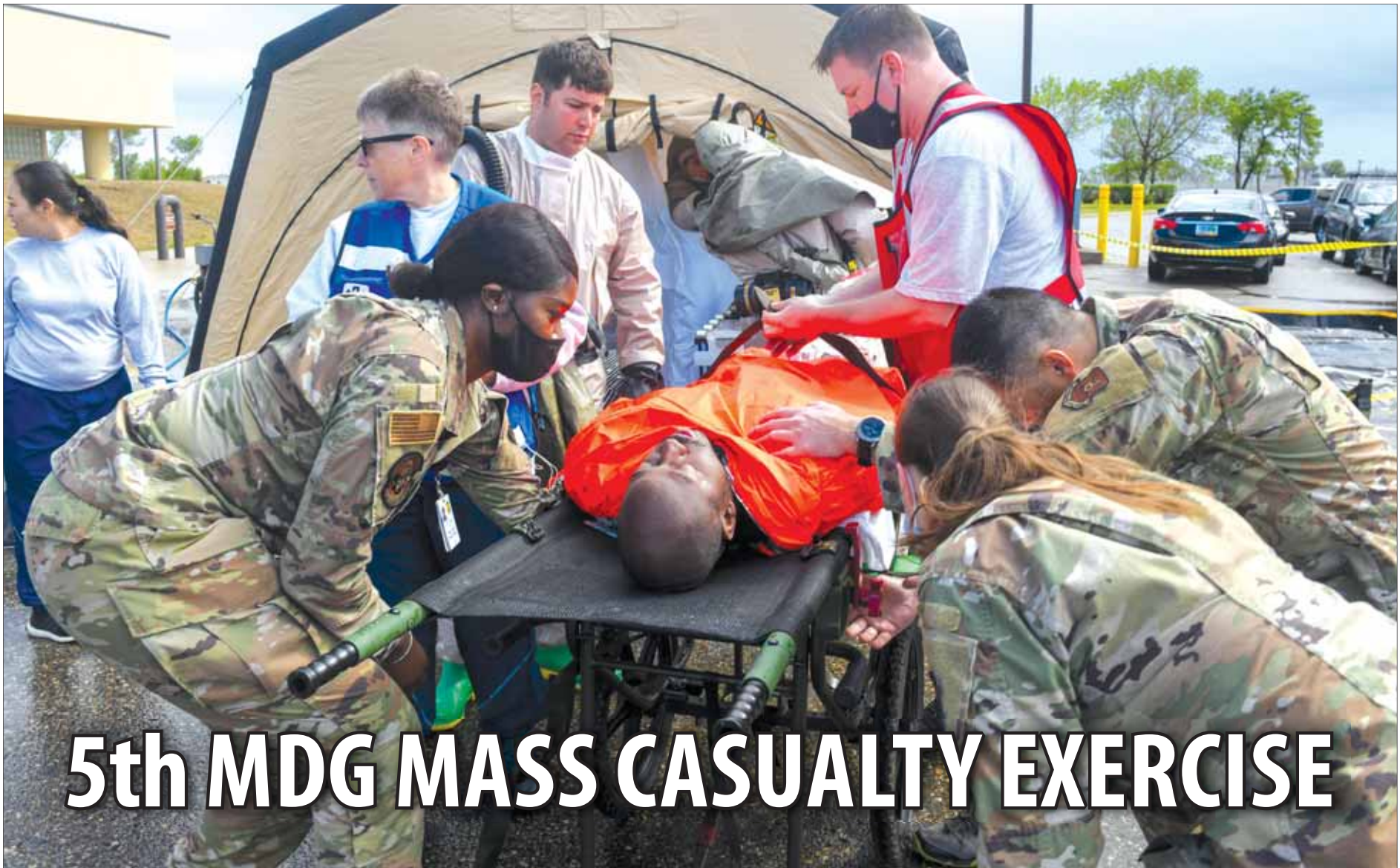


northern sentry

FREE | WWW.NORTHERNSENTRY.COM | VOL. 59 • ISSUE 26 | MINOT AIR FORCE BASE | FRIDAY, JUNE 25, 2021



5th MDG MASS CASUALTY EXERCISE

The 5th Medical Group conducted a mass casualty training exercise at Minot AFB, ND, June 11, 2021. The exercise took place in order to maintain readiness within the medical group and be capable to respond quickly and efficiently. See more coverage on page C8.

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

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Coming Back After 50 Years...

ROD WILSON, NORTHERN SENTRY

As Walter (Tom) Grabowski entered the front gates of Minot Air Force Base, his first reaction was “Man, look at all those trees”. When Tom arrived on MAFB in 1967, the United States had deployed the Minuteman I, 150 of them, to the base. “But really, there weren’t any trees!” he said with a chuckle.

Travelling home to the Detroit area from a Minot missileer reunion in South Dakota, Tom decided he would take a slight



detour and attempt to get a tour of the Minot Air Force Base. Of course, COVID protocols had stopped tours at Minot AFB for almost a year, but MSgt Andrew Stephens from MAFB Public Affairs handled the request, and at the 11th hour, Tom was given permission to tour the base on Monday, May 14, 2021. And so, A1C Evan Lichtenhan met Tom at the gate, checked him through the Visitor’s Center, and started the tour at the 91st Missile Wing Headquarters. Tom’s official tour guide of the 91st would be 1st Lt Taylor S. Carlson, 740th Missile Squadron.

WELCOME BACK TO THE 91ST

Just inside the door, Tom would be greeted by 91st Missile Wing Commander, Col Chris Menuey and 740th Missile Squadron Commander Lt Col Eric Ward. Shortly after the formal greeting and hand-shakes, Tom would be escorted downstairs to Lt Col Ward’s office where several of the command team from the 740th were able to field questions from Tom about today’s mission of the 91st, and the 740th. “Of course, there weren’t any female crewmembers in the missile fields in 1967, and so it’s a little different seeing them,” Tom said, “and our uniforms were very much different back then. Lt Col Ward said that when he came into the service in 2004, it had already been in practice for a few years then. “Not only are there female crew members, but you can go on alert with anyone. Male or female crew members, it doesn’t make any difference, that’s how we fight.”

SHARE STORIES, THEN & NOW

When asked about any special stories, Tom replied, “Well I do have a story about a trip to duty one day by helicopter. We crashed in kind of a depression, and no one could find us. It was winter, and it was really cold! Our radios didn’t work because we were down in the depression. We had broken out the survival gear and were all bundled up when a bomber spotted us, and we were rescued. I guess we were lucky.”

Tom got married while in Minot, and he and his wife (a teacher at Dakota Elementary) keep in touch with not only the servicemen that Tom met, but also the teachers. “We had a good time here, but if I had

one regret it would be that being this far west, we didn’t take advantage of all of the parks in the area. When I had leave, we drove home,” Tom continued. Lt Col Ward related that he had underestimated how big North Dakota was until he got out here. “Fargo and Grand Forks have grown, but Minneapolis is still the closest really big city if you want to hit a baseball game or something like that,” related Ward.

The topic then turned to the new staffing of the command centers that was started during the pandemic and continues today. In Tom’s day, the 740th, or the Vulgar Vultures as Tom refers to them, covered only one missile field. “Our alerts in the missile field were 24 hours, and one of us was allowed to sleep,” Grabowski said. “I told my wife that I think I did more reading when I was here (MAFB) than in the 4 years of college prior.” 1st Lt Carlson explained that missile crews were on 2-week alerts during the pandemic, and they could be deployed to any one of the fields. “We go out for a week at a time now, with 2 separate crews,” shared Lt Col Ward. “There are some advantages; your schedule is a little more predictable and there aren’t last minute schedule changes. We haven’t had to have a single schedule change. During the pandemic the office was basically empty, with everyone teleworking to keep safe.”

Tom said that at his recent reunion at Ellsworth Air Force Base, S.D., he toured an LCF (Launch Control Facility). “I had never been upstairs in an LCF. I knew there were rooms, but never had toured one.” Back at Minot AFB, 1st Lt Carlson added that they are able to “hang out with the other crew members and security forces on duty, but when night comes everyone kind of goes their own way and kind of wants to be on their own.” He also added that when a squadron goes on alert, they cover the entire missile field. “Right now, the 741st is covering the entire field.”

Tom asks about a spot on the map that shows the missile fields and asks if one spot is November, to which Lt Col answers “Yes, you have a good memory.”

“That’s where I pulled my last alert,” said Grabowski.

When asked about life at MAFB in 1967, Grabowski said “Well, I used to go to a gas station, and it was closed on Sunday. But it had a roof over the pumps, and I would park under it and wax my car.”

Before leaving Lt Col Ward’s office, Tom was able to share one last story. “From my missile procedure days... I was a commander at that point, and we had the dark blue two-piece uniform on. This ‘ride’ (testing event) was going, and going and

going on, and I am thinking, ‘what did I do wrong?’ It finally ended and the team that evaluated us put us in a conference room and said we would be right down there to talk to you. They come in and they were smiling, which I thought was a good sign. The commander says, ‘you guys did excellent, you got a highly qualified. We were playing with you. We noticed you perspire a lot; we waited until the two sides met in the middle before we ended the ride.’ I was scared to death up until that point.”

After a slow walk down the hallway, Grabowski was led to the coding center. The change in technology was explained to Tom and he laughed, “We used to carry the coding information with us in a briefcase. Thankfully I never had to open one up.”

A VISIT WITH COL NEMISH

The next stop would be the office of Col Kristen Nemish, commander of the 91st Operations Group. Prevalent in all our stops on the tour were maps of the missile fields. Tom was happy again to make note to Col Nemish of his last tour on May 8, 1971, at LCF November, when Tom was in the 742nd Missile Squadron. At that time, the Minuteman III was being installed, and being Tom was going to separate, he would not need to train on the new missile system.

Tom and Col Nemish shared that they both grew up in Ohio. Tom also shared that he was surprised at how big the town (Minot) had gotten. “It’s expanded so much since I was here. There was also the 5th Fighter-Interceptor Squadron and there was a KC-135 squadron, so it has downsized, but still the base seems bigger now...there’s more on it.”

Tom related that he had gotten his wife a job here (at MAFB). “Apparently they had some kind of teacher’s strike, and they fired a bunch of teachers. So I went down there and said ‘I’m getting married and my wife is coming up here, any chance I can get here a job on base?’ And they said, ‘sure.’” With a presentation of patches from Col Nemish, our visit ended, and we were on to the Launch Facility Training building across the street.

REFLECTIONS

It was the middle of June in 1967 when Tom Grabowski arrived at MAFB. He was informed where he would be stationed after being commissioned a month earlier in May, and he said “I didn’t know where it was. I had to look it up.” Coming from Lackland AFB, Texas, to Minot AFB, the 91st Missile Wing and the Vulgar Vultures are worthy of the stories that were shared during his visit. In 50 years the MAFB has certainly changed, but Tom was anxious to return to not only the 91st Missile Wing, but



to the street that he called home for some of his four year service in Minot. There is a new home built on that corner, but we still paused and took a photo for old times’ sake.

All of those now serving and doing the job Tom used to do were exceptionally accommodating and welcomed Tom to MAFB. A good example is that Tom was able to tour and watch an actual training exercise in one of the LCS training facilities, although it was not a part of his scheduled tour. “It was the highlight of the tour,” said Tom in my interview with him. “First of all there was a female 1st Lt, and of course that was different from my days. There were screens, and the crew members sat side by side. In my day it was light bulbs, and each bulb had a meaning. We were only able to see our 50 missiles. Today they are able to see them all. There was so much less equipment in the trainers, and I am told that the actual capsules have even less equipment because they have consolidated it so much.”

I asked about the mission that

he and today’s Airmen perform and the deterrent they provide, and Grabowski said, “I think it provides the necessary deterrent. When we were shown a video at the museum in Ellsworth, Khrushchev’s son said the same thing. They don’t want to be the aggressor, so yes; I do think it is a necessary deterrent, then and now.” And when the Ground Based Strategic Deterrent is deployed, are you interested in seeing that system? “Yes, of course.”

PRIDE IN A JOB WELL DONE

The pride in a job well done was evident in every person we met on our June 14th tour. 50 years separated Tom Grabowski from those we met who carry on the mission of the 91st Missile Wing at Minot AFB. But aside from the uniforms and perhaps some different procedures, their goal is the same: Provide a deterrent that keeps each and one of us living a great nation where freedom still reigns, and where people like Tom are recognized for their service to our country.



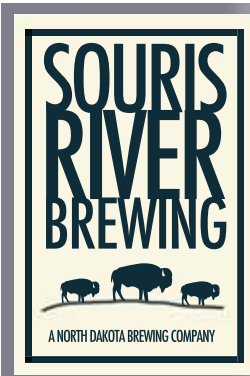
COURTESY PHOTOS

Good Gardening

ADVICE
by Marvin Baker

Blossom end rot

I get asked every year about the rotting of the bottoms of tomatoes and what can be done to stop it. The phenomenon is called blossom end rot and it happens because of a lack of calcium in the soil. Egg shells are supposed to help, nonfat dry milk – anything that has calcium – can’t hurt. Place some form of calcium around your tomato plants as soon as possible to slow or prevent blossom end rot. This is also a problem in bell peppers and can be corrected for the very same reason. The best thing you can do is have your soil tested to check for calcium levels.



32 3rd St NE, Minot

Juneteenth in Minot

ABIGAIL KINDER, NORTHERN SENTRY

On the eve of January 1, 1863, African Americans gathered all across the country awaiting the news of the Emancipation Proclamation, which would free slaves throughout the confederate states. Even though it went into effect in 1863, the proclamation still couldn't be implemented in places still under the control of the Confederacy. In Texas, it wasn't until June 19, 1865 that the slaves were freed as Union troops stormed into Galveston Bay. Over 250,000 slaves in Texas were freed, and in celebration for their final liberation, the day came to be known as Juneteenth.

The Minot African American Heritage Council celebrated Juneteenth with a block party in downtown Minot on June 19, 2021. The event was open to everyone and was the third Juneteenth event held by the AAHC. In Minot, it is not a widely recognized holiday but AAHC hopes to bring it more visibility in order to educate the locals on the historical significance of Juneteenth and the plight of African Americans in the past.

Over the course of the day, people from all over Minot and Minot AFB gathered to honor Juneteenth with community fun and witness a speech on embracing humanity from SMSgt. Chrishana Dameron, 5th Logistics Readiness Squadron First Sergeant, as well as closing remarks from Vice Commander of the 5th Bomb Wing, Col. Brian Vlaun.

"We wanted to give something back to the community. There is a whole community of people out here who aren't normally recognized for this type of holiday. For the AAHC, we wanted to showcase [Minot's African American community] and show them what we have to offer," said TSgt. Perry Sinclair, President of the AAHC. The block party also showcased local vendors and musicians from Minot and according to the AAHC members, was an incredible success due to the overwhelming community support.

The AAHC began planning the Juneteenth Block Party in

February of 2021, long before anyone knew that it would become a federal holiday on June 17. Sinclair said, "It's a step in the right direction. It gives Juneteenth more recognition, and it gives us and the holiday more credibility and visibility. It's not something we just made up." Juneteenth is the first new federal holiday since Martin Luther King Jr. Day was established in 1983.

For Sinclair, Juneteenth is a reminder to celebrate the progress of the African Americans who came before him and to honor their fight for equity and equality. "I get to celebrate something the same way that [those before me] did, even though I didn't have to go through the things that they did. Once they found out they were free, they went out to public places and celebrated. But slavery wasn't the end-all be-all for a lot of people. There were still a lot of things going on. If they were able to go out and celebrate during the worst of the worst times... things are a whole lot different now so let's showcase who we are now since that happened. I want to embrace what they went through and show who I am now and what we can still bring to the table in society."

Despite some pushback for the designation of Juneteenth National Independence Day, the AAHC continues to educate the community on African American Heritage with positivity.

"If people don't know, they're going to question it. I don't want to knock people that have questions or are wary of it. There are things that I don't know about and I'll go take the opportunity to learn about them. We have to give those people who don't know grace. We don't want to shout back at them or assume that they should know about us. If you want to know, come out and find out. If you have questions about it, I'm happy to assist you. When you teach people about something and show them the background, it opens up their mind about what exactly we're doing. We can't change everyone, and we



On June 19, 2021, the Minot African American Heritage Council held a community block party to celebrate the first federally recognized Juneteenth National Independence Day. People from all over Minot gathered to have fun and commemorate the freeing of African American slaves in 1865, as well as to reflect upon the strides that the African American community has made since then in the fight for equity and equality.

HOLLY MORRIS PHOTOGRAPHY PHOTOS

understand that, but if they are willing to come out and ask the question, we'll give them the answer. There's no need to fight back," said Sinclair.

SrA. Ciera Crout, Secretary of the AAHC, expressed her gratitude to the community for helping to make the celebration a success. The AAHC had support from Acacia Lodge No. 12, a local Masonic unit focused on community service, and about 50 volunteers who helped to plan and set up the event.

Outside of the Juneteenth block party and other celebrations such as the ones for Black History Month, the AAHC holds regular meetings at Rockers Bar and Grill. Crout emphasized the importance of letting the community know that their meetings are open to everyone. "When we have these meetings we have general talks about bringing equality and equity into our workplace so

that everybody feels like they have the same opportunities. We want to make sure that everyone knows that we are an inclusive and diversity working group; we want everybody to come to these meetings so that they don't feel like an outsider," she said.

Special thanks to:
President TSgt. Perry Sinclair
Vice President TSgt. Alise Brazell
Treasurer TSgt. James Tisdale
Secretary SrA. Ciera Crout
Sub-Council
Decoration Team—2nd Lt. Kimberly Ratliff and 1st Lt. Niesha Gibbs
Logistics—MSgt. Konrad Goolsby and 1st Lt. Darrell GonzalezMcfadden
Volunteer Team—Capt. Alyssa Joiner and A1C Melisa Barrera
Thank you for bringing another successful Juneteenth to the community of Minot!



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Airmen of Minot



SENIOR AIRMAN JOSH STRICKLAND PUBLIC AFFAIRS JOURNEYMAN

Senior Airman Josh Strickland is a Public Affairs Journeyman for the 5th Bomb Wing Public Affairs. Originally from Winnsboro, Louisiana, Strickland became a member of Team Minot in the summer of 2019.

"I like that Minot is people centric," said Strickland. "I chose to come to Minot because all I heard was that Minot was not the place to go, so I went against the grain and put Minot as my number one pick. Also, because that way it won't be my second duty station."

Strickland's responsibilities include communicating the Commanders and the Air Forces intention and purpose through photos, video and strategic communication. He is also the training manager, as well as holding the Standards and Evaluations position where he trains fellow Airmen and helps maintain the standard of quality of the content that gets produced by the PA shop. "Well, I would



say my favorite part of what I do to contribute to the mission is highlighting Airmen, hands down," said Strickland. "We get the chance in Public Affairs to take a story or a career field and showcase what they do or have done and show the world. And I do mean the world. Airmen here might not know it but I've seen the demographics, their photos go all over the world."

Strickland draws his motivation from the people he gets to work with, helping others along the way.

"I love helping to develop them and show them what mistakes I learned from and help them learn," said Strickland.

In his freetime, Strickland enjoys watching TV, playing video games and spending time with his dog by taking him to the dog park every day.

"Goals?" said Strickland. "Do twenty years. Buy a house. Adopt some kids. And maybe find a husband. Preferably in that order but the best laid plans of mice and men"

Informal Dispute Resolution Process

TIM KNICKERBOCKER,
CHIEF OF HOUSING
MINOT AFB



Today I would like to provide you with the Informal Dispute Resolution Process outlined in the SAF/IEI Memorandum for Installation Commanders, dtd 4 Mar 2021. As the title implies, this is an informal process verses the Formal Dispute Resolution Process. The Informal process must be attempted and completed prior to initiation of the formal process. I will discuss the Formal Dispute Resolution Process in my next column. It is important for you to contact Minot AFB Homes (MAFBH [BBC]).

Step 1: If you discover a problem with your home, you shall communicate/request the issue directly to the MAFBH. This notification is done by initiating a work order or contacting one of MAFBH's Resident Specialist for non-maintenance concerns. If your problem is not resolved in the required time, you will need to take the next step.

Step 2: If MAFBH has not resolved the issue after the initial communication/request, you shall follow-up with MAFBH's property management staff. If you are still not satisfied with your communication with the management staff then you may contact the BBC Cares Customer Help Line at 877-253-6988. The BBC Help Line will put you in contact with Regional BBC management to assist you. During this step you may communicate the issue to the Military Housing Office (MHO) for our awareness.

Step 3: If you are still not satisfied with the actions MAFBH took to correct your problem or concern then you will reach out to my office, the MHO at 701-723-4660 and select option 1 when prompted. You will need to provide the MHO staff with the steps you have taken to resolve your concern with MAFBH. My office will engage with MAFBH management to work through your problem. If we cannot get resolution locally we will engage with the regional management and if necessary raise the concern to the VP level. The MHO can also elevate the issue within the chain of command, up to the first O-5, depending on the nature of the issue.

If you do not believe the issue can be resolved at the local level, you may contact the Air Force Housing Call Center, 800-482-6431. The call center is operated by the Air Force Civil Engineer Center (AFCEC). AFCEC is designated by Congress to oversee the operations of the privatized housing projects within the Air Force.

There are several on-base agencies you may reach out to for assistance. These include your chain of command, your PCM, the Legal Assistance Office, and the Resident Advocate. The MHO may direct you to your PCM if you believe your home is impacting you or your family's health. Your PCM can engage with the 5 MDG Occupational & Environmental Medicine Consultant if testing is needed in your home.

The goal of any dispute resolution is to resolve the issue at the lowest level. While we hope your stay at Minot AFB is worry free when it comes to your housing, remember, your MHO is here to assist you, but it is up to you to take the first steps to resolve the issue.

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Alexander Debowey

Skylar Dockter
Marc Allen Esternon
Jeremiah Fairley
Deontae George
Trent Greek
Aaron Hardy
Roland Joeseeph Hernandez
Jewel Hibbard
Jeremiah Higgins
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Troy Latta
Connor Long
Deonte' Martinez
Madalyn Meagher
Evan Michaud
Justice Nerad
Taliyana Perez
Collin Roth
Zachary Rousey
Katey Shearer

Elise Sinner
Logan Skees
Christopher Stewart
Hayden Tinker
Malikye Toliver
RaShawn Wilcox
Zachary Wilson
Xander Winter
Bryce Yale
Dominick Zolnar



Taliyana Perez

Parents:
Ernesto & Kiri Perez
Future Plans:

Plans to attend university in the fall, majoring in psychology with a concentration in communications.



Christopher Stewart

Parent's:
Daniel and Jenna Stewart
Future Plans:

After graduation, Christopher is moving to Florida and will pursue a double major in chemistry and biology. Christopher hopes to go onto medical school after completing his undergraduate program to become an anesthesiologist.



Bailey Cowley

Parent's:
Aaron and Leslie Cowley
Future Plans:
Attend UCLA -
majoring in Neuroscience

Photos and information provided by parents of the seniors



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DOW

91st Missile Security Forces Squadron, recently won the 2021 Huddle Outstanding Leadership SNCO Category. "When MSgt. Dow replaced our former Superintendent, she did not remove herself from the lives of the Airmen and NCOs. She took on an uncountable number of additional tasks in her new role managing three flights, but still always makes time for those who matter the most: the Airmen."



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ABIGAIL KINDER, NORTHERN SENTRY



Marvin Baker is the owner and caretaker for North Star Farms, a local organic farm in Carpio, N.D. He has been growing a variety of USDA-certified organic produce since 2004 and hopes to continue for several more years.

NORTHERN SENTRY PHOTO
ABIGAIL KINDER

It's no secret that farmers are the backbone of America. They provide us with our every need and embody the most basic American principles of hard work and perseverance. While buying food from the grocery store is the most convenient venue for many people, few things can compare to the quality and feeling of community that comes from supporting small, local farms.

Visit the Minot Farmer's Market during the summer and you might see a line of eager customers awaiting this season's harvest of fresh watermelon or juicy tomatoes from the local farm. Marvin Baker, a North Dakota native, is one such farmer who finds his joy in providing fresh, organic food for his community.

Baker found his way to Minot years ago after picking up a job for the Minot Daily News. After some struggles with affording a home in Minot, he and his wife began looking for property in smaller, outlying towns nearby. They have lived in Carpio, N.D., for 19 years and have been producing organic food each year for nearly just as long. His passion for farming began early on, as he explained, "My mom became ill when I was in college so I took care of the family garden and I just loved it. It's always been in our family."

On July 12, 2004, Baker established his brand. "That same year, we obtained some property; there used to be a condemned house there and we bought that property for \$200," he said. With the help of his family, Baker tore down the decrepit house and built a greenhouse in its place, and that was the beginning of North Star Farms.

In 2010, he acquired the actual farm property and now utilizes over 3 acres for North Star Farms. Baker is dedicated to growing healthful, organic food for his customers and has been a United States Department of Agriculture (USDA) Certified Organic farmer since the beginning. "Organic food doesn't have harmful chemicals," he explained. According to the USDA, organically grown food adheres to federal guidelines regarding soil quality, pest and weed control, and the use of additives, among other factors. Baker utilizes natural farming practices in accordance with these guidelines in order to produce the most organic, superior product he can.

So why did Baker decide to farm strictly organic food? He said, "I spent 35 years in the North Dakota National Guard. 20 of those 35 years I was a Chemical Operations Specialist, and back in the early 80s when I first took on that job, I studied the Soviet Chemical Threat. I got ahold of some information about how the Soviet Union was using chemicals at a Mujahideen guerrilla camp in Afghanistan. What those chemicals were doing to the human body was just creepy."

Not only did Baker learn about the effects of chemicals on the human body through his work with the National Guard, but he also had firsthand experience with them in an agricultural setting. "I was working in a grain elevator during college, and I was actually spraying some of those chemicals on crops. One time I was filling a tank with chemicals and I got dizzy and almost fell. Another guy told me he got a corn herbicide on his body and it messed up the skin on his arms. This was back in the early 80s, and this was when I learned what chemicals can do to the human body. Ever since then, I realized if I ever [farm] again, there isn't a snowball's chance in Tucson that I'm going to use chemicals. When we obtained that property in 2004, it was a no-brainer that we were going to apply for certified organic status immediately, and we have been ever since. We practice what we preach—we have organic milk in our fridge, that kind of thing."

Baker could be considered a self-taught farmer and learned most of his skills from the University of California, Davis website. While California has a vastly different climate than North Dakota, he was able to apply that knowledge to farming here and has been successful.

He grows produce varieties from all over, including Canadian and Russian varieties which grow in colder climates than North Dakota and thrive here as a result. His Pontiac potatoes are the same variety that his grandparents grew in the 1940s, making them somewhat of a family heirloom. Baker also grows the same potatoes that McDonald's uses in their french fries, Shepody potatoes, as well as countless varieties of onions, garlic, tomatoes, fruits, and even novelty items such as peanuts and cotton.

However, organic farming doesn't come without challenges. In 2021 alone, Baker has

faced late frost and drought, both of which can hinder the growth of his crops. When asked how he copes with these challenges, he said bluntly, "You deal with them. This is the first year in 19 years that I've had to water this property before I could plant. In the fall you've got early frost. Sometimes the wind blows 300 miles an hour, and you can't cover it with a tarp because it'll end up in the river the next morning."

Baker has also faced other challenges over the years, including floods, pests, and even a hungry beaver that stole his peas. He weeds his entire property on his hands and knees and manages his farm in the worst of conditions, whether it be 100 degree weather or in excessive winds. Because of his organic status, Baker does not believe in using chemical pesticides or weed killers, meaning all of his work is done by hand. But even with these hurdles, he still loves what he does. "Sometimes I'm frustrated but all in all, I love it out here," he said. "There's this satisfaction in the customer service. You go to farmer's markets and sell to local people and I love that part of it."

Baker plans to continue farming for four more years, and with the help of farmhands (some of whom have been Airmen and spouses from Minot AFB) and local customers, he hopes that he can continue to bring fresh and safe produce to the people of Minot. "If it weren't for MAFB, we wouldn't be where we are," he said.

Hearing Baker speak about North Star Farms, there is no doubt of the pride that he takes in his farm. Not only are small farms like North Star important for the local economy, but they bring a sense of satisfaction and community to buyers and growers alike.

Produce from North Star Farms can be found all over Minot. Baker is a vendor at the Minot Farmer's Market and also does home deliveries to town and Minot Air Force Base through the Community-Supported Agriculture (CSA) program. More recently, North Star Farms has also sold produce right from their farm in Carpio. If interested, call Marvin Baker at 701-720-2635, email mbaker@northstarorganic.com, or visit www.northstarorganic.com. The farm is located 26 miles northwest of Minot and 20 miles west of Minot AFB in Carpio.



COL. VLAUN'S FINI FLIGHT

Col. Brian Vlaun flew his final flight on a B-52 at Minot AFB, ND, June 21, 2020. After landing, Col. Vlaun was sprayed with water and champagne and was greeted by his family as well as members of the 5th Bomb Wing.

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WHAT'S GOING ON MAFB

FRIDAY 25

- Registration Ends: 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

SUNDAY 27

- Golf Ball Sales Ends at the Rough Rider Golf Course
- Zumba, 1400, Fitness Center

MONDAY 28

- HIIT Strength and Conditioning, 0530, Fitness Center
- Stroller Fitness Bootcamp, 1000, Fitness Center, Outdoor Track
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Newbery Book Club, 1600, Minot AFB Library
- Reading Colors Your World Color Run, 1630, Fitness Center, 5K Route
- Epoxy Cutting Board Class, 1800-2000, Arts & Crafts Center
- Yoga, 1830, Fitness Center
- Swerk, 1930, Fitness Center

**READING COLORS
YOUR WORLD
COLOR RUN**

28 June 2021 • 4:30PM
Fitness Center 5K Route

Join the Fitness Center and Base Library for a 5K Color Run with activity stations for all ages. Families and runners of all skill levels welcome! Medals awarded to the fastest runners!

For more information, contact the Base Library at 723-3344 or the Fitness Center at 723-2145

TUESDAY 29

- Registration Begins: Wine & Paint Class at the Arts & Crafts Center
- Game Day, 1000-1930, Minot AFB Library Facebook Page
- 5th Annual Summer Luau Special Lunch, 1030-1330, Dakota Inn Dining Facility
- Magic The Gathering Commander Night, 1800, ESC
- Swerk, 1930, Fitness Center

WEDNESDAY 30

- Registration Ends: Youth Outdoor Soccer at the Youth Center
- HIIT Strength and Conditioning, 0530, Fitness Center
- Pre-Deployment/Remote Readiness Training, 1000-1100, A&FRC, Zoom Meeting
- Story Time, 1030, Minot AFB Storytime Club Facebook Group

THURSDAY 01

- Air Force Photo Contest Begins at the Arts & Crafts Center
- July Photo Scavenger Hunt Begins at the Minot AFB Library
- Mario Kart 8 Deluxe Intramural League Begins at ESC
- Pre-Separation Counseling, 0830-1130, A&FRC, In person and Zoom Meeting
- Stroller Fitness Bootcamp, 1000, Fitness Center, Outdoor Track
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Moving Out of the Dorms Budget Class, 1300-1430, A&FRC
- Bowler Appreciation Thursday, 1400-2200, Rough Rider Lanes
- Kids' Night, 1530-2030, Bomber Bistro
- Have a Ball League, 1800, Rough Rider Lanes
- Zumba, 1830, Fitness Center

JUNE SPECIALS

Bomber Bistro • Ice Cream

Cool off with a dish of ice cream! Available flavors: Chocolate, Vanilla, Strawberry, Salted Carmel, Mint Chocolate, and Coffee. Only \$1.75 per scoop!

The B-Fifty Brew • Iced Coffee

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Rockers Bar & Grill • L.A. Burger

Seasoned 1/3lbs west coast-inspired burger topped with cheddar cheese, smoked bacon, jalapeños, and avocado on a bed of lettuce and tomato. Served with fries for only \$9.75!

UPCOMING EVENTS

FRIDAY 02

- AFGSC Family Day
- For full listing Independence Day holiday facility hours, visit 5thforcesupport.com
- Registration Ends: Acrylic Paint Pouring Class at the Arts & Crafts Center
- Freedom Fest 21, 1600-2330, Bud Ebert Park
- Friday Fun Member Snacks, 1630-1830, Rockers Bar & Grill
- Club Member Benefit, 1700-1900, Rough Rider Lanes
- Karaoke Night, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

SATURDAY 03

- For full listing Independence Day holiday facility hours, visit 5thforcesupport.com
- 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

JULY SPECIALS

Bomber Bistro • Greek Salad

This refreshing salad is loaded with lettuce, red onion, cucumber, tomato, red and yellow bell peppers, olives, and feta cheese! Grab yours today for only \$8.00!

The B-Fifty Brew • Blended Iced Mocha

Our rich, full-bodied espresso combined with bittersweet mocha sauce, milk and ice, then topped with sweetened whipped cream. Available in Tall \$4.10, Grande \$4.60, Venti \$5.10

Rockers Bar & Grill • Roadhouse Burger

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WMA do's and don'ts

Patricia Stockdill

North Dakota's Wildlife Management Areas (WMA) can be a little slice of heaven for outdoor enthusiasts, especially in a state with more than 90 percent of its total acreage in private ownership.

The trick is that people need to remember that the N.D. Game and Fish Department manages those WMAs, whether owned in fee title or leased from another public agency such as the U.S. Army Corps of Engineers. That places the emphasis on wildlife, habitat, and recreation opportunities for the people who funded their acquisition and management – the state's hunters, anglers, and trappers.

Wildlife and hunting is the primary focus when it comes to managing WMAs, stressed Game and Fish Department Deputy Director Scott Peterson. "They're not multi-use lands, they're for wildlife and hunting," he explained.

Regulations determining what can and can't be done on WMAs by the public are guided by that principle. For example, paintball and the use of drones aren't permitted on WMAs while it's OK for hunters to use tree stands or blinds if properly identified and in accordance with regulations on time length, etc.

It's OK for one or two people to ride horse but group or organized trail rides aren't permitted because of the use conflict and environmental impact. Another issue is that noxious weeds can easily be spread through hay fed to horses.

It boils down to priority uses allowed by those footing the bill and avoiding conflicts with wildlife and people alike. Hiking, hunting, and fishing are great to do on a WMA.

Flying drones, geo-caching, or moto-cross races are not.

So if WMAs aren't multi-use, it could lend people to question why cattle can be observed grazing on WMAs at various times throughout the growing season and some WMAs.

That's because cattle grazing is a management tool used by land managers to promote healthy grass and forbs. Just as mowing one's lawn promotes more vigorous and healthy grass, it's the same on native

prairie.

If cattle grazing isn't an option WMAs might occasionally be hayed, which can also stimulate growth and reduce built-up grass litter, providing better nesting cover for upland game birds as well as grassland migratory birds.

Camping is allowed on most WMAs. Restrictions have changed in recent years to help reduce impact on wildlife and the land as camping use skyrocketed, especially in northwestern North Dakota. Some WMAs had people using them as residences, setting up campers for year-around living. In a few extreme cases, game wardens found people broke up native prairie on WMAs and established gardens, Peterson added.

Lonetree WMA southwest of Harvey is the only WMA with designated camping areas, which is allowed as part of a Memorandum of Understanding between the Game and Fish Department and U.S. Bureau of Reclamation (BOR) when the WMA was established.

The agency owns or manages about 200,000 acres of WMAs in almost every county in North Dakota. However, they own only about one-half of those with the others leased from other agencies, in particular of the Corps or BOR. Most of the WMAs leased from the Corps can be found along the Missouri River System.

As the 4th of July approaches, Peterson reminds people the use of fireworks is illegal on WMAs.

In addition, this is the time of year when baby wildlife is extremely vulnerable to disturbance and must be left alone. The odds are that a tiny fawn curled up hiding somewhere or standing by itself has its mother nearby, waiting to return to her baby as soon as the disturbance – something like a human – leaves.

The Game and Fish Department website, (gf.nd.gov) has a detailed list of WMA regulations pertaining to use, whether it's camping, hunting, or anything in between. Click "Hunting" on the home page and then "Resources", "Where to Hunt", "Public Lands", and then "State Wildlife Management Areas" for details.

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Colonel Menuey stopped by to thank and coin Mr. Christopher M. Harris, 91 SFG Plans & Programs Office for his outstanding support during the recent SELM! Awesome job and thanks for all you do every day!

91ST SECURITY FORCES GROUP PHOTO

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Minot AFB to conduct Field Surveys

MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, North Dakota. — As part of planning for the Ground Based Strategic Deterrent (GBSD) project, the proposed replacement for the nation's Minuteman III Intercontinental Ballistic Missile (ICBM) system, the Air Force will be conducting cultural resources, biological resources, and wetland surveys from June 28 through October 22, 2021, of proposed project areas that extend through parcels owned by private landowners, as well as parcels administered by federal and state agencies. The purpose of the surveys is to determine if there are sensitive resources located within those areas. Right-of-Entry (ROE) request letters were sent in March of 2021 to landowners along those project areas requesting access to conduct these surveys. This is preliminary fact-finding work that will inform the development of an Environmental Impact Statement.

BACKGROUND

In the fall of 2020, the Air Force began preparing an Environmental Impact Statement pursuant to its responsibilities under the National Environmental Policy Act and the Air Force Environmental Impact Analysis Process to analyze the potential effects on the human and natural environments from the deployment of the GBSD weapon system, and the decommissioning and disposal of the Minuteman III ICBM. The GBSD weapon system represents the continued modernization of the United States' land-based nuclear arsenal with the replacement of the aging Minuteman III. Deployment-related actions would primarily occur both on base and in the missile fields at F.E. Warren Air Force Base (AFB), Wyo.; Malmstrom AFB, Mont.; and Minot AFB, N.D.

RIGHT OF ENTRY REQUESTS

In the spring of 2021, right-of-entry request correspondence from Lt. Col. David C. Dammeier, commander of the 5th Civil Engineer Squadron, was sent to local landowners who may have a portion of their property along proposed project areas requesting access by the government to conduct biological and cultural resource field surveys. The request is to allow the Air Force and its contractors to access private property to conduct the surveys.

The request is being made because launch facilities, communication systems, infrastructure, and technologies would be modernized and replaced as necessary to support the GBSD system. Approximately 1,780 miles of new utility corridors are proposed across the three missile fields at F.E. Warren AFB, Malmstrom AFB, and Minot AFB. Preliminary analysis indicates more than 90 percent of new corridors would be on private land, needing limited rights of way in support of some of the infrastructure.

FIELD SURVEYS

Field surveys will be done of project areas being explored for utility corridors, communication towers, and areas surrounding some of the existing Missile Alert Facilities (MAF). Utility corridor

project areas to be surveyed would generally be aligned along established roads (50–150 feet on either side of the road). Surveys for communication towers would include 5-acre project areas near existing roads. MAF project areas to be surveyed would include an area extending 360 feet from the current MAF property boundary. Field survey personnel will only work at those portions of the property that are included in the proposed project areas or are necessary to fully record identified environmental and or cultural resources.

Project areas are generally located adjacent to or near existing roads, thus access to the parcels requiring survey will be by existing roads. Survey crews will park at a safe location off the pavement of adjacent public roads or at a location at the direction of the landowner. A placard will be placed on the dashboard of each vehicle to identify it as a vehicle associated with the project. Crews, wearing proper safety vests, will work in small teams of two to four individuals. Fencing will not be altered or damaged during surveys and all gates will be left in the state found (i.e., opened or closed) when accessing survey areas.

CULTURAL RESOURCES SURVEYS

After access to a parcel is received from the landowner, via the Right of Entry Agreement, surveys will be conducted by project archaeologists to identify such resources as archaeological deposits, architectural resources, or other cultural resources. The results of the cultural resource survey efforts will be described in survey reports that will be used by the Air Force to inform its analyses in the environmental impact statement, to provide information to the federal and state agencies the Air Force is working with on the GBSD Project, and to meet the Air Force's obligations under Section 106 of the National Historic Preservation Act. The survey team will walk the project area and conduct visual observations to identify cultural resources. Any identified resources will be recorded using hand-held computer tablets, notes, forms, drawings, photographs, and GPS coordinates. Pin flags might be used to mark identified resources during recording but will be removed before leaving the study area. No artifacts will be removed from the property. In certain circumstances, to identify the boundaries of an identified cultural resource, small hand-dug subsurface trowel or shovel probes might be required. These areas will not exceed six probes, 20 inches diameter by 20 inches deep, per identified resource.

If probes are necessary, all excavated soil will be placed back into the probes before leaving the study area. Recording and analysis of cultural resources may require multiple visits to a specific project area during the term of the ROE Agreement.

BIOLOGICAL RESOURCES AND WETLANDS SURVEYS

After access to a parcel is received from the landowner, via the Right of Entry agreement, surveys will be conducted by project biologists to identify the presence of threatened, endangered, and other sensitive species and their habitat and to map the boundaries of wetlands. Surveys could include rare plant species, rare bird species, rare mammals, bats, and insects. Because different species require specific survey protocols, work could occur throughout the day and could require multiple entries. Crews will take photographs, collect data points using handheld global positioning system equipment, and may collect samples of vegetation for detailed analysis later in the lab. Hydrology will be determined through visual observations of surface conditions such as surface water, evidence of recent flow, or water-deposited debris. To evaluate soil conditions, wetland survey crews will hand dig 12-18 inches deep test pits where the soil will be investigated for signs of hydric soils. Test pits will be refilled before leaving the study area. Fieldwork may require multiple visits to a specific project area during the term of the ROE Agreement.

REAL ESTATE LAND SURVEYS OR APPRAISALS

Following environmental surveys to be conducted in 2021, the Air Force may request access to narrow corridors of land to evaluate potential easements needed for the GBSD project utility corridor. Access would be restricted to the proposed corridor footprint which is estimated to be no more than 25 feet wide, and property boundary lines/corners nearest to the corridor.

FURTHER INFORMATION

The Air Force has collaborated with the U.S. Army Corps of Engineers (USACE) to obtain access to privately owned lands to support the described survey work effort. If landowners have questions about the letter requesting right of entry or the right of entry agreement that they received, they may visit www.gbsdeis.com, speak with someone at the USACE office by calling 1-800-265-9309 or they can make contact via email at ROEhelpdesk@usace.army.mil.



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Thank You

The North Dakota Equine Association would like to express a sincere thank you to all of the volunteers that helped make the 2021 North Dakota Horse Expo such a success.



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Volunteer Appreciation Potluck

Saturday, June 26 • 12:00 noon

Roosevelt Park Shelter #14

(by the Tennis Courts).



We hope to see you there!



A LOOK BACK THIS WEEK IN USAF HISTORY

OPERATION WOUNDED WARRIOR

JUNE 26, 1954



Brig. Gen. Chester McCarty piloted a C-124 from Clark AB to Tachikawa AB on June 28, 1954. He salutes next to Maj. Gen. Henri Jacobs, Surgeon General of the French Air Force. (USAF Photo)

On June 26, 1954, Operation Wounded Warrior began with the first flight out of Saigon, Vietnam. The 315th Air Division and 6481st Medical Air Evacuation Group (USAF) transported over 500 wounded French and Foreign Legion troops to Clark Air Base, Philippines, and then Tachikawa Air Base, Japan. The operation took two weeks and five flights in total. From Japan, the critically wounded troops were flown to the United States by Military Air Transport Service and then on to France and North Africa. Wounded Warrior was carried out by C-124 Globemasters and many of those transported were survivors of the siege of Dien Bien Phu. Two French generals and the ambassador to the US met the first Military Air transport flight to reach Westover Field, Massachusetts to praise the USAF for the mission.

Information courtesy of: media.defense.gov

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Minot, ND July 11 th - 15 th 7:00pm Nightly Roosevelt Park	Williston, ND July 21 st - 23 rd 7:00pm Nightly Harmon Park
--------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------

For More Information Visit www.bfbc.tv

BFBC-Minot [1821 W Burdick Expwy]: Thursdays 7:00pm Service/Bible Study
Sundays 9:30am Leadership Class, 10:30am Worship & Children's Services

BADLANDS RESTAURANT BAR

Upcoming Events

25-27 JUN

STRANGE THING PUZZLE ADVENTURE

10:00 AM
Roosevelt Park
1215 E Burdick Expy, Minot

Your team will work together to solve a set of puzzles and discover the secret code to close the portal. Registration will be at Shelter #3 near the Roosevelt Park Pool. Please check in 15 minutes before your start time to get instructions and prepare. The game will take you to a separate location which can be reached by walking or biking. The adventure will take about an hour to complete. Dress in your very best 80s outfit and enter the daily costume contests too! Time slots start at 10am and start every half hour until 10:30pm. Tickets can be purchased online using the ticket link above. \$40 per team of up to 6 people. Children under 10 will be allowed to play along with family and will not be counted toward the team number.



For more information:

Website / www.escapagoatevents.com/book

28 JUN

BRCSF GOLF SCRAMBLE

12:00 PM - 7:00 PM
Vardon Golf Club
7101 County Road 15 W, Minot

Registration for the 32nd Annual BRCS Foundation Mixed Golf Scramble is now open! The tournament is set for a 12:00pm shotgun start on Monday, June 28th, at the Vardon Golf Club. Single golfers will be assigned to teams by golf pro Todd Lee. Games on the course include a closest-to-the-pin contest. Prizes will be awarded to the top five teams, and each golfer will be entered for a set of Ping irons, courtesy of the Ryan Family Dealerships. The tournament is limited to 144 golfers/36 teams total. The entry fee is \$150 per golfer. Golfers must be 18 years of age or older to participate. For more information, please contact Marlie at (701) 838-3355, or visit <https://bishopyryan.com/golfscramble> for a registration form.



For more information:

Facebook Event / BRCSF Golf Scramble / Vardon Golf Club

30 JUN

SUMMER UNPLUGGED - CRAZY CARNIVAL

1:00 PM - 3:00 PM
Minot Family YMCA
3515 16th St SW, Minot

The Crazy Carnival event will have carnival games galore, Dizzy the Clown, a bounce house, and Gymagic Gymnastics will be here too! Reserve your spots at the event or reserve one bag for each kiddo by Friday, June 25, 2021!



For more information:

Facebook Event / Summer Unplugged - Crazy Carnival

30 JUN

TOUCH-A-TRUCK

5:00 PM - 8:00 PM
Maysa Arena
2501 Burdick Expy W, Minot

We will have all types of vehicles for children to interact with. This is guaranteed FUN for the whole family! Quiet hour will be held from 5:00 pm - 6:00 pm. This event is free to the public!



For more information:

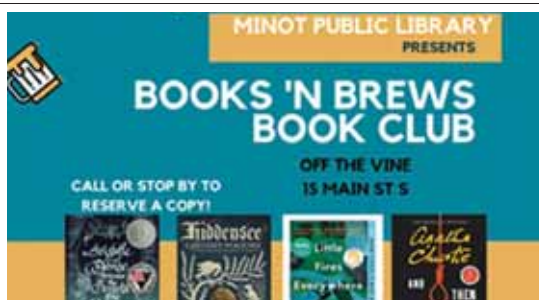
Facebook Event / Touch-A-Truck / Maysa Arena

1 JULY

BOOKS N' BREWS BOOK CLUB

7:00 PM - 8:00 PM
Off The Vine
15 Main St S, Minot

Books 'n Brews is coming back! We will meet at Off The Vine every first Thursday of the month. Call or stop by the library to pick up your copy of our next book club pick. Our 2021 Books 'n Brews schedule will be as follows:
July 1st- Breakfast with Buddha by Roland Merullo
August 5th- An American marriage by Tayari Jones
September 2nd- The Absolutely True Diary of a Part-Time Indian by Sherman Alexie
October 7th- These Women by Ivy Pochod



For more information:

Website / <https://calendar.visitminot.org>

On Base



For more information visit: www.5thforcesupport.com



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Obeying the law, prior planning key to fireworks safety



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The Fourth of July is right around the corner and most of us are probably planning a special event of some type, some folks might even be looking forward to setting off their own fireworks display. More than 11,000 people are injured in the United States each year from fireworks. Most injuries are the result of the lack of adult supervision and misuse of the fireworks. If you plan on using fireworks to add to the celebration this year here are some important reminders:

- Observe local laws. The sale of fireworks is legal from June 26 until July 5 and they may not be purchased by persons under the age of 12.

- Fireworks Permitted on Base Are; Sparklers, fountains, smoke devices, snake and glow worms, trick noisemakers such as party poppers, string poppers or snappers, and toy pistol caps.

- Fireworks Specifically Prohibited on Base Are; Explosive or aerial fireworks, roman candles, and rockets or similar devices. If prohibited fireworks are discovered in your possession on the base, the fireworks will be confiscated and you will face administrative/disciplinary actions.

- Fireworks are allowed in Ward County but NOT within in the city limits of Minot. If you are caught within city limits with fireworks you will have to appear in court, pay a minimum \$150 bond and be fined between \$50 to \$75. It is also a Class B Misdemeanor.

- Use fireworks outdoors only.
- Never let children handle or light fireworks. Even sparklers can be dangerous if unsupervised. 16 percent of those injuries involved sparklers. That number increases to 33 percent of the injuries to children, five or younger, when they used sparklers. Those injuries could've been avoided if adults provided adequate supervision.

- Never ignite fireworks while holding them. Only light one at a time, and move away quickly.

- Make sure there's enough room to ignite fireworks, and keep them away from buildings, vehicles and flammable materials.

- Have a full bucket of water handy for emergencies, and douse used sparklers.

- People should watch what clothing they wear when using fireworks. Loose clothing can catch fire, and shouldn't be worn while handling fireworks.

- Never try to re-ignite fireworks that have malfunctioned. Wait 20 minutes before soaking them with water and throwing them away.

- Alcohol and fireworks do not mix. Have a "designated shooter."

The transportation and storage of personal fireworks on Minot AFB is prohibited. The fact is there are no safe and sure ways to use fireworks - it's that simple! In 2008, according to the National Fire Protection Association, fireworks caused an estimated 22,500 reported fires. These fires resulted in one death, 40 injuries and \$42 million in direct property damage. Fireworks, even the smallest of firecrackers, are explosives and very unpredictable. Some have very short fuses and some have hard to light fuses that can suddenly begin a rapid burn. Rockets and cones tend to have no programmed guidance system, making people and buildings unwanted targets.

Each year thousands of Americans, many of them children, are victims of fireworks accidents. In 2008, U.S. hospital emergency rooms treated an estimated 7,000 people for fireworks related injuries. These accidents are not minor; they include the loss or disfigurement of fingers, hands, arms, faces, vision, hearing and severe burns. Sparklers, which can burn as hot as 1000 degrees have caused countless tragic injuries to small children since parents assume they are safe for children to use.

By observing these reminders, people can help prevent unfortunate accidents. Remember, in case of an emergency, call 911.

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New York Pop Artist Michael Albert comes to Minot

ABIGAIL KINDER, NORTHERN SENTRY

In a world full of materialism and waste, Michael Albert is using leftover everyday objects to create beautiful art. A lifelong resident of New York, Albert has been creating art since he was in college and has now established himself as a successful author, artist, and businessman. This year he will be touring the country and teaching collage workshops in ten states, including North Dakota.

Albert's passion for creating art began when he was 19 while pursuing a business degree at New York University. "We all become interested in things that don't necessarily have anything to do with our studies or our jobs, whether its music or sports... I became interested in art after visiting some of the great art museums in NYC. I was very inspired by seeing masterpieces and reading about them, especially Vincent Van Gogh's work," he said. Like his inspiration Van Gogh, Albert is a self-taught artist.

He began drawing with traditional mediums and would bring a sketchpad everywhere he went. "I realized that I could experiment with art and make my own, and whether or not anybody liked it or thought it was good or wanted to buy it, that didn't mean it wasn't good. Even though I was studying business, I could also take some of my time and try to make art."

As his art career was blossoming, Albert also continued to pursue his business path and began his own company, Sir Real, which sells all natural and organic fruit juices, jams, and other fresh products. He was able to combine his passions for art and business through Sir Real by designing all of their surrealist-inspired labels by hand.

Albert is well-known for his flagship collage: Frosted Flakes #1, The Birth of Cerealism. While he began making collages with junk mail and family photos, he became serious about using recycled materials for collage art when he decided to cut up a box of Frosted Flakes. "I really got into this process of cutting things and gluing them down. One day I took that same idea to a Frosted Flakes cereal box, which was the beginning of this pop art phase... making art out of every day consumer packaging. Cereal especially is so colorful and full of characters and fun imagery and it's so recognizable... and they have become so engrained in our minds that even when there's one letter from a box, we know where it's from. I had never really made things that seemed that universal before."

After creating Frosted Flakes #1, Albert went on a collaging spree. He created pieces from over 700



BROOKS MEMORIAL LIBRARY PHOTO



MICHAEL ALBERT PHOTO

cereal boxes over the course of three years. "I became transformed into this post-consumer waste pop artist. I just hated all the waste in business and that we create in our lives," he said. Much of his art focuses on deconstructing iconic brands and reinventing them into unique creations with materials that would have otherwise been thrown in the trash.

In 2008, Albert released his first book titled "An Artist's America," which showcases the evolution of his work from wax oil sketches to his modern pop art collages. Today, he spends much of his extra time hosting collage workshops across the country and has so far visited 41 states to share his pop art experience with aspiring artists nationwide.

It has now been 35 years and counting since Albert began making art, and his passion for it keeps him going every day. "I'm still working on that goal of trying to create something good and meaningful. I've always wanted to try to find something to do that I love doing. I realized that even though I was studying business where your goal is to figure out how to make money, I thought as a goal if you could create an artwork that could end up somewhere like the MOMA, that was an extraordinary accomplishment, and I think it's a better accomplishment than making a pile of money."

Michael Albert, a New York-based collage and pop artist, is hosting a recycled material collage workshop at the Minot Public Library on June 26, 2021. He will also be a featured artist at the Minot Area Council of the Arts' "Arts in the City" concert series at Oak Park on June 27.

Michael Albert will be hosting a free Art Workshop on June 26, 2021, at the Minot Public Library. He will also be a featured artist at the Minot Area Council of the Arts' "Arts in the City" concert series at Oak Park on June 27. To find out more information, visit the Events Calendars at www.minotlibrary.org, www.minotarts.org, or check out www.michaelalbert.com.

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MARINADE:
2 TEASPOON DIJON MUSTARD
1/2 TEASPOON SALT
1/2 TEASPOON FRESHLY GROUND BLACK PEPPER
1/2 CUP OLIVE OIL OR VEGETABLE OIL
2 CLOVE GARLIC, MINCED
FOR SERVING:
SHREDDED CABBAGE
DICED RED ONION
CILANTRO LEAVES
PICKLED JALAPEÑO SLICES
DICED AVOCADO
PICO DE GALLO OR SALSA
SOUR CREAM
8 CORN TORTILLAS

Juice one lime. Cut the other lime in wedges and set aside until serving time. Make the marinade: In a small mixing bowl, combine lime juice, mustard, salt and pepper. Slowly whisk in the oil, then stir in the garlic.

Place the fish in a re-sealable bag, pour the marinade over it and refrigerate for no more than 1 hour. When ready to cook, set Traeger temperature to 400 ° F and preheat, lid closed for 15 minutes.

Remove the fish from the marinade and pat off any excess marinade with paper towels. Season generously on both sides with Traeger Veggie Rub.

Arrange the fish on the grill grate and cook until the fish is opaque and flakes easily when pressed with a fork. (There is no need to turn it.) Remove to a cutting board and cut into bite-sized chunks.

Meanwhile, warm the tortillas on the Traeger for about 5 minutes. Arrange the fish, tortillas and suggested accompaniments (LEFT) on a large platter.

Garnish with the reserved lime wedges. Serve immediately.



Ryan Davy - GM
Minot

www.HofE.com/BBQHQ



Local Cravings Restaurant Guide

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Phone: 701.839.2130
www.applebees.com

Bone's BBQ Steakhouse & Grill

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

Badlands Restaurant & Bar

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

28 Tastes & Taps

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

Mi Mexico

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

Pink's Bar & Grill

102 128th Ave NW Minot, ND 58703
Phone: 701.852.2385
www.facebook.com/PinksBarGrill

Culver's Restaurant

3000 S Broadway, Minot, ND 58701
Phone: 701.852.4800
www.culvers.com

Prairie Sky Breads

3 1st St. SE, Minot, ND 58701
Phone: 701.858.0612
www.prairieskybreads.com

Dakota Burger Company

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

The Starving Rooster

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

Primo Restaurant

1505 N Broadway, Minot, ND 58703
Phone: 701.838.7746
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Air Force's last serving POW retires

AIRMAN 1ST CLASS BRIANA BEAVERS, 23D WING PUBLIC AFFAIRS

MOODY AIR FORCE BASE, Ga. -- "I thought to myself 'this is it - I'm a dead man.'"

As Lt. Col. Rob Sweet, the last serving Air Force prisoner of war, approached retirement on June 6, he recalled the moment during Operation Desert Storm when his A-10 Thunderbolt II aircraft was shot down by enemy forces southwest of Basra, Iraq.

On his 30th mission in Desert Storm, Sweet and his flight lead, Capt. Stephen R. Phillis, flew a mission to eliminate enemy targets in the area. When they arrived, they were met with heavy fire.

"Our orders at that point were to leave," said Sweet, who retired as the deputy commander of the 476th Fighter Group at Moody Air Force Base, Georgia. "If the target area is too hot, you have to leave. Don't get shot down. We'll come back at night or the next day, it's not time to be a hero."

Following the orders, Sweet and Phillis navigated away until they saw something they couldn't ignore.

"We left and found a pristine array of tanks that had not been hit, which shocked us because by that point everything had been bombed for the past 30 days," Sweet said. "We started attacking those (tanks) ... I got launched on by a (tank), so we started attacking the site where it came from, and I got hit from behind."

With severe damage to the aircraft, Sweet lost control of his steering.

"I tried a couple of things, and basically it wasn't going to work so I punched out," said Sweet.

After ejecting from the aircraft, Sweet said he was unaware of the traumatic events he was about to face upon landing next to about 15 angry Iraqi soldiers.

He was then captured and spent 19 days as an Iraqi prisoner of war. During that time, he experienced beatings and starvation, fought off diseases, and dealt with emotional and mental torment.

Sweet gives most of the credit to his military training for survival.

"The SERE (Survival, Evasion, Resistance and Escape) school that we have is outstanding," Sweet said. "There were very few surprises in the jailhouse - I knew what to expect."

Thanks to a prisoner exchange effort, Sweet and many others returned back to America. Unfortunately, everyone didn't make it back. Phillis, who at the time was the flight commander with the 353rd Tactical Fighter Squadron, was killed in action.

"Shortly thereafter, I found out my flight lead was killed," Sweet said. "I was not without psychological problems. I had survivor's guilt, and it took me a long time to get over that."

From those tough experiences, Sweet said he learned how to live again through the importance of taking life as it comes.



With 20 years on active duty and currently retiring as a reservist, Sweet has had a long career. The most fulfilling part was his experience as a squadron commander. Throughout that time, Sweet mentored countless Airmen, especially young fighter pilots, teaching them what it means to be a leader and how to make good decisions under pressure.

"Rob, I want to take this opportunity to recognize your service to our nation and congratulate you on your retirement," said Gen. Charles Q. Brown, the chief of staff of

the Air Force. "You've had an outstanding career that I know you, your family, friends and fellow Airmen are proud of. With your retirement it will be the first time in the history of our Air Force that we will not have a former POW serving. In closing, thank you for all you've done."

As he concludes his journey in the armed forces, his advice to anyone in the military is to take every experience day by day.

"Bloom where you're planted," Sweet said. "You're going to have assignments you don't like, but make the most of them and move on."

Below: U.S. Air Force Lt. Col. Rob Sweet, 476th Fighter Group pilot, talks to friends and family after his final flight Jun 5, 2021, at Moody Air Force Base, Georgia. Sweet is a command pilot with more than 4,300 flying hours and 21 parachute jumps.

U.S. AIR FORCE PHOTOS | ANDREA JENKINS

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BackTalk

THE BENEFITS OF CHIROPRACTIC ON ANTI-AGING

Chiropractic adjustments influence the same blood chemistry known to prevent the progression of aging. One of the many unique and profound benefits that accompany an adjustment involves slowing the stress and aging process. Most chiropractic patients begin care because of back or neck problem. Yet the benefits of adjustments extend well beyond pain relief. Anti-aging serves as an evidence-based benefit of chiropractic because of its influence on blood chemistry.

Almost \$300 million is spent each year on antiaging products and solutions. That amount represents over a 300% increase from just ten years ago. Many naturally oriented healthcare solutions targeted their products and services towards anti-aging because of a growing interest by consumers. Many of these consumers spend massive amounts of money on products geared toward an outcome that occurs naturally from regular chiropractic adjustments.

A study from 2005 proved that a component in the blood called thiols dictates the speed and type of aging a person will go through. Increased thiol levels in the blood quicken aging and increase the risk of encountering disease goes up. Decreased blood thiol levels reduce the risk of active disease and rapid aging. These findings continue to help shape the future of healthcare.

Combining effects of aging with the presence of disease dramatically increases the burden of physical and financial costs for both individuals and their families. A landmark study completed in 2005 proved that chiropractic adjustments increase serum thiol levels. Thiol levels reduce the effects of aging on all parts of the body. Minimizing the effects of aging positively impacts individuals and families and serves as one of the many valuable outcomes of proactive health care using chiropractic. Chiropractors have been working diligently over the past 125 years to educate the public on the full scope of benefits that go hand in hand with nervous system care through chiropractic adjustments.

Treating people with pills, potions, lotions, or surgery will never be as effective at improving healthcare and minimizing aging and disease as simply caring for the structure of the body. Non-invasive solutions like chiropractic care combine with lifestyle choices that include proper sleep, exercise, good nutrition and meditation are proven to reduce stress loads and decrease the aging process. Improving spinal alignment and movement also represents an evidence-based approach to halting the aging process by reducing stress in the central nervous system. All families need to understand and access regular chiropractic care to experience benefits.

All the best to you and yours in great health,

Dr. Willy Fielhaber

CornerStone Chiropractic

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Air Force announces availability of final environmental study on Ground Based Strategic Deterrent ICBM recapitalization Test Program

AIR FORCE GLOBAL STRIKE COMMAND PUBLIC AFFAIRS

BARKS DALE AIR FORCE BASE, La. --

The Department of the Air Force announces the availability of the Final Environmental Assessment for the Ground Based Strategic Deterrent Test Program and the program's Finding of No Significant Impact. The analysis can be found at gbsdtesteaoc.govsupport.us

The GBSD program would modernize the aging U.S. land-based intercontinental ballistic missile Minuteman III system.

The Air Force plans to modernize the land-based leg of the nuclear triad, recapitalizing its ICBM fleet while upgrading the weapon system technology, supporting infrastructure, and command and control functions. Test program-related actions would occur primarily at Hill Air Force Base, Utah, and at Vandenberg Air Force Base, California. Such tests would include conducting missile

launches from Vandenberg AFB with flights over the Pacific Ocean in the Western Test Range. Additional test support activities would occur at U.S. Army Dugway Proving Ground, Utah.

The environmental assessment also includes analysis of the proposed GBSD Formal Training Unit/Schoolhouse at Vandenberg AFB. The GBSD and Minuteman III test demonstrations are proposed to occur at U.S. Army Garrison-Kwajalein Atoll and within the Republic of the Marshall Islands territorial waters. The analysis of overseas environmental impacts is also included in the assessment. Test activities would comply with the U.S. Army Kwajalein Atoll environmental standards.

For more information visit: <http://gbsdtesteaoc.govsupport.us> or contact Air Force Global Strike Command at AFGSC. PAWorkflow@us.af.mil

Fishing:

Lake Sakakawea elevation, June 21: 1,836.67 feet above mean sea level (MSL); 21,800 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,447.97 feet above mean sea level (MSL).

Stump Lake elevation: 1,448.01 MSL.

•N.D. Game & Fish Dept. game wardens: East end of Lake Sakakawea remains spotty for walleye. No reports from the midsection or north-central area lakes. Devils Lake so-so for walleye with generally fair activity. Best success remains west of Grahams Island.

•Devils Lake, Ed's Bait Shop, Devils Lake: East Bay continues producing good walleye success using slip bobbers or spinners with bottom bouncers. Pitch crankbaits in the shallows for bigger fish. Also try 6-Mile Bay or around casino. Good white bass success.

•Devils Lake, Woodland Resort, Devils Lake: Better walleye success coming in 15 to 22 feet with a switch to nightcrawlers or leeches around Grahams Island or Minnewaukan Flats. Also try the bridges at night using slip bobbers in the same depths. Continue working shorelines and rocky areas for white bass. Work the trees or pitch crankbaits for pike yet.

•Lake Darling, Karma C-Store, Ruthville: Continued fair walleye success at Grano with some improving walleye activity on Lake Darling.

•Lake Metigoshe, Four Seasons, Bottineau: Good bluegill success in the shallows and along weed beds with good numbers of fish. Try early morning or late evening for the best walleye success. Good pike numbers, as well.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Fair to good for walleye on the east end of Lake Sakakawea with a variety of presentations and depths. Work from embankment west beyond Indian Hills. Look for some nice-sized walleye as well pike. Smallmouth bass

NODAK ARMS

OUTDOOR

REPORT

OUTDOOR NOTES:

PATRICIA STOCKDILL

•Fireworks not allowed on N.D. Game & Fish Dept. Wildlife Mgmt. Areas or U.S. Fish & Wildlife Service National Wildlife Refuges or Waterfowl Production Areas.

•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 25 & 26: Devils Lake, Grahams Island State Park.

activity continues. Lake Audubon remains fair to good for walleye and smallmouth using a variety of presentations, as well.

•Lake Sakakawea, Indian Hills Resort, Garrison: Improving walleye success using spinners and nightcrawlers with some activity on leeches. Try the south shore in 15 to 22 feet.

•Lake Sakakawea, New Town: Van Hook Arm improving for small walleye. Look for a switch to spinners and nightcrawlers with some jigging yet.

•Lake Sakakawea, Van Hook Bait & Tackle, New Town: Improving walleye activity throughout the Van Hook Arm with better success now coming with nightcrawlers or leeches in 18 to 25 feet. Continue trying Lindy rigs in the shallows yet, however.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River continues producing small walleye but sort through for the keepers. Try jigs and minnows. Tailrace producing walleye during dark hours. Occasional salmon but limited trout. Lake Sakakawea spotty. Try jigging in the shallows or pulling Lindy rigs along the Highway 83 embankment, Steinke Bay or Douglas Bay.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Best bite on the west

end of Lake Sakakawea remains around Pouch Point and the New Town area using spinners and nightcrawlers or leeches in 8 to 15 feet. Missouri and Yellowstone rivers continue producing good numbers of nice-sized catfish. Blacktail and Kota-Ray fair for bluegill with some perch mixed in.

•Lonetree WMA area lakes, Harvey: Fair to good walleye success on Clear, Stober, and Hurdfield-Tuffy lakes but Antelope and Goose lakes slowed.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Good pike numbers on the Mouse River around the Upham area. No new reports from area lakes.

N. D. rivers, river stage & streamflow:

•Little Missouri River, Long X Bridge: Streamflow, 52.9 CFS.

•Missouri River, Williston: River stage, 17.97 feet.

•Missouri River, Washburn: River stage, 9.55 feet.

•Souris River, Minot: River stage, 4.73 feet; streamflow, 136 CFS.

•Yellowstone River, Sidney, Mont.: River stage, 6.44 feet; streamflow, 16,400 CFS.

Numbers to know:

•N.D. Game and Fish Dept., main Bismarck office: (701) 328-6300, website: (<http://gf.nd.gov>).

•Report All Poachers: (800) 472-2121 or (701) 328-9921.

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Mission Defense Team Provides B-52 Stratofortress Cyber Defense

2ND LT. AILEEN LAUER, 2ND BOMB WING PUBLIC AFFAIRS

MORÓN AIR BASE, Spain. -- The 2nd Communications Squadron's Mission Defense Team is deployed for cyber system analysis as part of the Bomber Task Force, conducting operations out of Moron Air Base, Spain.

Deploying with the BTF provides the MDT the ability to perform timely analysis of the B-52 Stratofortress' cyber systems in search for security risks and data abnormalities during and after bomber missions.

"It's a critical time right now for industries that rely on information systems and the United States Air Force and it's airframes are no exception," said Capt. Ryan Hollister, 2nd Communication Squadron operations flight commander. "Our mission defense team is dedicated to not only look deep into the data that is being utilized by the B-52, but also its analysis for potentially unwanted programs, code, or other threats."

Utilizing the MDT is a line of defense against our adversaries on a weapon system no one thought data be exploited from.

"This provides the necessary

mission assurance that our equipment is safe and secure from any adversary, and we are able to carry out our mission," said Hollister. "Our MDT is doing unprecedented work and has become a leading example of the steps taken to protect our data, information, and their systems."

The MDT's data analysis during the BTF is a step towards providing specialized cyber defense to all bomber operations and pushes towards modernization efforts of other cyber defense systems.

"Ensuring our Airmen continue to be innovative in how we accomplish our mission and enhances our overall readiness to respond to any challenge across the globe," said Lt. Col. Christopher Duff, 96th Expeditionary Bomb Squadron commander. "The deployment of the MDT is an innovation that is establishing increased cyber defense capabilities for the BTF."

When not deploying on BTFs, the MDT are updating their Mission Assurance Capabilities Kit and are redefining their standard operating procedures.



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CAR CARE

The dangers of driving with old headlights

Routine vehicle maintenance protects drivers and their passengers and can keep cars and trucks running strong for years. Though drivers typically recognize the need to have their oil changed and their tires rotated, few may realize the importance of tending to their headlights as well.

Why replace aging headlights?

Much like tires, shocks and brakes, headlight bulbs wear out over time. As bulbs age, they begin to dim, adversely affecting their light output. "The filament in a headlight bulb ages with use, time and exposure to the elements," said Ann-Marie Hines, Senior Marketing Manager at Lumileds, a global lighting solutions company. "As a result, the bulb becomes fragile and starts to deteriorate, and this causes the light output to diminish. At the end of a typical service life, perhaps two to three years, headlight bulbs will likely be projecting a much shorter and less powerful beam light than when they were new."

Aging drivers are especially vulnerable to the ill effects of headlights with diminished light output. That's because the amount of light the human eye needs to see increases exponentially with age. As a person ages, his or her eyes naturally become more opaque, reducing the amount of light the eyes can receive. That's a significant concern for aging drivers, but also for the people with whom they share the road, as the National Highway Traffic Safety Administration estimates there will be more than 57 million licensed drivers age 65 and older by 2030. Taking measures to have as much light as possible on the road when driving at night can go a long way toward ensuring the safety of all motorists.

How to put more light on the road

While drivers may not be able prevent the effects of aging on their eyes, they can take steps to put more light on the road when they're driving.

• **Replace old headlight bulbs.** Replacing old headlight bulbs is

the simplest way for drivers to put more light on the road. Lumileds recommends replacing headlight bulbs in pairs every two to three years. Replacing bulbs in pairs, even if only one headlight appears to be dimming, can produce a more even light output that makes roads safer for drivers, their passengers and fellow motorists.

• **Upgrade headlight bulbs.** Merely replacing aging headlight bulbs might not be enough to adequately combat the effects of aging for many drivers. That's because a recent study from the AAA automotive club found that the halogen headlights used in more than 80 percent of the vehicles on the road today failed to safely illuminate unlit roadways, even when vehicles were traveling at speeds as low as 40 miles per hour. Lumileds, the exclusive supplier of Philips automotive light products, offers a full range of Philips upgrade headlight bulbs that can help to dramatically improve nighttime vision and safety. These bulbs feature advanced technology that makes them brighter and more efficient, which puts more light on the road. Lumileds also has developed an innovative and convenient online Bulb Look Up that helps drivers identify the right headlight, exterior or interior bulb for their particular vehicles. The Philips Bulb Look Up, available at www.philipsautolighting.com, even shows drivers where they can buy the right bulbs for their vehicles.

• **Keep headlights clean.** Dirty or clouded headlight lenses can also reduce light output and further compromise drivers' visibility at night. Periodically clean headlights to remove any build up of dirt or grime. If the lenses are clouded or have a yellow haze, the clarity can be restored to 'like new' condition with the Philips Headlight Restoration Kit. When combined with the natural effects of aging, old headlights can be dangerous. Thankfully, drivers can quickly and easily improve their vehicles' light output to make nighttime driving safer. Learn more at www.philipsautolighting.com.



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WHEN TO CHANGE/CHECK YOUR OIL

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



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Singer-Songwriter Jonathan Foster comes to Minot

ABIGAIL KINDER, NORTHERN SENTRY

By day, Jonathan Foster is a biologist who studies wildlife and wetland ecology. By night, he is an accomplished singer-songwriter who is now touring 70 cities across America in the summer of 2021, including Minot, N.D.

Foster's passion for music began as a child growing up in the Adirondack Mountains of New York state, but he didn't begin performing until he was a teenager. "I don't come from a music family, per say, like a lot of people do. My first joy and love of music came from just being a fan. My parents placed a lot of value on having music playing around the house or in the car... There's something about hearing a song a little more scaled down and I love the tone of the acoustic guitar and the stories that can be told through music," he said.

Foster is a talented singer and songwriter who draws his inspiration from acoustic sides of rock n' roll, bluegrass, and even country music. He primarily plays acoustic guitar and harmonica, but he experiments with other percussion, piano, and outside vocals in the studio. He also connects much of his music with his passion for the outdoors and the world around him, whether it's human interactions or the places he travels to.

"There's this connection where I feel like I'm trying to navigate

that world into what seems like an echo chamber sometimes. It really comes down to the person to person interaction and trying to learn from one another and our different perspectives," he explained. All of these things inspire Foster's unique musical style.

Due to the COVID-19 pandemic in 2020, Foster was unable to tour and was unsure of the future of his music career. But now that he's back on the road with his The Dark and The Light Tour, he is feeling better than ever. "My goal is to capture as much joy out of this year as I can in the hopes that the most momentum can be built on this tour and album in order to create greater opportunities for the future."

The Dark and The Light will be his biggest tour yet, and Foster is especially proud of his newest album, Lantern Shade. He hopes to continue creating music and performing for years to come, and his recent successes are another feather in his cap along that journey. "I look at it as 'am I progressing?' I never want to plateau. I'm constantly trying to grow my fan base and find joy in the artistry of connecting and performing through music. What has always happened each year is that I'm presented with new opportunities as a result. I'm never in the mindset of 'I want

to be a rockstar or a household name'; I just want to keep on whatever journey the songs can support," he said.

Jonathan Foster will be performing live at Souris River Brewing in Minot on July 21, 2021. For more information, check out the Souris River Brewing Facebook page or visit www.jfmusic.net.



Jonathan Foster is a singer-songwriter touring 70 cities nationwide, including Minot, N.D., over the summer of 2021. Originally from New York state, Foster draws much of his musical inspiration from acoustic music styles and his passion for biology and the outdoors. Foster is shown here performing in Iowa City in 2019.

JFMUSIC.NET PHOTO

All About Pets

Enriching Your Dog



Enrichment is essential for a happy dog and is a great idea in order to keep them mentally, physically and emotionally healthy. For some dog owners, it can be difficult to find the right enrichment activities to keep them interested. Here are a few great ideas to keep your dog entertained:

- Hide food around the house or yard and let your dog use their nose to search for it.
- Use a snuffle mat—you can make them homemade with fleece and a rubber mat or even use a fluffy, stringy rug—and spread food throughout it.
- Instead of using high calorie treats for training sessions, try hand-feeding your dog's meal to them for an everyday mind workout.
- Put their dinner in a muffin tin filled with tennis balls for a homemade puzzle feeder. If that's too easy, there are a variety of puzzles to buy that range from easy to expert.
- Use a hollow toy with holes, such as a Kong or bone, and fill it with treats and your dog's meal. Vegetables, fruits, yogurt, peanut butter, and bland meat are a few extra healthy fillings. To make it last even longer, try freezing it with some water.
- Walks are great for physical exercise but can be opportunities for mental enrichment as well. Letting your dog sniff around, exploring new parts of the neighborhood, or practicing basic etiquette will help make the most of your walks.
- A flirt pole encourages your dog's natural urge to chase. It's basically a stick with a lure on the end of an attached string and can help you train impulse control, build communication skills, and of course, enrich your dog.

- If you have an athletic or working breed on your hands, try involving them in a sport. Agility courses, canine freestyle, disc dog, dock diving, lure coursing, and scent work are a few popular sports that will give your dog lots of extra enrichment. If there are no dedicated courses near you, many of these sports can be learned (and practiced) right in your back yard or a local park.
- Try planting a garden just for your pup. Herbs like mint, chamomile, lavender, and rosemary give off pleasant smells and can even be eaten. You can also include other features such as a pool or sprinkler and a designated digging pit to give your dog the full enriching experience.
- You can find many different "doggy TV" shows on the internet. Put one on while you're busy and let your dog watch and listen for a variety of dog-favorite sights and sounds.
- Bring your dog along for a windows-down car ride to expose them to new sights, sounds, and smells.
- Instead of leaving Fido at home for that trip to Home Depot or the local lunch spot, try bringing him along for some valuable exposure to new people and a different environment. Before bringing your dog to any public setting, make sure they are pet-friendly.
- Doggy daycare and group training classes are awesome places to give your dog social enrichment under professional supervision. Keep in mind that different dogs and different age groups need varying amounts of stimulation. By giving your dog the proper enrichment, you can ensure that they live their life to the fullest!

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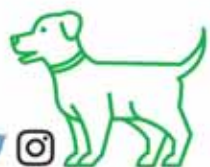


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YOUTH IN ACTION

Minot AFB School Board Positions



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School Boards are responsible for the education of local children and address a wide array of issues: setting spending priorities, approving budgets, adopting school calendars, approving staffing changes, responding to changes in education law, and advocating for the needs of students, families, teachers and staff. They work closely with the district superintendent and other administration and are public figures who support and respond to the needs of their communities. For the Minot Air Force Base School Board #160 member duties include: using state and federal funds to ensure that the students on-base continue to receive the best education possible within the laws of the North Dakota Century Code, addressing concerns or questions from district families, and voting on matters that affect schools both on and off the installation. The Minot Air Force Base School Board is a coterminous school board that works alongside Minot Public School Board #1 with the mission of "Empowering all

learners to succeed in a changing world". Both school boards consist of five board members, each member serves a three year term. For the Minot Air Force Base School Board there are three position requirements for members: 1. Member must reside on the installation 2. Member may be active duty enlisted, a reservist, or a dependent family member. Officers are not eligible to serve as school board members pursuant DoDD 1344.10, Para 4.2.2.4. 3. Members cannot be an employee of Minot Public Schools. The Minot AFB School Board often has to fill vacancies due to member resignations related to the military lifestyle. If a member of the board resigns that position is filled to serve out the remaining portion of that term. Currently, the Minot AFB School Board has open positions for new members. Interested parties can contact the School Liaison at mafb.school.liaison@us.af.mil for more information and to receive an application.

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Olivia's Amazing News!

by Olivia Jones Edition: April 2021

History/Traditions of Minot

Minot's beginning

Minot is a small town with about 50,000 people in it. Minot was established in 1886, and incorporated in 1887. It was founded by Jim Hill, but he named it after his good friend Henry Minot. Minot was founded because of the railroad track laid through the area.

Heritage

Minot has many celebrations and traditions. Number one is the Norsk Høstfest celebrating Nordic Heritage. Number two is the Art in the Park during the summer so artists can show off their work. Lastly, touring homes where people open their homes so people can see them.

Then to Now

In the beginning Minot got the nickname Tent City because of all the tents that sprung up over night. In the 1920s Minot became an unruly border town because of prohibition. In 1957 Minot AFB was built. In 2009 there was an oil boom which brought good and bad things to Minot. In 2011 there was a huge flood that destroyed many neighborhoods.

NORTH PLAINS ELEMENTARY FEATURE WEEK 7

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.

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 1/2 Flat Bread Pizza	DAILY SPECIALS Monday \$5 Moscow Mules (all day) Tuesday \$4 ND breweries (all day) Wednesday 1/2 Price Wine by the glass/bottle (all day) Thursday \$1 up for all Tall Taps (all day) Sunday BRUNCH (11am-2pm) \$7 TSR Bloody Mary & Caesars \$12 Bottomless Mimosas \$6 Breakfast Shots	FAMILY PACKS Monday Pizza Pack Combo Tuesday Sandwich Pack Wednesday Chef Creation* Thursday Pasta Pack <small>*Changes Weekly – Check our Facebook Page</small>
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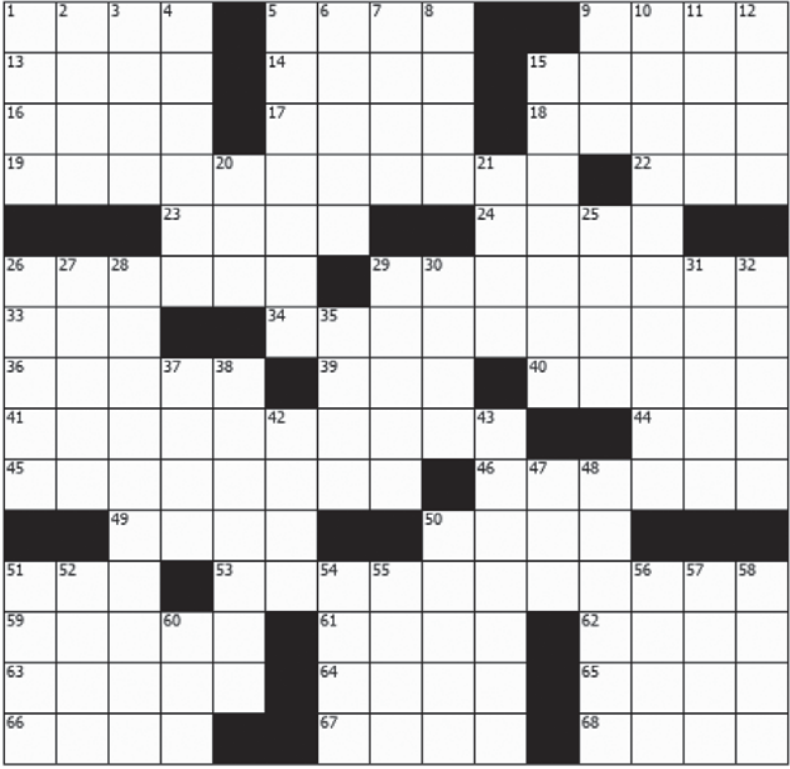
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CROSSWORD PUZZLE

- Across**
- 1. Sunday garb?
 - 5. Black, in verse
 - 9. Ballpark figures, briefly
 - 13. "A Bug's Life" princess
 - 14. Flight school test
 - 15. Like fresh cake
 - 16. "Immediately!" on "ER"
 - 17. Auto or bureau attachment
 - 18. "___ Grows in Brooklyn"
 - 19. Music major's course
 - 22. Some beads that glisten
 - 23. Apologetic comment
 - 24. Poles of a magnet, e.g.
 - 26. Past
 - 29. Rumor and Rivera
 - 33. Sound from a bowl
 - 34. Ingredients in some witch's brews
 - 36. Breakfast food restaurants, for short
 - 39. Alliance created in '48
 - 40. Like simple-to-answer questions
 - 41. Class trip chaperons take them
 - 44. Four o'clock serving, perhaps
 - 45. Finished dressing
 - 46. Salutation abbr.
 - 49. Apartment bldg. employee
 - 50. Closing notes
 - 51. Big bang producer
 - 53. Items in a singer's survival kit
 - 59. Treat like a queen
 - 61. N.Y. Phil, for one
 - 62. Eins, zwei, ___
 - 63. Not as furnished
 - 64. 1968 U.S. Open champ
 - 65. Assistant with a hunch?
 - 66. "The ___ the limit!"
 - 67. No couch potato
 - 68. Form 1040 IDs



- Down**
- 1. Corner of a diamond
 - 2. "Pushover" singer James
 - 3. Deneb or Mizar, e.g.
 - 4. Needle work?
 - 5. He's out of there!
 - 6. Bullwinkle foe
 - 7. "The Good Earth" heroine
 - 8. "Don't look at me!"
 - 9. Make a big stink?
 - 10. Some nature sightings
 - 11. Palm reader's words
 - 12. Cassoulet or haricot, e.g.
 - 15. Blow up
 - 20. "Cocoon" director Howard
 - 21. Emperor after Claudius
 - 25. Laertes, e.g.
 - 26. Fetch
 - 27. Enthusiastic cry
 - 28. Campfire offering, perhaps
 - 29. Bad boss (Var.)
 - 30. Type of prof
 - 31. Business proprietor
 - 32. Greek porticos
 - 35. "___ be surprised!"
 - 37. Atahualpa's country
 - 38. Ceremonial staff
 - 42. Presidential administration
 - 43. Suffocate
 - 47. Certain doctor's degree
 - 48. Broadway theater district eatery
 - 50. Hidden storage
 - 51. Day planner features
 - 52. Neighbor of Minn.
 - 54. Word with kill or hog
 - 55. Estimator's phrase
 - 56. Some gps.
 - 57. Menial laborer
 - 58. Bestowed titles
 - 60. Thing, on deeds

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

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

SUDOKU

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

Solution to puzzle on page C6



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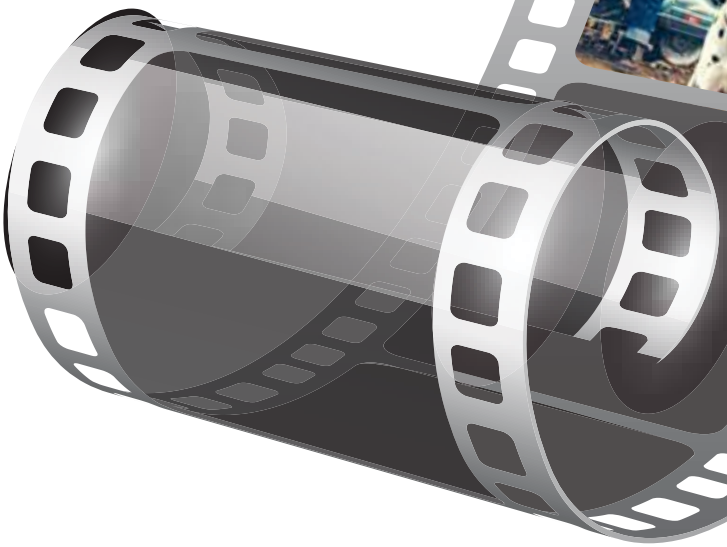
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CHURCH DIRECTORY

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

<p>Chapel Services at MAFB <i>Protestant</i> <i>(North Plains Chapel in Base Housing)</i> Sunday Community Service 1030 a.m. (Holy Communion 1st Sunday) Children's Church during school year</p> <p><i>Catholic Mass (Northern Lights Chapel across from Rockers)</i> Sunday 1000 Daily Monday-Thursday at 1200</p>	<p>St. Peter The Aleut Eastern Orthodox Church</p> <p> 109 6th St. SE Minot • 838-3094</p> <p>Saturday, June 26 5 PM, No Vespers</p> <p>Sunday, June 27 10AM, Congregational Prayer Service</p>	<p> Break Forth BIBLE CHURCH Thursdays 7:00pm and Sundays 10:30am 1821 W Burdick Expressway For More Information: 701.353.9337 www.bfbc.tv</p>	<p> 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</p>	<p> Worship Service at 10:45am Sundays Sunday School at 9:45am</p> <p>1720 4th Ave NW, Minot 838-0916 MinotBibleFellowship.org</p>
<p> Faith United Methodist Church 5900 Highway 83 N, Minot www.faithumcminot.com Pastor Ken Mund 701-838-1540</p> <p>Sunday School (All Ages): 9:45 a.m. Sunday Coffee Fellowship: 10:30 a.m. Worship Services: Sunday 11 a.m.</p>	<p>Minot Baptist Church</p> <p> Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Evening Worship 6:00 p.m. Wednesday Evening..... 7:00 p.m. <i>Independent/Fundamental/KJV</i> 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p>Cornerstone Presbyterian Church 1000 NE 3rd Street 852-0315 Sunday Schedule Contemporary Worship 9:00am Sunday School (All Ages) 10:00am Traditional Worship 11:00am</p> <p>Wednesday Evening Schedule Community Dinner 5:30-6:30pm Contemporary Worship 6:30pm Youth Group & Small Groups.. 7:15pm All are Welcome! www.ecominot.org</p>	<p> OUR SAVIOR LUTHERAN CHURCH 3705 11th St. SW Minot, ND 58701 701-852-6404 www.oslcminot.com</p> <p>Rev. Heath Trampe Rev. Brian Doel</p> <p>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</p>	<p> St. Mark's Lutheran Church <i>Missouri Synod</i> Sunday Worship 9:30 AM 2209 4th Avenue NW Minot, ND 839-4663 Reverend Philip Beyersdorf www.minotstmarks.com <i>Join us on facebook</i></p>
<p> Immanuel Baptist Church 1615 2nd St. SE, Minot 701-839-3694</p> <p>Sundays: Worship..... 10:00 am Wednesdays: Soup Kitchen 11:30 am Brian T. Skar, Pastor www.ibcminot.org</p>	<p>Apostolic Faith Church, UPCI 2929 19th Ave NW • Minot Located off Hwy 83 Bypass West (701) 838-0609</p> <p>Saturday School 2:00 p.m. Sunday Worship 3:30 p.m. Wednesday Bible Study 7:30 p.m.</p> <p>Jesse Starr, Pastor</p>	<p>St. John the Apostle Catholic Church  2600 West Central Ave • Minot, ND 58701 839-7076 Daily Mass Schedule:</p> <p>Tuesday 5:15 p.m. Wednesday - Friday 7:00 a.m. Saturday 5:00 p.m. Sunday 8:00 & 10:30 a.m. <i>Fr. David A. Richter, Pastor</i> <i>Parish website: www.stjohnminot.com</i></p>	<p> First Lutheran Church - ELCA 120 5th Ave. NW 852-4853 Sunday Worship 9:30 am</p> <p>www.firstlutheran.tv (Live Stream & Recorded) Radio Broadcast KRRZ 1390AM Sunday 9:30 am www.flcminot.com</p> <p>Pastor Brandy Gerjets • Pastor Ellery Dykeman</p>	<p> 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.</p>
<p>First Assembly of God 1805 2nd St. SE 838-1111</p> <p>Morning Worship 8:30 a.m. Sunday School 10 a.m. Morning Worship 11 a.m. Wednesday Family Night..... 6:30 p.m.</p>	<p>First Baptist Church 200 3rd St. SW • 852-4533 www.fbcminot.org</p> <p>Classic Worship Service 8:30 a.m. Adult Sunday School..... 9:45 a.m. Contemporary Worship Service.. 9:50 a.m. Children's Church..... 9:50 a.m. Sunday School (All Ages) 11:00 a.m. Contemporary Worship Service.. 11:05 a.m. Wed. AWANA (Sept. to May) 6:30 p.m.</p> <p>Rev. Kent Hinkel, Senior Pastor Rev. Barry Seifert, Associate Pastor Pastor Sam Kautzmann, Student Ministries Elaine Carlson, Children's Ministry Director</p>	<p> Cross Roads Baptist Southern Baptist Convention</p> <p>Sunday School (all ages) 9:45 a.m. Sunday Worship 11 a.m. & 6:30 p.m. Wednesdays (Prayer & Missions) ... 6:30 p.m.</p> <p>www.minotcrbc.org email: minotcrbc@gmail.com Dr. Bob Farmer- Pastor 415 28th Ave SE (Behind Menards) 838-1873</p>	<p> West Minot Church of God Family Worship Center 1105 16th St. NW • 839-1407</p> <p>Sunday School 9:30 a.m. Sunday Worship 10:30 a.m. Children's Church & Nursery Wednesday Family Training Hour Meal..... 5:30p.m. Classes for All Ages 6:30 p.m. Youth Center, Friday..... 7:00 - 11:00 p.m. ABC Child Care Center 852-6352</p> <p>westminot.com facebook.com/westminot</p>	<p>Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday Sunday School 9:45 a.m. Adult/Children Worship.. 11 a.m. Family Hour 6:30 p.m. Evening Worship 7:30 p.m. Bible Study/Child-Adult Children Worship (Wed).... 7 p.m. Prayer (Friday) 7 P.m.</p>
<p>To Advertise your Church on this page,</p> <p>Call 839-0946</p> <p>Only \$9.00 a space / per week</p>	<p>To Advertise your Church on this page,</p> <p>Call 839-0946</p> <p>Only \$9.00 a space / per week</p>	<p> OUR REDEEMER'S CHURCH <i>A Church of the Lutheran Brethren</i></p> <p>Thursdays: Worship..... 6:30 p.m. Sundays: Worship..... 8:30 a.m. & 10:45 a.m.</p> <p>700 16th Ave SE • 701-838-0750 For more information visit us on the web at: www.ourredeemers.org</p>	<div data-bbox="1144 1765 1858 2478"> <p>ORCS Preschool</p> <p>Our Redeemer's Christian School's Preschool Program will be starting it's 33rd year the fall of 2020 and we would love to have your child be a part of it!</p> <p>NOW ACCEPTING REGISTRATIONS FOR THE 2021-2022 SCHOOL YEAR</p> <p>HIGHLIGHTS OF OUR PROGRAM</p> <ul style="list-style-type: none"> Time-tested curriculum including STEM and Language Arts activities as well as Free Play 2 and 3 day options available Kindergarten readiness skills practiced each session All teachers hold a North Dakota Professional Educator's License Christ-centered environment <p>Please contact our school office or visit our website for more information. 701.839.0772 Email: jschultz@orcsknights.org Website: www.orcsknights.org</p> </div>	
<p>ADVERTISE YOUR Church</p> <p><i>Advertise FOR ONLY \$9 PER WEEK</i></p> <p><i>Revisions MADE UPON NOTICE FROM THE CHURCH</i></p> <p><i>Deadline TUESDAYS BY NOON WEEK OF PUBLICATION</i></p> <p>VIEW OUR PAPER ONLINE AT NORTHERNSENTRY.COM</p> <div data-bbox="451 2389 766 2837"> <p>CONTACT US</p> <p><i>call</i> 701-839-0946</p> <p><i>email</i> NSADS@SRT.COM</p> <p><i>fax</i> 701-839-1867</p> </div>		<p> OUR REDEEMER'S CHURCH <i>A Church of the Lutheran Brethren</i></p> <p>Thursdays: Worship..... 6:30 p.m. Sundays: Worship..... 8:30 a.m. & 10:45 a.m.</p> <p>700 16th Ave SE • 701-838-0750 For more information visit us on the web at: www.ourredeemers.org</p> <p> OUR REDEEMER'S CHURCH <i>A Church of the Lutheran Brethren</i></p> <p>Thursdays: Worship..... 6:30 p.m. Sundays: Worship..... 8:30 a.m. & 10:45 a.m.</p> <p>700 16th Ave SE • 701-838-0750 For more information visit us on the web at: www.ourredeemers.org</p>	<p>we've got the church you've been looking for</p> <p><i>Your life matters to God!</i></p> <p></p>	

CLASSIFIEDS

www.northernsentry.com | nsads@srt.com or sentrysales@srt.com | 701.839.0946 | 315 S. Main Suite 202 | Minot, North Dakota

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.

GARAGE SALE

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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
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1024 2nd St. SE,
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June 25

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June 25

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.

tfn

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July 2

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SUDOKU SOLUTION

Puzzle on page C8

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

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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.

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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.

tfn

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July 2

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.

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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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5TH MEDICAL GROUP MASS CASUALTY EXERCISE

The 5th Medical Group conducted a mass casualty training exercise at Minot AFB, ND, June 11, 2021. The exercise took place in order to maintain readiness within the medical group and be capable to respond quickly and efficiently.

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

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