

northersentry

FREE | WWW.NORTHERNSENTRY.COM | VOL. 60 • ISSUE 25 | MINOT AIR FORCE BASE | FRIDAY, JUNE 24, 2022

WHATS INSIDE THIS WEEK:



CELEBRATE THE SUNSHINE AT THE MIDSUMMER FESTIVAL

A2



CAPTURING THE MOMENTS OF LIFE AND LOVING IT!

A6



MEDORA IS A MUST

B2

FLIGHT LINE OPERATIONS



Aircrew from the 5th Bomb Wing rush to their vehicles May 17, 2022, at Minot Air Force Base, North Dakota. While at the alert facility the aircrew resides on standby in order to rapidly respond and quickly transit to their aircraft. See page A3 for more photos.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN ZACHARY WRIGHT

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Relive the Past at the Pioneer Village Museum Grand Opening

ERIN BEENE

There is always something new happening in town to further the destinations within the Minot area. This Saturday, June 25, the Ward County Historical Society is hosting the Grand Opening for their Pioneer Village Museum. The museum consists of twelve historical buildings that have been specifically brought to this new location in order to show visitors the village life during the early 1900s. Although the houses vary a little in time periods, all are equipped with furniture and artifacts of life in North Dakota from long ago.

Even though the Pioneer Village is open Tuesday thru Saturday 11-5pm for tours, the special grand opening this weekend will give visitors a chance to look through houses, experience a plethora of period-specific costumes, demonstrations and games from the turn of the century. The event will also feature live music, basket making tutorials, book signing from Hunter Andes, antique tractor and airplane displays and food and drink vendors. It is also worth mentioning that the Pioneer Village Museum is completely FREE to view! Since it is operated by the Historical Society it is free and open to the public, though they do accept donations.

The Pioneer Village Museum



The Samuelson House, one of the twelve beautiful historic homes featured at the Pioneer Village Museum in Burlington ND.

is located at 2/52 Burlington, which is only 6 miles west of Minot, and the family-friendly Grand Opening will be from 10-5pm this Saturday. This event offers the opportunity for the Minot area to engulf themselves in the past and get a better understanding of how ancestors lived. The whole family will enjoy this free glimpse into the past!

The Norwich Township Jail is one of the newest additions to the Pioneer Village Museum.



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MINOT AIR FORCE BASE FLIGHT LINE OPERATIONS



Aircrew from the 69th Bomb Squadron review the pre-flight inspection data of a B-52H Stratofortress May 17, 2022, at Minot Air Force Base, North Dakota. The aircrew thoroughly inspect the condition of the jet from the outside as well as review all previous notes submitted by the aircraft maintainers to prepare the jet for takeoff.



A B-52H Stratofortress awaits a pre-flight inspection May 17, 2022, at Minot Air Force Base, North Dakota. Pilots from the 2nd Bomb Wing from Barksdale Air Force Base, Louisiana, flew the B-52H to Minot in support of Global Strike Command to test and ensure the readiness and response time of the strategic bomber force.



Airmen assigned to the 5th Bomb Wing review the pre-flight inspection data of a B-52H Stratofortress May 17, 2022, at Minot Air Force Base, North Dakota. The pre-flight inspection requires coordination from maintenance, security forces and aircrew personnel in order to ensure the jet's ability to safely and effectively execute its mission.



Aircrew from the 5th Bomb Wing rush to their vehicles May 17, 2022, at Minot Air Force Base, North Dakota. While at the alert facility the aircrew resides on standby in order to rapidly respond and quickly transit to their aircraft.

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN ZACHARY WRIGHT

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MINOT AIR FORCE BASE NEWSPAPER
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PHOTO OF THE WEEK



A B-52H Stratofortress sits parked on the Alternate Parking Apron prior to takeoff May 21, 2022, at Minot Air Force Base, North Dakota. The aircraft undergo pre-flight checks regularly in order to eliminate any delay in their takeoff.

U.S. AIR FORCE PHOTO
SENIOR AIRMAN
ZACHARY WRIGHT

Mark your calendars

MSU Summer Theater is This Week's Best Kept Secret

It's season 57 at the MSU Summer Theater and we strongly encourage you to take in at least one of this year's shows. A recent ribbon cutting announced that the two year renovation was indeed, mostly finished. New seating, stage renovations, new dressing rooms, bathrooms and improved ticket and concession area have made the MSU Summer Theater venue the talk of the town. This summer Chad Gifford has programmed in *Something Rotten!*, June 20-26 *A Taste of Things to Come*, June 30, July 1-3 & 5-7, *Moon Over*

Buffalo, July 15-17 & 19-21 & *The Sound of Music* July 28-31 & Aug 2-5.

Coming up; mark your calendars as June and July brings the community of Minot two great opportunities to show our appreciation to Minot Air Force Base personnel and families.

June 24th is Military Appreciation Day, hosted by the Minot Park District and Minot Area Chamber EDC. The day will be held to honor all service members on Friday, June 24, from 11 a.m.-8 p.m.

There will be free admission with military ID to:

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A VIEW FROM OUR SIDE

ROD WILSON, NORTHERN SENTRY



p.m.
- Roosevelt Park Zoo from noon to 8 p.m.

- Free lunch in Roosevelt Park, west of zoo, from 11 a.m.-2 p.m.

The event is for all active and retired military families.

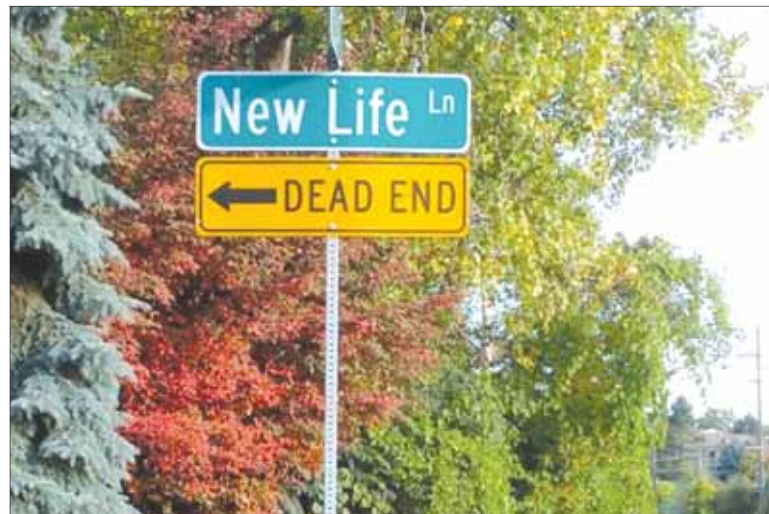
For those unable to attend on June 24, there will be free admission with military ID to the zoo on Wednesdays in July from noon-8 p.m.

Military Day at the North Dakota State Fair; Coupons

are available at MAFB Public Affairs, housing office, and will be distributed to the units in July. Your military ID will get you a free beef picnic, free carnival rides from 1 pm to 3 pm as well as an opportunity to purchase unlimited daily carnival rides for \$40.00.

Finally, there is a new, Millennial version of monopoly, where you just travel around the board paying rent and are never able to buy anything.

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SHE'S NOT FROM AROUND HERE

AMY ALLENDER

This month our house feels a bit like a bed and breakfast — and my heart couldn't be happier.

In a perfect storm of circumstances and schedules, our home will be vacant of visitors only eight of June's thirty perfect days.

I've told you before, I'll never claim that Minot should be added to a list of must-see tourist destinations. But, by all means, if you have reason to visit, a chance to step into NoDak life for a moment, you should take it.

Sometimes the best, most restful escapes are not to exotic locations where you're under pressure to see it all and sift through tourist traps to find genuine experiences. It is easier to find rest when you are welcomed into someone else's normal for a few days. This is what I offer our guests. This is what (I hope) makes the trip across the country, into the wide-open spaces of North Dakota, worth it.

Here in Hot Dish Land, I often find myself in awe of how utterly charming daily life can be. Our existence may not be big-box

When Visitors Come

glamorous, but I wake up each day ready to soak in the unique magic of small-town life.

I'm completely enamored with Hot Dish life, so I find it easy to convince friends and family to come experience the allure of the "you betcha" lifestyle for themselves. No, we cannot offer mountains, big-city attractions, or ocean views. But we can offer rest, quaint city aura, a slow rhythm, and (at least in summer) peaceful after-dinner walks along sun-dappled paths.

To me, it's not hard to hype this community. I'm never short on ideas of what to do. And when visitors come, I'm anxious to invite them into our world — to show them what makes this place my muse.

If you're expecting guests, let me help. Here are some of my favorite things to do when company comes. And, if you aren't expecting company, please use these ideas to flood your social media accounts, like bait to lure friends and family to come visit.

When we have company, I like to extend the opportunity to both enjoy town, and go on a day trip to a larger attraction. In town, (I'm specifically talking about Minot, but opportunities abound across the state) these are my go-to summer activities when we have guests:

- Roosevelt Park Zoo
- Main Street Books (we go during story time because it's the

cutest and my kids are entertained while grown-ups shop and take in that iconic "book-store" smell.)

· Taking walks to enjoy the perfect weather and long hours of sunlight (my favorites are Oak Park, Bison Plant Trail, Woodland Trail, and Denbigh Experimental Forest.)

· Sundays in the Park (FREE live music at Oak Park at 4 and 7pm every week)

· Thursdays in the City (FREE music, food, bounce houses, street entertainment, etc each week on Main Street at 5:30)

· Special events (I constantly check the visitminot.org calendar to see what's going on. While my parents were here we attended the Horse Expo. This weekend with my in-laws we'll be going to the Midsummer Festival. Other events include MSU summer theater, the state fair, and outdoor movies in the park.

· Bike rides. (I'm crazy about the new greenway path at the intersection of 3rd Ave and Broadway by Sammy's Pizza. It's so pretty, and it makes biking to downtown completely accessible.)



Snapping a photo in front of the Dala horse is pretty much a must when visiting the Scandinavian Heritage Park

AMY ALLENDER PHOTO

· Picnic at Pointe of View Winery

· Drives to view sunflowers, flax, or canola fields

· Evenings at home (loan a video binge box, puzzle, or board game from the library and enjoy cozy evenings at home. Our library is the actual best — I insist you show it to all guests.)

· For something more substantial, I like to take visitors on a day trip — if time allows. These are popular with our friends and family.

· Fort Stevenson Park, Garrison

· Explore a ghost town

· Whirl-a-Whip, Stanley

· International Peace Garden, Dunseith

· Lake Metigoshe State Park

· Raging Rivers, Mandan (*we haven't been, but this is on our list for this summer)

· Medora (this rides a fine line between day trip and overnight excursion)

Sometimes it is easy to think there's nothing to do, or things are too ordinary to be exciting. Don't fall into that trap. Grasp hold of the good and fun all around — no matter where you live. You'll never be able to live this summer again, so make it a good one. No matter what you do, or how much company you entertain — I hope you find the ability to love where you find yourself to be. I hope your eagerness to live in these warm months is contagious, and if you are blessed with visitors, I hope your moments together will be nostalgia in the making.

For more on how I spend my summers — or to tell me the fun things you love to do with visitors — connect with me on Instagram @amy_allender or Facebook @amyallenderblog .

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BABY BOY BORN ON
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BABY BOY BORN ON
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NOVALEE CUSTIS AND GAGE MCKENZIE
MINOT AFB, ND

BABY GIRL

BABY GIRL BORN ON
WEDNESDAY, JUNE 15 2022 TO:
LISA AND CHRISTOPHER NOEL
MINOT AFB, ND

BABY BOY

BABY BOY BORN ON
THURSDAY, JUNE 16, 2022 TO:
CAMRYN RIVERO AND AARON CHELGREN
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A LOOK BACK
THIS WEEK IN USAF HISTORY

OPERATION WOUNDED WARRIOR
JUNE 26, 1954

On June 26, 1954, Operation Wounded Warrior began with the first flight out of Saigon, Vietnam. The 315th Air Division and 6481st Medical Air Evacuation Group (USAF) transported over 500 wounded French and Foreign Legion troops to Clark Air Base, Philippines, and then Tachikawa Air Base, Japan. The operation took two weeks and five flights in total. From Japan, the critically wounded troops were flown to the United States by Military Air Transport Service and then on to France and North Africa. Wounded Warrior was carried out by C-124 Globemasters and many of those transported were survivors of the siege of Dien Bien Phu. Two French generals and the ambassador to the US met the first Military Air transport flight to reach Westover Field, Massachusetts to praise the USAF for the mission.

Brig. Gen. Chester McCarty piloted a C-124 from Clark AB to Tachikawa AB on June 28, 1954. He salutes next to Maj. Gen. Henri Jacobs, Surgeon General of the French Air Force. (USAF Photo)

Information courtesy of: media.defense.gov

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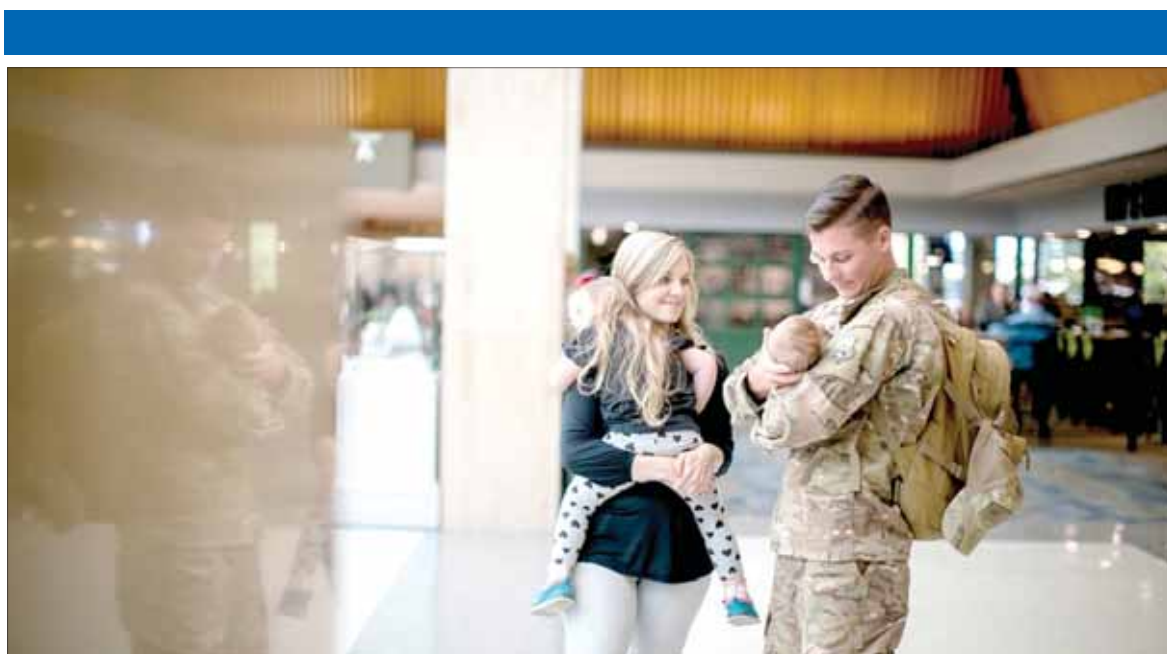


Photo of the Wooten Family in Norfolk International Airport in Virginia.

ASHLEY VANLEY PHOTOGRAPHY

The Mil Spouse Photographer: *Capturing the Moments of Life and Loving It!*

ERIN BEENE

Military spouses have historically had a rough time in securing careers of their own. However, mil spouses are resilient and have found many ways to have a fulfilling career, move with their spouse and create an income. There are a plethora of spouses who have found ways to work and succeed, but this article will focus on a group that stands out in the mil spouse community: The Photographer.

In this day and age where everyone can take a quick photo from their back pocket, the market for professional photographers is still a booming business. Why is that? A professional photographer is doing more than clicking a button. They are finding locations, dictating lighting, getting babies to smile and moms to feel comfortable. They spend hours editing galleries, adjusting colors, erasing blemishes, and studying up on new techniques. When done right, a professional photo is worth every penny and the memories encapsulated in print will last forever. In order to represent the life of the mil-spouse Minot AFB photographer, this reporter caught up with Mariah Keith from *Mariah Keith Photography*, Ashley Vanley from *Ashley Vanley Photography*, Christina Goolsby from *Goolsby Photography*, Kaitlyn M Heslep from *Kaitlyn Heslep Photography*

and Jasmine Landreville from *JL Photography*. These five mil spouses have used their skills, artistic talent, and ingenuity to build business and create art. Let's hear their stories.

When asked how she got started in photography and why she loves it, Ashley Vanley said, "I think the root of why I fell in love with photography is because I loved making others happy and thankful to see themselves in beautiful photographs. It really is a way of creating art and beauty

through a camera. When people treasure those photos and tell me how special they are to look back on, it really makes me feel like I fulfilled my purpose in using what I've been gifted to do. While adding something of value into someone else's life." Ashley, who specializes in wedding photos said, "I love making the bride feel gorgeous and creating photos for her to love. When they happily cry the moment they see the photos I took I know I did my job!"



Sunflower Senior Photo Shoot taken North of Minot.

KAITLYN HESLEP PHOTOGRAPHY



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Boudoir Photo Shoot taken for Model Call in May 2022. MARIAH KEITH PHOTOGRAPHY



Newborn Photo taken in Photographer's Home Makeshift "Studio". GOOLSBY PHOTOGRAPHY

Spouse photographer Christina Goolsby, who started taking photos when she was just 17, takes all sorts of photos, but loves to do maternity and birth shoots the most. When asked about being a military spouse and having to constantly start over she said, "There's both positive and negative aspects to being a mil spouse and being a photographer. The positive is that typically everywhere you go, there's someone who wants or needs photos. The negative has to be when you leave, you're leaving clients that you've grown to have a bond with and having to start fresh." She loves photography and her job because, "I love photography because I feel like it metaphorically stops time even when it can't physically do so."

Jasmine Landreville loves to capture natural photography. She said, "I love 'in the moment' photography because that's when I feel you capture the true memories. Not just posed and filtered ones." She also mentioned that... "I think being a photographer and a military spouse is a positive thing because you meet other military people and families and you get to connect on a level that most others don't understand! You can always take your work with you, no matter where you PCS to, and you're able to travel and see beautiful places. This differentiates military spouse photographers from other photographers because they have a wide span portfolio of different destinations they are even able to photograph. It brings so much beauty to your photos." Jasmine said her favorite place to shoot is in downtown Minot. "I love all the original buildings, rustic structure feel and the amazing wall art that has been

painted on the brick! It shows so much beauty in Minot!"

Boudoir photographer Mariah Keith said, "This specialty-Boudoir- is just such an exciting and rewarding job. I love watching women seeing themselves in their gallery and say, 'Oh my gosh, is that me?!' It completely validates all of my hard work, and seeing them wear a confident smile when they walk away for their session is the best feeling I could've imagined in a career." Mariah explained she likes this type of photography specialty because, "Women sometimes just need to be reminded that they're beautiful". Mariah got started with her profession in the midst of the 2020 lockdown when she was inspired by another photographer who just made women look and feel amazing; she knew she wanted to do the same.

Kaitlyn Heslep who photographs

portraits, weddings, events and newborns said, "I love photography because each composition tells a story and each person can interpret it differently, as art is just one of those things that beauty truly is in the eye of the beholder." She said that being a mil spouse photographer is unique because, "I love being able to collaborate with other photographers and I would say being in the military has given me plenty of opportunities to actually meet others who have a common interest and enjoy sharing their talents with the world!"

These five Minot AFB spouse photographers represent a wide range of women and AF spouses who have captured their craft and the moments of so many others. These spouses, and many like them, have been able to find their passion and use it to create blossoming careers.



Lifestyle Newborn Family Shot taken at the Family's Home on Minot AFB. JL PHOTOGRAPHY

All About Pets

Instead of Declawing Your Cat...



While choosing to declaw your cat may come with short term benefits for you and your household, the procedure is not in the best interest of your feline friend. Declawing is the process of amputating the front knuckles of a cat's toes so that it can no longer use its claws, and many shelters and animal advocacy groups strongly advise against it. Felines have a natural instinct to use their claws to mark territory, stretch, play, and even defend themselves in dangerous situations. When their claws are removed, cats run the risk of developing chronic pain, lameness, and behavioral issues.

If you're having problems with your cat tearing up your furniture or your arms, here are some more humane options to curb unwanted scratching and prevent the need for declawing:

- Consistent nail trimming—every few weeks should be sufficient, depending on your cat.
- Nail caps or claw covers—Soft Paws is one recommended brand for caps that are glued on to your cat's claws and can help to alleviate excessive scratching.
- Provide enrichment—toys, playtime, and designated scratching posts are great ways to keep your cat happy! They won't need to scratch your couch when they have more fun things to do around the house.
- Outside time—most people probably don't think about letting their cats outside since they can often be difficult to catch. But outside is a great place for cats to explore and hunt! Some cats will naturally

come back to their owners once they've satisfied their wanderlust, which is great for enrichment. If you're not sure if your cat will return or you're worried about their safety in a busy area, try a cat harness with a lightweight leash to take your friend on all the adventures!

•Make unwanted scratching objects unattractive—putting aluminum foil on furniture or other popular scratching areas has been said to deter some cats from going to town with their claws. Other options to deter your cat from scratching can include double-sided tape or unpleasant fragrances such as citrus.

•Training and behaviorists—if all else fails, work with your cat to deter him from scratching unwanted items. A spray bottle or a clapping noise can interrupt their behavior so that you can properly redirect them to an appropriate toy and reward them for using that instead. As a last resort, it may even be helpful to find an animal behavior specialist who can help you determine other solutions for your cat's scratching.

It is possible for a cat to have medical problems that declawing would fix, but it's important to consult with your vet to find any other possible solutions before making that decision because it can affect your cat for the rest of its life. As pet owners, it's our job to make sure our animals have everything they need to live their best lives. Instead of declawing your cat, try these alternatives to give your furry friend its best shot.

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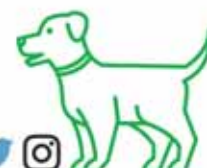


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B-52H AT SUNRISE



SrA Josh Strickland, 5th Bomb Wing Public Affairs journeyman, films a sunrise over a B-52H Stratofortress May 21 2022, at Minot Air Force Base, North Dakota. One of the jobs of public affairs is to shape the Air Force's public image by building relationships with the community, and various stakeholders and responding to various media requests.



B-52H Stratofortress aircraft sit parked on the Alternate Parking Apron May 21, 2022, at Minot Air Force Base, North Dakota. The B-52 has been in operation since 1954 serving as a long-range, heavy bomber capable of performing a variety of missions.



The sun rises over a group of B-52H Stratofortress aircraft May 21, 2022, at Minot Air Force Base, North Dakota. The B-52H Stratofortress has been in operation since 1954.



A B-52H Stratofortress prepares to taxi down the flightline May 21, 2022, at Minot Air Force Base, North Dakota. The B-52 has been in operation since 1954 serving as a long-range, heavy bomber capable of performing a variety of missions.

U.S. AIR FORCE PHOTOS
AIRMAN 1ST CLASS ALEXANDER NOTTINGHAM

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5FSS SERVE UP DINNER



Airman Basic Angelo Din, 5th Force Support Squadron food services Airman, serves Airmen food May 18, 2022, at Minot Air Force Base, North Dakota. The 5th FSS provides morale, welfare and recreational services to military personnel on and around the base.

Airman 1st Class Lauryn Sims, 5th Force Support Squadron food services Airman, prepares food May 18, 2022, at Minot Air Force Base, North Dakota. Food services Airmen support the mission by providing well-balanced meals for Airmen.

U.S. AIR FORCE PHOTOS
AIRMAN 1ST CLASS
ALEXANDER NOTTINGHAM

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Upcoming Events

28 JUNE TAUBE SUMMER ART CLASSES: PAINT AND GLOW 1:00-2:00PM
Taube Museum of Art
2 Main Street North, Minot

Use glow in the dark paint to make night creatures
Age 5+
Instructor: Margi Lee
Fee: Nonmember: \$26
Member: \$22

For more information:
Facebook/Taube Museum/Events



28 JUNE SOURIS VALLEY SABRE DOGS VS RED RIVER PILOTS 6:35PM
Corbett Field
13th Street SE and E Burdick Expressway, Minot,

For more information:
sourisvalleysabredogs.com



29 JUNE SUMMER UNPLUGGED: TIE DYE @ THE Y 1:00 PM - 3:00 PM
Main Street, Downtown Minot

We will have tie dye stations, Dizzy the Clown, the Taube Museum of Art will be here doing a craft, and more! If you wish to tie dye please bring ONE 100% cotton item. White or light colored is preferred! If you don't have a shirt we might have some extras from the picnic or we will also have white cotton masks available to tie dye as well! Volunteers are ALWAYS needed. Contact Andi at 701-852-0141 or minotymca@ymcaminot.org
Summer Unplugged is a free summer program for kiddos in the community sponsored by HESS. The YMCA and Prairie Grit Adaptive Sports have come together to bring back the Summer Unplugged you know and love with in-person events.



For more information:
www.ymcaminot.org

30 JUNE ARTS IN THE CITY: THURSDAYS DOWNTOWN! 5:30 PM - 9:00 PM
Main Street, Downtown Minot

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Activities begin at 5:30. Music starts at 6! Two bands every night!
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June 30th - International Brass Quintet + Minot City Band
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July 21st - It Was Her Idea + Little Chicago Funk
July 28th - Jessie Veeder + Chris Basden
August 4th FINALE! - Johnny SPUD + Soulshine!



For more information:
Facebook/Minot Area Council of the Arts/Events

30 JUNE MSU SUMMER THEATRE PRESENTS: A TASTE OF THINGS TO COME 8:30 PM - 11:00 PM
Minot State University Amphitheater
7th St NW Minot

Ticket Pricing:
Child (0-12) - \$5.00
High School Student (13-18) - \$11.00
Adult (19-54) - \$16.00
Senior Citizen (55+) - \$11.00
MSU (Faculty, Staff, Summer St) - \$11.00
Deluxe Seating (\$25.00 - \$35.00)

Children cannot sit on the deck. Patrons can drink on the deck before the show and during intermission. Deck tickets do not include free alcohol vouchers



For more information:
Facebook/MSU Summer Theatre/Event

On Base



For more information visit: www.5thforcesupport.com

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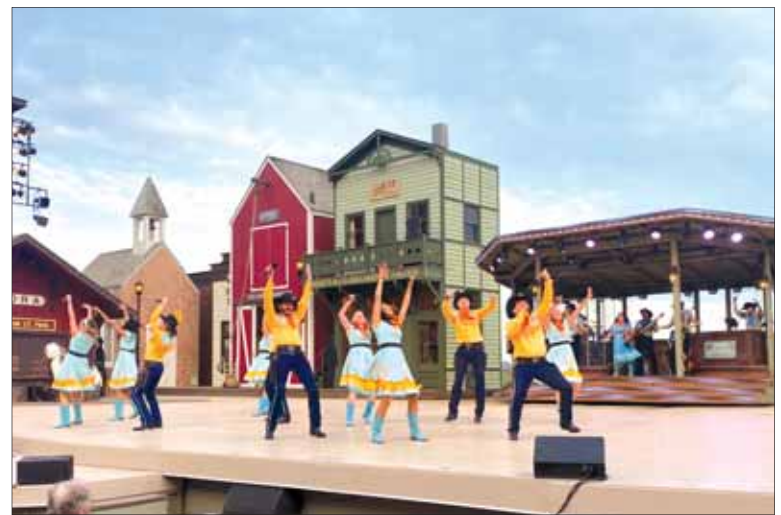
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Medora is a MUST

ERIN BEENE



Medora Musical 2022 Cast- The Burning Hills Singers.

Medora, both the town and its renowned musical, is the 'Pride of North Dakota!' You will be amazed with the natural beauty and state pride that resonates from this small town. If you are like me, from a large and very proud state (ahem Texas), then thinking that any other state -especially one as seemingly obscure as North Dakota- can have state pride is unimaginable. However, if you still think that, you haven't yet attended the world-famous Medora Musical in its purpose-built outdoor amphitheater set amidst the badlands of southwestern North Dakota . It will change your mind.

Located just west of Dickinson, and not too far from the South Dakota and Montana borders, is the town of Medora, North Dakota - population 129. The entire town encompasses less than one square mile, but the quaint feel will make any one feel at home and maybe start to fall in love with the state. Medora town offers a few blocks of 'mom and pop' restaurants, historic sites and intriguing shops. The shops are more than your average gift shop, including lots of hand-crafted and made-in-state items from local vendors. I fell in love with handcrafted vases made from trees and unique spiral candles. If you need (or want) North Dakota items, Medora is the place to go!

The completely-walkable town is only a block or two but is packed with things to do. It has the most amazing log fort playground for the kids. This maze-like play structure has sand pits with toys, a special area just for toddlers, plenty of stairs and obstacles for climbing kids and includes nice and shady places for parents to sit. Plus it is located right next to the free public bathrooms. Next to that, is a fun perk for all ages, the Theodore Roosevelt National Park themed, Medora Mini Golf. Newly-built this year is the "Point to Point Park," which features a free splash pad, kids ziplines, pickleball courts and a bounce pillow. For a small fee there is also a luxurious pool with a lazy river and a larger zipline for those who dare. My daughter and I had a blast!

While there is plenty to do in the tiny town, there are only a few places to stay within the town itself. Since Medora hosts only local accommodations (no chain hotel or restaurants in sight), the center of town is home to the Badlands Motel. This motel is perfectly located to walk to all Medora attractions (besides the Musical) and is so close to the playgrounds and Point Park that kids and parents alike will love the ease. The motel is updated, offering the comforts of any hotel but with the

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Medora Musical 2022 Cast- The Burning Hills Singers.



Zipline at Point to Point Park is a thrill ride of enjoyment.

amenities so nearby it almost has a resort feel. The photos posted online don't do this place justice, and the lobby has free coffee and lemon-infused water for its guests. Since camping is so popular with the state, I would be remiss not to also mention the Medora Campground located just out of town. This beautiful campground has all types of sites and the cottonwood trees and beautiful nature to accommodate it. It also has a playground and basketball court, plus a small store for camping items and is a very short walk to the city swimming pool. While a drive (and parking) will be required when visiting the town, the campground is the perfect stay for those who love the outdoors.

Finally, any stay in Medora would not be complete without a visit to the Musical! This Broadway-like performance may seem a bit out of place in a tiny town in North Dakota, but once you visit, you'll get it. The amphitheater is placed high on a butte with gorgeous views of the landscape, and when the sun sets it offers the viewers an open-skied image that looks like a painting. Besides the breathtaking views, the Musical is filled every year with The Burning Hills Singers, an ensemble of some of the best singers/dancers from all over the country. This group of a dozen performers really will knock your socks off with professional-level talent. The Musical is slightly different each year, and always offers new performers and hosts to entertain all ages. The musical this year featured renditions of classic country songs that had the entire 1000+ seat amphitheater smiling and swaying along. Besides the musical sensations and live music performances, the Musical features an entr'acte performance from guest stars which perform for a few weeks during the summer. The ventriloquist, Lynn Trefzger had the entire audience cry-laughing as she brought audience members on stage and performed voice-overs. Trefzger will be the guest star until July 10 when BAM!, who uses the art of comedy-percussion, will perform until the end of July. As the under two-hour show comes to an end, guests are treated to the dusk sky and lights lighting the MEDORA sign backdrop. The entire night is magical, impressive and worth it to go back year after year! This in itself will awe any North Dakota skeptic that doubts there is anything spectacular about this state. I almost teared up at the overwhelming beauty, love, and joy that this musical brings. Go see the Musical this Summer!

All in all, Medora is one of North Dakota's proudest places! Something about the quaint small town, filled with smiling residents, simple, yet enjoyable activities meshed with the natural beauty of the surroundings and the light breeze that always passes through North Dakota, makes Medora an enlightened vacation spot for everyone. Don't let your time in Minot pass without a visit (or two or three) to this lovely town full of North Dakota pride!



Medora Musical evening backdrop.



Badlands Motel features a comfortable stay in a beautiful setting.



Medora Children's Park offers fun for all ages.

BAKED ARTICHOKE DIP



INGREDIENTS

- 10 CLOVE GARLIC, PEELED
- OLIVE OIL
- 1/2 CUP PARMESAN CHEESE
- 1/2 CUP ASIAGO CHEESE
- 1/2 CUP FONTINA CHEESE
- 1/2 CUP PROVOLONE CHEESE
- 8 OUNCE CREAM CHEESE
- 1/2 CUP MAYONNAISE
- 1 (14 OZ) ARTICHOKE, DRAINED AND CHOPPED
- 1 TEASPOON KOSHER SALT
- 1 TEASPOON COARSE GROUND BLACK PEPPER
- SLICED BAGUETTE, CRACKERS OR SLICED VEGETABLES, FOR SERVING

When ready to cook, set the Traeger temperature to 350°F and preheat with the lid closed for 15 minutes. Place garlic cloves in a small oven-safe pan and add enough olive oil to coat the garlic.

Place on grill and cook for 35 to 40 minutes. Garlic is done when soft enough to push a fork through the garlic easily. Remove from grill and let cool. After cooling, separate the garlic and oil and reserve the garlic-oil for use in other recipes. Place garlic in a bowl and mash with a fork until it is a smooth paste. If it seems dry, add a little of the garlic-oil.

Mix together the Parmesan, Asiago, fontina and provolone cheeses. Set aside 1/2 cup of cheese mixture for topping the dip. Combine the cheese mixture with the cream cheese, mayonnaise, garlic and artichokes. Mix well and add salt and pepper to taste.

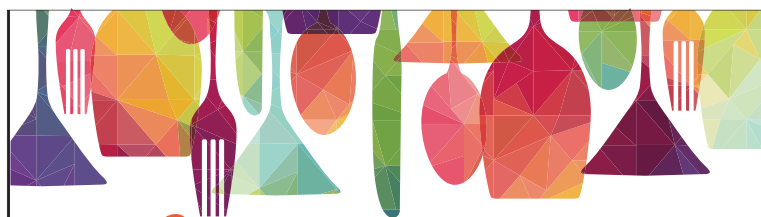
Place mixture in an oven-safe dish and top with 1/2 cup of reserved cheeses. Place the dip on the grill at 350° and bake for 60 minutes.

Serve dip with sliced baguette, crackers or sliced vegetables. Enjoy!



Ryan Davy - GM Minot

www.HofE.com/BBQHQ



Local Cravings Restaurant Guide

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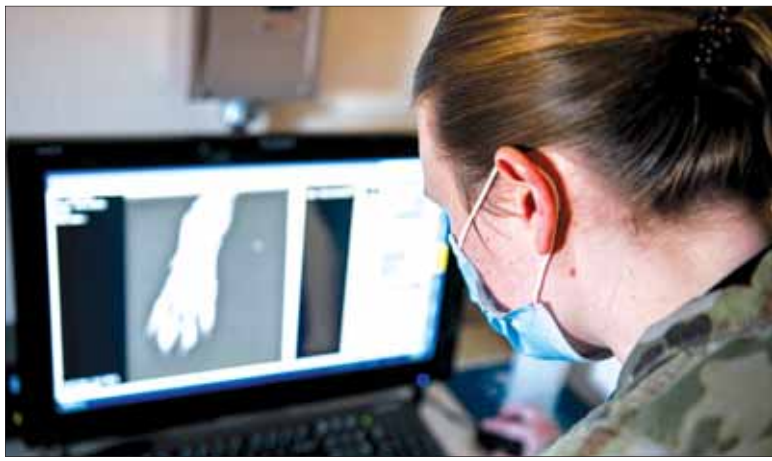


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U.S. Army Capt. Amber Norton, 5th Medical Group veterinary corps officer, gives military working dogs from Grand Forks Air Force Base, South Dakota, an annual wellness exam June 1, 2022, on Minot Air Force Base, North Dakota. Annual wellness exams and constant health evaluations ensure the MWDs are prepared to fulfill the mission daily.



MWDS VET VISIT

Zsolti, 319th Security Forces Squadron military working dog, gets a cyst biopsy June 1, 2022, on Minot Air Force Base, North Dakota. MWDS are regularly observed to help catch early signs of disease and prevent them.

U.S. AIR FORCE PHOTOS
AIRMAN 1ST CLASS ALEXANDER NOTTINGHAM



U.S. Army Capt. Amber Norton, 5th Medical Group veterinary corps officer, and U.S. Air Force Staff Sgt. Austin Dragoo, 319th Security Forces Squadron Military working dog handlers, give a military working dog from Grand Forks Air Force Base an annual wellness exam on Minot Air Force Base, North Dakota, June 1, 2022. Annual wellness exams and constant health evaluations ensure the MWDs are always prepared to fulfill the mission.

Staff Sgt. Payton Berry and Staff Sgt. Austin Dragoo, 319th Security Forces Squadron military working dog handlers, assist with their dogs' veterinary visit June 1, 2022, on Minot Air Force Base, North Dakota. During veterinary visits, MWDs are looked at head-to-tail to ensure the dog is ready to fulfill mission requirements.

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NODAK ARMS

OUTDOOR

REPORT

OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, June 20: 1,832.92 feet above mean sea level (MSL); 20,100 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,450.82 feet above mean sea level (MSL).

Stump Lake elevation: 1,450.69 MSL.

- N.D. Game & Fish Dept. game wardens: Improving walleye success on the east end of Lake Sakakawea. Chain of lakes on the McClusky Canal starting to produce activity. Devils Lake fair for walleye and white bass depending on wind and weather. Generally OK success throughout north-central area lakes.

- Devils Lake, Ed's Bait Shop, Devils Lake: Continued fair success.

- Devils Lake, Woodland Resort, Devils Lake: Fair to good for walleye using slip bobbers and leeches when available. Also try trolling with nightcrawlers. Work shallow, warm water yet.

- Lake Darling, Karma C-Store, Ruthville: Mixed success for small walleye on Lake Darling. Try locating deeper water. Also try Grano. Continued walleye and pike success on Buffalo Lodge Lake.

- Lake Metigoshe, Four Seasons, Bottineau: Lots of recreational boating activity with best walleye success in the evening. Continued bluegill activity from shore with fish still in the shallows.

- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: East end of Lake Sakakawea continues improving for walleye. Try a variety of presentations with a move towards summer presentations including spinners and nightcrawlers from the east end embankment west past Douglas Bay. Work deeper water for walleye on Lake Audubon. Improving walleye success in the Missouri River tailrace.

- Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Continued improving walleye success on the east end of Lake Sakakawea. Lake Audubon remains fair to good for walleye.

- Lake Sakakawea, Indian Hills Resort, Garrison: Work 4 to 15 feet with water temperatures warming along the north shore. Look for a switch to nightcrawlers.

- Lake Sakakawea, New Town: Fair to good for walleye, depending on weather fronts and wind. Better success now with nightcrawlers.

- Lake Sakakawea, Van Hook Bait & Tackle, New Town: Good for walleye, including the upper end of the Van Hook Arm. Bite starting to



N.D. GAME & FISH DEPARTMENT PHOTO

- Fireworks prohibited on U.S. Fish & Wildlife Service Nat'l. Wildlife Refuges and N.D. Game & Fish Wildlife Mgmt. Areas (WMA).
- Check camping and activity regulations on WMAs, including "Pack it in, pack it out" for garbage.
- June 25 & 26: Frontier Military Days, Fort Stevenson State Park, Garrison, noon to 4 p.m.

TOURNAMENTS:

- June 25: Lake Audubon, cabin sites.

switch to nightcrawlers. Try 6 to 18 feet on the upper end or crankbaits on the south end. The lake is on the rise and could muddy up with heavy inflows.

- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace continues producing small walleye, especially during the day from boats. Sort through, though, for the nice eating keepers. Fair for catfish from boats during the day down river and in the tailrace. Bigger walleye coming at night from the rocks. Also try the boat ramp from shore. Try shallow jigging for walleye or switch to trolling in 12 to 15 feet on the east end of Lake Sakakawea but the bite is still inconsistent along the south shore. Better success seems west yet on the south side.

- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Muddy waters from runoff on the west end of Lake Sakakawea slowing walleye success. Best areas are east towards Little Knife, Antelope Flats, or south of 4 Bears Bridge. Van Hook Arm good for walleye, including around Shell Island. Good catfish numbers on the west end of Lake Sakakawea yet.

Try nightcrawlers or smelt. Missouri and Yellowstone rivers flooding with lots of bow-fishing opportunities for carp.

- North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Continued walleye activity on Buffalo Lodge Lake. No reports from the Souris River or other area lakes.
- Turtle Mtn. area lakes, Coast-2-Coast, Rolla: Limited activity on area lakes.

N.D. river flows:

- Little Missouri River, Long X Bridge: River stage, 1.23 feet; streamflow, 904 CFS.
- Missouri River, Williston: River stage, 22.9 feet.
- Missouri River, Washburn: River stage, 9.3 feet.
- Pembina River, Walhalla: River stage, 5.11 feet; streamflow, 1,300 CFS.
- Souris River, Foxholm: River stage, 8.17 feet; streamflow, 367 CFS.
- Souris River, Minot: River stage, 6.09 feet; streamflow, 407 CFS.
- Yellowstone River, Sidney, Mont.: River stage, 12.24 feet; streamflow, 47,500 CFS.

Numbers to know:

- N.D. Game and Fish Dept., main Bismarck office: (701) 328-6300, website: (<http://gf.nd.gov>).
- Report All Poachers: (701) 328-9921.

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Annual Prairie Warrior Auction. The event has raised more than \$668,000 for MAFB. This year, more than \$31,000 will go to the association to help underwrite picnics, competitions, and other activities throughout the year.

For more information: Contact Brekka Kramer, Minot Area Chamber EDC President/CEO 701-852-6000



Pictured Left to Right: VP MSgt Corey Gates, Chamber EDC Executive Director Brekka Kramer, Chamber EDC Vice President Carla Dolan, Pres SMSgt Lisa Toro, Sec/Treas Susan Wagers

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“With patriotic cheer, the Exchange salutes the heroes who serve and have served this Fourth of July,” said Minot AFB Exchange General Manager Brian

M. Read. “Exchange gift cards can be used for virtually anything, including a tank of gas, lunch or something to make time with family just a little more special.”

Service members can use Exchange gift cards at PXs and BXs worldwide. Gift cards can also be redeemed online at ShopMyExchange.com.

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TRAIN NOW; TRAIN SMART

Patricia Stockdill

We’re just into the early days of summer’s official arrival but grouse season is right around the corner with its tentative Sept. 10 opening date.

Don’t blink, because the state’s resident waterfowl season is – once again tentative – slated to follow beginning Sept. 24.

And, of course, then it’s the revered (and, yes, still tentative until Gov. Doug Burgum signs the official hunting proclamation) Oct. 12 pheasant opener.

The big question of the day is “just how well-conditioned is that four-legged Hunting Maniac?”

Oh, sure, he or she was probably romping in the water whenever the family headed to the lake.

He or she probably romped in the yard already this summer. That’s a good thing – a really good thing.

But are they really, truly ready for the rigors of hunting season? Preseason conditioning and training shouldn’t start the day before the season opens. In reality, it should have started much earlier.

But take heart, it’s not too late for proper preparation, training tune-ups, and conditioning – and still be ready for hunting season. It is, after all, only early summer.

For starters, be smart about preseason conditioning by avoiding the heat of the day – take that four-legged Hunting Maniac out for a few minutes in the morning or evening.

Start gradually, let them rest, and always keep them hydrated. It’s not just people who need water for a life well-lived. Gradually build up their conditioning and exercise program.

Purina offers some other tips when it comes to training:

•Re-enforce basics. Friendly little reminders are good for dogs of all ages, especially because they know fall is coming. They’re more than ready and that means they’re more than excited.

It’s hard to contain excitement so take time to remind them they need to sit, stay, heel, and all of those other wonderful basic commands they know but don’t want to bother with because they’re focused on the upcoming hunting season.

•Don’t condone undesirable behavior. Yes, the Hunting Maniac really should retrieve the bird to hand, not jump out of the pickup or crate until released, or try to jump over the moon to grab a bird you’re carrying.

•Re-create reality. Nothing is better than real life, in the field training. But let’s be honest – that’s not always possible. However, with a little imagination a backyard can double as a hunting simulator.

For example, duck hunters can practice having the dog sit in an area with limited visibility, spread out some duck or goose decoys, and work with him or her so they learn to patiently wait until given a command to retrieve.

Upland hunting situations can be re-created so the dog learns to follow hand signals.

And retrieving training can be as simple as tossing a training dummy. Some really neat ones on the market even look like a teal, mallard, pheasant, and Canada goose, complete with wiggly tail and rope that doubles as its tail for ease of tossing. Plus they’re almost life-size.

•Whether it’s preseason training and conditioning or real world hunting, water really, truly is essential for people and dogs, alike.

They need frequent rests and water breaks, especially when afield early in the season. Just like people, dogs can become dehydrated and suffer heat exhaustion and heat stroke. Monitor their physical condition and activity during preseason exercise and training sessions.

Try adding a small quantity of broth to their water for dogs who don’t like to drink from a squirt bottle or bowl because they’re too excited to quit running, playing, training, and hunting.

The flip side to that are dogs who gulp too much water, which is also unhealthy. Put small quantities in the bowl to help prevent that beloved Hunting Maniac from drinking too much too fast.

So get out there.

Train. Condition. Teach.

Yes, it’s a busy time of year. But it’s important to take the steps from learning obedience to conditioning and progressing to the actual hunt and hunting season. If a dog is making mistakes it’s better to correct them sooner rather than late – before the real hunt begins.

And remember, hunting season will be here before we know it.



This Brittany, Huni, knows it’s only June but patiently awaits being released from her “down” command during an early morning training session.

PATRICIA STOCKDILL PHOTO

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Airman Mf Minot

SA Jonna Jones

Senior Airman Jonna Jones, born in Minot, N.D., just reached her four year mark at Minot Air Force Base. As a hydraulics journeyman, she ensures all of the hydraulics components of the B-52H Stratofortress are in working condition.



She loves the outdoors and spending quality time with her family.



Homies help homies. It's what I live by. Life goes by much easier if everyone lends a hand towards a common goal.



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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- Monday \$5 Moscow Mules (all day)
- Tuesday \$4 ND breweries (all day)
- Wednesday ½ Price Wine by the glass/bottle (all day)
- Thursday \$1 up for all Tall Taps (all day)
- Sunday BRUNCH (11am-2pm)
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- \$12 Bottomless Mimosas
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- The Southern Ground Hornbill has acute eyesight.
- Their long eyelashes act as sunshades.
- As the Southern Ground Hornbill ages, their facial skin becomes entirely red.

Fact File

Life Span	40 - 50 years
Male Weight	7 - 13 pounds
Female Weight	5 - 10 pounds
Body Length	35 - 50 inches
Wild Diet	Grasshoppers, Crickets, Mantises, Arthropods, Amphibians, Lizards, Snakes, Small rodents

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Exit surveys aim to identify attrition trends, improvement needs

MARISA ALIA-NOVIBLSKI, AIR FORCE MATERIEL COMMAND

WRIGHT-PATTERSON AIR FORCE BASE, Ohio --

With the competition for talent fierce across the Department of Defense and industry, finding ways to keep skilled civilian experts on the job is critical to the ability to meet current and future warfighting needs.

A new exit survey initiative aims to help Air Force Materiel Command leadership better understand why people leave the organization and identify opportunities to improve retention and engagement.

"Our goal is to collect consistent, quantifiable data that can help us assess perceptions of the workplace regarding mission, culture, leadership, communication, and employee recognition," said Ashley Morgan, chief, AFMC Personnel Programs. "Ultimately, we want to understand why people are leaving the organization, whether for a new position, retirement or other, and to better understand if we need to make changes to our work environment in order to increase employee engagement and minimize turnover."

The anonymous exit survey will be hosted on Survey Monkey and be a standardized item on out-processing checklists for civilians leaving any AFMC headquarters or center organization. The questions asked will be the same for all exiting employees, regardless of center affiliation, in order to ensure the collected data can be accurately assessed for trends.

Survey questions cover a wide-range of topics including mission and culture, leadership, communication, resources, recognition, training and more. The survey also captures the

reasons an individual is leaving the organization, including voluntary retirements, job transfers, reassignments and more.

"We want to understand if there are different factors that are driving the attrition of diverse demographic groups," said Morgan. "To implement the best change actions based on this data, we need to understand the overall reasons affecting each individual as well as the demographic group's decision to leave the organization."

The exit survey is one of a number of tools that AFMC is using to address talent management and retention across the mission. These include widespread use of workforce flexibilities such as remote work and telework, use of centralized hiring cells for entry and developmental positions, expedited hiring timelines and use of Direct-Hire Authorities to bring new talent faster.

However, while acquiring new talent is important, it is critical that the command retain the highly specialized, trained experts who are key to keeping our Air Force mission ready.

"Skilled employees are critical for mission success. We must understand why they want to stay and what makes them leave. This effort provides, for the first time, a mechanism to help identify changes that we need to make to retain top performers," said Bill Snodgrass, AFMC Director of Manpower, Personnel and Services. "Talent management matters. If we can continue to improve our workplaces and make AFMC a choice organization in which to work, we will benefit from having the best and brightest on our teams long into the future."

NOTES ON BEING SAFE

10 Tips to Respect Wildlife, Stay Safe and How to Avoid Internet Ridicule



ROD KRAUSE
5TH BOMB WING
OCCUPATIONAL SAFETY
AND HEALTH MANAGER



As we're gearing up for record numbers of visitors in our state and national parks this summer, read these 10 tips to help keep wildlife wild, preserve your physical integrity and prevent your park experience from turning into an involuntary YouTube sensation.

Many local, state, and national parks could see record crowds this summer. And given visitors' increasing propensity to document their park experience at all costs, resulting in painful encounters between visitors and wildlife with the visitors on the wrong end of the stick (no pun intended). The consequences can be tragic. Several animals die as a result, and sometimes people do, too.

The main rule to follow is simple, really: Keep your distance, at least 100 yards from bears and wolves and 25 yards from other wildlife. So let's say you're at Theodore Roosevelt National Park, and you pull up and observing a bison alongside the road that's grazing, you want the bison to continue grazing. You don't want to do something that actually alters their behavior.

The following 10 tips are based on the National Park Service's safety instructions and their recommendations from the wildlife experts. This is by no means an exhaustive list, so check with local rangers for information relating to a specific park and read any warning literature given to you as you enter a park. These materials often contain very specific advice regarding the species within a particular park.

1. DON'T HONK AT WILDLIFE

Animal sightings often create road congestion as people line up to take pictures. Bear sightings and the chaos they create are so common in parks, also known as "bear jams". There is a reason female bears actually choose to spend time near roads, You can be in a bear jam, people will honk their horns, they'll whistle, they'll try to get the attention of the animal, remember all of these things will stress the wildlife.

2. WATCH YOUR STEP — AND THE COLOR OF YOUR SHOES

As you walk on a beach, make sure not to step on birds' or turtles' nests — the same goes for rock climbers encountering nesting raptors. The color of your footwear can matter, too. If you're attending a sea turtle hatchling release at say at Padre Island National Seashore, avoid wearing white shoes. The turtles use the white foam of the waves, the moon and the reflection of sunlight on the water to find their way to the ocean. White shoes, clothing and lights can disorient them and cause them to lose precious energy, which in turn makes them more vulnerable to predators.

3. DON'T PUT A BISON IN YOUR CAR

This one deserves its own entry, not because it's a common occurrence — most bison don't fit in most cars — but because this is a good example of how good intentions can lead to devastating consequences.

4. SWEAT WITHOUT THE BLOOD AND TEARS

Glacier National Parks mountain goats are a treasured sight for park visitors, but park officials note that they also have "sharp, potentially lethal horns." So it's in both species' interest to keep humans and goats apart. The problem is that mountain goats crave the salt in people's sweat and urine and have been known to stalk hikers as a result. Park rangers recommend not leaving your sweat-soaked gear unattended and not urinating on rocks or snow within 100 feet of the trail. If a goat is stalking you despite your best efforts to shoo it away, throwing rocks at it is an acceptable last resort.

5. INVEST IN A ZOOM LENS

People visiting state and national parks often do so at great expense and therefore want to record the experience, especially the moment they came upon a magnificent bison or bear. The animals usually don't mind, but they also like their private space. Getting that perfect picture or that perfect selfie just can't be a priority.

6. DEET AND WATER DON'T MIX

Summer is mosquito season, and many visitors will resort to DEET products for protection against some of the parks' small fauna. If you do so, avoid swimming and crossing rivers, as fish and amphibians are particularly vulnerable to DEET.

7. CARRY BEAR SPRAY

Unlike parks in other parts of the world, U.S. parks allow visitors to explore the habitat of large predators on foot independently. This is not without risk. Yellowstone National Park officials recently found that only 28 percent of backcountry hikers there were carrying bear spray despite its proven efficacy in deterring bears. The bottom line, if you're going to bear country, take your bear spray.

8. DON'T FEED THE WILDLIFE

Don't feed the wildlife, even if the wildlife is begging. Coyotes and bears that get a taste of human food will often come back for more and can become aggressive in doing so. Animals can pay the ultimate price for their cravings. Mammals are not the only ones involved. Ravens have been known to unzip/unfasten many different kinds of packs and containers. In summary, store your food away, use bear-proof containers if necessary, and cover your car with a tarp when visiting vulture or marmot country.

9. THE ROAD DOESN'T BELONG TO YOU

Even on the roads within state and national parks, wildlife has the right of way. Obey the speed limits and pay particular attention at dawn and dusk when many mammals and reptiles are most active. Seasons and weather variations can also trigger migrations of large numbers of animals (salamanders, turtles, monarch butterflies and tarantulas, for instance).

10. DON'T TOUCH THE WILDLIFE

Some visitors have dared to pet bison and were very fortunate to escape unscathed. You shouldn't try to emulate them. Wildlife doesn't like to be handled. Did you know that if they are stressed out, they will void their bladder and thereby lose the water they need to survive extended periods without water?

These wildlife safety tips aren't fool-proof, the advice I am providing is based on my experiences and research and what I've learned talking with state and national park rangers. When you are traveling to an unfamiliar region, you should do your own research and ask local rangers questions about wildlife before you hit the trail. Being smart is the first step to staying safe.

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JOY-NICOLE SMITH
SCHOOL LIAISON PROGRAM MANAGER, GS-11
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It is summer and the weather provides ample opportunity to be outdoors! Our K-12 Minot AFB students and families are actively involved in activities in and around the Minot area. However, there is an incredible resource at our finger tips to keep students academically engaged to combat the impact of the "summer slide." This resource is Tutor.com.

Tutor.com provides free, around-the-clock help for military-connected students, covering topics in all core subjects and all skill levels. Students can use any internet-capable device to connect with an expert tutor right away or to schedule a future session; they can also submit documents for an offline review and will get comments back within 24 hours!

Tutoring sessions are anonymous and take place in a secure online classroom where no personal information is shared. Each of the 3,000 tutors are carefully screened

subject matter experts that complete a rigorous application process and background check.

As of recently, tutor.com has begun to offer *Parent Coaching* sessions in response to the pandemic and the stress it has causes families. Parent Coaching topics include: Scheduling & Organization, Setting Expectations, Study Techniques, Using Resources, Motivation & Goals, Managing Knowledge Gaps, and Finding Balance.

Additionally, tutor.com is free for military-connected students of all ages from kindergarten through college so military parents who are returning to school can also use this service.

Let's "slide" our students into an academic school year prepared for the challenges ahead! For more information about tutor.com or to sign up for access, visit: military.tutor.com.

2022-2023 MPS CALENDAR

August 2022							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				

October 2022							19 days
S	M	T	W	T	F	S	
	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 2022							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		

November 2022							19 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				

August 16, 17 & 18

Workshop - All New Teachers

August 22 & 23

Workshop - Total Staff

August 24

First Day of School

September 05

Labor Day - No School

September 06

Professional Development Day - No School

October 20 & 21

Administrator Convention Days - No School

November 11

Veteran's Day - No School

November 24

Thanksgiving - No School

November 25

Vacation - No School



- Vacation Days - not contracted day
- PD Days - contracted day
- Holidays
- Parent/Teacher Comp Days
- Early Release Days - 1:15pm
- * Weather Make-up Day

NEW LOCATION

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**MON-THUR 11 AM TO 10 PM
FRI-SAT 11 AM TO 10:30 PM
SUN 11 AM TO 9 PM**

WWW.MIMEXICOMINOTND.COM

BACK-TO-SCHOOL BRIGADE

Tuesday, August 2nd
11:30am-1:30pm

**Base Exchange
362 Missile Ave, Bldg. 248
Minot AFB**

Eligibility Category 5:

- Post 9/11 wounded, ill or injured service member of any rank, both currently serving and those no longer serving in the military, or
- All ranks, Active Duty, Guard and Reserves, any duty status, or
- Transitioning service members within 12 months of their discharge/retirement date

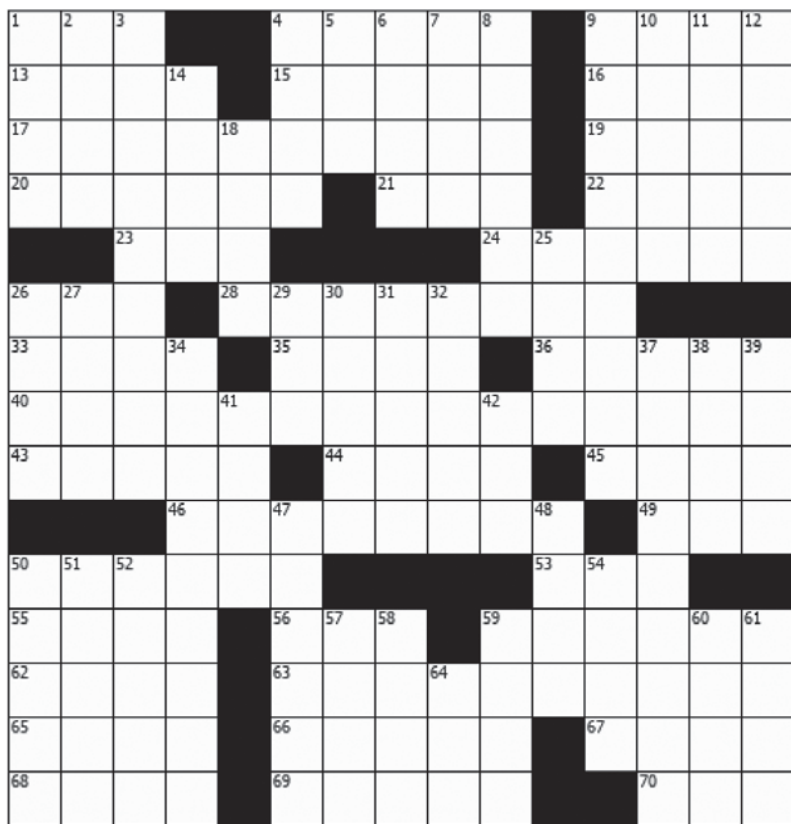
JOIN OPERATION HOMEFRONT FOR A SCHOOL SUPPLY DISTRIBUTION EVENT!

PLEASE SAVE THE DATE AND REGISTER ONLINE:
OPERATIONHOMEFRONT.ORG/EVENT/BTSB-MINOT-AFB/

CROSSWORD PUZZLE

Across

- 1. Fall back, as a tide
- 4. Acclaim for Pavarotti
- 9. Dent slightly
- 13. Foal color, perhaps
- 15. Wandered
- 16. It may hang around in the locker room
- 17. On cloud nine?
- 19. Tapping target
- 20. Rack of lamb, e.g.
- 21. Sot's withdrawal syndrome
- 22. Clown feature
- 23. Type of tray
- 24. Cushion
- 26. L.A.'s west side?
- 28. Samoan skirt
- 33. Something for the poor
- 35. The "B" of NB
- 36. Birdbath greenery?
- 40. Highs and lows
- 43. Tentacled creature
- 44. Judge
- 45. Like some decisions
- 46. "Emile" author
- 49. "___ kingdom come ..."
- 50. Darts about
- 53. Up end?
- 55. Powder mineral
- 56. Be in the wrong
- 59. Elle's elles
- 62. "CHiPs" star Estrada
- 63. In the dumps
- 65. Skin-soothing ingredient
- 66. Not yet scheduled
- 67. Ms. Fitzgerald
- 68. Place in a race
- 69. Singer Lenya or Lehmann
- 70. Candied tuber



Down

- 1. Buffalo's lake
- 2. City on the Rhine
- 3. Type of pool
- 4. Scot's hillside
- 5. Lightning attractor
- 6. Fervent
- 7. Sleeveless garment
- 8. Potemkin mutiny site
- 9. Ruinous failures
- 10. Hardly an Einstein
- 11. Scandinavian
- 12. Color of inexperience?
- 14. Pusher's bane
- 18. Fishing device
- 25. Roundish
- 26. Reindeer herdsman
- 27. Substitute spread
- 29. Legal org.
- 30. Peddles
- 31. South American mountain chain
- 32. River embankment
- 34. Go through the roof
- 37. In a polite way
- 38. Indian maid
- 39. Catch sight of
- 41. Kiddie literature canine
- 42. Doc's org.
- 47. Of help
- 48. Fully informed about
- 50. Take the wrong way?
- 51. Rhea's role on "Cheers"
- 52. Hodgepodes
- 54. Borderline
- 57. Vegas rival
- 58. Musical silence
- 59. Minute arachnid
- 60. Entertainer Falana
- 61. Did the butterfly
- 64. Do-over, in tennis

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

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

SUDOKU

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

Solution to puzzle on page C7

FRIDAY, JUNE 24 1800
LIGHTYEAR (PG)

SATURDAY, JUNE 25 1800
SUNDAY, JUNE 26 1800
TOP GUN: MAVERICK (PG-13)

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

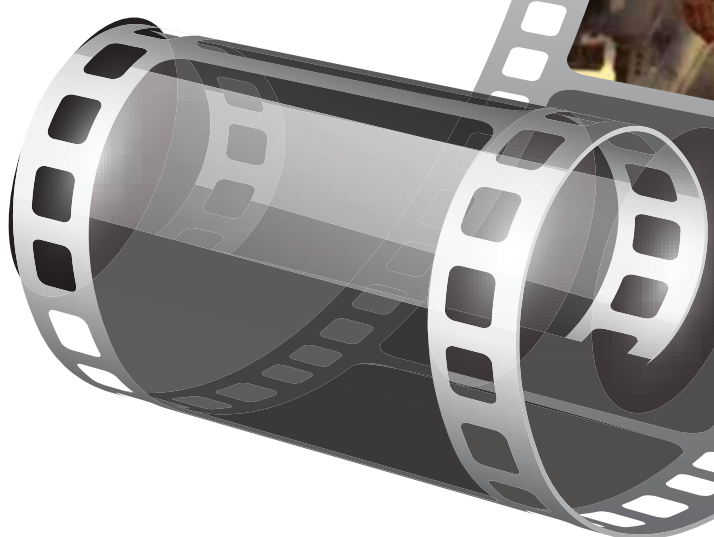




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CHURCH DIRECTORY

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

North Plains Chapel in Base Housing

Protestant Liturgical Service
Christ Chapel
0900
(Beginning on Pentecost, June 5)


Protestant
Sunday Community Service
1030
(Holy Communion 1st Sunday)
Children's Church during school year

Wicca, Pagan, and Neopagan Services
Open Circle
1000 on the 1st and 3rd
Saturdays of every month
(Beginning June 4)

Northern Lights Chapel across from Rockers

Catholic Mass
Sunday 1000
Daily Monday-Thursday at 1200

St. Peter The Aleut Eastern Orthodox Church

 **109 6th St. SE**
Minot • 838-3094

Saturday, June 25
Vespers, 5PM

Sunday, June 26
Divine Liturgy, 10AM

V. Rev. Fr. Paul Hodge


Break Forth BIBLE CHURCH

Wednesdays 7:00pm
and Sundays 10:30am

1821 W Burdick Expressway
For More Information:
701.353.9337 | www.bfbc.tv


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(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.

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.cornerstoneminot.com


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Minot, ND 58701
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www.oslcminot.com

Rev. Heath Trampe
Rev. Brian Doel

SUMMER WORSHIP SCHEDULE
June 12-August 31

Sundays
8:15am Traditional Service
9:30am Adult Bible Study
11:00am Contemporary Service (w/Livestream)

Wednesdays
6:30pm Contemporary Service


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
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Immanuel Baptist Church

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

Sunday Worship
10:00 am

www.ibcminot.org
e-mail: immanuel@srt.com


Christ Reformed Church

Worship 11:00 a.m. Sunday
234 14th Ave SE
www.christreformedchurchminot.com

St. John the Apostle Catholic Church

2600 West Central Ave • Minot, ND 58701
839-7076

Daily Mass Schedule:
Tuesday 5:15 p.m.
Wednesday - Friday 7:00 a.m.
Saturday 5:00 p.m.
Sunday 8:00 & 10:30 a.m.


Fr. David A. Richter, Pastor
Parish website: www.stjohnminot.com


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

Sunday Worship
9:30 am

www.firstlutheran.tv
(Live Stream & Recorded)
Radio Broadcast KRRZ 1390AM
Sunday 9:30 am
www.flcminot.com

Pastor Brandy Gerjets • Pastor Ellery Dykeman


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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.


JOURNEYCHURCH
ASSEMBLY OF GOD

1805 2nd St. SE
838-1111

Sunday Services
9:00 AM & 11:00 AM

Wednesday
6:30 PM

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


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

First Baptist Church

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

Classic Worship Service 8:30 a.m.
Sunday School (All Ages) 9:45 a.m.
Contemporary Worship Service 9:50 a.m.
Contemporary Worship Service 11:05 a.m.
Children's Church 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

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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A Church of the Lutheran Brethren

Sundays:
Worship 9:00 a.m. & 11:00 a.m.

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www.ourredeemers.org

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

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email NSADS@SRT.COM

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Our Redeemer's Christian School
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June 24

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OCTOBER 8 & 9
NOVEMBER 12 & 13
DECEMBER 3 & 4

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 call 701.278.0866

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tfn

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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 701-852-1014.

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 • Morning start times rotate & vary. Please speak to Charlie at the commissary if interested or leave contact information with customer service.

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(701) 727-AADD

THURSDAY, FRIDAY & SATURDAYS
09:00 PM – 02:00 AM

HOLIDAY WEEKENDS
08:00 PM – 03:00 AM

Thanks to SRT for donating the phone services for AADD



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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: 4 Jul-4 Sept. For more information, please visit us in Room 223 located in the Base Education Center Building (2nd floor), email: minot@erau.edu or call office phone: 701-727-9007 and/ or Teams phone: 904-513-9734.

COLUMBIA COLLEGE

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

PARK UNIVERSITY MINOT –

PARK UNIVERSITY MINOT – Your degree, Your way. Open enrollment for the 2022/2023 year starts August 15! Earn your CCAF credits, AU-ABC, and your Bachelor's degree with PARK. Let's maximize your military experience! Find how many credits you can get from your military experience by going to military.park.edu and confirmed your credits Or Ask Alexa! Enable the Park University skill on your Alexa device and say "Alexa, ask Park, How many credit hours can I get from my military experience?" She'll even tell you your graduation date! Minot AFB @ the Education Center RM 222 | 844-884-8612 | mino@park.edu PARK. YOU

MINOT STATE UNIVERSITY

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



Contact Rod Wilson to get your business listed here!
sentrysales@srt.com | 701.839.0946

SUDOKU SOLUTION

PUZZLE ON PAGE C4

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

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FRIDAY 24

- Regional Int-OP/Int-OP/Int-OP/Int-OP
- Int-OP/Int-OP/Int-OP/Int-OP
- Int-OP/Int-OP/Int-OP/Int-OP
- Int-OP/Int-OP/Int-OP/Int-OP

SATURDAY 25

- Int-OP/Int-OP/Int-OP/Int-OP
- Int-OP/Int-OP/Int-OP/Int-OP

SUNDAY 26

- Int-OP/Int-OP/Int-OP/Int-OP
- Int-OP/Int-OP/Int-OP/Int-OP
- Int-OP/Int-OP/Int-OP/Int-OP

MONDAY 27

- Int-OP/Int-OP/Int-OP/Int-OP

TUESDAY 28

- Int-OP/Int-OP/Int-OP/Int-OP
- Int-OP/Int-OP/Int-OP/Int-OP
- Int-OP/Int-OP/Int-OP/Int-OP
- Int-OP/Int-OP/Int-OP/Int-OP

JUNE SPECIALS

Specials for June include:

- Int-OP/Int-OP/Int-OP/Int-OP
- Int-OP/Int-OP/Int-OP/Int-OP
- Int-OP/Int-OP/Int-OP/Int-OP
- Int-OP/Int-OP/Int-OP/Int-OP

WEDNESDAY 29

- Int-OP/Int-OP/Int-OP/Int-OP
- Int-OP/Int-OP/Int-OP/Int-OP
- Int-OP/Int-OP/Int-OP/Int-OP
- Int-OP/Int-OP/Int-OP/Int-OP

THURSDAY 30


- Int-OP/Int-OP/Int-OP/Int-OP
- Int-OP/Int-OP/Int-OP/Int-OP
- Int-OP/Int-OP/Int-OP/Int-OP
- Int-OP/Int-OP/Int-OP/Int-OP

ONGOING

- Int-OP/Int-OP/Int-OP/Int-OP

FRIDAY 01

- Int-OP/Int-OP/Int-OP/Int-OP
- Int-OP/Int-OP/Int-OP/Int-OP
- Int-OP/Int-OP/Int-OP/Int-OP
- Int-OP/Int-OP/Int-OP/Int-OP



SATURDAY 02

- Int-OP/Int-OP/Int-OP/Int-OP

NAF RAPID HIRING FAIR

29 June 2022 - 12PM - 5PM
Booth #100 - Self Service

Looking for a position? Bring your resume to the hiring fair.

Want to hire? Bring your resume to the hiring fair.

For more information, visit 5thFORCESUPPORT.COM



OUTDOOR SOCCER

NOVEMBER 1-30 2024

5th Force Support Center

Location: 5th Force Support Center

Cost: \$100

Registration: Nov 1-15

Game Dates: Nov 16-30

For more information, visit 5thFORCESUPPORT.COM



FREEDOM

ALL DAY JULY 1ST

10AM - 12PM: BEE, WHITE, & BLUE BUN

12PM - 1PM: FIRECRACKER SCRAMBLE

1PM - 2PM: STEAM ACTIVITIES

2PM - 4PM: FOOD TRUCKS, GO CARTS, GAMES, & MORE AT THE TUNN

4PM - 6PM: FIREWORKS

SCAN HERE FOR DETAILS




5th Force Support Center

QUALITY HEALTHCARE FOR ALL

Now offering walk-in services Monday-Friday 9-4 p.m.

- OB/Gyn Care
- Newborn Care
- Well Child Visits
- Pediatrics
- Free Pregnancy Tests
- Gynecologic Care
- Preventive Healthcare
- Full Service Pharmacy

Center for Family Medicine

UNL School of Medicine & Health Sciences

UNIVERSITY OF NORTH DAKOTA



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