northernsentry

YOUNATIER DAY

Team Minot members hosted a storytellers event at Minot Air Force Base, North Dakota, June 25, 2021. Storytellers, which is a part of the You Matter Day, is an event in which members reveal their hardships, struggles and personal stories to participants to show you can push through and be resilient. Take a look at Page A6 to hear more!

U.S. AIR FORCE PHOTO I SENIOR AIRMAN DILLON J. AUDIT





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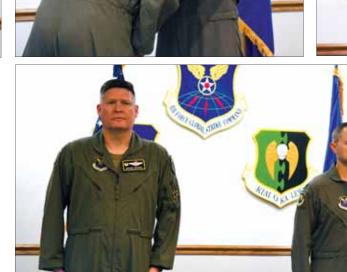
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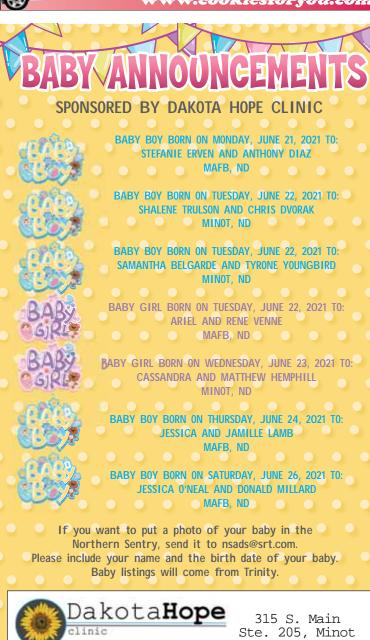
COL. VLAUN'S **AWARD PRESENTATION**

Col. Brian Vlaun received the legion of merit award at Minot Air Force Base, North Dakota, June 22, 2021. The legion of merit award is given to military members for exceptionally meritorious conduct in the performance of outstanding services and achievements.

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







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New outdoor track to be built at Minot AFB

ABIGAIL KINDER, NORTHERN SENTRY

On June 29, 2021, members of Team Minot gathered for a groundbreaking ceremony at the track outside of the McAdoo Fitness Center at Minot Air Force Base, N.D. A contract was awarded to KEU, Inc. to help build a new track, which will consist of an updated rubberized path and synthetic turf field.

Col. Michael Walters, 5th Wing Commander, CMSgt. Timothy Wieser, 5th Bomb Wing Command Chief, Sally Kasma, President of KEU, Inc., as well as Airmen and leadership from the 5th Civil Engineering Squadron and 5th Force Support Squadron were all in attendance to celebrate the beginning of the exciting project.

"The rubberized track will be on par with what is being used at the collegiate professional levels and a vast improvement over the current asphalt track... The synthetic turf will allow for broader use and ease of use and will be easier to maintain," said Walters. The field will be marked for football and soccer and will have the Team Minot logo painted across the center.

The new track will also serve as the foundation for a future inflatable dome that will allow for year-round use, which Minot AFB leadership is currently advocating for.

"This is quite a big step in improving our facilities here at Minot Air Force Base, and a lot of work has gone in to make today happen," said Walters. The project has taken countless hours of planning between the 5th CES, the 5th FSS, and the contractors. "Their selfless work and inspired vision to make this reality makes me so proud, and I really appreciate their efforts in making this home better for so many now and for years to come," he added.

"It's more than having an improved running surface or improving fitness, to me it's about taking care of our Airmen and families and making this more than just an assignment for our folks, but a home we can all be proud of."

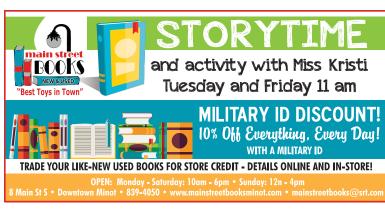
The 5th CES anticipates that the track and field will be finished by this fall.





On June 29, 2021, members of Team Minot gathered for a groundbreaking ceremony at the track outside of the McAdoo Fitness Center at Minot Air Force Base, N.D. The 5th Civil Engineer Squadron, 5th Force Support Squadron, and KEU, Inc. will be collaborating to build a new outdoor track which will consist of an updated rubberized path and synthetic turf field. Leadership also hopes to install an inflatable dome in the future so that the track can be used year-round.

NORTHERN SENTRY PHOTOS I ABIGAIL KINDER







for details and check us out on social media

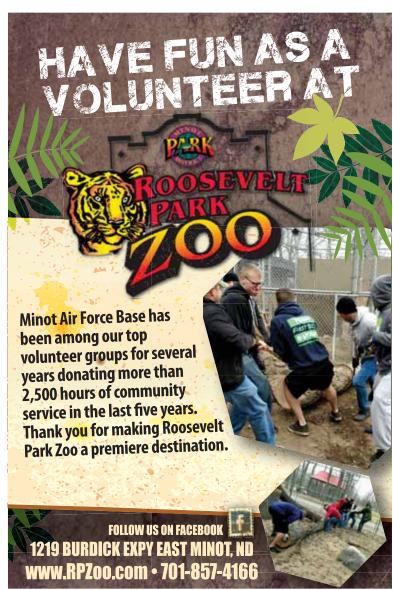
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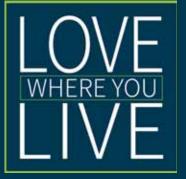
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The Medora Musical: the greatest show in the West

ABIGAIL KINDER, NORTHERN SENTRY

As the summer sun sets over the badlands of western North Dakota, lively music and bright lights from the Burning Hills Amphitheatre in Medora resonate throughout the valley. Hundreds of people are bussed down several escalators on the steep hillside that opens up to the grand amphitheater and a meticulously crafted Wild West stage set. Performers in colorful costumes dance and sing to live music from an upbeat band and tell the story of Medora's founding and the legacy left behind by America's President, Theodore Roosevelt. This is the Medora Musical, a local tradition that has drawn in thousands of people each summer since 1965.

In 1965, Harold Schafer, a native of North Dakota and avid patriot, purchased the Burning Hills theater and revised the original show, creating today's Medora Musical. It is considered an "an ode to patriotism, Theodore Roosevelt, and the Great American West." Not only do visitors from all over America come to experience the greatest show in the West, but musicians and performers from every walk of life participate in the show.

J'Kobe Wallace, one of the talented "Burning Hills Singers" who performs in the musical, is a former Minot Air Force Base military child living out his dreams in Medora. Wallace moved to Minot AFB ten years ago from Misawa, Japan. He

graduated from Minot State University with a degree in Music Education and is now on his second summer working with the cast of the Medora Musical. "I've been so fortunate to be able to perform all over the world, but nothing compares to having people I know personally in the audience. The amount of support that I get from people I went to school with and people who are from Minot makes me feel some sense of hometown pride. It's the best part of the job for me," said Wallace.

The Medora Musical is the epitome of North Dakota pride, but it's also an all-around fun, family-friendly event. Aside from the history lessons and high energy storytelling, it includes featured attractions such as magicians, comedians, and stunt teams. The musical also includes country music from "The Coal Diggers Band," which hosts musicians from all over the country, as well as witty banter and songs between the two hosts "Calamity" Annie Freres and "Cowboy" Chet Wollan. Children love seeing the expert horseback riders thundering onto the stage, and perfectly timed special effects make the show feel that much grander.

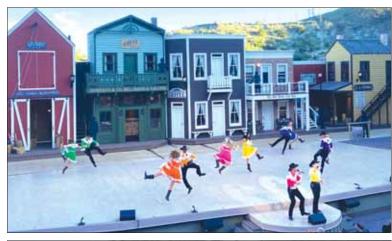
The cast and crew of the Medora Musical put it several weeks of practice and training to perform almost every day for the four months that the show runs. While the Medora Musical

still embodies Schafer's original vision for the show, it changes every year and throughout the season. Wallace explained, "The message and the concepts of talking about Teddy Roosevelt and his journey through Medora remain the same. The way we tell it and the thematic devices that are used are different to showcase different parts of Medora and North Dakota. It keeps the show fresh, but it also keeps the familiarity for lifelong patrons of Medora."

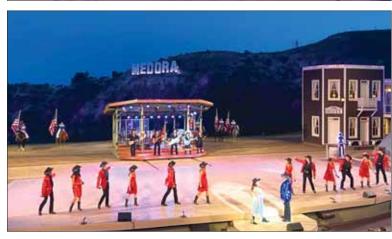
For some patrons, it really is a lifelong tradition. Families can buy season passes for the show and are offered a variety of extra perks for those who want to see the show again and again. If you're looking for a unique experience in a gorgeous setting, visit the Medora Musical today!

Tickets start at \$39.95 for adults, \$18.95 for students aged 7 to 17, and kids ages six and under get in for free. They also offer special pricing for active duty military and dependents, as well as senior discount and free kids days.

The Medora Musical will also be holding a Veterans Day on July 11, 2021. Military Veterans will receive free admission to a special appreciation show as well as invitations to a keg social next to the Amphitheatre. For more information on the Medora Musical or to get your tickets, www.medora.com/do/ entertainment/medora-musical/.

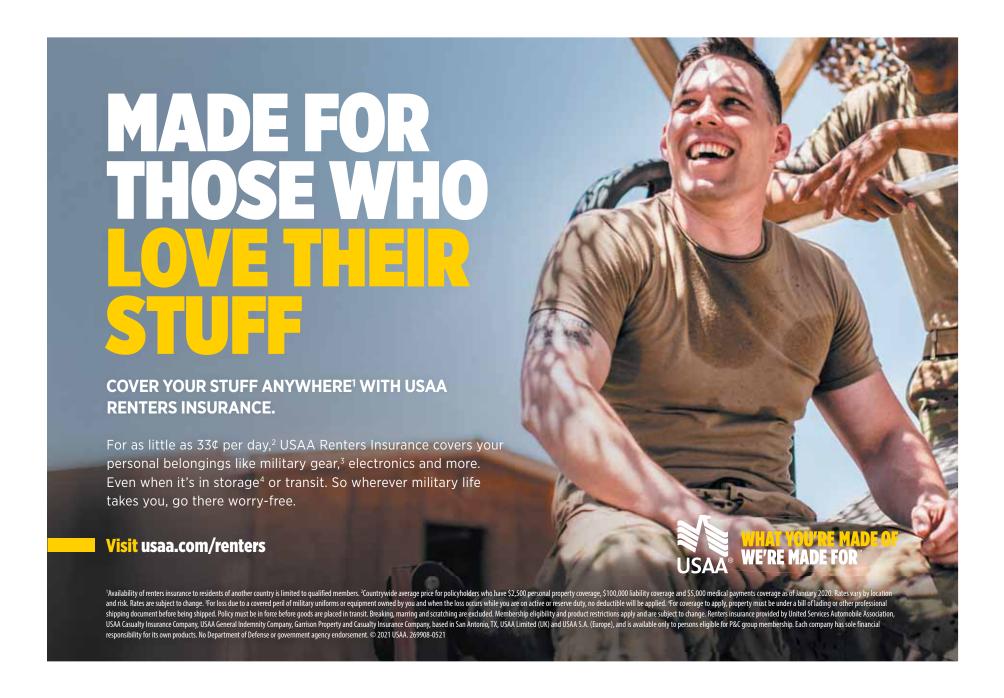






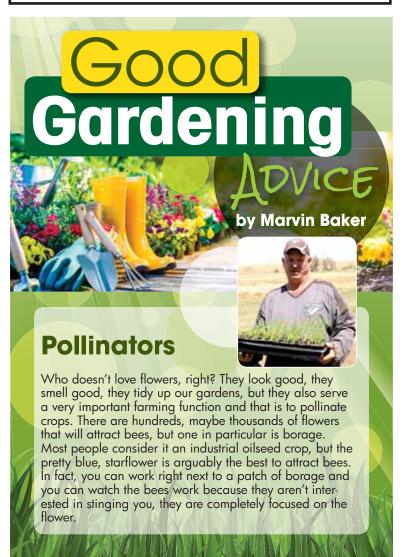
The Medora Musical in Medora, N.D., is an extravagant performance that tells the history of the town, commemorates President Theodore Roosevelt's time in the west, and provides fun for the whole family. It runs from June through Sept. each year and is held at the stunning outdoor Burning Hills Amphitheatre.

NORTHERN SENTRY PHOTOS I ABIGAIL KINDER





UNIVERSITY OF NORTH DAKOTA





YOU MATTER DAY

You Matter Logo: In the You Matter logo, the circle of stars represents our helping agencies and leadership teams that provide guidance and services to help individuals get back on track when they are struggling. Inside the circle of stars you see a circle of dots. These dots represent a person's inner circle

(family, friends, co-workers, etc.) who are most often the first-line of response, support and caring. All of this culminates with the depiction of the person in the middle of the design. That person is you and all of the other elements exist because...YOU MATTER!

You Matter Day

ABIGAIL KINDER, NORTHERN SENTRY

On June 25, 2021, Minot Air Force Base held "You Matter Day," also called a Resilience Tactical Pause (RTP). Not only was it a down-day for many members of Team Minot, but it was a day to focus on family, connection, and resilience in the community.

As military suicide numbers have increased in recent years, the Air Force has implemented many new programs like the RTP to provide resiliency tools to help Airmen overcome their hardships.

STORYTELLERS EVENT

At the Jimmy Doolittle Events Center, a "Storytellers Event" was held to kick off You Matter Day. Civilians, Airmen and leadership attended to hear inspiring life stories from those who have faced and overcome adversity. The emotional stories included topics such as the search for acceptance as LGBTQ+, abuse, addiction, loss, illness, and more.

Members from base helping agencies were available at the event to lend support to anyone struggling. 5th Bomb Wing Commander Col. Michael Walters and 91st Missile Wing Commander Col. Christopher Menuey, as well as many other base leaders, attended in support and recognized the importance of not only You Matter Day, but of sharing life experiences in order to reflect and grow. There was no doubt in the crowd about the bravery that it took for each storyteller to tell their tale up on stage, and despite the deep wounds that their life struggles had created, each one came out stronger on the other side through the support of their community.

CLUB EXPO

Club members and base support agencies also gathered at the Combined Community Complex turf for a club expo on You Matter Day. It included organizations from all over the base with interests such as chess,

books, hunting, DJing, drawing, trains, and more. Attendees were encouraged to speak with club members and sign up as a part of the base's efforts to bring the community together. Clubs are an important part in creating fellowship and fostering valuable friendships.

Base support agencies, such as Sexual Assault Prevention & Response, Drug Demand Reduction Program, and more also attended the expo. For many people these programs are unknown, so they had an opportunity to speak with the agencies firsthand and learn about what they have to offer.

A DAY TO REFLECT AND CONNECT

As another part of You Matter Day, several squadrons held community picnics and get-togethers. Airmen were encouraged to wear civilian clothes and were able to gather with their coworkers and leadership to build connections within their squadrons. Units also participated in small group discussions and team building activities. Instead of focusing on the work dynamic, the events were aimed at creating an environment of openness and authenticity amongst Airmen and leadership.

John Jeziorske, Community Support Coordinator for the base, explained the importance of events like these. "When people see their teammates as human beings I think it really changes their dynamic and the effectiveness for those teams. The best thing that we can do to prevent those negative outcomes and those high risk behaviors is creating a sense of connectedness in our community."

For those who were unable to participate in You Matter Day, Jeziorske hopes to continue working with the units on base to still give them a chance for their

own resilience day. "There are agencies on base that aren't able to just shut down their operations for a day, so we have to work with leadership teams to find those sweet spots and opportunities," he said. "And I hear this a lot... 'Well, it must be nice to shut down.' But the intent isn't necessarily a shut down; the intent is to connect our Airmen to one another and our leadership teams and create meaningful dialogue. That doesn't necessarily have to happen on a stand-down day."

You Matter Day is held a few times each year and is an important effort in combatting suicide and building resilience among Minot's community. Not only is the day focused on Airmen, but civilians and families as well. "Just targeting the Active Duty folks isn't going to solve our community issues. The same message needs to be received at home as we're sending to our Active Duty members, and hopefully it'll create some meaningful discussion," Jeziorske.

One Airman said, "[You Matter Day] helped me connect with others on a level I didn't think was possible. I have connections with my coworkers in my section, and I expanded those connections by getting to know others who aren't alone and can relate to me." And while the day may not seem useful for everyone, even helping one person out of the entire base is enough to make it necessary.

You Matter Day is an important opportunity for the community to gather, reflect, and show their support for their fellow people who may be struggling. As Col. Walters said at the Storytellers Event, "Adversity is what makes you a better version of yourself." The most important lesson for Team Minot is that you matter, you are valuable, and we are all in this together.



In the spirit of You Matter Day, local spouse Sasha Reubin and her children handed out gift bags to several members of Team Minot on June 25, 2021. The bags included different kinds of candy to represent the recipients' best qualities and express their gratefulness for all that Team Minot does. (Lifesavers: Because you are one, Gum: To help your unit stick together, Mint Patty: To help you keep your cool in every situation, etc.)

SUPPLIED PHOTO I SASHA REUBIN



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YOU MATTER DAY





A Club Expo was held at the Combined Community Complex as a part of You Matter Day. People from all over Minot Air Force Base gathered to speak with club members and learn about the wide variety of activities available as well as the support agencies that the base provides. SUPPLIED PHOTO I SSGT MEGHAN MITCHELL







Team Minot members hosted a storytellers event at Minot Air Force Base, North Dakota, June 25, 2021. Storytellers is an event in which members reveal their hardships, struggles and personal stories to participants to show you can push through and be resilient.

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



WHAT'S GOING ON MAFB

• AFGSC Family Day

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- 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
- Club Member Benefit, 1700-1900, Rough Rider Lanes

SATURDAY

· For full listing Independence Day holiday facility hours, visit

· Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

- Registration Begins: Acrylic Paint Pouring Class at the Arts & Crafts
- Boots to Business, 0800-1600, A&FRC
- Game Day, 1000-1930, Minot AFB Library Facebook Page
- Federal Resume Workshop, 1400-1600, A&FRC
- Magic The Gathering Commander Night, 1800, ESC
- Swerk, 1930, Fitness Center

- HIIT Strength and Conditioning, 0530, Fitness Center
- Boots to Business, 0800-1600, A&FRC
- Pre-Deployment/Remote Readiness Training, 1000-1100, A&FRC, Zoom Meeting
- Story Time, 1030, Minot AFB Storytime Club Facebook Group
- Brown Bag Book Talks, 1200, Minot AFB Library
- Board Game Making Camp, 1500, Minot AFB Library
- First Duty Station Officer Financial Course, 1500-1630, A&FRC
- Yoga, 1830, Fitness Center

UPCOMING EVENTS

FRIDA



- Registration Ends: Wine & Paint Class at the Arts & Crafts Center
- HIIT Strength and Conditioning, 0530, Fitness Center
- Spouses Corner, 0900-1000, A&FRC, In-Person and Zoom Meeting
- Mystery Price Bowling, 1400-2300, Rough Rider Lanes
- Board Game Making Camp, 1500, Minot AFB Library
- Friday Fun Member Snacks, 1630-1830, Rockers Bar & Grill
- Club Member Benefit, 1700-1900, Rough Rider Lanes
- Swerk, 1830, Fitness Center
- Karaoke Night, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

SATURDAY

- Registration Ends: Only the Best Come North Scramble at the Rough Rider **Golf Course**
- Fairy Tale STEAM, 1300, Minot AFB Library
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider

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

- · For full listing Independence Day holiday facility hours, visit 5thforcesupport.com
- Independence Day Special Lunch, 1030-1330, Dakota Inn Dining Facility

THURSDAY

- Pre-Separation Counseling, 0830-1130, A&FRC, In person and Zoom
- Moving Out of the Dorms Budget Class, 0900-1100, A&FRC, Zoom Meeting • Stroller Fitness Bootcamp, 1000, Fitness Center, Outdoor Track
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Bowler Appreciation Thursday, 1400-2200, Rough Rider Lanes • Kids' Night, 1530-2030, Bomber Bistro
- Have a Ball League, 1800, Rough Rider Lanes

ONGOIN

- The status and location of Minot Air Force Base events are subject to change due to base restrictions.
- 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

MONDAY

- For full listing Independence Day holiday facility hours, visit 5thforcesupport.com
- Acrylic Paint Pouring Class, 1800-2000, Arts & Crafts Center





JULY SPECIALS

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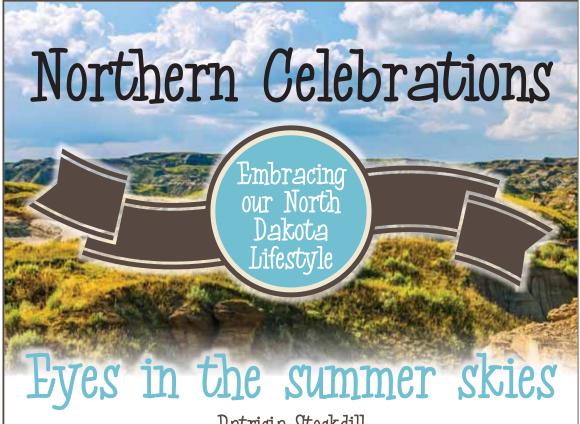


JULY 7-12

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Patricia Stockdill

North Dakota hunters don't apply for pronghorn licenses seven-day stretch of flying. until August and one reason comes from the sky.

N.D. Game and Fish Department big game biologists fly aerial pronghorn populations in July, unlike other aerial surveys for species such as mule deer and white-tailed

By the first week in July, young pronghorn fawns – typically born the third week in May — are much more visible and less susceptible to predation.

Mule deer surveys are done in the fall while whitetail surveys take place in the dead of winter.

It all comes down to when the various species are more likely to be visible from the air.

In the case of pronghorn, their tawny hued bodies are much easier to see against what is usually a backdrop of spring and early summer's lush, green vegetation. In addition, wildlife doesn't know geo-political boundaries and pronghorn are especially apt to migrate in the winter depending on weather conditions.

Usually any adults that may have wandered over to Montana or South Dakota likely meandered back to North Dakota by the time the July aerial surveys get underway.

Surveys provide vital information used in determining available licenses and units that will — or won't — be open for the upcoming fall hunting season. In addition to helping determine population trends and population, surveys offer insight into reproductive success.

While surveys can't count each and every fawn, its mother, and all of the bucks, what it does is provide long-term data to compare population trends and other information. That's because the same transects have been flown annually since 1958.

Tucked in a two-seat Super Cub, the pilot and observer fly mile-wide strip transects, counting any pronghorn they see along one-half mile either side of the airplane. Depending on topography, the planes are only flying 200 to 300 feet off the ground. The observer is almost like a hockey goaltender, moving side-to-side and scanning out both sides of the windows in search of his four-legged quarry. Plus, pilots do more than fly the plane – they also assist and count any antelope they observe.

Pronghorn surveys starts approximately July 4 with five to six airplanes, biologists, and pilots covering 10,000 square-miles of North Dakota's primary pronghorn range A pronghorn buck is at full attention. The N.D. Game and west of U.S. Highway 85. They also cover much of the outlying fringe pronghorn range east of the highway.

Wind and rain permitting, that number of planes and observers can usually complete surveys in about a good

They're in the air by sunrise, flying about five hours before taking a break. Then it's back in the air — usually about 3 p.m. - until about 8 p.m. The low angle of the sun in the sky prevents them from flying much later in the evening than that because of shadows and sunlight restricting vision.

Each pilot-observer team covers about 2,300 squaremiles.

Aerial surveys are a major piece of the puzzle to determine the number of licenses for many of North Dakota's big game species. That's one main reason applications aren't available sooner. The Game and Fish Department must make its pronghorn season recommendations and tentative proclamation available for Gov. Doug Burgum to sign before the end of July so time and good weather is of the essence.

Even though transects have remained the same for almost six decades, GPS and technology helped revolutionize their work. The pilot – biologist teams fly using GPS rather than compass, which is especially helpful in the rugged Badlands. In addition, data is entered digitally via computer rather than the paper mapping that biologists used for years.



Fish Department conducts aerial pronghorn population surveys in July to help track population trends of the prairie

PATRICIA STOCKDILL PHOTO

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5MXG CHANGE OF COMMAND 5MXG Change of Command June 24, 2021 at Minot Air Force Base, ND

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Taking care: providing child care during the pandemic

CAPT. IEVA BYTAUTATIE, 20TH AIR FORCE PUBLIC AFFAIRS

Last year, all three missile wings, located at F. E. Warren Air Force Base, Wyoming, Malmstrom AFB, Montana and Minot AFB, North Dakota, had to make operational adjustments due to the COVID-19 pandemic. Instead of completing the regular one to four day alerts to the missile field, missileers, maintainers, defenders, facility managers and chefs, switched to extended alerts and remained in the field for periods of seven to 14 days.

This adjustment came with logistical challenges, especially for single parents. Thankfully, the Child and Youth Programs flights already had programs in place to assist parents who regularly deploy to the missile field for extended periods.

Missile Care, which falls under the Air Force's Expanded Child Care program, is designed to provide overnight, weekend and holiday child care for those members assigned to work more than 24 hours in the missile field.

"Expanded child care, child care beyond the needs of regular child care, are at no cost to the members whose children are enrolled full time in a regular care, either at the Child Development Center on base or off base care," said Mary Jacobsen, Child and Youth Services Flight Chief at the 90th Missile Wing at F. E. Warren AFB.

Expanded child care is provided by Family Child Care providers at each missile wing. FCC providers are military spouses and families who work through a series of

trainings, background checks and certifications to open a licensed daycare in their homes. They set their own hours and rates, and can opt in to provide care overnight or on the weekends and holidays, when typical daycares are closed. The program, however, depends largely on the availability of providers at each missile wing. In a scenario where care isn't available on base, the community child care coordinators have plans in place to assist families.

"When we don't have availability for childcare with our on base providers, I work with the resource and referral office for the state of Wyoming," said Joyce Cisneros, Community Child Care Coordinator at the 90th Missile Wing at F. E. Warren AFB. "They license programs and FCC homes off base. The office shares the list of off base providers and I share it with families as need be."

Minot CYP has been successful in meeting the demands of Missile Care and provide care for each family who has applied for the programs.

"If for some reason we are not able to find a provider, there are resources in town to include state providers and other child care programs," said Kelly Pringle, Community Child Care Coordinator at Minot AFB. "We really push to ensure each family has care available so they can take advantage of these Air Force programs that are free of cost for the member when approved."

The number of families who utilize Missile Care isn't high,

but it provides a peace of mind to those parents who serve up to seven days in the missile field. Currently, three families at F. E. Warren AFB utilize the programs; eight families at Minot AFB; and three families at Malmstrom AFB.

"All families have care lined up to allow them to focus on the mission," said Pringle. "We are very proud to say we have never turned a family away from these after-hours programs and will continue to strive to meet each family's care needs.'

"All of our FCC providers are amazing. They do so much to take care of the children, even if it's last minute," said Jacobsen.

These programs were able to continue providing childcare for Airmen deploying to the missile field without skipping a beat, even during a worldwide pandemic. But the programs also saw many changes. Those changes were implemented at CYP facilities across all the missile wings. At Minot AFB, the School Age Center accommodated Minot public school students who were distance learning by offering quiet spaces, laptops and additional support to ensure education was the primary focus for the students.

"Child Development Centers reduced class sizes, including structured grouping and activities," said Pringle. "SAC implemented cohorts to accommodate the multiple base schools that utilize the program. This reduced the risk of direct

contact with COVID-19."

Malmstrom also made similar changes. Because some families chose to keep their children home to do remote learning, this created a need for care in FCC homes for school-age children.

"FCC providers were able to support remote learning by ensuring the children had access and stayed on schedule with their classes," said Shevaun Holum, community care coordinator at the 341st Missile Wing at Malmstrom AFB.

Daily health checks and screenings, additional cleaning schedules, and adjusting or stopping certain activities was also implemented at all programs across 20th Air Force.

"Activities like family style dining, sensory and water play were all stopped to help stop the spread and reduce chances of transmission of the disease," said

At Minot AFB, the FCC training program was restructured to allow new providers training virtually.

necessary ensured training was provided and care continued," said Pringle. "Over 22 licenses have been approved to include renewals as well since April of 2020, showing COVID-19 did not stop FCC from training and bringing on new providers to meet the demands of the mission.'

Although the demand for FCC providers and child care is high, all three missile wings have noticed an increase in staffing challenges, some due to COVID-19 and others due to the applicant pool being small.

"COVID-19 impacted child care both on and off the installation and communities are still trying to recover in the child care field due to lack of employees available to provide care," said Holum.

If you are interested in becoming a licensed FCC provider or have questions about the child care offered at your base, reach out to your base's community childcare coordinator for more information.



THIS WEEK IN USAF HISTORY

OPERATION NEW TAPE

JULY 8, 1960



USAF C-130 from the 40th Tactical Airlift Squadron loads up Swedish troops who were deployed to Congo on July 20, 1960. (UN Photo)

In 1960, the Belgian Congo, a colony in West Central Africa, was granted independence and became the Republic of the Congo. Due to a power-sharing struggle between two opposing political parties and continuing unrest, a civil war broke out. The United Nations deployed troops to help keep the peace as the nation was torn apart. In order to evacuate refugees from the Belgian colony, Operation NEW TAPE began on July 8, 1960. The operation evacuated over 300 American civilians, delivered more UN troops, and flew other humanitarian relief missions. USAF in Europe provided

medical air support. The 317th Tactical Hospital Detachment from Evreux Air Base, France, even set up a dispensary. C-130s and C-124s from various American and European squadrons were used to airlift over 1,000 tons of food and over 2,500 refugees. Operation NEW TAPE lasted four years and at the time, became the biggest airlift since the Berlin Arilift.

Information courtesy of: media.defense.gov / airforcemedicine.af.mil / Air Mobility Command Museum / arsof-history.org



OSSIBLE



Charles Wood, MD **Trinity Health**



Maria Li, Trinity Health

MDCM, MSc, FAANS

MINOT, ND

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Call 701-857-5877 to connect with a spine and neck specialist or visit trinityhealth.org/neuro.









MINOT PARKS 4TH OF JULY

12:00 PM - 3:00 PM Roosevelt Park 1215 E Brudick Expy, Minot

Celebrate Independence Day at Roosevelt Park!

Enjoy Yard Games Live Music

Local Food Truck Vendors

Sunday, July 4th from 12:00pm - 3:00pm This event is free to attend!

If you are interested in being a food vendor at the Minot Parks 4th of July Festival, please visit https://minotparks.com/events/fourth-of-july-festival/



For more information: Facebook Event / Minot Parks 4th of July Festival



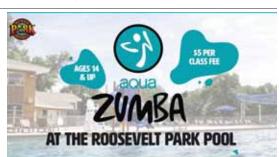
aqua zumba at the pool 11:00 AM - 12:00 PM / 8:30 PM 9:30 PM

Roosevelt Park Pool 1215 E Burdick Expy, Minot

\$5 per Class / Ages 14 & Up Perfect for those looking to make a splash by adding a low impact, highenergy aquatic exercise to their fitness routine. Mondays this summer at the

June 28th – 8:30 – 9:30 pm, July 5th – 11:00 am – 12:00 pm, July 12th – 8:30 – 9:30 pm, July 19th – 11:00 am – 12:00 pm, July 26th – 8:30 – 9:30 pm, August 2nd – 11:00 am – 12:00 pm, August 9th – 8:30 – 9:30 pm

Drop In / \$5 Per Class / Cash Only / No Preregistration



For more information: Facebook Event / Aqua Zumba at the Roosevelt Park Pool

COLORFUL WALL HANGINGS 10:00 AM - 11:30 AM Taube Museum of Art 2 Main Street North, Minot

Decorate your room with your own colorful art! We will be using fabric, watercolor paint, and beading techniques to create a one-of-a-kind piece of art for your wall.

Date: July 7 Time: 10:00 - 11:30 am Instructor: Erin Byre Fee: Nonmember: \$36 Member: \$30

For more information: Facebook Event / Taube Museum of Art



Thursdays Downtown With THE BROTHERS 5:30 PM Downtown Minot Main Street, Minot

Join us as The Brothers play Thursdays Downtown! Activity gets started at 5:30 pm with Arts/Crafts vendors, bounce houses, and food trucks. The Brothers take the stage at 7:00 pm.

Thursdays Downtown is brought to you by the Minot Area Council of the Arts, Creative Night Out, The Putt District, and the Downtown Business and Professionals Association.





For more information: Facebook Event / Thursdays Downtown with The Brothers

On Base





For more information visit: www.5thforcesupport.com



Chief of 5th BW Public Affairs heads to Texas







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

Maj. Natassia Cherne, Chief of 5th Bomb Wing Public Affairs at Minot Air Force Base, N.D., is heading on to her next adventure. She will be moving to Joint Base San Antonio-Randolph, Texas, to become the new Deputy Director for Air Force Public Affairs Agency. Cherne has been the Chief of 5th BW Public Affairs since 2018. Her job is unique in that she oversees not only Public

Affairs for the 5th BW, but also the 91st Missile Wing, as Minot AFB is the only base with two legs of the nuclear triad. Cherne is also Vice President of the Board of Directors for Project BEE and dedicates much of her time to community service. She is also a devoted mother, mentor, and leader. Thank you Maj. Cherne for your time at Minot AFB!



Kim Albert Agency 701-852-1460 2825 S. Broadway, Suite 2 abby.martinson@allstate.com



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Airmen of Minot



SENIOR AIRMAN EDWIN WASHINGTON **5TH SECURITY FORCES SQUADRON DEFENDER**

Airman Washington is a Defender for the 5th Security Forces Squadron. Originally from Orlando, Florida, Washington became a member of Team Minot in July 2019.

"I like how it [Minot] challenges folks, challenges me," said Washington, "I'm from a totally different area. It challenges me to get out of my comfort zone and not be so complacent."

Washington's responsibilities include conducting searches on contractor vehicles that are entering the Minot Air Force Base at the search pit to ensure the safety of the base and prevent base access to any contraband. At the Visitors Center, Washington assists those who are out processing from Minot AFB, conduct background checks and give base passes to those who need them.

"I like how diverse it is [his unit] and how driven some of the folks are," said Washington. "I'm in a smaller unit and there are folks here who are really passionate about the mission and



their job, it's very encouraging." Washington's favorite part of the mission is to provide safety and security at the front gate. "We see a lot of folks that need to gain access to the installation," said Washington. "We need to check peoples records to make sure that they're allowed to get on base, it's really interesting.

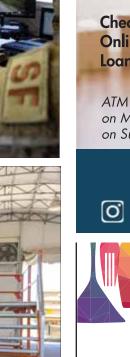
all find motivation somewhere, somehow. from Washington's source for motivation is to leave behind a footprint when he moves on from

"You see folks who leave who've been here for two and a half years and you also see folks leave to get out of the military," said Washington. "And you always just ask yourself 'What is their legacy?', you know? Because you always leave something behind. When I leave, I want to make sure I leave a good legacy behind, that I tried hard and made some changes.

Washington's goals include finishing his bachelor's degree, creating a healthier environment for LGBT members and creating a shadowing program at the legal

In his freetime, Washington likes to read, spend time with friends, watch movies, and appreciate the arts of the theater.







Minot AFB • 210 Summit Drive Minot • 1819 S Broadway



nsccu.com







Applebee's Grill & Bar

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

Bone's BBQ Steakhouse & Grill

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

Badlands Restaurant & Bar

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

28 Tastes & Taps

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

Mi Mexico

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

Pink's Bar & Grill

102 128th Ave NW Minot, ND 58703 Phone: 701 852-2385 www.facebook.com/PinksBarGrill

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

Culver's Restaurant 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 www.primominot.com

Souris River Brewing

32 3rd St NE Minot, ND, Phone: 701.837.1884







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INDOOR INTERACTIVE

SHOOTING RANGE

FAA, Department of the Air Force sign commercial space agreement

JOINT STATEMENT BY SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS AND THE FEDERAL AVIATION ADMINISTRATION

WASHINGTON (AFNS) --

The Federal Aviation Administration and the Department of the Air Force signed an agreement June 15 aimed at eliminating red tape while protecting public safety during commercial space activities at ranges operated by the U.S. Space Force.

The agreement recognizes common safety standards for FAA-licensed launch and reentry activities that occur on, originate from, or return to Cape Canaveral Space Force Station in Florida and Vandenberg Space Force Base in California. It also removes duplicative processes and approvals for the U.S. commercial space sector.

"Assured access to space is vital to our national security," said Acting Secretary of the Air Force John P. Roth. "The launch licensing standards provided in the agreement will support a rapidly expanding commercial launch sector and strengthen our space industrial base, bolstering

our economy and enhancing our security as a nation."

"Building a streamlined regulatory approach for commercial space activities at these federal launch sites is the right thing to do for public safety and U.S. competitiveness," said Steve Dickson, FAA administrator. "This agreement will help the burgeoning U.S. commercial space industry grow even faster and continue to lead the world in safety and innovation."

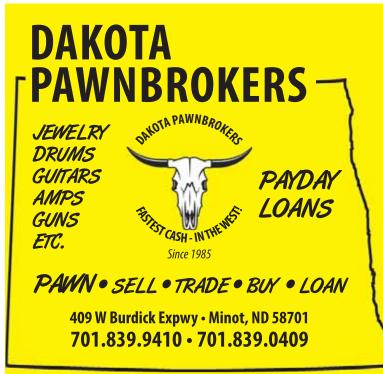
Under the agreement, the FAA will accept the Department of the Air Force's ground safety rules and other safety processes, analyses and products as long as they satisfy FAA regulations. The Department of the Air Force will accept FAA licensing decisions and generally will not impose its own requirements for the flight portion of a launch or reentry.

In addition, the two agencies will consult before responding to commercial space operator requests for relief from safety requirements and on the development of hazard areas. Both also will coordinate prior to publication of materials related to ground safety and launch or reentry activities and collaborate on environmental reviews to ensure the government's response is prompt and consistent.

The two ranges each have four FAA-licensed commercial space transportation companies authorized to conduct launch operations. In 2020, the FAA licensed 39 commercial space launches, the most in the agency's history. Of those, 24 occurred at, and were supported by, these two U.S. Space Force ranges.

To learn more about the FAA's role and responsibilities in commercial space transportation, please listen to the Ticket to Space episode of the agency's "The Air Up There" podcast.





Summer H.E.A.T. continues with Click it or Ticket

KYLE PATTERSON, VISION ZERO COORDINATOR – MINOT

Minot, ND - Law enforcement agencies statewide will participate in Click it or Ticket July 1 to Aug. 19. The enforcement campaign and extra patrols are part of summer H.E.A.T. (Highway Enforcement of Aggressive Traffic) to prevent deaths on North Dakota roads.

Seat belts save lives and are the single most effective safety device to prevent death and injury in a motor vehicle crash. Preliminary crash fatalities in 2021 are trending higher than last year with 41 fatalities as of June 17, 2021. Of these fatalities, 55%

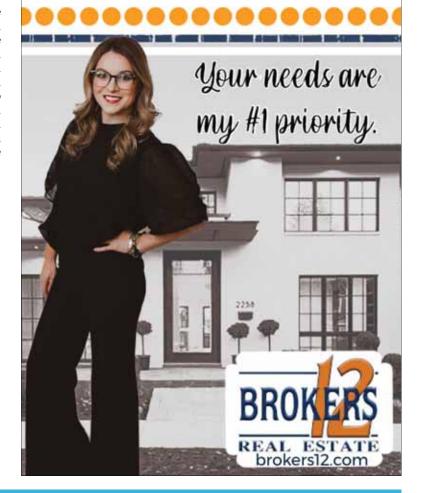
were unbelted where seat belts were present in the vehicle.

"Summer is short and many North Dakotans take advantage of the warm weather to travel. Seat beats keep you and other passengers safe inside the vehicle if you are in a crash. Be sure to buckle up, every trip, every time," said Ward County Sheriff Bob Roed.

According to the North Dakota Department of Transportation, increased traffic on the roadways during the summer leads to an increased number of crashes and fatalities. Failure to wear a seat belt results in more motor vehicle fatalities in North Dakota than any other factor.

This reminder is a part of the Summer H.E.A.T. strategy and Vision Zero initiative to eliminate motor vehicle crash fatalities and serious injuries on North Dakota roads. Summer H.E.A.T. will take place through August to encourage everyone to wear a seat belt, use appropriate child passenger safety seats, follow all posted speed limits, and drive sober and distraction-free.

Megan Stahl, Realtor ® 701-389-0930



CORRECTION NOTICE

North Star Farms, a local organic farm based in Carpio, N.D., is a flagship vendor at the North Prairie Farmer's Market, not the Minot Farmer's Market as previously stated. North Prairie Farmer's Market opens Saturday, July 10, 2021 at 11 a.m. It is located at the corner of Third Avenue SW and Broadway, in the parking lot across from Planet Pizza in downtown Minot. Join North Star Farms and all of the other unique vendors at this year's market to find the best local produce, flowers, and other products!

1350 20TH AVE SW, MINOT, ND 58701





Dr. Willy Fielhaber Dr. Matt Hanson Dr. Crystal Long

BUSINESS HOURS Monday: 7:30am — 6:00pm Tuesday: 9:00am — 6:00pm Wednesday: 7:30am — 6:00pm Thursday: 7:30am — 6:00pm Friday: 7:30am — 4:30pm Saturday: 2 a month by appt

Sunday: Closed

(701) 852-2800









A1C DRAKE'S MEMORIAL SERVICE

Memorial Service for Airman 1st Class Johnathan Drake on June 23, 2021.

U.S. AIR FORCE PHOTOS I MINOT AFB PA



TERIYAKI BBO PORK & PINEAPPLE SKEWERS



INGREDIENTS

1 POUND PORK SIRLOIN 18 PIECES PINEAPPLE, FRESH 6 SCALLIONS

6 WOODEN SKEWERS 1 CUP CARNE ASADA MARINADE, OF

Thread a pork cube through the thin side on a skewer, followed by a chunk of pineapple and a piece of green onion; repeat the sequence, using 3 or 4 pieces of pork per skewer. Repeat with the other skewers. Transfer the skewers to a glass pan or pie plate and pour the marinade over them, turning to coat on all sides. Cover with plastic wrap and refrigerate for 1 to 3 hours.

When ready to cook, set temperature to High and preheat, lid closed for 15 minutes. Drain the skewers, discarding the marinade. Arrange the skewers on the grill grate and grill (500° F), turning once, for 10 minutes, or until the pork is cooked through.

Transfer the skewers to a platter or plates and serve immediately with some steamed rice. Enjoy!

www.HofE.com/BBQHQ

NODAK ARMS DUOR OUTREPORT -

OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

ake Sakakawea elevation, June 28: 1,836.64 feet above mean sea level (MSL); 22,000 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: 1,447.97

• N.D. Game & Fish Dept. game wardens: No new reports.

• Devils Lake, Ed's Bait Shop, Devils Lake: Fair but a little inconsistent walleye activity on East Devils Lake with better success around Grahams Island. Try spinners with leeches or nightcrawlers with some success still on slip bobbers or jigging.

• Devils Lake, Woodland Resort, Devils Lake: Work 15 to 24 feet around Grahams Island for walleye with improving success around the Golden Highway using spinners and nightcrawlers or leeches. Also try crankbaits in 13 to 14 feet.

•Lake Darling, Karma C-Store, Ruthville: Fair to good walleye success, especially around Grano, using nightcrawlers or minnows.

•Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: Some small walleye success. Lots of activity on the hiking trails with the canoe and kayaking trails on the river open and getting use.

•Lake Metigoshe, Four Seasons, Bottineau: Some nice-sized walleye showing up in the early morning or evening with improving bluegill success.

Sakakawea/Lake Lake Audubon, Cenex Bait & Tackle, Garrison: Fair for walleye on the east end of Lake Sakakawea around Deepwater or Douglas bays using jumbo leeches or nightcrawlers in 17 to 30 feet. Lake Audubon fair for small walleye with occasional nice-sized ne mixed in

•Lake Sakakawea, Indian Hills Resort, Garrison: Improving walleye success.

•Lake Sakakawea, New Town: The walleye bite is finally turning around for fair-sized fish. Try spinners or Lindy rigs with

• 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.



TOURNAMENTS:

• July 10: Lake Sakakawea, Beulah Bay; Lake Sakakawea, Van Hook Arm; Devils Lake, Lakewood.

• July 11: Lake Sakakawea, New Town Marina

• July 14: Lake Sakakawea, 4 Bears.

nightcrawlers with some leech success. Move around throughout the upper end of the Van Hook Arm.

•Lake Sakakawea, Van Hook Bait & Tackle, New Town: Improving walleye success. Try leeches or nightcrawlers for walleye in 14 to 22 feet working any structure.

Sakakawea/Missouri Lake River, Scott's Bait & Tackle, Pick City: Continued success for small walleye in the spillway channel on the Missouri River tailrace. Good catfish numbers in the river. Look for any slack water. Chutes fair for walleye but limited trout or salmon success. Try morning or evening from boats using 3-way swivels or from shore off the rocks. Lake Sakakawea fair for walleye on the east end in a variety of depths. Try a variety of presentations, bait, and depths from shallow out to 15 feet. A few salmon starting to show up in 50 to 80 feet using white flashers and squids or herring. Continued good pike success with active bass.

Sakakawea/northwest Lake N.D. lakes, Scenic Sports, Williston: Best walleye bite is still farther east around New Town with improving success in the

Van Hook Arm. Try leeches. Lots of small fish so sort through for keepers.

·Lonetree WMA area lakes, Harvey: Generally consistent, fair success throughout most area lakes with some nice opportunities to catch fish.

 North-central/central lakes, Towner Hdwe. Hank, Towner: Scattered walleye success on the Souris River but limited reports from area lakes.

N. D. rivers, river stage & streamflow:

•Little Missouri River, Long X Bridge: Streamflow, 32.7 CFS.

• Missouri River, Williston: River stage, 16.14 feet.

· Missouri River, Washburn: River stage, 9.62 feet.

· Souris River, Minot: River stage, 4.7 feet; streamflow, 109 CFS.

• Yellowstone River, Sidney, Mont.: River stage, 4.644 feet; streamflow, 9,790 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.

THIS SPECIAL FEATURE IS SPONSORED BY:



SRT Names Cassidy Hjelmstad as Chief Executive Officer and General Manager

Hjelmstad to Succeed Steve Lysne

SRT COMMUNICATIONS

MINOT, ND – The SRT Communications, Inc. Board of Directors announced today that Cassidy Hjelmstad has been named Chief Executive Officer/ General Manager of SRT effective January 1, 2022. She succeeds

Steve Lysne who will retire December 31, 2021, after 27 years with the cooperative.

"The board and I are confident in Cassidy's ability to guide this company in the years ahead," said Board President Allan Engh. "The decision was carefully considered, and we were fortunate to have such qualified candidates. We look

forward to her leadership, which will include completion of the fiber optic network build that delivers state of the art communication services to our members."

Hjelmstad stated, "My family and I are humbled to serve this organization and continue SRT's mission to meet and exceed the needs of our customers. I am grateful to the board of directors for their trust in me and for the management team and employees who have built the strong

This is an exciting industry and I look forward to furthering the cooperative's mission."

Hjelmstad serves as the Chief Marketing Officer, leading the communications, corporate

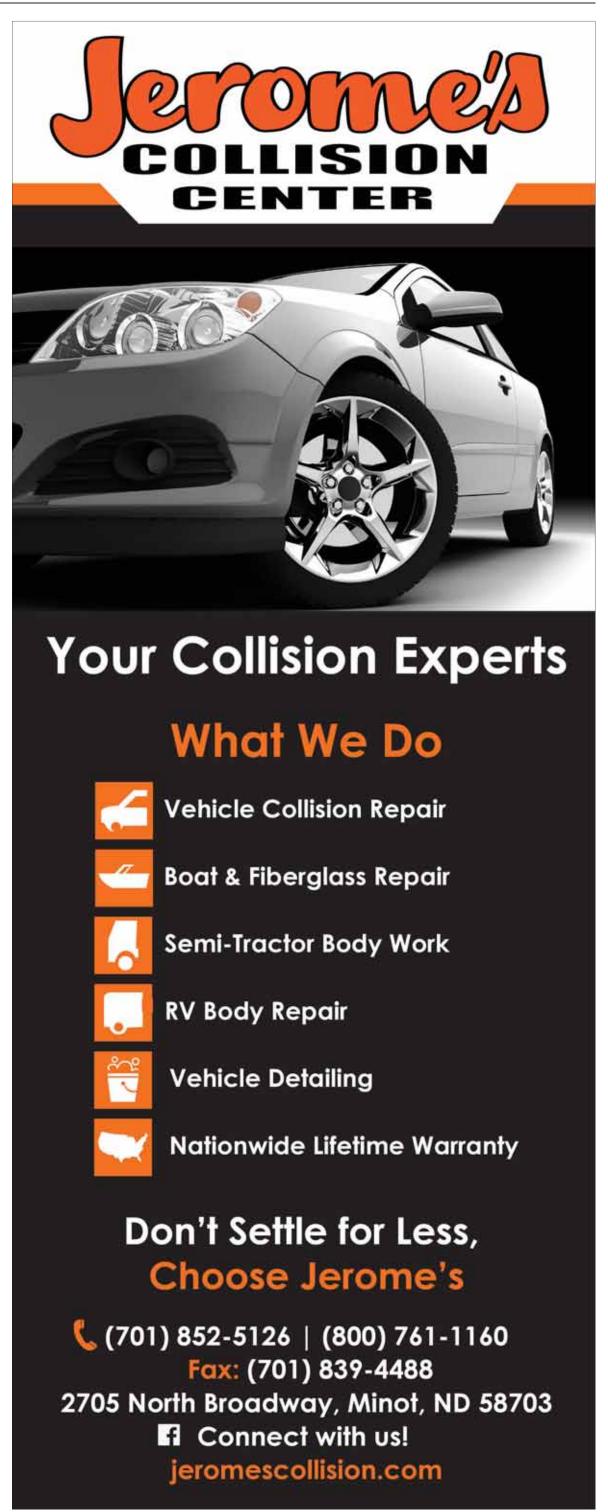
customer service and billing departments. has led her teams to implement effective strategies for product sales growth while delivering exceptional customer experience.

Hjelmstad becomes fifth Executive Officer/ Manager General in SRT's 70-year history. Originally Newburg, from Hjelmstad, and her husband, Travis, have

three children and live in Minot. SRT Communications located in Minot, North Dakota is the state's largest telecommunications cooperative. SRT is completing a fiber optic network build throughout its service area and offers Internet, Security, TV, Phone and Business Services. SRT has served north central North Dakota since 1951, employs nearly 200 people, and serves approximately

40,000 customers.





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The Department of the Air Force School Liaisons



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



The Department of the Air Force School Liaisons (SLs) are the central point of contact commanders, military families, and school districts in all Kindergarten through 12th grade school matters. Speaking the dual language of military to educators and education to the military; they are considered the K-12 education office in the local community and state. They advocate for militaryconnected students at the local, state, and national level. Differences in local demographics, installation mission, community characteristics, and education policy significantly impact students and families as they move, SLs can help smooth transitions between schools. SLs serve DoD Total Force members, DoD civilians, retirees, Guard/Reserve, and eligible

family members to include NOAA, USPHS, foreign national employees and contractors assigned. Services of the SL office include: local school navigation, scholarship and grant resources, community and education partnerships, deployment support, transition support, college/career/military readiness, professional development, homeschool support, and parent workshops. If you are new to the Minot area or soon to PCS and need support with your child's education contact the MAFB-SL, Ms. Racquel Labadie, at 701-723-1447, 701-340-2380, or mafb. school.liaision@us.af.mil. For further information on the DAF Child & Youth Education Services-School Liaison Program visit https://www.dafchildandyouth. com/child-and-youth-educationservices.

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2021-2022 MPS Calendar

August 16, 17 & 18 August 19, 20 & 23

August 24 September 06 September 07

November 25 November 26 December 23 Dec 24 - Jan 3 January 01 January 04 January 17

January 17 February 21 March 10

March 11

April 15

April 18 May 26 May 27

May 29 May 30

May 31

Middle Sch

Ramstad &

Magic City Campus

End of 1st Nine Weeks

End of 2nd Nine Weeks

End of 3rd Nine Weeks

End of 4th Nine Weeks Elementary Schools Parent-Tea

High Schools Parent-Teacher Conferences

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Draft for 21-22 Vacation Days-not contracted day

Workshop – Total Staff	5	M	T	_
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Prof Devel Day - no school for students	9	10	11	
dministrator Convention Days - no school	16	17	18	
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Thanksgiving Day - no school		.,,		
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Vacation – no school			1	
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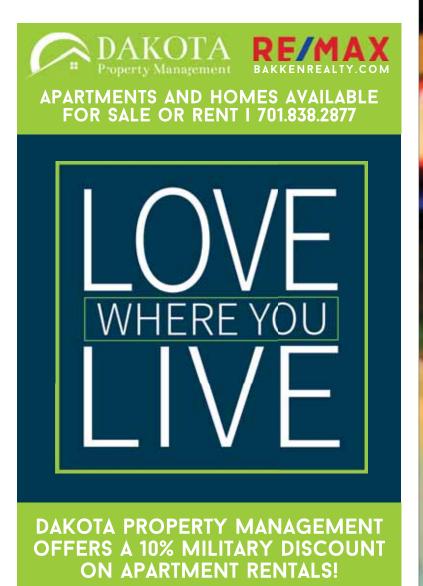
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4:00 pm - 7:00 pm

4:00 pm - 7:00 pm

4:00 pm - 7:00 pm







DoDEA Launches **Expanded Eligibility Pilot Program**

DEPARTMENT OF DEFENSE EDUCATION ACTIVITY

ALEXANDRIA, VIRGINIA The Department of Defense Education Activity (DoDEA) is launching a new program aimed at expanding eligibility for dependents of members of the armed forces on active duty to register into the DoDEA Virtual High School (DVHS). The Expanded Eligibility Pilot will be offered to students entering grades 9-12 for the 2021-22 school year.

In order to be eligible for the program, students must be the dependents of active-duty military members serving in remote locations that do not have access to a DoDEA brickand-motor school. Enrollment in the program will be limited to 400 students, split evenly among the four services. Preference will be given to students entering the 12th grade.

The pilot program was authorized as part of the 20-21 National Defense Authorization Act (NDAA), giving it the authority to expand the eligibility for DVHS to stateside active duty military dependents in grades 9-12 who are currently ineligible for the DVHS program. Participants can take up to two courses per academic

The initial offering will prioritize school districts serving select rural installations in stateside locations, but the program is available to all eligible students. Participants registering in the DVHS as part of this program must obtain the approval of their local school system. Homeschooled students who do not have access to a DoDEA school can also register for the Expanded Eligibility Pilot Program.

DoDEA Chief of Teaching and Learning C. Michael Kline says this program is designed to supplement the educational opportunities for state-side military-connected students in remote locations.

"We think this program will help these students by allowing

them to take courses that might not be offered at their local schools and will be of great value as they pursue future educational opportunities," said Kline.

The program will offer students the chance to take up to two courses from a selection of more then 30 courses that are already offered by the DVHS. These courses include Advanced Placement courses, world language, and Career Technical Education.

"For many of our new students, access to Advanced Placement courses may help them gain college credits," said Kline. "Our world language classes will allow students that have started a foreign language program to continue even if their parents or guardians moved to a school that doesn't offer that language. It can also be used to supplement a

homeschool program. We think this will be a great benefit to all the students that take advantage this program."

Registration for Expanded Eligibility Pilot Program is now open, and will run until the school year begins or enrollments are full.

Kline added that while the initial authorization is for four years, if there is enough interest, they hope to make this a permanent part of the DoDEA Virtual High School.

"We look forward to developing partnerships with local schools who support our militaryconnected students."

The DoDEA Virtual High School is a fully accredited high school providing supplemental courses for DoDEA eligible high school students in grades 9 -12. DVHS averages 2,500 course registrations per semester with the majority of DVHS students taking either one or two courses per semester.

For more information visit the www.dodea.edu/dvs/ website e2p2.cfm.





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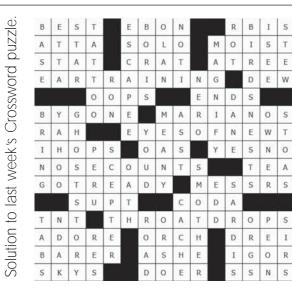
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CROSSWORD PUZZLE

- 1. Jane Austen heroine
- 5. Subway Series player
- 8. IHOP offering 14. Extinct birds of New
- Zealand
- 15. One of Frank's exes
- 16. Domiciles
- 17. Shipboard bed
- 18. Piece of Walt Disney art
- 19. Practice site for "The Partridge Family"
- 20. Mel Brooks' spouse
- 23. "Maggie May" singer Rod
- 24. It does a bang-up job?
- 25. Fizzled firecracker
- 28. "To --- With Love" (1967)
- 29. Monopoly purchases 31. Words of approximation
- 32. "Owner of a Lonely
- Heart" group 33. Med. school subj.
- 34. In regard to
- 35. Big name in etiquette
- 38. Pancho ---, Mexican revolutionary
- 41. The Four --- (50s vocal group)
- 42. Business equip. co.
- 45. Twistable cookie
- 46. Coiffure 48. "Cakes and ---"
- (Maugham novel)
- 49. Like Madame Tussaud's figures
- 50. "Kindergarten ---"
- 58. Singer/songwriter DiFranco

Down

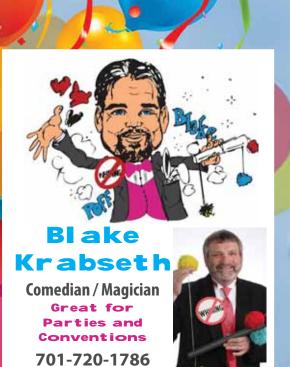
- 1. Diplomat's building 2. Dudley Do-Right was
- 3. Miss --- (modern-day
- 35-A)
- 4. Twisted to one side 5. What Yankee Doodle
- called the feather 6. Expected to follow in
- 21. Grand --- Island
- 22. AAA info.
- 25. Dr. --- of rap
- 26. JFK's service branch 27. Big --- ("The Cider
- House Rules" character)
- 30. Phonograph needles
- 40. Superman's foe, ---Luthor
- 42. Kenya capital
- 43. Splits
- 44. Passed out the cards again
- 46. Like the voice of











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ALS CLASS 21-E GRADUATION

ALS Class 21-E Graduation Ceremony June 24, 2021 at Minot Air Force Base, North Dakota. More photos can be found on Minot AFB PA Flickr page.

U.S. AIR FORCE PHOTOS I COURTESY PHOTOS)















Extension cord safety: what to do and what to avoid

Electrical hazards are an area of major safety concern in construction and account for a large number of injuries and fatalities. Even workers that aren't electricians are going to be using electricity every day to do their job, and something as seemingly harmless as an extension cord has it's own hazards. Extension cords can be found in any location, safe use of extension cords is as important as safety training on electrical tool

In addition, office buildings, warehouses, and manufacturing plants are corporate and industrial environments where electrical equipment and outlets will definitely be found and can pose unique hazards to employees who work there.

Cable protectors offer a quick solution to protect cables and hoses from pedestrian and vehicle traffic. Consider light- to medium-duty cable protectors to prevent trip hazards in an office or warehouse, while heavy-duty cable protectors might be a better choice on job sites with construction equipment or heavy pedestrian traffic.

No one should take electricity for granted. No matter how small the



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task, how temporary the project or how trained the staff, everyone should be using safe work practices, especially when using electrical tools and equipment. Extension cords should be selected carefully and be approved by a laboratory such as Underwriters Laboratory (UL). The extension cord below shows the (UL) stamp clearly.

During the weekly safety meeting or morning safety huddle on electrical safety, the following tips on safe use of extension cords should be discussed:

- * Always inspect your electrical tools and extension cords before
- Don't use an extension cord that is wet and never plug an extension cord into an electrical

device with wet hands.

- * Never unplug an extension cord by pulling on the cord; pull on the plug only.
- * Never use extension cords that have broken or missing ground pins - those are there for your safety!
- * Use only properly rated extension cords for a construction site and UL (or similarly) approved extension cords for use in all work environments.
- Never run cords through windows or doors where they could be pinched or damaged.

Ensure extension cords are kept out of walkways to avoid potential trip and fall hazards.

Remove frayed, damaged, or severely kinked extension cords from use immediately.





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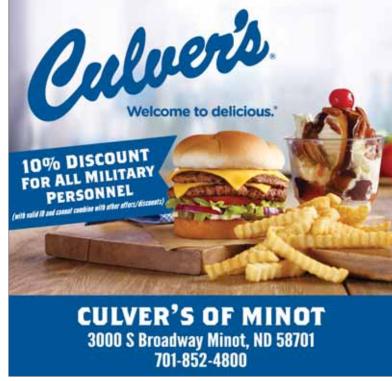


5TH MEDICAL GROUP CHANGE OF COMMAND

Col. Dixon assumes command from Col. Bader on June 22, 2021.

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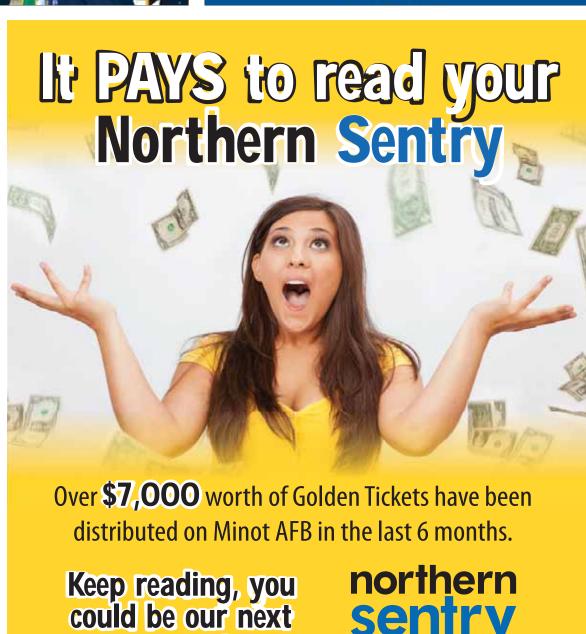
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MSGT BURKS RETIREMENT

Congratulations to MSqt Nathan S. Burks, who retired June 23 from the United States Air Force after 23 years, 4 months and 9 days of faithful service to his country! The 91 SFG would like to thank you for your outstanding leadership and service and we wish you all the best on your next adventure in life. Until our paths cross again - it is see you later.

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VACATION READY

Stock up on vehicle breakdown supplies

Unforeseen situations can crop up at any time. Anyone who has had a roadside breakdown in their car understands this. A flat tire or an engine malfunction is something no driver wants to experience, but those with a well-stocked vehicle emergency kit and breakdown strategy can get through most situations rather easily.

A 2017 survey from AAA found that 40 percent of drivers in the United States are not ready to handle a typical roadside emergency breakdown. The organization estimates it helps some seven million motorists get back on the road each summer. A well-equipped roadside emergency kit may help drivers get their vehicles back on the road on their own.

· First aid kit: The first aid kit will celebrate its 133rd birthday in 2021. The Johnson & Johnson company began commercializing first aid kits in 1888. Having a first aid kit in the car to treat minor injuries can be helpful in the event of an accident or even after injuring oneself during

· Fire extinguisher: Cars are full of various mechanical parts and are susceptible to catching on fire. The National Fire Protection Association says vehicle fire extinguishers need to be rated for Class B and C fires.

· Jumper cables: A weak or dead battery is often the culprit in breakdowns. Jumper cables enable drivers to get a charge from another motorist, and may help get a person back on the road quickly. If possible, get a set of cables that also comes with safety gloves and heavy duty clamps, offers Defensive Driving Online, a defensive driving course.

Mobile phone/charger: A mobile phone is essential for calling for assistance, but the phone is only useful if it's charged.

· Blanket: Keep a blanket in the trunk or another storage area. Should the vehicle die in cold weather, that blanket can help keep passengers warm until assistance arrives

· Basic tools: Tools like a screwdriver, ratchet set and wrench may enable drivers to complete minor repairs. Tools also should include tirechanging gear, such as a jack and lug nut remover.

· Traction aid: Non-clumping kitty litter or sand can provide the traction needed to get off of a slippery area of roadway.

· Flashlight: A flashlight can help keep you visible and able to see your surroundings in dark conditions.

· Flares: Should a breakdown occur in the dark, flares can alert other

· Snacks and water: Water and food that stores well, such as emergency rations, granola bars or trail mix, can quell hunger pangs and provide an energy boost while waiting for help.

Rope/bungee cords/tarp: These items can be used in various situations to secure a vehicle.

While drivers can gather these items separately, many companies offer all-in-one vehicle emergency kits. A safety kit is essential for all drivers.



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WHEN TO CHANGE/CHECK YOUR OIL

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

Chapel Services at MAFB

Protestant (North Plains Chapel in Base Housing) **Sunday Community Service** 1030 a.m.

(Holy Communion 1st Sunday) Children's Church during school year

Catholic Mass (Northern Lights Chapel across from Rockers)

across from receivers,	
Sunday	.1000
Daily Monday-Thursday at	1200

St. Peter The Aleut **Eastern Orthodox** Church

109 6th St. SE Minot • 838-3094

Saturday, July 3 No Vespers

Sunday, July 4 Divine Liturgy, 10AM

V. Rev. Fr. Paul Hodge



Thursdays 7:00pm and Sundays 10:30am

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

& Fellowship9:00 a.m.10:30 a.m.

Sunday School

www.trinitychurchminot.org



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

1720 4th Ave NW, Minot 838-0916 MinotBibleFellowship.org



Faith United Methodist Church

5900 Highway 83 N, Minot www.faithumcminot.com

701-838-1540

Pastor Ken Mund

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



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

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

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

Cornerstone Presbyterian Church

1000 NE 3rd Street 852-0315

Sunday Schedule

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

Wednesday Evening Schedule

Community Dinner.....5:30-6:30pm Contemporary Worship.......6:30pm Youth Group & Small Groups.. 7:15pm All are Welcome!

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Sundays:10:00 am Worship..... Wednesdays: Soup Kitchen11:30 am

Brian T. Skar, Pastor www.ibcminot.org

Apostolic Faith Church, UPCI

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

Jesse Starr, Pastor



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Daily Mass Schedule:

Tuesday	5:15 p.m
Wednesday - Friday	
Saturday	5:00 p.m
Sunday	8:00 & 10:30 a.m
E D 244 E	D: / / D /

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



9:30 am

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

Pastor Brandy Geriets • Pastor Ellery Dykeman

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Sunday School 9:30 a.m.

Sunday Worship 10:30 a.m.

Children's Church & Nursery

Wednesday Family Training Hour

Classes for All Ages

Meal...

Family Worship Center

..... 5:30p.m.



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Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday

Sunday School 9:45 a.m.
Adult/Children Worship11 a.m.
Family Hour6:30 p.m.
Evening Worship7:30 p.m.
Bible Study/Child-Adult
Children Worship (Wed)7 p.m.
Prayer (Friday)7 P.m.

First Assembly of God

1805 2nd St. SE 838-1111

Morning Worship8:30	a.m
Sunday School10	a.m
Morning Worship11	a.m
Wednesday Family Night 6:30	p.m

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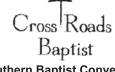
Classic Worship Service	. 8:30 a.m.
Adult Sunday School	9:45 a.m.
Contemporary Worship Service	. 9:50 a.m.
Children's Church	.9:50 a.m.
Sunday School (All Ages)	11:00 a.m.
Contemporary Worship Service.	. 11:05 a.m.
Wed. AWANA (Sept. to May)	6:30 p.m.

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

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

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



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Thursdays:

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

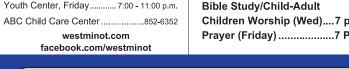
700 16th Ave SE • 701-838-0750

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



700 16th Avenue SE Minot, ND 58701 info@orcsknights.org • 701-839-0772

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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 contact Technical weekdays William Delphia Sergeant or Technical Sergeant Adam Worcester at 701-723-7597. For all other times coordinate with the base law enforcement desk at 701-723-3096/3097.

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SUDOKU SOLUTION

Puzzle on page C8

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

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IMMEDIATE FULL AND

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 mmackey@kalixnd.org 701-852-1014.

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.

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 preeminent 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: 2 Aug-3 Oct. For more information, please email: minot@erau. edu call: 701-727-9007 or Teams phone: 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 recognize 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 faceto-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 activeduty 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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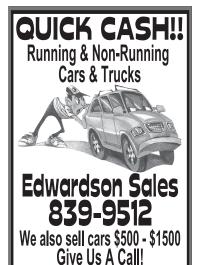
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