

northern sentry

FREE | WWW.NORTHERNSENTRY.COM | VOL. 59 • ISSUE 31 | MINOT AIR FORCE BASE | FRIDAY, JULY 30, 2021

WHAT'S INSIDE THIS WEEK:



AIRMEN OF MINOT

A4



HERE COMES MINOT-A-CON!

A5



READY TO SERVE MAFB CUSTOMERS

B5



MAFB Junior Girl Scouts pose in front of the shoppette at the AAFES Gas Station, where they recently used leftover money from their cookie sales to buy gas for strangers. See page B7 to read about the amazing things these children are doing to help the community!

SUPPLIED PHOTO



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DETAILS ON PAGE B2

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Minot AFB Videos



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Columbia College continues strong commitment to those who serve; launches expanded Military-Affiliated Benefit program

COLUMBIA COLLEGE

As part of Columbia College's continued commitment to the U.S. military community, the college recently expanded its popular Military-Affiliated Benefit program. Beginning this fall, the college is extending its reduced military tuition rate to spouses and dependents of currently serving military members. A new reduced tuition for installation employees, their spouses and dependents at Columbia College-affiliated military installations across the United States will also be available. For more information and frequently asked questions on the program, visit ccis.edu/military/faq.

"Our Columbia College team understands and honors the sacrifice the members of our military and their families make while serving our country," said college Interim President Dr. David Russell. "We believe the expanded Military-Affiliated

Benefit program reflects our commitment to those who serve and provides additional access to quality, affordable education."

In 1973, Columbia College became one of the first colleges in the country with extended venues on military bases. Today it continues to educate current service members, veterans, and military families online and at more than 30 locations across the nation, 19 of which are on military installations.

The college, has been designated as a Purple Heart Institution for its service and sacrifice for the country's men and women in uniform. It is also a fixture on the list of Military Friendly Schools and was recognized once again by the Military Times on the "Best for Vets" list for 2021.

Columbia College offers six sessions lasting eight weeks each, allowing students to complete their degree quickly.

Students can earn an associate degree in 20 months, a bachelor's degree in three-and-a-half years, and a master's degree in only 12 months. The college is very transfer-friendly and also features the Truition® program, which offers a transparent look at the cost of college by eliminating all fees and providing books at no cost.

Founded in 1851 in Columbia, Missouri, Columbia College has helped students advance their lives through higher education for more than 170 years. As a private, nonprofit, liberal arts and sciences institution, the college takes pride in its small classes, experienced faculty and quality educational programs. The college, accredited by the Higher Learning Commission, features more than 30 locations nationwide and offers day, evening and online classes. Columbia College has more than 94,000 alumni worldwide.



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Trinity Health complies with all federal laws and health care standards applicable to health care organizations. These include CDC guidelines and Emergency Temporary Standards (ETS) from the Occupational Safety and Health Administration (OSHA).

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BOMBER TASK FORCE GUAM

B-52H Stratofortresses, assigned to the 69th Expeditionary Bomb Squadron, go through preparations for take-off in support of Talisman Sabre 21 at Andersen Air Force Base, Guam, July 25, 2021. Exercises like Talisman Sabre demonstrate U.S. commitment to the region and a free and open Indo-Pacific.

U.S. AIR FORCE PHOTOS | 1ST LT. RYAN WALSH

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Col. Michael O. Walters

5th Bomb Wing Vice Commander:

Col. Brian D. Vlaun

91st Missile Wing Commander:

Col. Christopher E. Menuey

91st Missile Wing Vice Commander:

Col. Barry E. Little

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SAMMY HAGAR & THE CIRCLE
AUGUST 28
LIVE AT 4 BEARS CASINO & LODGE

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GIVEAWAY AUGUST 27
QUALIFY JULY 1 - AUG 26

Image does not depict actual vehicle being given away, for reference only.

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Good Gardening
ADVICE
by Marvin Baker

Is this 1936 again?

We've had exceptional drought and six days that have hit 100 degrees or more, causing people to wonder if we are reliving the "Dirty '30s." Regardless, your garden plants will suffer when there is drought and intense heat. The best thing you can do is keep them watered because one thing I've learned is that many garden plants will survive up to 130 degrees if they are kept wet. I know this because I purposely experiment with them in my greenhouse, which on hot days, will range between 130 and 140 degrees.

Airmen of Minot



AIRMAN 1ST CLASS PEYTON JONES
HVAC TECHNICIAN FOR 5TH CIVIL ENGINEERING SQUADRON

Airman 1st Class Peyton Jones is a Heating, Ventilation and Air Conditioning Technician for the 5th Civil Engineering Squadron. Originally from Conroe, Texas, Jones became a member of Team Minot in May 2021.

"It [Minot] is very friendly and outdoorsy," Jones said. "They're [his unit] very helpful and they all have my back and are very friendly."

Jones's responsibilities include making sure that the units are up and running, making sure AC is supporting all other units and other specific jobs dealing with



HVAC.

"Providing people with AC in order to have a comfortable work environment and making people happy is good motivation," said Jones.

In his free time Jones works out, runs, and plays video games. He aspires to consistently self improve and look for the best possible way to get to the next level.



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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Here Comes Minot-A-Con!

ABIGAIL KINDER, NORTHERN SENTRY

Join the base library and 5th Force Support Squadron for a fun day for all ages at Minot-A-Con on Aug. 14, 2021. The convention will be held at the Turf (inside the Combined Community Complex off of Missile Ave), Entertainment Social Center (inside Bomber Bistro), and Library (also off Missile Ave) at Minot Air Force Base, N.D., from 11 a.m. to 6 p.m.

Admission to the event is free, and a variety of activities will be held including thrilling games such as a bungee run, iron man, wipeout, human gyroscope, and go karts. Children will also be able to take part in "Superhero Training" from 11 a.m. to 3 p.m., and will have a chance to meet real life superheroes from across the base.

There will also be food and fan vendors of all kinds, as well as break-out sessions, board game demos, trivia games, escape room activities, crafts, fight demos, anime showings and video games at the ESC (adults-only) and library. A 2D fandom art contest will also be held. Ready to hang submissions need to be brought to the Library by Aug. 12. There will be prizes for the winners from different age groups, and winners will be announced at the Cosplay Contest at 6 p.m.

Minot-A-Con will also be holding a cosplay contest from 6 p.m. to 8 p.m. at the Turf. There will be different categories for certain age groups, but it is open to all ages. Registration can be completed beforehand at the library or day-of by 5:40 p.m.

This year's event will be bigger and better than ever and will host two special guest speakers: Mary Elizabeth McGlynn and Steve Blum. McGlynn is an American voice actress, singer, and director known for her

roles in Cowboy Bebop, Lego Marvel's Avengers, Ghost in the Shell, Naruto, the Silent Hill movie and video games, and much more.

Blum is also a voice actor. He is known for his roles as Wolverine in the Marvel television shows, movies, and video games, his voice acting in several Star Wars productions, Naruto, and Cowboy Bebop, and he is the

voice behind Sub-Zero from the Mortal Kombat franchise.

McGlynn and Blum will be holding meet-and-greet sessions at the Turf and break-out sessions at Bomber Bistro and the library throughout the day. Fans can register for a drawing to win a chance to share a meal with them either at the Library or at the CCC on Aug. 15.

Bring out your inner fan and we'll see you at Minot-A-Con!

Are you looking for exciting volunteer opportunities? The library is seeking volunteers to help with the day's events. If interested, please call 701-723-6718.

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NORTH DAKOTA STATE FAIR PARADE



Col. Michael Walters, 5th Bomb Wing Commander, smiles with his wife Carri Walters at the North Dakota State Fair Parade on July 24, 2021.



Col. Christopher Menuey, 91st Missile Wing Commander, also participated in the State Fair Parade with his wife, Tonya Menuey.



On July 24, 2021, the North Dakota State Fair Parade wove its way through downtown Minot and ended at the fairgrounds. The parade included grand floats and attendance from people, businesses, and other various groups from all over North Dakota, including Minot Air Force Base. Pictured here from Left to Right are: Jonathan Menuey, Tonya Menuey, Col. Christopher Menuey, 91st Missile Wing Commander, Keri Sipma, Mayor Shaun Sipma, Carri Walters, and Col. Michael Walters, 5th Bomb Wing Commander.

U.S. AIR FORCE PHOTOS | MINOT AFB PA

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 1 CUP PARMESAN CHEESE, GRATED SALT
 BLACK PEPPER
 4 WHITE FISH STEAKS
 1/2 TEASPOON COARSE SEA SALT
 1/2 TEASPOON BLACK PEPPER

When ready to cook, set temperature to High and preheat, lid closed for 15 minutes. In the meantime, make the pesto: In a blender jar or food processor, combine the basil, parsley, walnuts, orange juice, and orange zest and blend until finely chopped. With the machine running, slowly add the olive oil in a stream until the mixture is emulsified. If it seems too thick, loosen it up by adding a small bit of water - a tablespoon or so. Scrape into a bowl and stir in the Parmesan. Taste for seasoning, adding salt and pepper as needed. Rinse the fish steaks under cold running water and pat dry with paper towels. Brush both sides with olive oil and season with salt and coarsely ground black pepper.

Arrange the fish steaks on the grill grate. Grill for 12 to 15 minutes, turning once with a thin-bladed metal spatula, until the fish is opaque and breaks into chunks when pressed with a fork.

If desired, stick the probe of an instant-read meat thermometer through the side of the fish toward the center: You want a temperature of about 140-145° F. Transfer the steaks to a platter. Drizzle with the prepared pesto and garnish with orange wedges and fresh basil, if desired.

Enjoy!

Ryan Davy - GM
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You Made My Day!!

I have the trip to Minot Air Force Base memorized pretty well. Once off the bypass and headed north on Highway 83, I begin to scan the horizon for B52's or Huey helicopters above the base. Eventually the trees on the skyline give way to the MAFB water towers, air traffic control tower and various other communication towers. Once the highway separates, we move over to the left turn lane, and eventually enter the front gate of the base with the signs that remind us that Minot AFB is the home of the Global Striker. As I weave through the traffic barriers, I find myself in line to show my ID for entrance to the base. Rolling down the window I am greeted today by a young Airman who promptly says, "Welcome to Minot Air Force Base, hope you are having a great day today, sir." I answer back, "Yes, it is a great day." He takes my ID and continues the conversation "Looks like you have been here before, but is there anything I can help you with today?" To which I answer, "Nope, pretty much got that part under control." To which

**northern
sentry**

A VIEW FROM OUR SIDE
ROD WILSON, NORTHERN SENTRY



he answers "Great, and can I please ask you to buckle your seat belt for your safety? You know we want to keep you safe so you can come visit us again." At this point I am so darned impressed that I happily buckle my belt and respond "Thank you, I normally do buckle my belt, but I unbuckled it to get out my wallet to access my military ID." This young man had a contagious attitude, one that would certainly improve your day, no matter what kind of mood you were in, and so I said "Hey thanks for making my day young man. I certainly appreciate you welcoming us visitors to the base." He said, "Thank you- and hope the rest of your day goes well."

In my day I have worked with several companies to improve their "inside the 4-walls" customer service. This young man certainly needed no coaching- he probably should be teaching the course! And as I drove away with my window open, I heard him greet the next vehicle with the same enthusiasm.

Thinking about the experience for the rest of the day, I took every opportunity I had to inform folks on base how great it was to be greeted by this young man. It just confirmed what I already knew, "Only the Best Come North". So, thank you sir, I want you to know... You Made My Day!

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91ST SECURITY FORCES GROUP PHOTOS

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BABY BOY BORN ON TUESDAY, JULY 19, 2021 TO: ABRIELLE DUOOS AND CHRISTOPHER PADLESKI COLUMBUS, ND

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Sentinel Warriors,
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 Jr. Tier Civilian of the Year 2020: Ms. Catalina Miranda-Ortiz (341 MW, Malmstrom AFB)
 Mid-Tier Enlisted of the Year 2020: TSgt Samuel Savoie (20 AF, F. E. Warren AFB)
 As well as, our 20 AF Headquarters Professional Award winners for the 2nd Quarter - 2021:
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 NCO of the Quarter - TSgt Frank Melim (20 AF/A1)
 SNCO of the Quarter - MSgt Adam Davis (20 AF/A3)
 CGO of the Quarter - Capt

Steven Arnold (576 FTS)
 FGO of the Quarter - Maj Jeremy Greever (20 AF/A3)
 CIV CAT II (NON-SUPERVISORY) of the Quarter - Mr. Rojelio Villegas (576 FTS)
 Professional Team of the Quarter - Instrumentation Laboratory (ILAB) (576 FTS)
 Congratulations on a job well done and a special "THANK YOU" to the supervisors who took the time to recognize our star performers!
 v/r
 Michael J. Lutton
 Major General, USAF
 Commander, Twentieth Air Force

 Charles C. Orf
 Chief Master Sergeant, USAF
 Command Chief, Twentieth Air Force



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AUGUST 14TH





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WORD SCRAMBLE

HINT:
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g e n n a d e d e r



AMUR LEOPARD

CREATURE FEATURES

- The coat of the Amur Leopard is pale cream or reddish-yellow, which becomes lighter in the winter. In the summer, their coat hairs are 1 inch long but in the winter they are replaced by 3 inch long hairs. This helps them survive in extremely cold climate conditions.
- They have adapted long legs which enable them to walk on snow with ease.
- Primarily nocturnal, Amur Leopards have night vision which helps them to hunt and get around at night.
- Amur Leopards can jump 10 feet high vertically, 20 feet horizontally and are very good at climbing trees. They are solitary ambush hunters, stalking its prey alone and hiding its kill from predators, often in trees.

Fact File	
Life Span	10 - 15 years
Weight	55 - 105 pounds
Head & Body Length	5 feet
Tail Length	32 - 35 inches
Height to Shoulder	2 - 2.5 feet
Speed	37 mph
Wild Diet	Crows, Rabbits, Hares, Sika Deer, Wild Boar, Badgers, Hares, Musk Deer

upcoming events

aug 7
community centennial celebration

aug 12
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Embracing
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Canine heat stroke: It's real

Patricia Stockdill

It's still summer and upland season is more than a month away.

Yet it's the time of year when folks can enjoy walks with their favorite canine and hunters should be training and conditioning Fido, their favorite four-legged hunting companion.

It's also the time of year when humans and canines alike can get heat stroke.

Yes, heat stroke isn't just a human concern when temperatures stretch into the upper 80s, 90s, and – heaven forbid – hit the century mark.

Heat stroke in dogs is serious, especially with so much increased interest in people getting into the Great Outdoors and dogs are such great companions to share that outdoors experience. Plus, hunters should gradually be increasing the amount of conditioning and training time for their hunting dogs.

It's especially important to ease into training if that dog hasn't been swimming or playing in the Great Outdoors lately. After all, when it's too hot for people to be out it's definitely too hot to train and condition Fido.

Never unleash a couch potato hunting dog without proper conditioning, keeping in mind that letting it become a couch potato in the first place can lead to other health issues.

The best time to be out – regardless of whether it's training and conditioning for hunting or just the sheer joy of being outside – is to try to steal a few early morning minutes even though evening hours may provide more time rather than trying to squeeze it into an early morning rush.

It's important to watch for signs of hyperthermia, the more technical name for heat stroke. It can occur even into the fall months, especially early season hunts – or even walking Fido on those autumn mornings or evenings.

Dogs don't sweat. Instead they pant to help keep their body from becoming overheated. Their body temperature rises when panting isn't enough.

And that can be serious.

Look for heat stroke's telltale signs: A wide tongue, excessive panting, weakness, and increased noise as the dog pants harder and harder, or worse - collapses.

It's critical to cool the dog's internal body temperature if any of those symptoms occur.

However, never use ice or cold water to cool a dog. Instead, get the dog into to a cool, shaded area and, if possible, put a fan on it. That's where a portable, battery-operated dog kennel fan is handy – or even those portable hand-held fans designed for people. Just the air movement alone can help.

If possible, take an initial reading of the dog's temperature with a rectal thermometer. Then try to cool the dog with water - but remember it can't be cold so use only cool tap water. It also helps to place cool towels around the groin area. Another towel could also be placed around the dog's ears.

Continue cooling with cool tap water until additional temperature readings indicate the dog's body temperature is down to 102 degrees.

Offer cool fresh water but don't force the dog to drink. Simply wetting its nose and lips can help. The key is to avoid hyperthermia in the first place by never allowing dogs to overexert in hot weather – it doesn't matter if it's a walk in the park or training for agility or hunting.

Always carry fresh water and keep the dog hydrated, regardless of the time of year and temperature.

It's also a good idea to keep a light towel available should the dog need to be cooled down.

This is North Dakota - hot weather can occur in November and blizzards in October. Be prepared.

Hunting dogs live to hunt. They will hunt until they physically can't.

It's up to the human in control to ensure their Hunting Maniac remains safe and healthy and even if Fido doesn't hunt, it's still equally important to avoid heat stroke.

Be careful in hot, humid weather.

In addition, it's natural for many dogs to run to a lake, river, or wetland when they're warm to cool off and play in the water. This summer's drought conditions could spell the increased potential for blue-green algae, which can be deadly within minutes for dogs. Always make certain whatever body of water people and dogs splash in is safe.

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MINOT AFB FITNESS PROGRAMS: MEET THE INSTRUCTOR

My name is Donita Theiler and I am a yoga instructor at the Fitness Center. My husband and I are transplants from Nebraska. Rob was stationed in Minot for 5 years and when it was time for him to retire, we chose to make Minot our home. Our daughter, Chelsea is an Occupational Therapist in Dickinson, ND. I have an MSW and am a Victim Advocate with the SAPR Office. I have been working with victims of crime for 25 years.

I started attending yoga about three years ago at a local studio after my chiropractor suggested that I might benefit from the classes. I really enjoyed it and found myself attending 3 or 4 classes a week. I also found that I didn't need to see the chiropractor as often and that my hip and back felt better. My favorite type of

classes are power flow and hot yoga.

I completed my RYT 200 Teacher Training in May 2020 during the pandemic. I found that yoga became a staple for self-care during this time. After each class I feel like I have done something good for my mind, body and spirit. I am currently enrolled in a trauma informed yoga certification class. I began teaching classes in May. I teach a vinyasa flow class for all levels. We will bend and twist and flow from one pose to another.

My favorite quote is:

"Yoga is not about self improvement, it's about self acceptance." -Gurmukh Kaufman Khalsa

Join me on Mondays and Wednesdays at 6:30!



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LT. COL. HILL PROMOTION CEREMONY

Lieutenant Colonel Matthew Hill was promoted to Colonel on July 19, 2021, at Minot Air Force Base, North Dakota. Lt. Col Hill worked as a Judge Advocate at the Minot AFB legal office.

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



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36-MO./30K-MI. LEASE

Stock #SN008. Lease end value \$21945. \$4,000 and first payment due at signing. ND tax, title and other fees included. No security deposit. See dealer for details. Offer expires 7/31/2021.



2021 SUBARU FORESTER PREMIUM

\$243/MO.

36-MO./30K-MI. LEASE

Stock #SM481. Lease end value \$19,407. \$5,000 and first payment due at signing. ND tax, title and other fees included. No security deposit. See dealer for details. Offer expires 7/31/2021.



2021 SUBARU CROSTREK BASE

\$212/MO.

36-MO./30K-MI. LEASE

Stock #SM491. Lease end value \$16,701. \$5,000 and first payment due at signing. ND tax, title and other fees included. No security deposit. See dealer for details. Offer expires 7/31/2021.



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NOTES ON BEING SAFE

No Matter How Far the Trip, Always Check Your Vehicle



ROD KRAUSE
5TH BOMB WING SAFETY & OCCUPATIONAL HEALTH MANAGER



Growing up, my father always taught me the importance of conducting a thorough safety check on your vehicle prior to a trip (long or short). He taught me to check all the fluids, lights, tire pressures, brakes, and the condition of all belts and hoses. Maybe this is why I have been blessed with not breaking down on the road in 40 plus years of driving.

Last summer while I was traveling with my family on another "Adventure Club" road trip we drove pretty much during the day, and making frequent stops "sight seeing" along the way, looking for old cars and trucks. We used all the safety rules that we stress to others: We got plenty of sleep the night prior to traveling and I as the primary driver was ready to take a break if I needed to, even if this delayed our return home and increased the cost of the trip. We left my headlights on to increase my visibility to other motorists, and wore comfortable clothes to keep the temperature in the car a little cool, but still comfortable.

As we were traveling from state to state I took notice of the changes in road signs, road surfaces and the occasional appearance of emergency vehicles. On one trip traveling through Nebraska I saw a car in the ditch that had evidently rolled over. The state patrol was already on site. I wondered what had happened? Was it rain? Did another driver cut them off? Were they drinking and driving? Did they just push it too far?

Thinking about what might have caused their accident prompted me to think about how I was driving. Was my speed too fast for conditions? Did I need to adjust my driving? If you can identify the cause of the accident you can adjust your driving and avoid the same fate.

We also noticed other signs along the road and considered what we could learn from them. These signs told a sad story but did not present the details of what may have happened. As we traveled a mere 700 miles, we saw scores of crosses and wreathes on the side of the road, memorials to people that lost their life on that particular spot on that stretch of road. What happened? Who were they? Where were they headed? The crosses and wreathes provided no answers, but caused me to do some thinking. Were they military PCSing or going home to see family? Were they on the road as a means to make a buck? Were they moving to a new place to find a better way of life? Were they on a family vacation trip? At one place there was a group of seven crosses in one place, was this a whole family that was lost? Discussing this with my wife, we came up with no real answers, only a lesson learned, traveling on the road is serious business, and lives can be lost.

Be prepared when you head out on the roadways of America, do the "Vehicle Check," plan for emergencies and delays, look for visual indicators of problem areas and come home safely. Don't make someone put up a cross for you.



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nsccu.com



Upcoming Events

30 JULY THE FRUIT TRUCK IN MINOT, ND
6:00 PM - 7:30 PM
U-Haul
#1 20th Ave SE, Minot

Reserve your fruit today at www.myfruittruck.com
Walk ups are welcome but are limited. We take cash or check at the truck.
GA Peaches
25 lbs for \$45
12.5 lbs for \$30
Washington Dark Cherries
20 lbs for \$55
10 lbs for \$35
Washington Nectarines
9-10 lbs for \$30



For more information:
Facebook Event /The Fruit Truck in Minot, ND / U-Haul

31 JULY SCHEELS 3D ARCHERY SHOOT
8:00 AM - 4:00 PM
Souris Valley Bowmen Club
6705 County Rd 12 W, Minot

SCHEELS and the Souris Valley Bowmen invite you to shoot one of the best courses in North Dakota on July 31st and August 1st at the SCHEELS 3D Archery Shoot. There will be 25 Targets on both the upper and lower range. Plus, try the 100 Yard Shot for a chance to win the target!
a. Family : \$40 (Second Round - \$10)
b. Adult: \$20 (Second Round - \$5)
c. Young Adult: (12-17) \$10 (Second Round - Free)
d. Youth (11 and Under) \$5 (Second Round - Free)
100 Yard Shot - \$5 for one arrow, \$10 for three arrows *All payments taken at the event.



For more information:
Facebook Event / Souris Valley Bowmen / Scheels (Minot, ND)

5 AUG LUAU AT THE POOL
8:30 PM - 10:30 PM
Roosevelt Park Pool
1215 E Burdick Expy, Minot

Minot Parks will be hosting a Back to School Luau at Roosevelt Park Pool!

Music - Swimming - Fun! After hours!

- This event is for students in 5th - 12th grade ONLY (ages 12 - 18).
- Chaperones will be present
- August 5th / After hours from 8:30pm - 10:30pm.
- Admission: \$5



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

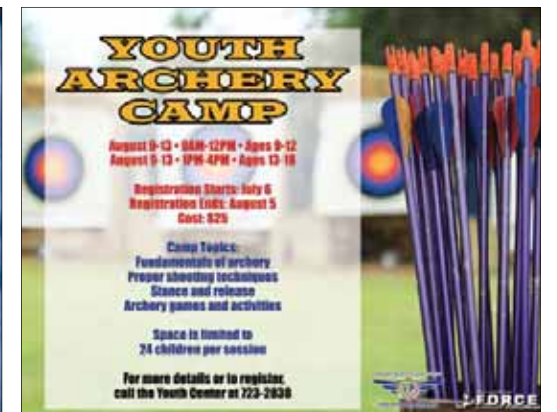
6 AUG FAMILY SNORE N ROAR
6:00 PM - 9:00 AM
Downtown Minot
Main Street, Minot

Join us for an overnight zoo adventure that's fun for the whole family!
Time: 6pm - 9am (tent set-up can begin at 5pm), Date: August 6, Ages: all ages welcome, Cost: \$45 for ages 4 and older / 3 years and younger free (please email nicole@minotparks.com if you are bringing a child 3 and younger), Please email nicole@minotparks.com with questions. To register: Add the item to your cart, Sign in or create your family account (each family member attending will need to be added to the household account), Select all those attending the event, Check-out and pay to secure your registration. See you there!!



For more information:
Facebook Event / <https://rpzoo.com/family-snore-n-roar/>

On Base



For more information visit: www.5thforcesupport.com

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Hwy 83 Lawn, Leisure & Tools Ready To Serve MAFB Customers

ROD WILSON, NORTHERN SENTRY

Russ Gohl is a familiar face on Minot Air Force Base, his company Base Utilities Inc., a company based out of Minot, was awarded a 50-year contract for the ownership, operation and maintenance of the water and wastewater utility systems at Minot & Grand Forks Air Force Bases and Cavalier Air Force Station, Cavalier, ND.

But according to Russ, his tenure managing Base Utilities is soon to come to an end, and a new chapter, Highway 83 Lawn, Leisure and Tools will soon occupy a majority of his time.

"It started as a place for storing boats, and it just kind of grew from there" said Russ, and now with 9,000 square feet of retail space, 3,000 square feet of shop and 4,000 square feet of warehouse, Hwy 83 Lawn & Leisure is open for business, and ready to serve customers headed to the lake are around Garrison/Sakakawea, Lake Audubon and beyond.

"We have a complete line of bait

and tackle, Green Mountain Grills, Toro mowers and T & E Tools" continues Gohl, "we have a full line of automotive chemicals, oils, batteries," and many other surplus items.



Russ Gohl
Owner

Hwy 83 Lawn, Leisure & Tools is located along U.S. Highway 83 near the Six Mile Corner east of Garrison. The store is 9,000

square feet, the welding shop next door to the store is 3,200 square feet, and there's 4,000 square feet of warehouse.

"There's quite an assortment of shop tools and hand tools and we have a full-time small engine mechanic on staff," Gohl said. Darryl Revier, of Coleharbor, is general manager.

Of the surplus merchandise, he said, "A lot of it is brand spanking new."

Gohl said the store will also be a Yamaha golf cart dealer once inventory arrives.

There are four full-time employees and it's been a bit of a "learn as you go" experience says Gohl "right now I think we are more of a farm & ranch type of store, but we'll carry what the customers around here want and need."

Hwy 83 Lawn, Leisure & Tools is open from 5:30 in the morning until 5:00 at night Monday through Friday and 5:30 a.m. to noon on Saturday.



Large inventory of tools.



Toro Mowers- Sales & Service.



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Highway 83 Lawn, Leisure & Tools located on corner of Highway 83 & 37.

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YOUTH IN ACTION

The Air Force Photo Contest

Military families have a unique perspective which is often visible in their art. The Air Force Photo contest opened up for entries on 1 July 2021, with the theme of "What a Wonderful World." The date for submissions has been extended from 31 July to now ending on 13 Aug providing for a 2-week extension. The contest features and celebrates photography created by Airmen, military members and their families. Open to authorized patrons of Morale, Welfare and Recreation (MWR) programs. Categories include: Adult Novice, Adult Accomplished and Youth 6-9, 9-12, and 13-17 years old.



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



Prizes, which are Amazon gift cards, will be awarded to the top three winners in each category: first place \$500 Amazon gift card, second place \$400 Amazon gift card, and third place \$200

Amazon gift card. Everyone who enters may submit up to two pieces of photography. To register and submit entries go to: <https://forcesupport.awardsplatform.com>



NOTICE

All Minot AFB students attending Magic City Campus, Central Campus and Souris River Campus must contact the Transportation Department at 701-857-4451 to setup school bus transportation for the 2021-2022 academic school year. Please contact Transportation Department no later than August 17, 2021 to ensure your child has school bus transportation to their respective school.



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- 
GRAB A BITE
- 
HIT THE GYM
- 
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2021-2022 MPS CALENDAR



August 2021							6 days
S	M	T	W	T	F	S	
1	2	3	4	5	6	7	
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30	31					

IMPORTANT UPCOMING DATES

August 24

First Day of School

September 6

Labor Day - No School

September 7

Prof. Devel. Day

No School for Students

September 2021							20 days
S	M	T	W	T	F	S	
			1	2	3	4	
5	6	7	8	9	10	11	
12	13	14	15	16	17	18	
19	20	21	22	23	24	25	
26	27	28	29	30			

- PD Days - contracted days
- Vacation Days - not contracted day
- Holidays
- Early Release Days - 1:15pm
- Parent/Teacher Comp Days

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Local Girl Scouts Perform Random Acts of Kindness

ABIGAIL KINDER,
NORTHERN SENTRY

In early 2021, Girl Scout Junior Troop 10284 at Minot Air Force Base, N.D., sold over 3,000 boxes of cookies. Some of the money went towards a camping trip to Turtle River State Park in June, where the girls had a chance to swim in the river, geocache, and build strong relationships through a weekend of outdoor activity. However, the troop still had nearly \$850 to spare after their trip and decided to use it for a good cause.

According to Lucy Vest, mother of one of the scouts, the troop held a brainstorming session earlier in the year to identify ways to give back to the community. They decided upon two acts of kindness: gift card giveaways and paying for strangers' gas. 15 lucky recipients were approached by the girls at the base gas station on July 25, 2021 and received the gift of a free tank of gas.

Acts of kindness such as those performed by these Girl Scouts are one reason why Team Minot is so strong and close-knit. Thank you to Troop 10284 for paying it forward and making the community a better place!



Using the leftover money from selling their cookies, Girl Scout Junior Troop 10284 performed random acts of kindness by purchasing gas for strangers at Minot Air Force Base, N.D.

SUPPLIED PHOTOS

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Local Cravings Restaurant Guide

Applebee's Grill & Bar

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

Bone's BBQ Steakhouse & Grill

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

Badlands Restaurant & Bar

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

28 Tastes & Taps

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

Mi Mexico

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

Pink's Bar & Grill

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

Culver's Restaurant

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

Prairie Sky Breads

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

Dakota Burger Company

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

The Starving Rooster

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

Primo Restaurant

1505 N Broadway, Minot, ND 58703
Phone: 701.838.7746
www.primominot.com

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Tuesday: 9:00am – 6:00pm
Wednesday: 7:30am – 6:00pm
Thursday: 7:30am – 6:00pm
Friday: 7:30am – 4:30pm
Saturday: 2 a month by appt
Sunday: Closed

(701) 852-2800

VA announces new options to help Veterans avoid foreclosure

U.S. DEPARTMENT OF VETERANS AFFAIRS

WASHINGTON — The Department of Veterans Affairs is offering a new COVID-19 Refund Modification option to assist Veterans who require a significant reduction in their monthly mortgage payments because of the COVID-19 pandemic.

In some cases, Veterans can receive a 20% payment reduction — in others, the reduction can be even larger.

This new option is part of the of Biden-Harris administration's expanded, government-wide effort to help homeowners retain their homes as they weather the economic challenges resulting from the ongoing pandemic.

Under the COVID-19 Refund Modification, VA can purchase

a Veteran's past due payments and amounts of unpaid principal, depending on how much assistance is necessary, subject to certain limits. Loan servicers also modify the loan. These efforts help ensure that the Veteran can afford future mortgage payments.

"The COVID-19 Refund Modification provides Veterans a lasting and affordable solution to keeping their homes and avoiding foreclosure," said VA Secretary Denis McDonough. "As our country recovers and rebuilds from the economic devastation brought on by the pandemic, VA and the Biden-Harris administration continue to make every effort to help Veterans keep a roof over their

head as they get back on their feet."

Like with VA's COVID-19 partial claim option, the Veteran's deferred indebtedness from a COVID-19 Refund Modification will be established as a junior lien. The junior lien will not accrue interest; and will only become due when the property is sold, the guaranteed loan is paid off, or the guaranteed loan is refinanced.

Veterans can get a COVID-related forbearance through Sept. 30, 2021.

To learn more about this new option visit VA's Home Loan Program or call 877-827-3702.

SUMMER SERIES
FIRST FRIDAY 5Ks
FREE AT THE MCADDD FITNESS CENTER DESIGNATED 5K ROUTE
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723-2145

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CALLING ALL SPORTS FANS WEAR YOUR PLAYER'S JERSEY OR TEAM GEAR FOR EACH 5K FUN RUN
MAY 7TH: KICK IT DOWNFIELD WITH US FOR OUR SOCCER SPRINT
JUNE 4TH: BATTER UP AND SLIDE INTO HOME BASE IN A BASEBALL BOLT
JULY 9TH: HOOP THERE IT IS! DON'T MISS YOUR SHOT AT THE BASKETBALL BLITZ
AUGUST 6TH: GET OFF THE SIDELINES AND INTO THE ENDZONE IN A FOOTBALL FLASH
SEPTEMBER 3RD: HIT THE ICE WITH THIS HOCKEY RINK RACE

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: Oak Park Shelter #7, Minot, ND
Register: AFSP.ORG/MINOT
Questions?: Twyla or Cellest Hofer (701)720-1144/(701)720-5064, minototd@gmail.com
This event is hosted by Dakota's Chapter

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Get To Know Your MHO
HEAT allows Service Members to get information about on and off base Family Housing and to begin the process of applying for Military Family Housing and Privatized Family Housing.
Website: <https://www.homes.mil/heat>
Military Housing Office (MHO) Process:
• The MHO sends a welcome-mail this to every eligible person on the inbound list arriving within the next 3 months and anyone requesting on or off base housing information. This e-mail included the link to the HEAT website <https://www.homes.mil/heat>. This website gives the military member the option to choose the type of housing they are interested in.
• When the members replies with their choice of either on or off base housing, the MHO e-mails them information on privatized housing (on base) or community housing (off base).
• If they choose on base privatized housing, we forward the contact information the member provided to Minot AFB Homes (BBC), so contact can be made with the member.
• If they choose off base community housing, we send them the link to <https://www.homes.mil/homes>. HOMES.mil is a publicly accessible Department of Defense (DoD) website and is designed to connect Service members and their Families with community housing rental listings located near U.S. military bases. The MHO inspects properties found on this website to insure they are suitability based on environmental, health, and safety considerations. At this time there are no off-limit or restricted areas in the City of Minot for military members to rent or buy. We also provide them with a listing of all the property management companies and private owners in the local area. In addition, the MHO provides members with the North Dakota Landlord Tenant Handbook, so members can be informed about their rights when they rent in the local community. The MHO is here to rendered assistance as a mediator of landlord/tenant disputes.
www.homes.mil/HEAT
Visit us online or scan the QR Code with your phone!

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NODAK ARMS

OUTDOOR

REPORT

OUTDOOR NOTES:

PATRICIA STOCKDILL

Lake Sakakawea elevation, July 26: 1,835.25 feet above mean sea level (MSL); 22,200 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,447.6 feet above mean sea level (MSL).

Stump Lake elevation: 1,447.57 MSL.

•N.D. Game & Fish Dept. game wardens: Better walleye success on Lake Sakakawea is around the midsection from Pouch Point working west with generally fair to good success in the Van Hook Arm. Fair success across some area north-central lakes but they're getting weedy and beware of the potential for blue-green algae. No reports from Devils Lake.

•Devils Lake, Ed's Bait Shop, Devils Lake: Continued fair for walleye. Try spinners and nightcrawlers in 19 to 20 feet.

•Devils Lake, Woodland Resort, Devils Lake: Good numbers of small walleye using spinners and bottom bouncers. Work deeper water for larger fish. Try along any of the bridges in the evening vertical jigging or Lindy rigs for walleye.

•Lake Darling, Karma C-Store, Ruthville: Hot weather slowing angler numbers but those going to Lake Darling continue finding some walleye around Grano.

•Lake Metigoshe, Four Seasons, Bottineau: Good numbers of small bluegill but sort through for any keepers. Occasional walleye.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Fair to good walleye success on the east end with better activity in the morning due to hot weather. Lots of small fish so sort through for any keepers. Continue working points using a variety of presentations with nightcrawlers. Leech season is over. No reports from Lake Audubon.

•Lake Sakakawea, Indian Hills Resort, Garrison: Fair to good for walleye. Move around working the humps in 15 to 25 feet with nightcrawlers with leeches, if available, for walleye.

•Lake Sakakawea, New Town: Fair to good for walleye around the bridge at New Town as well as Van Hook Arm. Work deeper in 12 to 20 feet.

•Lake Sakakawea, Van Hook Bait & Tackle, New Town: Continued fair to good for walleye with nice numbers of eater-sized fish. Try 15 to 30 feet

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

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

•July 31: Club de Skinatique water ski show, 5 p.m., Fort Stevenson State Park, Garrison, with live music following show and lighted boat parade, 9:30 p.m. \$7 daily park admission or annual pass needed.

•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.

•Aug. 4: Pronghorn applications due. Go to the N.D. Game & Fish Dept., (gf.nd.gov), for applications and information.

•Aug. 4: Wild Outdoor Women registration opens with activities at Lake Metigoshe State Park Sept. 10 -12. Go to the N.D. Parks & Recreation Dept. website, (parkrec.nd.gov) for information.

•Aug. 8 – 12: Devils Lake Kids Fishing Camp. Contact Devils Lake Park Board, (dlparkboard@gondtc.com) or telephone (701) 662-8243 or details and registration.

TOURNAMENTS:

•July 30 & 31: Devils Lake, Woodland Resort.

•July 31: New Johns Lake.

•Aug. 7 & 8: Lake Sakakawea, Fort Stevenson State Park.

•Aug. 7: Lake Sakakawea, Van Hook Arm; Lake Sakakawea, White Earth Bay; Devils Lake, Minnewaukan.

around Pouch Point or Flag Flats with nightcrawlers or leeches.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace continues producing catfish in the spillway channel and tailrace itself. Good numbers of small walleye from the spillway channel. Bigger walleye coming at night in the chutes using 3-way swivels. Overall success is inconsistent, however. East end of Lake Sakakawea inconsistent for walleye with depths varying from 5 to 35 feet. Try jigging Raps in deeper water or nightcrawlers in the shallows. Better success is west around Douglas Bay along the north shore or Silo Bay and 3 bays west on the south shore. A few salmon coming from Government Bay to Deadman's Bay in 50 to 80 feet over deeper water. Try flashers with squids or herring. Not many salmon anglers, however, but generally they're getting a few fish with most in the 5-pound range. Some up to 13 pounds.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Lake Sakakawea continues producing walleye throughout much of the west end from Lewis & Clark State Park to the east. Locate structure using slow death rigs or spinners and nightcrawlers. Yellowstone and Missouri rivers starting to see some walleye success, as well, with continued catfish activity. Not much activity on small area lakes although Kota-Ray Dam still producing some panfish.

•Lonetree WMA area lakes, Harvey: Continued walleye success across area lakes.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Not much activity on the Souris River or area lakes.

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.

Department of the Air Force approves special leave accrual for fiscal year 2021

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

WASHINGTON (AFNS) -- Air Force and Space Force members performing active service, and Reserve and Guard Airmen on Title 10 or Title 32 orders, can now accrue up to 120 days of annual leave for fiscal year 2021 instead of the typical 60 days of leave.

Department of the Air Force recognizes the importance to provide opportunities for its service members to use their earned leave in the year it was earned and provide respite from the work environment," said Acting Secretary of the Air Force John Roth in a memo.



Rest and recuperation are vital to morale, unit and personal performance, and overall motivation for Airmen and Guardians

ACTING SECRETARY OF THE AIR FORCE JOHN ROTH



Members will automatically be approved for the special leave accrual and can carry over use or lose leave earned

Oct. 1, 2020 through Sept. 30, 2021 until Sept. 30, 2024.

This update comes as many Airmen and Guardians have been unable to use their existing leave balances due to travel restrictions and the COVID-19 pandemic.

"Rest and recuperation are vital to morale, unit and personal performance, and overall motivation for Airmen and Guardians. The

More detailed instructions are forthcoming, but leave accountability is based on a last-in, first-out system, so members are urged to plan and use leave accordingly. In addition, commanders are encouraged to provide service members opportunities to take leave in the year it is earned.

For more information, see the Department of the Air Force Guidance on Special Leave Accrual Related to Coronavirus Disease 2019 for Fiscal Year 2021 memorandum.

A LOOK BACK

THIS WEEK IN USAF HISTORY

AIR FORCE DAY PROCLAMATION SIGNED BY TRUMAN

AUGUST 1, 1947



President Truman signs the Presidential Proclamation designating August 1, 1946 as Air Force Day. With him are Gen. Carl A. Spaatz, Commanding General of the Army Air Forces, and Lt. Gen. Ira C. Eaker, Deputy Commander of the AAF. (USAF Photo)

On August 1, 1947, President Truman signed a proclamation observing the first Air Force Day, which celebrated military airpower in the aftermath of World War II. At the time, the Army Air Forces were in charge of the nation's airpower, and the United States was beginning to understand the true potential of military air endeavours. The USAF would branch into its own service nearly one month later. Truman addressed the nation after proclaiming the first Air Force Day, saying "I remind all of our citizens that the air power of the nation is essential

to the preservation of our liberty, and that the continued development of the science of air transportation is vital to the trade and commerce of a peaceful world." The last official AFD was observed on August 1, 1949.

Information courtesy of: afd.defense.gov / militarybenefits.info /

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Provider of the Month Feature

AUGUST 2021

SAMANTHA WALKER

FCC provides valuable in-home child care services to support the families of Minot AFB

What do you enjoy most about being an FCC Provider?

I love both knowing that I am truly helping military parents as well as being able to provide a constant second home for kids while they may not be able to be with their families.

What are your interests/hobbies?

I have a large range of interest and hobbies from sports to video games to science and reading! My husband jokes I have the taste of a child when it comes to my game choices and food.

What advice do you have for new providers/those interested in being FCC Providers?

My biggest advice to new providers is to find your niche.



Be it full time, extended care, etc and find your people to help you flourish! Having one close FCC buddy can make a

world of a difference. For those interested; don't let the all the rules overwhelm you! Most of the items are common sense ;)

EVERYDAY HAPPY HOUR • 3PM – 6PM
 \$2 off All Apps
 \$3 House Wine & Domestic Pints
 Bavarian Pretzels with Beer Cheese Sauce
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 \$5 Moscow Mule
 \$6 Specialty Cocktails, Martinis & 22oz ND Breweries Taps
 ½ Flat Bread Pizza

DAILY SPECIALS
 Monday \$5 Moscow Mules (all day)
 Tuesday \$4 ND breweries (all day)
 Wednesday ½ Price Wine by the glass/bottle (all day)
 Thursday \$1 up for all Tall Taps (all day)
 Sunday BRUNCH (11am-2pm)
 \$7 TSR Bloody Mary & Caesars
 \$12 Bottomless Mimosas
 \$6 Breakfast Shots

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 Tuesday Sandwich Pack
 Wednesday Chef Creation*
 Thursday Pasta Pack
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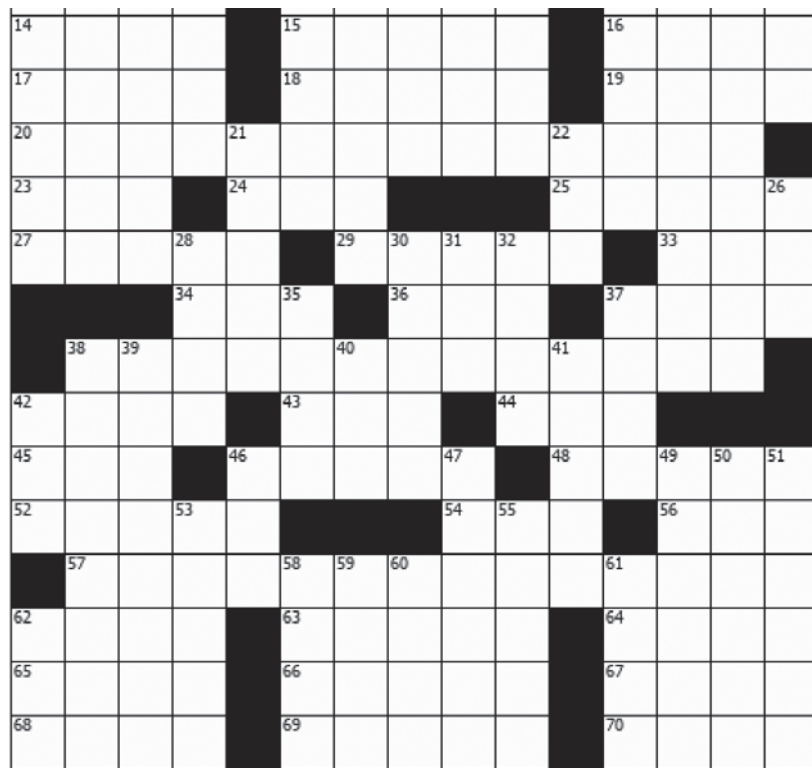
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CROSSWORD PUZZLE

- 4. Gambling word
- 5. Twangy, as a voice
- 10. Fly trap?
- 14. Croc's home, maybe
- 15. Playground marble
- 16. Nabisco nibble
- 17. Fail to include
- 18. Mortise connection
- 19. Three, in a casino
- 20. Funny dynamic duo
- 23. Football's Parseghian
- 24. Timeworn
- 25. Hindu disciplines
- 27. 1987 U.S. Open tennis champ
- 29. Conscientious
- 33. In the past
- 34. Item in a lock
- 36. The Crossed Harpoons, in "Moby Dick"
- 37. Bouillabaisse, e.g.
- 38. Magical dynamic duo
- 42. Highland hillside
- 43. Service charge
- 44. Go a-courting
- 45. For each
- 46. Make recompense
- 48. Shiver-inducing
- 52. Oversentimental
- 54. China's Zhou En-___
- 56. Lonely number
- 57. Smoky dynamic duo
- 62. Kind of putter
- 63. Afghanistan's Karzai
- 64. Dubai VIP
- 65. It's pitched
- 66. Good-night girl of song
- 67. Surrealist painter Magritte
- 68. Mosquitoes, to dragonflies
- 69. Gigli, e.g.
- 70. Beat by a nose

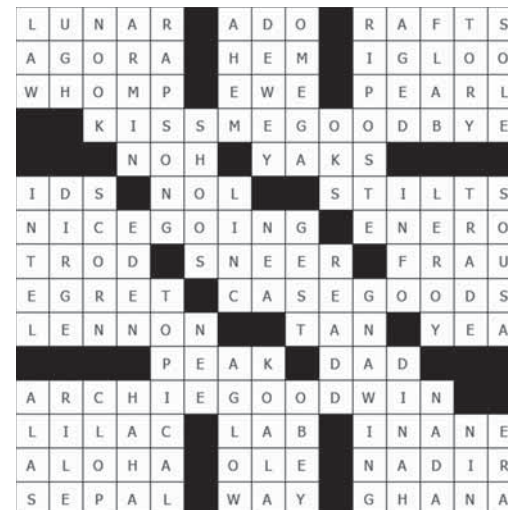


Down

- 1. Without scruples
- 2. Words before Mr. Nice Guy
- 3. Formosa, now
- 4. James of the blues
- 5. Dealing with delivery
- 6. To-do list
- 7. Beach, basically
- 8. It's smashed in a lab
- 9. Songstress Horne
- 10. "All for one and one for all," e.g.
- 11. Hose down
- 12. Adolescent
- 13. Whirligig, e.g.
- 21. Pitcher Ryan
- 22. Corned beef holder, sometimes
- 26. Piglet's mother
- 28. Ready to serve
- 30. Extend
- 31. Aardvark tidbit
- 32. Was familiar with
- 35. Castaway's creation
- 37. Blackthorn fruit
- 38. One familiar with the Gospel
- 39. Walkman part
- 40. Classic prefix
- 41. Reasoning
- 42. Modem speed
- 46. Buccaneer's affirmative
- 47. Climatic phenomenon
- 49. Was imminent
- 50. It consists of a top and a bottom
- 51. Standard accreditation
- 53. Small-minded
- 55. Scotland's only poisonous snake
- 58. Restaurant check
- 59. Meadow denizen
- 60. An ending to grace
- 61. Sondheim's "I'm Still ___"
- 62. Indy 500 logo

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.



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		

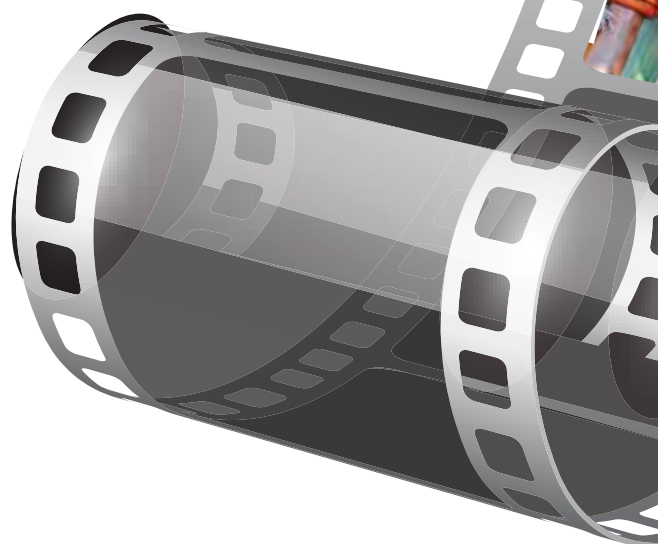
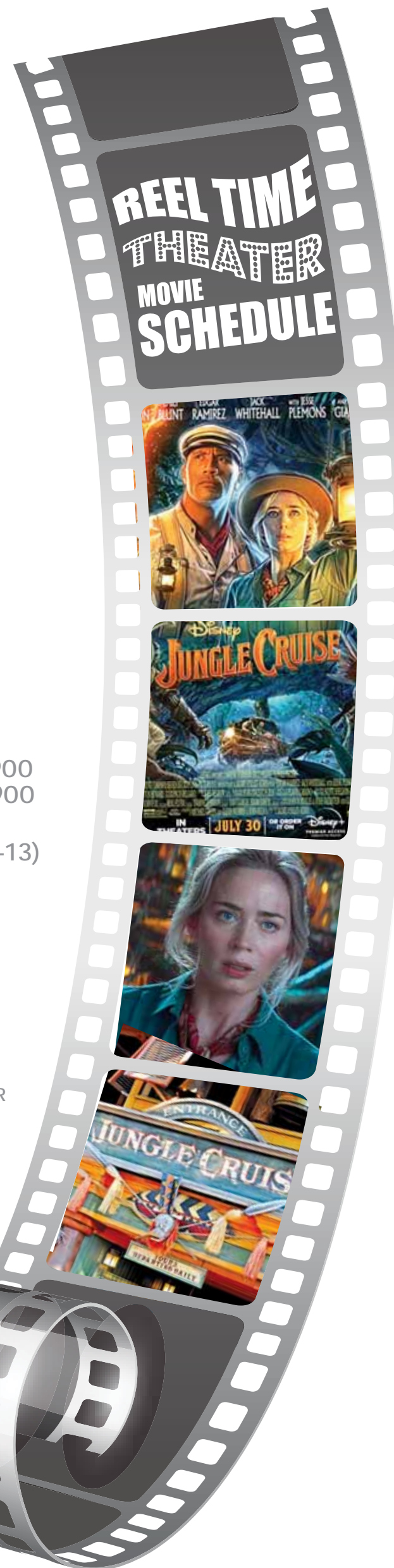
Solution to puzzle on page C6



FRIDAY, JULY 30 • 1900
 SATURDAY, JULY 31 • 1900
 SUNDAY, AUGUST 1 • 1900

JUNGLE CRUISE (PG-13)
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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.


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
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Saturday, July 31
 5 PM, No Vespers

Sunday, Aug 1
 10AM, Congregational Prayer Service


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

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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.

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 Morning Worship 11:00 a.m.
 Evening Worship 6:00 p.m.
 Wednesday Evening 7:00 p.m.

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 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
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 Sunday School Age 4 - Grade 12, 9:30 am (Sept-May)
 Adult Bible Study 9:30 am


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

Jesse Starr, Pastor


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 Daily Mass Schedule:

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 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


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Church: 701-838-4492
Home: 701-838-5759
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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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LOOKING FOR A FOUR DOOR, FOUR WHEEL DRIVE TO RENT from someone who could use some extra spending money in their pocket instead of putting it in a car rental place. October 9 through 13th. Will provide insurance and a full tank upon return. My two sons and I are meeting some friends to duck hunt. Call 615-804-0152 or email jdmooody318@gmail.com

Aug. 13

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RENTALS

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

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THREE BED, 1 3/4 BATH HOME IN DEERING - 15 min to MAFB. Built 2012. All-electric - last winter highest usage \$170. Galley kitchen w/lots of storage & counter space. Upstairs master with walk-in closet. Radiant floor heat. Spacious 19' x 39', 2-car garage. Sits on 25' lot on Main St - no mowing! Call 701-728-6411

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IMMEDIATE FULL AND PART TIME OPENINGS

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

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SUDOKU SOLUTION

Puzzle on page C4

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

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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WHAT'S GOING ON MAFB

FRIDAY 30

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

- 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

SUNDAY 01

- Zumba, 1400, Fitness Center

MONDAY 02

- Registration Opens: Indoor Flag Football at the Youth Center
- Senior TAP GPS Workshop, 0730-1600, In person at A&FRC, online Zoom Meeting
- Stroller Fitness Bootcamp, 1000, Fitness Center
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Acrylic Paint Pouring Class, 1800-2000, Arts & Crafts
- Yoga, 1830, Fitness Center

TUESDAY 03

- Registration Opens: Acrylic Paint Pouring at Arts & Crafts
- Senior TAP (VA), 0800-1600, A&FRC
- Paintball 103, 0900-1200, Youth Center
- Game Day, 1000-1930, Minot AFB Library Facebook Page
- EFMP Kids Cooking Class, 1800, Gourmet Chef, hosted by A&FRC
- Zumba, 1830, Fitness Center
- HIIT Strength & Conditioning, 1930, Fitness Center

WEDNESDAY 04

- Registration Closes: Show & Shine Car Show at Auto Hobby
- HIIT Strength and Conditioning, 0530, Fitness Center
- Senior TAP (DoL) - Overview, 0730-1600, A&FRC
- Paintball 103, 0900-1200, Youth Center
- Pre-Deployment/Remote Readiness Training, 1000-1100, A&FRC, Zoom Meeting
- Story Time, 1030, Minot AFB Storytime Club Facebook Group
- Brown Bag Book Talks, 1200, Minot AFB Library
- Key Spouse Luncheon, 1200-1300, Rockers Bar & Grill, hosted by A&FRC
- Art Resin Charcuterie Board Class, 1800-2000, Arts & Crafts
- Magic The Gathering Commander Night, 1800-2100, ESC
- Yoga, 1830, Fitness Center
- Swerk, 1930, Fitness Center

THURSDAY 05

- Registration Closes: Youth Archery Camp at the Youth Center
- Senior TAP (DoL) - Employment Workshop, 0800-1600, A&FRC
- Paintball 103, 0900-1200, Youth Center
- 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
- Zumba, 1830, Fitness Center

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!

UPCOMING EVENTS

FRIDAY 06

- Registration Opens: Summer Games at the Fitness Center
- HIIT Strength and Conditioning, 0530, Fitness Center
- 1st Friday 5K, 0630, Fitness Center
- Senior TAP (DoL) - Employment Workshop, 0800-1600, A&FRC
- Paintball 103, 0900-1200, Youth Center
- Spouses Corner, 0900-1000, A&FRC, In-Person and Zoom Meeting
- Backpack Brigade, 1300-1500, Youth Center
- Mystery Price Bowling, 1400-2300, Rough Rider Lanes
- Cycle, 1630, Fitness Center
- Friday Fun Member Buffet, 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 07

- Cycle, 0900, Fitness Center
- Swerk, 1000, Fitness Center
- Baby and Me Story Time, 1500, Minot AFB Library
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes
- UFC 265: Lewis vs Gane, Prelims start at 1900, main event begins at 2100, Rockers Bar & Grill

AUGUST SPECIALS

DELIVERY OPTIONS (Hours subject to change)

Bomber Bistro: Monday-Friday 1630-2030

Bomber Bistro • Southwest Salad

Mixed lettuce salad with corn and bean pico, jalapeños, cheddar cheese, tortilla crisps, baked chicken, avocado, and served with chipotle house dressing! Try it for lunch for \$9.00!

The B-Fifty Brew • Red Bull Burners

Grab one of our ice-cold Red Bull Burners to go! First, choose your Red Bull flavor: Original, Blueberry, Cranberry, Tropical, or Sugar-free. Next, choose your syrup: Peach, Coconut, Raspberry, Pineapple, Strawberry, Cherry, Mango, or Watermelon. Finally, top it off with Original Lemonade. Venti size only for \$4.00!

Rockers Bar & Grill • Smokin' Bomber Burger

Seasoned, juicy 1/3lbs burger layered with cheddar cheese, smoky bacon, 2 crispy onion rings, BBQ ranch, on a bed of lettuce and tomato. Combo it with fries for \$10.25!

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.

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