

northern sentry

FREE | WWW.NORTHERNSENTRY.COM | VOL. 59 • ISSUE 30 | MINOT AIR FORCE BASE | FRIDAY, JULY 23, 2021

WHATS INSIDE THIS WEEK:



LRS GETS IT DONE!

A2



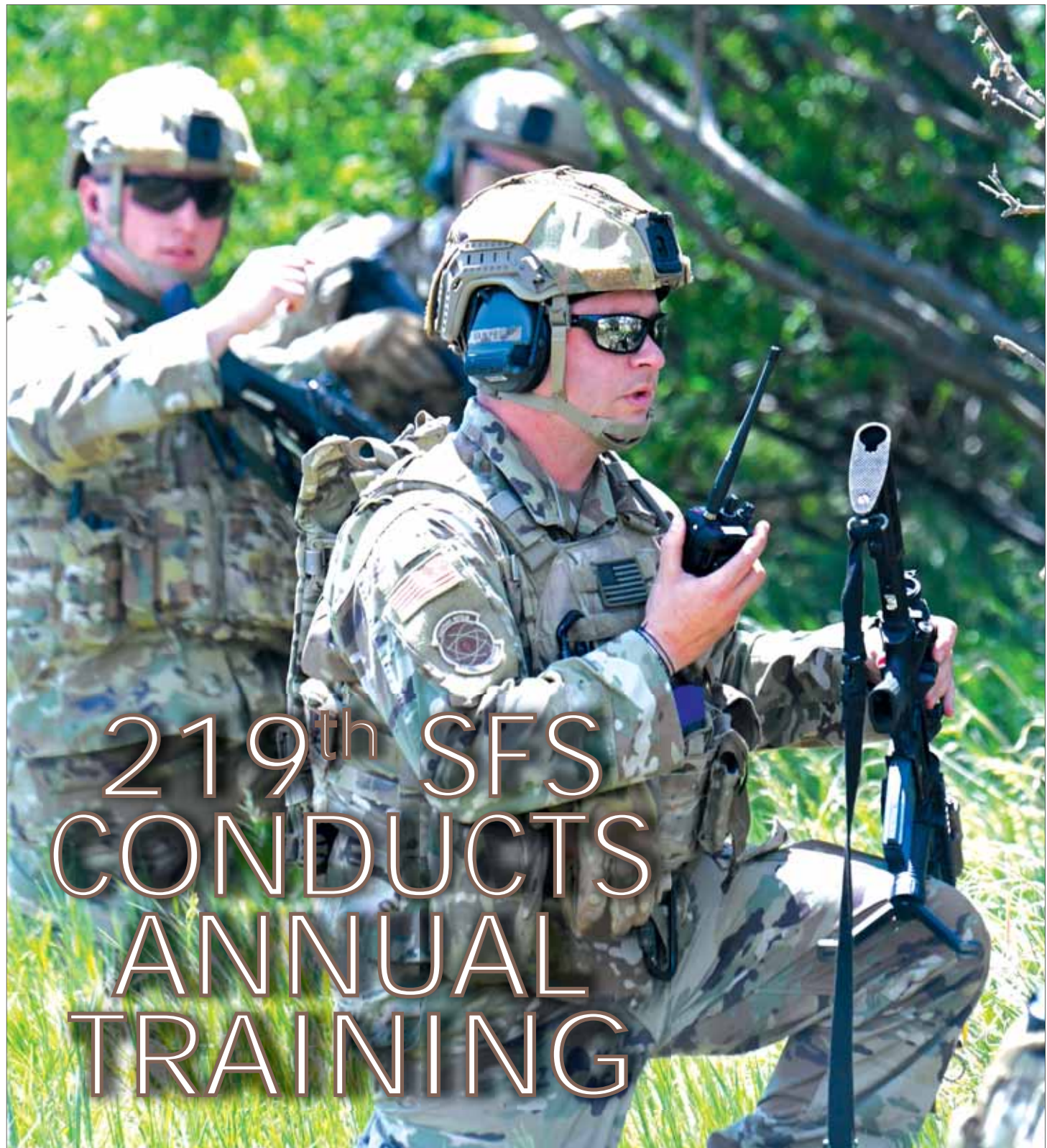
MINOT B-52S
DEPLOY TO
INDO-PACIFIC

A3



740th MISSILE
SQUADRON

B1



U.S. Air Force Tech. Sgt. Nicholas Van Pelt talks on a radio as he kneels into position with fellow 219th Security Forces Squadron members of the North Dakota Air National Guard during a force on force annual training exercise scenario at the Minot Air Force Base, N.D., June 24, 2021. The annual training scenario is being done to maintain currency for their career field. See page A8 for more coverage.

U.S. AIR NATIONAL GUARD PHOTO | CHIEF MASTER SGT. DAVID LIPP



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The Knights of the North Make it Happen LRS Gets it Done!



ROD WILSON, NORTHERN SENTRY

The 5th LRS (Logistics Readiness Squadron) office was relatively quiet. Word had come that a C-5 Galaxy that would be used to transport Airmen and equipment in support of a Bomber Task Force deployment to Andersen Air Force Base, Guam, would be “moved to the right, at least 24 hours” according to 1st Lt Erica M. Santo Domingo, Installation Deployment Officer for the 5th LRS.

Our contact with 1st Lt Santo Domingo was established through Capt Preston Alder, a Weapons System Officer who has recently been cross training as the Director of Operations for the 5th LRS “until their new DO arrives at the end of August” shares Capt Alder. Lt Santo Domingo has been in Minot for 8 months, and has been in the Air Force for 3 years.

To do a good job and be recognized by the unit you serve is certainly important, but to have someone come in and instantly recognize “There is a whole different world in the Air Force that I am getting exposed to with the Mission Support Group. I realize now how much work actually goes into getting the mission done.” Continues Capt Alder “there is a lot that goes on behind the scenes that goes unnoticed.”

Besides 1st Lt Santo Domingo we were introduced to SMSgt Mandy Jordan, Superintendent of Deployment and Distribution

Flight. SMSgt Jordan has been in Minot for about 7 months, however she has been a logistics planner in the Air Force for over 17 years.

With only about 2-weeks notice, the 5th LRS would orchestrate a second deployment, right on the heels of the April-May deployment of the 23rd Bomb Squadron to Al Udeid, Qatar.

For this mission, one C-5 Galaxy will be loaded with both passengers and cargo. Previous deployments have involved more planes, including multiple C-5’s and at least one 747.

When asked about the activity at Minot AFB as it compares to other bases, SMSgt answered that “the Air Force is different than it used to be. Where we are headed, it will be a different Air Force, a different level of readiness. We will need to train our people to be sharper, to be able to react more quickly.”

Both Lt Santo Domingo and SMSgt Jordan agreed that if the crew at LRS does not do their job, they could make or break the mission. They know going into a deployment that any mistakes could impact the mission greatly.

When not working on a deployment, the LRS maintains 5 wing programs including the 5th Logistics Readiness Squadron special purpose shop perform that performs maintenance on various government vehicles at Minot Air Force Base,

There is a lot of planning that goes into a deployment, “but the execution, the actual loading of the plane is the easiest part. There are a lot of processes that have to take place before that to make sure the mission can be executed. That is probably the more challenging piece” according to Jordan.

There is a pride and a “get it done attitude” that goes with being a member of the 5th LRS according to SMSgt Jordan, and the job is very rewarding when a plane flies off and they know that their job is done and done well.

Note: Loading of the C-5 Transport was delayed until Friday, 16 July.



Airmen from the 5th Logistics Readiness Squadron perform their duties at Minot Air Force Base, North Dakota, July 16, 2021.

U.S. AIR FORCE PHOTOS | MINOT AFB PA

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Minot B-52s deploy to Indo-Pacific in support of Bomber Task Force

1ST LT. RYAN WALSH, PACIFIC AIR FORCES PUBLIC AFFAIRS

ANDERSEN AIR FORCE BASE, Guam --

A group of U.S. Air Force B-52 Stratofortresses, Airmen and support equipment from Minot Air Force Base, N.D., deployed to the Indo-Pacific region in support of Pacific Air Forces' Bomber Task Force, July 14.

The BTF demonstrates continued U.S. commitment to allies and partners in the Indo-Pacific region, as well as the U.S. Air Force Global Strike Command's ability to provide strategic deterrence anytime, anywhere.

The deployment is also in support of training efforts with allies and partners during TALISMAN SABER 2021, a bilateral exercise with the Australian Defence Force. The bilateral training exercise

enhances interoperability with U.S. allies and partners, as well as strengthens the collective ability to support a free and open Indo-Pacific.

In line with the National Defense Strategy's objective of being strategically predictable and operationally unpredictable, the BTF empowers various strategic bomber platforms to operate anytime, anywhere. These missions also provide opportunities to enhance readiness by providing training necessary to respond to any potential crisis or challenge anywhere in the world.

Bomber Task Force missions provide a way for the U.S. Strategic Command to routinely assess and evaluate the readiness of strategic assets to safeguard the security and stability of the Indo-Pacific region.



U.S. Air Force B-52H Stratofortress from the 5th Bomb Wing, Minot Air Force Base North Dakota, prepares to land at Andersen Air Force Base, Guam, for a Bomber Task Force deployment, July 15, 2021. Bomber Task Force missions demonstrate the strategic credibility and tactical flexibility of U.S. forces in today's security environment across the globe.



U.S. Air Force B-52H Stratofortress from the 5th Bomb Wing, Minot Air Force Base North Dakota, arrives at Andersen Air Force Base, Guam, for a Bomber Task Force deployment, July 15, 2021. Bomber Task Force missions demonstrate the strategic credibility and tactical flexibility of U.S. forces in today's security environment across the globe.



Flight crew assigned to the 5th Bomb Wing, stand on the flightline at Minot Air Force Base, North Dakota, July 14, 2021. Strategic bomber missions enhance the readiness and training necessary to respond to any potential crisis or challenge across the globe.

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN JESSE JENNY

U.S. AIR FORCE PHOTOS | SSGT NICHOLAS CRISP

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Good Gardening

ADVICE

by Marvin Baker



Not the right step

In a recent tour of the North Star facilities, one of the guests asked me if I step on the onions, knocking the leaves down to hasten ripening? She said there were a number of people in her home town of Wishek who did this, as the idea was brought over from Germany and Russia with many of the immigrants. I told her it's not a good idea to do that. By breaking the crown where the root meets the stem, is actually promoting disease and inviting pests to destroy the onion.

We hope you LOVE to READ the Northern Sentry

I am sure that you have noticed that the Northern Sentry has changed quite a bit in the past 26 months. The owner of the Northern Sentry, Ted Bolton, has put the paper on a bit of a different track. Ted says often, "The mission of the Northern Sentry is to cover the mission(s) of the Minot Air Force Base." We are not a "free shopper." We don't cover national news. We limit our sports coverage to Minot Air Force Base activities, and we work hard to get to cover the stories that are sent our way, mainly through the MAFB Public Affairs network.

Yes, we endured the same 12 plus months of COVID 19 that you all did, and we persevered. The Airmen that we work with at Public Affairs were split into 2 teams. Half teleworked from home, and half would be in the office. It made our job a bit more difficult, but the Northern Sentry did not stop producing a paper, because we knew it was important.

Once the base went to HPCON Charlie, the staff we had at our downtown office were not allowed on base. We were so fortunate that we had a writer/graphics person, Abigail Kinder, on base. It was a challenge covering stories, but like you all, we made it work.

I briefly mentioned Abigail Kinder. She brings a unique perspective to the Northern Sentry because she is a base spouse. Her addition to the Northern Sentry staff has given us the versatility that we needed.

**northern
sentry**

A VIEW FROM OUR SIDE
ROD WILSON, NORTHERN SENTRY



Before Abigail joined our staff, we made a change in our creative department with Nikki Greening becoming our Creative Director. Not only is she an accomplished graphic artist, but she is able to keep her hand on the pulse of Minot AFB through the numerous social media channels that exist on base. She also manages the flow of information and photos from Minot AFB Public Affairs. This is no easy job when you consider how large the base is and the many entities that are needed to keep the Minot AFB running smoothly and providing defense for our country and our allies. Nikki does it well, and we are very proud of the product we produce on a weekly basis.

After building a great team, our next goal was to reach out to people on base to provide regular information to our readers. A good example is Racquel Labadie, School Liason Officer, who has a weekly column with information about schools and youth activities. Racquel is only one example of the many contributors to the Northern Sentry, and we are

always adding more.

As our paper has grown in size, so it has grown in popularity; now we are receiving a lot more story ideas from our readers, and we love that input. When you reach out to Public Affairs, they will in turn reach out to us. Bottom line, there is just a lot more information in today's Northern Sentry than ever before.

My last request is this...that you take a minute and read the Northern Sentry every week. Either the hard copy that is available for free on base and in many Minot locations, or online at www.northernsentry.com. Should you have story ideas, please do not hesitate to reach out to Minot AFB Public Affairs. They have a very large job to do, but they are proficient at handing off great stories to the Northern Sentry staff.

So the message is...We hope you Love to Read the Northern Sentry, today and in the future. We thank you for taking the time to read our paper, and for letting others know about the Northern Sentry.



POLICE-COMMUNITY PARTNERSHIPS

Tuesday, August 3
5:30-8:00 p.m.
Roosevelt Park

Trinity Health is teaming up with the Minot Police Department, and area businesses and organizations to promote public safety and recognize those who keep our community safe.

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Airmen of Minot



SENIOR AIRMAN LUCAS REALE
CANINE HANDLER FOR
91ST MISSILE SECURITY
OPERATIONS SQUADRON

Senior Airman Lucas Reale is a Canine Handler for the 91st Missile Security Operations Squadron. Originally from Hanson, Massachusetts, Reale became a member of Team Minot in October 2017.

"Something I like about Minot is the simplistic lifestyle and the outdoors," said Reale. "I like to go on hikes, it's fun here. It's just a simple place and besides the weather, nothing else is really that tough around here."

Reale's responsibilities include making sure that he and his military working dog are fit and effective for the mission and ready to go at a moment's notice. Through fulfilling his responsibilities and going above and beyond, Reale was recognized for his meritorious service by being awarded The Air and Space Achievement Medal. "I felt proud



to be recognized in front of my flight," said Reale. "It made me realize that all the hard work put forth wasn't just to better myself but also to show others what you can achieve with a hard work ethic."

"My favorite part [of the mission] is the hands-on portion, getting to work all the dogs and just learning every single day," said Reale. "What keeps me motivated are the leaders that I surround myself with," said Reale. "Seeing what they've done

in their careers makes me want to strive for more. And on those tough days when I don't want to do it anymore, I think about my goals, my mentors and how I want to be like them."

Reale spends his free time with friends, hiking with his two dogs and exploring the outdoors.

In the future, Reale wants to continue his education and obtain a degree in Homeland Security, start his own business, settle down and have a family.

skinny week

Cheesy Spinach Chicken

4 servings at 548 calories each

ingredients

- 1 lb chicken breast (about 2 large breasts cut into 4 thin pieces)
- 8 oz fresh spinach
- 1 cup Monterey Jack cheese, shredded
- Sauce (mix all ingredients together)
- 1/2 cup mayonnaise
- 1/2 cup grated Parmesan cheese
- 1/2 cup sour cream
- 1/2 teaspoon ground black pepper
- 1 teaspoon garlic salt

instructions

- Preheat oven to 500.
- Lightly spray a 9x13 baking pan with cooking spray. Glass may crack so use a stoneware or metal pan.
- Pack the fresh spinach on the bottom of the baking dish and top with uncooked chicken breasts.
- Spread the sauce mixture evenly over the top of the chicken breasts.
- Sprinkle 1 cup of shredded Monterey Jack over the top.
- Bake in preheated oven for 18-20 minutes, or until spinach shrinks and chicken breasts cook thoroughly.

The basic theory of weight loss is calories in, calories out. If we burn more calories than we consume, we should lose weight. We also have to consider medication, activity, hormone level, habits, etc.

Tracking food is one of the biggest predictors of success; however, it can be one of the first things people give up. Sometimes we get too busy, don't know how to track something, or we just don't care. If we know we can lose with a higher calorie target, we may feel more relaxed, successful, and able to keep pressing forward with tracking - even if we're over our calories.

Many believe they'll lose weight eating 1200-1300 calories/day, but this is not true for most. The following formula gives a more realistic daily calorie budget.

Your current weight multiplied by 12
To lose a pound a week, take that number &

subtract 500.

200 lbs X 12 = 2400
2400 - 500 = 1900
calories/day, or
150 lbs X 12 = 1800
1800 - 500 = 1300
calories/day

An active person can consider using more calories. A person who weighs 150 has significantly lower caloric needs than a person who weighs 200+ pounds. The person who weighs 150 can likely lose at 1500/day, rather than 1200-1300/day.

You're able to add calories to maintain, so your target won't always be so low. If you are truly tracking and not seeing progress, it's possible you are over or undereating and need to review your daily budget. The more likely problem than your budget is lack of consistency in tracking - if you don't track, you don't know how to adjust. Let us help you!

-Cherie
skinnyweek.com

Minot Out of the Darkness Community Walk

Sept. 19th, 2021

12:00PM - 3:00PM

Come join us for an afternoon of food, resources, remembrance, and activities for all ages.

The American Foundation for Suicide Prevention funds research, spreads education, provides support to those affected by suicide, and advocates for smart public policy. We all have a role to play. Together we can spread awareness, raise money, change the culture, and put a stop to this tragic loss of life.

Event Location

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Register

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Thursdays

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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

Volunteering Airmen

northern sentry

A DAY IN THE LIFE
ABIGAIL KINDER, NORTHERN SENTRY



SSgt. Calvin Navarro is an all-around handyman. When he's not working as a maintainer for the 91st Missile Maintenance Squadron at Minot Air Force Base, he is volunteering his skills to the Domestic Violence Crisis Center in Minot, N.D.

While looking for volunteer opportunities, Navarro found that the DVCC, which is the only domestic violence and rape crisis center within 100 miles, aligned with his passion for helping others. "I grew up in a single parent home. My dad left when I was younger and so my mom really had to take care of and do everything for my sister and I. The situation that I had growing up reminds me of some of the things I see these people going through, and it made me want to get more involved and help however I could. I see a lot of my own family in some of these individuals," said Navarro.

So, he decided to reach out to the DVCC volunteer coordinator and put his maintenance skills to good use, even with an already busy schedule.

A typical work day for Navarro begins at 4 a.m. He takes care of his dog and heads out to prepare all of his resources for the long day ahead. Once his team arrives at a missile site, they will work 8 or more hours providing maintenance and logistics support for the wing's fleet of Minuteman III Intercontinental Ballistic Missiles. After his time in the field, Navarro returns to base to finish up any remaining work and then goes home to play with his dog and wind down.

On his days off, Navarro's roster is just as packed. He likes to stay consistent in waking up early and will dedicate a few hours of his morning to school, where he is working towards a

Bachelor's Degree in Education. He then spends some more time with his dog before going to the gym and working out. Navarro also enjoys reading books and watching movies in his down time. On occasion, he will have to head into his workplace to complete any unfinished tasks from previous days.

When his busy schedule allows, Navarro heads to the DVCC to volunteer his time. He uses his skills to perform upkeep and maintenance on the center's temporary housing facilities. This includes painting, tearing up floors, moving furniture, fixing holes in the walls, and any other tasks the facility may need. Navarro will also help sort donations that arrive at the DVCC. He feels passionate about using his time to better the community and encourages anyone in need to reach out. "The DVCC is one of the best programs that I've ever been a part of," he said. "The staff is top tier and I would encourage anyone, if they ever need anything in that realm, to not be afraid to reach out to them because they are so well trained

and well equipped. And if they don't have the answer, they will most certainly make sure that you have the resources to get to where you need to go."

Navarro also uses his time off to volunteer with Companions for Children, a youth mentorship program, as well as participating in youth programs at his local church. Having so many things to do from day to day is no easy task, but Navarro is able to manage everything with the help of his planner and his determination to help others. "I like to stay busy and do a lot of hobbies but I also try to do things that better the community around me," he said.

Navarro's volunteer work with children and families at the DVCC and Companions for Children are important stepping stones to his dream of working in schools someday as a teacher, guidance counselor, or administrator. "I definitely love to work with people," he said. "I feel like I've been very blessed in my life and the least I can do is pass it on to someone who may not have had the things I had growing up."



SSgt. Calvin Navarro is a maintainer for the 91st Missile Maintenance Squadron at Minot Air Force Base, N.D. In his free time, Navarro enjoys a variety of hobbies, is working towards his Bachelor's Degree, and volunteers his time at the Domestic Violence Crisis Center and Companions for Children.

PHOTO PROVIDED BY CALVIN NAVARRO

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NOTES ON BEING SAFE

It's State Fair Time Again

Safety & Health at the North Dakota State Fair

ROD KRAUSE
5TH BOMB WING SAFETY & OCCUPATIONAL HEALTH MANAGER

There's no better way to enjoy the summer celebration than the North Dakota State Fair – for the most part it's the last chance before school begins to enjoy the sounds, sights, smells, tastes and activities only to be found at the fairgrounds here in our own city of Minot.

Before heading out to enjoy all the festivities... being prepared ensures your family's experience is fun, healthy and safe by considering these tips as you plan your family outing.

BE REALISTIC

Everyone goes to the fair for all kinds of "forbidden" foods and hours of fun, so recognize your limitations and the inevitable choices there for the taking. But also recognize there are things you and your family can do to stay in control, such as taking frequent breaks, eating a balanced and filling meal before you leave and getting a good night's sleep the night before.

DRINK WATER

Be sure to drink plenty of water before and during your visit. You can also take a cooler with you so water is readily available to prevent dehydration. Water can also help cut back on overheating.

DRESS APPROPRIATELY

Ensure everyone is wearing a hat, has generously applied sunscreen and is wearing comfortable walking shoes. For a nominal fee, power and manual wheelchairs are available for those in need of mobility assistance.

PRACTICE SAFETY

Do your children have identification should they become separated? Remind your children about strangers, for assistance, Ward County Sheriff officers are accessible throughout the fairgrounds.

Going to the North Dakota State Fair should be fun, so please remember these tips to keep your family and friends healthy and safe.

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The 74th Annual Air Force Ball is fast approaching!

Purchase your tickets now by scanning the event poster QR Code below or visit <https://www.eventbrite.com/e/74th-annual-air-force-ball-tickets-157113746445>

Make sure to type in the password: GlobalStrikers to gain access.

If you wish to purchase tickets in person see your Group POC listed below.

Thank you and we hope to see you at this year's ball!

- POCs
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 5 MXG: MSgt Alvarez, Miguel
 5 MSG: TSgt Dezotell, Maria
 5 MDG: SSgt Newsome, Philip
 91 OG: TSgt Edwards, Donald
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Aim High
Reach for the Stars

74th Annual
AIR FORCE BALL

Minot AFB
 18 Sept @ 1800

ND-021 Magic City Composite Squadron (Minot)
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CROSSWORD PUZZLE

1		2		3		
						4
5			6			
7						
		8				

ACROSS
 1. Friendly and fun
 5. Most chubby
 7. Put at risk
 8. Follows commands

DOWN
 1. Young dogs
 2. Older
 3. Impulse
 4. Gave refreshment
 6. Hotel

Answers:
 Across: 1. Playful 5. Pudgy 7. Endanger 8. Trained
 Down: 1. Puppies 2. Aged 3. Ugly 4. Watered 6. Inn

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**219th SECURITY FORCES SQUADRON
CONDUCTS ANNUAL TRAINING**



U.S. Air Force members of the 219th Security Forces Squadron, North Dakota Air National Guard, gather at a missile launch facility training site to discuss force on force training scenarios at the Minot Air Force Base, N.D., June 24, 2021. The annual training being done is required to maintain currency requirements.



U.S. Air Force Airman 1st Class Elise Grubb, of the 219th Security Forces Squadron, North Dakota Air National Guard, moves into position during a force on force annual training exercise scenario at the Minot Air Force Base, N.D., June 24, 2021. The annual training scenario is being done to maintain currency for her career field.



U.S. Air Force Airman 1st Class Luke Tweeton, of the 219th Security Forces Squadron, North Dakota Air National Guard, moves into position with an M249 machine gun during a force on force annual training exercise scenario at the Minot Air Force Base, N.D., June 24, 2021.



U.S. Air Force Airman 1st Class Luke Tweeton, of the 219th Security Forces Squadron, North Dakota Air National Guard, moves into position with an M249 machine gun during a force on force annual training exercise scenario at the Minot Air Force Base, N.D., June 24, 2021.

U.S. AIR NATIONAL GUARD PHOTOS
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740th MISSILE SQUADRON GROUP



740th Missile Squadron pose for a group photo at Minot Air Force Base, North Dakota, July 12, 2021. The three missile operations squadrons of the 91st Operations Group -- the 740th, 741st and 742nd Missile Squadrons -- include missile crewmembers, alert facility chefs and facility managers. These squadrons vigilantly maintain the missile force around-the-clock. Each squadron controls five missile alert facilities. Missile squadrons are divided into missile operations flights and an operation support flight. The missile operations flights are comprised of officer crewmembers who, when on alert, are responsible for day-to-day operations, maintenance and security of the missiles within their control and are prepared to launch their missiles at all times. Facility managers are responsible for and ensure the readiness of the missile alert facilities. The alert facility chefs are responsible for providing meals to missile alert facility personnel.

U.S. AIR FORCE PHOTO | MINOT AFB PA

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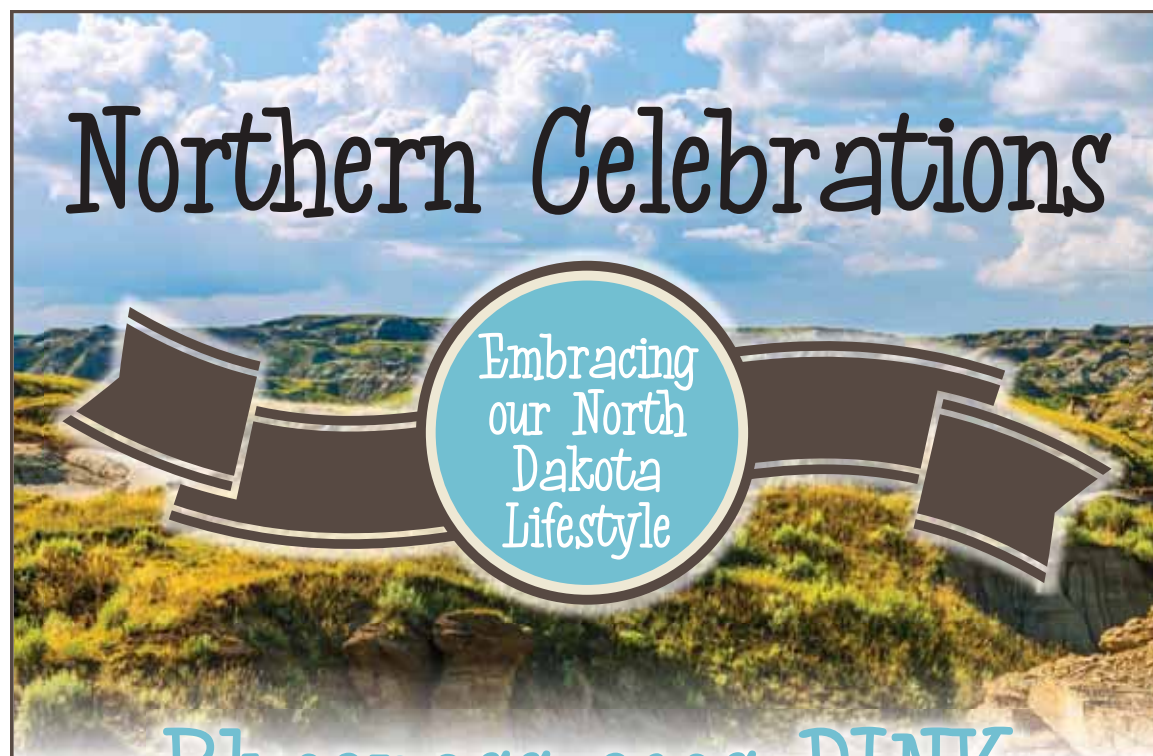
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Bluegrass goes PINK

Patricia Stockdill

It's a musical genre that for those who know it, really know it and really feel it – a down home connection to music, family, and friends. It speaks from the heart and flows through one's veins.

It's bluegrass music, the unique sound that for its aficionados, the only way to explain it is to experience it: The wickedly amazing talents of musicians playing any variety of stringed instruments – mandolin, guitars, bass, or a mean fiddle – and maybe toss in a bit of harmonica all the while telling stories of happiness, sadness, and anything in between in song.

Its Bluegrass goes PINK and its back July 31 at Cross Ranch State Park south of Hensler, N.D.

The 9th annual event melds the bluegrass festival atmosphere and the park's natural, primitive forested Missouri River bottoms while benefiting the Bismarck Cancer Center, heighten cancer awareness, and support patients and their families.

Bluegrass music is rooted in history and the atmosphere of a festival is unique. "It kind of feels like everyone is just sitting around the campfire," described Cross Ranch State Park Manager Terry Mitchell. It's all about people having fun, listening to music, and enjoying everyone's company, he added.

The concert, highlighted by the renowned local bluegrass band Cottonwood, gets underway at 7 p.m. New this year is a 5K and 10K Walk/Run Trail Race with 9 a.m. registration. Pre-registration is available by calling (701) 315-0017. The \$20 Walk/Run Trail Race fee allows participants to attend the bluegrass festival for an additional \$5, otherwise festival tickets are \$10 with children 16 years of age and younger free.

Proceeds support the Bismarck Cancer Center and its foundation's mission to help care for the "whole" patient through educational programs, transportation and housing assistance, support groups, dietary, and prevention and early detection initiatives.

Washburn area churches will serve a free will offering supper beginning at 5 p.m.

Park daily entrance admission is \$7 or an annual N.D. Parks and Recreation Department annual pass.

The river and its woods are part of what makes Cross Ranch State Park unique. Prior to construction of Garrison Dam, the "Mighty Mo" – the Missouri River – and its bottomland woods where the park is now situated often succumbed to flooding. Many of its cottonwoods are more than a century old. Nowadays, the forest ecosystem is changing with less frequent flooding.

Cross Ranch is about the woods, the river, and the outdoor experience. Park visitors can rent any of its four canoes and two double or two single kayaks for \$8 per hour or \$50 for all day. Rental fees include the use of paddles and lifejackets.

For an additional \$30 transportation fee the park will take rental paddlers to either Washburn for a river run of nine miles to the Sanger boat landing a couple miles south of Cross Ranch – or they can opt to beach at Cross Ranch itself.

Another paddle craft option is the two-mile river run from Cross Ranch to Sanger, Mitchell added.

If someone isn't inclined to paddle the river, the park has about 18 miles of hiking trails, which are converted to cross-country trails in the winter.

Cross Ranch is rooted in nature and the quiet appreciation of its woods and its wildlife. Primitive camping, whether tent or camper, was the norm until 2016 when electricity was added to its campsites. Its down-to-earth, down-home atmosphere seems to be accentuated by the adjacent Nature Conservancy's Cross Ranch Nature Preserve, which is complete with a historic symbol of the Northern Great Plains – bison wandering the preserve's upland prairie above the river and its forest.

When the last weekend in July rolls around, Bluegrass goes PINK just might be the perfect opportunity to experience the allure of a bluegrass festival as well connecting with North Dakota's Great Outdoors tucked along the state's last free-flowing segment of the Missouri River.

"Fund the Future" Event will Support the North Dakota State Fair

NORTH DAKOTA STATE FAIR FOUNDATION

Minot, ND – The North Dakota State Fair Foundation (NDSF Foundation) will host a special 24 hour online giving event entitled "Fund the Future" on Wednesday, July 28. This marks the Foundation's first day-long campaign with hopes to inspire fairgoers, exhibitors, and North Dakota residents to support future enhancement of the North Dakota State Fair.

Gifts can be done from 12 a.m. to 11:59 p.m. (CDT) on July 28 through a simple transaction on the NDSF Foundation's website, www.ndstatefairfoundation.com. Donors can choose what their contribution will support: agriculture, infrastructure, programming or an unrestricted gift.

"After missing last year, people are excited more than ever to

have the North Dakota State Fair back and hosting this special day to show our support seems only appropriate," said Jessica Bullinger, NDSF Foundation Development Director. "Giving together, we can do great things for our State Fair and support the family fun and educational platform it provides."

Fair supporters are encouraged to help promote the day with the use of the hashtag #myndstatefair on social media. A Facebook frame to show support of the day has also been created.

The North Dakota State Fair Foundation exists to develop lifelong relationships with donors to secure philanthropic gifts that will preserve and enhance the North Dakota State Fair, and all that it encompasses, for posterity. The 2021 North Dakota State Fair is July 23-31.

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Air Force awards contract for new long-range missile system

LEAH BRYANT, AFNWC PUBLIC AFFAIRS, AIR FORCE NUCLEAR WEAPONS CENTER

KIRTLAND AIR FORCE BASE, N.M. -- The Air Force announced July 1, the award of an Engineering and Manufacturing Development contract for its Long Range Standoff (LRSO) weapon to Raytheon Missiles and Defense.

The contract is for about \$2 billion and a sole-source acquisition. The work will be performed in Tucson, Arizona, and is expected to be completed in February 2027.

The LRSO is the replacement for the aging AGM-86B Air Launched Cruise Missile. The ALCM was fielded in the early 1980s with a 10-year design life. The aging ALCM will continue to face increasingly significant operational challenges against

emerging anti-access/area-denial threats until replaced.

The Air Force determined Raytheon provided the best overall value to the warfighter and taxpayers based on the selection process' evaluation factors.

The contract is cost-plus-fixed-fee, with performance incentives, for a 66-month period of performance. Upon successful completion of the EMD contract, the Air Force Nuclear Weapons Center will incorporate EMD data to inform the weapon production negotiations.

The Air Force Nuclear Weapons Center is the lead for the Air Force's LRSO acquisition effort.

"The LRSO program office capitalized on a pioneering

reliability and manufacturing approach to establish a very capable and mature design during the Technology Maturation and Risk Reduction phase," said Maj. Gen. Anthony W. Genatempo, AFNWC commander and Air Force program executive officer for strategic systems. "The team has continued that approach with its EMD strategy to provide the best overall value to the warfighter and taxpayers, while meeting the nation's deterrence needs in the future."

"The LRSO team has strived for nearly three years to ensure the Air Force achieved a stable cruise missile design meeting the nation's requirement for a credible air-delivered nuclear

deterrent for many years to come," said Elizabeth T. Thorn, LRSO program manager. "Awarding the EMD contract marks our next step in finalizing development, fully maturing our manufacturing techniques, and proving LRSO meets its operational requirements."

The LRSO program office is

part of AFNWC's Air Delivered Capabilities Directorate at Eglin AFB, Florida. The center is responsible for synchronizing all aspects of nuclear materiel management on behalf of Air Force Materiel Command in direct support of Air Force Global Strike Command.

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MINOT, ND



Local Cravings Restaurant Guide

<p>Applebee's Grill & Bar</p> <p>2302 15th St SW, Minot, ND 58701 Phone: 701.839.2130 www.applebees.com</p>	<p>Bone's BBQ Steakhouse & Grill</p> <p>1412 2nd Ave SW, Minot, ND 58701 Phone: 701.838.9140 www.bonesbbqminot.com</p>
<p>Badlands Restaurant & Bar</p> <p>1400 31st Ave SW, Minot, ND 58701 Phone: 701.852.7335 www.blgrill.com</p>	<p>28 Tastes & Taps</p> <p>1603 35th Ave SW Minot, ND 58701 Phone: 701.838.2828 www.facebook.com/28tastes</p>
<p>Mi Mexico</p> <p>301 40th Ave SW Minot, ND 58701 Phone: 701.858.0777 www.mimexicomintnd.com</p>	<p>Pink's Bar & Grill</p> <p>102 128th Ave NW Minot, ND 58703 Phone: 701.852.2385 www.facebook.com/PinksBarGrill</p>
<p>Culver's Restaurant</p> <p>3000 S Broadway, Minot, ND 58701 Phone: 701.852.4800 www.culvers.com</p>	<p>Prairie Sky Breads</p> <p>3 1st St. SE, Minot, ND 58701 Phone: 701.858.0612 www.prairieskybreads.com</p>
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<p>Primo Restaurant</p> <p>1505 N Broadway, Minot, ND 58703 Phone: 701.838.7746 www.primominot.com</p>	<p>Souris River Brewing</p> <p>32 3rd St NE Minot, ND, Phone: 701.837.1884 www.sourisriverbrewing.com</p>





Upcoming Events

23-31 JULY **ND STATE FAIR**
 8:00 AM - 12:00 AM
 North Dakota State Fair Grounds
 2005 Burdick Expy E, Minot

We're back! Mark your calendars for the 2021 North Dakota State Fair to be held July 23-31, 2021!
 Admission is \$5-\$12 per day, with season passes available.
 Concerts include: Lynrd Skynrd, Dan + Shay, Ashley McBryde, Sawyer Brown, Casey Donahew, Billy Idol, and Kane Brown.



For more information:
 Website / www.ndstatefair.com

23-31 JULY **EBENEZER'S NIGHTLY LIVE MUSIC**
 SEE FACEBOOK FOR SHOW TIMES
 Ebenezer's
 300 Central Ave E, Minot

Join us at Ebenezer's for nightly live music!
 Jul 23- Andrew Emmel (Acoustic Jams) / Josey & the Whalers, (Blues, funk, soul, R&B, reggae)
 Jul 24- Chris Basen (New & Old Country) / Shannon Kupser (Sax)
 Jul 26- Chloe Marie (Pop, country)
 Jul 27- Shannon Kupser
 Jul 28- Andrew Emmel
 Jul 29- Myles Barcomb (Blues, folk, rock)
 Jul 30/31- Chris Basden / Soutshine (Rock, R&B, soul, country)
 Check out the flyer on our Facebook for show times!



For more information:
 Facebook Event / Ebenezer's Nightly Live Music

23-26 JULY **MSU SUMMER THEATRE: 9-5**
 8:30 PM
 MSU Summer Theater
 500 University Ave W, Minot

Finally, we are bringing to the stage a show just for the adults. Directed by Chad Gifford, Dolly Parton's famous movie has been turned into a toe-tapping, laugh-inducing, heart-warming musical. 9 to 5 features the song by the very same name as well as other songs written by Dolly Parton herself! The story follows a trio of working women pushed to the limit by an overbearing boss until they do something unthinkable. 9 to 5 is outrageous, hilarious, and maybe even a bit romantic, but the music will be stuck in your head for days after. You won't want to miss the final show of Season 56! July 21-26 & 28-31. Each show starts at 8:30 pm. Not recommended for children.



For more information:
 Facebook Event / MSU Summer Theatre Present: 9-5 the Musical

29 JULY **SUMMER ART CLASSES: FEED THE BIRDS**
 11:00 AM - 12:00 PM
 Taube Museum of Art
 2 N Main Street, Minot

Age 6+, Feed the Birds, Make bird feeders using recycled materials.
 Fee: Nonmember: \$26
 Member: \$22



For more information:
 Facebook Event / Feed the Birds

29 JULY **THURSDAYS DOWNTOWN**
 5:30 PM
 Main Street, Downtown Minot

Join us as Jessie Veeder plays Thursdays Downtown and celebrates the release of her new album! Activity gets started at 5:30 pm with Arts/Crafts vendors, bounce houses, and food trucks. Jessie Veeder takes the stage at 7:00 pm.



For more information:
 Facebook Event / Thursdays Downtown with Jessie Veeder

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FAREWELL SMSGT BOSTIC

Last week we said our final farewell to SMSgt Bostic. Thank you for all your hard work and dedication to the 891 family. Good luck in Barksdale!!

891 MSFS SHADOW WARRIORS PHOTO



891 MSFS SPOUSES BUNCO NIGHT

A group of 891 MSFS Spouses enjoyed an evening of fun, prizes and socializing at their recent Bunco Night & Taco Bar. The event theme was Disney® Heroes vs. Villains.

891 MSFS SHADOW WARRIORS PHOTO



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91st Security Forces Group 2nd Quarter Update

COL THOMAS SEGARS, JR. 91ST SECURITY GROUP COMMANDER

Defenders-
WOW! What a 2d quarter of 2021, but a few fun facts before I announce the winners for the SFG 2d quarter awards:

The previous quarter we started our crawl - and claw-out of the COVID isolations and protocols, yet we ran smack into the NSI at the beginning of the 2d quarter--and you SMOKED IT! Very minor observations as we had the eyes of the MAJCOM, United States Strategic Command, and HQ Air Force watching!

Here are a few of your accomplishments:

- 15 Outstanding performers and 4 Professional Teams...the most in the 91 MW!

- Best NSI "Security" Ratings (and the best this group has done in at least a decade)

- Over 100K miles transited in the complex safely and securely
- Over 2K security situations in the complex...all negated by SFG
- Best missile alert rate

An incredible fact...while you shouldn't talk about it when you are throwing a no-hitter lest we jinx ourselves--ZERO DUIs in the 2d Quarter--NONE!! Keep making the right choice(s); this is a lifestyle, not a JOB!

While the mission never stops, it can only go forward when you are "ALL IN" with Defender Nation. We love ya for it, and we are proud to be on your team!

All that said, please help me congratulate and thank the following personnel for an OUTSTANDING quarter... many thanks to Flight Chiefs and Supervisors for the hard work and for submitting your teammates for awards!

91 SFG, AIRMAN OF THE QUARTER:

A1C Cindy J. Dodge, 791 MSFS

91 SFG, NCO OF THE QUARTER:

TSgt Jamaal K. Smalls, 791 MSFS

91 SFG, SNCO OF THE QUARTER:

MSgt Ray T. Salvador, Jr., 91 MSOS

91 SFG, CGO OF THE QUARTER:

Capt Jonathan J. Dahm, 791 MSFS

91 SFG, FLT CC OF THE QUARTER:

1st Lt Wyatt A. Huff, 91 MSFS

91 SFG, CATEGORY I, CIVILIAN OF THE QUARTER:

Ms. Brittany L. Mefford, 91 MSOS

91 SFG, CATEGORY II, CIVILIAN OF THE QUARTER:

Mr. William E. Haas, 91 MSOS

91 SFG, PROFESSIONAL TEAM OF THE QUARTER:

Security Forces Training Section, 91 MSOS

91 SFG, VOLUNTEER OF THE QUARTER:

TSgt Perry Q. Sinclair, 91 MSOS

91 SFG, KEY SPOUSE OF THE QUARTER:

Mrs. Sadie Whaley, 891 MSFS

91 SFG, KEY SPOUSE TEAM OF THE QUARTER:

891 MSFS, Key Spouse Team

Congrats to all, and best of luck at the wing-level competition!!



Defenders,

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ROBERTH ALEXIS ALAS FIGUEROA
MAFB, ND



BABY GIRL BORN ON
THURSDAY, JULY 15, 2021 TO:
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MINOT, ND

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The Hidden Brain Nutrient

One of the most vital nutrients for your brain is something you have never been told. The neurons in your brain need 3 things to survive, and if they don't get those three things they will begin to die. They need oxygen, and glucose those are the two you have probably heard of, but the hidden one they also need which is just as important is stimulation. Your brain can have all the food it needs all the oxygen it needs but if it loses its stimulus to an area that area begins to die.

To illustrate this think of someone you know who has had a stroke. Most of the time they have a stroke on the right side of their brain and subsequently they can no longer move the left side of their body. Why is that? It is because the right side of the brain that got damaged provided the stimulus for the left cerebellum which controls movement. When the right damaged cortex could no longer provided stimulus to the left cerebellum the left cerebellum begins to die.

Secret number 2

Do you know where most of the stimulus for your neurons comes from? The answer is your spine. God was very smart to designed it this way. Firstly, because your spine is in the center of your body so any time it moves you get stimulus to both the left and the right side. Secondly when you are sleeping your brain produces a chemical to paralyze your joints so they don't move about too much as your sleep so the movement of your spine at night is what feeds your brain for a full 1/3 of your life.

What all this is to say is that if there is a segment of your spine that is not moving properly and is fixed in a position when it is supposed to be freely moving there is a corresponding part of your brain that is literally dying because of it. That is why routine visits to your chiropractor are so important. That segment that is not moving is not always something you can feel but as you now know it is defiantly something that will affect your health. Get your spine checked and get the power turned back on in your brain. If you are like me, you can use all the brain power you can get.


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NODAK ARMS

OUTDOOR

REPORT

OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, July 19: 1,835.7 feet above mean sea level (MSL); 22,100 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,447.62 feet above mean sea level (MSL).

Stump Lake elevation: 1,447.62 MSL.

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

- Devils Lake, Ed's Bait Shop, Devils Lake: Continued fair to good for walleye, including East Bay.

- Devils Lake, Woodland Resort, Devils Lake: Continued fair to good for walleye using spinners and bottom bouncers or slip bobbers with nightcrawlers or leeches. Try 10 to 25 feet. Also try vertical jigging along the bridges. Good numbers from the west end, including Golden Highway or Pelican Lake. Work shorelines for pike pitching plastics or crankbaits. White bass mixed in with the walleye.

- Lake Darling, Karma C-Store, Ruthville: Fair to good for walleye around Grano. Van Hook Arm on Lake Sakakawea producing nice walleye.

- Lake Metigoshe, Four Seasons, Bottineau: Some keeper bluegill showing up with a mix of crappie, walleye, and pike.

- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Fair small walleye success with most fish in the 16-inch range on the east end of Lake Sakakawea. Lake Audubon remains fair for walleye.

- Lake Sakakawea, Indian Hills Resort, Garrison: Fair to good walleye success. Work shallow, windy shorelines with nightcrawlers. Some nice-sized fish showing up.

- Lake Sakakawea, New Town: Fair to good for walleye in 10 to 20 feet. Try spinners or Lindy rigs with nightcrawlers working the Flats.

- Lake Sakakawea, Van Hook Bait & Tackle, New Town: Continued fair to good for walleye with warmer water moving fish deeper. Locate structure in 25 to 35 feet with Lindy rigs or spinners and nightcrawlers.

- N.D. Dept. of Environmental Quality blue-green algae reports: Advisories – Buffalo, Buffalo Lodge, Coal Mine, and Antelope lakes and South Hoffer.

- 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.

- Camping reservations required at N.D. State Parks and are available online at the website, (parkrec.nd.gov).

- July 31: Bluegrass goes PINK, Cross Ranch State Park, Hensler: 9 a.m. 5K and 10 walk/run with concert beginning at 7 p.m. \$10 concert admission, \$20 walk/run with \$5 concert admission. Proceeds support Bismarck Cancer Center.

TOURNAMENTS:

- July 23 & 24: Lake Sakakawea, Beulah Bay.
- July 24 & 25: Lake Sakakawea, Skunk Bay.
- July 24: Devils Lake, Grahams Island State Park.
- July 31: Devils Lake, Woodland Resort.

- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace remains slow with better success in the spillway channel but fish are small. Try jigs or Lindy rigs with nightcrawlers. Some walleye activity off the rocks from shore at night but that also slowed. Move around on the east end of Lake Sakakawea for walleye with better success around 5 Fingers, Steinke, or Douglas bays. Work 6 to 32 feet with bigger fish shallower at times. Depth varies with heat, wind, and time of day. Try 50 to 80 feet with flashers and squids or herring for salmon. Nice numbers of 5-pound fish although not much fishing pressure yet.

- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Fair to good for walleye around Lewis & Clark State Park with good numbers also around Hofflund Island on the upper end of Lake Sakakawea. Try nightcrawlers with leeches becoming extremely difficult to get. Also try crankbaits. Lake is clearing nicely. Try 3 to 20 feet and deeper. Missouri and Yellowstone rivers also clearing with fair to good catfish success

with a few walleye mixed in. Kota-Ray producing bluegill on top water and flies. Blacktail Dam producing walleye in the evening.

- Lonetree WMA area lakes, Harvey: Continued fair to good success throughout most area lakes.

- North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Antelope Lake producing some walleye with the Souris River producing a few pike yet.

N. D. rivers, river stage & streamflow:

- Little Missouri River, Long X Bridge: Streamflow, 31.1 CFS.

- Missouri River, Williston: River stage, 14.29 feet.

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

- Souris River, Minot: River stage, 4.474 feet; streamflow, 119 CFS.

- Yellowstone River, Sidney, Mont.: River stage, 2.46 feet; streamflow, 4,170 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.



MINOT AFB FITNESS PROGRAMS: MEET THE INSTRUCTOR

I'm Kaeli Asburry! I live on base with my husband and our two pets! We are both from Oregon and love anything outdoors. We're very new to this military life but have been loving it so far. I am currently in my MSW program and am passionate about promoting mental wellness and empowering individuals to fully love themselves while reaching their goals. My favorite things are coffeeeeee, chocolate, hiking, traveling, and working out of course. I began teaching a few months ago at the McAdoo Fitness Center after attending many group

fitness classes shortly after arriving in Minot. The environment was so warm, inviting, and a great way to meet new friends... I fell in love! And let's be real, working out together is sooo much more fun than solo.

I teach SWERK M/Tu at 7:30pm and Fridays at 6:30pm. But what even is SWERK? This workout style uses upbeat routines, paired with the hottest pop and hip hop songs to make you sweat, work, and move your bodies! We dance, squat, jump, and booty shake our way to fitness!

A LOOK BACK

THIS WEEK IN USAF HISTORY

5TH BOMB WING ACTIVATED AT MINOT AFB
JULY 25, 1968



5th BW Emblem Meaning

Green & black: the colors of the Air Service at the time the wing was activated. Vertical line: symbolic of the clouds in the sky. Winged death's head: represents function of aerial bombardment. 'Kiai O Ka Lewa' means 'Guardians of the Upper Realm' (a Hawaiian saying often used as a war cry).

On July 25, 1968, the 5th Bomb Wing was activated at Minot Air Force Base, N.D. The wing dates back to the 2d Group which was activated in 1919 at Luke Field in the Territory of Hawaii. It was later renamed as the 5th Group (Observation) and soon became the 5th Group (Pursuit and Bombardment). The group had major involvement in saving the city of Hilo during the eruption of the Mauna Loa volcano and became the first U.S. military force to take flight after the attack on Pearl Harbor, during which many of their planes and personnel were lost. The 5th BG changed name and assignment several times in between 1947 and 1959. In 1959, the 5th Bombardment Wing (Heavy) was assigned its first jet planes while stationed at Travis AFB, Calif. In 1968, the wing assumed command of Minot AFB and flew missions during the Vietnam and Cold Wars. The 5th BW continues as host wing of the base to this day and provides strategic deterrence.

Information courtesy of: minot.af.mil

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COVID adds even more military moving issues

JENNIFER BARNHILL

The COVID pandemic has left even the most experienced military families more frustrated at the lack of a holistic solution to their housing and moving issues.

The pandemic has created the perfect storm — a lack of affordable housing and a strained transportation industry. But no one is steering the PCS ship.

“This is one of those gaps in the DOD enterprise. We don’t have relocation specialists,” said Rick Marsh, director of the Personal Property Program with TRANSCOM (Transportation Command) in a webinar recently held by PCSGrades. “We have travel folks, we have transportation folks, but there is no good place for the whole discussion on relocation,” Marsh continued. Organizations like PCSGrades hope to bridge the gap by bringing the decision-makers to the people they serve.

MILITARY MOVING ISSUES
Furniture gets lost and broken. Household goods are packed into moving trucks, moved into storage, back onto a truck, and headed towards their final destination because there is a wood shortage making “crating” a luxury reserved for overseas moves.

“They packed up our stuff on a Thursday, Friday took it off into the crates, and on Monday morning we were notified that that company went out of business,” said Navy spouse Mary Bouras, who is waiting to join her active-duty husband in Naples, Italy.

In addition to being told that her belongings were in the hands of a company that no longer was in business, Bouras has been living out of a hotel for nearly two months while waiting for a visa.

“We didn’t know how long

this is going to take, so we can’t negotiate a short-term lease. Is it today? Is it tomorrow? Nobody can tell us.”

The housing office doesn’t own her process and neither does the transportation office, leaving her to reach out to Congress to remedy her PCS issues.

MILITARY HOUSING ISSUES
The perfect PCS storm has also touched down in Camp Lejeune, North Carolina. Not only is there a lack of safe housing due to 2018 hurricane damage, but also a lack of communication.

“Instead of telling me, ‘that’s never going to happen,’ they send you the previous year’s [housing wait time] data. So, you have to make the decision yourself,” said Navy spouse Tricia Ross.

Ross was given an estimated move-in date of mid-July prior to PCSing from California.

“I understand why they do it, but I don’t feel like they guided us in the right direction,” she said.

Because the civilian housing market is also extremely limited, the Rosses now expect to pay out of pocket to cover hotel costs for their family of six as they wait the estimated six to eight months for housing.

This type of miscommunication predates COVID. In 2018 Becca Kofonow moved from Japan to San Diego to get settled before the school year and was astounded when she was told, “we absolutely cannot let you apply for housing until your husband is physically in San Diego.” Despite having been told they had prior approval to move in advance of her active duty spouse, she was forced to pay out of pocket for her six-week hotel stay, totaling nearly \$7,000 before

being eligible to be added to the waitlist. Her son had to start at a different school or face truancy claims.

“The person I was speaking to was new and either was looking at old information or just didn’t grasp the entire situation,” said Kofonow. “When I finally spoke to higher up people they were like, ‘Absolutely not.’”

Unfortunately, these well-intentioned PCS contacts can cost families thousands when they make a mistake that leads families to base their PCS decisions on their “expert” advice.

DOD HAS ANSWERS TO PCS PROBLEMS

Despite what many may think, there are payments intended to help families defray out-of-pocket costs. One of those options is something called inconvenience claims. These claims cover:

When the assigned moving company fails to pick up a shipment on agreed-upon dates at origin.

When the assigned moving company fails to deliver the shipment on or before the Required Delivery Date at destination.

When a shipment placed in storage in transit cannot be delivered within five to 10 government business days of the customers’ requested delivery.

But inconvenience claims may be only as worthwhile as the office handling them.

“They never explained what that was,” said Navy spouse E’Beth Goad. “You get to one person, and they say oh that’s not my department, I’ll transfer you. There’s a lot of handing off.”

CONTINUED ON PAGE B7

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All About Pets

AF Life with Pets

Elmer Fudd, Dogs on Deployment Mascot 2019 with USAF Capt. Bryan Moore

As many Airmen and families already know, military life is not easy. Here are a few tips to help you manage your busy Air Force life while also taking proper care of your pet!

- Get a low maintenance pet—snakes, certain varieties of fish, hamsters and other rodents, and turtles are just a few ideas of pets that are relatively low maintenance compared to your everyday dogs and cats. It’s still important to provide adequate enrichment, environments, and food for them, but if you do all those things, these pets will be just fine during long work hours. Be sure to check with your housing authority first to make sure these pets are allowed.
- Find a “lazy” pet—high energy and working dog breeds are not recommended for owners who are away from home a lot and do not have the time, energy, and resources to keep their dogs fully enriched. You could consider bringing home a characteristically “lazy” breed instead. Basset Hounds, Boston Terriers, Bull Mastiffs, and Maltese are a few dog breeds that pop up often in the conversation around low-energy breeds. However, it’s still important to note that all dogs are different. You may find a dog that is a couch-potato by nature, or you may find a “low-energy” dog that wants to go 24/7. Make sure you consider the needs of certain breeds and individual dogs (or cats) before adopting, and even if you have a low-energy dog, you still need to meet their basic requirements. Which is why working people should consider...
- Outside help—for shorter periods (a week in the field, a 12 hour day at work), it would be beneficial to hire a pet sitter, dog walker, or even a neighbor or family member who is willing to help out. While some pets won’t go crazy at home all day, they still need to be provided with socialization and enrichment. See if you can find someone to pop in every few hours to play with, feed, and let your pet outside! Doggy daycare is a great option for many canine parents, and while cats and other small pets are usually alright left alone, it’s never a bad idea for them to have someone to play with. Don’t be afraid to reach out to the base community through Facebook or your friends/family for help if you’re feeling overwhelmed with your pet-parental duties. Chances are there is someone out there who is willing to help you and your pet out.
- For bigger challenges, consider finding a temporary foster home for your pet. Family members, close friends, and even willing community members are always options for long-term pet care instead of rehoming. There are also “deployed pet” help sites that can connect you with temporary fosters, such as Dogs on Deployment and Guardian Angels for Soldier’s Pets. If you’re thinking about rehoming your pet due to the cost of PCSing with them, consider applying for SPCA International’s Operation Military Pets grant.

Taking care of pets is a big responsibility, but when we bring them into our home, it’s our duty to treat them with the care and love that they give us as well. Military life can make it more difficult, but there are so many resources out there to help.

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Bacon & Brew at the Zoo, & Wine Too

Jungle Jen says you will not want to miss Bacon & Brew

ROD WILSON, NORTHERN SENTRY

Returning for its 7th year, Bacon & Brew is a perfect evening of great food and entertainment at the Roosevelt Park Zoo. “We have 16 confirmed restaurants that will serve bacon inspired dishes” according to Jennifer Kleen, Minot Zoo Crew Executive Director, “from ice cream to chowder. And then with each of those dishes we pair it with a brew.” Kleen says it’s just a fun way to enjoy the zoo as an adult. And this year there will also be wine available, “some as samples, and at our cash bars” according to Kleen “Our Wine Walk was a popular event, and people said they miss that, so we’ve incorporated some of that into Brew”. Members will start out the evening with a 5 to 6 PM

event for zoo members. “You can avoid the lines, get in and view the animals with a beverage in hand. There will be sales at the door, so you can get in ahead of those folks. The food vendors will open at 6 PM” adds Kleen. Following the dining portion of the evening, there will be entertainment. “The entertainment will take place in the middle of the zoo, and it’s a great way to see the animals. They are very active that time of the evening.” Kleen also promises that the Roosevelt Park Zoo train will be out for those who want to jump on and learn a little bit more about the zoo and the animals.

Tickets to Bacon & Brew at the Zoo are available on the Roosevelt Park Zoo web site.



2019 event goers enjoyed samples inspired by bacon, a variety of domestic & craft bevs + wine, music & fun in the sun while supporting their favorite small town zoo!

MINOT PARKS ROOSEVELT PARK ZOO PHOTO

MILITARY MOVING ISSUES CONTIUED FROM PAGE B7

Additionally, inconvenience claims do not always cover post-COVID housing availability or expediting visa delays. Temporary Lodging Allowance (TLA) or Dislocation Allowance (DLA) and Temporary Lodging Expense (TLE) are intended to cover PCS costs. Unfortunately, TLE only covers up to 10 days in a hotel before transitioning over to the local BAH rate.

For many families, this housing allowance does not cover the out-of-pocket costs required to pay for long-term hotel stays. In high-cost areas these nightly fees can range upwards of \$200 per night for a family of four with pets. This doesn’t include the costs associated

with having to eat many meals without the benefit of a kitchen.

“We can’t solve the housing crisis,” said Marsh. “But we can work closely with industry to get access to as much capacity as possible. We can adjust rules to make them as common sense as possible to help families.”

As tempting as a one-stop DOD PCS shop may be, leadership may need to think outside the box for solutions. Because of the limitations placed on large organizations like the military, “a lot of times we wind up with a 1-800 number,” said PCSGrades Founder and Executive Director Todd Ernst.

“We’re not reliant on the government. We’re not reliant on

outside companies. We’re relying on each other.” PCSGrades leverages crowdsourcing with high-level relationships in order to promote positive PCS change.

Despite the availability of solutions, many families feel unheard. The DOD points to installations and service providers, but if those groups do not adhere to DOD best practices, families may not know there are solutions to their problems and are still left wondering, ‘Who will close this PCS service gap?’

This article originally appeared in Military Families Magazine.

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Make one patty the base, lay down 1/4 of a cheese slice, add 3 oz. of chorizo and top with another 1/4 cheese slice. Apply another patty on top and pinch the ends all the way around the burger to seal together the two patties. Repeat until all 4 patties are done.

When ready to cook, set the temperature to 325 degrees F and preheat, lid closed, for 10 to 15 minutes. Place burgers on the Traeger for 15 minutes on each side.

If desired, top each burger with slice of Cheddar cheese, let melt. Remove from Traeger and let rest for 10 minutes tented with foil.

While burgers are resting, brush the brioche buns with melted butter and toast for 30-45 seconds on the grill.

Remove buns from grill and assemble burger with toppings. Enjoy!



Ryan Davy - GM Minot

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Anchored4Life provides a comprehensive transition and resiliency club for youth. The club mission is to provide proven resources and strategies to children so they can become resilient, confident, and resourceful and to create a better world for themselves and others. The goals of Anchored4Life are: to teach and reinforce life skills, to better connect with peers and community during transitions, to provide growing opportunities to increase competency and character by positively addressing setbacks, and to build confident leaders who inspire others by contributing to a caring and supportive environment. Traditionally, these clubs are sponsored within schools and are youth led. However, in light of our changing world and due to the increasing needs of geographically dispersed military-youth across the globe, Anchored4Life now

provides alternative means of club access. Families and students can utilize the free E-Learning Series at <https://anchored4life.com/e-learning-series/>; topics on this series include positive attitudes, open mindedness, and stress management. The site has short videos which include related activities that families or youth groups can practice and discuss together. Anchored4Life resources including care packs for moving, deployment, reintegration, divorce, grief and welcome kits are available through the School Liaison Office. These kits include resiliency-based activities and resources for K-8th grade students which can be used by families to address these stressful situations of military life. For more information on Anchored4Life contact the School Liaison at 701-723-1447 or mafb.school.liaison@us.af.mil.

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Three FCC Providers Attend 2021 NAFCC Virtual Conference

The 2021 National Association for Family Child Care (NAFCC) Virtual Conference took place on July 9 and 10, 2021. Three FCC Providers from Minot Air Force Base attended: Caroline Barrezueta, Gina Clark-Nelson, and Taylor Rodriguez. These women increased their early childhood knowledge through a variety of workshops such as Music and Movement, Bored with Books? (literacy development), Getting the Most out of your Accreditation, and Supporting Parents of Children on the Spectrum, totaling five and a half hours of adult learning. Barrezueta, Clark-Nelson, and Rodriguez will apply their newfound skills to their respective Family Child Care settings with approximately 18 children benefiting.

As Family Child Care providers at Minot AFB, each woman is licensed to care for six children in her home, with two children each under the age of two years old. Alyssa Kelly, FCC Coordinator, says, "One of the benefits of FCC is this small ratio in a home setting; however, one of the challenges is instituting

a curriculum that effectively develops the skills of each age group present. Conferences like this one expose providers to knowledgeable presenters and topics that address their specific concerns, providing solutions and techniques to scaffold learning."

“

Conferences like this one expose providers to knowledgeable presenters and topics that address their specific concerns, providing solutions and techniques to scaffold learning.

ALYSSA KELLY, MINOT AIR FORCE BASE FAMILY CHILD CARE COORDINATOR

”

It is important to note that in addition to these three providers' conference attendance, all of the 17 active providers affiliated with Minot AFB benefit from NAFCC teachings throughout the year. This is due to the fact that Kelly

often provides training from all six of the in-office NAFCC Accreditation Standards Resource Manuals on the following topics: Relationships, The Environment, Developmental Learning Activities, Health, Professional and Business Practices, and Safety.

"We are required to perform an unannounced monthly home inspection on each FCC provider. After this inspection, we call or visit the provider to perform a 'debrief', or overview, of our inspection and give a training that will benefit each home business. The NAFCC resource manuals are my go-to for these trainings, because of how specifically they address a myriad of topics and offer tips to improve in each area," stated Kelly in regards to the rigorous FCC training and standards.

As one of the largest Family Child Care programs in the Air Force, Minot AFB providers—and their children-in-care—benefit from NAFCC teachings throughout the year and are able to provide a strong foundation for each business and each life affected.

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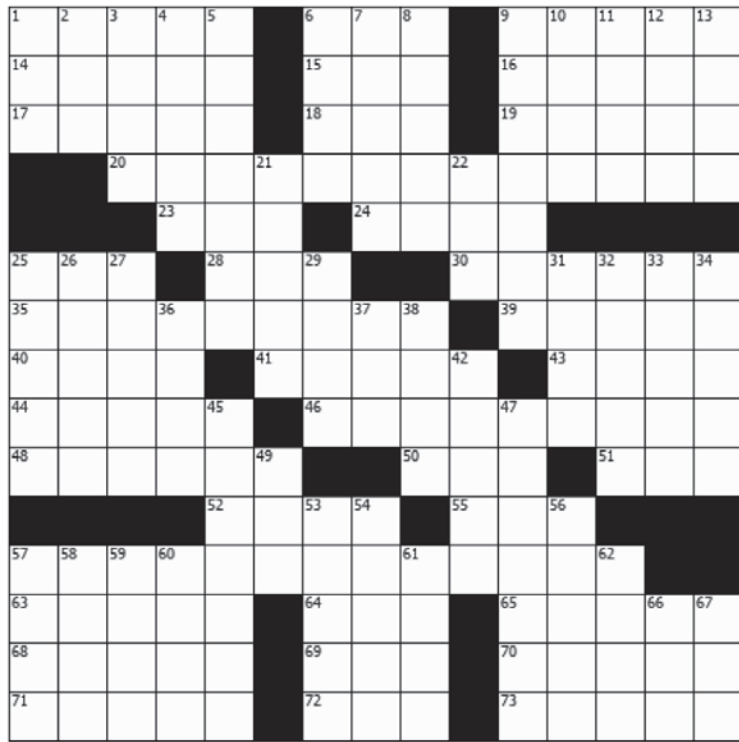
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- 6. Hubbub
- 9. Floating platforms
- 14. Greek marketplace
- 15. Sewn line
- 16. Home of "Nanook of the North"
- 17. Trounce
- 18. Member of the flock
- 19. It may be stranded
- 20. 1982 Sally Field movie
- 23. Japanese high drama
- 24. Hairy beasts
- 25. They may be sought-after in bars
- 28. Lon of Cambodia
- 30. Circus props
- 35. "Good job!"
- 39. January, in Juarez
- 40. Stepped on
- 41. Lip-curling look
- 43. Herr's mate
- 44. Long-legged wader
- 46. Cupboards, e.g.
- 48. Bed-In for Peace participant
- 50. Prepare a hide
- 51. Meeting vote
- 52. Highest point
- 55. "Dear old" one
- 57. Nero Wolfe's legman
- 63. Purple bloom
- 64. Place with centrifuges
- 65. Defying logic
- 68. Liliuokalani's greeting
- 69. Bullfight shout
- 70. Lowest point
- 71. Flower part
- 72. Modus operandi
- 73. Accra is its capital



Down

- 1. "The Paper Chase" subject
- 2. Expression of disgust
- 3. Breakfast area
- 4. "Music Box" star Mueller-Stahl
- 5. Eminem's "Lose Yourself," e.g.
- 6. "Excuse me"
- 7. ___ decimal system
- 8. Alpha's opposite
- 9. Comeback
- 10. Like some wines
- 11. It may be lost at the gym
- 12. British Conservative
- 13. Lone
- 21. Chases away
- 22. Gives a rubber stamp to
- 25. Microchip heavyweight
- 26. Funeral music
- 27. Open disrespect
- 29. Member of "The Mod Squad"
- 31. Skinny, so to speak
- 32. Croce's Brown
- 33. Give and take
- 34. "The March King"
- 36. Paradise lost
- 37. Theatre-funding grp.
- 38. Adventuresome exploit
- 42. Check one's columns again
- 45. Like some ointments
- 47. Chewing like a beaver
- 49. Born, literally
- 53. Incandescent
- 54. Relative of a bandicoot
- 56. Bluesy Washington
- 57. Cry of dismay
- 58. Vex
- 59. Hoof-on-pavement sound
- 60. Sounds of laughter
- 61. Pay heed
- 62. Zip
- 66. Diarist Anaï's
- 67. Notable period

SUDOKU

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

Solution to puzzle on page C6

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CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

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

FRIDAY, JULY 23 • 1900
SATURDAY, JULY 24 • 1900
SUNDAY, JULY 25 • 1900

F9 THE FAST SAGA (PG-13)

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

**REEL TIME
THEATER
MOVIE
SCHEDULE**


**F9
THE FAST SAGA
SUMMER**

CHURCH DIRECTORY

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


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

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

St. Peter The Aleut Eastern Orthodox Church

109 6th St. SE
Minot • 838-3094

Saturday, July 24
 5 PM, No Vespers

Sunday, July 25
 10AM, Congregational Prayer Service


Break Forth BIBLE CHURCH
 Thursdays 7:00pm
 and Sundays 10:30am
1821 W Burdick Expressway
 For More Information:
701.353.9337 | www.bfbc.tv


An Evangelical Free Church
 3500 4th St. SW • 839-5127
 (Just North of Super Wal-Mart)
 Sunday School
 & Fellowship 9:00 a.m.
 Worship 10:30 a.m.
www.trinitychurchminot.org


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

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


Faith United Methodist Church
5900 Highway 83 N, Minot
www.faithumcminot.com
Pastor Ken Mund
701-838-1540

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

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

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

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

Cornerstone Presbyterian Church
1000 NE 3rd Street
852-0315
Sunday Schedule
 Contemporary Worship 9:00am
 Sunday School (All Ages) 10:00am
 Traditional Worship 11:00am

Wednesday Evening Schedule
 Community Dinner 5:30-6:30pm
 Contemporary Worship 6:30pm
 Youth Group & Small Groups.. 7:15pm
All are Welcome!
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 Minot, ND 58701
 701-852-6404
www.oslcmminot.com

Rev. Heath Trampe
Rev. Brian Doel

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


St. Mark's Lutheran Church
Missouri Synod
Sunday Worship
9:30 AM
2209 4th Avenue NW
Minot, ND
839-4663
Reverend Philip Beyersdorf
www.minotstmarks.com
Join us on facebook



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

Sundays:
 Worship..... 10:00 am
 Wednesdays:
 Soup Kitchen 11:30 am
Brian T. Skar, Pastor
www.ibcminot.org

Apostolic Faith Church, UPCI
2929 19th Ave NW • Minot
 Located off Hwy 83 Bypass West
(701) 838-0609

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


Jesse Starr, Pastor

St. John the Apostle Catholic Church

 2600 West Central Ave • Minot, ND 58701
839-7076
 Daily Mass Schedule:

Tuesday 5:15 p.m.
 Wednesday - Friday 7:00 a.m.
 Saturday 5:00 p.m.
 Sunday 8:00 & 10:30 a.m.
Fr. David A. Richter, Pastor
 Parish website: www.stjohnminot.com


First Lutheran Church - ELCA
 120 5th Ave. NW
 852-4853
 Sunday Worship
 9:30 am

www.firstlutheran.tv
 (Live Stream & Recorded)
 Radio Broadcast KRRZ 1390AM
 Sunday 9:30 am
www.flcminot.com
 Pastor Brandy Gerjets • Pastor Ellery Dykeman


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

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

Sunday School 9:45 a.m.
Adult/Children Worship.. 11 a.m.
Family Hour 6:30 p.m.
Evening Worship 7:30 p.m.
Bible Study/Child-Adult
Children Worship (Wed).... 7 p.m.
Prayer (Friday) 7 P.m.

First Assembly of God
1805 2nd St. SE
838-1111

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

First Baptist Church

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

Classic Worship Service 8:30 a.m.
 Adult Sunday School 9:45 a.m.
 Contemporary Worship Service 9:50 a.m.
 Children's Church 9:50 a.m.
 Sunday School (All Ages) 11:00 a.m.
 Contemporary Worship Service 11:05 a.m.
 Wed. AWANA (Sept. to May) 6:30 p.m.
 Fridays, Celebrate Recovery 7:00 p.m.

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


Cross Roads Baptist
Southern Baptist Convention

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

www.minotcrbc.org
email: minotcrbc@gmail.com
Dr. Bob Farmer- Pastor
415 28th Ave SE (Behind Menards)
838-1873


West Minot Church of God
Family Worship Center
1105 16th St. NW • 839-1407

Sunday School 9:30 a.m.
 Sunday Worship 10:30 a.m.
 Children's Church & Nursery
 Wednesday Family Training Hour
 Meal 5:30p.m.
 Classes for All Ages 6:30 p.m.
 Youth Center, Friday 7:00 - 11:00 p.m.
 ABC Child Care Center 852-6352

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facebook.com/westminot

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

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- Christ-centered environment

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


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Aug 13

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SUDOKU SOLUTION

Puzzle on page C4

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

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By email or phone at
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MINOT AFB ANNOUNCEMENTS

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

Embry-Riddle Aeronautical University is the world's pre-eminent university for aviation and aerospace education. However, our dynamic, hands-on programs will prepare you for careers well beyond the limits of the sky. Our Worldwide Campus has been working with U.S. military service members since 1970, helping them to earn a degree while on active duty or as veterans. And we do it at more than 90 military installations around the globe. The Embry-Riddle Minot Campus — located at Minot Air Force Base — offers associate, bachelor's, and master's degrees, as well as undergraduate and graduate certifications, that will help you whether you are an active-duty military service member, a veteran, or a civilian working at or around Minot Air Force Base, Embry-Riddle Worldwide is here to help you earn your college degree. A degree from Embry-Riddle Worldwide will help service members to become commissioned officers, will make veterans more desirable job candidates as they enter the civilian workforce, and will assist civilians with job advancement or career changes. Our modes of instruction are: Online, Eaglevision Home and Eaglevision Classroom. Our next upcoming term is: 2 Aug-3 Oct. For more information, please email: minot@erau.edu call: 701-727-9007 or Teams phone: 904-513-9734.

COLUMBIA COLLEGE

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

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MINOT STATE UNIVERSITY

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

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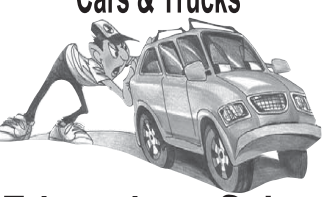
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WHAT'S GOING ON MAFB

FRIDAY 23

- Registration Closes: Epoxy Cutting Board Class at the Arts & Crafts Center
- Registration Closes: Play the Course Backwards at the Rough Rider Golf Course
- 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
- Mystery Price Bowling, 1400-2300, Rough Rider Lanes
- 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

TUESDAY 27

- Moving Out of the Dorms Budget Class, 0900-1100, A&FRC
- Game Day, 1000-1930, Minot AFB Library Facebook Page
- Magic The Gathering Commander Night, 1800, ESC
- Swerk, 1930, Fitness Center

WEDNESDAY 28

- HIIT Strength and Conditioning, 0530, Fitness Center
- Bundles for Babies, 0900-1030, A&FRC
- Pre-Deployment/Remote Readiness Training, 1000-1100, A&FRC, Zoom Meeting
- Story Time, 1030, Minot AFB Storytime Club Facebook Group
- Holiday Spending, 1400-1600, A&FRC
- Swerk, 1730, Fitness Center
- EFMP Kids STEAM Activity – Circuit Bugs, 1830-1930, A&FRC

THURSDAY 29

- Pre-Separation Counseling, 0830-1130, A&FRC, In person and Zoom Meeting
- Moving Out of the Dorms Budget Class, 0900-1100, A&FRC
- Stroller Fitness Bootcamp, 1000, Fitness Center
- 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
- EFMP Adult Ceramics Workshop, 1800, Margie's Art Glass Studio, hosted by A&FRC
- Zumba, 1830, Fitness Center

SATURDAY 24

- Play the Course Backwards, 0900, Rough Rider Lanes
- Counter Strike Global Offensive Tournament, 1200, ESC
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

SUNDAY 25

- Sunday Escapes Book Club, 1330, Minot AFB Library
- Zumba, 1400, Fitness Center

MONDAY 26

- HIIT Strength and Conditioning, 0530, Fitness Center
- Stroller Fitness Bootcamp, 1000, Fitness Center
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Newbery Book Club, 1600, Minot AFB Library
- Epoxy Cutting Board Class, 1800-2000, Arts & Crafts Center
- Yoga, 1830, Fitness Center
- Swerk, 1930, Fitness Center

UPCOMING EVENTS

FRIDAY 30

- Registration Closes: Acrylic Paint Pouring Class at the Arts & Crafts Center
- Registration Closes: Charcuterie Board 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
- 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 31

- Air Force Photo Contest Ends at <https://forcesupport.awardsplatform.com>
- July Photo Scavenger Hunt Ends at Minot AFB Library
- Registration Closes: Backpack Brigade at <https://operationhomefront.org/event/btsb-minot-afb/>
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

ONGOING

- The status and location of Minot Air Force Base events are subject to change due to base restrictions.
- Air Force Photo Contest: Submissions due 31 July <https://forcesupport.awardsplatform.com>
- July Photo Scavenger Hunt: Minot AFB Library – Submission due 1 August. Contact the Minot AFB Library for more information.
- FCC Pre-Orientation: One-on-One Appointments: Family Child Care – Call to schedule an appointment.

JULY SPECIALS

DELIVERY OPTIONS (Hours subject to change)
Bomber Bistro: Monday-Friday 1630-2030

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

The B-Fifty Brew • Blended Iced Mocha
Our rich, full-bodied espresso combined with bittersweet mocha sauce, milk and ice, then topped with sweetened whipped cream. Available in Tall \$4.10, Grande \$4.60, Venti \$5.10

Rockers Bar & Grill • Roadhouse Burger
Seasoned 1/3lbs burger piled high with cheddar cheese, pulled pork, honey bacon, garlic mayo, sautéed jalapeños and onions, and topped with smoky BBQ sauce. Served with fries for only \$10.75!

14 AUGUST 2021 11AM - 6PM
MINOT AFB LIBRARY ESC • THE TURF

VENDOR BOOTHS
DISCUSSION PANELS
COSPLAY CONTEST
SUPERHERO TRAINING
SPECIAL GUESTS
GAMES & PRIZES
AND MORE!



MINOT-A-CON

SPECIAL GUEST STEVE BLUM

SPECIAL GUEST MARY ELIZABETH MCGLYNN

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