

WHATS INSIDE THIS WEEK:



DIAPER DRIVE

A7



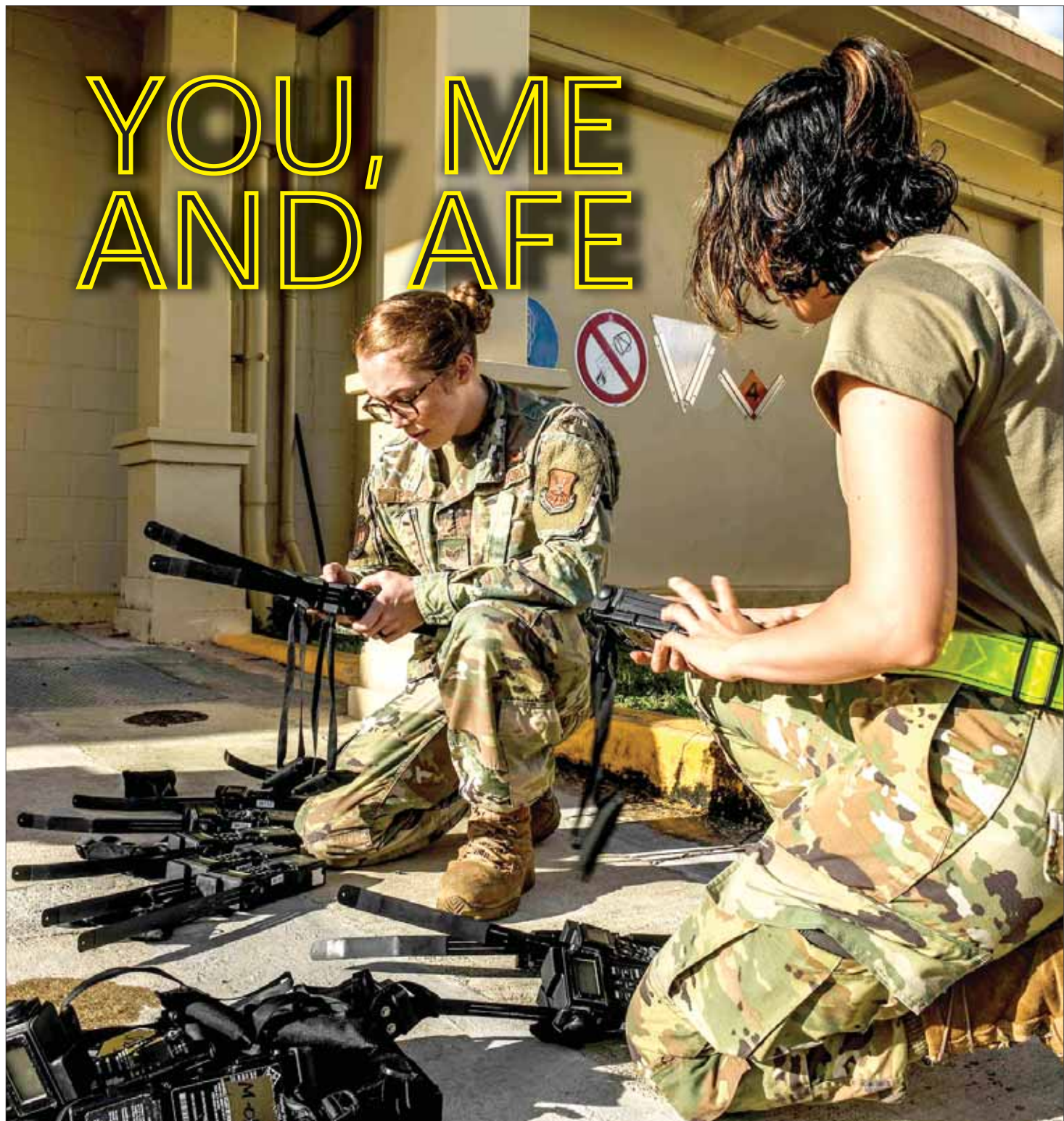
YOUTH CENTER PRODUCTION

B7



5MXG QUARTERLY AWARDS CEREMONY

B8



Staff Sgt. Hannah Pieper, 5th Bomb Wing Operations Support Squadron Aircrew Flight Equipment lead trainer, and Airman 1st Class Sandra Felix, 5th Bomb Wing Operations Support Squadron Aircrew Flight Equipment apprentice, test Combat Survivor Evader Locators (CSEL) at Anderson Air Force Base, Guam, 27 July, 2021. The CSELs that the pilots and aircrew receive helps locate the Airmen in the event of a crash. See page B2-B3 for more on how AFE is a vital role in the mission.

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

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21-F ALS CLASS PHOTOS

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN MICHAEL RICHMOND

BABY ANNOUNCEMENTS

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BABY BOY BORN ON
SUNDAY, JULY 25, 2021 TO:
AMBER AND LOGAN MOORE
MINOT, ND

BABY BOY BORN ON
TUESDAY, JULY 27, 2021 TO:
NIZA AND ALEXIS GOMEZ
MINOT, ND

BABY BOY BORN ON
THURSDAY, JULY 29, 2021 TO:
ASHLYN LOPEZ AND IVAN OAIZ
MAFB, ND

BABY GIRL BORN ON
FRIDAY, JULY 30, 2021 TO:
JESSICA AND PRESTON PHILLIPS
MINOT, ND

BABY BOY BORN ON
FRIDAY, JULY 30, 2021 TO:
EMILY AND AUSTI HIGBEE
MAFB, ND

If you want to put a photo of your baby in the Northern Sentry, send it to nsads@srt.com. Please include your name and the birth date of your baby. Baby listings will come from Trinity.



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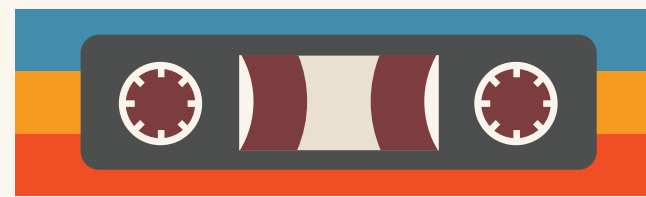
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SACA, GAIA, & Garrison CVB Presents


NEIL DIAMOND Celebration Concert



"I Am, He Said"
Performance by:
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October 2, 2021 at 3:00 & 7:30 PM
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call (701)463-2345 for
tickets.



UPCOMING EVENTS

Aw Shucks! Corn Fest
September 11 at 11-2pm
Garrison City Park

Fire Prevention Breakfast
October 3 at 9:00am-1:00pm
Garrison Fire Hall

NDFM Hall of Fame Banquet
October 9
Museum & Auditorium

Halloween Party
October 31 at 4-6:30pm
Garrison Auditorium

Dickens Village Festival
November 26-27
December 3-4, 10-11
www.dickensfestival.com

Angel of Hope Memorial
December 6 at 7:30pm
Wilderness Park

Milk & Cookies w/ Santa
December 11 at 1:00-3:00pm
Upstairs ND Fire Museum

For more information on these events and others visit
www.garrisonnd.com

All School Reunion

32 BELOW Street Dance

Friday, August 20th
9pm-12:30am
Main Street, Garrison



Hotel California
The Original Eagles
Tribute Band

Saturday, August 21st
9:30pm-11:30pm
City Park, Garrison



A once in a lifetime opportunity

As someone with very little experience in journalism and graphic design, I never imagined that I would end up working for a newspaper. The last time I had worked for anything remotely related to the newspaper was creating my middle school yearbook, and I was always a restaurant job kind of gal anyways. But, since I was old enough to begin thinking about my future, my mother had persistently encouraged me to use my passion for writing and art for a career with a newspaper.

Little did I know that when my husband and I moved to his first duty station at Minot Air Force Base, N.D., I would stumble upon a once in a lifetime opportunity. My husband, who works in the 5th Maintenance Squadron, came home one day with a "Golden Ticket," a newspaper promotion worth \$20 in cash. His co-worker didn't have time to bring it into town to redeem it and insisted that we take it. As a lover of traditional print, I read the newspaper delivered to my doorstep every week but had yet to find a Golden Ticket until then.

We contacted the number on the ticket and ended up meeting with Ted Bolton, owner of the Northern Sentry. We drove downtown to Margie's Art Studio and received the prize. Later on, Ted would tell me that he just "had a feeling" about me, and I'll never forget the pure excitement I felt while eating breakfast at Charlie's Main Street Cafe and receiving a text about a future job opening at the newspaper.

I was nervous to apply, to say the least. I had always worked in restaurants where applying was an easy process and I already knew the industry, but this was a whole new territory for me. I remember reading article upon online article that told me not to emphasize my ability as a "quick learner" or "a hard-working employee" because it was cliché,

but I had no idea how else to articulate my skills other than being straightforward. I was worried about not having enough experience, not saying the right things... Re-entering the job search in a new field after being out of it for months was an intimidating process. The resources I found told me not to do this or do that and I felt like I wouldn't be able to make the cut.

But Ted and his team took a chance on me in August of 2020 despite my lack of experience, and one year later, I couldn't be happier with where I've ended up.

EXPANDING HORIZONS

Not only has this been an entirely new career field for me, but I've also had the opportunity to learn from some of the best in the game. Nikki Greening, our Design Director, has taught me so much about graphic design and the essentials to creating a great publication. Rod Wilson, Head of Sales, has taught me more about journalism and has given me lessons in the valuable people skills that have kept him on top of his game for over 45 years.

Through my job with the Northern Sentry, I've been able to participate in things that many spouses don't get to, and I've met so many wonderful people throughout the journey. I've had the pleasure of speaking with incredible Airmen, leadership, senators, and I have had the chance to work under the amazing Public Affairs team at MAFB and learn firsthand from them about the military world. I've made connections with spouses from all over the base as well, something that I would have struggled with otherwise.

A BETTER VERSION OF MYSELF

Since I was young, I've struggled with very bad social anxiety. I was never one to leave the house alone or go to social

events just to meet people; I was a homebody. Moving to Minot AFB presented me with a whole new opportunity to meet people and get out of the house, but I didn't take it until I began working for the Northern Sentry. It's not that I didn't want to get out and meet people; it's just something that I've never been good at. This job forced me, in the best way possible, to leave my comfort zone and come out of my shell.

I'm slowly learning how to walk into an unfamiliar situation with confidence. I'm learning how to spark up conversations with total strangers, whereas before I would have just kept to myself. I'm learning how to be okay with being alone and managing my time as a working, stay-at-home spouse. With all of these opportunities, I'm learning how to become a better version of myself.

BUT IT'S NOT ABOUT ME...

This article isn't about all the things I've done with the

newspaper, though. This article is for you. I hope that it can be some inspiration for new or old spouses who may be struggling to find their place, who maybe have some doubts about putting in that application or going out to the event where they don't know anyone, for those spouses who just don't know if they can do it.

I'm here to tell you that you should go for it, whatever it may be! While it may not always seem like it, there are opportunities all around Minot AFB and there are people out there who want you to thrive as a part of this community.

After reflecting on one year with the Northern Sentry, I'm realizing that even if I had never stumbled across this job opportunity, I've still had the capability to get out and do all of these things in me all along. It's not always easy, but if you are willing to take the risk and put yourself out there, you may just find your once in a lifetime opportunity, no matter where you are.

**northern
sentry**

A VIEW FROM OUR SIDE
ABIGAIL KINDER, NORTHERN SENTRY



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**Good
Gardening**

ADVICE

by Marvin Baker

**Don't pick
it yet!**

When we go into early August and we walk our garden spaces, we'll see a number of plants beginning to bear fruit. Tomatoes, peppers, watermelon, cantaloupe, etc., are all very tempting to pick. But it would behoove you to not do so early. A tomato can be picked as soon as you see a color change. For peppers, use your own discretion. But for watermelon, honeydew or cantaloupe, you must wait until the vine begins to curl, or that the bottom end of the melon becomes soft to the touch. Then, and only then, will you get the optimum flavor and sweetness.





BOMBER TASK FORCE GUAM

B-52H Stratofortresses take off for a Bomber Task Force mission at Andersen Air Force Base, Guam, 27 July 2021. These bomber missions are representative of the U.S. commitment to our allies and enhancing regional security.

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



B-52H Stratofortresses land after flying a mission as part of Exercise Talisman Sabre 21 at Andersen Air Force Base, Guam, 29 July 2021. Talisman Sabre supports the Indo-Pacific Pathways initiative to advance a free and open Indo-Pacific by strengthening relationships and bolstering interoperability with allies and partners.

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



TALISMAN SABRE 21

Royal Australian Air Force aircraft No.6 Squadron (SQN) EA-18G Growler, a No.1 SQN F/A-18F Super Hornet and from No.3 SQN, a F-35A Lightning aircraft, fly alongside a United States Air Force B-52 Stratofortress aircraft from the 69th Expeditionary Bomb Squadron based at Guam, during Exercise Talisman Sabre 2021.

SGT ANDREW EDDIE 464SQN AFID-AMB



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Did you Know?

We have a 24/7 gym!

***Due to COVID-19, some Fitness Center amenities or facilities may be unavailable. Please check with the staff for the most up-to-date information.**

Did you know that Minot Air Force Base has a 24/7 gym? The McAdoo Sports and Fitness Center, located off of Tanker Trail, is available for Active Duty and dependents ages 18 and over, as well as retirees. Two guests per military I.D. holder are allowed.

For dependents to have 24 hour access, they must stop by the front desk and fill out a waiver and register their dependent I.D. They will then receive an access card that will allow them to use gym facilities even during unmanned hours.

The Center includes three multi-purpose gym floors for a variety of sports, an elevated one-eighth mile indoor track, racquetball courts, a family workout room, group exercise rooms, a

pool and all of the typical workout equipment you need to get in shape. There is also a climbing wall, as well as meditation and steam rooms available. They offer a wide variety of group fitness classes, as well as Intra and Extramural sports programs, and even fitness assessments and fun workout challenges.

The facility is free to use with the exception of personal trainers.

To learn more about the McAdoo Sports and Fitness Center and their programs, age policies, and amenities, visit www.5thforcesupport.com or call 701-723-2145. You can find upcoming events and workout classes on the website, Minot AFB McAdoo Fitness and Sports Center Facebook page, or on the weekly events calendar in the Northern Sentry (Page C8).



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SMOKED CHICKEN WITH CHIMICHURRI



INGREDIENTS

MAIN

6 CHICKEN LEGS
2 TABLESPOON EXTRA-VIRGIN OLIVE OIL
1 TABLESPOON PAPRIKA
1 TABLESPOON CRUSHED CORIANDER SEEDS
1 LIME, ZESTED
1 1/2 TEASPOON SALT
1 TEASPOON FRESHLY CRACKED BLACK PEPPER

CHIMICHURRI

1 CUP FRESH FLAT-LEAF PARSLEY LEAVES
1 CUP CILANTRO LEAVES
1 JALAPEÑO, HALVED AND SEEDED
2 MEDIUM SPANISH ONION, FINELY DICED
3 CLOVE GARLIC CLOVE
3 TABLESPOON FRESH SQUEEZED LIME JUICE
2 TABLESPOON RED WINE VINEGAR
1/3 CUP EXTRA-VIRGIN OLIVE OIL
1/2 TEASPOON SEA SALT
1/2 TEASPOON FRESHLY CRACKED BLACK PEPPER

In a large bowl, massage the chicken legs with the olive oil, paprika, coriander, lime zest, salt and pepper.

For maximum flavor, cover and marinate in the fridge overnight.

When ready to cook, set Traeger temperature to 425° F and preheat lid closed, for 15 minutes.

Put the chicken directly on the grill grate, skin-side up. Cook for 40 to 45 minutes or until chicken reaches 165° F on an instant-read thermometer.

To make the Chimichurri: Combine all ingredients in the base of a food processor and pulse until smooth and creamy.

Serve grilled chicken legs with the chimichurri, an extra squeeze of fresh lime juice and your favorite side dish. Enjoy!

*Note: This chimichurri recipe makes extra leftover goodness. It's perfect for grilled steak, fish, sandwiches, you name it.



Ryan Davy - GM
Minot

www.HofE.com/BBQHQ

Back Talk

Ever wondered about the source of the cracking sound during an adjustment?

Chiropractic adjustments often accompany a popping or cracking sound. This natural and harmless cause and effect creates occasional moments of anxiety for people unaccustomed to experiencing the benefits of an adjustment. People sometimes think the sound originates from bones popping or cracking or rubbing together. The actual source of the sounds associated with healthy adjustments comes from pressure being released from a joint. These joints accumulate pressure where two parts of the human skeleton fit together. Most joints exist to move by their natural design. Chiropractors assess and adjust misaligned and locked up spinal vertebrae to help the spine move freely and promote improved nervous system function.

Research from 2015 helped explain the mechanism for how a chiropractic adjustment reduces stress through a quick gentle force. The adjustment slightly separates the joint by overcoming the protective muscle reflexes and reducing adhesive scar tissue formation while improving motion. This process occurs without injury to any of the tissues involved. The popping or cracking noise simply comes from gas being released from the joint when the gapping occurs. Some adjustments take place without any noise heard or felt by the patient while other adjustments release enough pressure on a joint to produce an audible sound. At CornerStone Chiropractic, we recommend the adjustment style that will be the most effective for you. We always ask you if you have a preference because there are multiple ways we can adjust and help you get the best results.

The spine consists of over 24 moveable bones called vertebrae. Chiropractors assess the alignment and movement of the vertebrae to locate any joints that become immobile or misaligned. These partially dislocated joints, called subluxations, represent a vitally influential aspect of human health due to the spine's intimate connection with the nervous system. The spine houses and protects the spinal cord and nerves, providing openings to the spinal nerve roots that exit through each vertebra.

Experts refer to the spine as a "neuro-spinal organ" because of the large amounts of tiny neurons located in and around the bones and joints of each vertebra. The health of the spine allows tiny neurons to give uninterrupted feedback to the brain so that appropriate messages can be delivered to and from all organs on a regular basis. The relationship between the spine and all organs of the body proves vital to overall health and function and details why a properly aligned spine represents an essential and proactive part of every family's health plan.

All the best to you and yours in great health,
Dr. Willy Fielhaber



Dr. Willy Fielhaber

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Airmen of Minot

SENIOR AIRMAN AMANDA OWEN STOREROOM CLERK FORCE SUPPORT SQUADRON

Senior Airman Amanda Owen is a Storeroom Clerk at the Dakota Inn for the Force Support Squadron. Originally from Dallas, Texas, Owen became a member of Team Minot June of 2017. "I actually really like Minot," Owen said. "I really like outdoorsy stuff, like going with my dog to the lake, and camping." In her free time, she grows her own vegetables and donates them. "I have all of these vegetables, and I'm only one person." Owen works in the Storeroom, and her responsibilities include receiving product orders, and making orders. "We get product every single day, and it's a lot of food...like...a lot," Owen said. "I didn't pick Services, but I've grown to love it. I learned that I really love to cook, and want to have my own restaurant one day, and retire with a food truck.



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Local Pantry to Benefit from Diaper Drive...

ROD WILSON, NORTHERN SENTRY

The Dakota Diaper Pantry at Project BEE, formerly the YWCA, is always a busy place. Stocked with packages of 30 diapers, hundreds of clients are served, and thousands of diapers are given away at no charge. The Dakota Diaper Pantry serves all of Western North Dakota, including Minot Air Force Base.

But the challenge, according to SSgt Andrea Payne, is to re-stock the pantry and keep the diaper give away process going, and for that the Dakota Diaper Pantry relies on donation. "The pantry accepts all brands and sizes, to include open packages" according to Payne, who is coordinating a base-wide diaper drive in August. "Donated diapers means that the pantry doesn't have to buy the diapers to meet the demand" continues Payne "and we ask people that have the resources to give back to their community with

donations of diapers. The diaper drive will run through August 31st. At that time volunteers will package the diapers according to size and "I hope to drop them off by September 1st, before Labor Day."

And what's a diaper drive without a little friendly competition? "Yeah, several squadrons have joined in the fun and are competing to see who can collect the most diapers" continues Payne "we're keeping

track and we are working with Papa John's to supply pizza to the winning squadron."

Payne has a daughter in diapers, "but I am lucky. My family is able to help supply diapers. Others don't have that option, and that's where we want to help."

Payne has been in Minot for 3 years and works in the office of Emergency Management in CES. If people have diapers to donate, they can contact her at (724) 709-1391.



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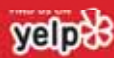


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CINDY MACE

ADMINISTRATIVE SUPPORT STAFF
5TH HEALTHCARE OPERATIONS SQUADRON

This week's Trusted Care hero is Cindy Mace, Administrative Support Staff for 5th Healthcare Operations Squadron at Minot Air Force Base, ND. Mace encountered a patient that could not provide coherent answers to her questions. Sensing something was wrong, she sought assistance and had the patient transported to the local hospital for further evaluation. It was discovered that the patient had suffered multiple strokes in the days before the clinic visit, and Mace's responsiveness initiated the lifesaving care the patient needed.

U.S. AIR FORCE MEDICAL SERVICE - AFMS PHOTO

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91ST MSOS PROMOTIONS

Congratulations SSgt Cedric D Chappel I, MSgt Peter Patera, SSgt Kathryn Broughton, MSgt Paul Sanders, and SrA Shaquan H. James on your recent promotions.

91ST SECURITY FORCES GROUP PHOTO



PROMOTION CEREMONY

Congratulations to MSgt Richards, Rojen A. We are proud to have you in the 91st Squadron as a Senior NCO. HUA!

91ST SECURITY FORCES GROUP PHOTO

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NOTES ON BEING SAFE

Camping... Tips on how to Play it Safe!



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As summer starts to dwindle and the warm weather suppresses to a comfortable temperature, our tendency to spend time outdoors becomes more often since winter is around the corner. From beaches to lakes to high mountain trails, packing up the family for a trip into nature proves a wonderful warm-weather venture. Special health and first-aid precautions, however, are necessary, especially when kids are involved, and especially if you plan to camp. While the following advice may ring familiar, read on: The value of a jogged memory is well worth the effort.

THE ESSENTIALS

- Take along plenty of water, especially when traveling to remote areas or those with a hot climate.
- Always carry a small first-aid kit, even when taking day hikes.
- Kids get hungry quick, especially with the open energy of the great outdoors. Pack plenty of non-perishable, calorie-dense food, such as granola bars, trail mix, hard fruit (apples are especially good), chocolates, and nuts.
- Make sure you know the route, and bring detailed maps of the area.

CAMPGROUND BASICS

Scope out the surrounding area for any potential hazards, and identify a "kid-safe" zone that is within eyesight of your main camping area. Tell everyone that an adult must always accompany younger children when going further out, and older kids must leave notice of where they are heading. Protect yourself and your kids against potential hazards of the woods: Wear long pants, closed shoes, and socks to avoid contact with poisonous plants and stinging creatures. Never let kids run barefoot in the woods, as this leaves the skin vulnerable to insect and snakebites, ticks, poison oak, and the general hazard of stepping on sharp objects. Always protect yourself and your children against the sun with sunscreen, hats and sunglasses, keeping in mind that harmful rays can penetrate even thick cloud covers. As with all other camping rules, be sure to explain to children why it is important to follow these safety procedures, instead of simply requiring them to do so.

Keep all food in tightly sealed containers to avoid attracting unwanted flies and other insects. Also keep your food stash out of reach of prowling animals. Emphasize to your children the importance of not leaving any food

out in the open, and of cleaning up after themselves in the woods (remind them--and yourself--never to carry out less than you carry in; this includes all trash).

Ensure to keep the campfires at minimum circumference to where it won't spread. Always keep a bucket of water close by and always ensure the fire is out before you leave the camp grounds.

HIKING

When hiking with children, make frequent stops to rest, have a snack and water, and to observe the various plants and wildlife of the surrounding area. Make a game out of trying to identify the most unusual-looking species of the wild (by sight, never by touch!).

Encourage children to carry their own daypack and water. Also equip each child with a whistle, which can be used in case of separation from the group.

OUTDOOR SAFETY

Poison Oak: Teach your kids this simple rule: "Leaves of three, let it be." Poison oak leaves grow in groups of three, almost like a largely overgrown clover. Another poison oak indicator is the roughness of the leaves' edges, which look like a small child has cut them.

If you think poison oak has come into contact with the skin, wash the area with soap and cold water (hot or even lukewarm water will open pores and increase absorption of the irritant).

Cuts and Scrapes: Any cut that punctures the skin may become infected; this tendency only increases in hot, humid weather. Make it a general rule to treat any cut or graze with an antiseptic, and refrain from using creams or ointments, as they merely keep the wound greasy. Also remove bandages and Band-Aids after bleeding has stopped; they keep wounds wet and prevent healing. If you don't have antiseptic on hand, clean and sterilize the wound by washing it with salt water.

Insect Stings: Bee, yellow-jacket, and wasp stings are generally more painful than dangerous. To relieve pain and swelling, use Calamine lotion or ice packs (ice wrapped in cloth will do just fine).

Mosquitoes: In addition to wearing protective clothing, avoid highly perfumed products and dark or brightly colored clothes, as strong fragrances and colors attract insects. Always make generous use of insect

repellent, especially once dusk arrives. Remember to reapply repellent every few hours, and after swimming or exposure to rain.

U.S. Department of Agriculture studies indicate that the most effective repellent ingredient against mosquitoes, ticks, fleas, and biting flies is diethyl-meta-toluamide, commonly known as DEET. Look for DEET in topical insect repellents, and avoid repellents with a DEET content that is higher than 20 percent (10 to 15 percent for children); no more is necessary, and higher concentrations can irritate the skin.

Non-chemical alternatives for warding off mosquitoes include Avon Skin-So-Soft body oil and pure vanilla extract.

Ticks: Ticks are efficient transmitters of disease; always check your kids' and your own body after walking through a tick-infested area. If you do find one or more ticks on your own or your child's body, follow these simple steps.

The best way to remove a tick is to pull it steadily away with blunt, curved tweezers. If you don't have any tweezers, protect your hand with a plastic bag and grasp the tick with finger and thumb tips as close to the skin as possible. Do not jerk or twist the tick. When removing ticks make sure its body stays intact and is removed entirely. Any part left behind in your skin will cause inflammation and infection.

Other remedies such as Vaseline, alcohol, chlorine bleach, or oil will often persuade a tick to let go, as will a lighted cigarette end (but be careful not to burn the skin). Another removal method is to coat the tick with fingernail polish (clear or colored), which will cause it to suffocate and die. Afterward, it will either fall off or can be brushed away or gently pulled with a pair of tweezers.

Once a tick has been removed, disinfect the affected skin with alcohol and wash hands with soap and water.

Snakes: When hiking or walking through undergrowth where snakes may be present, be sure to dress yourself and your children in boots or thick shoes with socks and long pants. Warn children not to stick their hands into holes or cracks in the ground, and always be careful while exploring. If a poisonous snake does bite someone, don't panic (snakebites don't cause instant death), but do seek medical help immediately.



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For the love of martins

Patricia Stockdill

While outdoor enthusiasts embrace the coming months of autumn and early winter for the abundance of hunting and late season or early ice-over fishing opportunities, it never fails that a hint of sadness pulls at the heartstrings of those who treasure the summer antics of purple martins.

Their departure for a warmer winter haven always seems to come too soon.

It's not that it signals the end of summer because, quite honestly, September can be just as hot as August – or the June and July heat engulfing North Dakota this summer.

But by mid-August the martins will have largely left us with only a few trickling migrants stopping to rest at one's housing project – apartments, artificial gourds, or both.

Their melodious musical repertoire goes silent. Aerial antics – gliding, twisting, and sailing oh, so high in the sky – become distant memories eagerly awaited in the coming spring.

Gone is their staunch defense of their domain, which wouldn't exist without the help of human intervention for those birds living anywhere east of the Rocky Mountains. That's because martins have adapted so well to housing provided by humans that they've become dependent on it for safe nesting havens.

The 16 artificial gourds in our yard will all-too-soon sit empty except for spent nests in virtually every one.

They will be lowered, cleaned, and readied in eager anticipation of their April return.

Purple martins are social creatures, nesting in colonies and tolerant of other martins.

They're social around people, as well, which might get them in trouble for those who don't appreciate sunrise wake-up calls or sunset goodnight lullabies.

However, the Purple Martin Conservation Association website, (www.purplemartin.org), may have best summed up the sentiments of those with a passion for martins: "They are one of America's most well-loved songbirds for many reasons; their chattering song, aerial acrobatics, insect-eating habits and their tolerance of humans."

For those who treasure the gentle, almost purring sounds as they begin their morning, their vocals rising to heights where it seems as if they're carrying on animated conversations with other martins – or talking to themselves, for that matter – it's easy to lament the purple martin's all-too-soon departure.

Their vocal range rivals that of the amazing voice of the late Whitney Houston, avian style.

It seems they're purring, clucking, trilling, chattering, and just about anything in between as they search for insects or simply survey their world.

And, truly, don't worry about those swoops and dives should one errantly come within what they perceive as "their" space – they won't snatch at one's hair. They won't bite. They just want to announce their presence.

With August now in place and it's already inching towards September, the array of hunting seasons, and the busy time of high school, college, and professional sports help fill the lingering silence left behind. Thankfully, Canada geese and other waterfowl filter in to carry the musical torch left in the wake of the departed martins. Migrating raptors screech as they head south, adding haunting melody.

The wooden tray placed near the martin's dwellings is now empty. It will first be filled with dried mealworms to give them energy after their arduous flight back home once early arriving martins signal their return next spring.

Then after a few weeks the tray will offer crushed eggshells providing much needed calcium for their diet.

It's a small token of offering as a thank-you for their melodious songs, aerial antics, and simple pleasures derived from their presence.

For now, though, it's off to prepare for hunting season and maybe some fall fishing until winter arrives, intermingled with pleasant thoughts of beloved martins.

But then they will be back and it will be spring again.

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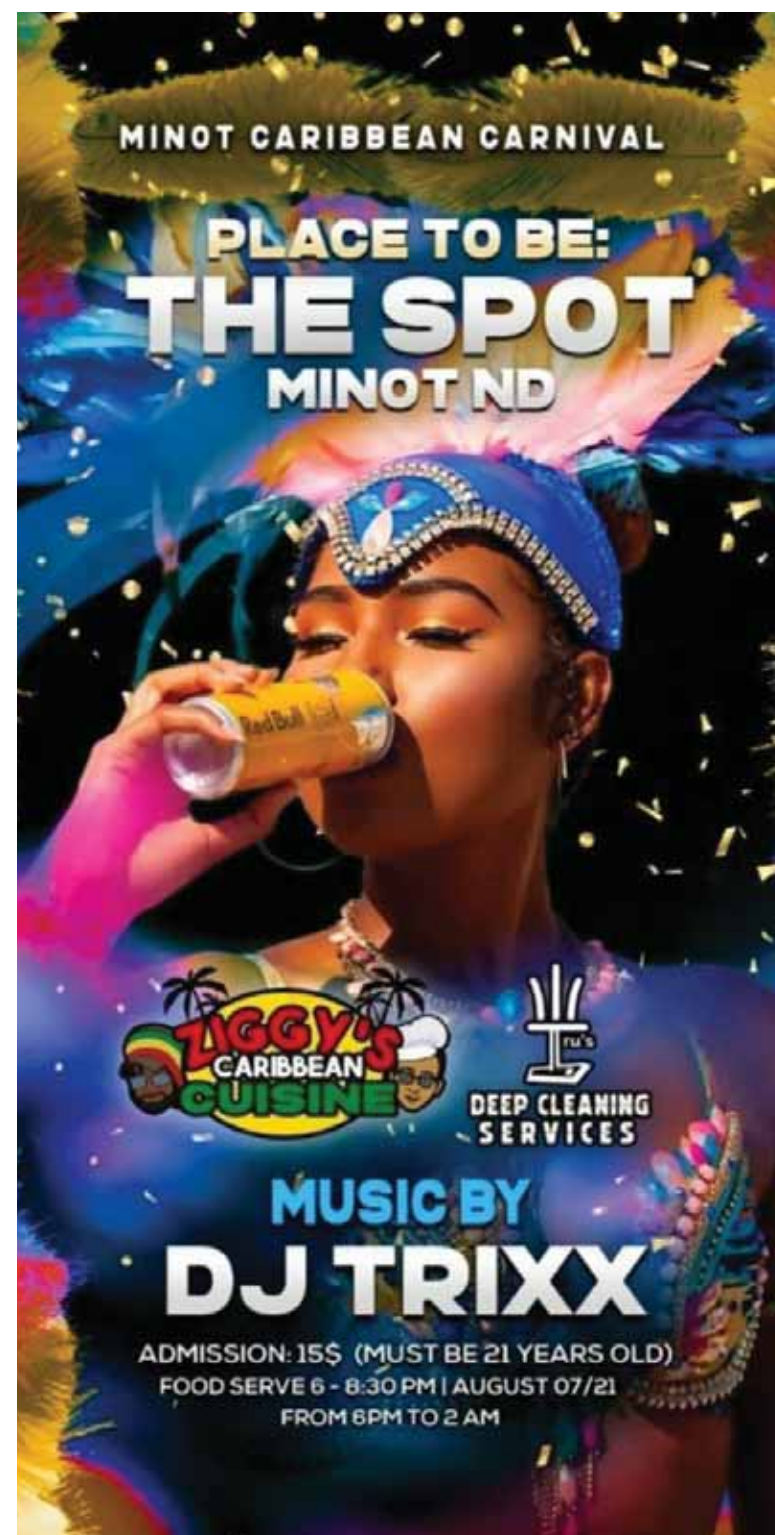
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Staff Sgt. Hannah Pieper, 5th Bomb Wing Operations Support Squadron Aircrew Flight Equipment lead trainer, and Airman 1st Class Sandra Felix, 5th Bomb Wing Operations Support Squadron Aircrew Flight Equipment apprentice, test Combat Survivor Evader Locators (CSEL) at Anderson Air Force Base, Guam, 27 July, 2021. The CSELs that the pilots and aircrew receive helps locate the Airmen in the event of a crash.



Airman 1st Class Sandra Felix, 5th Bomb Wing Operations Support Squadron Aircrew Flight Equipment apprentice, sorts out the apex of the canopy of a B-52H Stratofortress parachute at Anderson Air Force Base, Guam, 27 July, 2021. The AFE crew tests and prepares the B-52H Stratofortresses deceleration and ejection seat parachutes.





The end of a B-52H Stratofortress's parachute trunnion is set for inspection at Anderson Air Force Base, Guam, 27 July, 2021. In order for the aircrew and pilots to fly, AFE must inspect, test and and prepare the equipment.



Minot Air Force Base aircrew members from the 69th Bomb Squadron prep for flight at Anderson Air Force Base, Guam, 27 July, 2021. In order for the aircrew and pilots to fly, AFE must inspect, test and and prepare the equipment.



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All About Pets

Coping with the loss of a pet

There are many reasons why one might lose a pet: old age, an unfortunate accident, or changing life circumstances, to name a few. For those of us who truly care about our pets, losing them can be devastating. So how can you cope with the loss of a pet? Here are a few suggestions.

- Let yourself grieve—whether your pet has gone off to the rainbow bridge or simply another home, it is completely normal to feel a level of grief. It's important to recognize your feelings and if you need support, reach out to friends, family, or even a professional counselor. You can also try finding pet loss resources such as those at www.aplb.org.
- Reflect on your time together—after the loss of a pet, it can be difficult to think about their memory. But reflecting on the time you've spent together can actually be therapeutic. Try to focus on the positive memories and recall the challenges that you faced and overcame as a team. Writing your feelings down in a journal a great way to reflect and hopefully help turn your grief into gratitude. If you're the type to keep reminders of your pet, there are plenty of creators who make keepsakes such as keychains, paintings, jewelry, or other memorials. Something I like to do is use a stepping stone kit to imprint my pet's paw prints forever. When they're gone, you will always have a little piece of them in your life to remind you of all the great times you spent together.
- Spend time with other pets—humans aren't the only ones who have feelings about losing pets. Some pets can sense when there has been a loss, other than the obvious sign of not having their friend around. Unless your pet is actively giving you signals that they want to be left alone, spending time and giving attention to your other

pet(s) can benefit you both and help you walk through the grieving process together. Take your pet to the park, spend some time playing in the back yard, or cuddle up on the couch and watch a movie.

- Use your grief for a good cause—research has shown that doing good deeds can make you happier. After the loss of a pet, you can try curbing those negative feelings by doing something good such as volunteering at a local animal shelter, donating supplies to them, or if you're able, you can even sign up to be a transporter or foster for other animals in need.
- Get another pet—this one seems like the obvious answer to dealing with the death of a pet. However, this is not a decision that should be made impulsively! Bringing another pet into your home immediately after losing one will not always make you feel better right away, and if you are not in the headspace to properly take care of and focus on the new pet because you are still grieving the old one, it can rub off on them. Try giving yourself some time to grieve first. When you feel ready, start looking for a new friend. It's unfair to your new pet to compare them to your old one... all pets have different personalities, but that is what makes them so special. While a new pet can never replace your lost one, they can still offer the same companionship and give you another great, loving relationship to enjoy. Saying goodbye to our pets is never fun, but at some point it is an inevitable. Enjoy every moment you spend together—even the difficult ones—and when the time comes, just remember the love that they brought into your life.

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Dak Jam Music & Arts Festival is Bringing All the Rad Vibes this Summer!

DAK JAM MUSIC & ARTS FESTIVAL

Dak Jam Music & Arts Festival is set to bring the ultimate summer party on August 11-14th at the North Dakota State Fairgrounds in Minot, ND. Immerse yourself in four nights of totally radical live music, urban camping, fresh interactive art experiences and so much more with your festies! All ages are welcome to hangout and enjoy everything this festival has to offer.

Enjoy genre-defying music on three different stages throughout the festival from internationally acclaimed headliners alongside up and coming artists! The Gymnasium Stage will feature Vince Neil and Great White on Wednesday, August 11th, Third Eye Blind and Bret Michaels on Thursday, August 12th, Goo Goo Dolls and Gin Blossoms on Friday, August 13th, and Big & Rich and Rodney Atkins on Saturday, August 14th. The Drive-In Stage will feature twelve rockin' artists and the Miller's Cocktails and Dreams Stage will feature four artists. Performances will start at 7PM on Wednesday and 1PM on Thursday-Saturday.

Aside from dope entertainment on these stages, there will be interactive art experiences throughout the festival grounds. These include life-size pieces, instagrammable spots, concept booths, live art and plenty more. You might even get the chance to vibe by the DeLorean!

To fully experience what Dak Jam has to offer, there are multiple urban camping options on-site. There is electrical RV camping, primitive RV camping, and tent camping available for

you and your crew to hang throughout the festival. Mike Miller, Owner of Dak Jam, stated "We are a very unique music and arts festival in that we are urban and camping at the same time, which means you can stay in hotels or as a local person you can go back and forth to your homes or you can camp and have the full experience of the festival on the grounds. You have many options to choose from to enjoy the full Dak Jam experience."

Passes are NOW ON SALE for this tubular festival! Passes start at \$79.

To purchase your Miller's Cocktails & Dreams (VIP), four-day, single day or camping pass and for the full lineup and all the deets, check out our website: dakjam.com



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Upcoming Events

6 AUG 3RD ANNUAL BACK TO SCHOOL BLOCK PARTY

6:30 PM - 8:30 PM

Minot First Church of the Nazarene

2500 W Central Ave, Minot

Come join us for TONS of fun at Home Church Minot on Friday, August 6th from 6:30pm-8:30pm for our 3rd Annual Back to School Block Party! There'll be food, games, inflatables, prizes and much more!!

Plus...FREE backpacks for every kid who attends!! Fun for all ages!!

Visit: <https://calendar.visitminot.org/events/3rd-annual-back-to-school-block-party/>



For more information:
Website / calendar.visitminot.org

7 AUG MINOT CARIBBEAN CARNIVAL

6:00 PM - 2:00 AM

The Spot

6 2nd St NE, Minot

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11-14 AUG DAK JAM - MUSIC & ARTS FESTIVAL

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For more information:
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11 AUG GREAT TOMATO FESTIVAL

5:30 PM - 9:00 PM

North Dakota State Fair Center

2005 E Burdick Expy, Minot

The Great Tomato Festival was established in 1989. It is an annual, indoor summer gourmet picnic.

Evening activities include live music, a silent auction, Menu Venue, and tomato displays courtesy of MarketPlace Foods.

This is a community fund-raiser, which benefits non-profit organizations, including the Taube Museum of Art and the Minot Symphony Orchestra.

Must be 21+

Get your tickets at [eventbrite.com](https://www.eventbrite.com)



For more information:
Website / www.greattomatofestival.com

13 AUG MOVIE IN THE PARK - RAYA AND THE LAST DRAGON

9:30 PM

Oak Park

19th Ave SW, Minot

Minot Parks Summer Movies in the Park

Friday, August 13th at The Oak Park Amphitheater- showing Raya and the Last Dragon.

All movies start at sunset (around 9:30 pm).

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For more information:
Facebook Event / Movie in the Park / Minot Oak Park

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Annual Summer Gourmet Picnic 32nd Annual Great Tomato Festival

GREAT TOMATO FESTIVAL



The 32nd Annual Great Tomato Festival will be held on Wednesday, August 11, 2021 at the ND State Fair Center, 4H Hall, 2005 Burdick Expressway East. Doors open for browsing at 5:30 pm with social hour at 6:00 pm, and dinner served at 7:00 pm. Tickets are \$30.00 in advance and \$35.00 at the door. Attendees must be at least 21 years old to attend.

This classic community fundraising event was established in 1989 by Jeff and Peggy Miller. It has become the annual end of summer gourmet picnic to attend! The menu consists of smoked pork chops cooked to perfection by master chefs, a top-secret recipe of roasted tomatoes stuffed with rice, along with chips and salsa, tomato and cucumber salad, beer batter bread and brownies.

New this year will be mobile bidding! To make check in and check out easier and faster, attendees can pre-register to receive their bidding number and view items online in advance. Simply visit <https://gtf.cbo.io> to register and view auction items. Mobile bidding will open Monday August 9th. An event ticket is not required to bid, allowing patrons near and far the opportunity to support the event through the mobile bidding platform. The physical items will be at the event for in-person viewing. There will be exclusive items in-person that will not be available on the digital

platform. "Bidding Butlers" will be available at the event for anyone without a mobile device to place bids on their behalf.

The evening will include live music, a social hour featuring tomato hors d'oeuvres, creative tomato displays, Great Getaway raffle, silent and live auction. The Great Getaway raffle winner will receive their choice of one of three trips including: 1-Glamping Getaway (3-nights Airstream camping near Yosemite or the Russian River and round-trip airfare for 2) 2-NASCAR Driver for a Day (NASCAR racing experience for 2, 2-nights lodging, and round-trip airfare for 2) or 3-Weekend Getaway to New York (2 tickets to select Broadway show, \$200 dining, 3-night weekend hotel accommodations, and round-trip airfare for 2.) The silent auction features over 200 auction items, including tickets for things to do in and around Minot, restaurant meals, kids' activities, vacation stays, art, furniture, and more. The live auction includes vacation destination getaways, a cheesecake donated by Michelle Schoenberg (recently featured at the Symphony Secret Garden Tour), a one of a kind framed pull from a 1964 Walter Piehl woodcut, VIP symphony parking, and more.

Entries are still being accepted for the Great Chocolate Cake Revival! Bakers can enter a chocolate cake into the Great

Chocolate Cake Revival Contest. The cakes will be available to bid on in-person at the event and the highest bidder will take it home that evening. The cake with the overall highest bid will receive a gift certificate to Gourmet Chef.

If you would like to volunteer for the event, please contact Ellen at 701-858-4228 or visit www.greatomatofestival.com to sign up.

Tickets are \$30.00 in advance and \$35.00 at the door. Attendees must be 21+ to attend. Advance tickets are available at the Taube Museum of Art, Artmain, Minot Public Library, North Star Community Credit Union Minot and Minot Air Force Base locations, or online at www.greatomatofestival.com. Pick up your tickets now to ensure yourself a spot at this fun-filled evening!

The Great Tomato Festival is a community fundraiser, which has benefitted several non-profit organizations since its inception. The mission of the fundraiser is "Working together with the purpose of raising funds to enhance the services of the specific nonprofit organizations." It currently benefits the Taube Museum of Art and the Minot Symphony Orchestra. All net proceeds from ticket sales and silent auction are directly granted to the nonprofit organizations.

For more information please contact the Taube Museum of Art Facebook or call 701-838-4445

or Minot Symphony Orchestra or email greatomatofestival@srt.com. Facebook or call 701-858-4228 com.

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August, spots are limited. Classes will start by 8 September and are provided asynchronously. For more information on this pilot program and fantastic opportunity for high school students, please contact the School Liaison at mafb.school.liaison@us.af.mil or 701-723-1447.

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2021-2022 MPS CALENDAR



IMPORTANT UPCOMING DATES

August 24

First Day of School

September 6

Labor Day - No School

September 7

Prof. Devel. Day

No School for Students

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					

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

Early Release Days - 1:15pm

Holidays

Parent/Teacher Comp Days

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YOUTH CENTER PRODUCTION

The Youth Center's School-Age Summer Camp conducted the Missoula Children's Theatre production of 'Johnny Appleseed' on 30 July 2021. Auditions were held on Monday and the thirty-three student actors rehearsed over the course of five days. The students learned over 300 lines for the production, helped to set-up and design the stage and we're in charge of costume design. The production was met with acclaim among the audience of parents, peers, and leadership! Ms. Tammy Hardin, Youth Program Training and Curriculum Specialist and production director stated, "It all came together and the kids were amazing!" The highlight of the show was certainly the excitement and pride of the student actors.

MATT BALAS, FSJ CHIEF PHOTOS

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www.bonesbbqminot.com

Badlands Restaurant & Bar
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www.sourisriverbrewing.com



5MXG QUARTERLY AWARDS CEREMONY

Airmen of the 5th Maintenance Group receive their awards at the 5MXG Quarterly Awards Ceremony on 26 July, 2021, at Minot Air Force Base, North Dakota.

U.S. AIR FORCE PHOTOS
SENIOR AIRMAN MICHAEL RICHMOND



RE-ENLISTMENT

Congratulations to MSgt Martin on his last re-enlistment!

891 MISSILE SECURITY FORCES SQUADRON PHOTO



COINING

Col Kristen Nemish, 91 OG/CC stopped over to coin TSgt Anthony Kaup for his hard work to get the Pass & ID Section stood up and Restricted Area Badges issued. Outstanding job TSgt Kaup!

91ST SECURITY FORCES GROUP PHOTO

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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
minotoofd@gmail.com

This event is hosted by Dakota's Chapter

afsp.org/walk

American Foundation for Suicide Prevention

OUT OF THE DARKNESS Community Walk

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OUTDOOR

REPORT

OUTDOOR NOTES:

PATRICIA STOCKDILL

Lake Sakakawea elevation, Aug. 2: 1,834.63 feet above mean sea level (MSL); 22,200 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,447.42 feet above mean sea level (MSL).

Stump Lake elevation: 1,447.42 MSL.

•N.D. Game & Fish Dept. game wardens: Continued walleye success along Van Hook Arm on Lake Sakakawea with mixed salmon success on the east end of the lake. Devils Lake remains fair for walleye but spotty at times. No reports from north-central area lakes.

•Devils Lake, Woodland Resort, Devils Lake: Continue working bottom bouncers with spinners and nightcrawlers in 20 feet along any of the highways for fair to good walleye success. Also try slip bobbers. The bridges remain fair to good in the evening.

•Lake Darling, Karma C-Store, Ruthville: Lake Darling becoming weedy although some walleye activity remains around Grano.

•Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: Landing 1 & 2 inaccessible due to low water. The lake is getting heavy vegetative growth. Look for some small walleye success along the bridges.

•Lake Metigoshe, Four Seasons, Bottineau: A few nice-sized pike showing up with occasional walleye in the evening. Bluegill activity remains the docks.

•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, working deeper with the hot weather and warming water temperatures. Leech season is over. No reports from Lake Audubon.

•Lake Sakakawea, Indian Hills Resort, Garrison: Continued fair to good for walleye throughout the general area working 8 to 25 feet with Lindy rigs or spinners and nightcrawlers.

•Lake Sakakawea, New Town: Fair to good for walleye in 15 to 25 feet using Lindy rigs and nightcrawlers with some anglers switching to crankbaits.

•Lake Sakakawea, Van Hook Bait & Tackle, New Town: Fair to good

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

•Use caution on boat ramps with slippery conditions due to vegetation, etc.

•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). Weekdays are excellent opportunities to enjoy the parks.

•Aug. 11: Pronghorn applications due. Go to the N.D. Game & Fish Dept. website, (gf.nd.gov) for information and applications.

•Aug. 11: Swan applications due. Go to the N.D. Game & Fish Dept. website.

•Aug. 14 & 15: 5th Annual Bison Bash, Cross Ranch State Park, Hensler: Crafts, games, scavenger hunt, guided Nature Conservancy hikes, Cinnamon Run Kids Fun Run & Obstacle Course, and 5K, 10K, and 15K marathons. Free with park annual pass or \$7 daily entrance fee. Contact the park, (701) 794-3731 for details.

•Aug. 15: Early Canada goose season opens.

TOURNAMENTS:

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

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

•Aug. 14: Devils Lake, Lakewood.

walleye success using nightcrawlers in 20 to 30 feet. Also try crankbaits throughout the Van Hook Arm. Move around. Access remains good so far.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace remains slow for any sizeable walleye but good numbers of small fish from boats during the day. Better success is at night from shore or in the chutes depending on water flows. Look for good numbers of catfish from boat and shore. Try the spillway channel, as well. Lake Sakakawea remains fair for walleye. Work a variety of depths focusing on 18 to 25 feet with Lindy rigs or spinners and nightcrawlers. Also try crankbaits. Work Steinke or Douglas bays or 7 Sisters, as well as around Sakakawea State Park. Nice numbers of nice-sized salmon, including several in the 10-pound range up to 15 pounds. Try Government Bay working to the north in 80 feet over deeper water with flashers and squids or whole herring. A few boats are along the face of the dam.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: West end of Lake Sakakawea has increasing floating algae so the lake may be starting to turn. Try nightcrawlers in 8 to 10 feet with overall fair success in deeper water. Yellowstone and Missouri rivers continue producing decent walleye success. Small area lakes have weed and algae growth although Kota-Ray for panfish yet.

•Lonetree WMA area lakes, Harvey: Continued fair to good success throughout most area lakes, including Goose Lake, although it's slowing slightly. Look for more weed growth, especially along the shorelines.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Some scattered success throughout area lakes but the Souris River is slow and water levels are low.

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.



SECOND COMMANDER'S CALL

Amazing opportunity to highlight Shadow Warriors who earned awards and those who were selected for promotion. Heartfelt welcome to Chief Jason Kornelis and Chaplain Harris! More photos can be found on 891 MSFS Shadow Warriors Facebook page.

891 MISSILE SECURITY FORCES SQUADRON PHOTO

A LOOK BACK

THIS WEEK IN USAF HISTORY

OPERATION BIG SWITCH RETURNS POWS

AUGUST 6, 1953



Many POWs who were released needed medical care as soon as they arrived at Tachikawa Air Base, Japan. (USAF Photo)

In 1951, negotiations of a ceasefire and the release of Prisoners of War began between the communists and United Nations. Operation BIG SWITCH, which took place from August 6, 1953 to October 1953, brought thousands POWs back home. By the end, 75,823 POWs were returned to the communists and 12,773 to the United Nations, including over 3,000 Americans. POWs who wished not to return to their communist countries were released as free citizens. USAF C-124, C-54, C-46, and C-47 transport aircraft brought American POWs from Korea to

Japan, and then on to the United States. Due to harsh living conditions in POW camps, many of the repatriated Americans required immediate medical care which was given to them at Tachikawa Air Base, Japan. Nearly 38% of U.S. prisoners were not so fortunate and perished in captivity.

Information courtesy of: media.defense.gov / nationalmuseum.af.mil / koreanwarlegacy.org

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DEFENDER CULTURE
The last two weeks have been dedicated to the unveiling of Defender Culture/ the 9 lines of effort. Thank you to MSgt Willingham and the entire Defender culture team for your work! All it takes is community involvement. HUA. (Here are some pictures of 91, 891, 791, 91MSOS commanders calls)

91ST SECURITY FORCES GROUP PHOTOS

EVERYDAY HAPPY HOUR • 3PM – 6PM

- \$2 off All Apps
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- \$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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Monday	Pizza Pack Combo
Tuesday	Sandwich Pack
Wednesday	Chef Creation*
Thursday	Pasta Pack

*Changes Weekly – Check our Facebook Page

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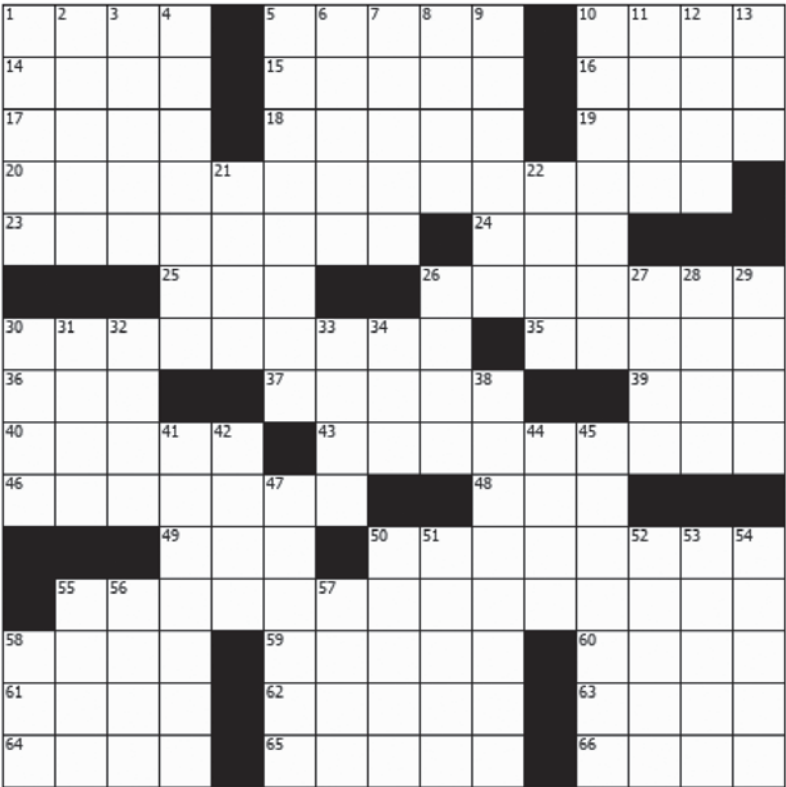
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CROSSWORD PUZZLE

- Across**
- 1. This and that
 - 5. Game with a 40-card deck
 - 10. Meet head-on
 - 14. Invisible emanation
 - 15. Pretty up
 - 16. Kazakhstan border sea
 - 17. Spider-Man co-creator Lee
 - 18. Makes every moment count
 - 19. Aching desires
 - 20. Start of a quote from the boss
 - 23. Big gigs
 - 24. Long-snouted fish
 - 25. "___ you pulling my leg?"
 - 26. As a group
 - 30. Quote from the boss, continued
 - 35. End zone marker
 - 36. Cleopatra's bane
 - 37. What's happening
 - 39. Tailgunner's position
 - 40. Kerplunks
 - 43. Quote from the boss, continued
 - 46. Handel bars?
 - 48. ___ de Triomphe
 - 49. Goose the gas
 - 50. From dusk to dawn
 - 55. End of a quote from the boss
 - 58. Tsk-tsk
 - 59. 1836 siege site
 - 60. Oscar role for Julia
 - 61. Audition tape
 - 62. Mortise mate
 - 63. Sammy of the Cubs
 - 64. Hamilton's last act
 - 65. Clear the board
 - 66. Grounded commercial fleet



- Down**
- 1. Kind of instinct
 - 2. Go one better
 - 3. Whip into shape
 - 4. Rail inspector's vehicle, perhaps
 - 5. Do an injustice to
 - 6. Pindaric practitioner
 - 7. Exploding stars
 - 8. Parker of "South Park"
 - 9. Pulver's rank
 - 10. "King Kong" star
 - 11. Length times width result
 - 12. Sends packing
 - 13. Ernie of the PGA
 - 21. Spongy toy ball
 - 22. Pack down
 - 26. Europe's highest volcano
 - 27. Deli side
 - 28. Waiting room piece
 - 29. Tolkien tree creatures
 - 30. Pound sounds
 - 31. Capital west of Stockholm
 - 32. "___ the Roof" (Drifters hit)
 - 33. "Battle Cry" penner Leon
 - 34. Guitarist Paul
 - 38. Phone drone
 - 41. Gay Nineties sunshade
 - 42. Fruit holder
 - 44. 1962 Bond thriller
 - 45. Gelidity
 - 47. Take to the skies
 - 50. Capital of Guam
 - 51. Wheels for big wheels
 - 52. Pita sandwiches
 - 53. Lifting apparatus
 - 54. Albacore and blue fin
 - 55. ___ cheese
 - 56. Like some excuses
 - 57. Pirate or Brave, for short
 - 58. Put two and two together

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle:

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

SUDOKU

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

Solution to puzzle on page C6

FRIDAY, AUGUST 6 • 1900
JUNGLE CRUISE (PG-13)

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REEL TIME THEATER MOVIE SCHEDULE

CHURCH DIRECTORY

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

<p>Chapel Services at MAFB <i>Protestant</i> (North Plains Chapel in Base Housing) Sunday Community Service 1030 a.m. (Holy Communion 1st Sunday) Children's Church during school year</p> <p><i>Catholic Mass (Northern Lights Chapel across from Rockers)</i> Sunday 1000 Daily Monday-Thursday at 1200</p>	<p>St. Peter The Aleut Eastern Orthodox Church  109 6th St. SE Minot • 838-3094</p> <p>Saturday, Aug 7 Vespers, 5PM</p> <p>Sunday, Aug 8 Divine Liturgy, 10AM</p> <p>V. Rev. Fr. Paul Hodge</p>	<p> Break Forth BIBLE CHURCH Thursdays 7:00pm and Sundays 10:30am 1821 W Burdick Expressway For More Information: 701.353.9337 www.bfbc.tv</p>	<p> An Evangelical Free Church 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart) Sunday School & Fellowship 9:00 a.m. Worship 10:30 a.m. www.trinitychurchminot.org</p>	<p> Worship Service at 10:45am Sundays Sunday School at 9:45am</p> <p>1720 4th Ave NW, Minot 838-0916 MinotBibleFellowship.org</p>
<p> Faith United Methodist Church 5900 Highway 83 N, Minot www.faithumcminot.com Pastor Ken Mund 701-838-1540</p> <p>Sunday School (All Ages): 9:45 a.m. Sunday Coffee Fellowship: 10:30 a.m. Worship Services: Sunday 11 a.m.</p>	<p>Minot Baptist Church (Sending the Glorious Light of Jesus Christ to a Dark and Needy World)</p> <p>Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Evening Worship 6:00 p.m. Wednesday Evening 7:00 p.m.</p> <p><i>Independent/Fundamental/KJV</i> 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p>Cornerstone Presbyterian Church 1000 NE 3rd Street 852-0315 Sunday Schedule Contemporary Worship 9:00am Sunday School (All Ages) 10:00am Traditional Worship 11:00am</p> <p>Wednesday Evening Schedule Community Dinner 5:30-6:30pm Contemporary Worship 6:30pm Youth Group & Small Groups.. 7:15pm All are Welcome! www.ecominot.org</p>	<p> OUR SAVIOR LUTHERAN CHURCH 3705 11th St. SW Minot, ND 58701 701-852-6404 www.oslcminot.com</p> <p>Rev. Heath Trampe Rev. Brian Doel</p> <p>SUNDAY MORNING Worship Services 8:15, 9:30, & 11:00 am Sunday School Age 4 - Grade 12 9:30 am (Sept-May) Adult Bible Study 9:30 am</p>	<p> St. Mark's Lutheran Church <i>Missouri Synod</i> Sunday Worship 9:30 AM 2209 4th Avenue NW Minot, ND 839-4663 Reverend Philip Beyersdorf www.minotstmarks.com <i>Join us on facebook</i></p>
<p> Immanuel Baptist Church 1615 2nd St. SE, Minot 701-839-3694</p> <p>Sundays: Worship 10:00 am</p> <p>Wednesdays: Soup Kitchen 11:30 am</p> <p>Brian T. Skar, Pastor www.ibcminot.org</p>	<p>Apostolic Faith Church, UPCI 2929 19th Ave NW • Minot Located off Hwy 83 Bypass West (701) 838-0609</p> <p>Saturday School 2:00 p.m. Sunday Worship 3:30 p.m. Wednesday Bible Study 7:30 p.m.</p> <p>Jesse Starr, Pastor</p>	<p>St. John the Apostle Catholic Church  2600 West Central Ave • Minot, ND 58701 839-7076 Daily Mass Schedule:</p> <p>Tuesday 5:15 p.m. Wednesday - Friday 7:00 a.m. Saturday 5:00 p.m. Sunday 8:00 & 10:30 a.m.</p> <p><i>Fr. David A. Richter, Pastor</i> <i>Parish website: www.stjohnminot.com</i></p>	<p> First Lutheran Church - ELCA 120 5th Ave. NW 852-4853</p> <p>Sunday Worship 9:30 am</p> <p>www.firstlutheran.tv (Live Stream & Recorded) Radio Broadcast KRRZ 1390AM Sunday 9:30 am www.flcminot.com</p> <p>Pastor Brandy Gerjets • Pastor Ellery Dykeman</p>	<p> Gospel Tabernacle Community Church 9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson</p> <p>Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday</p> <p>Sunday School 9:45 a.m. Adult/Children Worship.. 11 a.m. Family Hour 6:30 p.m. Evening Worship 7:30 p.m. Bible Study/Child-Adult Children Worship (Wed).... 7 p.m. Prayer (Friday) 7 P.m.</p>
<p>First Assembly of God 1805 2nd St. SE 838-1111</p> <p>Morning Worship 8:30 a.m. Sunday School 10 a.m. Morning Worship 11 a.m. Wednesday Family Night..... 6:30 p.m.</p>	<p>First Baptist Church  200 3rd St. SW • 852-4533 www.fbcminot.org</p> <p>Classic Worship Service 8:30 a.m. Adult Sunday School 9:45 a.m. Contemporary Worship Service 9:50 a.m. Children's Church 9:50 a.m. Sunday School (All Ages) 11:00 a.m. Contemporary Worship Service 11:05 a.m. Wed. AWANA (Sept. to May) 6:30 p.m. Fridays, Celebrate Recovery 7:00 p.m.</p> <p>Rev. Kent Hinkel, Senior Pastor Rev. Barry Seifert, Associate Pastor Pastor Sam Kautzmann, Student Ministries Elaine Carlson, Children's Ministry Director</p>	<p> Cross Roads Baptist Southern Baptist Convention</p> <p>Sunday School (all ages) 9:45 a.m. Sunday Worship 11 a.m. & 6:30 p.m. Wednesdays (Prayer & Missions) ... 6:30 p.m.</p> <p>www.minotcrbc.org email: minotcrbc@gmail.com Dr. Bob Farmer- Pastor</p> <p>415 28th Ave SE (Behind Menards) 838-1873</p>	<p> West Minot Church of God <i>Family Worship Center</i> 1105 16th St. NW • 839-1407</p> <p>Sunday School 9:30 a.m. Sunday Worship 10:30 a.m. Children's Church & Nursery Wednesday Family Training Hour Meal 5:30p.m. Classes for All Ages 6:30 p.m. Youth Center, Friday 7:00 - 11:00 p.m. ABC Child Care Center 852-6352</p> <p>westminot.com facebook.com/westminot</p>	

<p>To Advertise your Church on this page,</p> <p>Call 839-0946</p> <p>Only \$9.00 a space / per week</p>	<p>To Advertise your Church on this page,</p> <p>Call 839-0946</p> <p>Only \$9.00 a space / per week</p>	<p> OUR REDEEMER'S CHURCH <i>A Church of the Lutheran Brethren</i></p> <p>Thursdays: Worship 6:30 p.m.</p> <p>Sundays: Worship 8:30 a.m. & 10:45 a.m.</p> <p>700 16th Ave SE • 701-838-0750</p> <p>For more information visit us on the web at: www.ourredeemers.org</p> <p> ORCS KNIGHTS</p> <p> Our Redeemer's Christian School 700 16th Avenue SE Minot, ND 58701 info@orcsknights.org • 701-839-0772 www.orcsknights.org</p>	<p>ORCS Preschool</p> <p>Our Redeemer's Christian School's Preschool Program will be starting it's 33rd year the fall of 2020 and we would love to have your child be a part of it!</p> <p>NOW ACCEPTING REGISTRATIONS FOR THE 2021-2022 SCHOOL YEAR</p> <p>HIGHLIGHTS OF OUR PROGRAM</p> <ul style="list-style-type: none"> Time-tested curriculum including STEM and Language Arts activities as well as Free Play 2 and 3 day options available Kindergarten readiness skills practiced each session All teachers hold a North Dakota Professional Educator's License Christ-centered environment <p>Please contact our school office or visit our website for more information. 701.839.0772 Email: jschultz@orcsknights.org Website: www.orcsknights.org</p>
<p>ADVERTISE YOUR Church</p> <p><i>Advertise</i> FOR ONLY \$9 PER WEEK</p> <p><i>Revisions</i> MADE UPON NOTICE FROM THE CHURCH</p> <p><i>Deadline</i> TUESDAYS BY NOON WEEK OF PUBLICATION</p> <p>VIEW OUR PAPER ONLINE AT NORTHERNSENTRY.COM</p> <p>CONTACT US</p> <p>call 701-839-0946</p> <p>email NSADS@SRT.COM</p> <p>fax 701-839-1867</p>		<p>we've got the church you've been looking for</p> <p><i>Your life matters to God!</i></p> <p></p>	

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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

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

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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 term is: 6 Sept-7 Nov. For more information, please visit us in Room 223 located in the Base Education Center Building (2nd floor), email: minot@erau.edu, office phone: 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 06

- Registration Opens for 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
- First Friday, 1630-1830, Rockers Bar & Grill
- Club Member Benefit, 1700-1900, Rough Rider Lanes
- Single Airmen Bowl Free, 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 & Me Story Time, 1500, Minot AFB Library
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes
- UFC 256: Lewis vs. Gane, Pre-lims 1900, Main Event 2100, Rockers Bar & Grill

SUNDAY 08

- Zumba, 1400, Fitness Center

MONDAY 09

- TAP GPS Workshop, 0730, Blended in person/online at A&FRC
- Stroller Fitness Bootcamp, 1000, The Turf
- Reintegration Briefing, 1000, Online, A&FRC
- Cycle, 1630, Youth Center, Ages: 9-12
- Craft Club, 1800, Minot AFB Library
- Yoga, 1830, Fitness Center

TUESDAY 10

- Registration Begins: Epoxy Cutting Board Class, at the Arts & Crafts Center
- TAP (VA), 0800, A&FRC
- Game Day, 1000-1930, Minot AFB Library Facebook Page
- Zumba, 1830, Fitness Center
- HIIT Strength & Conditioning, 1930, Fitness Center

WEDNESDAY 11

- TAP (DoL)-Overview, 0730, A&FRC
- Pre-Deployment/ Remote Readiness Training, 1000, Online, A&FRC
- Story Time, 1030, Minot AFB Story Time Club Facebook Group
- Magic The Gathering Commander Night, 1800-2100, ESC
- Yoga, 1830, Fitness Center
- Swerk, 1930, Fitness Center

THURSDAY 12

- TAP (DoL)-Employment Workshop, 0800, A&FRC
- Stroller Fitness Bootcamp, 1000, The Turf
- Reintegration Briefing-Online, 1000, A&FRC
- Bowler Appreciation Thursday, 1400-2200, Rough Rider Lanes
- Kids' Night, 1530-2030, Bomber Bistro
- Craft Club, 1800, Minot AFB Library
- Have a Ball League, 1800, Rough Rider Lanes
- Zumba, 1830, Fitness Center



UPCOMING EVENTS

FRIDAY 13

- Air Force Photo Contest Ends
- Registration Ends: Acrylic Paint Pouring Class, A&FRC
- TAP (DoL)-Employment Workshop, 0800, A&FRC
- Spouses Corner, 0900-1000, A&FRC, In-Person and Zoom Meeting
- Mystery Price Bowling, 1400-2300, Rough Rider Lanes
- Friday Fun Member Buffet, 1630-1830, Rockers Bar & Grill
- Club Member Benefit, 1700-1900, Rough Rider Lanes
- Registration Ends: Stars and Stripes Scramble, 1700, Rough Rider Golf Course
- Swerk, 1830, Fitness Center
- Karaoke Night, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

SATURDAY 14

- HIIT Strength & Conditioning, 0900, Fitness Center
- Stars & Stripes Scramble, 0900, Rough Rider Golf Course
- Swerk, 1000, Fitness Center
- MINOT- A- CON, 1100, ESC (Inside Bomber Bistro), the Turf, & Minot AFB Library
- Shows & Shine Car Show/ Block Party, 1600 - 2300, Rockers Bar & Grill Parking Lot

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 13 August.
<https://forcesupport.awardsplatform.com>

- FCC Pre-Orientation: One-on-One Appointments: Family Child Care — Call to schedule an appointment.
- Youth Archery Camp: August 9-13, Youth Center, 0900 Ages 9-12, 1300 Ages 13-18

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