



On Aug. 14, 2021, fans and families from all over Minot Air Force Base, N.D., gathered for a day of thrilling activities and cosplay at Minot-A-Con. Head over to page A5 to see more action from the event!

NORTHERN SENTRY PHOTO | ABIGAIL KINDER

sears HOMETOWN STORE

LOCALLY OWNED & OPERATED

1425 24th Avenue SW • (701) 707-0530

Hours

Mon-Sat: 9 AM to 7 PM

Sun: 11 AM to 4 PM



HOME OF THE GLOBAL STRIKER

Only The BEST Come North!

WWW.MINOT.AF.MIL

CONTACT MINOT AFB PUBLIC AFFAIRS
701.723.6212 • V35BW.PA@US.AF.MIL

Minot AFB Videos



Find us on  **Minot Air Force Base**

Five Minutes to Thrive: Rethink your views on Alcohol

MICHELLE G. SIERRA-KWANDHAM, CAPT, USAF, BSC

Whether we are BBQ'ing, golfing, gaming, or just hanging out with friends, we live in a culture in which it's acceptable to combine alcohol with (almost) any activity we want. Partially as a result of this, the average age of first exposure to alcohol is around 17 years old. In short, some might have learned how to drink in our teenage years. Think back to your first alcoholic beverage: how old were you? The fact that some people in America learn how to drink at such a young age shapes how our culture ends up utilizing alcohol throughout our lives. Most of life is trail-and-error (e.g. intimate relationships, parenting, making friends, etc.), and we rarely ever take a class on how to drink alcohol responsibly (or how not to make a fool of ourselves). Compound that with the rite

of passage to get "wasted" our first time drinking (at age 21... right?), and we are exposed to social drinking, parties, peer pressure, and drinking behavior modeled by older sibling, friends and even parents, from a very young age. This early exposure, while our young adult brains are still developing, often leads to the creation of unhealthy habits, beliefs, and myths regarding alcohol use.

Alcohol FACTS from the Center for Disease Control:

- Standard drinks are defined in the picture below.

- Moderate drinking is defined as limiting intake to 2 standard drinks or less per day for men or 1 drink or less per day for women.

- Excessive alcohol use is defined as binge drinking (4 or more drinks per occasion

for women; 5 or more drinks per occasion for men); heavy drinking (8 or more drinks per week for women; 15 or more drinks per week for men); any alcohol consumption by those younger than age 21 years; or any alcohol consumption by pregnant women.

- Excessive alcohol use is responsible for approximately 95,000 deaths in the United States each year.

The most important message here is to drink responsibly; keep tabs on how much you drink, follow the "moderate drinking" definition below, look out for each other, have a designated driver (use AADD 701-727-2233), and have a good time!

For questions or outreach information/requests, contact the ADAPT clinic at 701-723-5527.



A LOOK BACK THIS WEEK IN USAF HISTORY

MINOT B-52 CREW COMPLETES HISTORIC FLIGHT

August 21, 2011



Airmen from the 5th Bomb Wing who performed the first B-52 flight over the North Pole pose at Minot AFB. (USAF Photo)

Between Aug. 16-21, 2011, Airmen from the 23rd Bomb Squadron at Minot Air Force Base, N.D., embarked on a historic flight to Russia. Taking off from Minot AFB, the B-52 Stratofortress crew flew over the geographical North Pole on their way to the 2011 Moscow International Air and Space Aviation Salon in Russia, becoming the first B-52 bomber to fly over the top of the world. The distance to Moscow was actually shortened by flying over the North Pole versus taking typical routes, and while the B-52 was made to withstand those types of conditions, the route had never been attempted before. Once they made it to MAKES 2011, the air crew noted that the Russians were especially impressed by the B-52's age and superb condition. Aircraft, crews, and support personnel from United States bases all over Europe and the U.S. were in attendance at the Salon.

Information courtesy of: minot.af.mil

CELEBRATE LIFE
SERVING YOU SINCE 1926

304 S MAIN ST
MINOT, ND

THOMAS
FAMILY
FUNERAL HOME

CALL
701-838-2832

WWW.THOMASFAMILYFUNERALHOME.COM

MEN

4 Person Teams

Tuesday (9/14)..... 6:30 pm
Wednesday (9/15)..... 6:30 pm
Wednesday (9/15)..... 7:00 pm

WOMEN

4 Person Teams

Tuesday (9/14)..... 6:30 pm
Thursday (9/16)..... 6:30 pm

YOUTH

All New Bowlers Get a FREE
Bowling Ball and Shirt

Sundays (Ages 12 and up)..... 6:00 pm

- Registration and Start Day, 9/12
- Weekly fees for 3 games: \$12

Mondays (Ages 12 and up)..... 5:00 pm

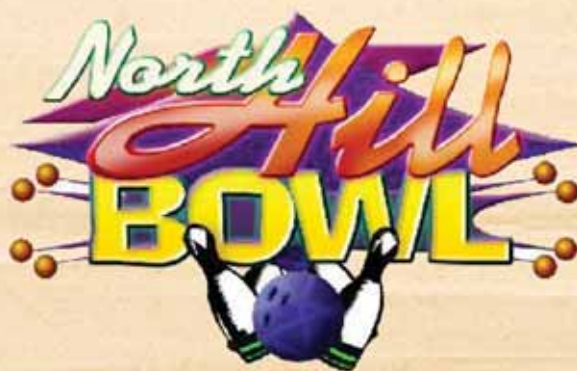
- Registration and Start Day, 9/13
- Weekly fees for 3 games: \$12

Thursdays (Ages 7 and up)..... 3:45 pm

- Registration and Start Day, 9/9
- Weekly fees for 2 games: \$8

Saturdays (Ages 5 and up)..... 9:30 am

- Registration Day, 9/11 - Bumper Leagues for ages 5-6
- Bowling Start Date, 9/18
- Weekly fees for Bumpers & Squirts (2 games): \$8
- Weekly fees for Bantams (3 games): \$12



LEAGUE BOWLING

NO EXPERIENCE NEEDED!

AMERICA'S
#1
PARTICIPATION
SPORT

MIXED Teams

Sunday (9/12)..... 7:00 pm
Wednesday (9/15).... 7:00 pm
Thursday (9/16)..... 6:45 pm
Friday (9/17)..... 6:30 pm

SENIORS

4 Person Mixed Teams

• • • FREE COFFEE • • •
Leagues are 30 Weeks

Wednesday..... 10:00 am

- Starts 9/8

Friday..... 1:00 pm

- Starts 9/10

DAYTIME COFFEE FREE COFFEE

Thursday..... 1 pm

- Starts 9/16, 3 person teams

**28
WEEK SEASON**

1901 NORTH BROADWAY, MINOT, ND
701-852-4108
NORTHHILLBOWL.COM

CHECK THE NORTHERN SENTRY
EACH WEEK FOR LEAGUE
BOWLING RESULTS!



Minuteman III Test Launch Showcases Readiness of U.S. Nuclear Force's Safe, Effective Deterrent

AIR FORCE GLOBAL STRIKE COMMAND

BARKSDALE AIR FORCE BASE, La. – Air Force Global Strike Command Airmen launched an unarmed Minuteman III intercontinental ballistic missile equipped with a test re-entry vehicle from Vandenberg Space Force Base, California Aug. 11 at 12:53 a.m. Pacific Time to demonstrate the readiness of U.S. nuclear forces and provide confidence in the lethality and effectiveness of the nation's nuclear deterrent.

This launch involved a Hi Fidelity Joint Test Assembly re-entry vehicle that detonated conventional (i.e. non-nuclear) explosives prior to hitting the surface of the water approximately 4,200 miles downrange near Kwajalein Atoll in the Marshall Islands. These test launches verify the accuracy and reliability of the ICBM weapon system, providing valuable data to ensure a continued safe, secure and effective nuclear deterrent.

“The U.S. nuclear enterprise is the cornerstone of the security structure of the free world,” said Col. Omar Colbert, 576th Flight Test Squadron Commander. “Today’s test launch is just one example of how our nation’s ICBM fleet demonstrates operational readiness and reliability of the weapon system. It also allows us to showcase the amazing level of competence and capability of our Airmen.”

The test launch is a culmination of months of preparation that involve multiple government partners. The Airmen who perform this vital mission are some of the most skillfully trained and educated the Air Force has

to offer.

Airmen from the 341st Missile Wing at Malmstrom AFB, 90th Missile Wing at F.E. Warren AFB, and 91st Missile Wing at Minot, were selected for the task force to support the test launch. The three missile bases have crew members standing alert 24 hours a day, year-round, overseeing the nation’s ICBM alert forces.

“Test launches are not a response or reaction to world events or regional tensions,” said Lt. Col. Aaron Boudreau, Task Force commander. “The launch calendars are built five years in advance, and planning for each individual launch begins six months to a year prior to launch. Our task force is comprised of experts from all three missile wings and they have showcased incredible initiative and flexibility to overcome unforeseen challenges during this world-wide pandemic. We’re honored to conduct this mission in conjunction with the 576th Flight Test Squadron and extremely proud to represent the numerous men and women that support the nuclear deterrence mission.”

The ICBM community, including the Department of Defense, the Department of Energy, and U.S. Strategic Command, uses data collected from test launches for continuing force development evaluation. The ICBM test launch program demonstrates the operational capability of the Minuteman III and ensures the United States’ ability to maintain a strong, credible nuclear deterrent as a key element of U.S. national security and the security of U.S. allies and partners.

Air Force Global Strike Command is a major command with headquarters at Barksdale Air Force Base, Louisiana, in the Shreveport-Bossier City community. The command overseas the nation’s three intercontinental ballistic missile wings, the Air Force’s entire bomber force, to include B-52, B-1 and B-2 wings, the Long Range Strike Bomber program, Air Force Nuclear Command, Control and Communications systems, and operational and maintenance support to organizations within the nuclear enterprise. Approximately 33,700 professionals are assigned to two

Numbered Air Forces, nine wings, two geographically-separated squadrons and one detachment in the continental United States and deployed to locations around the globe. More information can be found at: <https://www.afgsc.af.mil/About/Fact-Sheets/Article/454593/air-force-global-strike-command-air-forces-strategic-air/>.

Ground Based Strategic Deterrent, the Program of Record, will replace the Minuteman III ICBM with an initial capability of 2029. Until full capability is achieved in the mid-2030s, the Air Force is committed to ensuring Minuteman III remains a viable deterrent.



An Air Force Global Strike Command unarmed Minuteman III intercontinental ballistic missile launches during an operational test at 12:53 Pacific Time Wednesday, Aug. 11, 2021, at Vandenberg Space Force Base, Calif. ICBM test launches demonstrate that the U.S. ICBM fleet is relevant, essential and key to leveraging dominance in an era of Strategic Competition.

U.S. SPACE FORCE PHOTO | MICHAEL PETERSON

CONTACTUS

Ted Bolton
Publisher | Advertising
bagroup@srt.com

Rod Wilson
Business Development | Marketing
sentrysales@srt.com

Abigail Kinder
Reporter/Creative Services
nsabby@srt.com

GRAPHIC DESIGN BY
Nikki Greening
nsads@srt.com or
nsgraphics@srt.com

MINOT AIR FORCE BASE PUBLIC AFFAIRS Chief

Captain Katie Spencer
Public Affairs Officer
1st Lt. Ryan Walsh
Superintendent
Master Sgt. Andy Stephens
Community Relations
Mr. George F. Gutierrez

Staff Photojournalists

Technical Sgt. Crystal Cherierra
Technical Sgt. Benjamin Smith
Senior Airman Dillon Audit
Senior Airman Josh Strickland
Senior Airman Michael Richmond
Airman 1st Class Caleb Kimmell
Airman 1st Class Jesse Jenny
Airman 1st Class Jan Valle
Airman 1st Class Evan Lichtenhan
Airman 1st Class Zachary Wright
Airman 1st Class Saomy Sabournin
De Los Santos
Airman Allison K. Martin

COMMANDERS

5th Bomb Wing Commander:

Col. Michael O. Walters

5th Bomb Wing Vice Commander:

Col. Michael D. Maginness

91st Missile Wing Commander:

Col. Christopher E. Menuey

91st Missile Wing Vice Commander:

Col. Johnny L. Galbert

NEWS SUBMISSIONS

Northern Sentry Office

nsads@srt.com | 701.839.0946

MAFB Public Affairs Office

v35bw.pa@us.af.mil
701.723.6212

MAIL

315 South Main Street, Suite 202
Minot, ND 58701

VIEW ONLINE
www.northernsentry.com
www.minot.af.mil

FIND US ON FACEBOOK

Minot Air Force Base - Northern Sentry. The Northern Sentry is published by BAG, LLC., a private firm operating independently of the U.S. Air Force. Contents of the Northern Sentry are not necessarily the official views of, or endorsed by, the U.S. government, the Department of Defense or the Department of the Air Force. The official news source for Minot Air Force Base is www.minot.af.mil. The appearance of advertising in this publication, including inserts or supplements, doesn't constitute endorsements by the DoD, the Department of the Air Force or BAG LLC., of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchasers, users or patrons. We welcome your stories and photos of interest to the readership of the Northern Sentry. Minot Air Force Base Public Affairs reserves the right to not authorize publication. The Northern Sentry deadline for submission of materials is at noon the Tuesday before publication date.



20% Military Discount

Primo
RESTAURANT

1505 N Broadway, Minot, ND 58703
(701) 838-7746



Closed Mondays
Tuesday-Saturday
7:00 am - 1:00 pm
Thursday-Saturday
5:00 pm - 9:00 pm
Sunday
7:00 am - 1:00 pm

Full Service Salon

- cuts
- colors
- highlights
- pedicures
- manicures
- facials
- perms

B&D

Berri's
Hair Designers, Inc.

• Melisa Ellison •
701-240-1385

Located on North Hill
2001 3rd St NW • Minot

HOOURS: Mon. Tues. Thurs. 8:30-8:30 • Wed. Fri. 8:30-6:00 • Sat. 8:30-3:00

Masks Required at Trinity Health

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).

Face masks are required at all of our facilities until further notice. Masks must be worn correctly, covering the nose and mouth.

Thank you for your cooperation as we protect the health of our patients and visitors.



TRINITY
HEALTH

trinityhealth.org

CELEBRATE SUMMER AT OUR MEMBER APPRECIATION PICNIC

August 24th 2021
11:00am-1:00pm
NSCCU-Minot AFB
210 Summit Drive



North Star
Community Credit Union
nsccu.com

Cookies For You: Logo cookies are a big hit!

ROD WILSON, NORTHERN SENTRY

Sometimes you are just “stumped” for ideas when it comes to giving the perfect gift. For birthdays, anniversaries, congratulations or even a new baby, you struggle for that something different that will leave a lasting impression. At the Northern SENTRY we were looking for something “local” as a Christmas gift for our Minot Air Force Base friends in Public Affairs.

Enter...Cookies for You, and owner Casey Klein. “I’ve owned Cookies for You for about two and a half years, but original owner Mary Helen (Hasby) opened it in 1992,” according to Casey. Cookies for You is located on Main Street, and the pleasant aroma of cookies baking will draw you in. The show case full of cookies and other baked goods makes it impossible to leave without something sweet in your hand, or a half a dozen cookies in a bag for consumption at a later time, say mid-morning or afternoon coffee. The cookies alone would have been a very tasty gift, but there were several examples of cookies that had

business logos on them. Most were white cookies with frosting and then were decorated with a logo. Perfect!!! “We will use the Team Minot logo,” I told the young lady taking my order. “We just need a JPEG of your logo and we’ll be able to have your cookie order ready to go tomorrow,” she replied.

Buying Cookies for You may have been a bit of a left turn for Casey. She was deeply entrenched in the corporate world “but I was constantly traveling around the world. There was a lot of stress and I decided to start looking around for something different. I knew that I wasn’t going to be happy doing what I was doing until I retired,” Casey shared. “We started talking about it (Casey purchasing Cookies for You) a couple of years before it happened. Mary Helen was also kind of tired and ready for a change, and we started talking about what it would look like if it happened, and well, here I am.” Since Cookies for You changed ownership, there have not been many changes. “Mary Helen ran a pretty successful

business, so I didn’t really want to do anything drastic,” says Casey. “We’ve added a few things, like we tried pickle cupcakes and now we have a maple, bacon rice Krispy bar (which of course I had to try) and a few other little things”.

The target market for a Cookies For You customer



is women, aged 25 to 55, but I can assure you that Cookies For You has something for all demographics. “We enjoy having kids. We always have the decorated cookies that they enjoy (and by the way, Casey now hosts birthday parties) but the cookie bouquets sell

the most. They are a great gift idea...get well, congratulations, baby, birthdays, and the custom decorated cookies are also pretty popular,” Casey says with a smile, and of course it was that idea that drew me into Cookies for You in the first place. What draws more attention than your logo prominently displayed on a dozen cookies, I had decided, and so my order was placed with high expectations for success once I delivered them to Public Affairs, and I was not disappointed. The blue logo on the white frosting was perfect! Soon after delivery, the conversation turned to other ideas for these custom made delights. “We can pretty much do anything...I don’t know that there has been anything that I have said we can’t do it.” According to Klein, “We’re only a block and a half from Trinity so a custom made cookie bouquet for a baby gift is a great idea. We deliver locally, and of course we deliver to the base as well, and we ship.”

Cookies for You employs 10 people, and the staff increases on holidays. Looking for a special birthday venue? “Yeah, we started doing birthdays,” according to Klein, “we did a day care field trip. We had a decorator kind of show them how to decorate a couple. The daycare kids were ages five to 10. We gave them three cookies, and they could eat one for snack time, but one girl held on to her cookies so she could take them all home to Mom and Dad.”

At Noon, Cookies for You serves lunch that includes a soup and sandwich and with a little advance notice if you call ahead, each box lunch could include a custom made cookie. The sky is certainly the limit when it comes to being creative. “We have back to school cookies,” Casey says, “and the kids really enjoy them.”

So the next time you need a truly unique gift idea, give Casey a call at Cookies for You, (701) 839-4975, or visit their website at cookiesforyou.com.



Cookies for You is a local Minot favorite for sweet treats, with everything from expertly crafted cookie bouquets and cookie pizzas to homemade meals and other mouth-watering treats. Whether you’re looking to satisfy your sweet tooth or find the perfect edible gift, Cookies for You has something for everyone!

We Specialize in All Things Glass...



Get \$25 off

a service of

\$275 or more

Limited time offer. One per customer. Cannot be combined with other offers. Valid at participating locations.



Shower Enclosures • Table-top Glass/Curio Cabinet Glass
 Automotive Glass Repair and Replacement • Mirrors

GLASS DOCTOR[®]

a neighborly company

701.852.3741 • GlassDoctor.com/Minot

1122 S. Broadway Minot, ND 58701

Locally Owned and Operated Franchise

NOW ACCEPTING REGISTRATIONS FOR 2021-2022 SCHOOL YEAR

OFFERING HALF-DAY CLASSES FOR 3-6 YEAR OLDS

2 OR 3 DAYS PER WEEK

CLASSES BEGIN SEPTEMBER 8



Offering a literacy-focused, STEAM method that nurtures the whole child.

RESEARCHED, EFFECTIVE CURRICULUM INCLUDES:

Art, Science & Nature, Yoga, Music, Cooking & Snacks, Early Math & Literacy, Outdoor Play, Creative Play & more!

Teachers have 20 years experience in Preschool.

Welcoming Minot and Minot AFB families since 2005.

Convenient by-pass access!

Children's Garden

• Preschool •

LEARN MORE OR REGISTER ONLINE

www.minotpreschool.com

CONTACT US • 701.833.8980 • Email: minotpreschool@outlook.com • 1800 Hiawatha Street, Minot



TOGETHER, WE IMPROVE QUALITY OF LIFE

Same day appointments available.

1201 11th Avenue SW, Minot, ND
 Phone 701.858.6700, 800.841.7321
 Hours: Monday–Friday 8 a.m.–5 p.m.
cfmminot.UND.edu



I Want To Carry The United States

**northern
sentry**

A VIEW FROM OUR SIDE
ROD WILSON, NORTHERN SENTRY



A grand celebration took place at Roosevelt Park Zoo on the 7th of August. It was a 100 year celebration for Roosevelt Park Zoo, The Kiwanis Club of Minot and the Minot City Band. I had the honor of being Emcee for the Minot City Band, and thus had the great pleasure of introducing the Minot Air Force Base Honor Guard. As goodwill ambassadors for the Minot Air Force Base, and the US Air Force, this group makes many appearances every year leading parades, opening ceremonies and at sporting events throughout the region. Being a "base town", we certainly are afforded the honor of seeing these young men and women escort the flag of our country with great precision and honor. I want to say "Thank You" from every one of us who attended the event.

Another honor that took place was the recognition of Lynn Aas and John Sinn, both WW II veterans, and both 100 years young. Mr. Aas and Mr. Sinn had front row seats, and rose to attention as the flag was escorted in. Thank you to both of those

men for serving our country, and congratulations on reaching the century mark.

I can remember when I was a young kid, my Dad would remind me to stand at attention any time the flag of the United States would pass by. So was the case on Saturday as a young man was standing near me watching as the color guard practiced before the 100th Anniversary event began. His Dad explained to him "you need to stand at attention when they bring the flag in. Then we'll sing the National Anthem." There was a pause in the conversation, and then the Father continued, "see how sharp they look. Maybe someday you can join the Air Force and be in the color guard." To which the young man replied "You bet, and I want to carry the United States." You know, from the mouth of a youngster who has yet to gain knowledge of politics or governments, came perhaps the greatest tribute to those 4 Airmen on this special day. They indeed were carrying not only a flag, but the United States. Enough said....

KRAMER SUBARU SERVICE
700 Old Red Trail NW • Mandan, ND
888.856.2383



FOR ALL YOUR HOME LOAN NEEDS



BENCHMARK MORTGAGE
Ark-La-Tex Financial Services, LLC NMLS# 2143

We appreciate you & put you FIRST!

Offering a \$500 off closing cost credit in appreciation for your service

Mention this ad
for the \$500 off



701-839-3360

2080 36th Ave SW, Suite 205, Minot

Steve Fennewald NMLS #766570
Sarah Burckhard NMLS #766557

APPLY NOW ONLINE
www.teamnd.benchmark.us

This is not a commitment to lend. Offer valid to qualifying borrowers. Borrower receives credit for lender origination fees up to \$500.00 at loan closing. Loan must close and fund with Ark-La-Tex Financial Services, LLC NMLS# 2143 (www.nmlsconsumeraccess.org). Information, rates, and pricing subject to change without prior notice at the sole discretion of Ark-La-Tex Financial Services, LLC. Other restrictions may apply. (<https://benchmark.us>) Must present this coupon for it to be valid.



**Upcoming
Events**

**20-31
AUG**

AMERICAS 2021: ALL MEDIA
10:00 AM - 5:00 PM
Northwest Arts Center
500 University Ave W, Minot

The Northwest Arts Center opens the Fall Semester at Minot State University with the "Americas 2021: All Media" annual juried exhibition. The exhibition is on view August 13 to September 25 in the Walter Piehl Gallery. From its first call for entries in 1995, each year the All Media competition has brought diverse artwork in all mediums, traditional and experimental, to our community. This year's exhibition features 46 artworks from artists across the United States and Canada. A public reception is scheduled Thursday, September 9 from 6:30 to 8 p.m. Both exhibition and reception are free and open to the public. Please see the reception event or NAC website for more details.



For more information:
Website / <https://www.minotstateu.edu/nac/all-media.shtml>

**21
AUG**

**2ND ANNUAL MEN'S WINTER
REFUGE 5K AND TRAP SHOOT**
8:00 AM
Minot Gun Club
1331 62nd Ave NE, Minot

On Saturday, August 21, the Men's Winter Refuge will host two family-friendly fundraisers on the grounds of the Minot Gun Club north of Minot, just off of Highway 83. All proceeds from both events will go toward the daily operations of Minot's only men's homeless shelter. The 2nd annual Men's Winter Refuge 5K Fun Run and Walk will begin at 9 am, with race-day registration beginning at 8. For full details and to register now, simply visit <https://runsignup.com/Race/ND/Minot/MensWinterRefuge5KandTrapShoot>. Feel free to call Men's Winter Refuge executive director Mike Zimmer with questions at 701-822-2585. We hope to see you there!



For more information:
Website / www.runsignup.com

**22
AUG**

MINOT FOOD TRUCK FESTIVAL
11:00 AM - 6:00 PM
Oak Park
19 Ave SW, Minot

This is the fifth annual Minot Food Truck Festival! Experience Oak Park at its finest with live acoustic music, beer gardens, bouncy castles, fun activities, shopping, FOOD (of course) from incredible Food Trucks, and more! The festival is a fundraiser for the local non-profit organization, ND Strong (aka The Film Dudes). This organization is an educational 501(c)3 entity that provides film education for schools across the state of North Dakota. - General Ticket Admission: \$5 Adults | \$3 Students, Military, & Children | FREE for Children 3 & Under. NOTE: this admission DOES NOT cover charges for the food trucks, vendors, or activities. Cash or debit/credit cards will be accepted at both entrances.



For more information:
Facebook Event / Minot Food Truck Festival (2021)

**28
AUG**

TAILS ON TRAILS 5K
9:00 AM
Dakota Bark Park
2905 7th Ave SW, Minot

For Belle's Sake Animal Rescue & Rehabilitation will be hosting our third annual 5K Run/Walk! Please join us to raise money and awareness for this awesome organization. This year, all proceeds will benefit the upcoming expansion project and general expenses. The race will end at the Bark Park to let your furry family members hang out and play (if they have any energy left after the 5K!!) More details to come! Dogs must be leashed during the 5K and owners must clean up after their pets. Be aware that this will be a loud, crowded environment. If they will be scared, anxious, or overly excited, it's probably best to leave them safely at home.



For more information:
Facebook Event / Tails on Trails 5K / Bark Park

On Base



For more information visit: www.5thforcesupport.com



Journey through Minot-A-Con

On Aug. 14, 2021, the 5th Force Support Squadron held the first official Minot-A-Con. Fans of all ages were invited to a day of food, fun,

and cosplay at the Minot Air Force Base Library, Turf and the parking lot behind, and the Entertainment Social Center (ESC). Minot-A-Con was jam

packed with all sorts of activities, such as Harry Potter and Super Mario themed escape rooms, Live Action Role Play games, trivia, game

demos, outdoor activities, art and cosplay contests, and more. A big thank you goes out to the superheroes of the 5th FSS, all of

the volunteers and participating organizations, vendors, and to the special guests who helped make Minot-A-Con a success.



HPCON

B

What does HPCON mean?

A program to inform base population of specific health protection actions recommended in response to an identified health threat, justified by the scope and severity of the threat

To reduce the potential for COVID exposure, all active duty personnel will avoid the 3 C's at all times:
Crowding, Closed Spaces, Close Contacts.

Changes for Team Minot:

- Minot AFB personnel will wear masks indoors on and off base, regardless of vaccination status.
- Personnel may continue to use all on and off base retail & personal services, provided mask and social distance protocols are adhered to.
- Bars whose primary purpose is to serve alcohol are prohibited.
- At the commander's discretion & mission requirements, telework or alternate work schedules are allowed.
- Indoor gatherings limited to 75% of room's fire-code capacity, not to exceed 100 persons.
- Places where social distancing cannot be maintained are prohibited. This includes indoor rallies, fairs, concerts, conventions, and trade shows.

Inside the library, a variety of exciting, educational, and creative activities were held. There were two escape rooms (Harry Potter and Super Mario) that required participants to solve puzzles and riddles in order to win. The Minot LARP Group held an immersive Mage live-action roleplay game, and just down the hall there were craft rooms and trivia sessions set up, as well as board game and sword fighting demos.



In the outside area, fans and families had the opportunity to participate in several thrilling activities including archery, axe throwing, designing their own lab coats, Wipe Out, a giant Iron Man course, sumo suits, bungee runs, go karts, and even a human gyroscope. Children 12 and under were invited to earn their capes through superhero training!



A break-out session was held with special guest voice actor Steve Blum at the Entertainment Social Center. Blum, who is known for his voice roles in Cowboy Bebop, X-Men, and Call of Duty, also held a meet and greet at the Turf earlier in the day.

Real life Team Minot superheroes attended the event and gave families a look inside their every day jobs.

NORTHERN SENTRY PHOTOS | ABIGAIL KINDER

DAKOTA
Property Management

RE/MAX
BAKKENREALTY.COM

APARTMENTS AND HOMES AVAILABLE
FOR SALE OR RENT | 701.838.2877

LOVE WHERE YOU LIVE

DAKOTA PROPERTY MANAGEMENT
OFFERS A 10% MILITARY DISCOUNT
ON APARTMENT RENTALS!

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

Allstate
You're in good hands.

© 2019 Allstate Insurance Co.

STARTS
FRIDAY

**HITMAN'S WIFE'S
BODYGUARD**
(2021) Action, Comedy, Crime (G)

OPEN
(2021) Drama, Romance, Sport (PG)

CRUELLA
(2021) Disney, Comedy, Crime (PG-13)

SPIRIT UNTAMED
(2021) Animation, Family, Western (PG)

**RENT THE
THEATER
FOR EVENTS**
CHECK OUR WEBSITE
FOR MORE INFO

\$4.00
ALL SEATS

FOR SHOWTIMES
WWW.OAKPARKTHEATER.NET
1500 4TH AVE NW, MINOT, ND

10585723



Fans from all over Minot Air Force Base had the opportunity to cosplay as their favorite characters at Minot-A-Con.

MINOT-A-CON COSPLAY CONTEST WINNERS

Youth Category:
1st: Lorix Starner
2nd: Melody Sims
3rd: Joshua Roberts

Teen Category:
1st: Mia Pipkin
2nd: Trinity Selmi
3rd: Victoria Vadala

Adults:
1st: Anonymous
2nd: Tracy Sims
3rd: Charlie Hunter

MINOT-A-CON FAN ART CONTEST WINNERS

Adult Category: Sheyenne Monaghan
Teen: Victoria Vadala
Youth: Amira Selmi
Kids: Noelle Watton

FALL-OFF-THE-BONE BBQ RIBS



- INGREDIENTS**
RIB RUB
2/3 CUP BROWN SUGAR
1/2 CUP PAPRIKA
1/3 CUP GARLIC POWDER
2 TABLESPOON ONION POWDER
2 TABLESPOON CHILI POWDER
1 TABLESPOON CAYENNE PEPPER
1 TABLESPOON GROUND BLACK PEPPER
1 TABLESPOON FRESHLY GROUND WHITE PEPPER
1 1/2 TEASPOON DRIED OREGANO
1 1/2 TEASPOON GROUND CUMIN
4 RACK BABY BACK RIBS

- MAIN**
1/2 CUP APPLE JUICE
1/2 CUP WHITE GRAPE JUICE
HONEY
TRAEGER BBQ SAUCE

Combine all rub ingredients in mixing bowl, mix well. Sprinkle both sides of ribs liberally with rub. When ready to cook, set Traeger temperature to 275° F and preheat, lid closed for 15 minutes.

Place ribs on grill, close lid and cook for 45 minutes. Meanwhile, combine the apple and grape juices in a small bowl and set aside. Remove the ribs from the grill and place them bone side down on a large sheet of heavy-duty aluminum foil or a large disposable foil pan. Pour the juice mixture over the ribs.

Drizzle a generous amount of honey over each slab. Wrap up the ribs completely with the foil and seal the edges. Return the ribs to the grill and cook for 1 hour.

Remove the ribs from the foil and place directly on the grill grate. Turn the temperature up to 350° F and cook for 30 additional minutes.

Slathe the ribs with your favorite Traeger BBQ Sauce and cook for an additional 5 minutes to set the sauce. Remove the ribs to a cutting board.

Slice into single serving size pieces and serve.



Ryan Davy - GM Minot

www.HofE.com/BBQHQ



Auto Care - Valvoline Instant Oil - Tires
Minot AFB | 61 Missile Ave | 701-727-4141
Minot | 1301 20th Ave SW | 701-837-1301

VACATION READY

CAR CARE

Cooling System Tips

Have your antifreeze fluid changed and Cooling System flushed every 30,000 miles or 2 years. Newer formulas, however, may last up to 50,000 miles. To check coolant level, turn the car off and wait for the engine to cool. Locate the coolant reservoir (usually a translucent plastic tank) and eyeball the level of the coolant against the full and low indicators. Just like human beings, the car needs to dissipate heat in order to avoid overheating and exhaustion. During combustion, the engine produces large amount of heat - about 4,000 degrees Fahrenheit. This is too much for the engine to bear so a cooling system is needed to keep it at a normal temperature. Cars usually overheat due to a damaged part in the cooling system, especially the radiator, the heart of the cooling system. It is therefore necessary that all its auto parts must be in proper working condition to ensure that the whole system works efficiently. Aside from the radiator, the cooling system is composed water pump, freeze plugs, head gasket, thermostat, hoses, heater core, fan clutch and radiator fan. All these auto parts have special roles to perform thus the absence of one could significantly affect the whole cooling process and of course, the engine's performance. Take for example the hose, this may seem to be just an ordinary part but once broken, the coolant can escape and so it's no longer possible for the system to cool the engine. Even just the cap of the radiator is important. It holds the pressure in the cooling system; thereby,

affects its stability. How does the cooling system of your car work? The coolant, which is a mixture of anti-freeze and water, is the one that absorbs the heat from the engine. It is drawn by the water pump from the radiator and is pumped through engine block and the cylinder head to absorb the heat from the engine and its parts. It goes back to the receiving tank of the radiator through the radiator hose. The radiator has tubes that contain large amount of water and has fin area to allow outside air to pass through. As the coolant spreads over the top of the radiator tubes, it transfers heat to the air. The performance of your car is greatly dependent on your cooling system. No matter how gutsy its engine is, it can't work normally without a cooling system. The engine can even be inutile in an instant if it overheats and all other auto parts under the hood can also be damaged. They could melt as the engine burns the fuel inside the combustion chamber and the pistons in the cylinder could expand extremely that they can no longer move to complete the whole process in the engine. Your car can possibly overheat as well. Engine overheating is one of the most common problems auto users encounter. You can avoid this by adding water to your radiator. So if you notice a problem on a particular part in your cooling system, consult the best auto mechanic in town. But if you think the problem is worst, you may as well replace it right away.

OIL & FILTER SERVICE

OIL, LUBE AND FILTER SERVICES CONSIST OF:

- REPLACING THE OIL FILTER
- CHECKING THE AIR FILTER
- INSPECTING AND TOPPING OFF ALL FLUIDS UNDER THE HOOD
- OILING ALL FITTINGS
- CHECKING ENGINE FOR HOLES
- CHECKING BELTS AND HOSES
- INSPECTING TIRE PRESSURE
- CHECKING ENTIRE UNDERCARRIAGE

\$10 off
VALVOLINE OIL CHANGE



Your vehicle counts on new oil and oil filters to keep it operating efficiently. Oil should be kept full, clean from particles and not burnt. Oil lubes crucial engine parts. Moving components create rubbing, and over time that heat wears the parts down. Oil or a synthetic lubricating substance can minimize the damage from the rubbing by those moving components. By performing a regular oil change schedule you will effectively increase your engine's efficiency as well as maintain the life of your car's engine.

WHEN TO CHANGE/CHECK YOUR OIL

- Check Oil Light is on
- Check Engine Light is illuminated
- Oil is dirty
- Pinging, knocking, or additional sounds coming from the engine



YOU CAN DEPEND ON
YOUR HOMETOWN EXPERTS
TO SERVE ALL YOUR
CAR CARE NEEDS IN MINOT.

Auto Care - Valvoline Instant Oil - Tires
Minot AFB | 61 Missile Ave | 701-727-4141
Minot | 1301 20th Ave SW | 701-837-1301





AIRMEN OF THE WEEK



A1C Trevor Hurt

This Airmen of the week is one who's actions are selfless and exemplifies an outstanding example of a leader and follower is:

"I'm A1C Trevor Hurt and I'm with 791 MSFS. I've been in Minot since October 2019. I'm one of three flight security controllers in my squadron that are A1C's. I've helped over a dozen of members on our flight especially my squad. Not just

with training and learning the job but just how to go about certain situations and point them in the right direction. My main motivation is really just the people around me. I try my best to help others cause I know what it's like to be the new guy who doesn't have a clue what he/she is doing. I wanna be that super approachable and knowledgeable person in my squadron."

NODAK ARMS

INDOOR INTERACTIVE SHOOTING RANGE

Range Time **HAPPY HOUR:** 10 AM - 2 PM Mon.-Thurs.
\$7.50 per 50 Rounds 6 PM - 10 PM Fri. & Sat.

Book Range Time: www.nodakarms.com/bookings *Guns Supplied Free if Needed

Good Gardening

ADVICE

by Marvin Baker

Brassicas beware

This is the time of year when you can say goodbye to your plants in the brassica genus unless you take extreme measures to protect them. Cabbage, broccoli, kohlrabi, radish, cauliflower, mustard, turnip, bok choy and even horseradish are not safe from flea beetles that typically feed on canola. And since North Dakota has more than 90 percent of the nation's canola supply, when farmers cut it, the beetles move to any living brassica plant. Thus, you will need special insecticides and/or row covers or screens to protect the plants. Otherwise, your brassicas will be annihilated.



Jerome's COLLISION CENTER



Your Collision Experts

What We Do



Vehicle Collision Repair



Boat & Fiberglass Repair



Semi-Tractor Body Work



RV Body Repair



Vehicle Detailing



Nationwide Lifetime Warranty

Don't Settle for Less,
Choose Jerome's

(701) 852-5126 | (800) 761-1160

Fax: (701) 839-4488

2705 North Broadway, Minot, ND 58703

Connect with us!

jeromescollision.com

Team Minot Airmen help local man spread kindness

ABIGAIL KINDER, NORTHERN SENTRY

Sometimes the world needs a little more kindness, and one local man is giving it away in the shape of teddy bears with a little help from the Minot community.

When Bob Gross' nephew DaySun died in a car accident in 2002 at the age of 17, he decided to use good deeds as a way to cope. "A year later, I thought to heal my brother and his wife that I would do some good, and that was in 2003 and I've been doing it ever since," said Gross.

To honor the memory of his nephew, Gross began giving away backpacks, school supplies, bikes, and teddy bears to children all over the community. Speaking with him, there is no doubt about the passion in his heart for helping others. "The best thing you can do in the world is give, and the best thing you can give to is the kids. I love to give."

With the help of volunteers, including some from the Minot Police and Fire Departments as well as Minot Air Force Base, Gross has been able to hand out thousands of items to children at the yearly event, which takes place just outside of Roosevelt Park Zoo near his nephew's memorial bench. "[The Airmen] are just the best human beings on this earth. They are the most gracious, un-greedy human beings I've ever met," he said regarding the Team Minot volunteers.

This year, Airmen from the 705th Munitions Squadron and Airmen Leadership School at Minot AFB volunteered to help Gross with the giveaway

under the charge of SMSgt. Mario Ceballosmartinez. The two met by happenstance one morning at Panera Bread and a special friendship began. "He hangs around at Panera Bread on Saturday mornings drinking his coffee," explained Ceballosmartinez. "I used to go by myself to Panera just to sit around in the morning, and my children wanted to go one day. As we were sitting there all of a sudden, he saw my kids and said 'hey, do you mind if I give them a teddy bear?' They really liked the teddy bear and they wanted to come see Bob every Saturday."

"We started talking and he mentioned [the giveaway] to me and mentioned the fact that he always has military support but he didn't know where to find it this year. As soon as he said that, I said 'well this is a good thing and I want to help out.' So, I talked to my counterparts and we had a couple people who wanted to volunteer. When they heard the call, they answered," he continued. "We are very proud to be here and to reach out directly to the community like this."

Gross and several donors provided 500 free teddy bears, hundreds of backpacks, notebooks, folders and other school supplies, and 14 bicycles to children from all over Minot this year. In the past, Gross has also given teddy bears to children at Minot AFB schools and volunteer Ceballosmartinez has high hopes of bringing the giveaway to the base community



On Aug. 14, 2021, a teddy bear and school supplies giveaway was held outside of Roosevelt Park Zoo for the families of Minot. Bob Gross (not pictured) began the event in 2003 after his nephew DaySun died in a car accident just outside the zoo, and with the help of volunteers from the 5th Munitions Squadron, Airmen Leadership School, Minot city services and other gracious citizens, the event provided free school supplies, bicycles, and 500 teddy bears to children in need.

NORTHERN SENTRY PHOTOS | ABIGAIL KINDER



in the future. The goal? To bring joy and support to everyone in the community, no matter what background they come from. "We don't judge you here. Anybody can join—rich or poor. It's not about how much money you make, it's how much you give," Gross said.

The event was not only a

giveaway but a community get-together with free food, refreshments, and live music from the band Courageous Hearts. Families were able to gather and have a good time in the memory of DaySun.

Gross attributes much of the event's success to all of the volunteers and donors, as well as

his late nephew's kind heart and soul, and he hopes to continue giving back for as long as he is able. He wants to spread kindness and love to the community, and with the help of volunteers like those from ALS and the 705th MUNS, the families of Minot can rest assured that they will always have a helping hand.



creative property management Inc.

BEAUTIFUL CONDOS & TOWNHOUSES FOR RENT

2 AND 3 BEDROOMS AVAILABLE WITH ATTACHED HEATED GARAGE

GREAT LOCATION, RIGHT OFF HIGHWAY 2 FOR EASY ACCESS TO THE BASE

STARTING AS LOW AS \$895 A MONTH!

SCHEDULE YOUR SHOWING TODAY!



creative property management Inc.

701-852-5028

WWW.CREATIVEMINOT.COM

BEST SMOKED RIBS & BRISKET IN TOWN!

FRESH SMOKED MADE FROM SCRATCH RECIPES



SUMMER PATIO NOW OPEN!!







BRISKET • RIBS • PULLED PORK • SMOKED SAUSAGE • BURGERS • WINGS • FISH N CHIPS

NEW HOURS

Sunday thru Thursday 4pm to 8pm

Friday & Saturday 4pm to 9pm

1412 2ND AVE, SW. MINOT 701.839.9140

BONESBBQMINOT.COM

FIND US ON



"BEST BBQ IN TOWN"



Brooke Stevens

REALTOR®
Jenny Spivey Team

I've got the keys to your new Barksdale home

brookestevens.remax-louisiana.com

RE/MAX

Real Estate Services

(318) 344-0386

2323 Old Minden Road Suite 100
Bossier City, LA 71112
Office Phone: (318) 752-2700

Realtor 0995700873

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

CALL AHEAD AND TAKE OUT
DELIVERY AVAILABLE!

MIMEXICO
AUTHENTIC MEXICAN FOOD

301 40TH AVE SW MINOT, ND
701-858-0777
WWW.MIMEXICOMINOTND.COM

Jack Hoeven
WeeLinks

MINOT'S REAL 9-HOLE GOLF COURSE FOR KIDS

720 16th St SW
Monday - Sunday
10:00am - 9:00pm

Ages 14 & Under \$1.00
Ages 15 & Over \$5.00
Youth Club Rentals \$1.00

Find us on Facebook at JackHoevenWeeLinks
Adults may play when accompanied by a child 14 & under



QUENTIN N. BURDICK JOB CORPS CENTER • MINOT, ND

CAREERS BEGIN HERE

WE OFFER THE SKILLS YOU NEED TO SUCCEED IN TODAY'S WORKFORCE, AT NO COST TO YOU OR YOUR FAMILY (IF YOU QUALIFY).

GET HANDS-ON TRAINING

» Apply online! JOBCORPSMINOT.COM/GET-STARTED
OR CALL 701-857-9671YOUTH IN ACTION
Back-to-School BussingRACQUEL LABADIE, GS-11
SCHOOL LIAISON SPECIALIST
CHILD AND YOUTH EDUCATION SERVICES

Back-to-School planning and prep is more than just school supplies and schedules; families need to plan ahead for transportation to and from school. For on-base families with high school students, the Minot Public Transportation office needs to be notified if your student will be riding the bus. For the 2021-2022 school year, MPS high school bussing for on-

base students will begin at 0715. On-base families who utilize MPS bussing for high school, the special needs program or the gifted program can contact the Transportation Office at 701-857-4451. Please remind students that masks must be worn on the busses while on the installation. For families who attend one of the on-base schools, Yellowfin will conduct on-base 'Winter

Bussing' beginning 1 November 2021 and ending 1 April 2022. Families will be surveyed and bus request forms will be available beginning in early September with route and time information available to families in mid-October. Families with questions for Winter Bussing can direct them to the Bus Manager at 701-500-4466 or the SLO at 701-723-1447.



MENTOR

BECOME A MENTOR AND JOIN OTHERS IN YOUR
COMMUNITY MAKING A DIFFERENCE IN THE LIFE OF A CHILD.

PLAY BALL



GRAB A BITE



HIT THE GYM



VOLUNTEER

MALE VOLUNTEERS NEEDED

Mentoring relationships are a shared opportunity for learning and growth. Many mentors say that the rewards they gain are as substantial as those for their mentees.

SIGN UP ONLINE TODAY

WWW.COMPANIONSFORCHILDREN.ORG

TRAIN ADVANCED MANUFACTURING • AUTOMOTIVE & MACHINE REPAIR • CONSTRUCTION • OFFICE ADMINISTRATION • HEALTHCARE • CULINARY • BTC

WELDING
Advanced manufacturing
Average salary: \$40K per year

FACILITIES MAINTENANCE
Construction
Average salary: \$37K per year

MAINTENANCE & LIGHT REPAIR
Automotive and Machine Repair
Average salary: \$36K per year

QUENTIN N. BURDICK JOB CORPS CENTER PROVIDES ON-THE-JOB TRAINING & HELP YOU
FIND THE CAREER THAT'S RIGHT FOR YOU.

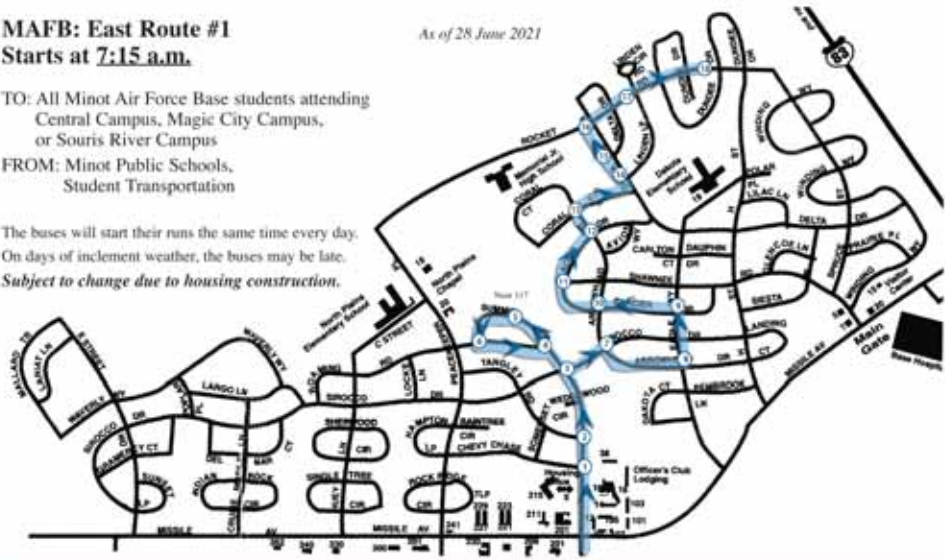
MAFB/MPS HIGH SCHOOL BUSSING MAPS

MAFB: East Route #1
Starts at 7:15 a.m.

As of 28 June 2021

TO: All Minot Air Force Base students attending
Central Campus, Magic City Campus,
or Souris River Campus
FROM: Minot Public Schools,
Student Transportation

The buses will start their runs the same time every day.
On days of inclement weather, the buses may be late.
Subject to change due to housing construction.



7:15 am: EAST ROUTE #1

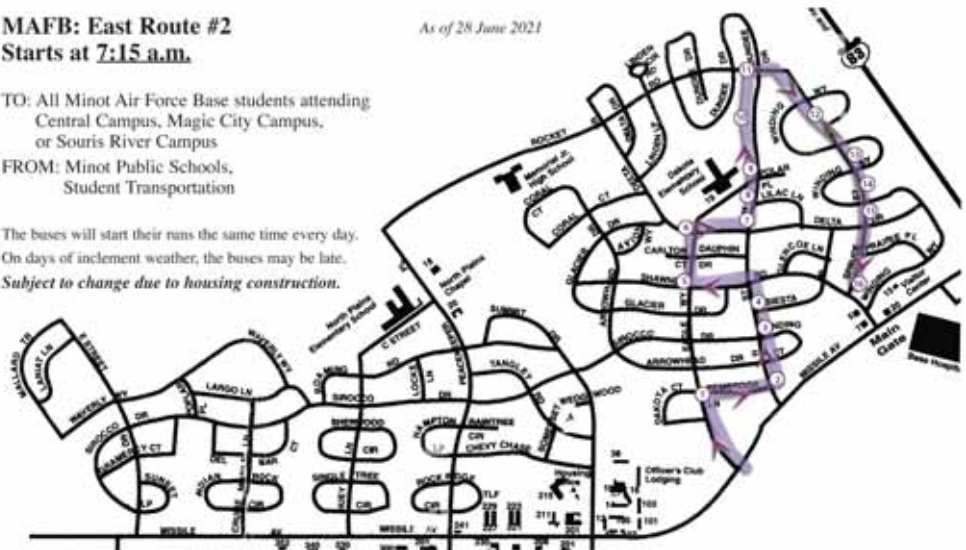
- | | | | |
|--------------------------|-------------------------------|-------------------------------|-------------------------------|
| 1. Summit & Chevy Chase | 6. Summit & Roaming Road | 11. Glacier Dr & Shawnee | 16. Delta Dr & Rocket Road |
| 2. Summit & Tangleway Rd | 7. Sirocco Dr & Arrowhead Dr | 12. Glacier Dr & Arrowhead Dr | 17. Rocket Road & Linden Loop |
| 3. Sirocco Dr & Summit | 8. Arrowhead Dr & Eagle Way | 13. Coral Ct & Arrowhead Dr | 18. Rocket Road & Dundee Dr |
| 4. Summit & Roaming Road | 9. Glacier Dr & Eagle Way | 14. Delta Dr & Linden Loop | |
| 5. Summit (near 117) | 10. Arrowhead Dr & Glacier Dr | 15. Delta Dr | |

MAFB: East Route #2
Starts at 7:15 a.m.

As of 28 June 2021

TO: All Minot Air Force Base students attending
Central Campus, Magic City Campus,
or Souris River Campus
FROM: Minot Public Schools,
Student Transportation

The buses will start their runs the same time every day.
On days of inclement weather, the buses may be late.
Subject to change due to housing construction.



7:15 am: EAST ROUTE #2

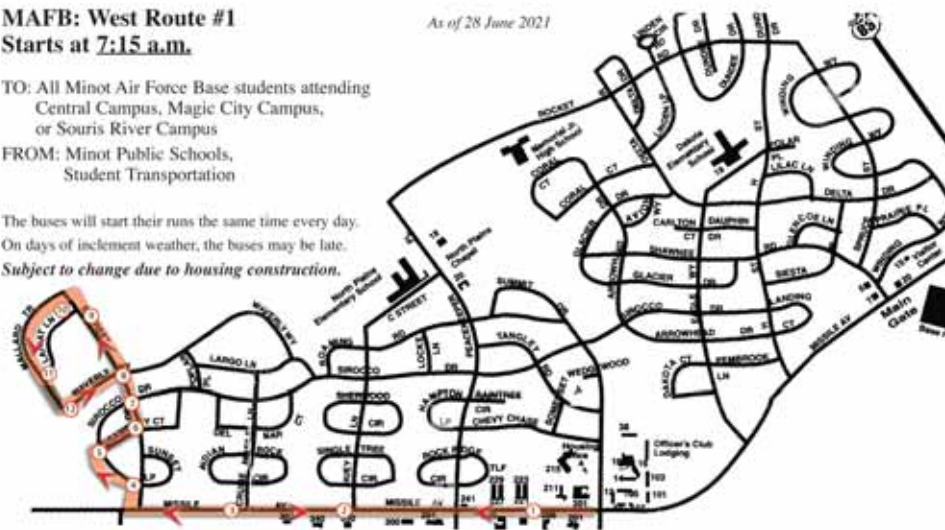
- | | | |
|----------------------------|---------------------------------------|---------------------------|
| 1. Dakota Ct & Eagle Way | 8. Lilac Lane & H-St | 15. Spuce St & Delta Dr |
| 2. Pembroke & H-St | 9. H-St & Polar | 16. Shawnee Dr & Spuce St |
| 3. Sirocco Dr & Landing Ct | 10. H Street (near house #112) | |
| 4. H-St & Sirocco | 11. H-St & Rocket Road | |
| 5. Shawnee & Eagle Way | 12. Spuce St & Winding Way (near 113) | |
| 6. Delta Dr & Eagle Way | 13. Spuce St & Winding Way (near 147) | |
| 7. Delta Dr & H-St | 14. Spuce St & Winding Way (near 144) | |

MAFB: West Route #1
Starts at 7:15 a.m.

As of 28 June 2021

TO: All Minot Air Force Base students attending
Central Campus, Magic City Campus,
or Souris River Campus
FROM: Minot Public Schools,
Student Transportation

The buses will start their runs the same time every day.
On days of inclement weather, the buses may be late.
Subject to change due to housing construction.



7:15 am WEST ROUTE #1

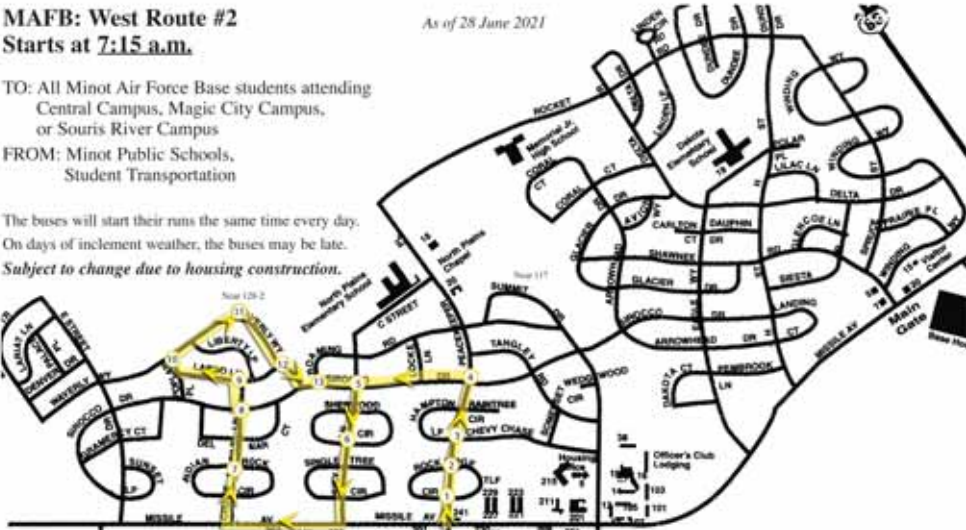
- | | | |
|------------------------------------|---------------------------|------------------------------|
| 1. Temporary Living Quarters | 5. Gramercy Ct & Sirocco | 9. Lariat Ln & E Street |
| 2. Missile Ave & Huey Lane | 6. Gramercy Ct & E Street | 10. Mallard Tr (near 109-2) |
| 3. Missile Ave & Cruise Missile Ln | 7. E-St & Sirocco | 11. Mallard Tr & Lariat Ln |
| 4. E-Street & Sirocco | 8. Waverly Way & E Street | 12. Mallard Tr & Waverly Way |

MAFB: West Route #2
Starts at 7:15 a.m.

As of 28 June 2021

TO: All Minot Air Force Base students attending
Central Campus, Magic City Campus,
or Souris River Campus
FROM: Minot Public Schools,
Student Transportation

The buses will start their runs the same time every day.
On days of inclement weather, the buses may be late.
Subject to change due to housing construction.



7:15 am: WEST ROUTE #2

- | | | |
|------------------------------|---------------------------------|-------------------------------|
| 1. Peacekeeper & Rockridge | 6. Huey Ln & Sherwood Circle | 11. Waverly Way (near 128-2) |
| 2. Peacekeeper & Rockridge | 7. Cruise Missile & Indian Rock | 12. Largo Ln & Waverly Way |
| 3. Peacekeeper & Chevy Chase | 8. Sirocco Dr & Cruise Missile | 13. Roaming Road & Sirocco Dr |
| 4. Peacekeeper & Sirocco Dr | 9. Cruise Missile & Largo Ln | |
| 5. Sirocco Dr & Huey Ln | 10. Waverly Way & Polar | |

Decorative graphic with the text "Welcome BACK to SCHOOL" in large, colorful, stylized letters. The background features various school-related icons: a pink pencil, a blue magnifying glass, a yellow sun, a green pencil, a purple pencil, a lightbulb, a globe, a paper airplane, and a pair of scissors.

Verendrye Electric Cooperative
A Touchstone Energy® Cooperative
Minot - Velva
701-852-0406
800-472-2141
WWW.VERENDRYE.COM

North Star Community Credit Union
NSCCU.com
NCUA

COME JOIN OUR YOUTH BOWLING LEAGUE!
North Hill BOWL
1901 North Broadway, Minot, ND
701-852-4108

MARGIE'S ART GLASS STUDIO
109 South Main St. Minot
701-837-8555

Rick's Jewelry
Downtown Minot
23 Main St. S
701-852-2566

Jerome's COLLISION CENTER
(701) 852-5126 | (800) 761-1160
Fax: (701) 839-4488
2705 North Broadway, Minot, ND 58703

YOUTH IN ACTION



YP SUMMER HIGHLIGHT

The Youth Center conducted three paintball camps throughout the summer with 60 total participants. The objective of the camps was to teach paintball basics and safety, sportsmanship, teamwork, and protecting your Wingman! The paintball camps increased in difficulty throughout the summer and youth had the opportunity to try out new equipment such as paintball pistols and grenades.

BRITNEE MCALEXANDER, YOUTH PROGRAMS

HAVE FUN AS A VOLUNTEER AT



Calling all adult volunteers willing to spend some afternoon hours at the zoo. Help kids with interactive animal encounters with our goats: feeding, brushing & reading!

CALL US TODAY!

FOLLOW US ON FACEBOOK
1219 BURDICK EXPY EAST MINOT, ND
www.RPZoo.com • 701-857-4166



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 Smokehouse & 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.mimexicomintnd.com

Pink's Bar & Grill

102 128th Ave NW Minot, ND 58703
Phone: 701.837.2385
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

Souris River Brewing

32 3rd St NE Minot, ND,
Phone: 701.837.1884
www.sourisriverbrewing.com



We are OPEN!

• Bait & Tackle • Green Mountain Grills
• Toro Mowers • T & E Tools

Full-Time Outdoor Power Equipment Mechanic On-Site!
Small equipment in need of repair?
Call us!

COMING SOON!

YAMAHA Golf Cars

1619 HWY 83 NW, GARRISON, ND
Intersection of Hwy 83 & Hwy 37
701.337.2500

HOURS: Mon - Fri: 5:30 a.m. - 5:00 p.m.
Saturday: 5:30 a.m. - Noon



A1C MASON THAYER
BIO ENVIRONMENTAL
ENGINEERING TECHNICIAN



"My favorite part of the mission is being able to have a hand in almost every work center."

PERSONALITY

- From San Marcos, Texas
- Bachelors of Science in public relations from Texas State University
- Arrived in Minot July 2020
- Loves hanging out with his wife and cats
- Loves video games

JOB DESCRIPTION

- Evaluate hazards, document those hazards, and recommend how people can be safer.
- "We are kind of like OSHA for the base."

WHY NOT MINOT

- "I like the snow, coming from Texas I think I've seen snow only 5 times." "It's a nice change of pace."

X-TREME BOWLING

FRIDAY & SATURDAY

OPEN BOWLING
 MONDAY-THURSDAY
 10AM-6PM
 SATURDAY NOON-6PM
 CLOSED SUNDAYS

X-TREME BOWLING HOURS:
FRIDAY & SATURDAY
6PM-CLOSE

CELEBRATE WITH US!
WE DO BIRTHDAY PARTIES
FOR ALL AGES!

1901 NORTH BROADWAY, MINOT, ND
852-4108
WWW.NORTHHILLBOWL.COM

Military Discounts Available!

**10% DISCOUNT
FOR ALL MILITARY
PERSONNEL**
(with valid ID and cannot combine with other offers/discounts)

CULVER'S OF MINOT
 3000 S Broadway Minot, ND 58701
 701-852-4800

Northern Celebrations

Embracing
our North
Dakota
Lifestyle

Fur harvesting: Understanding and learning

Patricia Stockdill

North Dakota's homesteaders, eking out a living on the land brought agricultural and towns to the state as settlers moved west in the 1800s.

Yet the first Europeans arrived decades before the first hand-pulled or horse-drawn plow touched its prairie soil.

It was the fur trade that drew the first Europeans to what is modern day North Dakota – French fur trappers coming down from Canada to trap what was perceived to be an endless supply of beavers to meet the demand for clothing and hats.

The bounty was short-lived. "It really didn't last that long...it was only about forty years. By the 1850s, the (fur) market softened and there were few beavers in North Dakota," described N.D. Game and Fish Department furbearer biologist Stephanie Tucker.

Fast-forward to 1937 when the Game and Fish Department began requiring fur buyers to submit annual reports and the market had greatly shifted: Data from the first decade of reports show that striped skunks, not beavers, were the highest in market demand.

The agency has data every year since 1937. "Pretty much since the beginning of modern game management in North Dakota," Tucker added. It shows that fur harvesting activity – trapping and hunting – is driven by national and international markets.

After the skunk fashion trend waned mink became popular in coats, hats, and coat trim. Fox took hold of the market in the 1970s. Coyotes have largely dominated the market since then along with muskrats in most recent years.

The fur industry has been in the bulls-eye for years as animal rights groups and modern fabrics demoted their popularity.

For more than 15 years the North Dakota Fur Hunters and Trappers Association has worked with the Game and Fish Department to help dispel misinformation and misconceptions about trapping and fur harvesting, Tucker explained, through its Cooperative Fur Harvesting Education Program.

The voluntary program is open to anyone interested in learning more about fur harvesting – trapping and hunting, the animal themselves, and much more.

"Trapping is a highly regulated outdoor activity in North Dakota, more than any other," Tucker stressed. "In addition, fur is a renewable resource."

Knowing how to properly harvest an animal and use it to its fullest potential can ultimately help dispel the misconceptions and misinformation about trapping and hunting, she added.

Participants can be experienced in fur harvesting, beginners, or someone interested in learning more about what it's about.

The heart of the program is its volunteer instructors, Tucker added. The 16-hour course is free and interest for the course often exceeds the number of available instructors.

This fall a course will be held at the Velva Wildlife Club, Velva on Oct. 7, 8, and 9. It's limited to 15 participants and people can already sign up. Go to the Game and Fish Department website, (gf.nd.gov), click "Education" on the home page menu bar, scroll down to "More Education" and then scroll down to "Fur Harvester Education" to sign up.

Topics include understanding the biology of North Dakota's furbearing animals, trap types and what traps work best for what animal. For example, Tucker described, technology in today's enclosed foot-hold traps are designed to trap only raccoons, eliminating the chance of capturing a non-targeted animal.

Other topics include lures, predator calling, understanding the state's extensive regulations, proper fur handling – for both human safety and the welfare of the animal, snares, and understanding the fur market.

Yes, all that in 16 hours – and eight of those hours are spent hands-on in the field where participants handle and set traps.

Today's true fur harvester isn't about getting as many of an animal – like beavers – as possible to cash in a lucrative market. It's about doing it right, doing it humanely, and doing it so people understand the role of fur harvesting in wildlife management.

In a way, it's about learning how to do something the right way in order to preserve its future – that of the animal and activity.

This special feature is sponsored by:



NewKota
Services & Rentals

WE HIRE VETERANS

Only the Best Come,
Live & Stay North

APPLY ONLINE AT
www.newkota.com

Never need to get ready, if you stay ready

CAPTAIN KATIE SPENCER, 5TH BOMB WING PUBLIC AFFAIRS

Airmen from the 5th Bomb Wing at Minot Air Force Base, N.D., participated in Prairie Vigilance, an exercise designed to test the wing's ability to conduct strategic-bomber readiness operations, Aug. 9-14.

"B-52s are able to display our readiness as no other leg of the nuclear triad can," said Maj. Christopher Curtis, director of wing plans and exercises. "The B-52 and an exercise like Prairie Vigilance gives the president a credible tool to influence and shape foreign policy."

Minot AFB is home to two legs of the nuclear triad, with the 5th Bomb Wing having strategic bomber aircraft, and the 91st Missile Wing who operate Intercontinental Ballistic Missiles. The Navy completes the third element of the triad with their submarines.

"Submarine-launched ballistic missiles and ICBM's cannot be recalled once they are launched,"

said Curtis. "The B-52 has the unique ability to takeoff, fly a mission, and make a very visible statement without having to employ weapons."

While PV is a way to showcase Air Force Global Strike airpower and capabilities, it's also an exercise in ensuring Airmen are prepared and ready to execute such a vital mission. Maintainers, security forces, and aircrews are tested in their response efforts in support of defeating strategic attacks against the United States and its allies.

"Just like any sport you have to practice basics in order to win games," said Maj. Matthew Hall, director of operations, 5th Security Forces Squadron. "So the same is true for exercises like PV, where you practice basics to win wars."

The exercise not only demonstrates the wing's ability to stand alert in the event of an attack, but it projects lethality

across the globe.

"Our adversaries pay attention to what we do here at Minot," said Hall. "When we do it right, it scares them, and we get it wrong, it empowers them. So we have to get it right every time."

Allies of the United States also expect us to get it right every time.

"Allies expect us to be prepared to answer the call of war, should that happen," said Hall. "These exercises showcase that we are ready and able to provide that level of proficiency and security."

This was the fourth iteration of the exercise for 2021 and is the lead-up to Global Thunder, a command and control exercise designed to train Department of Defense forces and assess joint operational readiness across all of U.S. Strategic Command's mission areas with a specific focus on nuclear readiness.



PRAIRIE VIGILANCE

Check out some highlights of Team Minot in action during Exercise Prairie Vigilance! Prairie Vigilance tests the 5th Bomb Wing's ability to conduct strategic-bomber readiness operations.

U.S. AIR FORCE PHOTOS | MINOT AFB PA



DO YOUR DUTY

DONATE DIAPERS

The diaper drive will run the entire month of August. Please call or text SSgt Andrea Payne @ 724-709-1391 to coordinate your pick up / drop off.



Back Talk

Don't Wait... Choose Proactive Health Care

An old adage instructs that good things come to those who wait. Waiting to make health care choices proves to be a major exception to the time-honored virtue of patience. Dental checkups, mammograms, prostate exams and physicals help detect problems early or address them before they turn into a larger problem. New research proves the value of early intervention to address back and sciatica pain.

Human beings tend to treat problems reactively rather than visualize problems on the horizon. Preventative care and proactive of health decisions represent some of the smartest and most cost-effective approaches for the whole family. The brain tends to address issues of immediate concern. The brain usually waits (reactively) until pain presents before calling attention to a health issue. Too often the problem existed for a previous time and could have been addressed to a healthier end.



Compelling research published in October 2020 showed that early intervention proved to be an essential ingredient in achieving long-term health satisfaction. Improvements in functional disability, pain intensity, and overall satisfaction resulted for people who sought early therapy and manual care intervention compared to people who waited or elected to use drug-therapy. The standard medical process for people with back pain and sciatica usually involves drug therapy to mask the pain while waiting to see if the problem progresses. This reactive approach risks greater long-term expenditure and the dangers of regular use of powerful pharmaceuticals. The wait and see approach combined with pain medication acknowledges a problem exists but does nothing to repair, fix, or heal the issue but rather allows the condition to persist.

Chiropractic care and physical therapy interventions help address problems before they become bigger and more permanent. Chiropractors use objective and specialized testing to determine the location and extent of a problem that needs to be addressed. America prescribes more prescription drugs than any country in the world. That reality contrasts with parents and families making a conscious decision to raise children and pursue health choices that do not involve dependency or need for medications. Chiropractic and physical therapeutic healthcare continue to gain momentum and popularity because of research that reveals the benefits of working with the body and honoring its ability to heal itself. When it comes to health care, good things come to those who don't wait.

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

CornerStone Chiropractic
Dr. Willy Fielhaber



1350 20th Ave SW, Minot, ND 58701
(701) 852-2800

SPOUSE 101

All about Your DoD ID

ABIGAIL KINDER, NORTHERN SENTRY

In the military, IDs are essential for everyday tasks. Service members have the Common Access Card (CAC), and dependents have their Uniformed Services ID Cards. Your ID allows you access to military installations and any benefits that you are eligible for, it is your identifier to the military, and it is also your insurance card for Tricare.

Children under 10 years old may use their parent's ID in most situations, but once they are age 10 or above they need to be enrolled for their own dependent ID.

Your ID will gain you access to base, allow you to sponsor others onto base, use base facilities such as the commissary or gym, and access your healthcare benefits. It is also considered a REAL ID and can be used when flying within the United States.

While it is not necessary to renew your ID when your service member is promoted (ex. Senior Airman to Staff Sergeant) it is never a bad idea to have an updated card that reflects the most accurate information. However, if your service member goes from enlisted to officer or changes branches, you will need to get a new ID.

If you're already living at Minot Air Force Base with your spouse, then you're probably already enrolled in DEERS (Defense Eligibility Reporting System) and have your dependent ID. If you are a new spouse or obtaining an ID for a child, then you will need to enroll in DEERS, which you can do at any DEERS office near you or at the office on base in the Pride Building. To enroll, you

will need your sponsor (service member) to sign and submit a DD Form 1172-2. Once this is done, you and your sponsor will need to bring two forms of ID to the DEERS office (if your spouse is unavailable, you will need a power of attorney document), including a valid government-issued ID (driver's license, passport) and another eligible document (social security card, birth certificate, certificate of naturalization, marriage certificate, etc.). It's a relatively easy process as long as you come prepared. If you have questions regarding what forms and identification you need to bring for you or your child, call your local DEERS office.

On your dependent ID, you will see an expiration date. Make sure you get your ID renewed at the ID Card Office on base or anywhere there is a DEERS office near you. If it expires, you will not be able to get on base without a sponsorship so make sure you keep an eye on that expiration date and keep your ID current. In the event that you lose your ID, you and your sponsor must go into the DEERS office and apply for a new one.

ID CARD EXPLANATION (From Top to Bottom)

Front
Expiration Date (Ex. 2023FEB27): This is the date that your card expires. Make sure you get it renewed before this date.

Sponsor Service/Status (Ex. USAF/AD): This is your service member's branch and status. USAF is the Air Force, AD designates Active Duty. There are many other acronyms depending on your service

member's branch and status.

Sponsor Rank/Pay Grade (Ex. SSGT/E5): This denotes your service member's rank and pay grade.

DoD ID Number (Ex. 1234567890): This is your own unique number assigned to you when you enroll in DEERS. This can be used to sign up for military scholarships such as MyCAA.

Relationship (Ex. SP): For spouses, you will see SP. This explains your relationship to the sponsor, whether it's a spouse or child.

Sponsor: This is your service member's (sponsor) name.

Authorized Patronage (Ex. Exchange, MWR, Commissary): This names the privileges that you are eligible to use as a dependent. You can shop at exchange services like the gas station and military clothing stores, you are able to participate in Morale, Welfare, and Recreation (MWR) activities such as using the library, pool, outdoor recreation, etc., and you have the ability to shop at the commissary.

Back
Date of Birth (Ex. 1995JAN15): This one's pretty self-explanatory. It is the dependent's date of birth.

Benefits Number (Ex. 012345678-01): The benefits number is an 11 digit number that is used to verify eligibility and file claims for Tricare.

These are just a few of the most important things for you to know about your ID. For more information on your Uniformed Services ID Card at Minot AFB, contact the Military Personnel Flight at 701-723-1343.



IMAGE FROM DOD COMMON ACCESS CARD - WWW.CAC.MIL

All About Pets

Caring for a Betta Fish



Betta fish are one of the most popular types of fish for pet owners all over. While fish don't often require the same type of care as a dog or cat, they still need proper care to make sure they can live a satisfied life. Here are some tips to set you and your betta fish up for success!

- Make sure you have a proper size tank—it is possible for betta fish to live in tanks of at least three gallons of water, but if you want your fish to live longer and be happier, opt for a tank that holds at least five gallons of water or more per betta. They need plenty of space to move around, and a larger tank will also take longer to build up to toxic levels of ammonia and other waste than a small tank will.
- Choose a gentle water filter—filters are important to aerate water and keep things clean. Bettas do best with a gentle, low flow power filter so that they don't get knocked around by strong currents.
- Decorate the tank—decorations are a great source of enrichment for your betta fish, plus they are super fun for the family to set up together. Some people opt for gravel or sand as a base for their tanks, and many use fake rocks, decorations, and plants to fill space. However, consider using real plants for your betta! Not only will real plants help maintain the quality of your tank's ecosystem, but it will make your tank look great and keep your betta fish extra happy. Java ferns, java moss, cryptocoryne petchii, anubias nana, moss

balls, and amazon sword plants are just a few of the live greens you could use in your tank. Bettas also love to hide, so small caves, logs, or other nooks and crannies are recommended for them.

- Avoid direct sunlight for your fish tank, and try to place it in an area that has a well regulated temperature.
- Pick your betta's tank mates wisely—betta fish are notoriously aggressive and territorial to certain types of fish. It is possible to have more than one female betta in the same tank, but you should keep an eye out for aggression between them. Do not put more than one male betta fish in the same tank!! Some fish that bettas can coexist with include mystery snails, ghost shrimp, feeder guppies, cory catfish, harlequin rasbora, and african dwarf frogs.
- Maintain the environment—this includes using a water heater, freshwater testing kit, water conditioner, thermometer, etc. Bettas are considered tropical fish and need to live in water temperatures between 75 and 80 degrees with a relatively neutral pH level to reduce stress. Water conditioner can help you make sure that the water you use in your betta's tank is safe for them to live in. Like any other pets, betta fish need proper care to live a long, fulfilled life. There are many myths surrounding betta fish care, so make sure you do your research and truly take the time to do what's best for your fish.

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.

afsp.org/walk

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



American
Foundation
for Suicide
Prevention



**Your favorite
neighborhood
store serves
up big fun.**

Join Our Pack!

Sign up in store or online today.

Preferred Pet Club Benefits Include:

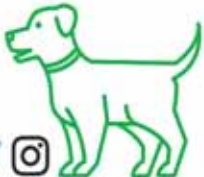
Freebies, exclusive coupons,
member only pricing,
birthday gift for your pet.



PET SUPPLIES PLUS.
Minus the hassle.

2215 16th St NW, Minot, ND
701-857-4070
HOURS Mon-Sat: 09:00 AM - 09:00 PM
Sun: 10:00 AM - 06:00 PM

Stay Connected
with Pet Supplies Plus



EFMP offers 24/7 assistance to families

TRACI HOWELLS, AIR FORCE PERSONNEL CENTER

Joint-Base San Antonio-Randolph --

The Exceptional Family Member Program now offers around-the-clock access for families who find themselves in need of immediate assistance.

Total force service members and their EFMP families can contact the Total Force Service Center to connect with a representative who will help answer EFMP questions and can also elevate issues to an EFMP Central Cell staff member when necessary.

"Providing the access to connect directly with the EFMP Central Cell is a huge win for our family members," said Tammy Hern, Chief of the EFMP Central Cell here. "We want to provide peace of mind to our families so they always feel supported."

To reach EFMP support through the TFSC dial toll-free 800-525-0102 or commercial 210-565-0102.

Service members can select menu option "1" then submenu option "4" to connect with a

TFSC representative. EFMP family members can select menu option "7" to be connected with a representative.

"EFMP support agencies at the base level are postured to assist families," said Hern. "When a family member needs additional help finding the right resource the EFMP Central Cell is here to assist them. Maintaining connection with our families is key to helping meet their needs."

The EFMP Central Cell provides expert guidance for assignment, medical, family support, legal, and special education needs and the ability to follow-up with base level partners to connect families with the right resources.

Families can also find assistance on the DAF Family Vector Website <https://daffamilyvector.us.af.mil>, through email at afpc.dp3x.workflow@us.af.mil, or by direct messaging through the DAF EFMP Facebook page at <https://www.facebook.com/AirForceEFMP>.

SkinnyWeek provides the tools for sustainable weight management.
skinnyweek.com

NOTES ON BEING SAFE

Back to School Safety



ROD KRAUSE
5TH BOMB WING SAFETY & OCCUPATIONAL
HEALTH MANAGER



Summer is just about over and once again it's time for kids of all ages to be heading back to school. Going back to school can be stressful for many children, especially if your child is entering school for the first time. There are a lot of expectations for children these days - school dress codes, supply lists, homework and behaving in class are only a few of the responsibilities your child will encounter.

Going back to school can be stressful for many children, especially if your child is entering school for the first time. There are a lot of expectations for children these days - school dress codes, supply lists, homework and behaving in class are only a few of the responsibilities your child will encounter.

All motorists have adjusted over the summer to the absence of school buses on the road. Now is the time for increased awareness. Be conscious of school buses carrying precious human cargo. When you see a bus with yellow flashing lights, slow down and prepare to stop. When those lights are flashing red, all other vehicular traffic must stop for the safety of the children loading and unloading from the bus. Please do not try to drive around a stopped bus with the red lights flashing; you never know when a child might suddenly appear from around the corner of the bus, placing your vehicle on path for a deadly encounter.

School zones as well are active once again. Re-familiarize yourself with your daily driving patterns. If you have transited an inactive school zone during the summer months, you can expect greatly reduced speed limits during certain times of the day when school is in session.

Slow down! Drivers need time to react to the unexpected in a school zone. Watch carefully at crosswalks which may utilize crossing guards. Obey the crossing guards' orders to stop or proceed; they are monitoring the safe transit of children in their charge.

In neighborhoods near schools, you may see an increase in bicycle and foot traffic of children who live close enough to transit to school by these methods. Always be alert and expect the unexpected. You never know when that bicyclist might decide to weave back and forth on the road or jump from road to sidewalk and back.

Be ready! Just because we all grew up learning to walk facing traffic does not mean that this safety tactic is practiced. Watch for those walking along the sides of the road.

When you drop off your child at school, use this checklist to make sure these hidden hazards aren't waiting to cause injury or death.

- Drawstrings on Jackets and Sweatshirts: There should be no drawstrings on hoods or around the neck. Drawstrings at the waist or bottom of jackets should extend no more than 3 inches to prevent catching in car and school bus doors or getting caught on playground equipment.

- Loops on Window Blind Cords: Cut the loop and attach separate tassels to prevent entanglement and strangulation in window blind cords. One child a month strangles and dies in the loop of a window blind cord.

- Bike Helmets: Buy a helmet that meets one of the safety standards (U.S. CPSC, Snell, ANSI, ASTM, or Canadian), and insist that your children wear the helmet each time they ride their bike. About 900 people, including more than 200 children, are killed annually in bicycle-related incidents, and about 60 percent of these deaths involve a head injury. More than 500,000 people are treated annually in U.S. hospital emergency rooms for bicycle-related injuries. Research indicates that a helmet can reduce the risk of head injury by up to 85 percent.

- Soccer Goals: Make sure that

the athletic director or the custodian anchors the soccer goals into the ground so that the soccer goal will not tip over and crush a child.

- Playgrounds: Check the surfaces around playground equipment at schools and parks to make sure there is a 12-inch depth of wood chips, mulch, sand, or pea gravel, or mats made of safety-tested rubber or fiber material to prevent head injury when a child falls. Each year, more than 200,000 children go to U.S. hospital emergency rooms with injuries associated with playground equipment. Most injuries occur when a child falls from the equipment onto the ground.

Make sure your child's school has up-to-date information on recalled toys and children's products. Schools, daycare providers, and parents can receive recall information by e-mail, or in the regular mail free of charge by calling the CPSC hotline at (800) 638-2772 or CPSC's teletypewriter at (800) 638-8270, or send the information to info@cpsc.gov, or writing to the U.S. Consumer Product Safety Commission, Washington, D.C. 20207

PRISONERS OF WAR

*** MISSING IN ACTION***

24 HOUR RUN & READING EVENT

Who: Military, Civilian, Contractors & Dependents

What: 24 hours of the POW/MIA flag in continuous motion during a reading of POW/MIA names.

When: September 16 - 17 2021 ~ 1400 to 1400

Where: The Flag will start at the main gate with a motorcycle escort and proceed to Bud E. Park Outdoor Track for the remaining 24 hours.

Why: To reflect on, appreciate, and honor the sacrifices of those men, women, and their families who came before us and paid the ultimate cost while serving our country.

Running Attire Options:

Military Personnel - Appropriate workout Gear or POW/MIA shirts -

Civilians & Contractors- Appropriate workout gear (Black shirts or POW/MIA shirts highly encouraged)

*****First & last runner will be in PTU*****

Participant Sign Up Location: Please ensure that you select the proper hyperlink

5 BW Runner/Reader Sign Up

<https://docs.google.com/spreadsheets/d/1Bg7ABhLTMy4rB3juDI7lqYrS3yc3vcfcPr-3iEH1nw/edit?usp=sharing>

91 MW Runner/Reader Sign Up

<https://docs.google.com/spreadsheets/d/1XvtFvT4HSzfaSeQcBkFFTzWBOTudpo04RJRZTTATOA/edit?usp=sharing>

- 91st MW Runner/Reader Sign Up -

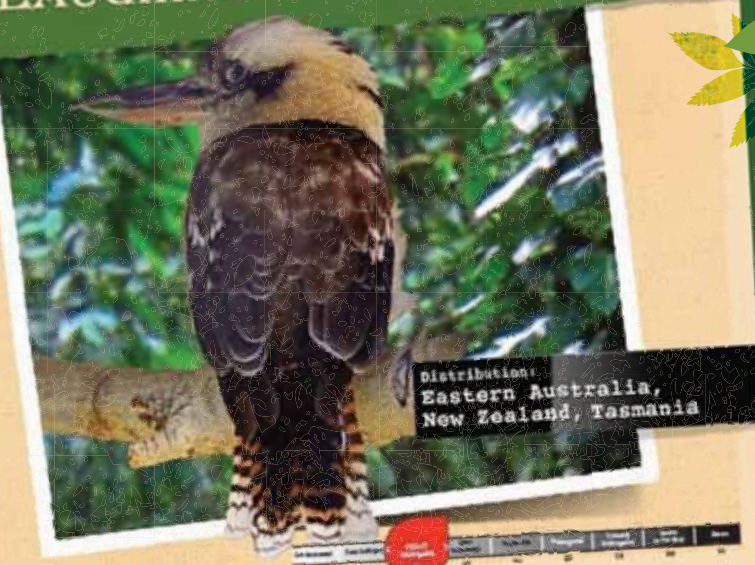
Coordination POC's: MSgt Corey Gates - 723-6407 - 5th BW (5 CES) SSgt Andrew Kuchar - 723-6557 - 91st MW (91 MSOS/TRF)



presents

JUNGLE JENN

LAUGHING KOOKABURRA



Distribution:
Eastern Australia,
New Zealand, Tasmania

HOURS:
OPEN DAILY
10AM-8PM

FOLLOW US ON FACEBOOK



1219 BURDICK EXPY EAST MINOT, ND
WWW.RPZOO.COM • 701-857-4166



WORD SCRAMBLE

HINT: LAUGHING KOOKABURRAS ARE
A PART OF THIS BIRD FAMILY...

GIIRFNKHES

ANSWER: KINGFISHER

UPCOMING EVENTS

AUG 28
FLUTTER FEST
SEPT 12

GRANDPARENTS DAY AT THE ZOO

MILITARY DISCOUNT

\$5.00 off a \$75.00
Annual Family Pass



OUTDOOR

REPORT

OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, Aug. 16: 1,833.4 feet above mean sea level (MSL); 21,000 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,447.4 feet above mean sea level (MSL).

Stump Lake elevation: 1,447.22 MSL.

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

•Devils Lake, Ed's Bait Shop, Devils Lake: Continued fair walleye success, although somewhat slower with warm weather and weedy conditions. Try Creel Bay and move around throughout the main lake in deeper water around 25 to 30 feet. Fish seem to be moving. Also try jigging along the highways.

•Devils Lake, Woodland Resort, Devils Lake: Fair walleye success with spinners and bottom bouncers in 15 to 18 feet. Work along any of the highways or try the bridges in the evening. Lots of smaller walleye.

•Lake Darling, Karma C-Store, Ruthville: Hot weather continues limiting activity, although a few anglers are still going to Grano on the upper end of Lake Darling. Some activity at the Missouri River tailrace.

•Lake Metigoshe, Four Seasons, Bottineau: Fair bluegill success with a few more larger fish showing up. Continued pike success. Try evening hours for walleye.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Fair walleye success on the east end of Lake Sakakawea but work deep water in 30 to 40 feet and move around. Try crankbaits in deeper water or spinners and bottom bouncers with nightcrawlers. Smaller fish are in the shallower water.

•Lake Sakakawea, Indian Hills Resort, Garrison: Continued fair to good for walleye with fish moving to deeper water. Try around 25 feet with some anglers switching to minnows. Move around.

•Lake Sakakawea, New Town: Fair walleye success. Try Lindy rigs or spinners and nightcrawlers in 14 to 20 feet.

•Lake Sakakawea, Van Hook Bait & Tackle, New Town: Continued fair walleye success. Try 30 feet

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

•Concurrent deer licenses now available in some units. Go to the N.D. Game & Fish Dept. website, 9gf.nd.gov for details.

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

•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. 21: Fall crow season opens.

•Sept. 1: Dove season opens.

•Sept. 3: Deer archery season opens along with moose, elk, and pronghorn archery for lottery license holders.

•Sept. 3: Zones 1 and 2 Mountain lion seasons open.

TOURNAMENTS:

•Aug. 20: Lake Sakakawea, Indian Hills Resort.

•Aug. 21: Lake Sakakawea, White Earth Bay; Upper Missouri River, Lewis & Clark Bridge.

•Aug. 28: Lake Sakakawea, Beulah Bay.

with nightcrawlers or deep-diving crankbaits throughout scattered locations in the Van Hook Arm with more activity trending the south end of the Arm.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace remains slow during the day, although some small walleye caught down river. Fair to good catfish success from both boat and shore, along with the wing walls and below the spillway with several nice-sized ones showing up. Some nice walleye in the chutes using 3-way swivels at night with a mix of trout, walleye, and salmon showing up. Try the rocks from shore at night for walleye. Lake Sakakawea fair for walleye from boats on the east end in 25 to 35 feet and deeper with larger fish in deeper water. Shallower fish seem less active. Try Steinke or Douglas bays and 3 bays west of Pick City. East end of Lake Sakakawea continues producing spotty salmon success with fish moving deeper after last week's wind. Try 85 to 105 feet over deeper water with white or blue flashers on white or

pink squids. Also try herring. Most activity is along Government Bay. Look for fish to move back into a little shallower water, though. Also try an afternoon bite as well as morning.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: West end of Lake Sakakawea turned recently and fish moved deeper in 18 to 25 feet. Try jigs and minnows with nightcrawlers still producing success. Good catfish activity using cut bait or nightcrawlers on the bottom on the west end of the lake. Missouri and Yellowstone rivers still producing a few walleye. Confluence boat landing ramp remains unusable.

•Lonetree WMA area lakes, Harvey: Fewer anglers on area lakes with limited reports.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Limited activity throughout area lakes and the Souris River.

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.

Motor Magic Takes Over the ND State Fairgrounds

NORTH DAKOTA STATE FAIRGROUNDS

Back for another year, the North Dakota State Fairgrounds will host Motor Magic for its 23rd year in a row, September 3– 5. The largest motorsports event in the Upper Midwest, Motor Magic provides entertainment for auto enthusiasts of all ages.

The Magic City International Dragway will kick off the wild weekend with drag racing on Friday September 3, at 4:30pm. Additional drag races will be Saturday and Sunday at 10:30am. Admission is \$10 for adults, \$5 for kids, and free for ages 6 and under.

The NoDak Speedway will have Dirt Track Auto Racing, starting at 7:00pm on Friday, September 3 and 5:00pm on September 4 and 5. Admission is \$16 for adults, \$14 for Seniors and Military, and kids are \$8.

Get in on the action and build

your own team of racers – kids or adults. Go Karts will run from 11:00am-6:00pm on Saturday and Sunday.

Motor enthusiasts can visit the Dakota Cruisers Car Show, the Historic Military Vehicle Display, or bid on one of more than 100 classic cars at the Motor Magic Classic Car Auction. There will be food vendor booths set up over the weekend located throughout the Fairgrounds.

Admission to the North Dakota State Fairgrounds is free with major events priced separately. If you'd like to stay on grounds, RV reservations start at just \$20 a night with 30amp electricity included.

For more information and a full schedule of events, visit www.motormagic.net or call 701-857-7620.



BABY ANNOUNCEMENTS

SPONSORED BY DAKOTA HOPE CLINIC



BABY GIRL BORN
ON THURSDAY, AUGUST 12, 2021 TO:
JAMILAH HART AND RONTARRIES DALE
MINOT, ND



BABY BOY BORN
ON SATURDAY, AUGUST 14, 2021 TO:
GABRIELLE GLAZER AND THOMAS GOEDECK
WATFORD CITY, 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.



DakotaHope
clinic

Free and Confidential
Pregnancy Help

www.dakotahope.org

315 S. Main
Ste. 205, Minot
701.852.4673

 **DakotaHopeMinot**

THIS SPECIAL FEATURE IS SPONSORED BY:

NODAK ARMS

THE DAKOTA'S AR AUTHORITY

Parts, Accessories, Modifications, Repair & Custom Builds

Shop Online www.NodakArms.com

Sales@nodakarms.com • 701.839.0005

2 Miles East of Minot on Highway 2

Follow us
on Facebook



HASC Chairman Says Congress Won't 'Kill' GBSD Program

NATIONAL DEFENSE MAGAZINE

The chairman of the House Armed Services Committee will not try to eliminate the controversial nuclear missile program that some Democrats have targeted for cuts, the lawmaker told reporters June 29.

The Ground-Based Strategic Deterrent, or GBSD, program aims to replace the aging Minuteman III nuclear-armed intercontinental ballistic missiles that first became operational in 1970. The Pentagon awarded Northrop Grumman a \$13.3 billion contract for the weapon system in September. Air Force officials say the new ICBMs will have increased accuracy, extended range and improved reliability compared to the Minuteman III.

HASC Chairman Adam Smith, D-Wash., has in the past called for scaling back U.S. spending on strategic weapons. Last year he supported a bill that would have taken \$1 billion from nuclear modernization funds to support pandemic preparedness.

Now, Smith says the high cost of extending the Minuteman III's lifecycle has changed his thinking about GBSD.

"The biggest problem here is

that it turns out that Minuteman [life] extension, as it is currently being explained to us, is actually more expensive than building the GBSD," he said during a Defense Writers Group event. "We're not going to kill the GBSD program. We've got to keep it alive."

Cost estimates for the GBSD are close to \$100 billion for acquisition and \$264 billion over its lifetime, which is set to run to the mid-2070s.

The Biden administration, as is standard practice for new administrations, will complete a new nuclear posture review to look at the nation's strategic force structure and requirements for the future. The study could take several months to be completed.

Although Smith says he won't try to eliminate the GBSD program, he suggested the planned missile buy could be scaled back. The forthcoming nuclear posture assessment should reevaluate how many GBSD missiles are needed and assess if that number can be reduced, he said.

"Let's not commit to the full-scale, building as many missiles on the ground-based system approaches as we did" during

the Trump administration, he said.

Currently, the GBSD program is set to build 400 missiles that will be operating in the 2030s. President Joe Biden's fiscal year 2022 budget request included \$2.6 billion for the project.

Smith said no nuclear modernization program, including the Long-Range Stand-Off air-launched cruise missile, should be taken off table, but funding decisions could be delayed.

Lawmakers should not "push snowballs over the hill and start them rolling before the president makes his decision on what the nuclear posture review is going to be," he said. "We should wait for the president's posture review before fully committing ourselves to a lot of spending."

However, the GBSD program still faces opposition from other Democratic leaders. Rep. John Garamendi, D-Calif., who chairs the House Armed Services Committee's readiness subcommittee, told Business Insider that the Pentagon could halt the effort without compromising nuclear deterrence.



EVERYDAY HAPPY HOUR • 3PM – 6PM

- \$2 off All Apps
- \$3 House Wine & Domestic Pints
- Bavarian Pretzels with Beer Cheese Sauce
- \$4 Rail Drinks, ND Brewery Pints & 22oz Domestic Taps, 4 Lettuce Cups
- \$5 Moscow Mule
- \$6 Specialty Cocktails, Martinis & 22oz ND Breweries Taps
- 1/2 Flat Bread Pizza

DAILY SPECIALS

- Monday \$5 Moscow Mules (all day)
- Tuesday \$4 ND Breweries (all day)
- Wednesday 1/2 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

FAMILY PACKS

- Monday Pizza Pack Combo
- Tuesday Sandwich Pack
- Wednesday Chef Creation*
- Thursday Pasta Pack

*Changes Weekly – Check our Facebook Page

MILITARY DISCOUNT 10% OFF

thestarvingrooster.com




ND-021 Magic City Composite Squadron (Minot)
Commander: 1st Lt. Jeremy Skalicky

Civil Air Patrol, America's Air Force auxiliary, building the nation's finest force of citizen volunteers serving America.

Supporting America's communities with emergency response, diverse aviation and ground services, youth development and promotion of air, space and cyber power.

Come Fly With Us!
2400 N Broadway, Minot, ND 58703
Phone: (701)340-7954
Email: 021cc@ndcap.us



Let's Plan Your Party!

Blake Krabseth
Comedian / Magician
Great for Parties and Conventions
701-720-1786
magic@blakekrabseth.com
BLAKEKRABSETH.COM



Birthday PARTIES
X-TREME OR OPEN BOWLING

SUPER PARTY
• 2 Hour Party for up to 10 People
• Shoe Rental
• Pop and Ice Cream
\$155+tax
\$12 for each additional person

MEGA PARTY
• 2 Hour Party for up to 10 People
• Shoe Rental
• 2 - 16" Pizzas, Pop and Ice Cream
\$185+tax
\$15 for each additional person

ALL PARTIES INCLUDE:
Plates, Cups, Napkins, Utensils, Invitations & Balloons.
Birthday Child will receive a "Happy Birthday" Bowling Pin or a coloring T-Shirt.
You bring the cake and the kids!
NO OUTSIDE FOOD OR BEVERAGES ALLOWED.

1901 NORTH BROADWAY MINOT, ND
NORTHHILLBOWL.COM

FOR RESERVATIONS PLEASE CALL **852-4108**



Party Room

FROM KID'S BIRTHDAY PARTIES TO GIRLS NIGHT OUT, OR TEAM BUILDING!

We have a party space available for all of your fun!
Call for details!

109 South Main St. Minot
701.837.8555



BOOK YOUR PARTY!

BIRTHDAYS, GAMING PARTIES, PRIVATE MOVIE EVENTS, FAMILY GATHERINGS

Monday-Thursday
Time Slots Available:
• 10 AM-12:30 PM
• 1 PM-4 PM
• 6 PM-10 PM

Email for details:
alatoakpark@gmail.com
WWW.OAKPARKTHEATER.NET



High Air Ground
• TRAMPOLINE PARK •
1210 4th Ave NW / Minot, ND 58703
701-837-JUMP

FAMILY NIGHT
\$45.00

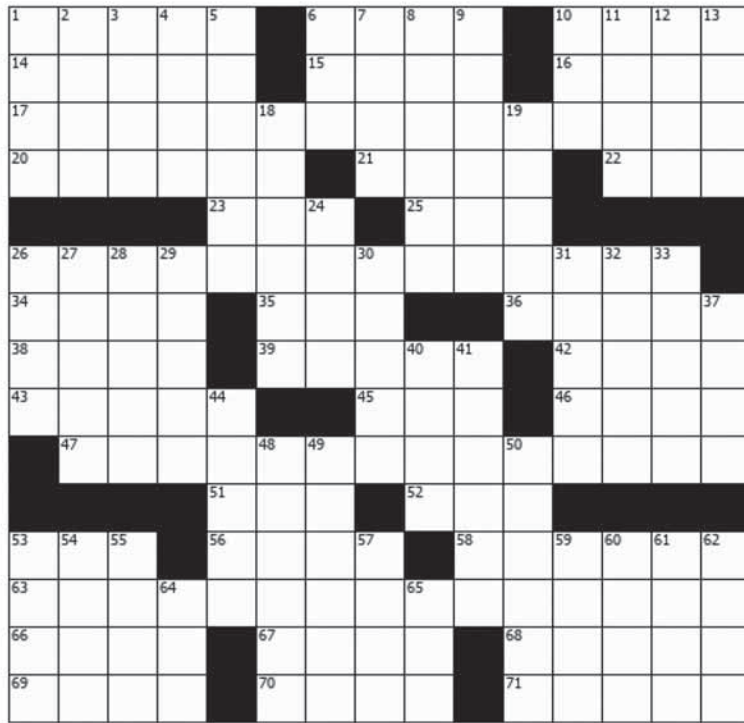
Includes:
• 4 Jumpers
• Marco's Pizza
• Four 16 oz. Drinks
• Additional Jumpers Only \$10!

www.highairground.com

CROSSWORD PUZZLE

Across

- 1. Ignorance, to some
- 6. Adriatic seaport
- 10. "Psst" alternative
- 14. Bridal path
- 15. Galena and hematite, e.g.
- 16. Scientist's study
- 17. St. Paddy's Day breakfast?
- 20. Like top tennis players
- 21. Mississippi tributary
- 22. In the manner of
- 23. OSS successor
- 25. Feedbag grain
- 26. Sequel to "Puss in Boots"?
- 34. Kind of power?
- 35. Laudatory poem
- 36. Noisy shoe
- 38. "--- La Douce"
- 39. Harrison and Stout
- 42. Exhibit amazement
- 43. Prepare to drive
- 45. Dos Passos trilogy title
- 46. Handles with mastery
- 47. Theme of this puzzle
- 51. Mudbath locale
- 52. Wide of the mark
- 53. "--- Done Him Wrong" (Mae West film)
- 56. Engineering college designation
- 58. Words after a matter
- 63. Writer Foote detects an owl?
- 66. Clinton's canal
- 67. Laura of "Jurassic Park"
- 68. Acclaim
- 69. Siam teacher
- 70. Dele countermand
- 71. Stress and intelligence, e.g.



Down

- 1. Captures
- 2. Old Italian bread?
- 3. Fortuneteller's opening
- 4. Vehicle with no wheels
- 5. Nero's tutor
- 6. Wetland
- 7. Jason's ship
- 8. Called for another take
- 9. Hebrew prophet
- 10. Get to the bottom line
- 11. "Turnabout is fair play!"
- 12. Substitute for the unnamed
- 13. Baby's first word, sometimes
- 18. Story assigner
- 19. They're found on scales
- 24. Adjuvant
- 26. Foolish one
- 27. Kind of gun
- 28. "--- Gantry"
- 29. North Pole name
- 30. Connection or link
- 31. Horrible comic character
- 32. Ancient calculators
- 33. Safari headgear
- 37. Durbeyfield girl
- 40. Gas station of yore
- 41. Watched, as the kids
- 44. Basil-based paste
- 48. Overturns
- 49. Perfumery container
- 50. Printing type
- 53. A 1986 World Series site
- 54. Viking hat feature
- 55. Limerick land
- 57. Where the buck stops
- 59. Confront
- 60. Pointed tools
- 61. Shoot the breeze
- 62. Rug rats
- 64. Break in London
- 65. Aardvark tidbit

SUDOKU

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

Solution to puzzle on page C6



**DAKOTA
BURGER
COMPANY**

**DO IT YOUR WAY
BURGERS**

Dine In or Take Out

315 S. Main St., Suite 200, Minot
701-852-8183
www.dakotaburgercompany.com

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle:

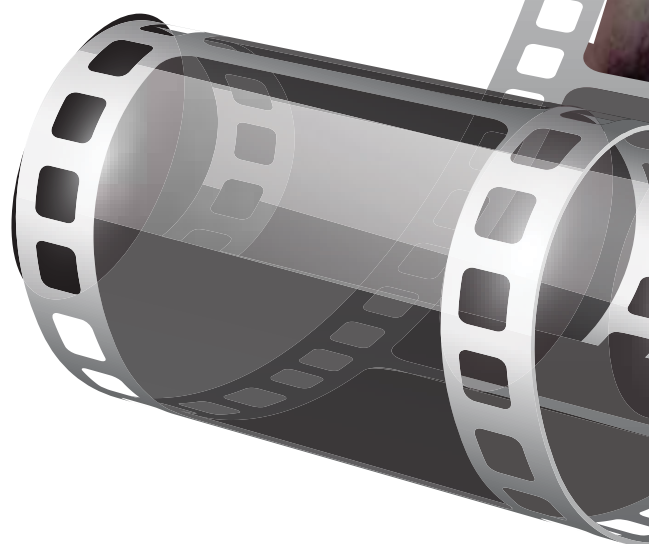
B	L	I	S	S		B	A	R	I		A	H	E	M
A	I	S	L	E		O	R	E	S		D	A	T	A
G	R	E	E	N	E	G	G	S	A	N	D	H	A	M
S	E	E	D	E	D		O	H	I	O		A	L	A
			C	I	A		O	A	T					
T	H	E	C	A	T	I	N	T	H	E	H	A	T	
W	I	L	L		O	D	E			S	A	B	O	T
I	R	M	A		R	E	X	E	S		G	A	P	E
T	E	E	U	P		U	S	A		A	C	E	S	
	D	R	S	E	U	S	S	S	T	O	R	I	E	S
			S	P	A		O	F	F					
S	H	E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

**REEL TIME
THEATER
MOVIE
SCHEDULE**



FRIDAY, AUGUST 20 • 1800
SUNDAY, AUGUST 22 • 1800
THE NIGHT HOUSE (R)

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



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 21 5 PM, No Vespers</p> <p>Sunday, Aug 22 10AM, Congregational Prayer Service</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.minotcbbc.org email: minotcbbc@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>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>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>		

CLASSIFIEDS

www.northernsentry.com | nsads@srt.com or sentrysales@srt.com | 701.839.0946 | 315 S. Main Suite 202 | Minot, North Dakota

UPCOMING EVENT

MINOT COIN CLUB SHOW
SATURDAY, SEPTEMBER 11
9 AM TO 6 PM
SUNDAY, SEPTEMBER 12
9 AM TO 3 PM
SLEEP INN & SUITES-MINOT

Over a dozen coin dealers from across the region ready to sell, buy, trade & appraise:

- Coins • Precious Metals
- Currency • Tokens
- Jewelry & more!

Daily Gold Coin Give Away
 Free Gifts for Kids
 Saturday evening token auction-
 September 11, 2021
 6 PM to 8 PM @
 Sleep Inn & Suites
 Over 150 lots of better North
 Dakota tokens being sold to the
 highest bidder

Sept. 10

RUMMAGE SALE

A Little Bit Of Everything...
 With A Lot Of Savings!

4R HOME THRIFT

2031 N Broadway

Furniture, Tools, Movies,
 Misc. & Interesting Items

Monday - Saturday -
 8:30 AM to 6 PM
 Sunday - 12 PM to 5 PM

15% Military Discount!

<https://www.facebook.com/4rhomethrift>

GARAGE SALE

3721 E. BURDICK EXPY
HUGE VINTAGE &
COLLECTIBLE SALE! Every
 Weekend, Weather Permitting. Many
 Old Pictures, Old Books, Pottery,
 China, Glassware, Cast Iron, Old
 Vinyl Records, 8 Track Tapes, Old
 Picture Frames, Old Beer Cans, Signs,
 DVD Movies, Partial List. Questions
 Call 701-626-2712.

tfn

AUTOMOTIVE

90 DAY FREE POWERTRAIN WARRANTY on most cars.
 Check out our inventory at karz4u.
 com or call Cliff (Retired MSgt) at
 701-240-9172.

tfn

TRANSPORTATION

I BUY CARS OR HAUL JUNKERS AWAY FOR FREE -
 Call Karz 4-U at 240-9172.

tfn

\$ \$ \$ QUICK CASH \$ \$ \$
 Paying cash now for any car or
 truck, running or not. We also sell
 cars \$500-\$1500, give us a call.
 Edwardson Sales 839-9512 (Will
 haul junk cars or trucks away, no
 charge)

tfn

JOHN'S



AUTOBODY

Pays Up To \$500

Insurance Deductibles

We Guarantee All Work & Color Match

4121 S. Broadway

839-8896

FOR SALE

FRESH CHICKEN

Farm-raised

Butchering Chicken

GRASSFED BEEF

(no antibiotics, no GMOs),

FRESH EGGS

Located just 20 minutes
 with delivery to the base.

EMAIL: esavelkoul@srt.com.

tfn

VEHICLES FOR SALE



SELLING AN IMMACULATE 09 DODGE CHALLENGER R/T. 5.7 HEMI, 5 sp auto, 58K miles, loaded with options, heated front seats, split rear seats, sunroof, new Pirelli tires, recent tune-up, oil changed every 5K miles. NON SMOKING, Stored inside during winter. Serious inquires only.. \$22K. Rod K 701 721 5095

Sept. 3

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

tfn



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

Aug. 20

RENTALS



creative property management Inc.

MOVE-IN READY UNITS!

STUDIO AND 1 BEDROOM APARTMENTS

STARTING AS LOW AS \$325 A MONTH!

SCHEDULE YOUR SHOWING TODAY!



701-852-5028

WWW.CREATIVEMINOT.COM

REAL ESTATE

Find **ALL** listed homes
 for sale in Minot and the
 surrounding areas at www.brokers12.com.

tfn

SUDOKU SOLUTION

Puzzle on page C4

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

FOR RENT OR SALE

20 MINUTES TO MINOT AND THE MINOT AIR FORCE BASE 2 and 3 bedroom mobile homes for sale or rent from \$695 per month - includes lot rent and utilities. Located in Deering, ND. 701-502-0554.

tfn

PROFESSIONALS

LEE CLOUSE INDEPENDENT BEAUTY CONSULTANT

www.marykay.com/1clouse.
 701-839-0475 or 701-721-0475.

tfn

HELP WANTED/CARRERS

LOOKING FOR A CAREER THAT IS BOTH CHALLENGING AND REWARDING?

Kalix is seeking caring and compassionate people to provide support for people with disabilities. We have schedules to fit your needs. We offer competitive wages and excellent benefits.

We are an equal opportunity employer and a drug free workplace.

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

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.

tfn

MATURE, RELIABLE, AND A TRUSTWORTHY INDIVIDUAL. Part-Time Retail sales 25-35 hrs/week occasional Sat. closed Sun. Apply in person at Aeroport Hobby Shoppe, 2112 N. Broadway.

tfn

THE NORTH DAKOTA NATIONAL GUARD have openings available in a variety of career fields across the state and in Minot. Continue your military career on a part-time basis. For more information call 420-5903 or 420-5904 in Minot.

tfn

ON BASE OPPORTUNITIES

ADULT & TEEN BAGGERS NEEDED AT THE MINOT AFB COMMISSARY Baggers Work for Tips Only • Adult Hours Tuesday-Friday 7am-4pm • Later start times available but must be able to stay until 4pm & Sunday 11am-6pm • Teen Hours Tuesdays-Friday 4pm-7pm & Saturday 7am-6pm • Morning start times rotate & vary. Please speak to Charlie at the commissary if interested or leave contact information with customer service.

DON'T RISK IT ALL! IF THERE IS ANY DOUBT CALL AIRMEN AGAINST DRUNK DRIVING

Free and Confidential



Saving Lives and Careers

**CONTACT US AT:
 (701) 727-2233
 (701) 727-AADD**

**THURSDAY, FRIDAY & SATURDAYS
 09:00 PM - 02:00 AM**

**HOLIDAY WEEKENDS
 08:00 PM - 03:00 AM**

Available to ALL Minot AFB Military Members and Spouses

- Call AADD
- Notify location and destination
- State the amount of people that need a ride
- Give a description on an easily identifiable article of clothing
- Verify member's military/ dependent status by showing identification

Thanks To SRT for donating the phone services for AADD



CLASSIFIEDS

www.northernsentry.com | nsads@srt.com or sentrysales@srt.com | 701.839.0946 | 315 S. Main Suite 202 | Minot, North Dakota

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.

PARK UNIVERSITY MINOT –

Your degree, Your way. Now enrolling for Summer classes starting June 7, 2021. Earn your CCAF credits, AU-ABC, and your Bachelor's degree with PARK. Let's maximize your military experience! Find how many credits you can get from your military experience by going to military.park.edu. and confirmed your credits Or Ask Alexa! Enable the Park University skill on your Alexa device and say "Alexa, ask Park, How many credit hours can I get from my military experience?" She'll even tell you your graduation date! Minot AFB @ the Education Center RM 222 | 844-884-8612 | mino@park.edu PARK. YOU

MINOT STATE UNIVERSITY

Minot State offering face-to-face classes at Minot Air Force Base. Minot State University is excited to again offer 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

ACCOUNTANT

BradyMartz

Make Every Day Count

CERTIFIED PUBLIC ACCOUNTANTS
24 W. Central, Minot • 852-0196
www.bradymartz.com

HOBBY SHOP

AEROPORT HOBBY SHOP

RC Cars, RC Airplanes, Rockets,
Trains, Plastics, Testors Paints,
Engines & Accessories,
Helicopters, Balsa Wood & Glues.

838-1658

2112 N. Broadway • Minot, ND
Ask for Eva • www.airporthobby.com

AUTOMOTIVE

QUICK CASH!!

Running & Non-Running
Cars & Trucks



Edwardson Sales
839-9512

We also sell cars \$500 - \$1500
Give Us A Call!
Will Haul Junk Cars Free Of Charge

REAL ESTATE

BUY OR SELL
ONLY WITH THE
BEST!



#SOLD WITH US!

BROKERS12.COM



AUTOMOTIVE

WE BUY-SELL-TRADE-CONSIGN
Pay Top Dollar for Clean Used Cars

KARZ4-U
AUTO SALES

240-9172
1105 16th St. SW • Minot
Cliff Butler/Retired MSgt
www.Karz4-U.com

REAL ESTATE

Danielle
Bolinske
REALTOR®
701-833-7180

ELITE
REAL ESTATE
Excellence In Action
1829 S. Broadway
Suite 1, Minot, ND



TRUCK ACCESSORIES

ACCESS
Roll Up Cover

ROLL-UP PICK UP COVERS

• SRT - 2 ELECTRIC • SPOOL ROLL TARP • TRUCK TARPS

Manufactured by AGRI-COVER

DISTRIBUTED BY

NELSON
RIPPLINGER
SALES

NEW & USED COVERS ON HAND



ASK ABOUT
MILITARY DISCOUNT
OWNED BY VETS

JIM OR BONNIE 838-2515 • CELL 721-1251

STORAGE UNITS

NORTHERN PRAIRIE
CONDOS & STORAGE, INC.

Meeting your Storage needs is our priority!

NPCS

- Excellent Location with Security Fencing and Lighting
- 24 Hour Access with Keyless Entry
- Many Sizes Available
- Auto and Recreational Storage
- Best Rates Guaranteed

Duane W. Block "Dewy"
Owner

Call: **701.720.1093**

Today for more Information.

NPCS

8 46th AVE NE
Minot, North Dakota
58703

FLOWER SHOP

FLOWER
Central

**Voted Minot's #1 Flower
Shop for the last 7 years!**



405 Central Ave. E. • 701.852.6224

WHAT'S GOING ON MAFB

FRIDAY 20

- Lifeguard Certification Class at Outdoor Recreation
- Kids Bowl Free Ends at Rough Rider Lanes
- Registration Closes: Epoxy Cutting Board Class at Arts & Crafts
- World's Fare Week: Philippines at the Dakota Inn Dining Facility
- Summer Games, 0800-1600, Fitness Center
- Super Smash Brothers Ultimate Tournament, 0900, ESC
- 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
- There is no PLANet B Teen Bonfire Bash, 1700, Youth Center
- Swerk, 1830, Fitness Center
- Karaoke Night, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

SATURDAY 21

- Lifeguard Certification Class at Outdoor Recreation
- Minot AFB History Walk Ends at Minot AFB Library
- Summer Reading Program and Competitions End at Minot AFB Library
- Zumba, 0900, Fitness Center
- Swerk, 1000, Fitness Center
- Summer Reading Program Wrap-Up Party, 1300, Minot AFB Library
- Mike Bliss Variety Show, 1800, Minot AFB Theater
- Star Wars X-Wing Miniatures Play Day, 1830, ESC
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

SUNDAY 22

- Lifeguard Certification Class at Outdoor Recreation
- Zumba, 1400, Fitness Center

MONDAY 23

- HIIT Strength & Conditioning, 0530, Fitness Center
- TAP GPS Workshop, 0730-1600, In person at A&FRC, online Zoom Meeting
- Stroller Fitness Bootcamp, 1000, The Turf, hosted by the Fitness Center
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Newbery Book Club, 1600, Minot AFB Library
- Epoxy Cutting Board Class, 1800-2000, Arts & Crafts
- Yoga, 1830, Fitness Center

TUESDAY 24

- Memorial Middle After-School Program Begins at the Youth Center
- Registration Closes: Paintball Tournament Free for Single Airmen at Outdoor Recreation
- TAP (VA), 0800-1600, A&FRC
- Game Day, 1000-1930, Minot AFB Library Facebook Page
- Magic The Gathering Commander Night, 1800, ESC
- Zumba, 1830, Fitness Center

WEDNESDAY 25

- TAP (DoL) - Overview, 0730-1600, A&FRC
- Right Start, 0730-1200, Jimmy Doolittle Event Center, hosted by A&FRC
- Pre-Deployment/Remote Readiness Training, 1000-1100, A&FRC, Zoom Meeting
- Story Time, 1030, Minot AFB Storytime Club Facebook Group
- Yoga, 1830, Fitness Center
- Swerk, 1930, Fitness Center

THURSDAY 26

- TAP (DoL) — Employment Workshop, 0800-1600, A&FRC
- Stroller Fitness Bootcamp, 1000, The Turf, hosted by the 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

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!

UPCOMING EVENTS

FRIDAY 27

- Registration Closes: Club Championship at the Rough Rider Golf Course
- Registration Closes: Charcuterie Board Class at Arts & Crafts
- TAP (DoL) — Employment Workshop, 0800-1600, A&FRC
- Spouses Corner, 0900-1000, A&FRC, In-Person and Zoom Meeting
- Mystery Price Bowling, 1400-2300, Rough Rider Lanes
- Friday Fun Member Buffet, 1630-1830, Rockers Bar & Grill
- Club Member Benefit, 1700-1900, Rough Rider Lanes
- Single Airmen Free Paintball Tournament, 1700-1900, Paintball Field, hosted by Outdoor Recreation
- Swerk, 1830, Fitness Center
- Karaoke Night, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

SATURDAY 28

- Minot AFB Club Championship, 0800, Rough Rider Golf Course
- HIIT Strength & Conditioning, 0900, Fitness Center
- Swerk, 1000, Fitness Center
- EFMP Footgolf, 1400-1600, Apple Grove Golf Course, hosted by A&FRC
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

ONGOING

- The status and location of Minot Air Force Base events are subject to change due to base restrictions.
- FCC Pre-Orientation: One-on-One Appointments: Family Child Care — Call to schedule an appointment.

**SINGLE AIRMEN
FREE
PAINTBALL
TOURNAMENT**

AT THE PAINTBALL FIELD

AUGUST 27TH • 5PM-7PM

REGISTER AUGUST 16TH - 24TH

HEY ALL YOU SINGLE AIRMEN! COME ON OUT TO THE PAINTBALL FIELD AND GIVE SOME PAINTBALL A TRY! PLEASE REGISTER BEFORE THE 24TH & GET YOUR WAIVER SIGNED

723-3648





**DAY OR NIGHT
RAIN OR SHINE**

HARD WORK NEVER QUILTS.

**Contact Us For All
Your Electric Needs!**

Minot - Velva
701-852-0406
800-472-2141

WWW.VERENDRYE.COM

**People you know.
Experience you trust.**



FIRST WESTERN
BANK & TRUST

firstwestern.bank



Brad Stai



Jim Paszek



Trent Westmeyer