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Captain Katie Spencer: From Flyovers to Field Work

ABIGAIL KINDER, NORTHERN SENTRY

Capt. Katie Spencer never planned to join the Air Force Reserves. But after graduating from Florida Gulf Coast University with a Bachelor's Degree in Communications (and since then a Master's from Georgetown University), she found herself struggling to find a job. Her mother, who had served in the Reserves for 33 years, encouraged her to explore the option of enlisting. It was a hard "no" from Spencer. After a little more persuasion from her mom, she finally caved in and went to a recruiter. The rest was history.

Now, Spencer holds three titles: Katie, an everyday civilian, Capt. Spencer, Public Affairs (PA) Officer for the 512th Airlift Wing at Dover Air Force Base, Del., and Chief of 5th Bomb Wing PA at Minot AFB, N.D., and Ms. Spencer, Sports Outreach Program Manager for the Department of the Air Force (DAF) in Washington D.C.

Spencer knew that the PA track was her calling when she enlisted. Her career has now come together in the most unexpected way and it has brought her on an amazing journey that she never thought would be possible.

A UNIQUE OPPORTUNITY

Spencer worked several years as an enlisted Airman before being selected to commission as an officer but soon found herself in another job-related predicament. "At the time, I was working as a full-time Air Reserve Technician in a civilian status. When I was chosen to get my commission, they selected me but that was for

a traditional Reserve Officer job, so that's one weekend a month, two weeks a year type commitment," Spencer said. "But I couldn't give up my full-time job to become an officer for one weekend a month; I needed a full time job."

Before she accepted the opportunity to commission, Spencer needed to line up another civilian job that would keep her going full-time, so she began searching through Facebook. One day, she received a message from her now-supervisor about an opportunity at the Pentagon. She applied for it and after a long waiting period, Spencer finally became the Sports Outreach Program Manager for the DAF. She was also able to commission as an officer and set her career on a whole new trajectory.

As the Sports Outreach Program Manager, Spencer is responsible for being the liaison between the Air Force and professional and collegiate sporting organizations. She works closely with widely known brands such as the National Football League, Major League Baseball, National Collegiate Athletic Association, and more to coordinate Air Force flyovers at major sporting events nationwide.

While flyovers may seem like a straightforward display of patriotism, they have more purpose than just showing off to the world. "[Flyovers are] important because it gives our pilots and maintainers the opportunity to do 'time over target' training. When you think of the B-52, in combat operations

they have to hit a target at a certain time. Same thing when you're at a sporting event... they have to hit 'home of the brave' at the specific time. So they're working with our people on the ground who are working with the production team... and they know when to hit that time of target. Not only is it physically operating the aircraft, but it's mentally," said Spencer. Along with training experience comes the recruitment aspect of flyovers.



BECOMING A PART OF TEAM MINOT

Spencer was a major driving force behind Minot's B-52 Stratofortress flyover at Super Bowl LV in February of 2021. Since then, her career has gone full-circle as she has recently become a member of Team Minot as the Chief of 5th BW Public Affairs.

"I did not know at the time that I would ever in a million years come to Minot Air Force Base. It just so happened that the opportunity presented itself to come out here and be activated for two months to fill the gap between the outbound PA officer and the inbound PA officer, and because of how great working with this shop was for the Super Bowl, that led me in my decision to come here and lead these exceptional Airmen. It's so crazy how my worlds have come together more than I ever thought that they would," she said.

When the assignment was listed, Spencer jumped at the opportunity to work with the PA team she already knew of from 1,300 miles away.

"We just had such high expectations for them, and now to come and lead this shop of Airmen who did such an exceptional job at the task that I threw at them from the civilian side, it's so humbling," she continued. "To see the B-52 up close in the air on Super Bowl Sunday and now to be part of this community that helped make that happen, it truly is a full-circle moment."

"Working at the Pentagon, I'm making phone calls to Minot and Ellsworth and Whiteman, all these places, and you have a job to do, so you're not emotionally tied to these specific units. You're emotionally tied to the operation. Now, being here at Minot, I'm personally involved in the operations that they do and it's cool to see the other side of it."

Since coming to Minot, Spencer has been working tirelessly to keep 5th BW PA running smoothly. She will only be in Minot for 66 days, but her short time here has already left an impact on her career and life.

PERSPECTIVE AS A RESERVE CITIZEN AIRMAN

Spencer distinguishes herself and her fellow Reserve members as "Reserve Citizen Airmen." Not only is she a member of the community, but she also serves that community in uniform.

"I have my job in uniform and then I have my job as a civilian and then I have my job as just Katie. It's the balance of being a Reservist..." she explained.

Because of her many titles, Spencer is able to draw upon experience from different areas to help her career. She has a unique, inside perspective of the dynamic between Washington D.C. and the units at all of the bases she has been stationed at.

"The best part about being a Reservist is that I have the opportunity to bring in my civilian Pentagon experience. At the Pentagon, we write policy. We have a strategic outlook on things and we communicate that to our PA professionals on the wing level and then they implement that. It makes it easier to execute our mission at the wing level because I understand the intent from headquarters. So I bring my experience from HQ into the field but also my experience from the field into HQ. It's like this cyclical relationship where I can give feedback from all across the spectrum," she said.

After her time in Minot, Spencer will go on to fulfill her "two weeks a year" obligation by working with USAF Central Command. While she is still assigned to the 512th AW at Dover AFB, she has been a part of various Air Force missions including space, rescue, airlift, fighter, and now Global Strike. She has also had involvement with the North American Aerospace Command Defense and is heavily involved in their Santa Tracker program around Christmas time. "All of these little experiences I've had comprise the whole of myself as an Airman," Spencer said.

"I'm truly blessed and just humbled that this sorority girl from college who didn't want to join the military has now built the Department of the Air Force sports program to what it is and has been fortunate enough to serve in both capacities as a civilian and Reserve Citizen Airman to tell our Air Force story."



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Capt. Katie Spencer coordinated the bomber flyover at Super Bowl LV, which included a B-52 Stratofortress from Minot Air Force Base, N.D. In June 2021, she became a part of Team Minot as Chief of 5th Bomb Wing Public Affairs.

SUPPLIED PHOTOS | CAPT. KATIE SPENCER

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A View From Our Side PCS is a 3-Letter Word

ROD WILSON, NORTHERN SENTRY



PCS? What is that? Well not being from a military family and having been absent from the activities of the Minot AFB for over 20 years, it was a valid question, I thought. A quick shake of heads and smiles by those folks in the room, mostly wearing camouflage, told me that everyone in that room, except me, knew that PCS stood for Permanent Change of Station. PCS was quickly defined a bit more by one of the enlisted group that I was with. One of them said "it means they are leaving MAFB for destinations elsewhere."

It has been a little over 2 years since my return to the Minot AFB landscape as one of the writers for the Northern Sentry. No problem in 2020 adding PCS to my now expanding military vocabulary. By the time I started working on base, most of the PCS'ing had been done. Instead, I was busy meeting new faces, in new positions. Col Michael Walters and Col Christopher Menuey had arrived and had taken command of the 5th Bomb Wing and 91st Missile Wing. I get that...change of commands had happened and been well publicized over the years.

This being the COVID 19 Pandemic year would tone down the pomp and circumstance a bit, but Col's Walters and Menuey did not really seem part of the whole PCS cycle. However, I expect that next year reality will hit. Col Walters and Col Menuey will probably both (not that I know anything special) be indeed, part of the PCS cycle, leaving for different assignments next summer.

Indeed, PCS is tough to accept. Even though Col Walters and Col Menuey will remain at their positions for another year, several of my friends at MAFB will have, or will soon, leave Minot AFB for assignments elsewhere. Aaron, Leah, Nuke, people who I worked with almost every day as a member of the Northern Sentry writing team, are gone. Certainly not forgotten in any way, shape, or form, but nonetheless, gone. On Minot AFB those who serve are known as Col, Major, Sergeant, Captain, Airmen, or whatever rank they hold. But in our community, we knew them as those who served their country as members of the Air Force, and who were part of our community giving of themselves and their time

to numerous organizations.

The transition of families does not only affect those of us who work on Minot AFB. Just the other day a member of a local church talked about a family that will soon "leave Minot". "We are going to miss them, they were really involved, they made a difference" she shared. And I am sure there are hundreds of other stories about the men and women who became members of our community, albeit for a limited time, and made a huge difference in the organizations they became involved with.

But hold on for a second. That is only half the story. This is a bad news/good news scenario. One does not have to travel too far down Highway 83 south to meet a moving van headed north. A percentage of those moving vans are certainly transporting new families to Minot and Minot AFB. You see, for every family that leaves, a new one will more than likely take their place. For every Airmen that leaves, an Airmen will

arrive.

Minot, it's time for us to roll up our sleeves and welcome these new folks into our community. And for those arriving, and maybe reading this column, I can assure you that indeed, there are many holes to fill, and we will help you get involved! We can borrow and modify an old saying, "PCS ing goes both ways". New names and new faces replace those who have left, and then we start the count down for next summer when many who are still here, will more than likely be planning a moving event, and researching a new city for housing, schools and well, a new place to call home.

So yes, PCS is a 3-letter word. And no, I personally will never like saying goodbye to friends from Minot AFB who have reached the end of their term here. But on the front entrance to the Minot Air Force Base, it says "Only the Best Come North", and if I had my way it would also say "And Only The Very Best Leave!"

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'The people and the mission': Retiring Air Force Surgeon General reflects on challenges, triumphs and growth

SHIREEN BEDI, AIR FORCE SURGEON GENERAL PUBLIC AFFAIRS

When Lt. Gen. Dorothy A. Hogg assumed the role of Air Force Surgeon General in 2018, she saw an opportunity to carve out a renewed readiness vision and foster a culture of innovation for the Air Force Medical Service.

After three years in the highest position in the AFMS, and more than 37 years of active duty service, Hogg retires June 4. Her tenure as Surgeon General was marked with the ongoing transformation of the Military Health System, the COVID-19 response, and the first Surgeon General responsible for the care of U.S. Space Force Guardians. Through it all, she has learned to embrace challenges as opportunities, to lean on her diverse leadership team when making tough decisions, to empower her medics, and strengthen their ability to support the mission.

WHY DID YOU JOIN AND WHY DID YOU STAY?

Whenever someone has retired in the past, Hogg would often ask why they joined the Air Force and why they stayed. When asked those same questions, her response was not unlike many of her fellow Airmen.

Hogg joined the Air Force when her husband, who was an active duty Airman, had to move for his first assignment. Having graduated with a bachelor of science in nursing just three years prior, she did not want her husband's move to impact her nursing career – something many military families often have to deal with.

"I didn't finish college just to have to start from square one every time we had to move," said Hogg. "So, I figured I had nothing to lose by joining the military. I could get in, do my time, and leave if I didn't like it. Or, I could get in and stay."

When asked why she stayed, Hogg said it was the people and the mission that kept her in.

"One of my past Chiefs said, 'In the first four years, I was in the Air Force. After that, the Air Force was in me,'" said Hogg. "The people I have worked with are the best caliber of people I have ever had the opportunity to be around. And the mission

is what makes it all worth it. We are in a lifesaving mission and in the national security mission. The opportunities I had would have never come my way had I been a civilian nurse. Every assignment, job, and place has been an absolute joy. Each experience taught me so much about myself and what it means to be an Air Force medic."

CHALLENGES AS OPPORTUNITIES

Hogg took the helm at a time when the AFMS was undergoing, and is still undergoing, significant changes. In addition to the transition of military treatment facilities to the Defense Health Agency, the AFMS is also taking on critical transformations to increase its focus on medical readiness.

As the responsibility of delivering health care for all beneficiaries moves over to the DHA, Hogg directed a reexamination into the AFMS's own structure with an eye towards transitioning to an operational focus.

During her tenure, the Air Force Medical Reform Model was rolled out at 66 MTFs. Under this model, the MTFs were restructured into two squadrons. The Operational Medical Readiness Squadron focuses on Airmen and Guardian health. The Healthcare Operations Squadron focuses on the health of all other beneficiaries. In 2019, the Air Force Medical Readiness Agency stood up to oversee medical readiness programs, expeditionary medical capabilities, and readiness-related mission support requirements.

"The reason we have medics in uniform is to go to war. We exist so that our warfighters live and come home safely," said Hogg. "We not only keep our Airmen and Guardians mission-ready, we also ensure medics are ready to deliver care when deployed. Restructuring our medical squadrons and standing up the Air Force Medical Readiness Agency helped us put that readiness mission front and center of everything we do."

According to Hogg, this ongoing transition and transformation did not come

without its challenges, but the significant progress that has been made, and the work that has been put in, is something she is proud of.

"When the National Defense Authorization Act came out and identified the changes they wanted the Military Health System to go through, we were initially unsure how it was all going to work," said Hogg. "Despite the many unanswered questions, our medics stepped up to the plate and ensured we could implement those changes effectively while addressing gaps and challenges along the way. Today, we have a better understanding of the changes taking place, which has brought on improved collaboration with DHA and our sister services to get us to that finish line."

More recently, Hogg's tenure as Surgeon General has also been significantly defined by the COVID-19 pandemic, which placed military medics on the frontlines like never before.

In early 2020, Hogg briefed Congress on evolving Air Force medical capabilities to meet new challenges. She testified at a time when the nation was just beginning to grapple with the potential severity of COVID-19.

Nearly 800 Air Force medics quickly deployed to overwhelmed civilian hospitals. They also collaborated with partners to rapidly develop and deploy the Negatively Pressurized Conex in July 2020 to safely transport infected patients while mitigating the spread of COVID-19 to aircrews. Since then, Airmen have successfully moved more than 370 COVID-19 patients. Air Force medics worked to ensure the Air Force and Space Force missions could continue safely by implementing vital protocols and guidelines to slow the spread while on the job.

"The COVID-19 battle was new for all of us," said Hogg. "It was an enemy we couldn't defeat with airpower. This was an enemy that required medical power. Without skipping a beat, our medics put their capabilities to the test, constantly evolving better and safer ways to do things as they learned more

about COVID-19."

Hogg attributed the success of Air Force medics to their ability to adjust and innovate when their patients, fellow service members, and the nation needed them.

"I empowered our medics to develop and deploy effective solutions at the local level to meet their needs. And they did just that," said Hogg. "Having medics who are closest to the problem leads to the best solutions, solutions I would not have thought of, and many of which have been implemented across the Air Force."

Through the indescribable tragedy and challenges brought on by the COVID-19 pandemic, Hogg saw her medics persevere and showed exactly why they train the way they do.

PERSONAL GROWTH AND THINKING WITHOUT A BOX

Just as the AFMS has undergone significant changes, so has Hogg. As she reflects on her time in the AFMS, she is often reminded of the ways she was pushed to change, get out of her comfort zone and grow to become a better nurse, leader, and Airman.

"Change is hard and everyone responds to it differently, but change is the only constant we have," said Hogg. "I am always reminded of a quote by [President] John F. Kennedy where he says, 'Change is the law of life. And those who look only to the past or the present are certain to miss the future.'"

Hogg attributed much of her growth to her fellow medics, especially those who have challenged her way of thinking and supported her along the way. Hogg learned over time that no one can achieve and be successful alone, and that being a good leader requires a team.

"One is too small a number to achieve greatness. That is my leadership ethos," said Hogg. "I have a diverse team with different experiences who identify gaps I might not be thinking about, which leads to better solutions. I value the feedback I get at every level. I don't want my medics to agree with me just because of my rank. I want them to bring up issues and concerns so we

can have those hard discussions. That way, when we make decisions, we are all singing off the same sheet of music."

Hogg encourages medics to find opportunities to challenge their own way of thinking and strive to find innovative ways to face challenges.

"Throughout my time as Surgeon General, I have asked my medics to think without a box," said Hogg. "I want them to feel empowered to challenge the status quo and take risks. We need to make sure we don't get comfortable with doing something just because it has always been done that way. Life doesn't stay that way, medicine doesn't stay that way, and neither should how we do our jobs."

Hogg's leadership has been critical in moving the AFMS forward to become more operationally focused. She pushed for innovation and modernization of capabilities. She also championed her medics, empowering them to bring about necessary changes and further strengthen the AFMS. While Hogg looks forward to some much-deserved time off, she is also eager to see how Air Force medics continue to succeed in the years to come.

WHAT'S NEXT?

"The first thing I am going to do once I am done is enjoy some uninterrupted time with my mother, two daughters and five grandkids. They have had to share me for a very long time and we missed a lot of birthdays and holidays," said Hogg. "I have a house on a lake, so I am going to enjoy taking a cup of tea down to the dock with a good book and enjoy the scenery."

"It was once said, 'A sunset is nothing more and nothing less than the backside of a sunrise.' As the sun sets on my tenure as your Surgeon General, it will rise again with your 24th Air Force Surgeon General in whom I have 100% confidence. I am overflowing with gratitude having worked with the world's best medics who have made this job so enjoyable. I am proud of every Air Force medic and the work we have done together."



L: Lt. Gen. Dorothy Hogg, Air Force Surgeon General, pauses during a tour through the Heart, Lung & Vascular Center, David Grant USAF Medical Center at Travis Air Force Base, California, Feb. 10, 2020. Hogg visited with 60th Medical Group Airmen and recognized the positive impact they have on their community through their innovative medical practices.

R: U.S. Air Force Lt. Gen. Dorothy Hogg, Air Force Surgeon General, left, and Col. Beth Dion, 60th Inpatient Squadron commander, center, discuss operational readiness of the medical force during a visit to the central medical surgical unit, David Grant USAF Medical Center at Travis Air Force Base, California, Feb. 10, 2020. Hogg visited with 60th Medical Group Airmen and recognized the positive impact they have on their community through their innovative medical practices.

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USAF Photo contest launches

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

Photographers of all ages and experience, get your cameras ready for the annual Air Force Photo Contest set to launch July 1.

The theme for this year's contest, which runs July 1 – 31, is "What a Wonderful World."

"We are excited for this year's theme as we all have dealt with uncertainty and changing times this past year, and we find that many may see things through a different lens," said Darlene Johnson, community and leisure programs manager at the Air Force Services Center.

"As our world begins to open up again, we invite our military communities to share the world they see," Johnson said. "It's as simple as a picture from their backyard, their pets, exploring old places that haven't been visited in a while or maybe a new place. The creativity in this

year's submissions should reflect new beginnings."

The photo contest, highlighting and celebrating the art of photography created by Airmen, Guardians and their families, is open to ages 6 and older in five categories:

Adult Novice and Accomplished categories, for those 18 and older at the time of entry; Novice for new photographers and accomplished for those with knowledge based on training or experience, or those who operate as professional photographers.

Youth categories, based on the age of the photographer at the time of submission: Children for ages 6-8, pre-teens for ages 9-12 and teens for ages 13-17.

Starting July 1, photographers can submit up to two original images in JPEG format at <https://forcesupport.awardsplatform.com>. Images must be at least three megabytes and not exceed 9MB.

As part of the Air Force's Arts and Crafts Program, the contest is open to all authorized patrons of Air Force morale, welfare and recreation programs.

"The photo contest itself is a small part of our overall goal, which is to support and connect our Air Force photographers with each other," Johnson said.

When the contest closes July 31, expert photographers will evaluate each entry based on impact, creativity and technical excellence. Winners will be announced a few months later with the top three photographers in each category winning Amazon gift cards of \$500 for first place, \$400 for second and \$200 for third.

Visit the Air Force Photo Contest Facebook page or Instagram @airforcephotographer, where updates, photographer stories, tips and special features are posted weekly.



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skinny week

Berry Smoothie Bowl

Thanks Rachel!
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ingredients

2 Tbsp store-bought granola
1 banana (half frozen, half fresh)
2 oz fresh blueberries
1 cup frozen triple berries
1 tablespoon maple syrup
1/4 cup vanilla oatmilk
1/4 cup orange juice
1 teaspoon chia seeds (optional)

instructions

Slice the fresh half of the banana into rounds and wash the fresh blueberries.

Place frozen banana, frozen berries, maple syrup, oatmilk, and orange juice in a blender. Blend until super smooth; the consistency will be thick.

Scoop the smoothie into a bowl and top with fresh banana, blueberries, granola, and chia seeds. Stir to combine and serve immediately.

Tip: Fresh banana can be used for the whole smoothie, but the consistency will be much more runny.

As we look back on our first year at SkinnyWeek, we encourage our members to reflect on everything they've been working on.

We also delved into a deeper question...if you knew you could never lose another pound the rest of your life, how would your attitude toward yourself/life be different? In other words, are you letting your weight hold you back from doing certain things or enjoying life?

Don't put your life on hold because of how you feel about your body. Don't postpone trips or cute clothes because you want to wait until you're thin. Life is happening right now. You are beautiful right now.

In one year, SkinnyWeek members have lost 478 pounds! We have a member who has lost about 90 pounds, and our average member has lost 8 pounds in the year.

Considering many Americans have gained during the pandemic, we are extremely proud of each and every member, whether they've lost, gained, or maintained their weight.

We have 10 members who have lost 10% of their start weight, which significantly improves overall health; and 2 of our members have reached their Destination, which means they are now maintaining their weight loss.

We'd love to help you adjust your daily habits, along with any mental adjustments that need to happen. Join us in a meeting to see what we're all about!

-Cherie
@skinnyweek

skinnyweek.com

Join us for a meeting!

*meeting times are subject to change

Thursdays

In-Person Meeting	In-Person Meeting
Doors Open 11:45	Doors Open 5:00
Meeting 12:15	Meeting 5:30

Saturdays

In-Person Meeting	Virtual Meeting
Doors Open 8:00	Meeting 10:30
Meeting 8:30	

In-person meetings are held at the Sleep Inn & Suites Theater Room
2400 10th St SW Minot, ND 58701



5TH CS CHANGE OF COMMAND
The 5th Communications Squadron held a Change of Command Ceremony on June 30, 2021 at Minot Air Force Base, North Dakota.
U.S. AIR FORCE PHOTOS | 5TH CS



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CALL TO ARTISTS!

Small Art Works Exhibition & Auction

TAUBE MUSEUM OF ART

The Taube Museum of Art Main Gallery is seeking entries for their 14th annual Small Works Exhibit & Auction. The small works exhibition is scheduled to be on display from July 22 – August 27, 2021. Deadline for entry is no later than July 17, 2021.

Small Works guidelines:

- Open to all artists eighteen and older, with no entry fee.

- All works must be original by the artist submitting the artwork. Member artists may submit an unlimited number of entries, while nonmembers are limited to three.

- Two dimensional works maximum size of 80 square inches including the frame, i.e. 8"x10".

- Three-dimensional works may not exceed 8" x 8" x 8"

- Each framed entry must be ready to hang with wire hangers

or saw tooth hangers.

- All work must be available for purchase. Not For Sale work will not be accepted.

- Acceptable Media: collage, digital techniques, drawings, fiber arts, glass works, jewelry, metal, mixed media, paintings, pastels, photography, pottery, prints, sculptures, wood and everything in between!

Shipping and Pickup:

- All mailed and/or hand delivered items must be received by July 17. Mailed items may be sent to Taube Museum of Art, 2 N. Main St., Minot, ND 58703.

- A complete prospectus can be downloaded at www.taubemuseum.org or by stopping by the museum.

As in the past, you may bid on pieces directly at the museum or online bidding at the museum

website or on Facebook. Art buyers also have the option to purchase a piece at the Buy It Now price and take the piece home right away rather than having to wait until the close of the exhibition.

A portion of the auction proceeds will support the Taube Museum of Art, a non-profit organization, with the rest to the artist. Museum and Gift Shop business hours are 10:30am – 5:30pm Tuesday through Friday and 11:00am – 4:00pm Saturday. There is no charge for admission, but contributions are accepted to help the Taube Museum fulfill their mission of enriching lives through the visual arts.

Please contact Rachel Alfaro, Executive Director, Taube Museum of Art at 838-4445 for further information.



TRACK GROUNDBREAKING CEREMONY

A groundbreaking ceremony took place at Minot AFB, N.D., as a new track will be built in front of the Fitness Center, June 29, 2021. The track will feature a state of the art 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. Construction of the track is projected to be finished by Fall of 2021.

U.S. AIR FORCE PHOTOS | MINOT AFB PA

AERIAL SPRAYING NOTICE

Minot Air Force Base has requested assistance from the Youngstown Air Reserve Station 910th Airlift Wing, to conduct aerial spraying for mosquito control between 12-16 July 2021 for Minot Air Force Base, and the cities of Minot and Burlington. Due to uncertain weather conditions the exact time and area to be treated cannot be determined in advance.

The 910th Airlift Wing will be applying U.S. Environmental Protection Agency registered pesticides. Adult mosquito control will occur between the hours of 7:00 p.m. and 2:00 a.m. The applications will be made using a modified C-130 Hercules cargo aircraft flying

150 feet above ground level.

The purpose of the aerial spraying for mosquitoes is to protect public health, ease working conditions, and improve the quality of life for members working at Minot AFB and living in the surrounding area.

Minot AFB Public Health recommends humans and domestic animals remain indoors while the aerial spraying is occurring immediately overhead or upwind from your location and until the mist settles to the ground.

Concerned citizens should contact the 5th Civil Engineer Squadron pest management office at (701)723-2393.

Good Gardening

ADVICE
by Marvin Baker

Post Harvest Handling

As we go into July, we can start thinking about harvesting some of our garden produce like radishes, green onions, spinach, kale and the like. One thing to be aware of, especially this year, is how to handle that produce after it's picked. The same rule applies for commercial gardeners like myself, as well as backyard gardeners. It needs to be refrigerated as soon as possible, or should I say cooled. To leave it in the hot sun for any length of time is an invitation to diminish the quality.



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WHAT'S GOING ON MAFB

FRIDAY 09

- 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 10

- Registration Ends: Only the Best Come North Scramble at the Rough Rider Golf Course
- Fairy Tale STEAM, 1300, Minot AFB Library
- UFC 264: Poirier vs McGregor 3, Prelims start at 1900 and Main Event starts at 2100, Rockers Bar & Grill
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

SUNDAY 11

- Only the Best Come North Scramble, 0900, Rough Rider Golf Course
- Zumba, 1400, Fitness Center

MONDAY 12

- HIIT Strength and Conditioning, 0530, Fitness Center
- TAP GPS Workshop, 0730-1600, In person at A&FRC, online Zoom Meeting
- Stroller Fitness Bootcamp, 1000, Fitness Center, Outdoor Track
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Board Game Making Camp, 1500, Minot AFB Library
- Skills Assessment: Youth Outdoor Soccer, 1730, Youth Center
- Craft Club, 1800, Minot AFB Library
- EFMP Adult Cooking Class, 1800, Gourmet Chef, hosted by A&FRC
- Wine & Paint Class, 1800-2000, Arts & Crafts Center
- Yoga, 1830, Fitness Center
- Swerk, 1930, Fitness Center

TUESDAY 13

- Registration Begins: Epoxy Cutting Board Class at the Arts & Crafts Center
- TAP (VA), 0800-1600, A&FRC
- Paintball 102, 0900-1200, Youth Center
- Game Day, 1000-1930, Minot AFB Library Facebook Page
- Magic The Gathering Commander Night, 1800, ESC
- Swerk, 1930, Fitness Center

WEDNESDAY 14

- HIIT Strength and Conditioning, 0530, Fitness Center
- TAP (DoL) - Overview, 0730-1600, A&FRC
- Paintball 102, 0900-1200, Youth Center
- Spouses Welcome, 0900-1200, Jimmy Doolittle Event Center, hosted by the A&FRC
- Pre-Deployment/Remote Readiness Training, 1000-1100, A&FRC, Zoom Meeting
- Story Time, 1030, Minot AFB Storytime Club Facebook Group
- Board Game Making Camp, 1500, Minot AFB Library
- Yoga, 1830, Fitness Center

THURSDAY 15

- TAP (DoL) - Employment Workshop, 0800-1600, A&FRC
- Paintball 102, 0900-1200, Youth Center
- 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
- Craft Club, 1800, Minot AFB Library
- Zumba, 1830, Fitness Center

ONGOING

- 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

FRIDAY 16

- Registration Ends: Acrylic Paint Pouring at the Arts & Crafts Center
- HIIT Strength and Conditioning, 0530, Fitness Center
- TAP (DoL) - Employment Workshop, 0800-1600, A&FRC
- Spouses Corner, 0900-1000, A&FRC, In-Person and Zoom Meeting
- Paintball 102, 0900-1200, Youth Center
- 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
- Star Wars X-Wing Miniatures Play Day, 1800, Fitness Center
- Karaoke Night, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

SATURDAY 17

- Board Game Making Competition, 1500, Minot AFB Library
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

Bowler Appreciation
Thursdays at Rough Rider Lanes

July - September
Every Thursday!
2:00PM - 10:00PM

FORCE 727-2145

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!

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Rockers Bar & Grill • Roadhouse Burger

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Lift up on colored wings

Patricia Stockdill

Stop and look at a butterfly, moth, dragonfly, or damselfly – their delicate, often brilliantly colored wings, long antennae, and large eyes make them a fascinating member of the insect world.

Then stop and realize that they, along with other insects, are a cornerstone to what is a complex food chain. A quote from the N.D. Game and Fish Department brochure "Butterflies, Moths, Dragonflies, Damselflies" brochure probably sums up their critical role best: "Without them, many other forms of wildlife would not exist. From newly hatched ducklings to frogs, toads and bats, insects are used by almost every living creature."

How something so beautiful and delicate can play such a strong role in life is truly amazing.

North Dakota has about 150 butterfly species, according to the brochure, more than 1,000 moth species; about 34 dragonflies, and another 25 damselfly species.

There's an old saying "take time to smell the roses."

Maybe that saying really should be "take time to soak in color on wings" – those stunning butterflies, moths, dragonflies, and damselflies. Appreciating the small things in life might even help one appreciate the bigger things even more.

Here are a few tidbits that might lend one to spread some love:

*Butterflies have smooth, slender bodies, thin antennae with a knobby end, lay their wings upright over their back when resting, are brightly colored, and active during the day.

*Moths have plump, fuzzy bodies, thick, feathery antennae, spread their wings out when resting, are more earthen-hued, and active at night.

*The eyes of dragonflies almost always touch the top of their head, they're stout with a strong, sustained flight, perch with wings flat, and most active during the day.

*Damselfly eyes are separate, they're slight-bodied with a weak, fluttery flight, hold their wings over their back when perched, and most active at night.

*Many moths are important pollinator species.

*The woolly bear caterpillar, a subject of winter weather-predicting folklore, is the larval form of the Isabella tiger moth.

*Spreadwing damselflies lay their wings out when perched like a dragonfly but they're really damselflies.

*North Dakota has five types of spreadwing damselflies.

*Butterflies and moths have four life stages: Eggs, caterpillars, pupa, and adult.

*Dragonflies and damselflies have three life stages:

Eggs, larvae, and adult.

Butterflies, moths, dragonflies, and damselflies live in an array of habitat – everything from one's own backyard to wetlands to prairie. Planting to encourage their survival brings unique color to one's yard – even if it's simply a few flowers in containers.

The monarch butterfly is famous for its beauty, lengthy migration, and total dependency on milkweed for food for its caterpillar.

Yet many butterflies overwinter in North Dakota in any one of their life stages.

Other information, in addition to the Game and Fish brochure, can be found in books such as "Butterflies of North Dakota" by Ron Royer (Minot State University) or "Butterfly Gardening in North Dakota" by Janet J. Knodel, Gerald M. Fauske, and Ronald C. Smith, NDSU Extension Service.

Internet resources include: N. D. Game and Fish Department, (gf.nd.gov/wildlife/pollinators), NDSU Entomology Department, (www.ndsu.edu/entomology/insect_resources/), North American Butterfly Association, (www.naba.org), Xerces Society for Invertebrate Conservation, (www.xerces.org), or Natural Resources Conservation Service, Plants for Pollinators, (www.nrcs.usda.gov/wps/portal/nrcs/detail/national/plantsanimals/pollinate).



Butterflies, moths, dragonflies, and damselflies are more than colorful – they're vital to the food chain.

PATRICIA STOCKDILL PHOTO

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THE HUDDLE MINOT PRESENTS AWARDS

The Huddle stopped by to present MSgt. Christopher A. Flavin, 91st Security Forces Group, and Airman 1st Class Nicholas A. Davila, 91st Missile Security Forces Squadron, with a Letter of Appreciation for simply being who they are. Their peers nominated them for this award and The Huddle wanted to ensure they got the recognition they deserve. Thank you both for your selfless service to others and for everything you do, day in and day out. Congratulations MSgt. Flavin and A1C Davila for all you do!

U.S. AIR FORCE PHOTOS

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Outdoor Theatre in Minot Alive & Well

MSU Summer Theatre is hosting its 56th season this year. The MSU Amphitheater, located on the beautiful hillside north of campus, has hosted the MSU Summer Theatre Company since 1971. Following a hiatus from performing in person last season, due to COVID-19, Summer Theatre is back. In collaboration between the University and the community, MSU Summer Theatre is a community theatre that typically performs three musicals and one straight show per year. To further its mission, Summer Theatre is currently undergoing a revitalization, which includes: new bathrooms, an updated ticket office, renovated dressing rooms, office space, premium seating, a new plaza and drive-through, increased physical accessibility, the relocation of concessions to the lower level, and a stage canopy.

For those looking for a night filled with laughter, the second show of the season would make a perfect night out! Ken Ludwig's

The Game's Afoot, directed by April Hubbard, is the total package: murder, mystery, surprise twists and endless laughs. Hubbard was last seen directing Season 54's production of Mamma Mia.

"It is delightful to work with this dedicated and talented cast!" Hubbard is excited for the audience to see the cast bring the show to life, saying, "audiences are in for a real treat! The comedy is skillfully played by the entire cast. It's been a pleasure to direct this play!"

Laughs abound in this murder mystery comedy The Game's Afoot. Chaos ensues when the leader of an acting company, William Gillette, attempts to solve a murder at his castle on Christmas Eve. The road to justice includes a bungled seance, a mother who has taken one too many sleeping pills, and a desperate attempt to hide a body. The Game's Afoot features long-time Summer Theatre alums Brett Olson as William Gillette and Ryan Haider as Felix Geisel. Olson last directed Beauty and the Beast

where Haider played the clock Cogsworth.

MSU Summer Theatre's production of The Game's Afoot will run from July 7th-July 12th. All shows will start at 8:30 PM. Alongside the MSU Alumni Association, MSU Summer Theatre will host an Alumni and Friends Appreciation night for opening night of The Game's Afoot, July 7th. There will be free root beer floats for all in attendance. The Northern SENTRY will also be hosting a military appreciation night, in which the first 8 service members to reserve deck seats by phone (for the July 7th performance) will receive half off tickets, free popcorn and a free drink from the new Hook and Ladder Wine and Beer Bar! Tickets can be purchased online at msusummertheatre.com or by calling 858-3228. You'll be on the edge of your seat until you throw your head back in laughter as this comedy unfolds.



Felix Geisel (Ryan Haider) and William Gillette (Brett Olson) discover a body at Minot State University Summer Theatre's production of The Game's Afoot. Haider's character is also seen startled by the aggressive flirtation of Daria (Ashlynn Lockhart) in the lighthearted murder-mystery play.

SUPPLIED PHOTO

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BADLANDS RESTAURANT BAR

Upcoming Events

10 JULY

NORTH PRAIRIE FARMER'S MARKET OPENS
11:00 AM
Parking lot across from Planet Pizza
Broadway and Third Ave SW, Minot

Join North Star Farms and all of the other unique vendors at this year's market to find the best organic, local produce, flowers, and other products!



For more information:
Facebook Event / North Prairie Farmers Markets

10 JULY

SATURDAY EVENTS AT MINOT PUBLIC LIBRARY
10:30 AM & 4:00 PM
Minot Public Library
516 2nd Ave SW, Minot

Join MPL for a day of family fun and community service! At 10:30 AM we will be holding a Family Story Time with a firefighter from MFD. Children will also be able to bring home a take and make craft. At 4:00 PM, we will be gathering to clean up Corbett Field for our Kindness Knights. Children will engage in community service and then will have the opportunity to play catch with the Souris Valley Sabre Dogs! Call the library at 701-852-1045 for more information.

For more information:
Website / <http://engagedpatrons.org/Events.cfm?SiteID=6713>

12 JULY

LADIES SOURIS SCRAMBLE
10:00 AM
Souris Valley Golf Course
2400 14th Ave SW, Minot

\$75 per golfer / \$150 per team, Monday, July 12th | Souris Valley Golf Course | 10:00 am Start. \$150 per Team/ Includes: Green fees, cart, range balls, and lunch following play. Each golfer will receive a swag bag and entered to win door prizes. There will be prizes for the champion in each flight, as well as hole prizes for long putt, long drive, and closest to the pin. Teams will be flighted by a blind draw. All registration will be done online this year. If you have any questions, please feel free to contact us at ann@minotparks.com or 701-857-4136.



For more information:
Facebook Event / Souris Scramble / Souris Valley Golf Course

14 JULY

WINGS AND WHEELS
6:00 PM - 9:00 PM
Dakota Territory Air Museum
100 34th Ave NE, Minot

The Dakota Cruisers Car Club will join the museum with a display of approximately 100 antique and hotrod vehicles. The museum will fly an aircraft from its collection as well! Admission to the event is \$10 for people ages 18 and up, \$5 for kids between the ages of 6-17, and \$20 for a family (family being parents and their immediate children under 18). See you there!



For more information:
Facebook Event / Wings and Wheels

16 JULY

GYMAGIC PLAY DATE
10:00 AM - 11:00 AM
Gymagic Gymnastics Minot
5645 18th Ave SE, Minot

Please join us for one hour of open gym! Bring your little ones and let them run, climb and explore our big facility! The cost is \$5 per child, and children up to age 6 are welcome. You do NOT need to be a current member of Gymagic in order to attend. Please leave all belongings in the entryway and all valuable items in your vehicle as we are not responsible for lost or missing items. Only water is allowed inside the gym area. See Facebook for more information.



For more information:
Facebook Event / Gymagic Play Date - Ages Crawling - Age 6

On Base



For more information visit: www.5thforcesupport.com



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Five Minutes to Thrive: Differing Stress Responses



DAWN N. JOHNSON, MAJ, USAF, BSC
STAFF PSYCHOLOGY PROVIDER
5 OMRS/SGXW

You have likely heard of the '5 Love Languages' by Gary Chapman. Do you also know that differing partner stress responses affect your relationship similarly to love languages? What is a stress response? We're glad you asked. It is a reaction that occurs in your body that is meant to keep you safe in emergencies and includes physical and mental responses to perceived stressful situations.

Consider these scenarios (among endless others) that can cause high stress. (1) You work in the military and your responses to time-sensitive tasks make a difference to mission execution or failure, and in some cases life or death decisions. (2) As a leader, mission execution depends upon your ability to problem solve, empower, and lead people. (3) On a personal level, there's a family situation that weighs heavily upon your mind/heart, or perhaps a COVID-induced stress is affecting your workplace, paycheck, family, or inner community circle.

A few common stress responses include: behavioral changes in activity levels, including difficulty communicating, inability to relax, change in eating habits, hyper-vigilance; psychological/emotional reactions including denial, anxiety, fear, moodiness, apathy; physical changes including increased heart rate, tremors, trouble hearing, body aches/pains, easily startled; social changes including withdrawal, difficulty listening or problem solving, blaming, or criticizing.

The list of behaviors above all apply to relationships. Our stress response(s) can press our partner into a reactionary position (i.e. 'What do I do now that my partner is acting differently?') Additionally, suppose you both are going through significant stressors and are experiencing significant disconnection. If you

find yourself in these situations, consider the suggestions from familylife.com to bridge differing stress responses:

- Know thy stress response (and thy partner's). What do you do when you're stressed? What are your go-to cycles when stressed? What friction do I create when pushed to the brink? In a positive light, a stress response can bring strength to a relationship when we understand ourselves and our partner. One can be more available, respond more effectively, and offer partner sympathy during stress.

- Neither you nor your partner is the enemy. Sometimes stress responses put us on the defensive/offensive and our partner as adversarial. Many of us associate stress responses to weakness, imperfection, or failure. Stress responses can cause people to question their relationships. Instead of readying for war with your partner, consider partnering as Wingman.

- Us versus the problem (stress). How can I help you cope? How can I help steer you away from poor stress responses? How do I make your stress more difficult? Join forces and tackle the situation together!

- Love who you are together. Stress messes with perspective, resilience, and makes us more sensitive. The tendency is to view one's relationship as flawed or broken during stress. Consider another viewpoint, what we make it through together makes us stronger together, more mature, more experienced – scars and all.

Compliment your partner, rub their shoulders, offer a word of positive reflection how the relationship made it through stress.

If you find yourself still needing an assist, the MCAT is here to support you.

GRILLED CORN SALAD



INGREDIENTS

6 WHOLE EARS CORN, HUSKED
1 CUP CREMA MEXICANA
1 TEASPOON ANCHO OR GUAJILLO CHILE POWDER
2 CLOVE ROASTED GARLIC, SMASHED
1 CUP CHOPPED CILANTRO
1 WHOLE LIME, JUICED
1 WHOLE LIME, ZESTED
SALT
1/2 CUP COTIJA CHEESE

When ready to cook, set Traeger temperature to 450°F and preheat, lid closed for 15 minutes.

Brush grill grate with oil and grill corn, turning occasionally. After about 10 minutes, corn should be cooked through and slightly charred on the outside.

Remove corn from grill and cut kernels off the cob by standing corn cobs vertically and slicing downwards.

In a bowl mix the grilled corn kernels with the remaining ingredients.

To serve, top corn with chopped cilantro and sprinkle with cotija cheese. Enjoy!



Ryan Davy - GM
Minot

www.HofE.com/BBQHQ

AFGSC holds first-of-its-kind conference to tackle sexual assault

KEEFER PATTERSON, AIR FORCE GLOBAL STRIKE COMMAND PUBLIC AFFAIRS

BARKSDALE AIR FORCE BASE, La. (AFNS) --

Victim advocates and peer influencers from installations across Air Force Global Strike Command came together June 21-25 at the Cyber Innovation Center in Bossier City, to tackle sexual assault prevention and response.

In this first-of-its-kind event, volunteers convened at the CIC to share ideas and best practices during the AFGSC Peer Influencer Conference. Gen. Timothy Ray, commander of AFGSC, and Chief Master Sgt. Charles Hoffman, command chief, kicked off the conference.

"We created this event with the intent to bring together Airmen from across the command to provide new ideas to our sexual assault prevention and response programs while also pushing to further evolve our Striker culture for the better," Ray said. "Leadership is going to fix this problem. Not policy. Not programs. Leadership."

Guided by Vicki Shepherd, AFGSC Sexual Assault Prevention and Response program manager, participants teamed up with local

university representatives and facilitators to further promote a collaborative environment — breaking into small groups, having in-depth discussions, brainstorming solutions, going over case studies and listening to firsthand accounts from victims.

"Gen. Ray is being proactive with respect to sexual assault," Shepherd said. "He has a group of 30 young influencers throughout the command that are helping him come up with the narrative and strategy for getting after sexual assault. We don't want this to be another training. We want this to be alive."

Throughout discussions, advocates highlighted one of Ray's top initiatives — Striker Culture — and focused on making sure people are treating each other with respect and emphasizing professionalism.

"You don't just go after sexual assault, you go after the things that lead to sexual assault," said 1st Lt. Emily Griffiths, a participating volunteer at the conference. "It's a matter of treating each other right and making sure that we're all on the same page of respect,

consent and being comfortable having those conversations."

At the week's end, the participating Airmen presented Ray with their findings and recommended a way forward for the command.

"We don't want it to be another computer-based training where you are just clicking through and that's it," Griffiths said. "We really do want to make a long term and real change for a better Air Force."

Lt. Gen. Anthony Cotton, AFGSC deputy commander, provided closing comments to the event and commended the work of everyone involved in the conference.

"Thank you for working tirelessly to help develop viable and innovative solutions," Cotton said. "It is clear we have some of the most dedicated minds focused on creating a healthy and safe environment for everyone. I'm incredibly proud of your work. We still have more work to do but with this kind of effort I have no doubt we'll make a difference and accelerate change for the better."

Gen. Timothy Ray, commander of Air Force Global Strike Command, welcomes participants and gives introductory remarks during the AFGSC Peer Influencer Conference at the Cyber Innovation Center in Bossier City, La., June 21, 2021. Victim advocates and peer influencers from installations across AFGSC came together to share ideas and best practices to tackle sexual assault prevention and response.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS JONATHAN E. RAMOS



Minot's Out of Darkness Community Walk is quickly approaching!

Suicide prevention starts with everyday heroes like you!

Please join us for Minot's Suicide Prevention and Awareness outdoor event Sunday September 19th at Oak Park starting at Noon as we walk to fight suicide and raise awareness about mental health. We continue to make safety measures a must so we will

give attendees an option to walk in staggered groups or stay in their cars and drive through the event. The usual activities such as vendors/resource tables, beads, shirts, merchandise, photographs, and a meal will be spaced out for your protection.

We are encouraging all to pre-register free online at afsp.org/

Minot to avoid lines. If you are not pre-registered, free registration at the park will begin at 12.

Funds raised at the walks will benefit the American Foundation for Suicide Prevention and used in Minot and surrounding communities.

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July 21st - 23rd
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A LOOK BACK THIS WEEK IN USAF HISTORY

GROUNDBREAKING FOR MINOT AFB
JULY 12, 1955



The original base control tower under construction in 1956. (Minot Daily News Photo)

During the Cold War, the United States was preparing for the possibility of an attack by enemy bombers. Given its strategic position near the northern border of the country, the city of Minot, N.D., was chosen as the site for the Air Force's new base. Locals donated nearly \$50,000 to purchase the land for Minot AFB, and on July 12, 1955, the groundbreaking ceremony took place. The base took nearly two years to complete.

MAFB was originally a part of Air Defense Command and the 32nd Fighter Group was its first unit activated in 1957. In its 66 years, MAFB has hosted the B-52H Stratofortress for long range strategic bombing, the F-106 Delta Dart for interception of enemy aircraft, the KC-135A Stratotanker for air refueling, and even a U-2 reconnaissance aircraft as a part of Operation Crowflight, as well as many helicopters. In 1961, Minot AFB was selected for a Minuteman I ICBM complex. Today, Minot AFB is the only USAF base with two legs of the nuclear triad, and the 5th Bomb Wing and 91st Missile Wing continue to provide strategic deterrence for the nation.

Information courtesy of: minot.af.mil/ / A 40th Anniversary History of the Minot Air Force Base

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OUTDOOR

REPORT

OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, July 5: 1,836.33 feet above mean sea level (MSL); 22,000 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,447.78 feet above mean sea level (MSL). Stump Lake elevation: 1,447.92 MSL.

•Devils Lake, Ed's Bait Shop, Devils Lake: Continued good walleye success throughout much of Devils Lake, including East Bay, in 13 to 17 feet slip bobbers or spinners and bottom bouncers along Roher's Point or Schaffer's or Penny bays. White bass remain good.

•Devils Lake, Woodland Resort, Devils Lake: Try spinners or slip bobbers in 20 to 25 feet along the Golden Highway or casino bridge at night for walleye. Try pitching crankbaits into the weeds or trees for pike. White bass moving deeper but continue using spinners as well as crankbaits.

•Lake Darling, Karma C-Store, Ruthville: Some walleye success around Grano.

•Lake Metigoshe, Four Seasons, Bottineau: Good numbers of anglers finding a mix of walleye and pike in the morning and evening. Look for continued bluegill activity off the docks.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Fair for walleye from the east end embankment west to Douglas Bay on the east end of Lake Sakakawea. Work points and drop-offs off points using a variety of presentations in 5 to 25 feet or deeper. Lake Audubon slowed but try working deeper for walleye.

•Lake Sakakawea, Indian Hills Resort, Garrison: Steady walleye success using spinners or slow death hooks with leeches or nightcrawlers. Water temperatures vary so move around and locate warmer water and try a variety of depths.

•Lake Sakakawea, New Town: Fair to good walleye success working 6 to 12 feet with spinners and nightcrawlers throughout the upper half of the Van Hook Arm.

•July 14: Leftover deer gun license application deadline. Go to the N.D. Game & Fish Dept. website, (gf.nd.gov) for details and application.

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

•Do not release any fish caught from water 25 feet and deeper because their swim bladder likely won't allow them to survive when coming up from deep water.

•Watchable Wildlife photo contest underway with Oct. 1 deadline. Contact N.D. Game & Fish Dept. conservation biologist, Patrick Isakson, pisakson@nd.gov for details.

•Check local fire restrictions when camping, etc.

•Leave baby wildlife alone, especially fawns because their mothers are likely nearby.

TOURNAMENTS:

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

•July 11: Lake Sakakawea, New Town Marina.

•July 14: Lake Sakakawea, 4 Bears.

•July 16 & 17: Lake Sakakawea, Fort Stevenson State Park; Devils Lake, Grahams Island.

•July 17: Lake Sakakawea, Parshall Bay.

Also try nightcrawlers.

•Lake Sakakawea, Van Hook Bait & Tackle, New Town: Good walleye success in a variety of depths. Try live bait working humps and bumps throughout the Van Hook Arm.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace producing small walleye in the spillway channel inlet using jigs and minnows or Lindy rigs and nightcrawlers. Sort through for keepers. Some success in the river. Try anchoring and jigging in deeper holes or 3-way swivels in chutes. Continued catfish success. Lake Sakakawea inconsistent for walleye. Move around and don't stay too long in an area. Try the mouth of Douglas Bay around the islands in 15 to 30 feet using live bait presentations for the most consistent activity.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: West end of Lake Sakakawea clearing with improving walleye success, including Hofflund Bay working west. Best success around White Earth Bay but bigger fish coming from the casino area around New Town or Pouch Point. Try Lindy rigs

and with nightcrawlers or jigs with leeches. Missouri and Yellowstone rivers dropping but continued fair to good catfish success. Blacktail Dam producing a mix of species.

•Lonetree WMA area lakes, Harvey: Good walleye success throughout area lakes, including Clear Lake, Hurdsfield-Tuffy, Goose, and Stober lakes.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Mouse River producing some pike with some smallmouth bass action starting. Area lakes remain quiet for fishing.

N. D. rivers, river stage & streamflow:

•Little Missouri River, Long X Bridge: Streamflow, 23.2 CFS.

•Missouri River, Williston: River stage, 15.11 feet.

•Missouri River, Washburn: River stage, 9.56 feet.

•Souris River, Minot: River stage, 4.71 feet; streamflow, 112 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.



5TH CPTS CHANGE OF COMMAND

Maj. Webb assumes the position of Commander of the Comptroller Squadron, June 28, 2021.

MINOT AFB PA PHOTOS



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Air Force releases cardio and strength fitness assessment alternatives, new online capabilities

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

WASHINGTON (AFNS) --

The Air Force will provide Airmen five physical fitness assessment alternatives—three for the cardio portion and sit-up components and two for the push-up component of the physical fitness assessment beginning in early 2022.

Airmen will select from the traditional 1.5-mile run, 1-mile walk or the High Aerobic Multi-shuttle Run (20M HAMR) to meet the cardio requirement. Then select from traditional push-ups or hand release push-ups for one strength component; and from sit-ups, the cross-leg reverse crunch or plank for the other strength component to complete the comprehensive fitness assessment.

Finalized fitness assessment scoring charts, with alternative components broken out by gender and age, will be provided at a later date.

"We are moving away from a one-size-fits-all model," said Air Force Chief of Staff Gen. CQ Brown, Jr. in the initial change announced May 2021. "More testing options will put flexibility in the hands of our Airmen — where it belongs. We know not all Airmen maintain their fitness the same way and may excel in different areas. Alternate components provide choices while still providing a mechanism to determine overall fitness."

This initiative is the result of Airmen providing feedback to Air Force leaders through the physical fitness working group in conjunction with looking at the way other services complete their physical fitness programs. From the data collected, the Air Force fitness working group conducted research and testing on the health benefits of the current fitness components and various other components to come up with the alternative options.

Each new component has been developed to be an equivalent measure of fitness regardless of methodology. For example, the 1-mile walk alternative is a scientifically-valid estimation of the member's aerobic capacity (also referred to as VO2 max), which measures fitness and aerobic power. Test scores incorporate time to complete the 1-mile test along with the member's age, weight, and heart rate at the time of walk completion. Based on the rigorous scoring to pass this test based on

age, weight, speed, and heart rate, there is no significant difference of scores between the walk and run tests.

"What we care about is measuring and testing aerobic fitness. The 'walk' is not a stroll in the park and both the pace required and method for computing aerobic fitness make it 100% equivalent to the run," said Lt. Gen. Brian Kelly, deputy chief of staff for Manpower, Personnel, and Services. "In fact, I think we'll find fewer people will prefer that option over the more traditional mile-and-half run."

Air Force members and fitness monitors will have approximately six months for a break-in period to familiarize themselves with the use and execution of the alternative testing options prior to having them officially available in early 2022. The six-month timeline will help ensure fitness assessment cells are prepared to train physical training leaders to administer tests using the new options. During the six-month break-in period, units and Airmen will also be able to provide feedback on the new components that will allow any adjustments as necessary prior to live use.

Other exercise options such as swim, row, and bike tests were reviewed but are not being implemented at this time. "It's important for our testing options to be available and executable for all Airmen at all locations," Kelly said. "If you are at a remote location or a location that does not have a pool or other needed equipment, those options become less equitable. We want our Airmen to have the same options no matter where they are testing."

These changes align under the Air Force's Action Order Airmen, people-first approach.

"If we are truly going to get after building a culture that embraces fitness as a lifestyle, then we have to grow beyond the mentality of a one-size-fits-all PT test," said Chief Master Sgt. of the Air Force JoAnne S. Bass. "Providing our Airmen with these options is a step in the right direction toward developing an Air Force that is fit to fight, anytime, anywhere."

The waist measurement is no longer a scored part of the physical fitness test. A separate assessment of body composition, as required by DoD Instruction 1308.3, will continue starting in October 2021. Further details on the body composition program will be released at a later date.

In addition to the fitness component changes, the Department of the Air Force also released the myFitness capability on July 1. The new feature will replace the Air Force Fitness Management Site II and serve as a single location for all total force Airmen and Guardians' fitness needs.

The capabilities that exist today allow Unit Fitness Program Managers and Fitness Assessment Cells to manage fitness assessments, documentation and scheduling, to include walk-in, same-day fitness testing in myFitness. Additionally, users are able to view past scores, individual fitness reports, dashboards showing completed or updated fitness assessments scores and allow for the download of Fitness Screening Questionnaire as well as medical forms. Users can also access a calculator for estimating fitness results and composite scores.

myFitness will eventually allow users to schedule fitness assessments, receive automated notifications for scheduled testing or cancellations, access and submit fitness assessments, upload medical documents for review.

myFitness is hosted on the myFSS platform and a part of the department's initiative to improve Airmen and Guardian's experience with technology by making applications user-friendly and more easily accessible. Active duty, Guard and Reserve personnel will be able to access and use myFitness worldwide.

To access myFitness, go to <https://myfss.us.af.mil>.

For additional information on Physical Fitness, Airmen can visit myPers or the Air Force's Personnel Center's fitness program page.



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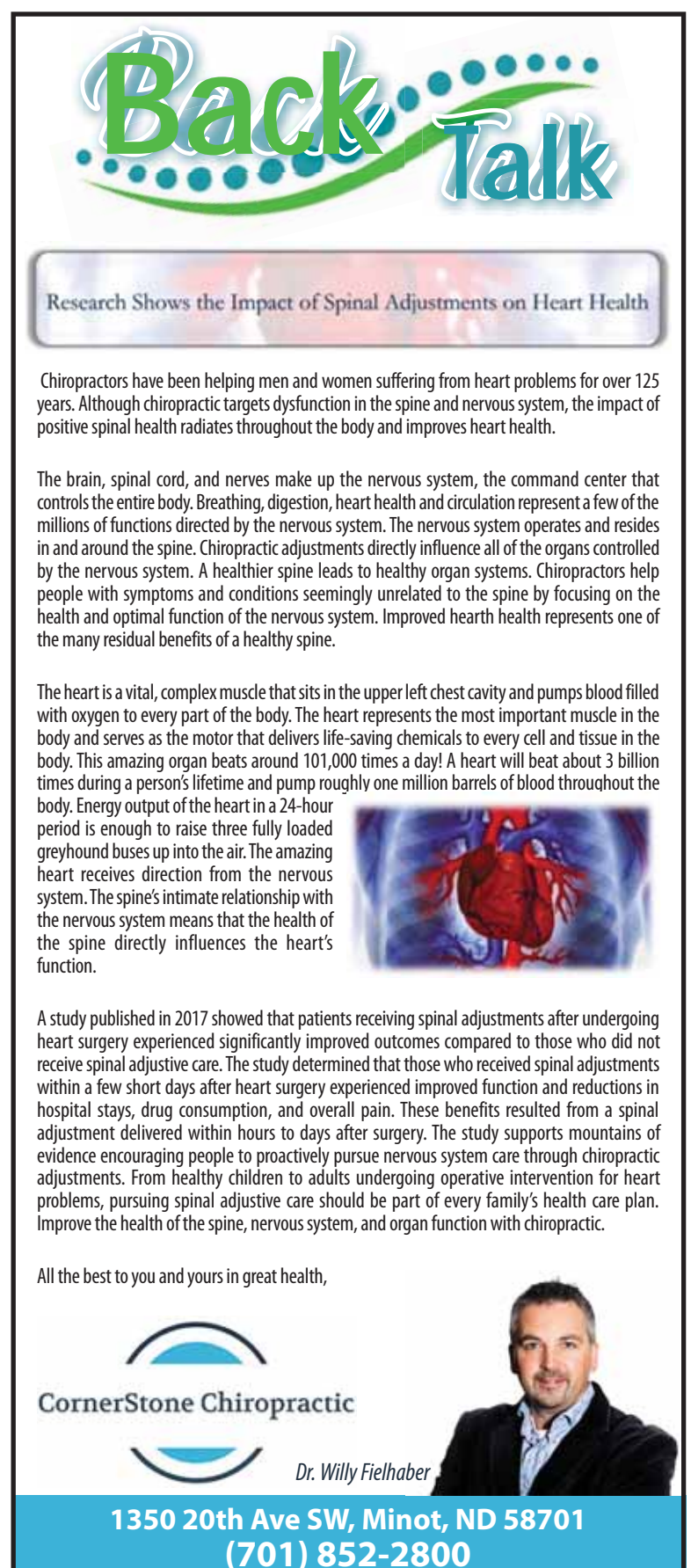
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BackTalk

Research Shows the Impact of Spinal Adjustments on Heart Health

Chiropractors have been helping men and women suffering from heart problems for over 125 years. Although chiropractic targets dysfunction in the spine and nervous system, the impact of positive spinal health radiates throughout the body and improves heart health.

The brain, spinal cord, and nerves make up the nervous system, the command center that controls the entire body. Breathing, digestion, heart health and circulation represent a few of the millions of functions directed by the nervous system. The nervous system operates and resides in and around the spine. Chiropractic adjustments directly influence all of the organs controlled by the nervous system. A healthier spine leads to healthy organ systems. Chiropractors help people with symptoms and conditions seemingly unrelated to the spine by focusing on the health and optimal function of the nervous system. Improved heart health represents one of the many residual benefits of a healthy spine.

The heart is a vital, complex muscle that sits in the upper left chest cavity and pumps blood filled with oxygen to every part of the body. The heart represents the most important muscle in the body and serves as the motor that delivers life-saving chemicals to every cell and tissue in the body. This amazing organ beats around 101,000 times a day! A heart will beat about 3 billion times during a person's lifetime and pump roughly one million barrels of blood throughout the body. Energy output of the heart in a 24-hour period is enough to raise three fully loaded greyhound buses up into the air. The amazing heart receives direction from the nervous system. The spine's intimate relationship with the nervous system means that the health of the spine directly influences the heart's function.

A study published in 2017 showed that patients receiving spinal adjustments after undergoing heart surgery experienced significantly improved outcomes compared to those who did not receive spinal adjustive care. The study determined that those who received spinal adjustments within a few short days after heart surgery experienced improved function and reductions in hospital stays, drug consumption, and overall pain. These benefits resulted from a spinal adjustment delivered within hours to days after surgery. The study supports mountains of evidence encouraging people to proactively pursue nervous system care through chiropractic adjustments. From healthy children to adults undergoing operative intervention for heart problems, pursuing spinal adjustive care should be part of every family's health care plan. Improve the health of the spine, nervous system, and organ function with chiropractic.

All the best to you and yours in great health,

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(2021) Animation, Action, Adventure (PG)

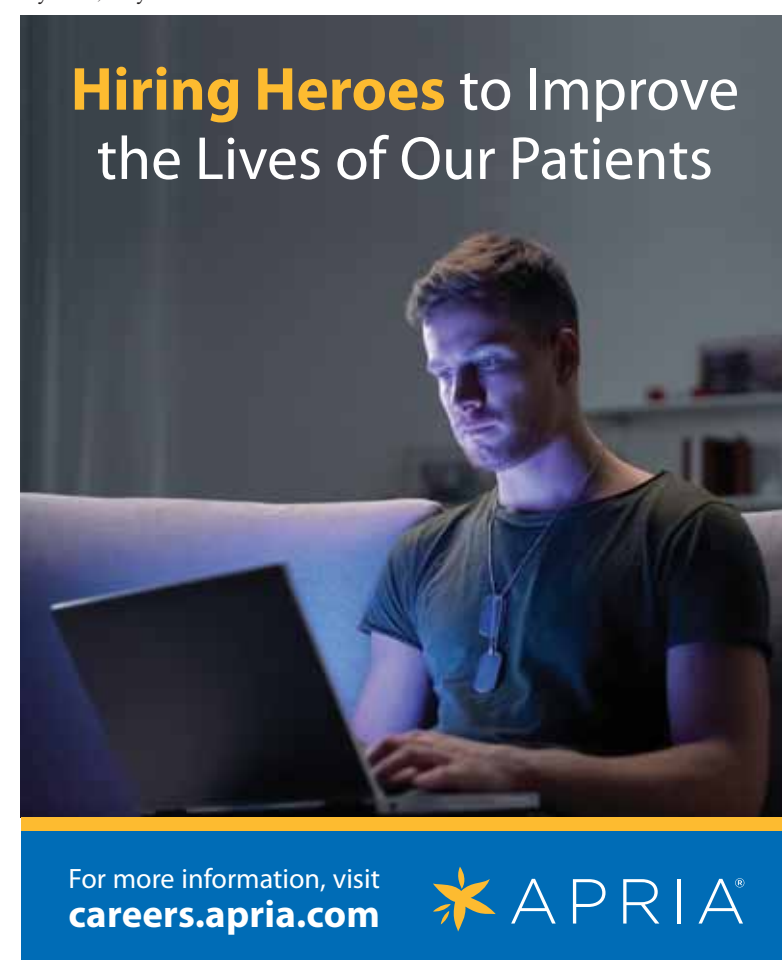
WALLACE AND GROMET
THE CURSE OF THE WERE-RABBIT
(2005) Animation, Adventure, Comedy (G)

ABBOTT AND COSTELLO
MEET FRANKENSTEIN
(1948) Comedy, Fantasy, Horror, Sci-Fi (Not Rated)

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AIRMAN 1ST CLASS AQUILA ROGERS SEPARATION RETIREMENT TECHNICIAN

Airman 1st Class Aquila Rogers is a Separation Retirement Technician for the 5th Comptroller Squadron. Originally from Trinidad and Tobago, Rogers became a member of Team Minot in October 2019.

Rogers' responsibilities include helping retired or separating military members by processing their travel vouchers, making corrections to their pay record, ensuring they get paid when leaving and answering any questions they may have in regards to their retirement or separation.

"There's a lot that I love about my unit," said Rogers. "Mainly how family-oriented it is, it's kinda like a second family to me."

Rogers' favorite part of the mission is being part of the nuclear triad and ensuring everyone's money is accounted for. "I feel like being part of the nuclear triad is pretty cool, and



how we support the mission is very substantial," said Rogers. "Making sure that everyone is good financially so that they're able to carry out their job is very important to me because it can have a lot of effect on mental health for some people. And if we don't have mentally ready people to carry out the more major parts of the mission, then we don't have a ready force."

Rogers draws his motivation from his pursuit of his dream

career.

"I want to go into beauty and cosmetic marketing," said Rogers. "I have a passion for beauty and fashion. I was a makeup artist before I joined, I want to go back to that industry."

Rogers' goals include progressing his Air Force career, travel, finish school and immerse himself more in beauty education and makeup.

In his free time, Rogers enjoys practicing the art of ballet.



MINOT AFB SPOUSE TOUR

On June 30, 2021, Team Minot hosted a Spouse Tour to give spouses and families a chance to have a firsthand look at some of the different missions here at Minot Air Force Base. Attendees were able to tour the inside of a B-52 Stratofortress and UH-1 Huey helicopter, watch a live K-9 demonstration, and experience a missile launch operations simulator.

U.S. AIR FORCE PHOTOS | MINOT AFB PA



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All About Pets

Instead of Declawing Your Cat...



While choosing to declaw your cat may come with short term benefits for you and your household, the procedure is not in the best interest of your feline friend. Declawing is the process of amputating the front knuckles of a cat's toes so that it can no longer use its claws, and many shelters and animal advocacy groups strongly advise against it. Felines have a natural instinct to use their claws to mark territory, stretch, play, and even defend themselves in dangerous situations. When their claws are removed, cats run the risk of developing chronic pain, lameness, and behavioral issues.

If you're having problems with your cat tearing up your furniture or your arms, here are some more humane options to curb unwanted scratching and prevent the need for declawing:

- Consistent nail trimming—every few weeks should be sufficient, depending on your cat.
- Nail caps or claw covers—Soft Paws is one recommended brand for caps that are glued on to your cat's claws and can help to alleviate excessive scratching.
- Provide enrichment—toys, playtime, and designated scratching posts are great ways to keep your cat happy! They won't need to scratch your couch when they have more fun things to do around the house.
- Outside time—most people probably don't think about letting their cats outside since they can often be difficult to catch. But outside is a great place for cats to explore and hunt! Some cats will naturally

come back to their owners once they've satisfied their wanderlust, which is great for enrichment. If you're not sure if your cat will return or you're worried about their safety in a busy area, try a cat harness with a lightweight leash to take your friend on all the adventures!

•Make unwanted scratching objects unattractive—putting aluminum foil on furniture or other popular scratching areas has been said to deter some cats from going to town with their claws. Other options to deter your cat from scratching can include double-sided tape or unpleasant fragrances such as citrus.

•Training and behaviorists—if all else fails, work with your cat to deter him from scratching unwanted items. A spray bottle or a clapping noise can interrupt their behavior so that you can properly redirect them to an appropriate toy and reward them for using that instead. As a last resort, it may even be helpful to find an animal behavior specialist who can help you determine other solutions for your cat's scratching.

It is possible for a cat to have medical problems that declawing would fix, but it's important to consult with your vet to find any other possible solutions before making that decision because it can affect your cat for the rest of its life. As pet owners, it's our job to make sure our animals have everything they need to live their best lives. Instead of declawing your cat, try these alternatives to give your furry friend its best shot.

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It was like a dream or even make believe, I peered again at my rear-view mirror to see if what I was seeing was real. The fog seemed to illuminate the rotating lights, which were summoning my vehicle to stop. No! Not me, I thought as my mind raced for answers. What did I do? Was I going too fast? Didn't I stop for that stop sign? I began to pull to the right and stopped my vehicle upon the right side of the road. What was taking so long? Where was the Security Forces member? A sudden thump! And big bright light from a metallic flashlight startled my thoughts. He identified himself, and said "Your vehicle was left of center Sir, may I see your identification and drivers license?" I hurried to react to the officer's request. I began to fumble through my wallet attempting to locate the items. I recalled the party I had attended. Joe was a good host, he wanted me to stay the night, but I was the tough guy, besides all I had was a couple. "Could you please step out of the vehicle" broke my



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thought pattern. Can he smell the alcohol on my breath I wondered, does he know? I asked to light a cigarette to mask the odor. Maybe I could hide it. Again the officer repeated his previous request. As I stepped out of the vehicle, I held my composure (So I thought). Next came the sobriety test to determine my ability to drive. Impaired, I've driven many times before, maybe in worse shape than this. As I completed the tests, even I decided I shouldn't have driven. My reflection became reality as the officer applied the handcuffs and placed me in the rear of his car. I began to contemplate my

actions, what about my career, my family and my future. The pending results greatly outweighed the small reason I had to drive. The impending punishment would undoubtedly cost well into the thousands of dollars, as well as my families respect. Was it worth it? This is a fictional account but the statistics of drinking and driving are not. Don't be among the statistics dead or alive! The next time you want to drive when you drink alcohol - DON'T! Take along a designated driver, call a taxi, or call a friend. Don't allow this fictional tale to become true for you. Don't Drink and Drive!



101 DAYS OF SUMMER KICKOFF

To kick off the 101 days of summer, the 91st Security Forces Group held a burger burn and ended it off with Col Segars and CMSgt Sullivan taking a pie to the face. If the group can go the whole 4-day weekend without a DUI, they will both take another pie to the face! Additionally, thanks to everyone for making this event successful!

U.S. AIR FORCE PHOTOS | 91ST SECURITY FORCES GROUP

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BEEF PLATE SHORT RIBS

Beef ribs are a great summer barbecue item if you can get good ribs with lots of meat on them. I was lucky enough to be given some that were about three inches thick, and asked to smoke them on the Traeger Wood Fired Grill.

I let the ribs thaw for 24 hours in the fridge, then rubbed them with Kosher salt overnight. This is called dry-brining. Kosher salt is best because it is easy to control how much you put on, and where it goes. Table salt is too fine, which makes it too easy to over-apply. Salt the meat with the amount that you feel will give you the flavor you want, but remember: salt isn't just for flavor. Salt also helps the meat hold onto its moisture. It is the only spice that significantly penetrates the meat, but you have to give it time to work. An hour is good; overnight is best. If you don't have at least an hour to dry brine, you can still use salt, but put it on right before the meat goes on the grill.

I put my spice rub on the meat at the same time as the salt, but it isn't necessary to do it that way, just convenient. The other spices remain on the surface of the meat, and don't penetrate significantly. No "binder" is necessary or desirable. Salt will bring enough moisture to the surface to make it plenty tacky to hold a spice rub. Other goo or oils will reduce the amount of smoke that gets to the meat and spoil the bark.

Bark is the salty, rich, savory, flavorful, crunchy crust that forms on meat when cooked low and slow. In my opinion, it is the best part. Great bark comes from salt. I don't use sugars for long cooks because they can burn and turn nasty. These ribs were treated with roughly equal parts Kosher salt, black pepper, and garlic granules. Simple rubs can be the best, and sometimes less is more. However, if you have a favorite rub for beef, there is nothing wrong with using it. I serve a variety of preheated sauce choices at the table.



Smoking was very straightforward. We set the grill on 180°F and put the meat directly on the grate, bones-side down. After four hours, we turned the temp up to 225°F. The meat went on right away at 8:00am and stayed there until 6:00pm, or 10 hours total. I expected to take the meat off the grill when the Internal Temperature (IT) hit 205°F. The stall started at about 170°F IT and lasted about three hours. Dinner was scheduled at 6:30pm and I wanted some time for the meat to rest, so I was glad when the probe went into the meat like it was soft gelatin at 201°F IT.



The ribs were a hit! They had great bark, were super tender and juicy, not quite falling off the bone, and tasted wonderfully beefy. Most of the group only ate one rib, which was quite a bit of meat. The fat guy at the table had two plus a few scraps, but that's ok because he did all the work.



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CHILD AND YOUTH EDUCATION SERVICES



Col Michael Walters, 5th Bomb Wing Commander, presented 5FSS/FSY Child & Youth Programs with the 2021 award for Air Force Global Strike Command A1 Child & Youth Services Flight of the Year on 30 June 2021! This distinguished award acknowledges the hard work of the program to ensure quality, available, and affordable child care and youth programming for all military families at Minot AFB. The program also received special recognition for their COVID-19

response which included uninterrupted child care options throughout the pandemic. 5FSS/FSY includes the Minot AFB Child Development Center, Family Child Care, Youth Center, School Age & Annex, and the School Liaison office. The award was accepted by Lt Col Weeks, Commander

5th Force Support Squadron, Mr. Matt Balas, Chief Child & Youth Services and representatives from each of the flight's programs. For more information on Child & Youth Services visit: www.dafchildandyouth.com. 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.liaison@us.af.mil. For further information on the DAF Child & Youth Education Services-School Liaison Program visit <https://www.dafchildandyouth.com/child-and-youth-education-services>.



MPL Holds Events to Inspire Youth

ABIGAIL KINDER, NORTHERN SENTRY

The Minot Public Library is on a mission to connect, enrich, and inspire the local community. As a part of their goal to include Minot's youth in more fun and meaningful events, the library team is holding monthly Saturday get-togethers.

Two of their growing programs are the Family Story Time and Kindness Knights. Both events are held of the second Saturday of each month and are a unique way for children to connect with their local community.

During Family Story Time, public servants and accomplished professionals of Minot read stories to children of all ages and give insights into their careers. Last month, an officer from the Minot Police Department participated and this month will feature a member of the Minot Fire Department. Children will also have the opportunity to bring home a unique take & make craft.

In another effort to inspire the youth of Minot, the library is starting off the Kindness Knights program. Children will gather at different locations around the city to perform acts of kindness and learn how to be upstanding members of the community. This month, youth from 2nd grade to 6th grade ages are invited to help

clean up Corbett Field and then play catch with the Souris Valley Sabre Dogs.

Randi Monley, MPL Librarian, is passionate about creating engaging youth programs in Minot. She played an instrumental role in developing the library's new Saturday events. "Both programs are just a great way for children to figure out how they can give back or where they belong in the community," said Monley. "There aren't very many current opportunities for kids to be giving back. There's so much going on in our community, especially volunteer opportunities for adults, and it's great for kids to figure out where they fit in."

Monley hopes that Family Story Time will give youth the chance to develop relationships with adult professionals in order to make them seem less intimidating and give them inspiration to aim high. She also hopes that the Kindness Knights will encourage children to develop important life skills to help them not only find their place in the community, but to give back as well.

"These events will inspire them to do great things at home and do great things even when they're not at the library. I hope it inspires them to grow up and

do really great things, because they're meeting people that are doing great things and they're learning how they can help," Monley continued.

MPL is a leader in providing accessible and exciting resources for the youth and adults of Minot. Other than Kindness Knights and Family Story Time, they offer a variety of learning programs, digital resources, STEAM activities, clubs, camps, and even a Tool Lending Service where patrons can check out landscaping, gardening, and home repair tools! Monley said, "The library is a great resource. It's not just the books we have but it's everything! We have programs to enrich lives for every age. I want people to just come in and be blown away by all the things we have going on."

MPL's Family Story Time starts at 10:30 a.m. CDT in the Children's Library on Saturday, July 10, 2021. Kindness Knights will be at 4 p.m. CDT the same day and will be held at Corbett Field. No sign up is required; just show up and have fun! For more information on the library's events, visit www.minotlibrary.org, see the Minot Public Library Facebook page, or call 701-852-1045.



Children participate in the Minot Public Library's Family Story Time. Last month, an offer from MPD volunteered to read stories for the event.

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Magic City Discovery Center: Touch a Truck

ABIGAIL KINDER, NORTHERN SENTRY

On June 30, 2021, children from all over Minot were able to turn their dreams into reality at the Magic City Discovery Center's annual Touch a Truck event. MCDC partnered with workers from all over the city to hold the Touch a Truck at Maysa Arena in Minot.

The free event featured trucks and other utility vehicles from city services and many other Minot businesses, including a crane and a helicopter from Trinity Health! Children were able to come and learn about the vehicles from their operators and had the opportunity to sit inside them and explore.

From 5 p.m. to 6 p.m. a "quiet hour" was held at the event to accommodate for children with special needs.

When Touch a Truck began several years ago, it was a unique new experience for the youth of Minot to get up close and personal with the trucks and workers of the community. The idea was inspired by similar events at other children's museums across the country and has been a major success ever since.

"It gives kids that opportunity to actually touch something," said Karen Rasmusson, President of the Board of Directors for the Magic City Discovery Center. "They play with [toy trucks] and in their heads they have all this imagination, but here children

actually have the opportunity to see it in real life."

The Magic City Discovery Center is Minot's only children's museum and was made possible by a grant from the Department of Defense in 2020. The actual facility is currently under construction and is planned to be completed by the end of 2022.

It will feature over 150 exhibits as well as a 37-foot climb tower that represents the best of North Dakota. The center will also host one of only 10 Smithsonian Spark!Lab Invention Centers in the nation. "Magic City Discovery Center will be an educational hub for the region and will bring an estimated 70,000 to 100,000 visitors per year," said Rasmusson.

"It's still hard to grasp the reality of it. We wouldn't be here without the Department of Defense. If they hadn't come through with that grant for us, we almost had decided we were going to try to find another building."

Until construction of the facility is completed, the MCDC is operating out of interim locations but continues to provide fun, educational, and family-friendly events, like Touch a Truck, for the children of Minot.

To learn more about the Magic City Discovery Center and their upcoming events, visit www.magiccitydiscoverycenter.com.



On June 30, 2021, workers from businesses and city services all over Minot gathered for the Magic City Discovery Center's Touch a Truck event at Maysa Arena. Children were able to touch, explore, sit inside of, and ask questions about everything from a fire truck to a massive crane.

ABIGAIL KINDER PHOTOS



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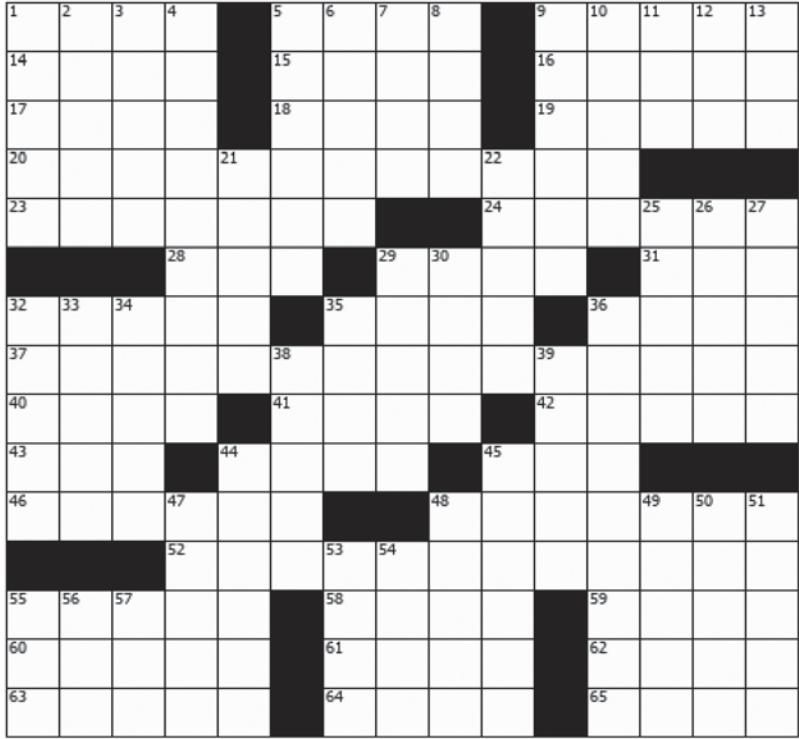
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CROSSWORD PUZZLE

- Across**
- 1. Ice mummy of the Andes, e.g.
 - 5. Sam was this, with the Pharaohs
 - 9. Packing Colts
 - 14. Run wild
 - 15. Comfortable state
 - 16. Authoritative volume
 - 17. Use a fire door
 - 18. Totally wreck
 - 19. Another time
 - 20. Sign in NASA's cafeteria?
 - 23. National flags
 - 24. Commencement
 - 28. Last word, often
 - 29. Stable course?
 - 31. Will Smith role
 - 32. Accumulate
 - 35. Hosiery shade
 - 36. Incipient tallow
 - 37. Gain weight faster?
 - 40. Nota ___ (note well)
 - 41. Legal beginning
 - 42. Wholesale quantity, often
 - 43. Hobbit nemesis
 - 44. Open river valley, e.g.
 - 45. Seed vessel having hooks
 - 46. Balance suspensefully
 - 48. "Desolation Angels" author
 - 52. Follow a butcher's intuition?
 - 55. Split to become one
 - 58. Elementary learning technique
 - 59. Heading on Santa's list
 - 60. Lines on a pie chart, e.g.
 - 61. Price of freedom
 - 62. Popular children's explorer
 - 63. Wield, as influence
 - 64. Cast off
 - 65. Like some decisions



- Down**
- 1. Greek goddess of peace
 - 2. President who appeared on "Laugh-In"
 - 3. Arrangement of locks
 - 4. Ascribe
 - 5. Untroubled
 - 6. Schleps
 - 7. About a third of Earth's landmass
 - 8. Literature before lunch?
 - 9. Early summer?
 - 10. Boxer's punch or a tackle
 - 11. Many an exec
 - 12. Lilly in pharmaceuticals
 - 13. Classic site of iniquity
 - 21. Mubarak's concern
 - 22. Still snoozing
 - 25. Luxury hotel feature
 - 26. Chosen few
 - 27. Keep 90 percent
 - 29. English earth color
 - 30. Paperhanger's estimate
 - 32. Head of the cloister
 - 33. Name seen running in big yards?
 - 34. Reel or twist, e.g.
 - 35. And others, briefly
 - 36. Begins a siege
 - 38. Some drawings that deceive
 - 39. Legend in automotives
 - 44. Con artist's art
 - 45. Took in the sights
 - 47. Rubbery-nosed ungulate
 - 48. Couric of "Today"
 - 49. Coupling
 - 50. Biggest city in Ghana
 - 51. Kind of skate
 - 53. Typical bubbles
 - 54. Early zookeeper
 - 55. Before, in poesy
 - 56. Not on the ball
 - 57. Work of Pindar

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

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

SUDOKU

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

Solution to puzzle on page C6

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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> (North Plains Chapel in Base Housing) 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, July 10 5 PM, No Vespers</p> <p>Sunday, July 11 10AM, Congregational Prayer Service</p>	<p> Break Forth BIBLE CHURCH</p> <p>Thursdays 7:00pm and Sundays 10:30am</p> <p>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)</p> <p>Sunday School & Fellowship 9:00 a.m. Worship 10:30 a.m.</p> <p>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</p> <p>5900 Highway 83 N, Minot www.faithumcminot.com</p> <p>Pastor Ken Mund 701-838-1540</p> <p>Sunday School (All Ages): 9:45 a.m. Sunday Coffee Fellowship: 10:30 a.m. Worship Services: Sunday 11 a.m.</p>	<p>Minot Baptist Church</p> <p>Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Evening Worship 6:00 p.m. Wednesday Evening 7:00 p.m.</p> <p><i>Independent/Fundamental/KJV</i> 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p>Cornerstone Presbyterian Church</p> <p>1000 NE 3rd Street 852-0315</p> <p>Sunday Schedule Contemporary Worship 9:00am Sunday School (All Ages) 10:00am Traditional Worship 11:00am</p> <p>Wednesday Evening Schedule Community Dinner 5:30-6:30pm Contemporary Worship 6:30pm Youth Group & Small Groups.. 7:15pm</p> <p>All are Welcome! www.ecominot.org</p>	<p> 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></p> <p>Sunday Worship 9:30 AM</p> <p>2209 4th Avenue NW Minot, ND 839-4663</p> <p>Reverend Philip Beyersdorf www.minotstmarks.com <i>Join us on facebook</i></p>
<p> Immanuel Baptist Church</p> <p>1615 2nd St. SE, Minot 701-839-3694</p> <p>Sundays: Worship 10:00 am</p> <p>Wednesdays: Soup Kitchen 11:30 am</p> <p>Brian T. Skar, Pastor www.ibcminot.org</p>	<p>Apostolic Faith Church, UPCI</p> <p>2929 19th Ave NW • Minot Located off Hwy 83 Bypass West (701) 838-0609</p> <p>Saturday School 2:00 p.m. Sunday Worship 3:30 p.m. Wednesday Bible Study 7:30 p.m.</p> <p>Jesse Starr, Pastor</p>	<p>St. John the Apostle Catholic Church</p> <p> 2600 West Central Ave • Minot, ND 58701 839-7076</p> <p>Daily Mass Schedule: Tuesday 5:15 p.m. Wednesday - Friday 7:00 a.m. Saturday 5:00 p.m. Sunday 8:00 & 10:30 a.m.</p> <p><i>Fr. David A. Richter, Pastor</i> Parish website: www.stjohnminot.com</p>	<p> First Lutheran Church - ELCA 120 5th Ave. NW 852-4853</p> <p>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></p> <p>Gospel Tabernacle Community Church</p> <p>9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson</p> <p>Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday</p> <p>Sunday School 9:45 a.m. Adult/Children Worship.. 11 a.m. Family Hour 6:30 p.m. Evening Worship 7:30 p.m. Bible Study/Child-Adult Children Worship (Wed).... 7 p.m. Prayer (Friday) 7 P.m.</p>
<p>First Assembly of God</p> <p>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</p> <p> 200 3rd St. SW • 852-4533 www.fbcminot.org</p> <p>Classic Worship Service 8:30 a.m. Adult Sunday School 9:45 a.m. Contemporary Worship Service.. 9:50 a.m. Children's Church 9:50 a.m. Sunday School (All Ages) 11:00 a.m. Contemporary Worship Service.. 11:05 a.m. Wed. AWANA (Sept. to May) 6:30 p.m.</p> <p>Rev. Kent Hinkel, Senior Pastor Rev. Barry Seifert, Associate Pastor Pastor Sam Kautzmann, Student Ministries Elaine Carlson, Children's Ministry Director</p>	<p> Cross Roads Baptist</p> <p>Southern Baptist Convention</p> <p>Sunday School (all ages) 9:45 a.m. Sunday Worship 11 a.m. & 6:30 p.m. Wednesdays (Prayer & Missions) ... 6:30 p.m.</p> <p>www.minotcrbc.org email: minotcrbc@gmail.com Dr. Bob Farmer- Pastor</p> <p>415 28th Ave SE (Behind Menards) 838-1873</p>	<p> West Minot Church of God <i>Family Worship Center</i></p> <p>1105 16th St. NW • 839-1407</p> <p>Sunday School 9:30 a.m. Sunday Worship 10:30 a.m. Children's Church & Nursery Wednesday Family Training Hour Meal 5:30 p.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>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.</p> <p>Sundays: Worship 8:30 a.m. & 10:45 a.m.</p> <p>700 16th Ave SE • 701-838-0750</p> <p>For more information visit us on the web at: www.ourredeemers.org</p> <p> ORCS KNIGHTS</p> <p></p> <p>Our Redeemer's Christian School 700 16th Avenue SE Minot, ND 58701 info@orcsknights.org • 701-839-0772 www.orcsknights.org</p>	<p>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>
<p>ADVERTISE YOUR Church</p> <p><i>Advertise</i> FOR ONLY \$9 PER WEEK</p> <p><i>Revisions</i> MADE UPON NOTICE FROM THE CHURCH</p> <p><i>Deadline</i> TUESDAYS BY NOON WEEK OF PUBLICATION</p> <p>VIEW OUR PAPER ONLINE AT NORTHERNSENTRY.COM</p> <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>		<p>we've got the church you've been looking for</p> <p><i>Your life matters to God!</i></p> <p></p>	

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Puzzle on page C8

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

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MINOT AFB ANNOUNCEMENTS

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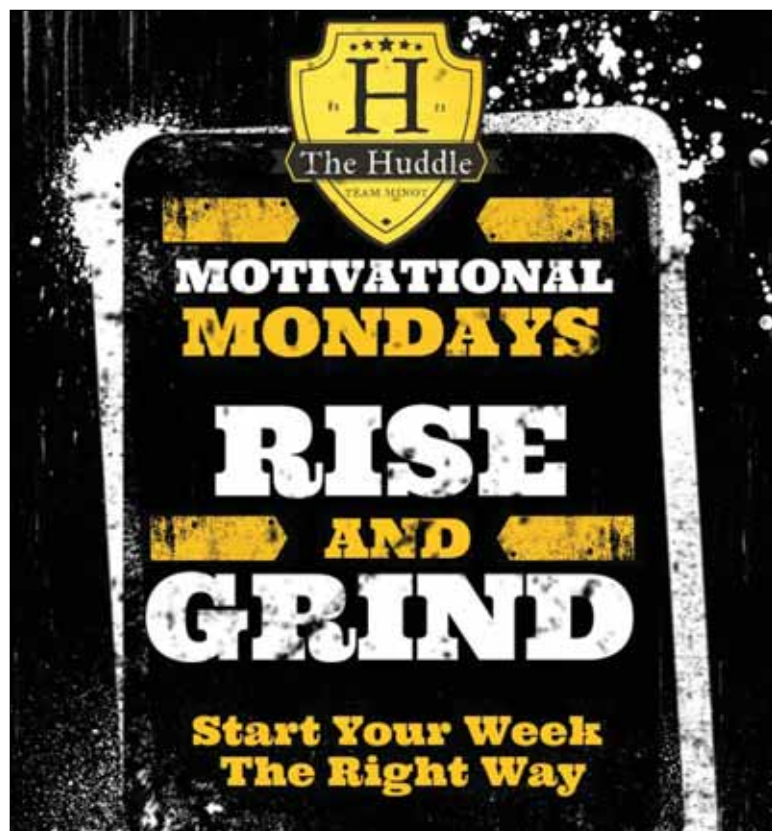
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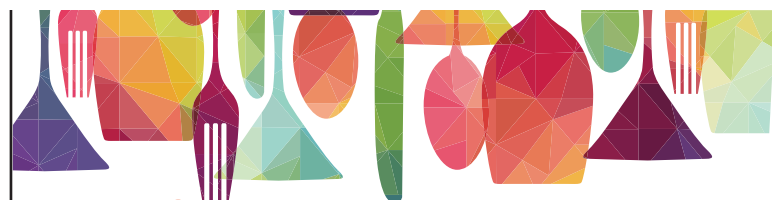
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