

## 2021 YOU MATTER SUMMER GAMES



Team Minot hosts the 7th Annual You Matter Summer Games at Minot Air Force Base, North Dakota, Aug 20, 2021. Team Minot Airmen participate in multiple events throughout the day such as water sports, dodgeball, basketball, tug-of-war and other activities. The winners of the 2021 Summer Games are 5th Civil Engineering Squadron in first place, Force Support Squadron in second and 891 Security Forces in third. See more coverage on page A6.

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



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**STAFF DELEGATION VISIT**

Ms. Celina Morte, Military Legislative Assistant for Sen Cramer, Senior Master Sgt. Joshua Griffin, Defense Fellow for Sen Cramer, and Maj. Andrea May, Legislative Liaison, Air Force Senate Liaison Office, tour the 5th Bomb Wing and the 91st Missile Wing on August 12, 2021, at Minot Air Force Base, ND. They spent the day seeing how Minot Air Force Base provides strategic deterrence, global strike, and combat support anytime, anywhere.

U.S. AIR FORCE PHOTOS | MINOT AFB PA

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# skinny week

## Big Mac Salad

4 servings at 585 calories/serving

<p><b>ingredients</b></p> <p>Salad (375 calories/serving)</p> <ul style="list-style-type: none"> <li>1 tablespoon olive oil</li> <li>1 pound lean ground beef</li> <li>1 teaspoon salt</li> <li>1/2 teaspoon black pepper</li> <li>6 cups romaine lettuce, chopped</li> <li>1 cup shredded cheddar cheese</li> <li>1/2 cup tomatoes, chopped</li> <li>1/2 cup dill pickles, sliced</li> <li>1/2 cup onions, sliced</li> </ul> <p>Big Mac Dressing (210 calories/serving)</p> <ul style="list-style-type: none"> <li>1/2 cup mayonnaise</li> <li>2 tablespoon dill pickle relish</li> <li>1 tablespoon ketchup</li> <li>2 teaspoons yellow or dijon mustard</li> <li>1-1/2 tablespoons apple cider vinegar (or white vinegar)</li> <li>1/2 teaspoon garlic powder</li> </ul>	<ul style="list-style-type: none"> <li>1/2 teaspoon onion powder</li> <li>1/2 teaspoon smoked paprika</li> <li>1/4 teaspoon salt</li> </ul> <p><b>instructions</b></p> <p>Heat oil over medium heat in a large skillet.</p> <p>Once oil is hot, add ground beef, salt, and pepper. Cook and crumble until no longer pink.</p> <p>While beef cooks, add all dressing ingredients to a small bowl and mix together.</p> <p>Adjust seasoning to taste.</p> <p>Add Romaine lettuce, shredded cheddar, chopped tomatoes, dill pickles, onions, and cooked beef to a large salad bowl. Top salad with dressing and serve.</p>
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recipe written by Cherie Blessum

The Big Mac Salad recipe we're sharing is calculated at 585 calories per serving. The McDonald's app shows a Big Mac sandwich at 550 calories. This is a good reminder that salads don't always save calories, and brings awareness to what we're putting into our bodies.

Foods that are "alive" are as close to their original form as possible (fruits, vegetables, nuts, seeds, poultry, fish) and help fight inflammation. A steady diet of "dead" (or processed) foods leads to chronic inflammation, which can result in increased blood pressure, weight gain, elevated blood sugar levels, and arthritis. The human body is not designed to function properly under stressful conditions (poor nutrition).

Living food comes from nature, has a short shelf life, may seem expensive, and provides high nutrition with low calories, along with vitamins/minerals that are natural to the body. "Dead"

food comes from a lab or factory, has a longer shelf life, is cheaper, has low nutritional value and higher calories, may be "fortified" with vitamins/minerals that are not assimilated as well in the body, and many contain cheap fillers.

Some examples of living vs. processed foods are potatoes vs. potato chips or french fries; salmon vs. fish sticks; chicken vs. chicken nuggets; oats vs. instant-flavored oatmeal; berries vs. fruit snacks; water vs. Crystal Light; almond or natural peanut butter vs. Nutella or Biscoff spread; and banana vs. banana chips.

Sometimes a Big Mac hits the spot, but the Big Mac Salad contains more "living" ingredients. This week, pay attention to your food choices and see if you can incorporate more living foods - your body will thank you!

-Cherie  
  
 skinnyweek.com

## Join us for a meeting!

\*meeting times are subject to change

### Thursdays

<p><b>In-Person Meeting</b></p> <p>Doors Open 11:45</p> <p>Meeting 12:15</p>	<p><b>In-Person Meeting</b></p> <p>Doors Open 5:00</p> <p>Meeting 5:30</p>
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### Saturdays

<p><b>In-Person Meeting</b></p> <p>Doors Open 8:00</p> <p>Meeting 8:30</p>	<p><b>Virtual Meeting</b></p> <p>Meeting 10:30</p>
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In-person meetings are held at the Sleep Inn & Suites Theater Room  
 2400 10th St SW Minot, ND 58701

# It's Volun.....teer

As you can imagine The Northern Sentry works with a lot of local non-profit organizations in advertising their events and the work they do in our community. These organizations not only benefit the Minot community, but help our Minot AFB neighbors too. We give our thanks to these organizations, way too many to mention, for their continued efforts to assist in so many ways in an ever-changing world.

There are several challenges all of these organizations face every day; 1) Getting the financial resources they need to operate.

2) Recruiting volunteers to assist in the work they do.

Both are important, and of course the COVID 19 pandemic has made soliciting funds and recruiting volunteers even more of a challenge. Conversely, the number of clients these agencies serve has increased. We can only ask you to continue to remember to send funding as available to these agencies so they can continue their valuable work.

And now, the real purpose of this week's editorial, to bring talk about the many volunteer hours that are donated every year by not

northern  
sentry

A VIEW FROM OUR SIDE

ROD WILSON, NORTHERN SENTRY



only Minot AFB personnel, but their spouses and families. I was introduced to the word "voluntold" a few years back. Explained at that time, "these Airmen at the base are told they are going to volunteer downtown"...thus the word voluntold.

But I think there is another side to the story, and that is that many organizations rely heavily on Minot AFB personnel, spouses and family members as volunteers, yes volunteers, to step up to the plate and help out. A good example recently was Bacon & Brew at the Zoo where I knew several of the volunteers. They were active duty, they were spouses and they were civilian workers at the

base. It is certainly fair to say that many of these events have looked for volunteers on base, and more important, they have found volunteers willing to help out. And there are other examples where base personnel, or their spouses, hold high positions on non-profit organizations. Their energy and experience are valuable, and they are willing to share that energy and experience with our community.

So, a big THANK YOU once again! For the thousands of volunteer (or voluntold) hours contributed each and every year. And on our part, we should always try to thank these volunteers for their contribution to the many, many organizations they serve.

## Air Force Ball Postponed

Team Minot,

With the base currently in HPCON Bravo, this drove your Air Force Ball Planning Committee to take a look at and re-aim the way forward for Minot's 74th AF Ball.

The committee and our base leadership team came to a decision with current COVID restrictions in mind, to postpone the event until November 20, 2021. This was not

an easy decision and we understand this may effect some of our current ticket holders.

Our ticket sales chair is working the best course of action to meet your needs. While this poses new questions and challenges, the Air Force Ball Committee and base leadership are working in tandem to plot the best course forward to present you and your families with

a well-deserved and smartly planned Air Force Ball.

More information will be coming out soon in regards to many questions we assume you may have. However, we felt it was prudent to break this news to you as soon as possible.

If you have any questions, please visit <https://www.minot.af.mil/Contact-Us/>



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MINOT, ND

# Taste of Minot is a Unique Experience

ROD WILSON, NORTHERN SENTRY

For Tonya Parker the news of being assigned to Minot Air Force Base brought tears to her eyes, but not tears of joy. "Like so many others, I sat down and cried when we received our assignment to Minot. But again, like so many others we have discovered the real Minot, and we love it here." Like every other city, Minot evolved from a bustling Main Street, and downtown business district. "There is a story to be told about downtown Minot," according to Parker "and that story, along with the unique dining and other businesses has given me an opportunity." That opportunity came when she was asked to organize a team building event for her place of employment, Freedom Financial. "I had a lot of fun doing the research on downtown Minot and coming up with stops on our (Freedom Financial's) tour. From that we had the idea for the Taste of Minot," says Parker. Going from dining stop to dining stop in downtown Minot covers about a mile, and during the walk Tonya stops along the way and talks about the buildings and the history of downtown Minot. Some of the information is historical in nature and some of the information are stories that have been passed on from generation to generation. All of the information makes for an interesting 3-4 hour tour. On a recent tour, the group of 8 guests received a quick synopsis of The Fair building on the corner of Main & 2nd Avenue. Highlight? Well, The Fair had one of the first operating elevators in downtown Minot. Our first gourmet dining

stop included bread from Prairie Skies Bakery, and a selection of wines, oils and other interesting dipping sauces from Gourmet Chef. 3 samples of wine and 9 different unique tastes later, and we were off to our next stop, which included a couple of short historical moments that talked about different buildings and the fountain which now rests on the corner of Main and First Avenue. Did you know that the fountain has had several homes over the years? And now it is a "must see" part of any downtown walking tour.

The Starving Rooster with owner Jeremy Maheny not only was a tasting spot, but a chance for us to get out of the rain. (Yes, I said rain...and we loved it!) Well, the Starving Rooster building used to house a mill, and because the new milling machine was so efficient at separating grain from chafe, the roosters who used to hang out on the milling floor would not get any grain...thus they were starving...and so Starving Rooster. Jeremy treated us to one of the Starving Rooster's Cuban pizzas, and we were off again to one of Minot's breweries, Souris River Brewing and a visit with owner Aaron Thompson about the brewing process, and yes of course, there was more food. We were all happy that we did some moderate walking between stops as the exercise was good to work off some calories. However, it can also be noted that Tonya was treating us to historical facts from downtown along the way. It seems that fires in downtown Minot destroyed many of the

original buildings, and the top 2 stores of what is now the Parker Center took years to complete!

Next stop? Arnies 2.0 Lounge and Bottle Shop and a visit with new owner, Melissa. Without saying much more, the transformation of hometown bar, Arnies, into Arnies 2.0 Lounge and Bottle Shop is one of the many changes in downtown Minot that makes this area a "must stop" for great food. Melissa is from South Carolina, and our featured drink was Mimosas. Word on the street is that the Saturday & Sunday brunches at Arnies are beyond description...on my dining bucket list.

Our last stop, again after a short walk back down Main Street, was Magic City Sweets... WOW! Who could have ever guessed that you could put ice cream on a donut and top it with crunches. Well Christine Staley, owner of Magic City Sweets, did just that. Ice cream is good any day of the week, and even in winter according to Christine. I think the general consensus was, we'll be back!

Our Taste of Minot adventure ended. We were stuffed (gourmet food stuffed) and certainly the 3-hour gourmet tour went by fast. If you want more information about the Taste of Minot tours, Tonya has a Facebook page and a website [tasteofminot.com](http://tasteofminot.com). We hope to check in with Tonya in the future and hear about her other downtown adventures.



Gourmet Chef owner Denise Lindbo shares a sample of wine.



Janette McCoy and Denise Lindbo talk about different dipping sauce options.



Dig in! Starving Rooster specialties.



Jeremy Mahany, part owner of the Starving Rooster.



Ice cream on a donut? Awesome!



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## CHILI-LIME SHRIMP WITH GREEN ONIONS

**INGREDIENTS**

CHILI-LIME MAYONNAISE  
4 1/2 OUNCE GUAJILLO PEPPERS  
2 CUP MAYONNAISE  
4 TEASPOON CHILE DE ARBOL  
12 TABLESPOON SALSA HUICHOLO HOT SAUCE OR FAVORITE HOT SAUCE  
4 TABLESPOON FRESH SQUEEZED LIME JUICE

**GREEN ONIONS**  
4 BUNCH GREEN ONIONS  
4 TABLESPOON EXTRA-VIRGIN OLIVE OIL  
SALT AND PEPPER

**MAIN**  
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When ready to cook, set Traeger temperature to 375°F and preheat, lid closed for 15 minutes. Prepare guajillo peppers by cutting off the stems and slicing down the side of the pepper. Shake out any seeds and pull out dried veins. Roast peppers directly on the grill grate for 3 to 4 minutes on each side depending on thickness, or until they deepen in color but are not yet blackened. Be careful not to burn them, and if you do, be sure to discard them as they will become bitter. Place peppers in a bowl and cover with hot water, stirring occasionally for 30 minutes. To make chili-lime mayonnaise, add grilled peppers, mayonnaise, chile de arbol, hot sauce and lime juice into a blender and combine until smooth. In a bowl, season green onions with extra-virgin olive oil, salt and pepper.

Sprinkle shrimp with salt and place directly on the grill grates for 4 to 5 minutes depending on size. Brush shrimp with chili-lime mayonnaise throughout the cooking process. Once shrimp are cooked through, firm, and no longer translucent, they are ready to go. While shrimp are cooking, place green onions on the grill for 4 to 5 minutes, or until they are slightly charred. Remove shrimp and green onions from the grill. Serve with additional chili-lime mayonnaise and fresh lime zest. Enjoy!



Ryan Davy - GM  
Minot

[www.HofE.com/BBQHQ](http://www.HofE.com/BBQHQ)

# A LOOK BACK

## THIS WEEK IN USAF HISTORY

### HURRICANE KATRINA RELIEF OPERATIONS BEGIN

AUGUST 30, 2005



Military and civilian services began relief operations on Aug. 30, 2005, after Hurricane Katrina devastated the southern U.S. First Air Force commander Maj. Gen. M. Scott Mayes, the task force's joint forces air component commander, set up 1st Aerospace Expeditionary Task Force-Katrina at Tyndall Air Force Base, Florida. The task force set up various air expeditionary groups for a massive disaster relief operation, and 8,000 Air Force, Air Force Reserve, and Air National Guard were deployed by September 7. Helicopters (including a UH-1N Huey from Minot AFB) flew 648 sorties and rescued 4,322 people. Other USAF aircraft from bases all over the country flew 4,095 sorties. The AF evacuated 26,943 displaced people and provided aeromedical evacuations for 2,602 patients. AF medical personnel at the New Orleans International Airport treated 16,714 patients, and transport personnel airlifted 11,450 tons of relief supplies.

Information courtesy of: [media.defense.gov/](http://media.defense.gov/) / [afhistory.af.mil](http://afhistory.af.mil)

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# Project BEE and Minot donors band together to help families in need

ABIGAIL KINDER, NORTHERN SENTRY

When families find themselves in need, the Minot community never fails to lend a helping hand. On Aug. 17, 2021, local nonprofit organization Project BEE held a drive-up Diaper Giveaway just outside Pink's Bar & Grill and Karma Convenience Store off Highway 83.

The first ever giveaway, which handed out nearly 12,000 diapers to registered families, took place in July. This month's drive boasted nearly 8,000 diapers as well as baby wipes, gallons of milk (courtesy of Starbucks), teddy bears (courtesy of the Minot Minotauros), and resources from the library, Souris Valley United Way, Minot Fire Department, and Minot Air Force Base.

"We are just helping to meet the basic needs of local families who don't know how far they can stretch their next paycheck... this way we can get them some milk, diapers, and some fun stuff for the kids," explained Liz Larsen, Project BEE's Executive Director. "We can also get them resources, because a lot of these families just don't know what's available to them. This month, we held it out in Ruthville to really focus on our military families because we have quite a few clients that are military."

Many of the diapers for the giveaway are bought directly from the manufacturer and then repackaged into smaller amounts by volunteers. "We also have community members who are donating diapers, some people who just like to fulfill our wish lists, and right now we have the diaper drive on base hosted by SSgt. Andrea Payne," Larsen said.

Each family is allotted 30 diapers per child at the giveaways.

According to Allie Walsh, Development Director for Project BEE, the 30 diapers are meant to offer support to parents but they are not enough to last an entire month. "It's not about providing all of the diapers; it's more about supplementing. But, this event is in addition to what we do for our clients so if you're a client and a part of our diaper program, Dakota Diaper Pantry, then you would receive 30 diapers that month through the pantry and then an additional 30 through this event," she said. "The goal of this is to help our families and then showcase to the community what we at Project BEE have to offer. That way we're able to widen the understanding of the programs we have so that we can provide for more people. If you believe that this program is for you, you can apply online and become part of our program to receive diapers monthly."

Registration for the event is required so that they are able to gather the correct amount and sizes of diapers based on each family's needs. Project BEE plans to continue holding the giveaways each month until the cold sets in and then start up again in the spring of next year. The Dakota Diaper Pantry is available year-round for clients who still need help during the cold months when no giveaways are scheduled.

Project BEE also offers a variety of other resources including emergency shelter, a career closet, a shower program, rental assistance, and more. To learn more about Project BEE and their programs as well as volunteer/donation opportunities, visit [www.projectbeend.org](http://www.projectbeend.org) or check out their Facebook page.



On Aug. 17, 2021, local nonprofit Project BEE held a diaper giveaway for families in need. While the event was focused on providing supplemental diapers for those with young children, the Project BEE team was also able to give out gallons of milk, teddy bears, and resource bags due to the support of other organizations in Minot.

PHOTOS COURTESY OF PROJECT BEE

NORTHERN SENTRY PHOTO | ABIGAIL KINDER

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# TRAEGER TALK

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## LASAGNA AN ITALIAN FEAST

### INGREDIENTS

- 1 pound Sweet Italian Sausage
- 1 pound Ground Beef
- 21 Lasagna Noodles
- 1 Large Onion, diced
- 2 Bell Peppers, diced (1 green, 1 red)
- 6 cloves Garlic, chopped
- 1 tbsp Garlic Powder
- 28 oz can Diced Tomatoes
- 15oz Tomato Sauce
- 8 oz Tomato Paste
- 24 oz Cottage Cheese
- 12 slices Provolone Cheese
- 12 slices Mozzarella Cheese
- ¼ cup Parmesan/Romano Cheese
- 4 tbsp Fennel, cracked
- 4 tbsp Basil, dried
- 1 tsp Oregano
- 1 tsp Red Pepper Flakes
- 2 tsp Olive Oil
- 1 tsp Salt, plus lots more for the pasta water
- 1 tsp Pepper

Lasagna is a favorite for Sunday evening dinners. Delicious and festive, it is a celebration of flavor and texture, color and family. There is significant time that has to be invested, but there is a silver lining: it is easily frozen in family size or individual portions for later meals with little to no work involved. My personal opinion is that lasagna tastes even better after reheating. Lasagna doesn't have to be complicated to make. You can use pasta sauce from a jar and store bought Italian sausage with great results. Or, you can add your own personal touch by making your own sauce and spicing your own meats.

For smoke lovers, the Traeger adds another dimension to the flavor. The smoke flavor won't be strong, as cooking in a pan doesn't expose much surface to the smoke and the baking temperature is high enough that the Traeger isn't producing strong flavored smoke. To bring more smoke flavor into the dish, we can smoke some of the ingredients of the sauce before incorporating them into the whole, which is what I did with this recipe.

I used half sweet Italian pork sausage and half ground beef for the meats. After mixing ground beef with sausage (two tablespoons cracked fennel, two tablespoons dried basil, one tablespoon garlic granules, one tablespoon dried oregano, one teaspoon salt and one teaspoon pepper) spices, I spread both meats out in bite-sized irregular chunks on a jelly roll pan prepped with two tablespoons of olive oil. The chunks were made irregular to expose the maximum amount of surface area to the smoke. I also smoked the diced bell peppers, onion, and chopped garlic. I smoked the meat and vegetables for an hour at 180°F, then turned the grill up to 425°F for 15 minutes to brown and sear.

The smoked meat and veggies were then added to the pot with the tomatoes, tomato paste, and tomato sauce. I added the rest of the spices and simmered the sauce for an hour before building the lasagna. The sausage chunks stuck themselves together in the grill and had to be broken apart in the pot.

The noodles should be cooked according to label instructions to al dente firmness. My roaster pan needed seven noodles for each layer, for a total of 21 noodles. I cooked a few extra to make sure I had enough in case they didn't expand as much as expected, but 21 turned out just right.

A purist might insist that the only acceptable soft cheese is ricotta. However, cottage cheese is a popular choice also. In any case, the stores in the area were out of ricotta, so this batch has cottage cheese. I also used provolone, mozzarella, and blended Parmesan/Romano.

Spread a layer of sauce on the bottom of the pan, then noodles, then sauce, cheese, and noodles. There were 11 layers in all: Sauce, noodles, sauce, provolone cheese, noodles, sauce, cottage cheese, noodles, sauce, mozzarella cheese, and Parmesan/Romano cheese garnish.

The whole roaster went back into the Traeger for 45 minutes at 425°F. You will want to check after 30 minutes and pull it out when the cheese on top is lightly toasted. Let the pan sit for a half hour before serving. This will allow the noodles to absorb any loose liquid and for the cheese to firm up.

Even with the extra smoke treatment, the smoke flavor was subtle. I used Pecan pellets, which have good smoke flavor and have been the most popular flavor in our tasting events, the #greattraegerpelletshootout.



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# Brown named honorary Tuskegee Airman

TECH. SGT. STEPHANIE SERRANO, SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

ARLINGTON, Va. (AFNS) -- Air Force Chief of Staff Gen. CQ Brown, Jr. was named an honorary Tuskegee Airman and presented the highly symbolic red jacket during a ceremony at the Air Force Memorial in Arlington, Aug. 14.

Induction into the elite group of Tuskegee Airmen Inc. as an honorary member is a direct reflection of an individual's dedication to preserving the heritage and legacy of the "Red Tails" as well as introducing youth to aviation and science, technology, engineering and math opportunities.

"Gen. Brown, just like the Tuskegee Airmen, you have been a trailblazer," said Jerry Burton, Tuskegee Airmen Inc. national president. "You, like them, have shown that hard work and staying on task results in success."

Formed during the onset of World War II, the Tuskegee Airmen pioneered the way for desegregation in the military while simultaneously dominating the skies in Europe. Their accomplishments and famous Red Tails have been celebrated throughout history.

"I am grateful, humbled and proud, not only to receive the coveted red jacket, but to also have one of the documented original Tuskegee Airmen, Col. Carl Johnson, here with me today," Brown said.

Just as they did more than 80 years ago, despite public

scrutiny, the Tuskegee Airmen Inc. continues to set the standard for courage, leadership and innovation of today's Air Force.

"I am forever grateful for African American aviators that paved the way for me to be here," Brown said. "I also realized as the Chief of Staff of the Air Force I probably was not the first one to be qualified to have this position; I was just the first one to be given the opportunity."

The heritage of the Tuskegee Airmen remains a symbol of hope against the challenges the nation faces today.

Brown says he hopes to inspire young men and women the same way he was inspired by the Tuskegee Airmen.

"As the first Chief of Staff of the Air Force, or Service Chief, that's African American, I'm very conscious of the enormity of what this opportunity is for me but what it represents for so many," Brown said. "I hope that me being the Chief of Staff of the Air Force will be an inspiration to others so they can prepare themselves for that 'someday' when their chance may come."



Air Force Chief of Staff Gen. CQ Brown, Jr. greets Tuskegee Airmen Inc. members after a ceremony at the Air Force Memorial, Arlington, Va., Aug. 14, 2021. Brown was presented a symbolic red jacket, making him an honorary Tuskegee Airman.

U.S. AIR FORCE PHOTOS | ERIC DIETRICH

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# North Prairie Farmers Market is growing!

ABIGAIL KINDER, NORTHERN SENTRY

The North Prairie Farmers Market has several exciting events coming up for the remainder of their 2021 season! In an effort to expand family friendly activities and include more of Minot's local businesses, the NPFM team has planned weekly demonstrations, activities, and guest appearances from some of Minot's best.

Stacy White, Market President and owner of Stacy's Breads, explained the new additions to the market. "We want to bring more variety, awareness, and more people into the market! We also want to give support to other local businesses," she said, and the vendors hope to make the North Prairie Farmers Market a fun event that families will look forward to visiting every weekend.

NPFM has all sorts of homemade and organic products including freshly baked breads, honey, mushrooms, produce, BBQ sauce, salsa, and other shelf-stable goods, fragrant tea blends, wine, plants and more. It will be held every Saturday until Oct. 30, 2021 (weather permitting) in the parking lot across from Planet Pizza right off of Broadway in downtown Minot. Here are a few of the upcoming events that will be coming to the market:

- August 28: Magic City Discovery Center will be hosting a family story time and other fun activities for youth

- September 11: Minot Public Library will be hosting a family story time and Spectrum Fitness Martial Arts will be performing a live demonstration

- September 18: NPFM will be a part of the Downtown Fall Festival, and Rebel Athletics of Minot will be in attendance with a live gymnastics demonstration

NPFM is always looking for opportunities to expand and improve, and the upcoming events are just a small part of the many ideas that they have planned for the future.

For more information and updates on upcoming events, visit the North Prairie Farmers Markets Facebook page. \*All events are subject to change due to weather conditions.








The North Prairie Farmers Market, located off Broadway in the parking lot across from Planet Pizza each Saturday, hosts a wide variety of high quality and organic products. In an effort to expand, the council is working with several local entities to bring live demonstrations and other fun events to the market each week!

NORTHERN SENTRY PHOTOS | ABIGAIL KINDER

## BABY ANNOUNCEMENTS

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**BABY BOY BORN ON**  
MONDAY, AUGUST 16, 2021 TO:  
MALLORY AND RICHARD ALLEN  
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**BABY BOY BORN ON**  
WEDNESDAY, AUGUST 18, 2021 TO:  
ALIECIANA BERCIER AND NATHAN GOETZ  
MINOT, ND

**BABY GIRL BORN ON**  
THURSDAY, AUGUST 19, 2021 TO:  
CHINA ALLEN AND BORIS GARCIA  
MINOT, ND

**BABY BOY BORN ON**  
THURSDAY, AUGUST 19, 2021 TO:  
LINDSAY AND JUSTIN WELSH  
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**4 Person Teams**

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



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### 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

### WOMEN

**4 Person Teams**

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

### SENIORS

**4 Person Mixed Teams**

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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

### YOUTH

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**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



## 28

## WEEK SEASON

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# Northern Celebrations

Embracing  
our North  
Dakota  
Lifestyle

## Balancing tradition and science

Patricia Stockdill

Traditions are part of the core of American fabric, including hunting traditions.

Things like always hiking a favorite patch of prairie during grouse season.

Or setting dove decoys along a particular ol' patch of dead trees, even if its lonely, withered limbs are giving way to weather.

Sometimes traditions weave their way into the fabric of hunting regulations, even though the North American Wildlife Conservation Model drives – for the most part – hunting regulations and wildlife management.

It's a model emphasizing the role of sound wildlife management and science as the drivers in management decisions and regulations.

Sometimes – and probably more often than one realizes – it's OK to weave tradition with science.

As much as hunters and the public would probably like to see wildlife regulations based solely on science, it's not a black-and-white situation even using the North American Wildlife Conservation Model as a guiding principle.

Take, for example, North Dakota's tradition of shooting only rooster pheasants. There really isn't a biological need to protect hens in the state. Admittedly, back in the early days when state wildlife management agencies were trying to establish resident populations of the glitzy import, it was important to protect hens.

It's also relatively easy under normal hunting circumstances to identify rooster pheasants from hens, making it a regulation based on sound biological information.

Fast-forward several generations and pheasant states really don't need to protect hen pheasants to sustain viable populations even when populations fluctuate. It's more of a social thing. It's only necessary to protect females of a species when populations are so low that harvesting them is detrimental to an overall population.

That's one reason North Dakota's sage grouse and prairie chicken seasons are closed – their populations are too low to justify hunting.

North Dakota has also has a traditional three-bird daily pheasant limit even though populations skyrocketed during the Conservation Reserve Program heyday of abundant grassland habitat – and tumbled with a

corresponding tumble of CRP acreage coupled with horrific winter mortality.

It goes back to the fact the socially acceptable three-bird daily limit doesn't affect pheasant populations in good or bad years. In addition, rooster pheasants will out-compete hens when feeding in the winter. In years when pheasant populations are lower than normal or below average, having less roosters on the landscape can benefit hens. They have less competition when feeding, which translates into a better chance of surviving a North Dakota winter.

North Dakota also has a "keep it simple" tradition when it comes to hunting regulations, believing that unless there are sound biological reasons to change regulations, they will stay as minimally complex as possible.

Sometimes social issues remove management decisions from the hands of biologists. Examples include when the North Dakota legislature, at the urging of business interests, changed the state's pheasant season opener from its traditional second Saturday in October so it's now state law the season can open no later than Oct. 12.

Sometimes it still opens on the second Saturday; sometimes the first.

So instead of hunters knowing it's a North Dakota tradition to open pheasant season on the second Saturday in October, state law moved it so it bounces around.

The "keep it simple" concept went out the door on the state's pheasant opener. North Dakota has the latest pheasant hatch in the United States, yet the earliest opening hunting date.

Another tradition is the second Saturday in September sharp-tailed grouse opener, again with a hatch later than other sharp-tail states.

Yes, the North American Wildlife Conservation Model really places sound science as the driver of wildlife management decisions. State agencies do apply its principles.

It's just that sometimes there is wiggle room. Public opinion plays a role.

The challenge is making sure it doesn't tip the scales so it's not detrimental to wildlife, hunters, and the public.

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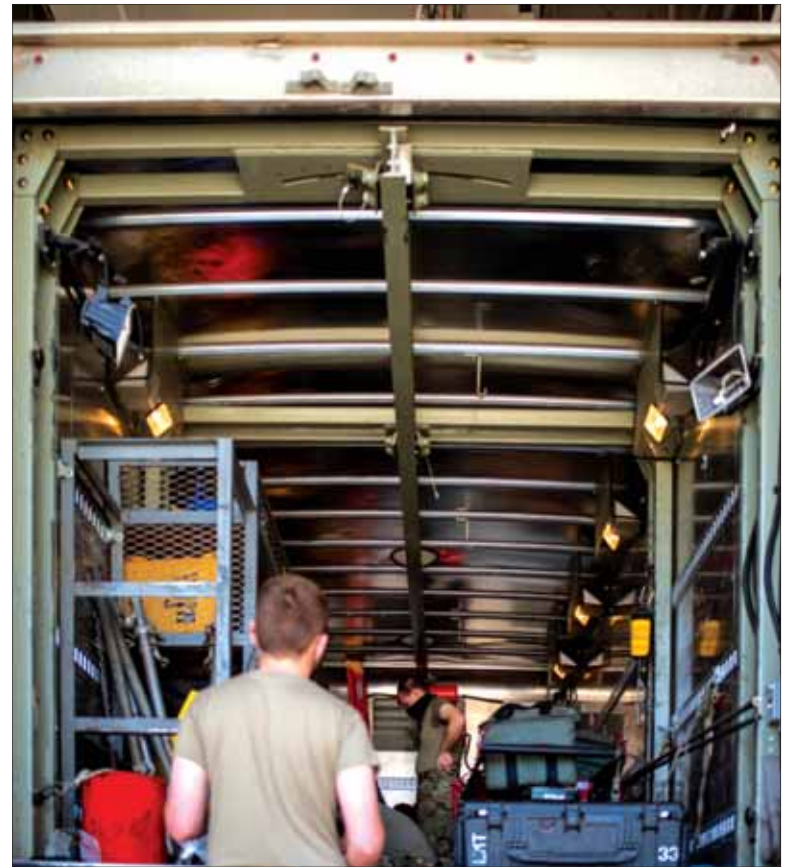


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### 791 MAINTENANCE SQUADRON INVENTORY

Airmen 1st Class Dallin Black, Brandon Burton and Jordan Alexander Torres, 791st Maintenance Squadron vehicles and equipment section technicians, take inventory, Aug. 8, 2021 at the Bully Dome. The Airmen took accountability of all the equipment that goes out to the missile alert facilities and launch facilities.

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

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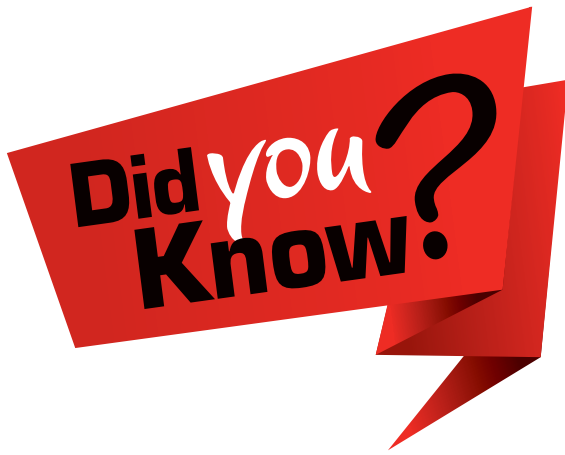
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# MAFB offers free resources for professional success

Whether you're a young adult who is fresh into the workforce or someone who is looking to begin a career in a new field but doesn't have the resources to get started, Minot Air Force Base has nearly everything you need to set yourself up for success.

The Airman & Family Readiness Center offers a variety of programs to help you get your perfect job, including job coaching, résumé writing, job application, and interview skills assistance and workshops. If you're new to Minot and don't have the office resources you need quite yet, the Discovery Resource Center at A&FRC offers free internet as well as a fax machine, copier, scanner, and printer. For those who are having a difficult time finding the perfect job, take a look at A&FRC's Minot AFB Eyes On Jobs Facebook page, where job openings in the local area and links to on-base opportunities are posted.

A&FRC is located at 291 Peacekeeper Place and can be reached at 701-723-3950.

The Minot AFB Library is another great resource to help you get everything you need for your career. Your library card not only gives you access to books, audiobooks, electronic resources, professional reference services and more, but it also allows you to participate in over 500 continuing education courses through Universal Class. There are classes available for learning in tons of career fields such as psychology, real estate, web development, computers & technology, law, legal and

criminal studies, and more.

Are you PCSing overseas soon or working in a career field where knowing another language would make your job easier? Check out Mango Languages at the library website. Mango Languages is a free online learning resource with 21 English learning courses (useful for English as a second language participants), 69 foreign language courses, and even classes to help you become familiar with other cultures. The demand for bi or multilingual employees is constantly rising and even if you don't need it now, knowing another language can help you on many future résumés.

The library even has a Career

Transitions database to map military experience to civilian jobs as well as test preparation materials for a variety of fields, including Air Force careers. For Airmen, computers with CAC and Air Force Portal access are available. Like A&FRC, wireless internet, scanner and fax services are also available at the library.

The Base Library is located at 156 Missile Avenue and can be reached at 701-723-3344.

All of these assets are valuable for not only Airmen but civilians as well. The knowledge that you gain here can be taken with you to any career in the future, so be sure to take advantage of all the wonderful resources that Minot AFB has to offer!



The Discovery Resource Center at the Airman & Family Readiness Center has computers and fax, scanning, printing, and copying machines. This one of many free resources available to help members of Team Minot set themselves up for professional success.



## 20TH AIR FORCE COMMAND CHIEF IMMERSION

Twentieth Air Force Command Chief CMSgt Charles Orf, left, hosted the command chiefs from the four 20th Air Force wings (F. E. Warren Air Force Base, Kirtland Air Force Base, Malmstrom Air Force Base, and Minot Air Force Base) at F.E. Warren Air Force Base from Aug. 17-19, 2021. The purpose of this visit was to bring the new command chiefs together to build relationships, provide status updates, and discuss how best to serve the enlisted force across the Numbered Air Force.

U.S. AIR FORCE PHOTO

# Meet the Minot AFB Spouses Club Board



**TARA LYNN MITCHNER**  
PRESIDENT

My name is Tara Lynn Mitchner, I'm a native of Weslaco, Texas, also know as the Rio Grande Valley. I have been a proud military spouse to my husband Joe for 16 years. I am the 2021-2022 President of the Minot Spouses' Club. I have 3 amazing kiddos who keep me busy and in my fun time you can find me involved on and off base serving our community. Fun Fact: We've been in Minot for 7 years, and I have absolutely loved it.

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**CINDY MACE**

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

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# NODAK ARMS

# OUTDOOR

## REPORT

## OUTDOOR NOTES:

PATRICIA STOCKDILL

**Fishing:**

Lake Sakakawea elevation, Aug. 23: 1,833.08 feet above mean sea level (MSL); 21,200 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,447.14 feet above mean sea level (MSL).

Stump Lake elevation: 1,447.23 MSL.

• N.D. Game & Fish Dept. game wardens: North-central area lakes generally quiet. No Devils Lake or Missouri River System reports.

• Devils Lake, Ed's Bait Shop, Devils Lake: East Bay improving for 12- to 13-inch perch but slowed for walleye. Nice walleye bite on Pelican Lake.

• Devils Lake, Woodland Resort, Devils Lake: Continued fair to good walleye success with lots of 15- to 16-inch fish. Move around in 8 to 20 feet with spinners and bottom bouncers.

• Lake Darling, Karma C-Store, Ruthville: Weather fronts slowing activity on Lake Darling.

• Lake Metigoshe, Four Seasons, Bottineau: Weather fronts limiting activity but look for continued bluegill and walleye activity with stable weather.

• Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Work deeper on the east end of Lake Sakakawea in 30 to 40 feet for walleye with slowing success. Better success remains west from Deepwater Bay to Independence Point. Limited reports from the Missouri River.

• Lake Sakakawea, Indian Hills Resort, Garrison: Boat ramp access remains good. Scattered walleye success but those taken are nice-sized. Try working the north shore depending on the wind in 15 to 30 feet using crankbaits.

• Lake Sakakawea, Van Hook Bait & Tackle, New Town: Weather fronts limited activity over last weekend. Try crankbaits or nightcrawlers in the southern end of the Van Hook Arm in about 25 to 30 feet. Access remains OK.

• Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace continues to be slow with most activity for

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

• East Totten Recreation Area boat ramp is only available ramp on Lake Audubon during a lake draw-down to allow for facility maintenance work along the U.S. Highway 83 embankment.

• 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](http://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](mailto: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](http://parkrec.nd.gov). Weekdays are excellent opportunities to enjoy the parks.

• 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.

• Sept. 11: Sharp-tailed and ruffed grouse, partridge, tree squirrel, and snipe seasons open.

### TOURNAMENTS:

• Aug. 28: Lake Sakakawea, Beulah Bay.

• Sept. 11: Lake Sakakawea, Van Hook Arm; Lake Sakakawea, Tobacco Garden.

catfish which remain quite active, including from shore. Night bite remains a smattering of walleye and trout. Some jigging down river for walleye. Lake Sakakawea fair to good, pending weather conditions. Try 35 to 52 feet around Douglas Bay with jigging Raps but plan to keep fish from that deep of water. Also try shallow but they're less active and Beaver Bay to the west from the south shore. Work 85 to 105 feet down over deeper water for salmon. Better success remains from Government to Deadman's bays. Look for nice smallmouth bass activity along rocky, gravelly areas.

• Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Try Lund's Landing or Tobacco Garden for larger walleye with slower success in some other areas of the upper end of Lake Sakakawea. Work deeper in

20 feet with nightcrawlers although some success starting with jigs and minnows. Improving Missouri and Yellowstone rivers walleye bite but access remains difficult.

• Lonetree WMA area lakes, Harvey: No new reports.

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

**Hunting:**

• Doves: Look for some nice numbers in the northwest for the Sept. 1 opener with many fields already harvested.

**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.



### B-52 OPERATIONS IN SOUTHWEST ASIA

A U.S. Air Force B-52H Stratofortress aircraft approaches a KC-10 Extender aircraft over an undisclosed location in Southwest Asia to receive fuel during a mission, Aug. 13, 2021. Air refueling is critical to agile combat employment because it extends the aircraft's range and duration of flight.

U.S. AIR FORCE PHOTOS | U.S. AIR FORCES CENTRAL



## Local Cravings Restaurant Guide

### Applebee's Grill & Bar

2302 15th St SW, Minot, ND 58701  
Phone: 701.839.2130  
[www.applebees.com](http://www.applebees.com)

### Bone's BBQ Smokehouse & Grill

1412 2nd Ave SW, Minot, ND 58701  
Phone: 701.838.9140  
[www.bonesbbqminot.com](http://www.bonesbbqminot.com)

### Badlands Restaurant & Bar

1400 31st Ave SW, Minot, ND 58701  
Phone: 701.852.7335  
[www.blgrill.com](http://www.blgrill.com)

### 28 Tastes & Taps

1603 35th Ave SW Minot, ND 58701  
Phone: 701.852.2385  
[www.facebook.com/28tastes](http://www.facebook.com/28tastes)

### Mi Mexico

301 40th Ave SW Minot, ND 58701  
Phone: 701.858.0777  
[www.mimexicomintd.com](http://www.mimexicomintd.com)

### Pink's Bar & Grill

102 128th Ave NW Minot, ND 58703  
Phone: 701.852.2385  
[www.facebook.com/PinksBarGrill](http://www.facebook.com/PinksBarGrill)

### Culver's Restaurant

3000 S Broadway, Minot, ND 58701  
Phone: 701.852.4800  
[www.culvers.com](http://www.culvers.com)

### Prairie Sky Breads

3 1st St. SE, Minot, ND 58701  
Phone: 701.858.0612  
[www.prairieskybreads.com](http://www.prairieskybreads.com)

### Dakota Burger Company

315 S. Main St. Suite 200, Minot, ND 58701  
Phone: 701.852.8183  
[www.dakotaburgercompany.com](http://www.dakotaburgercompany.com)

### The Starving Rooster

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### Primo Restaurant

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[www.primominot.com](http://www.primominot.com)

### Souris River Brewing

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**AIRMEN TRAINING AIRMEN: BUILDING DEFENDER CULTURE**  
 Tactical Response Force Airmen from Team 1 trained the 91st Missile Security Forces Squadron on recapture recover procedures at U-01. TRF is a special weapons and tactics team tasked with protecting nuclear weapons bases, and conducting joint recapture and recovery training with the 91st MSFS is essential to safeguarding Minot's Minuteman III missiles. From Left to Right: A1C Sierra, A1C Perez, A1C Sais Lessard, SrA Nick Pezzetta, Amn Gallegos.

91ST SECURITY FORCES GROUP PHOTO

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# 91st Security Forces Group SSgt Selects

Congratulations to the following Defenders who have received notification on their selection to the rank of SSgt!  
 Eligible – 44,663  
 Selected – 15,660  
 Selection rate – 35.06%

SrA Yerling S. Aispuro, 891 MSFS  
 SrA Firas Aldarawcheh, 91 MSFS  
 SrA Alfredo Alvarez, Jr., 91 MSOS  
 SrA Allison A. Arada, 791 MSFS  
 SrA Caitlin L. Bradford, 91 SFG  
 SrA Theresa R. Bradley, 791 MSFS  
 SrA Brandon S. Brooks, 91 MSFS  
 SrA Jack A. Carter, 891 MSFS  
 SrA Dylan M. Cole, 91 MSOS  
 SrA Dallin C. Cone, 91 MSFS  
 SrA Adren J. Cox, 791 MSFS  
 SrA Chandler D. Docusen, 91 MSOS  
 SrA Samuel D. Donnelly, 891 MSFS  
 SrA Jonathan D. Durham, 91 MSOS  
 SrA Kai M. Fears, 91 MSOS  
 SrA Dawson J. Fitzpatrick, 891 MSFS  
 SrA Julia M. Heagarty, 91 MSFS  
 SrA Ryan T. Hongo, 91 MSOS

SrA Lance R. Jarvis, 791 MSFS  
 SrA Benjamin B. Keith, 91 MSOS  
 SrA Cameron L. Korsness, 891 MSFS  
 SrA Alexandra Lugo, 791 MSFS  
 SrA Lincoln A. Manor, 91 MSOS  
 SrA Jacob L. Monaghan, 891 MSFS  
 SrA Austin O. Nelson, 891 MSFS  
 SrA Rathbun N. Nichols, 891 MSFS  
 SrA Jason L. Olsen, 91 MSOS  
 SrA Justin T. Orth, 891 MSFS  
 SrA Trenton S. Peterson, 791 MSFS

SrA Chriss A. Quezada, 891 MSFS  
 SrA Eric D. Raven, 91 MSOS  
 SrA Abigail G. Rose, 91 SFG  
 SrA Alexis R. Roseboom, 791 MSFS  
 SrA Alec R. Sauer, 891 MSFS  
 SrA Alexis N. Shabazian, 91 SFG  
 SrA Brooke K. Smith, 91 MSFS  
 SrA Ian J. Spencer, 791 MSFS  
 SrA William A. Stachura, 91 MSFS  
 SrA William L. Sullivan, 91 MSOS  
 SrA Sarah L. Westmoreland, 891 MSFS

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**Good Gardening**  
**ADVICE**  
 by Marvin Baker

**Canning frenzy**

Now that cucumbers, beets, tomatoes and even okra are in abundance, you might consider doing some canning. It's the best way to preserve these products for any length of time while maintaining the best flavor. If you are new to canning, Ward County Extension will have the best advice to help get you started. It is also important to know that using the best and freshest produce will result in a better preserved product. Sometimes we like to take the marginal fruits and use them, but the result will be a marginal finished product.

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 Friday: 7:30am – 4:30pm  
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 Dr. Willy Fielhaber Dr. Matt Hanson Dr. Crystal Long



## YOUR LOCALLY OWNED VEHICLE MAINTENANCE SHOP

Welcome to Minot AFB from Tires Plus, your locally owned vehicle maintenance shop. Yes, that is right, Tires Plus is locally owned. You may have become associated with Tires Plus shops in other parts of the country. They, like the Minot and Minot AFB Tires Plus locations are owned and operated by a local franchisee, one that is familiar with the challenges of maintaining a vehicle in their particular location.

It certainly would be fair to say that each geographical location certainly has different challenges in keeping vehicles properly maintained. That is why it is so important to establish a relationship with a locally owned shop like Tires Plus. And of course maintain that relationship so that they get to know you, and your car. So let's quickly review some of what is important in maintaining your vehicle.

1. Acquaint Yourself With Your Owner's Manual
2. Check Your Tires Monthly
3. Have Your Oil and Oil Filter changed on Schedule
4. Also Have Your Air Filter Replaced With Oil Changes
5. Let Tires Plus Inspect All Other Fluids
6. It's Important to Examine Belts and Hoses When You Change Your Oil & Filter
7. Always Listen and Feel for Brake Issues
8. Replace Wiper Blades as Needed
9. Know That Tires Plus Will Also Inspect Your Battery and Remove Battery Corrosion
10. Keep A Detailed Accounting So You Don't Forget Routine Maintenance

A simple trip to your locally owned Tires Plus is a great way to get started. We are proud to say that more often than not, if you ask around, Tires Plus is where the "locals" take their vehicle for routine maintenance.

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# Ready to Rodeo

## Tickets on sale for annual Badlands Circuit Finals Rodeo in Minot

BADLANDS CIRCUIT FINALS RODEO

Giddyup and head to Minot! Tickets are on sale for the Badlands Circuit Finals Rodeo, to be held in Minot at the State Fair Center October 8-9-10.

The best cowboys and cowgirls in North and South Dakota will compete at the circuit finals rodeo, which will consist of eight events: bareback riding, tie-down roping, steer wrestling, breakaway roping, saddle bronc riding, team roping, barrel racing and bull riding.

It's action-packed, fast paced, and affordably priced, said Max Weppler, one of the organizers of the event.

"Not only do we have the best cowboys and cowgirls from the two-state region, but it's eight different events, so fans get a variety, from bucking horses to barrel racers to bull riders."

Rodeo clown Dennis Halstead will bring his brand of comedy to the event. Halstead, from Calgary, Alberta, is making a repeat trip to Minot.

Rodeo announcers Wayne Brooks and Bob Tallman, both who have announced the National Finals Rodeo, will call the action.

In addition to rodeo, the weekend features the Badlands Trade Show and xxx presented by Wrangler, a shopping extravaganza, also held at the State Fair Center; a jackpot barrel race, and other events.

"It's a great weekend to enjoy with your family and take in some good rodeo entertainment," Weppler said.

Tickets are \$25 for lower level reserved seating (the five rows closest to the arena fence.) The upper level seating is general admission and is \$20 for adults and \$10 for kids.

For more information and to purchase tickets, visit the website at [www.badlandscircuitfinalsrodeo.com](http://www.badlandscircuitfinalsrodeo.com). Tickets are also available at North Country Mercantile in Minot (2000 20th Avenue SE) and at the gate.

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\$5 Moscow Mule	Sunday BRUNCH (11am-2pm)	Thursday Pasta Pack
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**\*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/1Bg7ABhLTeMy4rB3juDI7lqYrS3yc3vcfcPr-3iEH1nw/edit?usp=sharing>

91 MW Runner/Reader Sign Up

<https://docs.google.com/spreadsheets/d/1XvtFvT4HSzfaSeQcBkFFTrZwBOTudpo04RjrZTTATOA/edit?usp=sharing>

- 91<sup>st</sup> MW Runner/Reader Sign Up -

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



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- The species' thick, brown coat changes with the seasons. During winter, it thickens to provide added insulation against the cold while large chunks of fur are shed in the summer to keep the animal cool.
- Their hairs can be more than 9 inches in length.
- They have large flat footpads which help them navigate rocky terrain and shifting desert sands without sinking.
- They can go for long periods without water. An adult camel can drink up to 30 gallons in only 13 minutes.
- A Bactrian Camel can run at speeds of 10 - 20 mph.
- Nomads in Asia depend on Bactrian Camels for wool, meat, milk and for transporting people and goods.

**Fact File**

Life Span	20 - 40 years
Weight	1,000 - 2,000 pounds
Height	6 - 7 feet
Head and Body Length	9 1/2 feet
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# USSF, UND sign MOU establishing University Partnership Program

LYNN KIRBY, SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

ARLINGTON, VA (AFNS) -- The U.S. Space Force announced its University Partnership Program at the University of North Dakota during a Memorandum of Understanding signing event Aug. 9.

Chief of Space Operations Gen. John W. "Jay" Raymond joined UND President Andy Armacost on campus to sign the MOU.

"The Space Force faces some of the toughest challenges in engineering, science, and technology," said Raymond. "Space is hard. We need our nation's brightest minds working to help us tackle these problems. That is why we have established the University Partnership Program to harness the innovation at universities across our country. Today, I'm excited to welcome the University of North Dakota as our first official UPP member, with ten more schools to follow in the coming months."

The ten additional universities on track to join the partnership in fiscal year '21 are:

- Georgia Institute of Technology
- Howard University
- Massachusetts Institute of Technology
- North Carolina Agricultural and Technical State University
- Purdue University
- University of Colorado System (beginning with Boulder and Colorado Springs)
- University of Texas System (beginning with Austin and El Paso)

- University of Southern California

"We are excited for this incredible opportunity to partner with the Space Force in developing students and Guardians into high-tech problem-solvers," said Armacost. "Students and faculty will apply their expertise to projects vital to the Space Force mission to deliver impactful solutions for increasing efficiency, resiliency and sustainability for space capabilities."

Universities were selected based on four criteria: the quality of STEM degree offerings and space-related research laboratories and initiatives; a robust ROTC program; a diverse student population; and degrees and programming designed to support military, veterans and their families in pursuing higher education.

Signing an MOU is only the first step in defining the partnership. Next, the Space Force will work with UND and each university that follows to outline specific implementation milestones to meet the program's four main goals.

Establish opportunities for world-class research, advanced academic degrees, and workforce and leadership development for USSF Guardians

Identify and pursue research areas of mutual interest with member universities, individually and collectively

Establish scholarship, internship and mentorship opportunities for university

students and ROTC cadets

Recruit and develop diverse officer, enlisted, and civilian Guardians with a particular focus on Science, Technology, Engineering, and Mathematics

The Space Force designed the UPP to identify, develop and retain a diverse STEM-capable

workforce, but also recognizes there are secondary benefits of the program.

"Students who participate in the research or development opportunities created through the UPP do not need to become military or civilian Guardians," said Raymond. "Our nation

is depending on the next generations of scientists and engineers to help us solve the most challenging problems across a variety of industries. Any knowledge gained from the Space Force partnership is ultimately for the benefit of our society."

**DO YOUR DUTY**

**DONATE DIAPERS**

The diaper drive will run the entire month of August. Please call or text 55gt Andrea Payne @ 724-709-1391 to coordinate your pick up / drop off.

**DIAPERS DONATED: 9,403**

## NOTES ON BEING SAFE

### Pedestrian Safety Know and Watch your Surroundings



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Did you know approximately 5,900 pedestrians in America are killed by automobiles every year? Almost one-third of these victims are children under the age of 15. All of us are pedestrians at one time or another, and are obligated to abide by the same traffic laws that assure the safety whether we are walking, bicycling or the motorist, or an adult or child. As parents we are also obligated to teach our children the importance of traffic safety, especially in housing areas where streets have a tendency of being smaller. Here are a few pedestrian safety tips to follow:

- Walk on the sidewalks – Stay on the sidewalks and crosswalks. Avoid walking in traffic if there are no sidewalks or crosswalks. If you have no other choice, walk facing the traffic.
- Look LEFT, RIGHT, and LEFT for vehicles – Stop at the curb and look LEFT, then RIGHT, then LEFT again. Stopping at the curb signals drivers that you intend to cross. Cross in marked crosswalks and obey the signals.
- See and be seen- Stay out of the driver's blind spot. Make eye contact with the driver when crossing busy streets. If walking at dusk or dark, wear reflective gear and carry a flashlight. Vision is more impaired at night.

- Watch your children – Do not let your children play in the streets or close to the roads. Do not let them cross the roads without supervision. While walking through the housing area ensure to be aware of any cars pulling out of their driveways, especially if they are backing out. They may not always see you. Children are small, unpredictable, and cannot judge vehicle distance and speeds. Start teaching your children at an early age on traffic safety. Teach the colors of all of the traffic lights and the vehicle lights and what they mean. Educate the importance of not darting out on the road, even to chase a ball.

As a motorists on Minot AFB do not always assume the people around you are paying attention. Sometimes their attention can be diverted especially if they're children. All people are unpredictable and as a motorist, you should always be alert. You can encounter a pedestrian

anytime and anywhere, even in places where they are not supposed to be. They can be hard to see, especially at night or while it's raining. Slow down if you can not see clearly. Stop for pedestrians who are in the crosswalks and when you stop for a pedestrian in the crosswalk, make sure you are far enough back for cars in the other lane to see the pedestrian in time to stop. If vehicles are stopped in the street in front of you, do not just assume you can pass them, maybe their waiting for a pedestrian to cross the road. When turning right on a red right, always look to the right as well as the left to make sure pedestrians are not crossing in the crosswalk. If you spot a pedestrian wearing headphones or using a cellular phone, be attentive for they may not hear your vehicle.

Remain vigilant at all times, especially in areas where children may dart out unexpectedly into traffic areas. These include base housing and school areas, near school buses and around ice cream trucks. While backing out of your driveway, always look in your back window as well as your mirrors to ensure no kids are behind you. If you have to, walk around the vehicle before driving out.

One last tip to keep in mind, if you see a child in the front yard or near a curb, always assume they will dart out on the road. If you always keep this in mind, this will lessen the chances of a child being struck. By paying attention to your surroundings, whether you are the pedestrian or the motorist. It could be a matter of life or death.

**CIVIL AIR PATROL**

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Commander: 1st Lt. Jeremy Skalicky

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**North Star**  
Community Credit Union

**HAVE YOU HEARD?**  
Auto & Recreational Vehicle Loans

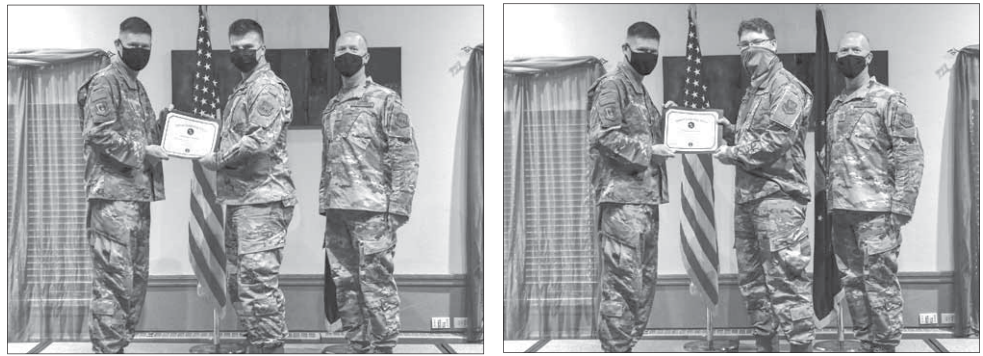
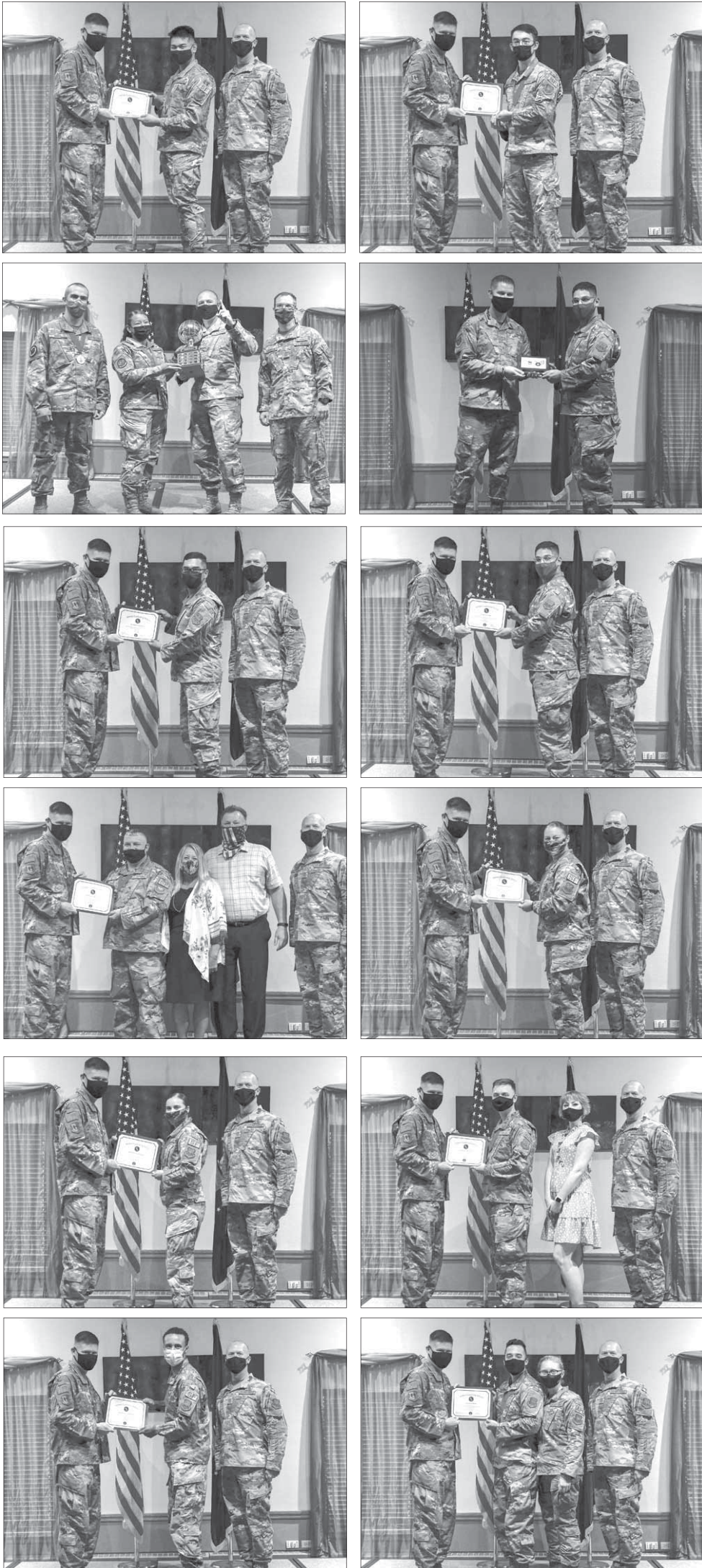
as low as  
up to **1.99% APR\***  
**72 months**

\*APR = Annual Percentage Rate. Rates vary by creditworthiness, term and collateral conditions. Payment example: \$10,000 loan at 1.99% APR for 72 months = monthly payments of \$147.46. Includes 0.50% discount for auto payment from a NSCCU Checking.

### ALS CLASS 21-F GRADUATION

Airmen of Airmen Leadership School class 21-F receive their awards and certificates of promoting from Senior Airman to Staff Sergeant, simultaneously making the leap from the Junior Enlisted tier to the Non-Commissioned-Officer tier on August 19, 2021 at Minot Air Force Base, North Dakota. The rank of Staff Sgt. is the U.S. Air Force's first Non-Commissioned-Officer rank, as well as the first U.S. Air Force rank where promotion is attained on a competitive basis. More photos can be found on Minot AFB PA Flickr page.

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



## Minot Out of the Darkness Community Walk

**Sept. 19th, 2021**

**12:00PM - 3:00PM**

**Event Location**

Oak Park Shelter #7  
Minot, ND

**Register**

[AFSP.ORG/MINOT](https://afsp.org/minot)

**Questions?**

Twyla or Cellest Hofer  
(701)720-1144/(701)720-5064  
[minotootd@gmail.com](mailto:minotootd@gmail.com)

This event is hosted by  
Dakota's Chapter

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](https://afsp.org/walk)



### ORGANICALLY GROWN PRODUCE

**North Prairie Farmers Market**

**Saturdays – 11 AM to 2 PM**

1 Block North of the Corners of  
Burdick & Broadway

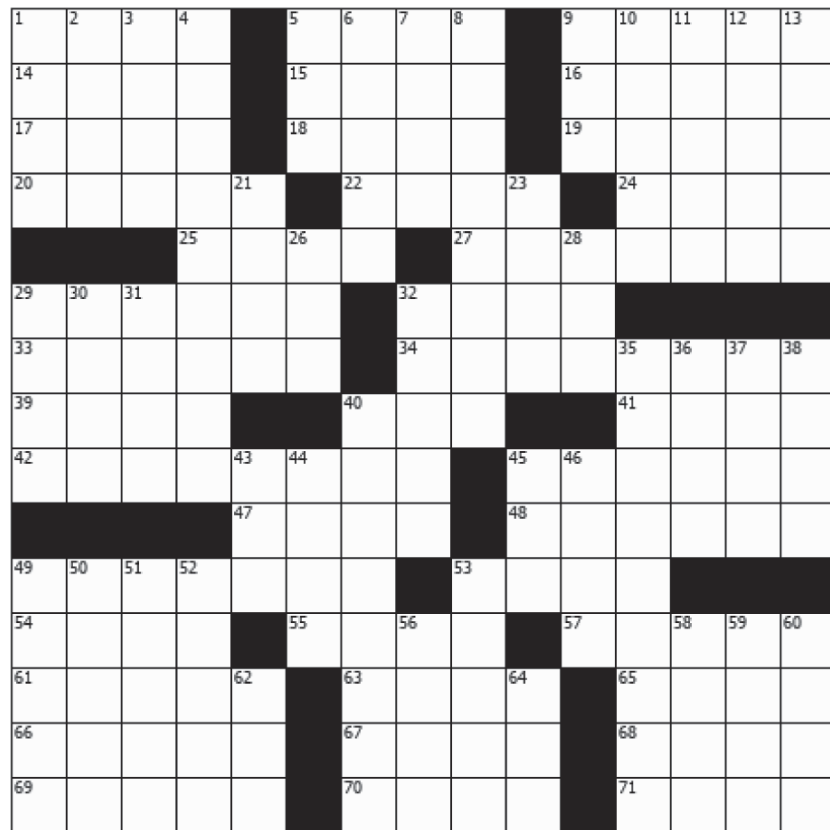
### AVAILABLE THIS SATURDAY!

- BBQ Sauce
- Mushrooms
- Produce
- Local Honey
- Fresh Roasted Coffee
- Jam
- Tea
- Succulents
- Kombucha
- Baked Goods
- Bath Bombs and Soap
- Fresh Baked Bread
- Dakota Hills Winery
- Vadell Brothers Syrup

# CROSSWORD PUZZLE

**Across**

- 1. Snide comment
- 5. Tread
- 9. Kind of infection
- 14. Margarine
- 15. Foyer
- 16. Got out of bed
- 17. Borrowed money
- 18. Santa's time
- 19. Florida bay
- 20. Hold up
- 22. Bog fuel
- 24. Golfers' pegs
- 25. Catholic leader
- 27. Unspecified person
- 29. Formal procession
- 32. Angel's aura
- 33. Biblical mount
- 34. Supported
- 39. Fasting period
- 40. Encountered
- 41. Associate
- 42. Motherly
- 45. Baltimore athlete
- 47. Entreats
- 48. River mouths
- 49. Wearing down
- 53. Bambi, e.g.
- 54. Relocate
- 55. Disney fish
- 57. Spock's specialty
- 61. Foretelling signs
- 63. Songstress \_\_\_ Turner
- 65. Plus
- 66. Fortuneteller's card
- 67. Adored one
- 68. Fencing event
- 69. Doorway
- 70. Quote
- 71. Plant's beginning

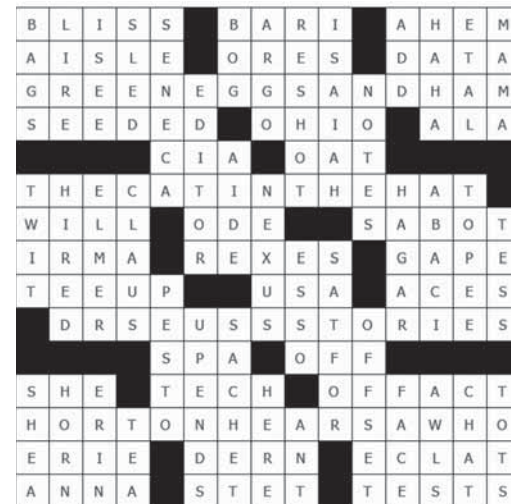


**Down**

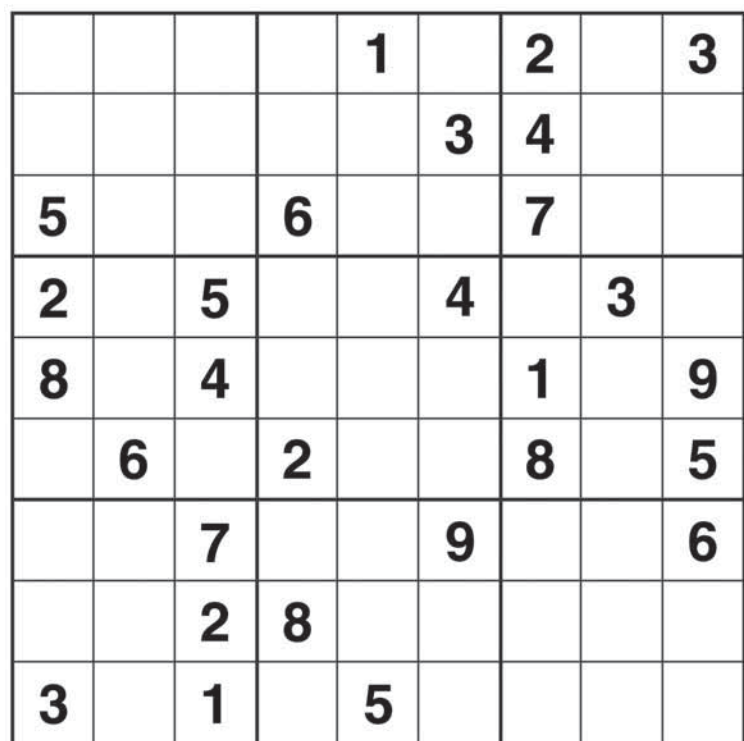
- 1. Daring
- 2. Healing plant
- 3. Not imagined
- 4. Napoleon \_\_\_
- 5. Timid
- 6. Brownish gray
- 7. French female
- 8. Enjoyable
- 9. Tub
- 10. Incensed
- 11. Juliet's love
- 12. Colorado ski resort
- 13. Rent contract
- 21. Jedi master
- 23. Related
- 26. Family animal
- 28. Pasture sound
- 29. Inner hand
- 30. Vicinity
- 31. Rave
- 32. Feet parts
- 35. Train tracks
- 36. Vegas machine
- 37. She, in Valencia
- 38. Tints
- 40. Like a fridge decoration
- 43. Baseball stat
- 44. Broadway sign
- 45. Keats work
- 46. Rod and \_\_\_
- 49. Act the ham
- 50. Caesar, e.g.
- 51. Open to view
- 52. Spanish gentleman
- 53. "\_\_\_ disturb" (2 wds.)
- 56. Skirt length
- 58. Adhesive
- 59. Got it! (2 wds.)
- 60. Chilly
- 62. Pig's digs
- 64. Beer's kin

## CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.



# SUDOKU



Solution to puzzle on page C10



FRIDAY, AUGUST 27 • 1800  
**THE NIGHT HOUSE (R)**

SATURDAY, AUGUST 28 • 1800  
**FREE GUY (PG-13)**

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





**AMANDA MEIER**  
LODGING MANAGER



"I like that we can make things work and help people who are struggling."

**BACKGROUND**

- From Spokane, Washington
- Arrived in Minot December 2008
- Is a hockey and swim Mom
- Loves anything outdoors

**JOB DESCRIPTION**

- Make reservations, clean rooms, linen counts, help groups check in and out, budget.
- "Everyones jobs overlap, everyone can do each others jobs."

**WHY NOT MINOT**

- "I like that Minot is a little town with big aspirations."
- "They try really hard to make stuff available to do."



**North Dakota RV Dealer**  
**#1 Motor Home, Towable**  
**& Toy Hauler RV Sales**

**3000 14th Ave SW • Minot, ND**  
Hours: Monday - Friday 8:00 am - 5:00 pm  
Saturday 8:00 am - 2:00 pm  
**701-838-4343 • 800-488-7896**  
www.capitalrv.com

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We have volunteer opportunities that fit your style and your schedule!  
Painting, lifting, raking, chopping, staining, picking, etc.

**CALL US TODAY!**

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**1219 BURDICK EXPY EAST MINOT, ND**  
**www.RPZoo.com • 701-857-4166**



**Upcoming Events**

**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

**28-29 AUG** **SECOND BREAKFAST**  
9:00 AM - 9:00 PM / 1 PM  
Prairie Sky Breads Minot  
3 1st St SE, Minot

Mark your calendars a new music festival is upon us! 18 Bands. 2 days! Super fun arty party! Loads of breakfast food!! Performances will be held inside Prairie Sky Breads and in the alley behind PSB with an official breakfast to start breakFEST on Saturday morning- It will move all day-culminating on Sunday with a song or two and, of course, a second breakfast. Visit: [https://www.prairieskybreads.com/product/second-breakfast-tickets/?fbclid=IwAR1fZEoRGL\\_zo13goLQPfdoZ087zEu2QhP4WzAY0xMx707mw08SRmY\\_2do](https://www.prairieskybreads.com/product/second-breakfast-tickets/?fbclid=IwAR1fZEoRGL_zo13goLQPfdoZ087zEu2QhP4WzAY0xMx707mw08SRmY_2do) to get your tickets today! (Admission is \$7-\$15)



For more information:  
Facebook Event / SecoND BreakFEST / Prairie Sky Breads Minot

**31 AUG** **GUNS 'N ROSES SHOOTOUT**  
5:00 PM  
Minot Gun Club  
1331 62nd Ave NE, Minot

Spend an evening on the range with the Minot Association of Builders! 5-person teams will dress in their best 80's gear, jam to 80's music, shoot trap, and can purchase and take home a dozen roses to someone special! The Annual MAB Guns 'n Roses Shootout will be held at the Minot Gun Club with registration starting at 5 PM on Tuesday, August 31st, 2021. 5:00 PM Registration Opens (or go to [minotab.com/shootout](http://minotab.com/shootout)) 5:30 pm Flights and Steak Dinner Service Begins (Awards to follow) 1st PLACE INDIVIDUAL / 1st, 2nd, 3rd PLACE TEAM SCORES / BEST TEAM THEME / "HERE FOR A GOOD TIME" INDIVIDUAL / DOOR PRIZES / GUNS 'N ROSES RAFFLE DRAWING



For more information:  
Facebook Event / Guns 'N Roses Shootout / Minot Gun Club

**3 SEPT** **MINOT PRIDE FESTIVAL 2021: BLOCK PARTY**  
7:00 PM  
The Spot  
6 2nd St NE, Minot

Join Magic City Equality as we kick off the Minot Pride Festival with a Block Party in the parking lot at The Spot (6 2nd Street NE, Minot).

More information to come.

18+. Masks required.

Pride in the Streets, the Drag Show, and other celebrations will be held on Sept. 4 and 5!



For more information:  
Facebook Event / Magic City Equality

**On Base**

**Kids Drive FREE!**  
at Rough Rider Golf Course  
**June 1st - August 31st**  
Youth ages 5 - 17  
receive 1 free large bucket of range balls each day!

723-3164

**INDOOR FLAG FOOTBALL**

Registration: 1-31 August  
Season Starts: 12 October

Smart Start • Ages 3-4 • \$30  
Youth Members • Ages 5-12 • \$40  
Non-Members • Ages 5-12 • \$55

Current Immunization Record and Sports Physical must be on file to register.

For more details, call the Youth Center at 723-2838

J-FORCE

For more information visit: [www.5thforcesupport.com](http://www.5thforcesupport.com)

**ALL YOU CAN EAT**

**GARDEN FRESH SALAD BAR**

**EVERY DAY**

**BLGRILL.COM | 1400 31ST AVE | MINOT, ND | 701-852-7335**

### Back to School Safety

1. Make sure to walk/bike safely, and look both ways before crossing the road!
2. Avoid wearing necklaces or jackets with drawstrings on the playground.
3. Stay seated when riding the school bus, follow the bus driver's instructions, and stay at least 3 big steps away from the bus stop.

### Back to School Safety

1. Athletes need a sports physical to play.
2. Choose the right backpack! Use wide straps, and ensure that the backpacks' weight does not exceed 10% of your bodyweight.
3. Expect the unexpected! Always have winter/rain gear handy.

### Back to School Safety

1. Never walk while texting or talking on the phone.
2. Cross only at crosswalks.
3. Do not walk with headphones in your ears. Be aware of your surroundings.
4. If texting, move out of the way of others and stop on the sidewalk.

# YOUTH IN ACTION

## Minot Public Schools COVID-19 Information



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



- Masks are required to be worn while indoors, regardless of vaccination status, at the three schools located on the installation (Memorial Middle, North Plains Elementary, and Dakota Elementary).
- Masks are recommended but not required at Minot Public schools located off the installation.
- While on the installation and riding a school bus students are required to wear masks.
- Students visiting the STARBASE-ND program are required to wear masks.
- Schools will continue physical distancing where possible and increased cleaning.
- School Sports will continue to follow the North Dakota High School Sports Association guidance to include COVID-19 mitigation.
- The Minot Public Reintegration Committee will continue to meet during the school year to address COVID-19 related concerns with guidance from First District Health Unit and the 5th Medical Group.
- Minot Air Force Base and Minot Public Schools continues to work closely in addressing safety concerns and mitigation practices for schools.
- Visit the Minot Public School website at [minot.k12.nd.us](http://minot.k12.nd.us) for further information.

**CALL AHEAD AND TAKE OUT DELIVERY AVAILABLE!**

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701-858-0777  
[WWW.MIMEXICOMINOTND.COM](http://WWW.MIMEXICOMINOTND.COM)

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## 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).

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» Apply online! [JOBCORPSMINOT.COM/GET-STARTED](http://JOBCORPSMINOT.COM/GET-STARTED)  
OR CALL 701-857-9671

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

**FACILITIES MAINTENANCE**  
Construction  
Average salary: \$27K 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.

# 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

# 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!



LEARN MORE OR REGISTER ONLINE  
[www.minotpreschool.com](http://www.minotpreschool.com)

CONTACT US • 701.833.8980 • Email: [minotpreschool@outlook.com](mailto:minotpreschool@outlook.com) • 1800 Hiawatha Street, Minot

## Let's Plan Your Party!

### 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

Additional \$10 for X-treme Bowling

**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

852-4108

FOR RESERVATIONS PLEASE CALL

## 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**

Blake Krabseth

**Comedian / Magician**

Great for Parties and Conventions

701-720-1786

[magic@blakekrabseth.com](mailto:magic@blakekrabseth.com)

BLAKEKRABSETH.COM

## 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](mailto:alatoakpark@gmail.com)

WWW.OAKPARKTHEATER.NET

## HighAir 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

# The Mighty Eighth and J-GSOC welcome new commander

STAFF SGT. BRIA HUGHES, 8TH AIR FORCE/J-GSOC PUBLIC AFFAIRS

BARKSDALE AIR FORCE BASE, La. --

Lt. Gen. (select) Mark Weatherington relinquished command of the nation's bomber force to Maj. Gen. Andrew Gebara during a change of command ceremony at Barksdale AFB, La., today.

The commander of Air Force Global Strike Command officiated the event.

"I am particularly proud of the Eighth Air Force and the Joint-Global Strike Operations Center team," said Gen. Timothy Ray, AFGSC commander. "I take comfort in the leadership and team that will carry on the bomber tradition."

Family, friends, local community leaders and Airmen across the enterprise who could not attend the event in person were also able to view the ceremony via video live stream in order to keep in

accordance with social distancing guidelines and preventative health measures in response to COVID-19.

In his final moments as commander, Weatherington reflected upon his time within the historic "Mighty Eighth" unit.

"America's bomber force is second to none -- a testament to the professionalism and dedication of the men and women who maintain, operate, support and direct the free world's premier long-range strike force," said Weatherington. "It has been my distinct honor to serve alongside and lead these remarkable Airmen."

With the passing of the flag, Gebara officially became the 56th commander of The Mighty Eighth, an organization with approximately 21,000 Airmen across six installations, proudly operating more than 150 E-4, B-1,

B-2, B-52 and T-38 aircraft.

"There is no doubt U.S. bombers remain and will continue to be in high demand in every area of responsibility across the globe," said Gebara. "We will continue to be ready to fight tonight, while bridging to the future force our nation needs to keep our country safe."

As the leader for U.S. bomber forces, Gebara also assumed the role of commander for the Joint-Global Strike Operations Center, which plans and executes strategic deterrence and global strike operations for U.S. Strategic Command air components.

The roles and responsibilities as the leader of the Air Force's bomber force are many, but Gebara said he remains eager for the challenge and puts faith in his newfound team.



Maj. Gen. Andrew Gebara, center, incoming 8th Air Force and Joint-Global Strike Operations Center commander, receives the guidon from Gen. Tim Ray, commander of Air Force Global Strike Command, during a change of command ceremony at Barksdale Air Force Base, La., August 16, 2021. The passing of a unit's guidon symbolizes a transfer of command.

U.S. AIR FORCE PHOTO | STAFF SGT. BRIA HUGHES



## 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.

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[WWW.COMPANIONS FOR CHILDREN.ORG](http://WWW.COMPANIONS FOR CHILDREN.ORG)

**MINOT'S REAL 9-HOLE GOLF COURSE FOR KIDS**

**WeeLinks**

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

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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  
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# CHURCH DIRECTORY

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

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

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

**St. Peter The Aleut Eastern Orthodox Church**  
  
**109 6th St. SE**  
**Minot • 838-3094**

**Saturday, Aug 28**  
 5 PM, No Vespers

**Sunday, Aug 29**  
 10AM, Congregational Prayer Service

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

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

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

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

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

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

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

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

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

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

**Wednesday Evening Schedule**  
 Community Dinner ..... 5:30-6:30pm  
 Contemporary Worship ..... 6:30pm  
 Youth Group & Small Groups.. 7:15pm  
**All are Welcome!**  
**www.ecominot.org**

  
**OUR SAVIOR LUTHERAN CHURCH**  
 3705 11th St. SW  
 Minot, ND 58701  
 701-852-6404  
**www.oslcmminot.com**

**Rev. Heath Trampe**  
**Rev. Brian Doel**

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

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

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

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

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

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

**Jesse Starr, Pastor**


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

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

  
**First Lutheran Church - ELCA**  
 120 5th Ave. NW  
 852-4853

Sunday Worship  
 9:30 am

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

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

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

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

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

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

**First Baptist Church**  
  
**200 3rd St. SW • 852-4533**  
**www.fbcminot.org**

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

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

  
**Cross Roads Baptist**  
**Southern Baptist Convention**

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

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

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

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

**westminot.com**  
**facebook.com/westminot**

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

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 Email: [jschultz@orcsknights.org](mailto:jschultz@orcsknights.org)  
 Website: [www.orcsknights.org](http://www.orcsknights.org)

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 call 701-839-0946  
 email [NSADS@SRT.COM](mailto:NSADS@SRT.COM)  
 fax 701-839-1867

  
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**SUNDAY, SEPTEMBER 12**  
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Sept. 10

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## SUDOKU SOLUTION

Puzzle on page C4

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

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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](mailto:mmackey@kalixnd.org) 701-852-1014.

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## MINOT AFB ANNOUNCEMENTS

### EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

Embry-Riddle Aeronautical University is the world's pre-eminent university for aviation and aerospace education. However, our dynamic, hands-on programs will prepare you for careers well beyond the limits of the sky. Our Worldwide Campus has been working with U.S. military service members since 1970, helping them to earn a degree while on active duty or as veterans. And we do it at more than 90 military installations around the globe. The Embry-Riddle Minot Campus — located at Minot Air Force Base — offers associate, bachelor's, and master's degrees, as well as undergraduate and graduate certifications, that will help you whether you are an active-duty military service member, a veteran, or a civilian working at or around Minot Air Force Base, Embry-Riddle Worldwide is here to help you earn your college degree. A degree from Embry-Riddle Worldwide will help service members to become commissioned officers, will make veterans more desirable job candidates as they enter the civilian workforce, and will assist civilians with job advancement or career changes. Our modes of instruction are: Online, Eaglevision Home and Eaglevision Classroom. Our next term is: 6 Sept-7 Nov. For more information, please visit us in Room 223 located in the Base Education Center Building (2nd floor), email: minot@erau.edu, office phone: 701-727-9007 or Teams phone: 904-513-9734.

### COLUMBIA COLLEGE

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

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### MINOT STATE UNIVERSITY

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

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# WHAT'S GOING ON MAFB

## FRIDAY 27

- Registration Closes: Club Championship at the Rough Rider Golf Course
- Registration Closes: Charcuterie Board Resin 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

## WEDNESDAY 01

- Banned & Challenged Books Challenge Begins at the Minot AFB Library
- HIIT Strength & Conditioning, 0530, Fitness Center
- Pre-Deployment/Remote Readiness Training, 1000-1100, A&FRC, Zoom Meeting
- Story Time, 1030, Minot AFB Storytime Club Facebook Group
- Brown Bag Book Talks, 1200, Minot AFB Library
- First Duty Station Officer Financial Course, 1500-1630, A&FRC
- Art Resin Charcuterie Board Class, 1800-2000, Arts & Crafts
- Yoga, 1830, Fitness Center
- Swerk, 1930, Fitness Center

## FRIDAY 03

- AFGSC Family Day
- For full listing Labor Day holiday facility hours, visit 5thforcesupport.com
- Mystery Price Bowling, 1400-2300, Rough Rider Lanes
- Friday Fun Member Buffet, 1630-1830, Rockers Bar & Grill
- 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

## THURSDAY 02

- Initial Counseling, 0730-0800, A&FRC
- Pre-Separation Counseling, 0830-1130, A&FRC, In person and Zoom Meeting
- 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

## SATURDAY 04

- For full listing Labor Day holiday facility hours, visit 5thforcesupport.com
- Cycle, 0900, Fitness Center
- Zumba, 1000, Fitness Center
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

## SUNDAY 29

- Minot AFB Club Championship, 0800, Rough Rider Golf Course
- Sunday Escapes Book Club, 1330, Minot AFB Library
- Zumba, 1400, Fitness Center

## ONGOING

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

## MONDAY 30

- HIIT Strength & Conditioning, 0530, Fitness Center
- Stroller Fitness Bootcamp, 1000, The Turf, hosted by the Fitness Center
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Yoga, 1830, Fitness Center

## KARAOKE NIGHTS

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## 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!

## TUESDAY 31

- Kids Drive Free Ends at the Rough Rider Golf Course
- Registration Closes: Indoor Flag Football at the Youth Center
- Moving Out of the Dorms Budget Class, 0900-1100, A&FRC
- Game Day, 1000-1930, Minot AFB Library Facebook Page
- Magic The Gathering Commander Night, 1800, ESC
- Zumba, 1830, Fitness Center
- HIIT Strength & Conditioning, 1930, Fitness Center

## SEPTEMBER SPECIALS

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

**Bomber Bistro • Trio Warp**  
Pastrami, salami, pepperoni, roasted peppers, lettuce, mozzarella cheese, and chipotle mayo in your choice of tortilla! Served with chips and a drink for only \$9.75!

**The B-Fifty Brew • Pumpkin Spice Latte**  
Enjoy the taste of fall with a Pumpkin Spice Latte! Available now in Tall \$4.50, Grande \$5.00, Venti \$5.45. Only while supplies last!

**Rockers Bar & Grill • Imposter Burger**  
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