

northern sentry

FREE | WWW.NORTHERNSENTRY.COM | VOL. 60 • ISSUE 27 | MINOT AIR FORCE BASE | FRIDAY, JULY 8, 2022

WHATS INSIDE THIS WEEK:



AERIAL
SPRAYING
ON MINOT AIR
FORCE BASE

A2



FITNESS
FEATURE:
CYCLING TEAM
PROMOTES
THE AIR FORCE

B7



THE OTHER
DAKOTA:
WORTH THE
DRIVE

C2



Airmen, friends, family and base leadership came together to celebrate the CCAF Graduation of 13 Airmen on June 29, 2022, at Minot Air Force Base, North Dakota. Pictured above: Col Anthony McCarty, CMSgt Gerald Sullivan, SrA Hunter Cook, SSgt William Phillips, SSgt Dallas Ansick, SrA Vivianne Hobbs, SSgt Shanice Osborn, TSgt Andres Roja, CMSgt Tori Jones, Col Daniel Hoadley, (2nd row left to right) SSgt James Kaznowski, SSgt Jesse Reid, TSgt Giancarlo Del Valle, SSgt Stephanie Webb, A1C Maxwell Lockett, TSgt Kevin Ruhl. See page B1 for more coverage.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN MICHAEL A. RICHMOND



NOW IT'S REALLY SUMMER!

Head to ndstatefair.com to find out more about the return of the Demolition Derby and debut of the MHA Indian Horse Relay!

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Adjutant General Statement on Loss of National Guard Airman

NORTH DAKOTA NATIONAL GUARD

FARGO, N.D. — Maj. Gen. Al Dohrmann, North Dakota adjutant general, made the following statement regarding the death of a North Dakota National Guard Airman, Master Sgt. Brandon Sola. “Our North Dakota National Guard family mourns the loss of one of our family members,” said Dohrmann. “We will always remember Brandon’s commitment to the National Guard and to law enforcement. We offer our sincere condolences to his family, friends and fellow Airmen during this tragic time.”

According to the North Dakota Highway Patrol statement issued this morning, Sola was killed on June 28 in a motorcycle accident on I-94 near West Fargo.

“The entire Hooligan family is deeply saddened by the loss of one of our own,” said Col. Mitch Johnson, 119th Wing commander. “My top priority right now is to ensure we provide full support to the Airman’s family, friends and co-workers. All available Wing resources are at their disposal.”

A native of Velva, North Dakota, Sola, 36, has been a member of the 119th Wing’s Happy Hooligans since 2003. He earned a Master’s Degree in Leadership from Ashford

University and a Community College of the Air Force degree in Aircraft Maintenance.

In his full-time civilian occupation, Sola was serving as the Chief of Police in Carrington, North Dakota.

“On behalf of the City of Carrington we offer our condolences to the family and friends of our Police Chief, Brandon Sola, who died in an off duty traffic accident in Cass County”, said Carrington Mayor Tom Erdmann. “Brandon joined our police department in November 2021. He was an enthusiastic and welcomed leader in our city. Brandon worked each and every day for the safety of our community. Together we mourn his death and our thoughts and prayers are with his family and friends.”

According to Thompson-Larson Funeral Home, Funeral service for MSGT Brandon A. Sola, 36, will be held Saturday, July 9, 2022, at 11:00 am at Oak Valley Lutheran Church in Velva.

Visitation Friday from 5 to 7 pm at Oak Valley Lutheran Church in Velva.

Aerial Spraying on Minot Air Force Base

MINOT AIR FORCE BASE OFFICE OF PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D.- Minot Air Force Base has requested assistance from the Youngstown Air Reserve Station 910th Airlift Wing to conduct aerial spraying for mosquito control between July 11-15, 2022, for Minot Air Force Base and the cities of Minot and Burlington. Due to uncertain weather conditions, the exact time and area to be treated cannot be determined in advance.

The 910th Airlift Wing will be applying U.S. Environmental Protection Agency registered pesticides. Adult mosquito control

will occur between the hours of 7:00 p.m. and 2:00 a.m. CST.

The applications will be made using a modified C-130 Hercules cargo aircraft flying 150 feet above ground level.

The purpose of the aerial spraying for mosquitoes is to protect public health, ease working conditions, and improve the quality of life for members working at Minot AFB and living in the surrounding area. Again due to uncertain weather conditions the exact time and area to be treated cannot be determined in advance.

Minot AFB Public Health recommends humans and domestic animals remain indoors while the aerial spraying is occurring immediately overhead or upwind from your location and until the mist settles to the ground. These pesticides were selected because they pose minimal health hazards to humans and domestic animals with aerial application.

For media inquiries or questions, please contact the Public Affairs office at 723-6212.



VOLUNTEER OPPORTUNITIES

Minot AFB Library Space Explorations Program Volunteers

(July 9)
The Base Library is looking for volunteers to help with our Space Explorations program on Saturday, July 9th.
Where: Inside & Outside the Base Library
When: Saturday, July 9th Set up will start at 1230, and the program will run roughly from 1300-1430.
What: Help with a craft, game, or other activity.
POC: Julie Reiten at 701-723-4554 or Julie.Reiten@us.af.mil

ND State Fair Security

(July 28-30)
5th FSS 740th, is looking for volunteers to help support the NDSF security team. Please see the slots on the sign-up sheet, located in the link below. We really need support on the 28th - 30th, but if other slots are open, feel free to take them.
<https://docs.google.com/spreadsheets/d/1G-41oecHfio8Rp0NIHy-B58ZgwAGXL9vwf6JrwN6VIXI/edit>
POC: TSgt Andrea Butler 701-723-1484
Email: andrea.butler@us.af.mil
SSgt Jamaal Taylor, 701-723-7767

ND State Fair Parade Volunteers

(July 23)
The North Dakota State Parade is coming to you on 23 July 2022 during the ND State Fair!! The committee would love to have you volunteer the day of the parade to help the floats line up the morning of the parade.
POC: Twyla Scott at 701-833-6030 or Leslie Middaugh 701-818-8127

ND State Fair Volunteers (1st event)

(July 22)
The first event is the ND STATE FAIR on Friday 22 JUL 22.

5 FSS Summer Bash (2nd event)

We are needing committee members and volunteers. Let's help support our Dragon Family!

If you are interested please contact the following board members:
devin.wigley@us.af.mil
demetrius.smith.2@us.af.mil
abu.djeri.1@us.af.mil
kelly.bren@us.af.mil

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National Disability Employment Awareness Month Planning Committee Lead

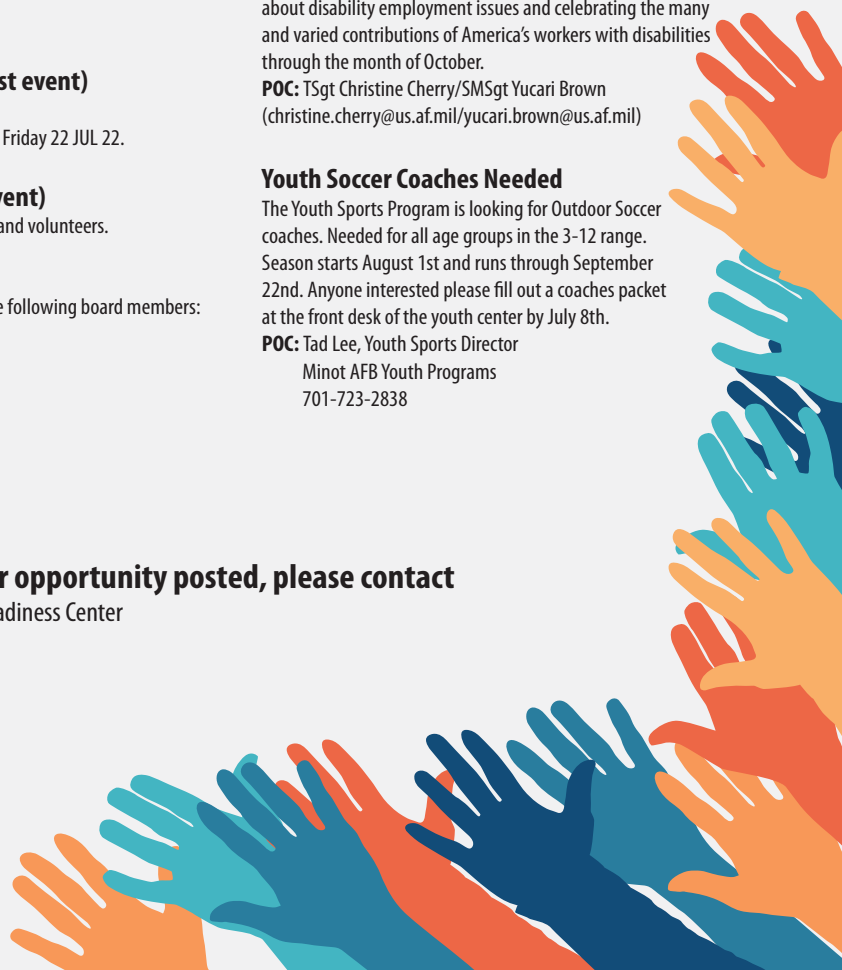
(October)
Need individual to lead an awareness campaign educating about disability employment issues and celebrating the many and varied contributions of America's workers with disabilities through the month of October.
POC: TSgt Christine Cherry/SMSgt Yucari Brown (christine.cherry@us.af.mil/yucari.brown@us.af.mil)

Youth Soccer Coaches Needed

The Youth Sports Program is looking for Outdoor Soccer coaches. Needed for all age groups in the 3-12 range. Season starts August 1st and runs through September 22nd. Anyone interested please fill out a coaches packet at the front desk of the youth center by July 8th.
POC: Tad Lee, Youth Sports Director
Minot AFB Youth Programs
701-723-2838

To have your volunteer opportunity posted, please contact

Minot AFB Airman & Family Readiness Center
701-723-3950
5fss.family.support@us.af.mil



BABY ANNOUNCEMENTS

BABY GIRL

BABY GIRL BORN ON
TUESDAY, JUNE 21, 2022 TO:
HAILEE AND TANNER PETERSON
MINOT, ND

BABY BOY

BABY BOY BORN ON
SATURDAY, JUNE 25, 2022 TO:
MEGHAN SHERROD AND JULIELN ZANOVELLO
MINOT AFB, ND

BABY BOY

BABY BOY BORN ON
TUESDAY, JUNE 28, 2022 TO:
KRISTINA AND TIMOTHY DAVIS
MINOT, ND

BABY BOY

BABY BOY BORN ON
FRIDAY, JULY 01, 2022 TO:
REGINA ROSZELLE
MINOT, ND

BABY GIRL

BABY GIRL BORN ON
SUNDAY, JULY 03, 2022 TO:
SHAY ST GERMAINE
MINOT, ND

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

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11AM - 1AM
FRIDAY - SATURDAY:
11AM - 2AM
SUNDAY: CLOSED

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5TH MISSION SUPPORT GROUP CHANGE OF COMMAND

Col. Brett Black relinquishes command of the 5th Mission Support Group to Col. Gregory Mayer on June 30, 2022, at Minot Air Force Base, North Dakota. The 5 MSG provides full-spectrum operational and expeditionary support to the 5th Bomb Wing's 27 B-52 strategic bombers, the 91st Missile Wing's 165 Minuteman III Intercontinental Ballistic missiles and Launch control centers and the 54th Helicopter Squadron's eight UH-1 helicopters delivering global assurance, precision strike and nuclear deterrence to six combatant commanders.

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



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CONTACTUS

Ted Bolton

Publisher | Advertising
701-240-5039
bagroup@srt.com

Rod Wilson

Business Development | Marketing
sentrysales@srt.com

GRAPHIC DESIGN BY

Nikki Greening
nsads@srt.com or
nsgraphics@srt.com

MINOT AIR FORCE BASE

PUBLIC AFFAIRS
Chief

Capt. Jhanelle Haag

Operations Officer

1st. Lt. Christopher Thibeaux-Moore

Superintendent

Master Sgt. Jon Foster

Community Relations

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Staff Photojournalists

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NEWS SUBMISSIONS

Northern Sentry Office

nsads@srt.com | 701.839.0946

MAFB Public Affairs Office

v35bw.pa@us.af.mil

701.723.6212

MAIL

315 South Main Street, Suite 202

Minot, ND 58701

VIEW ONLINE

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sentry**

MINOT AIR FORCE BASE NEWSPAPER
WWW.NORTHERNSENTRY.COM

PHOTO OF THE WEEK



Vice Wing Commanders, Col. Galbert and Col. Maginness support the LGBTQIA+ community by recognizing June as Pride Month with a proclamation signing for Team Minot!

U.S. AIR FORCE PHOTO | MINOT AFB PA

Thursdays Downtown Keep Getting Better

**northern
sentry**

A VIEW FROM OUR SIDE
ROD WILSON, NORTHERN SENTRY



A little over a year ago Justin Anderson, Executive Director of the Minot Area Council of the Arts, organized Arts in the City in Downtown Minot. Last year all the events took place in a one block area on Main Street from Central Avenue to 1st Street Southeast. The idea was to have a variety of musical groups and street vendors create a street fair atmosphere. For the kids there are bounce houses and other activities. The crowds started out small, but increased as the summer went along, until Soul Shine, a local musical group capped off the season playing to an estimated crowd of over 1,500.

Spin the calendar ahead a year June 30 and you can see that

Arts in the City has gained a lot of momentum. This year the series started on June 9 with a Wine Walk and the addition of a second block. More vendors, more food trucks and in general, just more to do. Last week the International Brass Quintet and the Minot City Band took center stage and played to a larger and enthusiastic crowd. Even though a bit windy, it certainly was a great evening.

Justin has done a great job with the Arts in the City program, and if you have a few hours on a Thursday, he can always use volunteers or if you are interested in being a vendor, you can call Chandell at MACA, 852-2787.

A LITTLE PUPPY LOVE

From what I can remember history will be made when the very first Woof & Wine Walk will take place on July 14th in Downtown Minot. Wine Walks have been very popular events in Downtown, and now is your chance to tour downtown, enjoy great wine and tasty appetizers, and there will be special gourmet treats for the dogs, too. Tickets are limited, and are available at Gourmet Chef, The Spot, Margie's Art Glass Studio and online at downtownminot.com. Proceeds from the Woof & Wine Walk will go to the Minot PD K9 program, and other non-profit charities.

BEST KEPT SECRETS

You may be wondering what to do on a warm summer day. Well, I would head north and west to the Mouse River Park located 15 miles west of Mohall. Details about entertainment and events at the park can be found on renvillecountynd.org. Camping, fishing, horseshoes, walking paths...just a whole lot to do. The drive is certainly worth it, as Mouse River Park is definitely family friendly.

THIS WEEK'S HUMOR

Q: What do you get when you combine an elephant with a fish?
A: Swimming trunks!

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SHE'S NOT FROM AROUND HERE

AMY ALLENDER

When describing why I find life in North Dakota so enjoyable, I usually cite a combination of local culture, quirks, and my stubborn insistence on finding beauty in things often overlooked. Giving a singular and concise answer to why Minot, ND has become something of a muse to me, is a tricky task.

No, it's not the winters. Or the wind.

Truthfully, there is not just one thing that sums it up. But that doesn't mean I'll stop trying to put the amiability of this place into words any time soon.

Much of what makes it so lovable boils down to qualities that can only be expressed through anecdotes or first-hand experience. The appeal is not found in wildly popular attractions I can easily point to, or obvious bustle. No, the things I find most appealing are those found in small, quickly passing moments. These moments can be easily missed. But catch enough of them, and you'll find intricate charm that rivals holiday rosette cookies, or a rosealed serving

Small Magic

tray.

These moments are better "felt" than described and accumulate especially quickly if we pour a little effort into seeing the good in this place and this time. I've found meeting people is easy and organic simply by being present, interested, and eager to understand our town. By being interested, I got to know one person. Then another. And another. Soon, I found myself not only connected to the people of Hot Dish Land, but also the community and culture as well.

Then the magic really unfurls. I felt this magic as I bumped into familiar, friendly faces at the Midsummer Festival earlier this month. I saw the magic as I waved to acquaintances across the vibrant, green lawn while music from the City Band or accordions wafted across the breeze. It generates a feeling of awe and comfort, knowing you'll likely see someone you know at these kind of events—because at the end of the day this is a community, and we show up when something special is happening.

These small, but beautiful moments are found in the way others care about my children. It's how the librarian greets my kids and patiently waits while they sloppily stack books on the counter to check out. It's how Ms. Kristi—of Main Street Books—renown—welcomes every child to story time and

calls them by name. We are met with grace and patience when I have a meeting over coffee and my littlest is anything but tidy with his scone. Families are not tolerated here, they are embraced and loved.

I see magic in the way the summer theater audience (me included) flocks to the folding tables serving \$1 root beer floats during intermission, and how the sassy teenage lifeguard at the pool uses his megaphone to "score" his friends when they dive. I see magic in the level of excitement generated by the library book sale, and how I almost always run into friends at the pool on a hot day.

I try to absorb the goodness of this place when an elderly man with calloused hands holds the door for me and the boys and tells me, "These are good days," or I'm told that zoo readmission works on an "honor system," or I realize how utterly safe I feel in my home, our parks, and at community events. The kind of safety and security a "home" generates. Safe to wonder, safe to be kind, safe to make mistakes and apologize, safe to stockpile the sweetness of mundane moments in my heart.

Small-moment-magic is out there. Not only here in Hot Dish Land, but elsewhere too. We just have to notice it. As our world experiences strife and disagreements—as our world always will—let's remember to



AMY ALLENDER PHOTOS

watch for these humble instants and capture them. Maybe today you and I can be the ones who create a moment of good magic for someone else. Let's try.

To connect with me further

and see how I find small, magical moments in everyday life—join me on Instagram @ amy_allender or on Facebook @ amyallenderblog.

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91ST SECURITY FORCES GROUP CHANGE OF COMMAND

Col. Thomas Segars relinquishes command of the 91st Security Forces Group to Col. Anthony McCarty on June 28, 2022, at Minot Air Force Base, North Dakota. The 91SFG is responsible for safeguarding the 91st Missile Wing assets.

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A LOOK BACK

THIS WEEK IN USAF HISTORY

OPERATION NEW TAPE
 JULY 8, 1960



USAF C-130 from the 40th Tactical Airlift Squadron loads up Swedish troops who were deployed to Congo on July 20, 1960. (UN Photo)

In 1960, the Belgian Congo, a colony in West Central Africa, was granted independence and became the Republic of the Congo. Due to a power-sharing struggle between two opposing political parties and continuing unrest, a civil war broke out. The United Nations deployed troops to help keep the peace as the nation was torn apart. In order to evacuate refugees from the Belgian colony, Operation NEW TAPE began on July 8, 1960. The operation evacuated over 300 American civilians, delivered more UN troops, and flew other humanitarian relief missions. USAF in Europe provided

medical air support. The 317th Tactical Hospital Detachment from Evreux Air Base, France, even set up a dispensary. C-130s and C-124s from various American and European squadrons were used to airlift over 1,000 tons of food and over 2,500 refugees. Operation NEW TAPE lasted four years and at the time, became the biggest airlift since the Berlin Airlift.

Information courtesy of: media.defense.gov/ airforcemedicine.af.mil/ Air.Mobility.Command.Museum/arsof-history.org

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Air Force Medical Service launches 'Nutrition Kitchen' series

AIR FORCE SURGEON GENERAL PUBLIC AFFAIRS

ALLS CHURCH, Va. (AFNS) -- The Air Force Medical Service has launched "Nutrition Kitchen," a series of online nutritional cooking classes geared toward service members and their families.

The Nutrition Kitchen's goal is to inspire healthy meal choices by providing options for service members to make realistic changes to foods they are already eating, while also providing the

opportunity to learn the science behind those choices and "level up" their nutrition knowledge.

Each episode introduces different options to "level up" a classic meal, starting with simple ingredient substitutions and ending with a chef-curated recipe option taught by Tech. Sgt. Opal Poullard, chef and culinary instructor at the Joint Culinary Center of Excellence at Fort Lee. Following each cooking

episode, Sahra Pak, registered dietician at Travis Air Force Base, California, shares the science behind the nutritional choices made.

"Nutrition has a profound impact on the health, performance and readiness of our active-duty personnel," said Maj. Gen. Sharon Bannister, Medical Operations director, Office of the Air Force Surgeon General. "Combating unhealthy weight gain and obesity and the detriment of poor nutrition is obligatory to improving warfighter readiness."

Beyond maintaining a healthy weight, improvements to physical and mental performance and underlying chronic health conditions are among some of the benefits.

Giving nutrition the spotlight it deserves is a key tenet of the rapidly growing lifestyle medicine field.

"Nutrition Kitchen is lifestyle medicine at its best," said Col. Mary Anne Kiel, Air Force Medical Home chief, Air Force Medical Readiness Agency, and chair the Lifestyle and Performance Medicine working group. "Food has an enormous potential to harm or to heal, but it's surprising how infrequently we consider the types of foods we are eating every day. It is time for that to change. It's time to empower

the members of all our military services to upgrade their nutrition by making choices to keep them ready for the mission and to improve their health."

The Nutrition Kitchen series aims to make the sometimes difficult process of both selecting and cooking nutritious meals more engaging, approachable and fun.

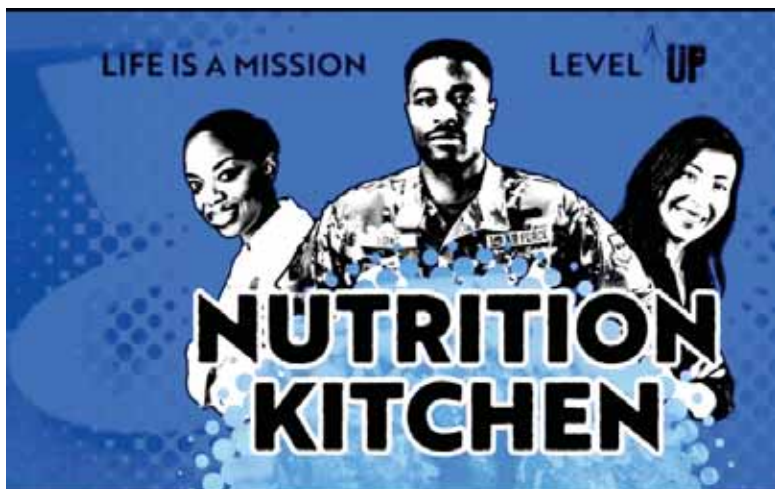
The recipes for this series were developed to be tasty, easy to prepare, and low-cost, all while providing the fuel necessary to "level up" service members' health.

Service members can look forward to several delicious recipes heading their way over the next few weeks. The chef-curated dishes range from banana pancakes with date syrup to a cauliflower black bean ranchero taco bowl, a favorite among recipe taste-testers.

More conveniently, this series will be available at service member's fingertips, where they can watch and cook completely on their own time. New episodes are set to release weekly and can be found on the Nutrition Kitchen page or via YouTube.

Funded by Air Education and Training Command and a partnership with the Office of the Surgeon General, the Nutrition Kitchen Program was created by the Lifestyle and Performance

Medicine Working Group and Health Promotions. The episodes were filmed and produced by 2nd Audiovisual Squadron at Hill Air Force Base, Utah, from August 2021 to February 2022.



The Air Force Medical Service has launched "Nutrition Kitchen," a series of online nutritional cooking classes geared toward service members and their families. The new program, created by the Lifestyle and Performance Medicine working group, will introduce a resource requested by service members striving to optimize their health through lifestyle changes.

COURTESY GRAPHIC

STARTS FRIDAY

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THE BAD GUYS
(2020) Animation, Adventure, Comedy (PG)

FATHER STU
(2022) Biography, Drama (R)

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(2010) Action, Adventure, Animation (PG)

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COMMUNITY COLLEGE OF THE AIR FORCE GRADUATION

Airmen, friends, family and base leadership came together to celebrate the CCAF Graduation of 13 Airmen on June 29, 2022, at Minot Air Force Base, North Dakota.

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

GRADUATES

SrA Hunter Cook 5 MXS
 SSgt James Kaznowski 5 M
 TSgt Jeffrey Foster 5 MXS
 A1C Maxwell Lockett 5 AMXS
 SSgt Dallas Ansick 91 SFG
 TSgt Giancarlo Del Valle 5 SFS
 TSgt Andres Rojaperez 5 SFS

SSgt Williams Phillips 5 AMXS
 SSgt Shanice Osborn 91 MMXS
 SSgt Jesse Reid 5 MUNS
 TSgt Kevin Ruhl 5 MUNS
 SSgt Marc Cammon AFLOA
 SrA Vivianne Hobbs 54 HS
 SSgt Kristi Garcia 891 MSFS

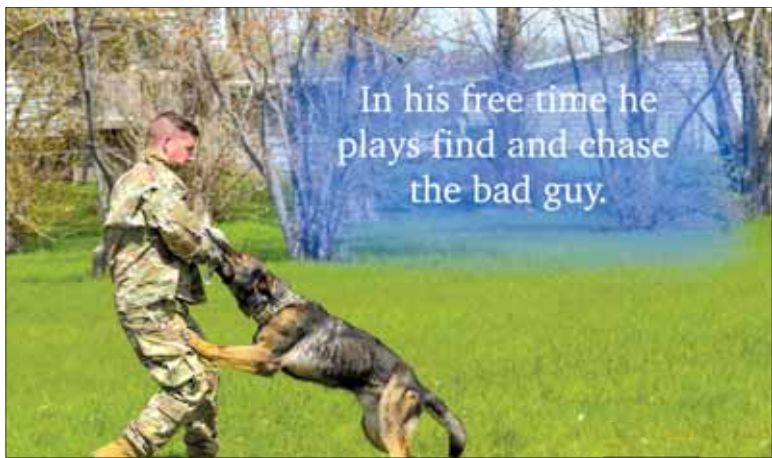


5/6 Excellence Grant Scholarship winner, SSgt James Kaznowski





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Upcoming Events

8-10 JULY MAGIC CITY EQUALITY PRESENTS - MINOT PRIDE FESTIVAL 2022
VARIOUS TIMES
Various Locations
Minot

Magic City Equality is excited to announce the dates of the Minot Pride Festival 2022! The festival will include three days of events from Friday, July 8 to Sunday, July 10, 2022, to celebrate and unite the LGBTQ2S+ (lesbian, gay, bisexual, transgender, queer/questioning, and Two-Spirit) community, as well as allies, friends, and family.

- July 8 - Pride Bar Crawl • July 9 - Pride in the Inside • July 9 - Drag Show
- July 10 - Drag Brunch • July 10 - Pride Picnic in the Park



For more information:
Facebook/Magic City Equality/Events

9 JULY TASTE OF MINOT DOWNTOWN FOOD TOUR
12:00 PM - 3:00 PM
Gourmet Chef
122 Main St S, Minot

Join us on a tour of beautiful downtown Minot where we will be stopping at 5 different spots to sample food and beverages and get to hear different facts you may not know about the area along the way. Cost is \$55 and you must be over 21. Please purchase tickets at the following link:



For more information:
www.gchef.com

11 JULY SOURIS SCRAMBLE
10:00 AM
Souris Valley Golf Course

We are very excited to announce that we have opened registration for the 2022 Souris/AFLAC Ladies 2-Person Golf Scramble! As always, golfers of all skill levels are welcome to participate. The entry fee is \$160/team (\$80/player), which includes your cart. We will have snacks in the morning and a meal following play. There will be "swag bags" for all participants, hole prizes, door prizes, and awards for 1st and 2nd in each flight. All registration can be done online at minotparks.com or by following this link: <https://bit.ly/3rlmSrt>

If you have any questions, please feel free to contact Ann at ann@minotparks.com or at the Minot Parks office - 857-4136.



For more information:
www.minotparks.com

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

FREE Live Music + Arts and Crafts Festival + Bounce Houses + Axe Throwing + Food Trucks and more!!

Activities begin at 5:30. Music starts at 6! Two bands every night!

Concert Schedule:
July 14th - The Brothers + Myles Barcomb & the Sweet Dreams
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

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CITY OF MINOT 2021 Water Quality Report

*An open letter to our
water customers...*

Where Does Our Water Come From?

The City of Minot is considered a ground water system, consisting of two sources: the Sundre Aquifer and the Minot Aquifer. We used about 63% Sundre water and about 37% Minot well water in the year 2021.

The Safe Drinking Water Act

The Safe Drinking Water Act was first passed in 1977. It was amended in 1986 and again in 1996. As part of the 1996 amendments all customers must receive a report on the quality of their drinking water.

This report covers the calendar year 2021. We will share with you the results of the latest tests performed on our water and discuss pertinent subjects such as water sources, water quality, and a description of terms used.

If you own or manage an apartment complex or have renters, we encourage you to share this report with them. If you have questions regarding this report please call the Water Treatment Plant at 857-4761 or the Public Works Department at 857-4140.

You may also attend the Minot City Council meetings if you have concerns about water quality. Meeting times and dates can be obtained by contacting the City Clerk's office at 857-4752.

Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplant, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/CDC guidelines on appropriate means to lessen the risk of infection by cryptosporidium and other bacteriological contaminants are available from the Safe Drinking Water Hotline (800-426-4791).

All regulated substances which have been detected in our water are listed in the table on the back side of this brochure. All are well within the established limit.

Unregulated contaminants are those for which EPA has not established drinking water standards. The purpose of unregulated contaminant monitoring is to assist EPA in determining the occurrence of unregulated contaminants in drinking water and whether future regulation is warranted.

In 2021, we were required to test for lead and copper. If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. City of Minot Water Treatment Plant is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components.

Use water from the cold tap for drinking and cooking. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking. If you are concerned about lead in your drinking water, you may wish to have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline or at <http://www.epa.gov/safewater/lead>.

Wellhead Protection

Our public water system, in cooperation with the North Dakota Department of Environmental Quality, has completed the delineation and contaminant/land use inventory elements of the North Dakota Source Water Protection Program. Based on the information from these elements, the North Dakota Department of Environmental Quality has determined that our source water is moderately susceptible to potential contaminants. Copies of the Wellhead Protection Program plan and other relevant information regarding this program can be obtained from Engineers Office or Public Works during normal office hours.

The sources of drinking water (both tap water and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs, and wells. As water travels over the surface of the land or through the ground, it dissolves naturally-occurring minerals and, in some cases, radioactive material, and can pick up substances resulting from the presence of animals or from human activity.

If you are aware of non-English speaking individuals who need help with the appropriate language translation, please call Debbie Chappo at (701) 852-0333.

Contaminants that may be present in source water include: **Microbial contaminants**, such as viruses and bacteria, which may come from sewage treatment plants, septic systems, agricultural livestock operations, and wildlife.

Inorganic contaminants, such as salts and metals, which can be naturally-occurring or result from urban stormwater runoff, industrial, or domestic wastewater discharges, oil and gas production, mining, or farming.

Pesticides and herbicides, which may come from a variety of sources such as agriculture, urban stormwater runoff, and residential uses.

Organic chemicals, including synthetic and volatile organic chemicals, which are by-products of industrial processes and petroleum production, and can also come from gas stations, urban stormwater runoff, and septic systems.

Radioactive contaminants, which can be naturally-occurring or be the result of oil and gas production and mining activities.

In order to ensure that tap water is safe to drink, EPA prescribes regulations which limit the amount of certain contaminants in water provided by public water systems. Food and Drug Administration (FDA) regulations establish limits for contaminants in bottled water which must provide the same protection for public health.

Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the Environmental Protection Agency's **Safe Drinking Water Hotline (800-426-4791)**.

The Safe Drinking Water Act and the Environmental Protection Agency deal only with the health aspects of water. There are a number of components common in all water in which most people are interested. Among these minerals, most of which are beneficial, and there are also some aesthetic qualities. Because we have 15 different sources, these components can vary, but an estimated average of them are listed below:

Hardness	141 mg/l
	8.4 grains per gallon
Total dissolved solids	976 mg/l
Conductivity	1260 umhos/cm
Sodium	218 mg/l
pH	9.0
Calcium	72 mg/l

If you wish more information you can call The Minot Water Treatment Plant at 857-4761.

Terms For This Report

AL (Action Level): The concentration of a contaminant, if exceeded, triggers treatment or other requirements which a water system must follow.

MCL (Maximum Contaminant Level): The highest level of a contaminant that is allowed in drinking water.

MCLG (Maximum Contaminant Level Goal): The level of a contaminant in drinking water below which there is no known or expected risk to health.

mg/L (milligram per liter): Or part per million; the parts of contaminant per million parts of water. Roughly equivalent to one drop per 10 gallons of water.

MRDLG (Maximum Residual Disinfectant Level Goal): The level of a drinking water disinfectant below which there is no known or expected risk to health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contaminants.

MRDL (Maximum Residual Disinfectant Level): The highest level of a disinfectant allowed in drinking water. There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants.

ND (Not Detected): Or below the detectable level of the test procedure.

NTU (Nephelometric Turbidity Units): A measure of how clean the water is, caused by suspended matter in the water.

pCi/l (picocuries per liter): A measure of radioactivity.

ppm (parts per million): Or milligrams per liter, roughly equal to one drop per 10 gallons of water or one minute in two years.

ppb (parts per billion): Or micrograms per liter, roughly equal to one drop in 10 thousand gallons of water or one minute in two thousand years.

TT (Treatment Technique): A required process intended to reduce the level of a contaminant in drinking water.

Table of Detected Regulated Contaminants

CONTAMINANT	MCLG	MCL	LEVEL OR RANGE	DATE TESTED	SOURCE OF CONTAMINANT
INORGANIC CONTAMINANTS					
Arsenic (ppb)	0	10	1.74	3/16	Erosion of natural products; runoff from orchards; runoff from glass and electronics production wastes
Barium (ppm)	2	2	0.00433	3/16	Erosion of natural deposits
Chromium (ppb)	100	100	1.37	3/16	Erosion of natural deposits
Fluoride (ppm)	4	4	0.58 to 0.88	Monthly	Erosion of natural deposits and added as a nutritional supplement
Nitrate + Nitrite (ppm)	10	10	.0054	3/21	Runoff from fertilizer use; leaching from septic tanks, sewage; erosion of natural deposits
Selenium (ppb)	50	50	1.65	3/16	Erosion of natural deposits
DISINFECTION BYPRODUCTS					
Total Haloacetic Acids (ppb)	-	60	16 8.02 to 19.87	2021 Quarterly	Byproduct of drinking water chlorination
Total Trihalo-methanes (ppb)	-	80	62 45.01 to 80.06	2021 Quarterly	Byproduct of drinking water chlorination
DISINFECTANTS					
Chloramine (ppm)	MRDLG	MRDL	2.80 2.62 to 2.93	1/21 Monthly	Water additive used to control microbes
OTHER CONTAMINANTS					
Copper (ppm)	1.3	AL = 1.3	0.021	9/21	Corrosion of household plumbing systems; erosion of natural deposits; leaching from wood preservatives
Lead (ppb)	0	AL = 15	10.8	9/21	Corrosion of household plumbing systems

Minot Symphony Secret Garden Tour

THE MINOT SYMPHONY ORCHESTRA

The Minot Symphony Orchestra will host its 28th annual Secret Garden Tour and Vendor Store on Wednesday July 13 from 4:30 to 8:30 pm.

This annual open house style event features 6 great gardens in the Minot area. On July 13th from 4:30 to 8:30pm, ticketholders can travel on their own to the featured gardens and spend time enjoying a variety of perennial and annual flower beds, vegetable gardens, yard art, and much more. The ticket includes the addresses, brief description, and a map to each garden. Musicians from the Minot Symphony Orchestra will be at various gardens providing music for your enjoyment.

This year's event features the yard of Andersen's whose yard is filled with a wide variety of plants and flowers arranged with interest and texture to create variety throughout their entire yard. The Dailey's will host a guide to growing garlic presentation at 5:30 and 7:30pm in their garden where over 400 cloves of garlic were planted! Ticketholders can stop by and enjoy their timed presentations. The Hermann family spends countless hours enjoying their backyard escape! Their yard & garden is ALL things eclectic, it's a collection of family treasures which have been turned into fun ways to showcase a love of flowers and the outdoors. The containers, art, & flowers are a mix of family favorites and new things they just had to try! The Sipma's enjoy their quiet backyard oasis with a sitting garden enclosed by evergreens and an arbor with a paved walkway complete this idyllic backyard.

We are proud to partner with two local organizations to feature their gardens this year. Xcel Energy partnered with the U.S. Fish and Wildlife Service to do seeding on 40 acres of land surrounding their SE Minot substation. The native plants benefit pollinators such as the monarch butterfly and honeybees and include a native seed mix featuring over two dozen types of plants ranging from western wheatgrass to purple coneflowers. This project is so important to the success and continuation of the plant life of our community and our Secret Garden Tour and we are proud to feature it this year!

Even though The Lord's Cupboard Food Pantry Garden is 26 miles from Minot including 4 miles on gravel, we are excited to feature this massive garden on our tour. In the spring of 2019, Duane Brekke donated raised garden beds on his farm to The Lord's Cupboard Food Pantry so that a Pantry Garden could be developed. Cucumbers, tomatoes, cabbage, carrots, and squash are some of the vegetables grown in the six

raised beds each 175 feet long by four feet wide (4,200 square feet) plus a melon patch on the ground of approx. 400 square feet. Last year, in spite of the heat and dry conditions, the garden produced 6,943 pounds of vegetables for the Minot community! New this year, a Wifi watering system was installed to help maintain the garden. Thanks to all the volunteers who make this garden possible!

The garden and vendor store on the tour showcases some of Minot's talented artists with handmade art, wearables, yard art and décor.

"This is the perfect opportunity to stop and smell the roses! All while supporting your Minot Symphony Orchestra. Spend a couple of hours listening to live music while enjoying the beauty of Mother Nature and shop at the vendor store featuring local artists and vendors. I encourage everyone to visit all 6 gardens, the Lord's Cupboard Food Pantry Garden is about a 20-minute drive but well worth it! It is unbelievable and does such great things for the community! The tour will go on rain or shine!" said executive

director, Ellen Fenner.

Tickets are available for \$15 (cash or check) at Lowe's Garden Center-1604 4th Ave. NE, Visit Minot-1020 S. Bdwy, and the Prairie Bistro & Gardens-9243 38th Ave. NW Mohall. Tickets will be available the evening of the tour for \$20 at each garden. Children under the age of 10 are free. The event will go on rain or shine.

All proceeds from this event will benefit the programming of the Minot Symphony Orchestra, a university and community orchestra that aims to enrich lives by providing opportunities for musicians and inspiration to patrons through education and the performance of diverse orchestral repertoire.

For more information, contact the Minot Symphony office at 701-858-4228 or find them on Facebook at Minot Symphony Orchestra.

The Minot Symphony Orchestra is a unique blend of student, community and professional musicians that has been performing in the Magic City for over 95 years.



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PRIDE MONTH FORUM

5th Bomb Wing Commander, Col Hoadley, and Command Chief, CMSgt Jones spoke to a group of Airmen on topics of diversity and inclusion. Emcee and panel members included, Amn Pierpont, Lt O'Keefe, Amn Few, Sgt Kaleel, and Minot City Councilwoman Evans. Open forums like this help to create a stronger Air Force and one that is ready to complete the mission. Thank you to everyone who came out to celebrate the end of Pride Month!

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS ALEX NOTTINGHAM

<p>EVERYDAY HAPPY HOUR • 3PM – 6PM</p> <ul style="list-style-type: none"> \$2 off All Apps \$3 House Wine & Domestic Pints Bavarian Pretzels with Beer Cheese Sauce \$4 Rail Drinks, ND Brewery Pints & 22oz Domestic Taps, 4 Lettuce Cups \$5 Moscow Mule \$6 Specialty Cocktails, Martinis & 22oz ND Breweries Taps ½ Flat Bread Pizza 	<p>DAILY SPECIALS</p> <ul style="list-style-type: none"> Monday \$5 Moscow Mules (all day) Tuesday \$4 ND breweries (all day) Wednesday ½ Price Wine by the glass/bottle (all day) Thursday \$1 up for all Tall Taps (all day) Sunday BRUNCH (11am-2pm) \$7 TSR Bloody Mary & Caesars \$12 Bottomless Mimosas \$6 Breakfast Shots 	<p>FAMILY PACKS</p> <ul style="list-style-type: none"> Monday Pizza Pack Combo Tuesday Sandwich Pack Wednesday Chef Creation* Thursday Pasta Pack <p><small>*Changes Weekly – Check our Facebook Page</small></p>
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NODAK ARMS

OUTDOOR

REPORT

OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, July 5: 1,836.7 feet above mean sea level (MSL); 20,900 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,450.74 feet above mean sea level (MSL).
 Stump Lake elevation: 1,450.71 MSL.

•N.D. Game & Fish Dept. game wardens: Scattered walleye activity on the east end of Lake Sakakawea with good success throughout the midsection. No Missouri River reports. Lots of recreational boating smaller north-central area lakes with fishing reports.

•Devils Lake, Ed's Bait Shop, Devils Lake: Continued fair to good walleye success.

•Devils Lake, Woodland Resort, Devils Lake: Walleye moving into deeper water with warmer weather. Try bottom bouncers and spinners with nightcrawlers or leeches working weed edges or along the Golden Highway. Work deep for some nice white bass activity.

•Lake Darling, Karma C-Store, Ruthville: Lake Darling and Grano area remain fair to good for walleye. Lake Audubon remains fair for walleye.

•Lake Metigoshe, Four Seasons, Bottineau: Improving bluegill success but limited walleye reports with lots of recreational boating activity.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Try 14 to 22 feet for walleye along Steinke, de Trobriand, or Garrison bays as well as Indian Hills on the east end of Lake Sakakawea.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Fair to good for walleye on the east end of Lake Sakakawea. Try 15 to 25 feet depending on the wind around 7 Sisters, main lake east end humps, or northeast corner of Mallard Island using slow death hooks and plain hook or bottom bouncers. Leeches starting to produce success.

•Lake Sakakawea, Indian Hills Resort, Garrison: Fair to good for walleye. Try 8 to 22 feet along the warmer water of the south side with leeches or nightcrawlers. A few anglers still finding success on

•Check camping and activity regulations on N.D. Game & Fish Wildlife Mgmt. Areas, including "Pack it in, pack it out" for garbage.

TOURNAMENTS:

- July 9: Lake Sakakawea, Van Hook Arm; Devils Lake, Creel Bay.
- July 9 & 10: Devils Lake.
- July 15 & 16: Lake Sakakawea, Fort Stevenson State Park.
- July 16: Lake Sakakawea, Parshall Bay; Lake Sakakawea, McKenzie Bay; Devils Lake.
- July 20: Lake Sakakawea, 4 Bears.
- July 23: Devils Lake, Creel Bay.

minnows.

•Lake Sakakawea, New Town: Continued good walleye success with nice numbers of fish. Try a variety of presentations and bait throughout the entire Van Hook Arm.

•Lake Sakakawea, Van Hook Bait & Tackle, New Town: Good for walleye with some success still with minnows. Larger fish coming from minnows or leeches in deeper water in 24 to 30 feet. Bigger numbers of walleye coming on nightcrawlers in shallower water around 16 to 18 feet.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace producing a nice mix of walleye and catfish from boats with improving sizes showing up. Try the "blowout" hole using a variety of presentations with overall generally fair to good success. Try the spillway area or boat ramp from shore, as well, for both catfish and walleye. East end of Lake Sakakawea still a little inconsistent but generally improving walleye success. Try Douglas Bay, islands along the east end, points, and general areas along the north shore in 12 to 18 feet using spinners and nightcrawlers or leeches. A few small salmon coming from the face of the dam using a variety of presentations.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Van Hook Arm, especially the southern end, and New Town remain good for walleye on Lake Sakakawea.

West of 4 Bears Bridge remain muddy with limited walleye success. West end closer to Williston still producing catfish, though. Try the confluence area for walleye on the Missouri and Yellowstone rivers. Yellowstone River remains muddy but now within its banks. Try late evening hours for walleye on Blacktail Dam.

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

•Turtle Mtn. area lakes, Coast-2-Coast, Rolla: No new reports from area lakes.

N.D. rivers:

•Little Missouri River, Long X Bridge: River stage, 1.94 feet; streamflow, 1,390 CFS.

•Missouri River, Williston: River stage, 28.33 feet.

•Missouri River, Washburn: River stage, 9.71 feet.

•Pembina River, Walhalla: River stage, 4.2 feet; streamflow, 794 CFS.

•Souris River, Foxholm: River stage, 5.28 feet; streamflow, 8.02 CFS.

•Souris River, Minot: River stage, 4.54 feet; streamflow, 91.5 CFS.

•Yellowstone River, Sidney, Mont.: River stage, 9.97 feet; streamflow, 35,000 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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5TH OPERATIONS GROUP CHANGE OF COMMAND

Col. Christopher G. Cain, incoming 5th Operations Group commander, accepts guidon from Col. Daniel S. Hoadley, 5th Bomb Wing commander, as he assumes command during a change of command ceremony at Minot Air Force Base, North Dakota, June 29, 2022. Cain previously served as the Branch Chief of Operations in the Information Environment on the Joint Staff J-5 at the Pentagon from June 2021 to June 2022.

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN CHINA M. SHOCK

Good Gardening

ADVICE

by Marvin Baker



Know Your Products

I recently went on vacation and visited a farmers' market in the small Missouri town of Buffalo, which is near Springfield and Joplin. At that market I ran into a young lady selling produce, telling me that she had just harvested the garlic on her table. She told me it was the Music variety and that it was a soft neck garlic. The garlic could have been Music, but it certainly wasn't soft neck. I could tell by looking at the stalk. She had cut off the scapes and had them on her table as well. Music is actually a hardback porcelain garlic that is used in a number of cooking applications.



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Fitness Feature: Cycling Team Promotes the Air Force

ERIN BEENE

Even though all active duty members must adhere to their yearly Air Force-instituted physical fitness assessment, there are a variety of different methods that Airmen use to stay fit. Many of our active duty community on Minot Air Force Base participate in and thrive in a multitude of sports and activities. Tech. Sgt. Thomas Abney from the 91st Missile Security Forces Squadron is one of those Airmen who doesn't just slide in the minimum for athleticism; Abney is an active member of the Air Force Cycling Team, who will be assisting recruitment by riding in the major Register's Annual Great Bicycle Ride Across Iowa (RAGBRAI) event at the end of this month.

Abney began his journey with cycling before he was in the AF, when he was forced to ride his bike to work instead of driving and started to enjoy it. Flash forward to 2013 when Abney was stationed at Tinker AFB in Oklahoma and he saw a flyer for the Air Force Cycling Team; he then decided to buy a road bike and start riding. The Team has squads at many bases and is comprised of all levels of riders. The requirements to join the team are few and are listed on their website, afcycling.com/join-team/. Mainly, a rider must be AF affiliated, own a road bike and have a passion for cycling. It is even open to dependents and retirees.

According to Abney, one of the main goals of the Air Force Cycling Team is to promote the Service in the RAGBRAI event held every July in Iowa. This world-renowned cycling event is more than a race, it is an experience. The RAGBRAI website, ragbrai.com, explains the event as: "Register's Annual Great Bicycle Ride Across Iowa is more than just a bike ride, it is an epic eight-day rolling festival of bicycles, music, food, camaraderie, and community. It is the oldest, largest, and longest multi-day bicycle touring event in the world." The event, which follows the Missouri River to the eastern Mississippi River, began in 1973. "The 462-mile, July 24-30 ride, with 12,945 feet of climb, will be the first since 1984 to feature a 100-mile Century Day, instead of an optional added-mileage loop," explains their website. This is the sixth year that Abney has been involved in the event, with his only missed years due to scheduling of deployments or TDYs. Abney described the event by explaining the traditional nature of the ride. He said that all the little towns that the race runs through host mini-fairs and the whole town turns out to support the racers. Abney also mentioned that the event is not only open to cyclists, but skateboarders, scooters or really any small non-motorized vehicles. He said that even though the race can be dangerous at times, part of what makes it fun is the people. "You see the same people year after year, and you get the chance to meet people from different AFSCs and bases that you wouldn't otherwise meet in your bubble."

The Air Force Cycling Team and the RAGBRAI event hold a unique relationship. The team goes not only to ride in the event but also to serve Air Force public relations through the We Are All Recruiters (WEAR) program. Under this program, members from the Team are able to participate in the RAGBRAI event as a permissive TDY. "The AF Cycling Team has been riding in RAGBRAI since 1995 and through the years were coined as the 'guardian angels



The Air Force Cycling Team riding in a 2-wide formation to celebrate the end of the week-long ride. July 2021, Sac City, IA.



The 2021 RAGBRAI route in Rockwell City, IA, where TSgt Abney's family farm is located. The AFCT stopped for a picture with Abney's grandfather, Airman First Class Weston Thompson (age 91), who was a radar systems operator during the Korean War. The team thanked him for his service.

of the road' because we are contractually obligated to stop for any riders in need of assistance. We have assisted with first aid, mechanical issues, flat tires and a multitude of other things," said Abney. The Team uses this event as a major recruiting opportunity by representing the Air Force well amongst the approximately 16,000 riders every year.

TSgt. Abney, who plans to stay on the team even into retirement, cherishes the opportunity to use his passion for the AF. He said that anyone who is interested in the

AF Cycling Team can go to their website and just start riding in any local events. Although he said that there are not many events in the Minot and North Dakota area, they are always open to new riders and chances to ride together. "[The AF Cycling Team is perfect for] Airmen and young people to branch out of your comfort zone, learn to be comfortable in the uncomfortable and make contacts outside of your circle. It gives the opportunity to get a broader perspective of what the AF has to offer."



TSgt Abney and 1st Lt Nia Restrepo, a Missileer with the 741 MS, posing in front of a mural painted specifically for 2021 RAGBRAI. (Calamus, IA)



TSgt Abney and fellow AFCT rider TSgt Dominic Salierno at the Iowa Veteran Memorial in Ackley, IA, during the 2015 RAGBRAI. It is unusual for RAGBRAI to go through the same towns from year to year, but in 2021 Abney rode once again by this memorial and was overcome with emotion in remembrance of his friend "Dom," who had unfortunately taken his own life just a month prior to the event.

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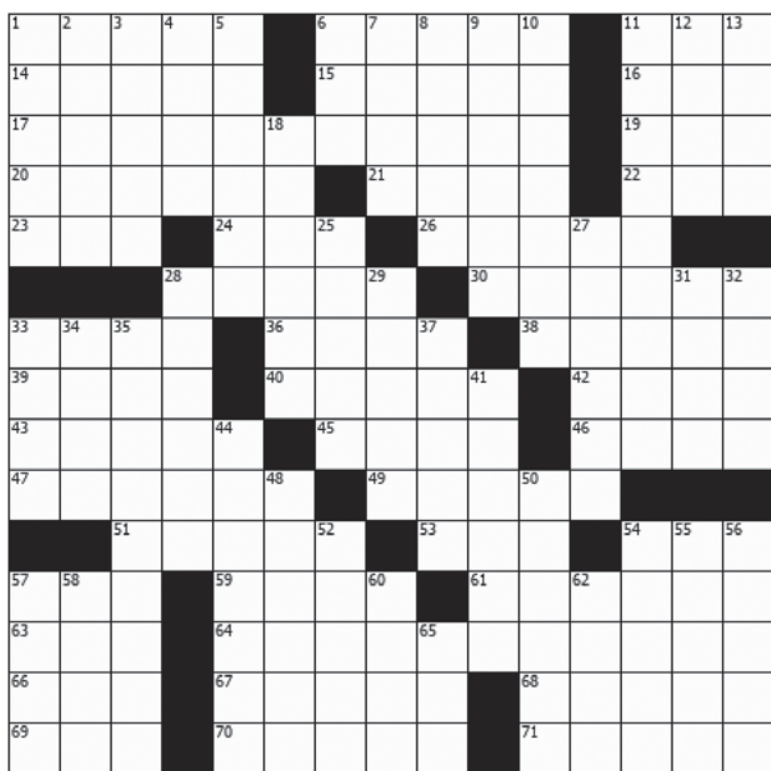
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CROSSWORD PUZZLE

Across

- 1. Carbo-loader's fare
- 6. Les ___-Unis
- 11. Handle moguls?
- 14. Bit of high jinks
- 15. Poisonous
- 16. Blood, so to speak
- 17. Star transport
- 19. Pointy-eared sprite
- 20. Fireside setting
- 21. Gray wolf
- 22. Court
- 23. Scary slitherer
- 24. Bunch of moola
- 26. Rock genre
- 28. Prepares an apple, perhaps
- 30. It has a blind spot
- 33. Major League manager Larry
- 36. Uses a shuttle
- 38. Word with blood or organ
- 39. Sixth day creation
- 40. Iron output
- 42. Chance upon
- 43. Stable fathers
- 45. Juno, to the Greeks
- 46. Man, but not Woman
- 47. Repressed
- 49. Cousin of lavender
- 51. Sinful city
- 53. Don't just stand there
- 54. Doe or heifer, e.g.
- 57. Reheat, nowadays
- 59. Peter Gunn's girlfriend
- 61. Farmer, essentially
- 63. Woolly mama
- 64. Talk and talk and talk
- 66. School of tomorrow?
- 67. Have pizza delivered
- 68. Toil
- 69. Word with hat or hand
- 70. "___ Remember" (1960 song)
- 71. Lugged



Down

- 1. Former Turkish title
- 2. Starts the pot
- 3. Harness part
- 4. Stadium section
- 5. When Romeo says "Juliet is the sun"
- 6. Biblical or ordinal suffix
- 7. Car payment
- 8. Self-evident principle
- 9. Woodcutter's cry
- 10. Went hastily
- 11. They never intersect in geometry
- 12. Pusher's purchase, perhaps
- 13. Facts, briefly
- 18. Maps out
- 25. One of Franklin's two certainties
- 27. Type of power or clock
- 28. Regained consciousness
- 29. Pittsburgh product
- 31. Holiday song
- 32. Jocular Johnson
- 33. Enjoy the limelight
- 34. Jon Arbuckle's pooch
- 35. Sci-fi travel term
- 37. Delhi wraps
- 41. Bad-mouth
- 44. Extra wager
- 48. Affectionate denial
- 50. Idle
- 52. Like many a mouthwash
- 54. It pours from pores
- 55. Laborious throw
- 56. Committed a faux pas
- 57. Round number
- 58. MP's concern
- 60. Better copy
- 62. Capital on a fjord
- 65. Beatle bride

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

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

SUDOKU

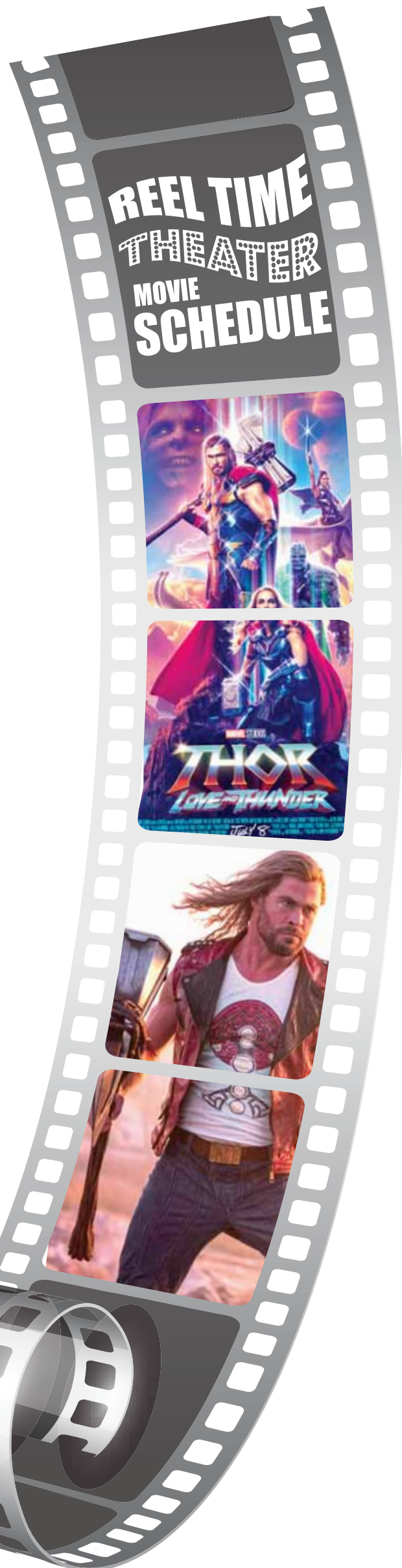
1	2	3		4		5		
	6					7	2	
	8			9				4
			3		5	4		
3		7				9		8
		2	8		9			
6				8			4	
5	4						9	
		8		5		1	3	6

Solution to puzzle on page B11

FRIDAY, JULY 8 1800
 SATURDAY, JULY 9 1800
 SUNDAY, JULY 10 1500

THOR:
LOVE AND THUNDER
 (PG-13)

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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



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Sunday, July 17
10AM, Congregational Prayer Service



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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

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Rev. Brian Doel

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

Wednesdays
6:30pm Contemporary Service



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Sunday Worship
9:30 AM

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Sunday Worship
10:00 am

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



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

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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




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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.



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Wednesday
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Wednesday Evening..... 7:00 p.m.

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Pastor David Miller



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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

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Sunday Worship 10:30 a.m.
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Wednesday Family Training Hour
Meal..... 5:30p.m.
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westminot.com
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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.


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

Apostolic Faith Church, UPCI

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PUZZLE ON PAGE B10

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Air Force clarifies policies for pregnant aircrew

STAFF SGT. NICK Z. ERWIN,
SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

ARLINGTON, Va. (AFNS) -- The U.S. Air Force recently clarified its policies that lifted some pregnancy restrictions for aircrew members. Air Force officials underscored that aircrew members may voluntarily request to fly during pregnancy and no waiver is required to fly in the second trimester with an uncomplicated pregnancy in a non-ejection seat aircraft if all flight safety criteria are met. All pregnant aircrew are authorized to apply for a waiver regardless of trimester, aircraft or flight profile.

These changes, implemented in 2019, represent data-driven policy adjustments, to include pushing some authorities down to the lowest level possible. To avoid any further confusion about the current policy, the Air Force Personnel Center emailed the policy clarifications to the entire force March 31.

"These changes are a significant step in the right direction to empowering every member of our team to serve to their full potential," said Secretary of the Air Force Frank Kendall. "The Department of the Air Force's most important asset is our people. We are focused on eliminating barriers that hamper the ability to attract and retain the most talented individuals who want to serve."

Pregnant aircrew members who wish to fly must be appropriately informed of risk to self, fetus, safety of flight and mission, consistent with all medical conditions. Approval is granted through joint consent of the aviator, obstetrics provider, flight surgeon and commander.

Waiver requests will be considered for those outside of 12-28 weeks of pregnancy, and for all airframes including single seat, ejection seat, and high-G capable airframes. The owning major command surgeon general is the waiver approval authority. Local medical personnel are not authorized to refuse consideration of a waiver request. DAF senior leaders will monitor the implementation of the policy through a monthly review of the number of waivers submitted, the number approved and denied,

and the reason for those decisions. "It's unfortunate that there was needless confusion around this policy for so long, which is why we'll be actively monitoring its implementation moving forward. As leaders we know transparency allows for accountability, and accountability helps to build trust," said Under Secretary of the Air Force Gina Ortiz Jones. "The pacing challenge demands that we're not needlessly grounding our aircrew."

Waiver acceptability is determined using individualized flight safety risk assessment and requires input from the obstetrics provider, flight surgeon, and operational profile. Initial waiver authority decision can be appealed with a written request by the aviator.

"As leaders, we trust our aviators to perform operational risk assessments and safely execute the mission every day," said Air Force Chief of Staff Gen. CQ Brown, Jr. "Clarifying this policy is about enabling Airmen to make an informed, personal decision, and providing support to both the member and the waiver authority."

The Women's Initiatives Team, one of the seven teams that comprise the Department of the Air Force Barrier Analysis Working Group, contributed vital input from women across the enterprise as the service evaluated the policy.

"Empowering women to make decisions for their own bodies and trusting them to appropriately manage risk, just as they do each time they step to the aircraft, will ensure all women aviators are able to perform to their full potential during all stages of womanhood, particularly pregnancy," said Maj. Samantha Sliney, WIT co-chair. "Through its research, the WIT discovered that women aviators generally did not know that they could seek a waiver to continue to fly during certain stages of pregnancy, depending on the aircraft. We appreciate recent efforts to clarify that policy and we are actively engaged to lower the level of waiver authority for uncomplicated pregnancies in all trimesters."

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NOTES ON BEING SAFE

ENJOY THE GREAT OUTDOORS



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Enjoying the fresh air, clear water and wildlife? More and more people have headed into the great outdoors for rest, relaxation, adventure and restoration. In the past five years alone, over one-third of the adults in the United States have gone on at least one over-night camping trip.

No matter what level of camping comfort you enjoy, there are always risks and hazards. On average, there are over 30,000 injuries treated in emergency rooms each year, and doctors treat an additional 75,000 camping-related injuries per year.

Camping styles range from primitive sites to RVs or even cabins. Find your comfort level in the great outdoors. Lodges are good alternative and are like hotels in a wilderness location, usually broken down into interest categories like fishing lodges, hunting lodges, etc. Once you determine your destination take the time to plan ahead before you head out the door and pitch a tent.

The last thing you want is to arrive at your campsite and realize that you forgot a piece of gear, or that you didn't bring the right equipment for what you plan to do. Different camping trips need different types of equipment and clothing. The possibilities range from hunting, to fishing, kayaking, whitewater rafting, backpacking, and family needs. Make sure you have the right gear for your trip and that it works properly!

Knowing what to pack for a trip depends on the season, location and activities you plan to include. Weather varies from season to season and from location to location. What clothing to wear should be a primary consideration and you should pack accordingly. For instance, wearing layers will allow you to adjust to different temperatures by

adding or removing layers. Waterproof clothing will prepare you for different weather conditions. Make sure to choose comfortable shoes or boots for walking to prevent blisters. To keep insects and ticks from getting underneath clothing tuck pant legs into your socks and shoes. A cap or hat will also come in handy as a good shield to protect your head from too much sun.

Here are 10 safety tips for choosing a campsite:

- Plan ahead and arrive at the campsite with plenty of daylight time remaining to identify hazards.
- Stay away from areas that may flood easily or get muddy if it rains.
- Be cautious. Look for sharp objects, broken glass, or other foreign objects.

• Avoid areas with rocks or other hazardous terrains.

• Watch for bees, ants and other insects, along with poison ivy and other poisonous plants.

• Avoid areas with low tree branches or dead trees. These could easily fall during gusts of wind.

• Look for an area with bushes or shrubs to block cold winds or provide shade in the heat.

• Pick an area with level ground and enough space for all your belongings.

• Pitch your tent away from your campfire.

• Build your campfire in a contained area to prevent it from spreading.

Keep the fun in camping. Be sure to take the necessary safety precautions!

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BLACK AND WHITE RUFFED LEMUR

CREATURE FEATURES

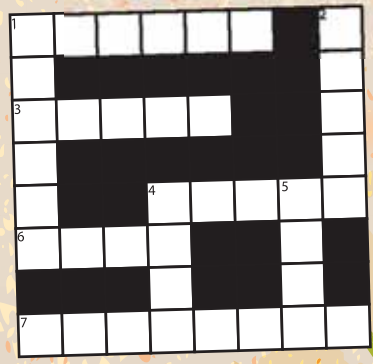
- They quadrupedally (using all 4 limbs) move about in the trees and are often seen suspending themselves upside down by their hind feet to feed on fruit.
- Lemurs are one of the great pollinators of the world! These Lemurs have developed a fascinating relationship with the Traveler's Palm Tree. When they pull apart the bracts of the tree to forage, the pollen sticks to the Lemur's fur and is carried to the next tree.
- Black and White Ruffed Lemurs are one of the only primates to make nests and commonly give birth to twins or triplets.

Fact File

Life Span	14 - 16 Years
Weight	7 - 10 pounds
Height	17 - 22 inches
Tail Length	22 - 25 inches
Body Length	20 - 22 inches
Wild Diet	Gommates Camellias (Mistletoe) Fruit, Leaves, Seeds, Nectar, Flowers



CROSSWORD PUZZLE



- ACROSS**
1. Condition of being protected
 3. Of great weight
 4. Aches and _____
 6. Large vehicle (abbr.)
 7. Gaining knowledge
- DOWN**
1. Education building
 2. Things to read
 4. Flow into a stream
 5. Person, place or thing
- Answers:**
Across: 1. Safety 3. Heavy 4. Pains 6. Limo
Down: 1. School 2. Books 4. Pour 5. Noun 7. Learning

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All About Pets

Traveling with Pets

The holidays are right around the corner, which means that many pet owners will be traveling to see family (with or without their furry friends)! Thinking about bringing your pet home for the holidays? Here are a few tips, tricks, and things to consider.

- **Do or Don't:** First things first, you have to decide if bringing your pet along is a good idea. If you have an older pet, one who suffers from extreme anxiety or other behavioral issues around groups of people, a pet suffering from major health problems, or you just don't have the space to travel with or house your pet, you may want to consider finding a dogsitter while you are gone. Otherwise, traveling with a pet can be a great new experience for them!
- **Preparing to Travel:** If you are driving home, make sure to prepare your car (and dog) for the trip. There are a variety of seat covers available for those with pets who are safe to free roam in the car that will protect your seats and often come with leashes attached. If your dog or cat moves too much or has anxiety on car rides, you may want to consider securing a crate for them somewhere in the car. Make sure your pet has access to fresh water, food, and the occasional fan or open window (thicker coated pets are prone to overheating in the car), and bring plenty of toys and treats to keep them occupied! If you are flying, it's important to make sure your pet has a sturdy crate and ample blankets to keep them warm (if flying in cargo). If your pet has never traveled with you before, you may want to begin preparing as soon as possible by getting them accustomed to a crate, getting in the car, potty training, and even scheduling a check up with the vet in case any medications are needed. Some pets have so much anxiety over traveling that medication is necessary for their wellbeing!
- **Have a Plan:** Traveling with a pet can make plans a little more complicated, so it's best to get things squared away ahead of time. Make sure your hotels are pet-friendly, whoever you are staying with has a space for your pet to sleep and be alone (if needed), and it is never a bad idea to go ahead and find a local veterinarian in case of any emergencies. Make sure you bring any important documents you may need for your pet as well as any medications or special food. If you are staying with someone who has other pets, it is especially important to either make sure everyone gets along well or ensure your pet has a safe place to hang out while the festivities happen.
- **Have Fun:** Traveling with pets should be fun! Stop off at a unique pet-friendly spot along the way or take them to a local park while you're home. Buy them some holiday themed treats or toys, and don't be afraid to let your pet munch on some of the (pet safe) holiday food. If you're bringing them along, chances are they are a big part of your family, meaning they deserve to enjoy the trip as well.

While traveling with pets can be a little more stressful, have your furry friend around for the holidays with the rest of the family is one of the best ways to spend the season. Have fun, be safe, and have a happy holiday season!

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The Other Dakota: Worth the Drive

A road trip must for everyone at Minot

ERIN BEENE

I'm a traveler now. I wasn't always. After we were stationed at RAF Mildenhall, England, about 10 years ago, I uncovered a European attitude that I wasn't aware existed. The Europeans (much before Covid) all seemed to adopt a traveling spirit that I hadn't found in the 25 years I lived in the US. Traveling to new countries and places, taking a "holiday," was something the Brits and Europeans seemed to do all the time. Yet I knew many people growing up that had never even left the state of Texas, some never even traveling beyond a 200-mile radius. But as anyone who has lived overseas will tell you, travel is much more commonplace. So, after a first year of a colicky baby, my small family and I gave in and joined the travel epidemic around us. I was awed by the new worlds that greeted me. Thus, like so many before me, I fell in love with travel.

Since that time I have made it my mission to use our home base (wherever that may be) and find the coolest places we can visit in the surrounding areas. Knowing we will only be in each place a short time, it gets my travel engines pumping. After surviving my first Minot winter this past year, I needed to get out of town, and fast. But where could we go? What was affordable, driveable and kid-friendly? Looking slightly south in an attempt to warm a tiny bit, my family and I settled on none other than South Dakota!

The state of South Dakota is massive and, unlike its upstairs neighbor North Dakota, there were a lot of places that popped up when I Googled "Places to Visit in South Dakota." We only had six days, and we knew we wanted to visit our good friends stationed at Ellsworth AFB near Rapid City, so I started our trip in that area. Day one started a little after sunrise and ended at our first destination of Deadwood in the Black Hills. The drive was only about seven hours from Minot, but I do need to add that when driving anywhere for long distances in the Dakotas, get gas wherever you can! I know it is crazy expensive nowadays and probably even more so in these backroads towns, but trust me. We learned the hard way that gas stations are not readily available in the North Dakota state highways and backroads. If you see a gas station on a long journey, top off,



Badlands National Park awes with varied landscapes and lots of hiking possibilities

ERIN BEENE PHOTOS

just to be safe. Back to Deadwood. Deadwood is known for its late 1800s gold rush and the legendary lawmen and outlaws that roamed the area. The town itself is tiny, but there are lots of hotel options in town to choose from. We stayed near the main street as we wanted to be within walking distance to the attractions. We visited the "Days of '76 Museum" which had a lot of kid friendly activities and information about the original settlers in Deadwood. It's worth a visit if you like museums. Since we visited in May, we were a little bummed to find out that many of the Deadwood classic activities were not yet open as the tourist season had not yet begun. If you like to do things in the off-season to avoid crowds, like us, you may be disappointed with Deadwood. I would suggest going during the crazy summer months with the rest of the tourists to get the full shows, and experiences.

After exploring everything we could in Deadwood we took off for Spearfish. We happened upon Spearfish City Park and my kids (ages 9 & 6) had a blast! If you've got kids, this playground will wow the entire family and is worth a stop. Outside the playground area was a little creek bed where we spent some time skipping rocks. While it was too chilly for wading, I imagine it is a popular splashing spot in the summer. We had to pull our kids away from the playground to explore the newly-named D.C. Booth Historic National Fish Hatchery. We were skeptical about this place, but it actually ended up being really

informative and interesting! Make sure you bring some quarters to get fish food and check out the re-made train car that used to transport fish all over the US. The fish hatchery is a really educational and free place to stop!

Our first evening in Rapid City we ventured out to the Dinosaur Park. It's a little bit of a steep climb to see the dinosaurs and toddlers may need some strict attention, but once at the top, the panoramic views of the city were amazing! This was a cool place to see but won't take up much of your time, so it's an easy 15-20 minute time filler.

Since we are a homeschool family, most trips end up being a bit educational. We have been studying the US Presidents and South Dakota has so much President information that we decided to make it the theme for our trip. Early on a cloudless, sunny morning, we headed to downtown Rapid City, intent on locating every single statue of American Presidents which are scattered within a few blocks downtown. A walking tour map can be located online at visitrapidcity.com. We printed this and started our adventure. Yep, we found every single President (except Trump and Biden who haven't been made yet) and it took us a little less than two hours. This was honestly one of the most fun parts of our trip! My kids love a good checklist, so the hunt for all the presidents was a cool historic activity for us. Even if you don't think your family is up for the entire hunt, stopping and seeing at least a few is worth

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We loved the historical sights in downtown Deadwood



The Presidents Walk in downtown Rapid City, a free and educational adventure.

it for all ages. I'm not much of a foodie, so the places we ate were generally quick. But while in downtown Rapid City we did stop at Firehouse Brewing Company for some amazing food (they also have their own brewery and winery), and you definitely need to stop at Mary's Mountain Cookies for some absolutely delicious and unique flavor cookies!

After our day downtown I dropped off my husband and kids at our friends' house who live at Ellsworth AFB, and my friend and I spent Mother's Day afternoon at the Prairie Ridge Golf Course outside Ellsworth AFB. This 9-hole course offers club rentals, great prices for military personnel and beautiful scenery. I'm a pretty poor golfer. For me it's all about the fun and company, but this course works well both for serious golfers and beginners. We had a blast!

Our 4th day in South Dakota was our busiest. We headed out to the Presidential National Wax Museum in Keystone. Since our trip revolved around the Presidents this was a must see! The whole family enjoyed seeing the realistic scenes as well as recording a mock-state of the union address video. We had a full day planned, but just looking around, there were so many cool things to do in Keystone including the Big Thunder Gold Mine and Rushmore Tramway Adventures and lots more. If we went again, I would plan for an entire day in Keystone for sure! After the museum we visited the much-anticipated Mt. Rushmore!

While both my husband and I had been there before, our kids hadn't, and for some reason my six year old was amazed! As any parent will tell you, sometimes kids get excited about weird things and aren't into things you'd think they love. Well my daughter loved Mt. Rushmore and that in itself made it a highlight of our trip. The top gets a bit windy and maybe chilly so make sure and bring a jacket if the weather is iffy. Also be sure not to skip the walking trails. After Mt. Rushmore, we drove down to Crazy Horse Memorial and learned a lot about how and why it was and still is being built. After that we planned to drive through Custer State Park, but we decided at the last minute to take a detour to Evan's Plunge Mineral Springs in Hot Springs instead. It was out of the way, but we wanted to give it a whirl. The indoor pool features water slides and naturally warm mineral water from a thermal spring. The place itself was a bit dated, but the kids loved it. The water was chilly, but the unusual atmosphere made it a different type of activity for us and a much needed break in sight-seeing.

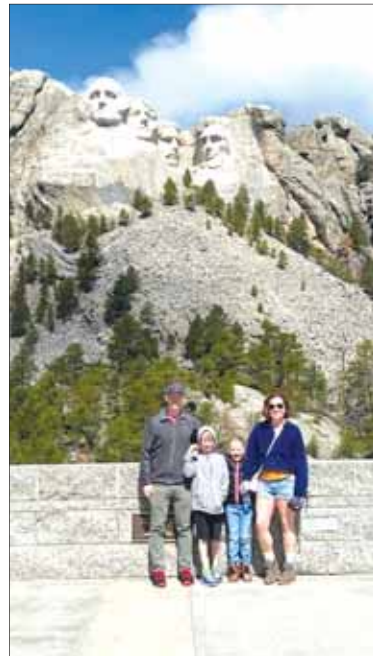
On our 5th and last day we headed out to Badlands National Park. Having younger kids, we're not all-day hikers, but the landscape there offered so many different types of visuals and mini hikes... it was a sight to see! We spent several hours there. On the way back to Rapid City we stopped off on the side of the road to see an old, retired missile silo. My husband and probably many

other military members found this refurbished and glass ceiling silo to be a cool part of the trip. The silo even has a tour guide out there waiting to answer questions. It is worth stopping for those military enthusiasts and only takes a few minutes. The billboard advertising around the route also led us to stop at Wall Drug on the way back. I think we had the wrong impression of what it was going to be, but we were a bit miffed when what we found was a maze of trinket shops instead of a large and welcoming convenience store. But we got some ice cream and enjoyed the sun anyway.

At the end of the epic South Dakota vacation we were tired and happy. There was so much more to see that we didn't get a chance to, and western SD has so many options for visitors. Even with our full four days we couldn't see near enough. I think this area requires two full-sized trips, but it's definitely a place for families, hiking enthusiasts, motorcycle people (we drove through Sturgis) and really everyone. All I know is that a trip to the western part of South Dakota needs to be on everyone's list. The history, varying landscapes and tourist destinations make it a must see road trip for any Minot AFB resident.



Retired, glass covered missile silo on the road will be a highlight for any military enthusiast.



Family photo at Mt. Rushmore

SMOKED PEPPERED BEEF JERKY



INGREDIENTS

- 1 (12 OZ) CAN OR BOTTLE DARK BEER
- 1 CUP SOY SAUCE
- 1/4 CUP WORCESTERSHIRE SAUCE
- 3 TBSP BROWN SUGAR
- 1 TBSP MORTON TENDER QUICK CURING SALT
- 1/2 TSP GARLIC SALT
- 3-4 TBSP COARSELY GROUND BLACK PEPPER, DIVIDED
- 2 LBS TRIMMED BEEF TOP OR BOTTOM ROUND, SIRLOIN TIP, FLANK STEAK OR WILD GAME

Plan ahead, this recipe marinates overnight.

In a mixing bowl, combine the beer, soy sauce, Worcestershire sauce, brown sugar, curing salt, garlic salt, and 2 tablespoons of the black pepper.

With a sharp knife, trim any fat or connective tissue off of meat. Slice the beef into 1/4-inch thick slices against the grain (this is easier if the meat is partially frozen).

Put the beef slices into a large resealable plastic bag. Pour the marinade mixture over the beef, and massage the bag so that all the slices get coated with the marinade. Seal the bag and refrigerate for several hours to overnight.

When ready to cook, set temperature to 180° and preheat, lid closed for 15 minutes. For optimal flavor, use Super Smoke if available.

Remove beef slices from the marinade and discard the marinade. Dry the beef slices between paper towels then sprinkle beef slices generously on both sides with black pepper.

Arrange the meat in a single layer directly on the grill grate. Smoke for 4 to 5 hours or until the jerky is dry but still chewy and somewhat pliant when you bend a piece.

Transfer to a re-sealable plastic bag while the jerky's still warm. Let the jerky rest for an hour at room temperature.

Squeeze any air from the bag, and refrigerate the jerky. It will keep for several weeks. Enjoy!

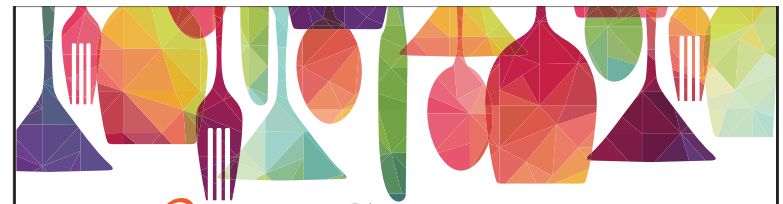
*Cook times will vary depending on set and ambient temperatures.

Access this, and over a thousand other Traeger recipes on the Traeger App.



Ryan Davy - GM Minot

www.HofE.com/BBQHQ



Local Cravings Restaurant Guide

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www.applebees.com

Bone's BBQ Smokehouse & Grill

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

Badlands Restaurant & Bar

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

28 Tastes & Taps

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

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www.mimexicominotnd.com

Pink's Bar & Grill

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Phone: 701.852.2385
www.facebook.com/PinksBarGrill

Culver's Restaurant

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Phone: 701.852.4800
www.culvers.com

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

Ironhorse Kitchen + Bar

21 E Central Avenue, Minot, ND 58701
Phone: 701.852.8183
FB: Ironhorse Kitchen + Bar Minot

The Starving Rooster

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

Primo Restaurant

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

Souris River Brewing

32 3rd St NE Minot, ND,
Phone: 701.837.1884
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William Randolph Hearst Foundation Donates to Trinity Health Foundation Capital Campaign

TRINITY HEALTH FOUNDATION

Trinity Health Foundation is excited to announce it was recently awarded a \$100,000 grant for the new Trinity Health Healthcare Campus and Medical District Capital Campaign from the William Randolph Hearst Foundation.

The funds will be specifically allocated to the Sexual Assault Nurse Examiner (SANE) interview and exam rooms in the new Trinity Health Emergency Trauma Center (ETC). The two new spaces are completely private and allow the patient to remain in the same area for the duration of their time in the ETC providing a safe and confidential space during this traumatic experience. The new space also provides a bathroom, including a shower, for patients to perform personal hygiene activities, which is a new feature to the space.

Trinity Health partners with the Central Dakota Forensic Nurse Examiners (CDFNE) organization to provide proficient and compassionate care to victims of sexual assault in the region. In 2021, CDFNE saw 44 victims of sexual assault in Minot alone.

Hearst Foundations identify and fund outstanding nonprofits to ensure that people of all backgrounds in the United States

have the opportunity to build healthy, productive and satisfying lives. Funds are awarded within the categories of culture, education, health, and social service. Trinity Health Foundation recently launched the HealthCare Campus and Medical District Capital Campaign to raise \$15,000,000 to support the \$520,500,000 project. In the early stages of the campaign,

Trinity Health Foundation has raised \$4,600,000. Donations are being sought from regional and national foundations, corporate donors, private donors, and Trinity Health staff through fundraisers.

Trinity Health Foundation was established in 1922 to assist in the establishment of the Trinity Hospital. Over the last 100 years, the foundation has been supported through the financial stewardship of individuals, families, foundations, corporations, civic clubs, and other organizations, with the purpose of significantly impacting healthcare and the quality of life in the region. Through generous donations, we are able to fulfill our mission of creating a system of care that provides the most significant impact on health and wellness throughout northwest North Dakota

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Honorably discharged Veterans can enjoy the same tax-free savings found at the BX or at ShopMyExchange.com. Online orders totaling \$49 or more, or completed with a MILITARY STAR card, always receive free shipping.

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NORTH DAKOTA'S GRAND-DADDY OF A FISHING TOURNAMENT

Patricia Stockdill

North Dakota's premier fisheries – Lake Sakakawea, Devils Lake, and the Missouri River – have hosted a litany of big name national fishing events for decades.

But none compare in longevity and size to the North Dakota Governor's Cup Walleye Derby, a tradition that began when the United States celebrated the nation's Bicentennial back in 1976.

Only a world pandemic halted its annual consecutive streak in 2020. When the 2021 event was held, the tournament enjoyed its largest field ever after expanding to 260 two-person teams.

The 2022 tournament will be held July 15 and 16.

Based out of Fort Stevenson State Park south of Garrison, a determined duo of local anglers jumped through months of regulatory hoops and hurdles to get the first tournament launched as part of Garrison's array of community Bicentennial activities.

Their efforts grew to become an annual highlight for anglers across the region, Fort Stevenson State Park, and the Garrison area.

For years the tournament field has filled the first day entries are accepted, Governor's Cup committee chairperson Joyce Pfliger said, and 2022 was no exception. As usual, there was also a waiting list of teams wanting to participate should a team have to drop out for any reason.

The tournament is traditionally held the third Friday and Saturday in July. The first flight of 65 boats departs at 7 a.m. with remaining flights departing at one-half hour intervals. It's pretty impressive, Pfliger described, watching from various vantage points in the park as flights depart.

The first morning flight has to return to the park by 3 p.m. with the others following at the same one-hour intervals. Anglers then trailer their catch to Garrison's City Park on Main Street for official weigh-in.

Teams oftentimes come in early if they have their five-fish daily limit, Pfliger added. Anglers can catch a total of eight fish daily but weigh their five biggest fish.

The 2022 winning team garners \$15,000 and automatic entry into the 2023 tournament. Pay-out goes down to the top 42 teams.

In addition, the angler with the tournament's overall largest walleye nets a prize pool of money that typically is about \$1,200. “With a plaque and bragging rights,” Pfliger added.

The oldest angler in this year's tournament is 91 years of age. The youngest is five years old, Pfliger added.

The 2021 championship team returns this year to try to

defend their title after their two-day winning weight of 40.44 pounds earned Ken Schmitt, Glasgow, Mont., and Mark Jones, Billings, Mont., bragging rights for the year.

A pair of aquatic nuisance species (ANS) sniffing dogs will be at tournament this year, Pfliger described. It's part of an effort to highlight the importance of ANS prevention. They will provide a demonstration July 14 at Fort Stevenson State Park to showcase the dog's talents, as well as inspect boats the first day of the tournament July 15.

The public is invited to watch the demonstration and flight departures and arrivals at the park at no cost other than daily N.D. Parks and Recreation Department daily entrance fees (or annual pass). Weigh-in activities are free at Garrison City Park located on the north end of Main Street.

Pfliger is quick to credit Lake Sakakawea's walleye fishery for the tournament's success and popularity. In addition, the support of Fort Stevenson State Park and its staff, along with the 30-plus volunteers, continue to draw anglers each year. “We couldn't do it without them (Fort Stevenson State Park) and the volunteers,” she added.

Every year one of the most challenging aspects of Pfliger's volunteer “job” is often to answer the tough question of what she anticipates as the winning weight. “I don't even know where to go with that this year,” she admitted, in large part because Lake Sakakawea's elevation – which has been lower than usual the last couple of years – increased beyond expectations when heavy May rains and snow fell in its upper basin.

Couple that with a rollercoaster of weather and wind, and it's anybody's guess how many pounds will tip the scales during the 2022 North Dakota Governor's Cup Walleye Derby.

Folks will just have to come to Garrison July 15 and 16 to find out first hand.



The 2022 North Dakota Governor's Cup Walleye Derby will be held July 15 and 16 with boats departing from Fort Stevenson State Park south of Garrison. Weigh-in activities will be held at Garrison City Park on the north end of Main Street each day.



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Would you like to travel on a train? I rode the Amtrak train from Minot to Chicago for Thanksgiving last year with my family. The train was magical. It swayed back and forth and rode the rails extremely fast. We went from Minot Station to Union Station in Chicago. Trains have different cars which allow people to walk around when the train is moving.

There are many cars, but the best ones are the dining car, sleeping

car, and the viewing car. The viewing car has large windows and comfy chairs. Inside the family car there are couches that transform into beds. In the dining car, a waiter served delicious food while we enjoyed nice lighting and cool window tables.

Riding on an Amtrak train is a cool experience. Amtraks from Minot can go West or East and to big cities like Seattle. I recommend taking the train because it is an exciting and magical experience.



Max's Favorite Car- the Viewing Car



Max enjoying the picturesque Dining Car



Max and sister Sienna at the Minot Amtrak Station



Max and family in Family Sleeping Car

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YOUTH IN ACTION

On the Journey to College



JOY-NICOLE SMITH
SCHOOL LIAISON PROGRAM MANAGER, GS-11
CHILD AND YOUTH EDUCATION SERVICES



Last week, we learned the summer is the perfect time to prepare for the journey to college. Students and families can begin this process by learning more about the college, scheduling a virtual tour and connecting with current students and alumni.

This week, our goal is to break down the college application process which can be complex. While going through the college application process, it is essential to connect with the high school counselor. High school counselors are a wealth of knowledge and can provide insight on course requirements, enrichment programs, and letters of recommendation. When the school year begins, remember to reach out to them.

For the summer, the following are a few tips to consider as you prepare to go through the college application process.

General Admission Requirements

Visit the student admissions section on the university's website. Review the general admission requirements for the college and university. These requirements vary based on whether you pursue a 2 year or 4-year degree.

Degree Requirements

Identify the program where the major or degree is found within a university. Pinpoint the specific requirements for the degree which includes coursework from high school.

Dates and Deadline

Identify dates and deadlines for the college application for each university. These will vary

depending on the school. In addition, there are colleges that have "Early Action Programs" for admission and these deadlines are earlier than general admission.

Create a Common App Account

Create an account with the university or college to apply to the program of interest. However, Common App is a great tool to apply in one location to over 900+ colleges and universities. These universities range from the University of Southern California to the University of North Dakota. The Common App also has a checklist for each grade in high school to reference for the college application process.

Gratitude Initiative

As military connected families, reach out to the Gratitude Initiative. Their online program covers all aspects of the high school to college transition. This includes career assessments, major selection, college admission/application guidance, essay reviews, test prep for the PSAT, SAT, ACT, financial aid forms assistance, and more! This offering is free of charge.

Though this college application check list may not be exhaustive, it is a great way to get the process for applying to college rolling for the upcoming school year. The Minot AFB School Liaison Office is also able to assist by providing resources and answering questions at 701-723-1447 or at mafb.school.liaison@us.af.mil

Next week, I look forward to sharing Part 3: Personal essays, Scholarships, and Financial Aid.

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
- Early Release Days - 1:15pm
- Parent/Teacher Comp Days
- * Weather Make-up Day

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WHAT'S GOING ON MAFB

FRIDAY 08

- Family Zumba, 1000, Turf hosted by the Fitness Center
- Board Game Making Camp, 1500, Minot AFB Library
- Game Night Series: Destiny 2, 1800, ESC, inside Bomber Bistro
- Karaoke Night, 2000, Rockers Bar & Grill

SATURDAY 09

- Space Exploration, 1300, Minot AFB Library
- Sci-Fi Movie Night, 1800, ESC, inside Bomber Bistro

SUNDAY 10

- Only the Best Come North Scramble, 0900, Rough Rider Golf Course
- Zumba, 1400, Fitness Center

MONDAY 11

- TAP GPS Workshop, 0730-1600, A&FRC
- Non-Traditional Sports Camp, 0900-1200, Youth Center
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Board Game Making Camp, 1500, Minot AFB Library
- Craft Club, 1800, Minot AFB Library
- Swerk, 1730, Fitness Center
- Yoga for Fitness, 1830, Fitness Center

TUESDAY 12

- Registration Ends: Single Airmen Free Paintball at Outdoor Recreation
- TAP (VA), 0800-1600, A&FRC
- Non-Traditional Sports Camp, 0900-1200, Youth Center
- Game Day, 1000-1930, Minot AFB Library
- Moving Out of the Dorms Budget Class, 1300-1500, A&FRC
- Zumba, 1830, Fitness Center

ONGOING

- FCC Pre-Orientation: One-on-One Appointments: Family Child Care – Call to schedule an appointment.

WEDNESDAY 13

- TAP (DoL) - Overview, 0800-1600, A&FRC
- Non-Traditional Sports Camp, 0900-1200, Youth Center
- Moving Out of the Dorms Budget Class, 0900-1100, A&FRC
- Pre-Deployment/Remote Readiness Training, 1000, A&FRC, Zoom Meeting
- Story Time, 1030, Minot AFB Library
- Federal Resume Workshop, 1400-1600, A&FRC
- Board Game Making Camp, 1500, Minot AFB Library
- Swerk, 1730, Fitness Center
- Fighting Game Night, 1800, ESC, inside Bomber Bistro
- Yoga for Fitness, 1830, Fitness Center

THURSDAY 14

- TAP (DoL) – Employment Workshop, 0800-1600, A&FRC
- Non-Traditional Sports Camp, 0900-1200, Youth Center
- Short Notice Pre-Separation Counseling, 0930, A&FRC
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Zumba, 1730, Fitness Center
- Craft Club, 1800, Minot AFB Library
- Barre Strength, 1830, Fitness Center

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FRIDAY 15

- Registration Ends: Skydiving & Camping Trip at Outdoor Recreation
- Registration Opens: Summer Games at the Fitness Center
- TAP (DoL) – Employment Workshop, 0800-1600, A&FRC
- Non-Traditional Sports Camp, 0900-1200, Youth Center
- Family Zumba, 1000, Turf hosted by the Fitness Center
- Board Game Making Camp, 1500, Minot AFB Library
- Single Airmen Paintball, 1700-1900, Paintball Field, hosted by Outdoor Recreation
- Epoxy Cutting Board Class, 1730-1930, Arts & Crafts Center
- Game Night Series: League of Legends, 1800, ESC, inside Bomber Bistro
- Karaoke Night, 2000, Rockers Bar & Grill

SATURDAY 16

- Barre Strength, 1000, Fitness Center
- Board Game Making Camp Competition, 1500, Minot AFB Library
- Warhammer 40,000 Casual Game Day, 1700, ESC, inside Bomber Bistro

JULY SPECIALS

Bomber Bistro • Meat Lovers Pizza
Classic marinara base with a medley of Canadian bacon, Italian sausage, pepperoni, and crispy bacon.

The B-Fifty Brew • Mocha Frappuccinos
Mocha sauce, Frappuccino Roast coffee, milk, and ice all come together for a delicious flavor that'll leave you wanting more. To change things up, try it affogato-style with a hot espresso shot poured right over the top!

Rockers Bar & Grill • Dragon's Fire Burger
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