of the Traeger Wood Fired Grill. We sprinkled Kosher salt on the top surface and waited for the chops to thaw enough to get a meat probe in them. About an hour later, the probe went in. The chops were about 40°F in the center.

After another hour in the smoke, we turned them over and salted the other side. It was only about 15 minutes later that we took them off the heat to rest. We turned the grill up to "High" and reached 438°F before putting the chops back inside to sear. As soon as the surface had turned a nice golden brown color,

about 6 minutes in the high heat, we brought them to the table and ate right away.

They were the best pork chops I have ever eaten. The Reverse Sear method deserves a lot of credit, but Tim Szymanski raises his animals the right way. I highly recommend getting a hold of him to talk about buying some meat. (https://homeofeconomy.net/farmers_market/szymanski_farms) At Home of Economy, we love buying from local producers and offer a free website directory service at (https://homeofeconomy.net/farmers_market).

The Reverse Sear method gives you exact control over internal temperature and cooks the meat to perfectly uniform doneness from one outer surface to the other. At 180°F smoking temperature, it takes the meat about 75 minutes per inch of thickness to get from 40°F refrigerator temperature to 145°F medium-done. It is important to rest for 20 to 40 minutes so that the outer surface can cool. When the rest stage is done, you sear fast and hot. The Traeger will sear on the "High" setting, but if a hotter fire is available, it is faster and actually overcooks less meat under the sear. I prefer a Lodge cast iron skillet, heated to 900 °F plus, over a propane camp stove.

We have an online article on Reverse Sear method that explains the process in little more depth. (https://homeofeconomy.net/index.php/index.php/bbq/reverse_sear) We also recommend our temperature chart, which is available in our stores, or at (https://homeofeconomy.net/index.php/index.php/bbq/temp_magnet).

Cooking from frozen: Yes! You can do that.



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Camp Invention is a one-week summer program for children entering grades K-6 that, in a typical year, engages more than 130,000 children each summer to develop creativity, inventive thinking, and problem-solving skills through hands-on Science, Technology, Engineering and Math (STEM) content. It is a program of the National Inventors Hall of Fame® (NIHF), which was founded in 1973 in partnership with the United States Patent and Trademark Office whose support continues today. NIHF's 2021 Camp Invention curricula, Recharge™, will be implemented for this effort. This curriculum was piloted both in-person and in virtual settings during summer 2020 for national implementation in summer 2021. The program is comprised of the following four modules: Duck Chuck™, Open Mic™, SolarBot™, and Road Rally™ (video: <https://www.youtube.com/watch?v=0BKMzw88ti4>).

This year, funding from DoD STEM will provide the one-week Camp Invention At-Home program for 200 military-connected students in collaboration with DoD STEM and AEOP Visit <https://www.invent.org/connect/dod-stem> to register your kindergarten through 6th grade student for a spot! Individual program kits will be shipped to each registrant's home and will include all the materials needed to participate in the program. Over the course of the week, students may tune in to virtual learning sessions hosted by teachers who will guide them as they explore, collaborate, and learn about the innovation process. Children will also be given the opportunity to work offline, developing STEM and 21st Century competency skills at their own pace by following the detailed and illustrative instructions provided to every participant."

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!

CALL AHEAD AND TAKE OUT DELIVERY AVAILABLE!

301 40TH AVE SW MINOT, ND
701-858-0777
WWW.MIMEXICOMINOTND.COM

MENTOR

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

PLAY BALL **GRAB A BITE** **HIT THE GYM** **VOLUNTEER**

MALE VOLUNTEERS NEEDED

Mentoring relationships are a shared opportunity for learning and growth. Many mentors say that the rewards they gain are as substantial as those for their mentees.

SIGN UP ONLINE TODAY

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Williams Wrecking / Views
by Tyler Williams Edition: April 2021

Visiting Minot



Indoor/Outdoor Fun
Minot has lots of fun things to do. We go to High Air Ground, Bath & Body Works and Roosevelt Park Zoo. High Air Ground is a trampoline park with trampolines you can play on. Bath & Body Works is a store with different perfumes, lotions, and soaps. Roosevelt Park Zoo has a nice selection of animals. My favorite animals are the goats because you can feed them. You should go when it is colder so that you can see the animals playing to stay warm.

Outdoor Fun
Some fun activities to do outside are to go to Black Butte Adventures or fish at State Fair Pond. You can camp at Rough Rider or go play at Splashdown. Another option is to go visit Lucy's Amusement Park. You can also go check out all of the fun Minot Parks.

Good Eating
Here are some different places to eat. There is Olive Garden which serves a lot of Italian foods. Minot's Daily Bread has a lot of different sweet and savory breads you can try out. You might like Bakes BBQ. My favorite meal from there is pulled pork, steak, and a dinner roll. All Rolled Up is one of the first rolled ice cream shops in Minot.

Must See
A lot of tourists come to see the Scandinavian Heritage Park, The Tule Museum of Art, Margies Art Glass, The Dakota Territory Air Museum, The Norsk Hostefest, and The Art Festival.

NORTH PLAINS ELEMENTARY FEATURE WEEK 6

Students in Mrs. Burns Grade 3 class made these newspapers to go along with their unit in reading about Communities. They discussed the different types of communities and then broke it down into what things caused these communities to be created. Instead of just writing a report about Minot, students created a newspaper with their focus being on one of the 4 specific areas including History & Traditions, Economy, Geography or Places to Visit. Pictures were added at the end to go along with their topics. See more submissions next week.

SUBMITTED PHOTOS



EVERYDAY HAPPY HOUR • 3PM – 6PM
\$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
½ Flat Bread Pizza

DAILY SPECIALS
Monday \$5 Moscow Mules (all day)
Tuesday \$4 ND breweries (all day)
Wednesday ½ 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

FAMILY PACKS
Monday Pizza Pack Combo
Tuesday Sandwich Pack
Wednesday Chef Creation*
*Changes Weekly – Check our Facebook Page
Thursday Pasta Pack

MILITARY DISCOUNT 10% OFF

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ND-021 Magic City Composite Squadron (Minot)
Commander: 1st Lt. Jeremy Skalicky
Civil Air Patrol, America's Air Force auxiliary, building the nation's finest force of citizen volunteers serving America.
Supporting America's communities with emergency response, diverse aviation and ground services, youth development and promotion of air, space and cyber power.
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2400 N Broadway, Minot, ND 58703
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Email: 021cc@ndcap.us

Let's Plan Your Party!

Birthday PARTIES

X-TREME OR OPEN BOWLING

SUPER PARTY
• 2 Hour Party for up to 10 People
• Shoe Rental
• Pop and Ice Cream
\$155+tax
\$12 for each additional person

MEGA PARTY
• 2 Hour Party for up to 10 People
• Shoe Rental
• 2-16" Pizzas, Pop and Ice Cream
\$185+tax
\$15 for each additional person

Additional \$10 for X-treme Bowling

ALL PARTIES INCLUDE:
Plates, Cups, Napkins, Utensils, Invitations & Balloons.
Birthday Child will receive a "Happy Birthday" Bowling Pin or a coloring T-Shirt.
You bring the cake and the kids!
NO OUTSIDE FOOD OR BEVERAGES ALLOWED.

1901 NORTH BROADWAY MINOT, ND
NORTHHILLBOWL.COM FOR RESERVATIONS PLEASE CALL **852-4108**

Party Room

FROM KID'S BIRTHDAY PARTIES TO GIRLS NIGHT OUT, OR TEAM BUILDING!
We have a party space available for all of your fun!
Call for details!

109 South Main St. Minot 701.837.8555



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BIRTHDAYS, GAMING PARTIES, PRIVATE MOVIE EVENTS, FAMILY GATHERINGS

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Time Slots Available:
• 10 AM-12:30 PM
• 1 PM-4 PM
• 6 PM-10 PM

Email for details:
alatoakpark@gmail.com
WWW.OAKPARKTHEATER.NET

High Air Ground

TRAMPOLINE PARK

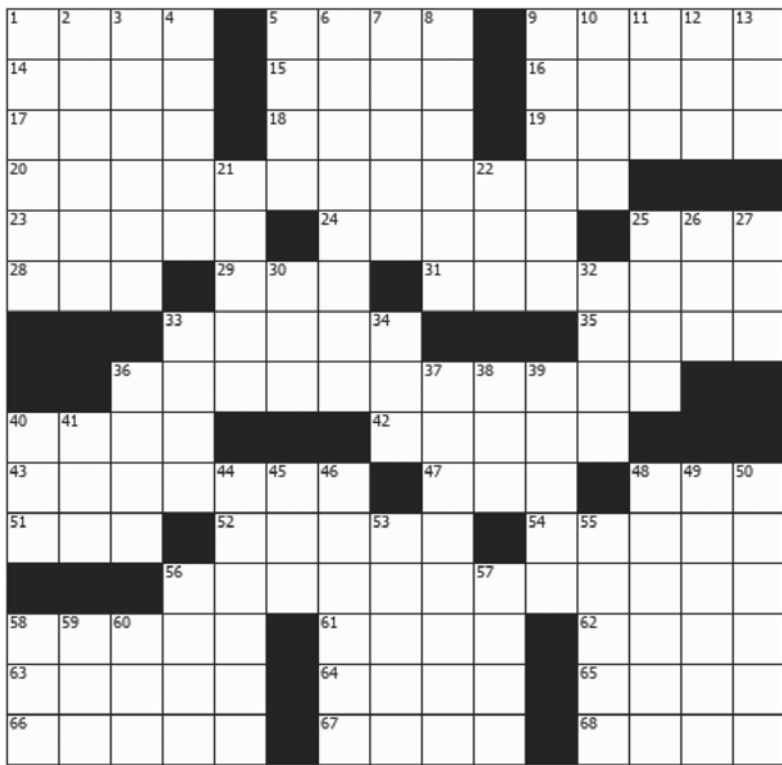
\$25 OFF ANY PARTY PACKAGE
Must be booked by 12-31-21. Not valid with any other discount or for any previous party booking. Must mention "Northern Sentry" when booking. Packages starting at \$130.

1210 3th Ave NW | Minot, ND 58703
701-837-JUMP
WWW.HIGHAIRGROUND.COM

CROSSWORD PUZZLE

Across

- 1. Dungeness, for one
- 5. Vigoda and Lincoln
- 9. Mountain cottage
- 14. Junior, often
- 15. Fishing aid
- 16. Mrs. Kramden
- 17. 43,560 square feet
- 18. Instrument of ancient Greece
- 19. Took out
- 20. Yankees-Mets match-up
- 23. Bind
- 24. That is
- 25. Grp. for Love and Couples
- 28. Slalom curve
- 29. Hoosgow resident
- 31. File
- 33. Claim to fame
- 35. Vogue competitor
- 36. 21st century popinjay
- 40. Prep for publication
- 42. Be
- 43. Tallest land quadruped
- 47. Railroad beam
- 48. "The Bachelorette" network
- 51. Self starter
- 52. The Tygart, e.g.
- 54. Document amendment
- 56. Ten-speed feature
- 58. Word with smoke or fire
- 61. Alaskan outpost
- 62. Wet septet
- 63. Clinch, as a victory
- 64. Fencing sword
- 65. Jeff's partner
- 66. Term of endearment
- 67. Escritoire, for one
- 68. Nicole and Mimi, to Tom



Down

- 1. Pure as the driven snow
- 2. Happens again
- 3. Shuttle plane
- 4. Makes tea
- 5. Party to a defense treaty
- 6. Goes along with the program
- 7. Blew it
- 8. Become enraged
- 9. West Point students
- 10. "Woe is me!"
- 11. Stand-up shtick
- 12. Water one can walk on
- 13. "Waking ___ Devine"
- 21. Site of an English horse race
- 22. Prefix with metric
- 25. Medicine dose, perhaps
- 26. Mousse alternative
- 27. Remain extant
- 30. Former Bruin great Bobby
- 32. Place of power
- 33. Cheese type
- 34. Wind dir.
- 36. Bog
- 37. Opposite poles
- 38. Noon, in Old Rome
- 39. Manipulative people
- 40. Vanity
- 41. Noisy clamor
- 44. Primly out of date
- 45. Stretching of the truth
- 46. Made smooth (with "out")
- 48. French farewells
- 49. Scold
- 50. Hill tops
- 53. Skip the wedding
- 55. Knocker's announcement
- 56. Test answer, sometimes
- 57. Search for
- 58. Louisville Slugger wood
- 59. Zodiac beast
- 60. Barley bristle

SUDOKU

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

Solution to puzzle on page C6

DAKOTA BURGER COMPANY

DO IT YOUR WAY BURGERS

Dine In or Take Out

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CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

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

SHOWING NEXT WEEKEND!

FRIDAY, JUNE 25 • 1900
SATURDAY, JUNE 26 • 1900
A QUIET PLACE 2
(PG-13)

SUNDAY, JUNE 27 • 1500
CRUELLA (PG-13)

FOLLOW REEL TIME MOVIE THEATER ON FACEBOOK OR MINOT EXCHANGE WEBSITE FOR UP TO DATE MOVIE LISTINGS


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 19
 Vespers, 5 PM

Sunday, June 20
 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


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

All are Welcome!
www.ecominot.org


OUR SAVIOR LUTHERAN CHURCH
 3705 11th St. SW
 Minot, ND 58701
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www.oslcminot.com

Rev. Heath Trampe
Rev. Brian Doel

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


St. Mark's Lutheran Church
Missouri Synod

Sunday Worship
9:30 AM

2209 4th Avenue NW
Minot, ND
839-4663

Reverend Philip Beyersdorf
www.minotstmarks.com
Join us on facebook


Immanuel Baptist Church

1615 2nd St. SE, Minot
701-839-3694

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
 852-4853

Sunday Worship
 9:30 am

www.firstlutheran.tv
 (Live Stream & Recorded)
 Radio Broadcast KRRZ 1390AM
 Sunday 9:30 am
www.flcminot.com

Pastor Brandy Gerjets • Pastor Ellery Dykeman


Gospel Tabernacle Community Church

9999 27th St NE
 4 miles south of MAFB
James W. Henderson
Anna B. Henderson

Church: 701-838-4492
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

westminot.com
facebook.com/westminot

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Only \$9.00 a space / per week


OUR REDEEMER'S CHURCH
A Church of the Lutheran Brethren

Thursdays:
 Worship..... 6:30 p.m.
 Sundays:
 Worship..... 8:30 a.m. & 10:45 a.m.

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For more information visit us on the web at:
www.ourredeemers.org

ORCS Preschool

Our Redeemer's Christian School's Preschool Program will be starting it's 33rd year the fall of 2020 and we would love to have your child be a part of it!

NOW ACCEPTING REGISTRATIONS FOR THE 2021-2022 SCHOOL YEAR

HIGHLIGHTS OF OUR PROGRAM

- Time-tested curriculum including STEM and Language Arts activities as well as Free Play
- 2 and 3 day options available
- Kindergarten readiness skills practiced each session
- All teachers hold a North Dakota Professional Educator's License
- Christ-centered environment

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701.839.0772
 Email: jschultz@orcsknights.org
 Website: www.orcsknights.org

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Revisions MADE UPON NOTICE FROM THE CHURCH

Deadline TUESDAYS BY NOON WEEK OF PUBLICATION

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CONTACT US

call 701-839-0946

email NSADS@SRT.COM

fax 701-839-1867


ORCS KNIGHTS


 Our Redeemer's Christian School
 700 16th Avenue SE
 Minot, ND 58701
info@orcsknights.org • 701-839-0772
www.orcsknights.org

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 you've been looking for

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CLASSIFIEDS

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LEGAL NOTICE

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.

REAL ESTATE

Find **ALL** listed homes for sale in Minot and the surrounding areas at www.brokers12.com.

CONDO FOR SALE - N. Hill Minot, 3 BDRM, 2.5 Bath, 2 car garage, Laundry, Forced Air, 1744 Sq Ft, \$164,000 - If interested call 852-4241. Leave a msg and I will WCB.

HOUSE FOR SALE-505 7TH AVENUE SW, 1600 Square Feet, 4 bd-2 ba, 2+ Heated, attached garage-with floor drain, Xtra RV Parking Area. All Appliances, Lower level has 2 bd, bath & family room. \$245,000 call (414) 940-1923

MOBILE HOME FOR SALE Single wide mobile home for sale in Deering Estates #16, Deering, ND. 17 minutes from MAFB. 2 bedroom, 1 bath. Completely remodeled- great home for military family. \$20,000.00 obo Call (701) 500 4987

FOR RENT OR SALE

20 MINUTES TO MINOT AND THE MINOT AIR FORCE BASE 2 and 3 bedroom mobile homes for sale or rent from \$695 per month – includes lot rent and utilities. Located in Deering, ND. 701-502-0554.

HOUSE FOR SALE OR RENT 3 Bedroom, 2 Bath, Small Garage NW Minot Location. Please call: (701) 833-3689. Will be happy to set up an appointment to view.

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

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

Apply in person at: 605 27th St SE, Minot ND 58701
Or contact: Matt Mackey
By email or phone at mmackey@kalixnd.org
701-852-1014

IMMEDIATE FULL AND PART TIME OPENINGS

for daytime and evening custodial positions cleaning buildings at the Minot Air Force Base. Pay is \$14.49/hour plus health & welfare benefit. Hours Days 8a or 9a-finish typically Monday through Friday, may include weekend work. Nights 5p-finish. Apply in person at: 605 27th St SE, Minot ND 58701 or contact: Matt Mackey By email or phone at mmackey@kalixnd.org 701-852-1014.

THE NORTH DAKOTA NATIONAL GUARD have openings available in a variety of career fields across the state and in Minot. Continue your military career on a part-time basis. For more information call 420-5903 or 420-5904 in Minot.

MATURE, RELIABLE, AND A TRUSTWORTHY INDIVIDUAL. Part-Time Retail sales 25-35 hrs/week occasional Sat. closed Sun. Apply in person at Aeroport Hobby Shoppe, 2112 N. Broadway.

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RUMMAGE SALE

RUMMAGE & BAKE SALE

SATURDAY, JUNE 26
9am – 1pm
Lunch at 11am til gone
Caramel rolls 9am
Bag Bargains at 12:30pm
Vincent United Methodist Church, Minot.
1024 2nd St. SE,
4 blocks east of Toad's.

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\$\$\$ QUICK CASH \$\$\$
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RENTALS

AVAILABLE NOW! Several apts on North Hill available 4 rent. 2 Bdrm + 1 bath. \$655 to \$795. Call Matt or Jerry at IPM. 852-1157

SUDOKU SOLUTION

Puzzle on page C8

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

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- ▶ Notify location and destination
- ▶ State the amount of people that need a ride
- ▶ Give a description on an easily identifiable article of clothing
- ▶ Verify member's military/ dependent status by showing identification

CONTACT US AT:
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(701) 727-AADD

THURSDAY, FRIDAY & SATURDAYS
09:00 PM – 02:00 AM
HOLIDAY WEEKENDS
08:00 PM – 03:00 AM

ADULT & TEEN BAGGERS NEEDED AT THE MINOT AFB COMMISSARY

BAGGERS WORK FOR TIPS ONLY

- **ADULT HOURS**
Tuesday-Friday 7am-4pm
• Later start times available but must be able to stay until 4pm & Sunday 11am-6pm
- **TEEN HOURS**
Tuesdays-Friday 4pm-7pm & Saturday 7am-6pm
• Morning start times rotate & vary

PLEASE SPEAK TO CHARLIE AT THE COMMISSARY IF INTERESTED OR LEAVE CONTACT INFORMATION WITH CUSTOMER SERVICE.

NOTICE

MINOT AFB FIRING RANGE NOTICE The base firing range is located at 106 Range Road. It is illegal as well as dangerous to trespass in this area due to live weapons fire. For approved access to this area during weekdays contact Technical Sergeant William Delphia or Technical Sergeant Adam Worcester at 701-723-7597. For all other times coordinate with the base law enforcement desk at 701-723-3096/3097.

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MINOT AFB ANNOUNCEMENTS

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

Embry-Riddle Aeronautical University is the world's pre-eminent university for aviation and aerospace education. However, our dynamic, hands-on programs will prepare you for careers well beyond the limits of the sky. Our Worldwide Campus has been working with U.S. military service members since 1970, helping them to earn a degree while on active duty or as veterans. And we do it at more than 90 military installations around the globe. The Embry-Riddle Minot Campus — located at Minot Air Force Base — offers associate, bachelor's, and master's degrees, as well as undergraduate and graduate certifications, that will help you whether you are an active-duty military service member, a veteran, or a civilian working at or around Minot Air Force Base, Embry-Riddle Worldwide is here to help you earn your college degree. A degree from Embry-Riddle Worldwide will help service members to become commissioned officers, will make veterans more desirable job candidates as they enter the civilian workforce, and will assist civilians with job advancement or career changes. Our modes of instruction are: Online, Eaglevision Home and Eaglevision Classroom. Our next upcoming term is: 5 Jul-5 Sept. For more information, please email: minot@erau.edu or call us via our teleworking phone number: 904-513-9734.

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.

PARK UNIVERSITY MINOT –

Your degree, Your way. Now enrolling for Summer classes starting June 7, 2021. Earn your CCAF credits, AU-ABC, and your Bachelor's degree with PARK. Let's maximize your military experience! Find how many credits you can get from your military experience by going to military.park.edu. and confirmed your credits Or Ask Alexa! Enable the Park University skill on your Alexa device and say "Alexa, ask Park, How many credit hours can I get from my military experience?" She'll even tell you your graduation date! Minot AFB @ the Education Center RM 222 | 844-884-8612 | mino@park.edu PARK. YOU

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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