


northern sentry

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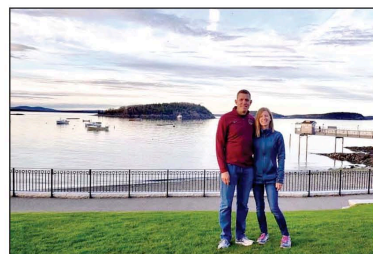
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DEFENDERS IN ACTION



SSgt Brambila, SrA Yzaguirre, TSgt Johann Gonzalez, of the 5th Security Forces Stan Eval and Weapons & Tactics sections and Capt Dylan Collins, 23 Bomb Squadron/OSK hosted Cadets from the Air Force Academy during a visit put on by the 5th Bomb Wing. Find out more on page A3.

5TH SECURITY FORCES SQUADRON PHOTO



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91ST MXG RESILIENCY DAY



U.S. AIR FORCE PHOTOS | MINOT AFB PA

NOW IT'S REALLY SUMMER!



TICKETS ARE SELLING FAST!

Kid Rock with special guest **Night Ranger** - **Cody Johnson** - **Elvie Shane**
Will Banister - **Old Dominion** - **Koe Wetzel & Nelly** - **Sam Hunt**
Demolition Derby - Bull Riding Challenge & Ranch Bronc Riding
MHA Indian Horse Relay - Ranch Rodeo

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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Defenders in Action

On the 24 of June 2022 members of the 5th Security Forces Stan Eval and Weapons & Tactics sections hosted Cadets from the Air Force Academy during a visit put on by the 5th Bomb Wing. Cadets had an opportunity to immerse themselves within the Security Forces Career field by taking part in training such Combatives, ASP/Baton training, Active Shooter Training, and even watched a K-9 demonstration put on by Kennel Master TSgt Julian Jackson and Handlers SrA Pedersen and SrA Gutshall. Unlike tours or visits conducted in the past having cadets sit in a classroom and watch PowerPoints, this time around Cadets were

not only trained and given the opportunity to fight but also go inside our shoot house and run active shooter scenarios.

Perhaps what made this visit truly unique and special to these Cadets was the opportunity to speak and learn about the career field from subject matter experts who do this daily. In the above Photos you will see SSgt Andres Brambila and SrA Rene Yzaguirre leading the cadets in Combatives training. During the training Cadets were taught how to properly subdue a suspect under stressful conditions while maintaining situational awareness of their environment.



VOLUNTEER OPPORTUNITIES

Pump You Up Volunteers

(July 15)
TOP 3 & AAHC are looking for 10 volunteers at the pump this Friday 1200-1700. 1 hr slots are available. Volunteers will have a small booklet with each Orgs events for easy pass-on information. Donations will be collected via cash and cash app.
POC: ARIELLE D. HOWZE, TSgt, USAF • DSN 723-2393

Belle's Sake Rescue Volunteers

(July 16 & 17 from 1000-1600)
We need your assistance in walking puppies, building turf pads, cleaning kennels, storage organization, hauling rock, etc etc. Plus, some big interaction with dogs & cats.
Please sign up using the link: www.volunteersignup.org/X33FL
POC: MSgt Christian D. Bird • DSN (personal): 435-6605

CDC Program Volunteers

(July 16)
Volunteers are needed to help correct some of the DOD findings for CDC. (Note: The opportunity to volunteer is open for anyone, not just parents).
POC: Nakeia Borden, CDC Program Director • DSN: 453-3750

Minot Base Library Volunteers

The Base Library is looking for volunteers to help with two programs:
Board Game Making Camp Competition
When: Saturday, July 16th from 1500-1700
What: Play and rate games made by kids!
Stuffed Animal Sleepover
When: Tuesday, July 19 from 1830-2000
What: Stage and photograph kids' stuffed animals enjoying Library activities.
POC: Julie Reiten at 701-723-4554 or Julie.Reiten@us.af.mil

Culture Festival Volunteers

(August 5)
We need volunteers to share aspects of their heritage/culture by hosting booths and/or games or by performing a song, dance, poetry reading, ect. at the first-ever Culture Festival. Civilians and dependents are welcome to volunteer as well! If you would like to host a booth/game please contact SSgt Stephanie Webb (Stephanie.webb.4@us.af.mil) If you are interested in performing please contact TSgt Maria Snyder (maria.snyder.3@us.af.mil)
POC: CHRISTINE A. CHERRY, TSgt, USAF • 701-723-4592

Caring Edge Hospice Volunteers

Caring Edge Hospice is looking for volunteers to assist with a wide-range of support.
POC: Shelby Stuckey, Volunteer Coordinator • (888) 223-4287
shelby.stuckey@caringedge.com

ND State Fair Volunteers (1st event)

(July 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

State Fair Parade Volunteers

(July 23)

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 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: <https://docs.google.com/spreadsheets/d/1G-410ecHfio8RpONIHbY58ZgwAGXL9vwwf6JrwN6VIXI/edit#gid=0>
POC: TSgt Andrea Butler 701-723-1484 Email: andrea.butler@us.af.mil
SSgt Jamaal Taylor, 701-723-7767

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 BORN ON
WEDNESDAY, JUNE 29, 2022 TO:
KAYLA AND TAYLOR SMITH
MINOT, ND

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

BABY GIRL BORN ON
TUESDAY, JULY 05, 2022 TO:
HILARI AND JOSHUA COBB
GRANVILLE, ND

BABY BOY BORN ON
THURSDAY, JULY 07, 2022 TO:
MYRA OCHOA AND GRANT HADRAVA
MINOT, ND

BABY BOY BORN ON
SATURDAY, JULY 09, 2022 TO:
SAMANTHA AND KYLE MUSACCHIA
MINOT, ND

BABY GIRL BORN ON
SATURDAY JULY 9, 2022 TO:
EMILY AND CHANCE ARMAND
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.



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

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MINOT AIR FORCE BASE NEWSPAPER
 WWW.NORTHERNSENTRY.COM

The Artist's Palette If This Is Your First Summer Here

I have always been in awe of the colors of summer in North Dakota. Yeah sure, I remember the last blizzard and how white dominated the landscape, but in general this time of the year will nicely put those memories in the rear view mirror.

I have a sailboat on Lake Sakakawea. On every trip up lake there is something unique. Sailing is kind of like riding bike. The pace is a bit slower, and you are able to enjoy nature without distractions of motors, or radios, and with the simple flip of a switch the annoyance of your cell phone goes away quite nicely, too.

Many new visitors to North Dakota will marvel at the endless, blue sky. On the lake, that sky and the water seem to join, out there somewhere. On the far horizon you

can see a few hills that are not well defined. Many early mornings we are the first ones on the lake. It is so quiet you can hear the lapping of the water on the hull of the boat. You take a panoramic 360 scan and catch those white, puffy, early morning clouds. The blue of the sky defines the white clouds and the artist's pallet has started to be defined.

As we left Garrison Bay last week, we caught a vibrant yellow canola field. Not unusual for this time of year in North Dakota. But today, for the first time this year, a flax field had sprung into bloom right next to the canola field. I am not sure there is competition in nature, but today the two fields seemed to be working hard outdo the other. Vibrant blues and yellows were not added to the artists pallet.



**UPSIDE DOWN
 UNDER**
 MARVIN BAKER

I needed to have some service work done on my truck, so I took it to the Ford dealership in Minot. And since there is a McDonald's across the street, I thought I would hang out there while having a cup of coffee.

So an elderly lady and I are waiting for our orders and suddenly someone yells out "257." The elder-ly lady steps forward to take her order and asks the assistant manager why her order took so long.

The assistant manager immediately went into a rant about the restaurant being short staffed and that everyone at that downtown McDonald's restaurant is doing the best they can. Long story short, she told the customer that nobody wants to work. "They'll come to work for a few days or a week and quit."

How is that possible? Correct me if I'm wrong, but doesn't

McDonald's have some pretty good in-centives to work there, especially for young people just starting out? The pay is decent, you get meal discounts and college incentives, plus advancements come quick.

This isn't a commercial for McDonald's, and I don't know about you, but if I had those kinds of in-centives as a high school or college student, I'd be banging the door down to get a job there.

A total of \$15 per hour isn't going to get you a yacht and vacation home in the Bahamas. What it will get you is a paycheck, experience on how to interact with people and training into management.

My first bonafide job, in which I received a paycheck, was shoveling durum wheat and pumping gas at the local grain elevator. If my memory was right, I earned \$1.65 per hour; no insurance, no college incentives, no chance for management.

But I had a job, and I was a happy little Vegemite. It meant I didn't have to beg my parents for mon-ey. I remember asking my dad for 50 cents so I could go to football games and I had to convince him why it was a good idea. I quickly got tired of that, so I looked for a job and found one at the elevator.

So why is it so different now? Why is it that nobody wants to work? If you look around, most

There was one more color that appeared on this day. Green...if you weren't here last year, you probably can't appreciate green. Last year was a drought year, and many of the pastures and farm fields were not green, they were brown. Brown does not quite fit the pallet as well. Besides being green the fields were in motion. Again, another one of those "you have to see it to believe it" experiences. The green fields now rolled with the wind.

One last color appeared on this perfect day. Blue skies, white clouds, yellow canola fields, blue flax fields and green fields and landscape...all interrupted with ominous blueish black storm clouds that just seemed to suddenly form on the horizon. Time to head for shore with the sailboat ahead of the pending storm. And everything was

going so well.

So be sure and make time to take a tour of North Dakota during this special time. The window of opportunity is pretty limited. Sure, just around the corner will be those amber waves of grain and bold, beautiful sunflowers. North Dakota not only has bold, beautiful colors; but the artist certainly has a wide canvas on which to paint.

THIS WEEK'S BEST KEPT SECRET

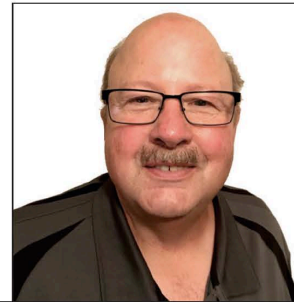
The MHA Interpretive Center just west of New Town, across the 4 Bears bridge. Very family friendly. Be sure and tour the lodges filled with native American artifacts.

A LITTLE HUMOR

The sole purpose of a child's middle name is that he can really tell when he is in trouble!



A VIEW FROM OUR SIDE
 ROD WILSON, NORTHERN SENTRY



Nobody wants to work...

young people have a cell phone, nice clothes and own a car. How are they able to pay for that if they don't want to work, or only work a week?

I'm not trying to stereotype high school and college students. Quite the contrary. In fact, I have an intern on the farm this summer who is 18 and she gives me lots of confidence in the next generation. She is quite clever, works hard, doesn't complain when given unpopular tasks and communicates with me about where she is and how she is doing... And she is always on time.

Maybe I got lucky. I don't know. But what I can tell you is this girl is going places. Her head is screwed on straight. She's a happy-go-lucky kid who has a bright future ahead of her.

So why is there that segment of the population, even in Minot, that doesn't want to work? There are some who don't have to work. I always envied my college roommate at UND. He's the son of a suc-cessful National Hockey League player and had everything he wanted in college, except motivation. He got onto the hockey team because his dad once played for the Chicago Black Hawks. Unfortu-nately, he didn't have the incentive to play like his dad.

He eventually got cut from the UND team. But while he was on

the team at 18 years old, he had a nice car, wore nice clothes, skipped class (because he could) and threw money at girls to get dates.

Some people can't work because they may be disabled. But even with certain disabilities, people are able to work in some capacity. And most employers are willing to work with those who are willing to work.

Then, there is that segment of population that just doesn't care. Those are the people whose minds have to be changed. Unfortunately, as they get older, they will become more frustrated and resentful and will start to blame others for their loss of motivation.

For the past two years, almost all of us have blamed COVID for our shortcomings. That's just not a valid excuse any longer. It's time we put COVID in the rearview mirror.

I've always said money is a motivator, but I'm not so sure that's true anymore. McDonald's is paying a pretty good wage to flip hamburgers and is finding it hard to be fully staffed.

Maybe the United States should be like Switzerland. When you turn 18, you serve at least a year in the military where you learn respect, discipline and leadership, which in turn, makes for a better society.

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SHE'S NOT FROM AROUND HERE
AMY ALLENDER

The Community Pool

rounding the corner toward the entrance. Laughter from the diving boards faded from earshot as we got in line to pay admission.

Derek's parents were in town and offered to babysit so we could go on a date. And this is how we chose to spend our evening: kid-free at the community pool. To be fair, we love going to the pool with our children.

But there is something special about being able to swim in the deep water, sit in the sun, go down the big slide—all at our own pace, without being constantly vigilant of a wandering 20-month-old.

In line we ran into a friend we hadn't seen in a couple of months. A few minutes later we spotted our neighbors, the whole family, playing across the pool. On my way to the new slide, I ran into a family from church.

While I waited for my turn on the slide, I looked down on the full scope of Wednesday evening at Roosevelt Park Pool. The noise of rushing water, voices, shrill squeals from children, and music were muffled from distance. It all looked so calm.

In that moment, looking down at the people at the pool, I had a moment of overcoming sentimentality. Sometimes this happens when I'm observing our town. Sometimes the goodness just strikes me, and I can only do my best to breathe it in, memorize it, proverbially encapsulate it—so I can take the memory out later and reflect on it again and again.

From the top of the slide, I saw another element, another piece of

what makes life in Hot Dish Land so special. And it was right there at the public pool.

Community. More than anywhere else I've lived, this place is a community. And the pool is a perfect illustration.

Where I come from, lots of people have pools. The summer is longer, usually hotter, and always more humid. If you don't have a pool of your own, chances are you are friends with someone who does. Where I come from, the public pool isn't widely used. People stay to themselves.

Here, it's different. Having a pool is uncommon. If you want to go swimming, you go to the community pool. It's what everyone does. Everyone is there—from littles in swim diapers, to sun-spotted grandparents. There are families, singles, and couples. We almost always bump into people we know. And if you go regularly, you'll probably end up making a friend.

North Dakota is made up of small towns and communities. It's unlike anywhere I've ever been, in that there is this constant "coming together" of residents. Whether that's coming together for a fundraising dinner, a special event, or just coming together at the public pool—togetherness is prevalent.

It happens in the summer when outdoor public spaces are in their full splendor. It happens in the dead of winter when we gather for the Christmas Tree Lighting, mornings at the Fun Zone, and



AMY ALLENDER PHOTOS

spaghetti dinners. I've never been in a place where things seem less divided; where people see others as just that -- people.

Here, it's usually not about status, or income, politics, or demographics. It's about community.

No place is perfect. But I like what I see here, from a bird's eye view at the community pool.

For more on my affinity for North Dakota and positive living, connect with me on Instagram @ amy_allender or on Facebook @ amyallenderblog.

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5th Medical Group does not provide emergency or urgent care services, however they provide a wide range of health services from primary care to dental, pharmacy, labs, immunizations, mental health, EFMP, and others. General information can be found at <https://minot.tricare.mil/> or call the appointment line at 701-723-5663. Finally, as a new housing resident to Minot AFB be sure to know who to call for housing issues. Your first point of contact should be Minot AFB Housing at 701-727-0007 for general questions or concerns or 701-727-9312 for maintenance questions. Next the Military Housing Office is also available to support if housing issues arise, 701-723-4660 or email 5ces.ceih@us.af.mil. The Resident Advocate will address housing disputes for privatized housing residents, 701-818-7075 or email racquel.labadie.1@us.af.mil. Additionally, the Minot AFB Resident Council meets monthly to discuss community needs and concerns and is always looking for more input. Meetings are open and held monthly with event reminders posted to facebook via [@minotafbresidentadvocate](https://www.facebook.com/minotafbresidentadvocate).

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ONGOING SQUIRREL WARS

Patricia Stockdill

Sorry, this is getting ridiculous – Garnet and her squirrel fixation, that is.

Garnet, the younger of the two Hunting Maniacs in the household, like most dogs, has a squirrel fixation. Admittedly Eider does, too, but at 13 years of age and a larger, slower Brittany she recognizes she can't catch them.

So Eider doesn't bother. She just supervises the family circus.

Garnet, on the other hand, feels it's her mission in life to not only point, flush, and retrieve upland birds and waterfowl but to rid the planet of squirrels, as well.

She succeeded about three years ago in a MMA match that sent her nemesis to Squirrel Heaven and Garnet to her favorite veterinarian. She became the top "Worst Dog-Squirrel Encounter" award winner in his 30-plus-year career.

A rabies booster shot, antibiotics, and words of wisdom later ("watch to make sure the swelling goes down so she can breathe") the trophy winner was on her way home.

Plotting revenge, we're convinced.

A week later, she almost succeeded. However, her target survived. That time Garnet also fared better with just a couple of small bites on her cheek that didn't require another visit to her favorite veterinarian.

Garnet monitors her yard from the sanctuary of the house, separated from her nemesis by glass doors. Nose prints stretching about halfway up the glass mark her frustration at not being able to open the handle to make yet another attempt at squirrel removal.

Over the years it's become a ritual to conduct "squirrel sweeps" to chase them away when exiting the house with the dogs before Garnet kicks it into overdrive in pursuit. Admittedly, we humans complicated the issue by placing a bird feeder and birdbath near trees that aren't that far from the door. It's great for the birds but perfect for squirrels to munch on sunflowers and take a quick bath.

So, yes, we've created our problem.

It's just that the chickadees and an array of other birds cherish the feeder and birdbath.

However, the most recent Garnet and Favorite Nemesis encounter finally convinced the humans of the household the feeder had to go. This time the MMA match involved not one, not two, but three squirrels.

You see, the "squirrel sweep" netted a flash of two red, bushy-tailed critters departing in haste from the feeder. But it missed the third squirrel lurking in the trees.

And Garnet didn't. The two squirrels bolted in opposite directions before Garnet could get to them. But the third squirrel, jumping down from its hiding spot, landed on Garnet.

Yes, on Garnet.

And the chase was on with Garnet succeeding in grabbing the third nemesis.

After a quick tussle, Garnet must have realized she needed a different angle in her attempt to wrestle the squirrel to its final resting place on earth and let go. Or maybe she let go because the squirrel was winning.

We're not sure.

Whatever the reason, Garnet released her grip and the squirrel escaped; its fate remains unknown.

Once again it appeared Garnet would have yet another chance to visit her favorite veterinarian to see how this MMA match stacked up against the one earning her the title a few years go (which she still holds, by the way).

Thankfully, though, after a body assessment and phone call to the veterinarian it was determined that after cleansing and medicating her wounds the swelling wasn't as intense as her award-winning encounter. She wouldn't have to see the vet in person unless we couldn't get the swelling down.

Garnet is fine. No visit to the favorite veterinarian was required, this time at least.

But, really, truly, this is getting ridiculous.

This hunting maniac leaves skunks alone. She leaves porcupines alone. It only took one encounter with each of those critters for her to learn they're not that much fun.

One would think that after multiple encounters and bites in the nose, cheeks, and even above the eyes – among other places on her face and neck – that Garnet would give up on her favorite nemesis.

We're hoping this last encounter will truly be the finale.

But we're not betting on it.



When Garnet the upland and waterfowl hunting maniac isn't in the field hunting birds she is likely plotting revenge against her furry nemesis – squirrels.

PATRICIA STOCKDILL PHOTO



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Volunteers Walk or Drive to Fight Suicide

Movement of a Quarter of a Million People Joined by Local Participants in Minot

MINOT OUT OF THE DARKNESS COMMUNITY WALK

Suicide is the 10th leading cause of death in the United States, yet suicide can be prevented. Volunteers from Minot, ND are joining the quarter of a million people who are walking in towns across the United States to draw attention to the fight for suicide prevention. The annual Minot Out of the Darkness Community Walk, hosted by the AFSP ND Chapter—www.afsp.org/minot will be held at 12:00pm, Sunday, September 18th at Oak Park. This walk supports the American Foundation for Suicide Prevention's education and support programs and its bold goal to reduce the annual U.S. rate of suicide 20 percent by the year 2025.

"Suicide touches one in five American families. We hope that by walking we will draw attention to this issue and help other families who have experienced a suicide loss. Our ultimate goal is to save lives and bring hope to those affected by suicide," said Twyla Hofer, Minot Out of the Darkness Community Walk Co-Chair.

The Minot Out of the Darkness Community Walk is one of more than 550 Out of the Darkness Overnight, Community and Campus Walks being held nationwide this year. The walks are expected to unite more than 300,000 walkers and raise millions for suicide prevention efforts. Last year, these walks raised over \$21 million for

suicide prevention. Last year this local walk, raised over \$30,000 and had more than 600 participants.

"These walks are about turning hope into action," said AFSP CEO Robert Gebbia. "The research has shown us how to fight suicide, and if we keep up the fight, the science is only going to get better and our culture will get smarter about mental health. With the efforts of our courageous volunteers, and a real investment from our nation's leaders, we hope to significantly reduce the suicide rate in the United States."

Sponsors, Walkers, and Volunteers for the Minot Out of the Darkness Walk are still needed. Free registration at afsp.org/minot The American Foundation for

Suicide Prevention is dedicated to saving lives and bringing hope to those affected by suicide. AFSP creates a culture that's smart about mental health through education and community programs, develops suicide prevention through research and advocacy, and provides support for those affected by suicide. Led by CEO Robert Gebbia and headquartered in New York, and with a public policy office in Washington, D.C., AFSP has local chapters in all 50 states with programs and events nationwide. Learn more about AFSP in its latest Annual Report, and join the conversation on suicide prevention by following AFSP on Facebook, Twitter, Instagram, and YouTube.



Minot Out of the Darkness Community Walk draw crowds to Oak Park in previous years. The 2022 event is scheduled to take place September 18.

MINOT OUT OF THE DARKNESS PHOTO

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by Marvin Baker

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Chinese company's purchase of North Dakota farmland raises national security concerns in Washington

AMON JAVERS CNBC

At first glance, the largely barren, wind-swept tract of land just north of Grand Forks, North Dakota, seems to be an unlikely location for international espionage.

There's not much on the more than 300-acre patch of prime Dakota farmland right now other than dirt and tall grasses, bordered by highways and light industrial facilities on the outskirts of the city.

The nearest neighbors include a crop production company, a truck and trailer service outfit, and Patio World, which sells landscaping supplies for suburban backyards.

But when the three North Dakotans who owned the parcels of land here sold them for millions of dollars this spring, the transaction raised alarm bells as far away as Washington, D.C.

GRAND FORKS AIR FORCE BASE

That's because the buyer of the land was a Chinese company, the Fufeng Group, based in Shandong, China, and the property is just about 20 minutes down the road from Grand Forks Air Force Base — home to some of the nation's most sensitive military drone technology.

The base is also the home of a new space networking center, which a North Dakota senator said handles "the backbone of all U.S. military communications across the globe."

Now some security experts warn the Chinese corn milling plant should be stopped, because it could offer Chinese intelligence unprecedented access to the facility.

It's an only-in-America kind of fight — pitting the property and economic rights of a community against national security warnings from high-ranking officials in the nation's capital.

Debate over the project has roiled the small community, with emotional city council hearings, local politicians at odds with one another, and neighborhood groups gearing up to block the project.

Craig Spicer, whose trucking company borders the Chinese-held land, said he's suspicious of the new company's intent. "It makes me feel nervous for my grandkids," he said. "It makes me feel nervous for my kids."

\$2.6 MILLION SALE

Gary Bridgeford, who sold his parcel of the farmland to the

Chinese company for around \$2.6 million this year, said his neighbors have vented their anger at him and planted signs opposing the project in his front yard. "I've been threatened," he said. "I've been called every name in the book for selling property."

Bridgeford said he believes the national security concerns are overblown. "How would they gain any knowledge of the base?" he asked. "It's about 12 miles away. It isn't like its next door."

"People hear the China stuff and there's concern," Bridgeford said. "But everyone has a phone in their pocket that was probably made in China. Where do you draw the line?"

The city's mayor, Brandon Bochenski, said he just wants to do business: The proposed \$700 million plant would create more than 200 direct jobs and other opportunities for logistics, trucking and other support services. He's pushing for the project, but he acknowledges there are national security concerns that are beyond his ability to process as a small-town mayor.

'THE BEST WE CAN'

"I mean, we're a municipality of about 60,000 people," he said.

"You know, we don't have the budget to have an intelligence-gathering apparatus here. We do the best we can and rely on our partners."

Among those partners is the United States Air Force, which hasn't taken an official position on the Chinese project in its North Dakota backyard.

But inside the Air Force, an officer circulated a memo about the project in April, casting it as a national security threat to the

United States and alleging that it fits a pattern of Chinese subnational espionage campaigns using commercial economic development projects to get close to Department of Defense installations. The officer, Maj. Jeremy Fox, argued that the Fufeng project is located on a narrow geographic footprint at which passive receiving equipment could intercept sensitive drone and space-based communications to and from the base.

CONTINUED ON PAGE B8

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Best Bases in the Air Force: *Hanscom Air Force Base*

ERIN BEENE

There are so many large and frequently talked about Air Force Bases either for the good or the bad. Each AF family that has been around a while will have a story to share when asked, "Where has been your favorite base?". The purpose of this "Best Base" feature series is to highlight the lesser-known bases that have been now-Minot residents favorite places to live.

Col Jeffrey Anderson, the 5 MXG Commander, his spouse Elizabeth and their family will always say that Hanscom Air Force Base, located in Massachusetts, has been their favorite place to live. This non-flying base consists of about 5,000 Active Duty, Reserve, Guard and civil service personnel. The Andersons

lived there because he was selected for the prestigious National Security Fellows Program at nearby Harvard University. The family was able to enjoy the Northeast from July 2018- June 2019. Elizabeth, who is originally from the Northeast, had family nearby so she was prepared and excited to return to the area and its culture. Even so, she said, "The base was so small, we were pretty shocked. But because so many people were there for school, we made great friends right away. The school on base was phenomenal. They were used to the high turnover and since being in the military was so unique to the area, the teachers treated our kids like gold. The staff constantly built up the kids and

families. Massachusetts schools standards are extremely high as well, so my kids really grew as students." The fact that Elizabeth's family lived close by was another perk the family never thought they would have. She said, "I loved being able to pop over to my parents' house- we made so many memories that I imagine non-military families get to do regularly."

Because of the unique "Market-Rate Housing" (which is a special already-established housing area that determines unit rents on market values and local incomes), the Andersons were able to live in an older home without exceeding their BAH. Since they saved a bit of money, and only had one year

at this location, the Andersons took full advantage of exploring the area which is full of historical sites. The family loved viewing the historic homes where famous authors Ralph Waldo Emerson and Louisa May Alcott once lived. They also spent their free time walking through Minuteman National Park and visiting nearby beaches and the city of Salem because the subway system was easy to navigate. Elizabeth also recounted that they were able to travel frequently. "We took weekend trips to New Hampshire and Maine, even Quebec! The skiing in Vermont and New Hampshire was amazing, while smaller hills near base offered cheap ski lessons for my sons." Laughingly, Elizabeth

joked about the absurd amount of Dunkin' Donuts in the area and that they didn't see the need for quite so many, but she still took full advantage of their iced coffees and delicious donuts anyway.

Although the Air Force sends Airmen all over the world, and making the best of each location is part of the Mil Families ways of life, there will always be that one special place. For the Andersons, that place will always be Hanscom Air Force Base.

"I can't say enough about this tiny hidden, sleepy gem of a base. I get so excited when I hear someone getting assigned there." -Elizabeth Anderson



TOP 5 THINGS TO LOVE ABOUT HANSCOM AFB

1. MARKET RATE HOUSING
2. HANSCOM ELEMENTARY AND MIDDLE SCHOOL
3. MINUTE MAN NATIONAL HISTORICAL PARK
4. ENDLESS LAKES AND STATE PARKS TO EXPLORE
5. CONSTANT ACTIVITIES AND FESTIVALS TO CHECK OUT THROUGH SMALL TOWNS AROUND BASE OR COLLEGES AND LIBRARIES NEARBY

Elizabeth's Top 5 things about Hanscom AFB- Anderson kids, Charlie, Luke and Kate at the White Mountains, Alpine Slide at Attitash Mountain Resort, NH Spring 2019.



Col Anderson and Elizabeth at Bar Harbor, Acadia National Park, Maine Spring 2019.



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The Anderson Family at the Boston Harbor Islands for a Harvard Fellows Lobster lunch in Spring 2019.



The youngest member of the Anderson Family, Kate, having fun at Fenway for a Red Sox game in the Fall of 2018.

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NOTES ON BEING SAFE

PROTECT YOUR PET: SUMMER SAFETY TIPS



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Summertime can be as much fun for your pet as it is for you. But pet owners need to take some precautions to keep their animal companions happy, cool and safe during the dog days of summer. Here are a few hot-weather tips.

Sun Protection: Many of the safety concerns we have for ourselves during the hottest months of the year also apply to our pets. Consistent use of sunscreen in order to avoid sun damage is as important for our pets as it is for us. This is especially important if your pet has short hair, white fur or pink skin. Talk to your veterinarian about choosing a sunscreen (most important to apply on ears and nose) and be sure to limit your pet's sun exposure.

Heatstroke: Limiting and supervising time outdoors during the hottest hours of the day is also important for your pets because when it's hot for you, it's probably even hotter for them. Dogs aren't as efficient at cooling down as we are, since they release most of their body heat only through the pads of their feet and by panting. Be especially careful with dogs that have short, pushed-in faces (e.g., bulldogs, pugs, Boston terriers), puppies and elderly pets. Early-morning and evening hours are best for outdoor playtime, and be sure to provide plenty of water and even ice cubes.

Avoiding toxins: If you use fertilizers or other chemicals on your lawn or garden, make sure your pet doesn't have access to these potentially toxic substances. Car antifreeze is also potentially life-threatening to pets and may leak from an overheating car. Keep your pet away from what to them is a sweet-tasting, but possibly toxic substance such as this.

Water Safety: If you're lucky, you and your pets will get to spend some time cooling down near water, whether a pool, lake or the ocean. But even dogs who are good swimmers need to be protected around water. If you

have a pool, keep in mind your dog might jump in and not be able to figure out how to get out, so just as with children, never leave a pet unsupervised around water. This is especially true if you have a pool cover on, because pets can get caught under it. As an extra precaution your pet can wear a dog life preserver.

Parasite Prevention: Mosquitoes, ticks, heartworm and other bugs and parasites are out in full force in the summer, and they can infect your dog or cat and cause potentially serious medical issues. Your pet might also carry these bugs and parasites into your home, so be sure to talk to your veterinarian about a preventative.

Summer storms: Many animals don't react well to the storms that are common in summer. They may have a response to the change in air pressure or to the sound of thunder. Be sure to

teach them to have a place they can safely rest, such as a crate.

Last but not least, Travel safety: Many summer travel plans are appropriate for pets to join in on the fun. But, just like we need to be safely secured in a car, so do our pets. They should travel in an appropriately sized crate or in a harness secured to a seat belt. Also, be especially careful not to leave your pet unsupervised in a car, even for just a moment, as animals can quickly overheat.

If you take the proper precautions, you and your pets should enjoy a wonderful summer. But, if you suspect your pet may be suffering from heatstroke, contact your veterinarian immediately. Some signs of heatstroke include excessive panting, bright-red tongue and gums, vomiting, diarrhea, lethargy, and body temperature of 104-110F degrees.

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A Day at the Base Pool

ERIN BEENE

On a beautiful Sunday afternoon when the temperature barely reached 82 degrees and the slight breeze made the cloud spotted sky a perfect day at the pool in Minot ND, this reporter caught up with some Minot AFB swimming pool goers to find out what they enjoyed the most about going to the pool.

Married couple A1C Elise Day-Barnett, 891 MSFS, and her spouse Mckenzie were spotted soaking up the sun and working on their tans. The couple said they are pool regulars for the past two summers and come whenever the weather is nice and Elise is not posted out. They admitted that they love it and only wish that the pool offered a diving board and kept the music on during adult swim, which is the last 15 minutes of every hour in which kids are asked to get out of the pool to rest and let the adults have a few minutes to swim without getting splashed. The couple seemed to be enjoying their kid-free time in the pool as they tossed a Nerf football around.

AF spouse Lyuba West brought her three young children, ages 3, 6 & 9, to the base pool for the first time that day. When asked, she said she was enjoying herself and the kids were having a blast. She liked having the kiddie pool option, but only wished that they had a splash pad section to enjoy as well. Lt Col Brandon Wheeler, 5 OG, and his wife Lisa brought their 3 children to enjoy the beautiful summer day as well. The Wheeler family has been stationed at Minot for just over a year and has admittedly visited the base pool over a dozen times. They love the large pool slides so much and honestly said that when the slides were closed for

repair in late summer 2021, they didn't visit much. The Wheelers loved how well-maintained the pool is and that they can come for just a short time at a time without feeling like they need to stay all day because it is free.

When asked, none of the people interviewed had sampled any of the food at the pool's newly-opened Snack Shack. In fact, the Wheelers even admitted that they were not aware that it was open at all. Head Lifeguard Gabriel Leys, age 20, told the Northern Sentry that the Snack Shack, located off to the side of the base pool, is open and serves an assortment of food including hot dogs, pizzas, drinks and cold treats like ice cream and popsicles. If a pool guest would like to order food, the guest would need to go to the lifeguard shack and alert a guard of the order. Leys also asks that pool guests be patient with the guards as legally there has to be 1 lifeguard for every 25 pool guests. On hot, busy days, when lifeguards are at their peak, the pool capacity can be reached rather quickly and this is what causes the occasional lines for entry outside the facility.

The refreshing pool is one of the base's most popular summer activities and that is evident by the numerous visitors throughout June, July and August. This amenity is available for base residents at no cost all summer long too. While most other bases have to charge entry fees for users, the Minot AFB pool is FREE because of the remote nature of the location. The pool is open Wednesday through Sunday 12-7pm for Open Swim and exclusively on those days from 11-12pm for lap swim only. The pool may be forced to close due to



A1C Elise Day-Barnett, 891 MSFS, and her spouse Mckenzie enjoying the warm weather.



The Minot AFB Pool is open until mid-August.



The Wheeler Family soaking up the sun.



Some of the Minot AFB lifeguards who make the pool possible. L-R Savannah Reed, Gabriel Leys, Trevor Ricks, Alex Ricks.

ERIN BEENE PHOTOS

weather or temperature changes, as outside temperature must be at least 65 degrees and water temperature must be at least 75 degrees. The pool will stay open until mid August when most of the lifeguards return to school. On any given day, while the pool is in operation, it is common to see families and Airmen alike enjoying this Minot AFB summer perk.

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



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

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The 'Future Fight' is here: Red Flag-Nellis 22-3

1ST LT RICHARD CAESAR, 57 WING PUBLIC AFFAIRS

NELLIS AIR FORCE BASE, Nev. --

The familiar roar of America's air power is filling the skies over Las Vegas and the Nevada Test and Training Range to the north, signaling the start of another Red Flag exercise. However, participants of this iteration will find themselves facing some unfamiliar opposition as the first ever dedicated fifth-generation aggressor force takes to the skies for Red Flag-Nellis 22-3.

More than 20 units and approximately 2,300 participants have arrived at Nellis to take part in the final Red Flag of 2022. Ready to greet them are the pilots of the newly re-activated 65th Aggressor Squadron, as well as the 57th Operations Group's dedicated multi-domain aggressor force.

In his welcoming remarks 414th Combat Training Squadron commander, Col. Jared "Jabba" Hutchinson foot-stomped that Red Flag-Nellis 22-3 is unlike any previous Red Flags that have gone before it.

"The Aggressor Nation will be unleashed as they refine threat replication, apply advanced

threats and jamming capabilities, and increase threat capabilities to maximize training in non-permissive environments," said Hutchinson. "The airspace is also much different with almost twice as much fight airspace and inclusion of neighboring airspace opportunities to optimize Blue and Red Force tactics."

This Red Flag also features extended night operations and enhanced combat search and rescue scenarios, in addition to a greatly expanded battle space, all integrated to provide the most true-to-life training experience, designed to prepare Airmen to face pacing challenges in the Pacific and elsewhere.

The 4th Fighter Wing from Seymour Johnson Air Force Base, North Carolina, is the lead wing for a diverse joint force comprised of F-35A/C, F-22, B-1B, E-3, E-8, EA-18G, F-15E, HC-130, KC-135, RC-135, HH-60, and MQ-9 aircraft from the Air Force, Navy, Marines and Air National Guard. They have the difficult task of solving the complex tactical problem sets posed by the aggressor force, while gaining invaluable realistic combat

experience in an advanced training environment that can only be found at Nellis.

In his remarks upon taking command of the 57th Wing on June 30, Brig. Gen. Richard Goodman highlighted the importance and the urgency of being ready to face pacing challenges, and the role exercises such as Red Flag 22-3 play in that preparation.

"Make no mistake about it, across the security environment, the stakes are huge for our country, for our Air Force and for the joint force," Goodman said. "But the good news is the 57th Wing has the right Airmen and the right leaders on task, laser-focused on training our Air Force, the joint force, our allies and partners for the next fight, the high-end fight."

With the potential of matching the best of our combat aircraft against the most advanced adversaries they have seen until now, Red Flag-Nellis 22-3 promises to prepare U.S. warfighters to meet and overcome tactical challenges at a level they have never encountered before.



A B-52 Stratofortress assigned to the 5th Bomb Wing, Minot Air Force Base, North Dakota, lands at Nellis Air Force Base, Nevada, July 11, 2022. Participants conduct a variety of scenarios, including defensive counter air, offensive counter air suppression of enemy air defenses and offensive counter air-air interdiction.

U.S. AIR FORCE PHOTO
WILLIAM R. LEWIS

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Airman Minot
SrA Brandon Royce

Senior Airman Brandon Royce, has spent 2 years at Minot AFB and is a Pavements and Construction Equipment Journeyman. An extra duty that he partakes in is Honor Guard. The primary mission of the base Honor Guard is to render military honors at the funeral service of active duty members, retirees, and veterans of the United States Air Force.



In his free time he enjoys running and exercise, exploring new places, and fishing.



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Upcoming Events

15 JULY **MOVIE IN THE PARK – ENCANTO**
9:00 PM
Minot Oak Park
19th Ave SW, Minot

Minot Parks Summer Movies in the Park
Join us Friday, July 15th at Oak Park
Sponsored by: First International Bank & Trust
*Movies start at sunset
*All movies are free to attend

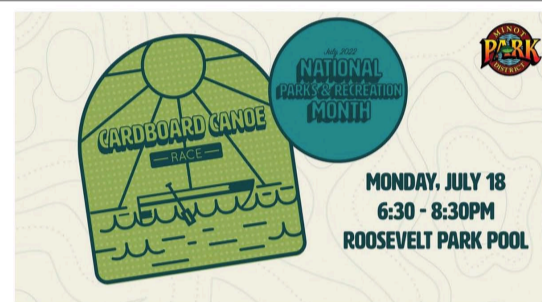


ENCANTO
Friday, July 15th @ Oak Park

For more information:
Facebook/Minot Parks/Events

18 JULY **CARDBOARD CANOE RACE**
6:30 – 8:30 PM
Roosevelt Park Pool
1215 E Burdick Expy, Minot

To celebrate Parks and Recreation Month, we are asking our community to Rise Up and join in on the fun activities we have planned for the month! Race to the finish line in your homemade cardboard canoe! Teams consist of 2 to 4 members; however, only 1-2 members can be in the boat for the race. Team members must be 12 years old and older. Prizes for first to the finish line, most dramatic sinking, and more!
<https://minotparks.com/.../uploads/2022/06/boatracerule.pdf>
<https://fb.me/e/o4MH82XX>



MONDAY, JULY 18
6:30 - 8:30PM
ROOSEVELT PARK POOL

For more information:
Facebook/Minot Parks/Events

19 JULY **KID'S PLANTING DAY**
4:30 PM
Minot Oak Park
19th Ave SW, Minot

This free event is made possible by the Minot Park District's Horticulture Department. We can't wait to help your child choose their plant and learn a little bit about what we love most – Gardening and Farming! Best for ages 6 – 13. One plant per child. Families are encouraged to plant together. What we'll do together: • Choose a favorite planting pot • Fill our planter up with soil and make a new home for our pollinator plant • Learn about how to care for our new plant • Decorate our plant's new home with decorations and paint Event Registration is Required as space and supplies are limited. The activity will likely be 45 minutes and the child will take the plant home with them. You will receive an email confirmation with all of the details!



PLANTING DAY FOR KIDS!
TUESDAY, JULY 19
at OAK PARK

FREE TO ATTEND
REGISTRATION REQUIRED
SPACE IS LIMITED

Plant your own flower and take it home to watch it grow!

Special Thanks to Minot Park District Horticulture Department for providing supplies
PARENTS WELCOME!

Registration Required:
<https://minotfarmersmarket.com/event-planting-day>

21 JULY **ARTS IN THE CITY: THURSDAYS DOWNTOWN!**
5:30 PM - 9:00 PM
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July 28th - Jessie Veeder + Chris Bosden
August 4th FINALE! - Johnny SPUD + Soulshine!



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Lance P. Sijan Leadership Award winners announced

COLONEL ANTHONY S. MCCARTY, 91ST SECURITY FORCES GROUP

It is my honor to announce the 91st Security Forces Group, Lance P. Sijan Leadership Award winners for 2022.

First though...who was Captain Lance P. Sijan???

On Nov 9, 1967, while on a flight over North Vietnam, Captain Lance P. Sijan ejected from his disabled aircraft and successfully evaded capture for more than six weeks. During this time, he was seriously injured and suffered from shock and extreme weight loss due to lack of food.

After being captured by North Vietnamese soldiers, Captain Sijan was taken to a holding point for subsequent transfer to a Prisoner of War camp. Even in his emaciated and crippled condition, he overpowered one of his guards and crawled into the jungle, only to be recaptured after several hours. He was then transferred to another prison camp where he was kept in solitary confinement and interrogated at length. During his interrogation, he was severely tortured; however, he did not divulge any information to his captors. Captain Sijan lapsed

into delirium and was placed in the care of another prisoner, Lt. Col. Robert Craner. During Captain Sijan's intermittent periods of consciousness until his death, he never complained of his physical condition and, on several occasions, spoke of future escape attempts. In January of



1968, Captain Sijan passed away in captivity. In 1976 Captain Sijan was posthumously awarded the Congressional Medal of Honor.

The Lance P. Sijan Leadership Award recognizes the accomplishments of Airmen, both officers and enlisted, who

demonstrate the highest qualities of leadership in the performance of their duties and conduct of their lives.

Your 2022 Lance P. Sijan Leadership Award Winners are:

JUNIOR ENLISTED CATEGORY:

TSgt Jennel L. Edwards, 891 MSFS

SENIOR ENLISTED CATEGORY:

MSgt Matthew P. Riviera, 91 MSFS

JUNIOR OFFICER CATEGORY:

Captain Kij D. Bennett, 891 MSFS

SENIOR OFFICER CATEGORY:

Major Zachary M. Hunt, 791 MSFS

Please congratulate your award winners on this significant accomplishment and wish them luck as they compete at the wing level!

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A LOOK BACK

THIS WEEK IN USAF HISTORY

FIRST B-52 BOMBER ARRIVES AT MINOT AFB
JULY 16, 1961

Base leadership and former ND governor, William Guy, kneel in front of the Peace Persuader in July of 1961. (Boeing)

On July 16, 1961, Minot Air Force Base, N.D., received its very first B-52H Stratofortress, nicknamed the Peace Persuader. The bomber was delivered directly from the Boeing factory in Wichita, Kansas and was accompanied by another backup B-52 in case of any complications. The name Peace Persuader originated from a "Name the Plane" contest held by the Air Force. Peace Persuader was assigned to the 4136th Strategic Wing under Strategic Air Command.

Information courtesy of: af.mil / minot.af.mil / afgsc.af.mil

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National security concerns

CONTINUED FROM PAGE A8

"Some of the most sensitive elements of Grand Forks exist with the digital uplinks and downlinks inherent with unmanned air systems and their interaction with space-based assets," he wrote. And any such data collection "would present a costly national security risk causing grave damage to United States' strategic advantages."

ELECTRONIC SURVEILLANCE

Fox argued that the Air Force would have little ability to detect any electronic surveillance on drone and satellite transmissions being conducted from the Chinese property. "Passive collection of those signals would be undetectable, as the requirements to do so would merely require ordinary antennas tuned to the right collecting frequencies," he wrote. "This introduces a grave vulnerability to our Department of Defense installations and is incredibly compromising to US National Security."

Still, that's not the Air Force's official position. An Air Force spokeswoman said Fox wrote the memo on his own: "In an effort to raise awareness of what he deemed concerning with respect to the company in question moving into the Grand Forks area, Maj. Fox submitted his personal assessment of potential vulnerabilities to the Grand Forks Air Force Base Office of Special Investigations," Lea Greene, spokeswoman for the base, said in a statement.

The company at the heart of the debate argues that its project will help Americans, not hurt them. Eric Chutorash, chief operating officer of Fufeng USA, the U.S. subsidiary of Fufeng Group, dismissed concerns the plant could be used to spy on the Air Force base.

"I can't imagine anyone that we hire that's going to even do that," Chutorash said. When asked if he could definitively say it wouldn't be used for espionage, he responded, "Absolutely."

"We're under U.S. law, I'm an American citizen, I grew up my whole life here, and I am not going to be doing any type of espionage activities or be associated with a company that does, and I know my team feels the exact same way," Chutorash said.

But Fox is not the only official concerned about the farmland in

Grand Forks.

The U.S.-China Economic and Security Review Commission cited Fox's intelligence concerns in a May 26 report, writing, "the location of the land close to the base is particularly convenient for monitoring air traffic flows in and out of the base, among other security related concerns."

SENATE OPPOSITION

Sen. Kevin Cramer, R-N.D., opposes the project, despite the economic advantages it might bring to his own constituents. He said he's suspicious of the Chinese government's intent. "I think we grossly underappreciate how effective they are at collecting information, collecting data, using it in nefarious ways," he said in an interview. "And so I'd just as soon not have the Chinese Communist Party doing business in my backyard."

Both the Democratic chairman and the Republican ranking member of the Senate Intelligence Committee also told CNBC they are opposed to the project.

"The Senate Intelligence Committee has been loudly sounding the alarm about the counterintelligence threat posed by the (People's Republic of China)," said Chairman Mark Warner, D-Va. "We should be seriously concerned about Chinese investment in locations close to sensitive sites, such as military bases around the U.S."

His Republican counterpart, Sen. Marco Rubio, of Florida, agrees. "It is dangerous, foolish, and shortsighted to allow the Chinese Communist Party and its proxies to purchase land near U.S. military installations," he told CNBC in a statement, noting that he is co-sponsoring legislation that would give the Biden administration the power to block such a purchase. "This is something we must address."

The project is a complicated one, and the city of Grand Forks is not expected to begin building out infrastructure for it until next spring. Bochenski said he's moving ahead in good faith but is ready to shift gears if new information comes to light. "We want to do what's best for the community, we want to do what's best for the country, it's a difficult balance right now," he said.

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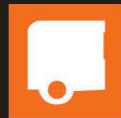
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BAKED CANDIED BACON CINNAMON ROLLS



INGREDIENTS

12 SLICES BACON, SLICED
1/3 CUP BROWN SUGAR
PRE-MADE CINNAMON ROLLS
2 OUNCE CREAM CHEESE

When ready to cook, set the Traeger to 350 ° F and preheat, lid closed for 15 minutes. Dredge 8 of the slices of bacon in brown sugar, making sure to cover both sides of the bacon. Place the brown sugared bacon slices along with the other slices of bacon on a cooling rack placed on top of a large baking sheet. Cook the bacon on the Traeger for 15-20 minutes or until the fat renders but bacon is still pliable.

Turn the Traeger down to 325 ° F. Open and unroll the cinnamon rolls. While bacon is still warm, place 1 slice of the brown sugared bacon on top of 1 of the unrolled rolls and roll back up. Repeat for all the rolls.

Place cinnamon rolls in an 8" x 8" baking dish or cake pan that has been sprayed with nonstick cooking spray. Cook the cinnamon rolls at 325 ° F for 10 to 15 minutes or until golden. Rotate the pan a half turn halfway through cooking time.

Meanwhile, take the provided cream cheese frosting and mix in the softened cream cheese. Crumble the cooked bacon and add into the cream cheese frosting.

Spread frosting over warm cinnamon rolls. Serve warm, enjoy!



Ryan Davy - GM
Minot

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- Tigers are the only large wild cats with stripes. These stripes are camouflage that aid them while hunting. The stripe patterns of a tiger are not symmetrical from one side of the animal to the other. Their stripes are like our fingerprints.
- Amur Tigers have "built-in" ways to conquer the cold. They have a layer of fat on their flanks and belly, that helps protect them from the elements. Their thick, long coats also help keep them warm. And like most tigers, Amur Tigers have a ruff of fur around their neck and extra fur on the paws to protect them from the cold snow like built-in "snow boots".

Fact File

Life Span	10 - 15 years
Weight	400 - 675 pounds
Head and Body Length	5 - 9 feet
Tail Length	2 - 3 feet
Tail Length	3.5 feet
Top Speed	40 mph
Wild Diet	Omnivore Carnivore Herbivore Deer, Pligs, Water Buffalo, Antelope

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to mentoring.

P X S R E T E

□	□	□	□	□	□	□
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Answer: Experts

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91st Security Forces Group Quarterly Update

COLONEL ANTHONY S. MCCARTY, 91ST SECURITY FORCES GROUP

Defenders,
A whirlwind quarter in the books and it was a DOOZY. Faster than predicted snow melt: digging trenches in the snow...a lot of them, followed by four feet of snow in two days...more trenches. Without a ton of manpower from the 91 SFG, we could've been in serious trouble! To quote Chief Smith from the 91 MMXS before he departed, "without the 91 SFG, we would've lost missiles, period." In the midst of all that effort, we still had to ensure ironclad security and support an alert rate in the face of Russian aggression in Eastern Europe. You didn't even blink...not once.

What else ya got?
- The 91 SFG responded and neutralized, 3,344 security situations...the most alarms, responses and alarm resets in Twentieth Air Force...period.
- Overall Vehicle Safety: recognized by the US Army and 20 AF vehicle Information gathering team as having one of the best programs for training and utilizing armored vehicles across the board.

-- An astonishing ~300K miles transited in the missile complex... over THREE-HUNDRED-THOUSAND miles in 3 months. WOW!

- Continued, historic lows in disciplinary incidents...your continued decision to choose the "91 SFG brand" over plenty of other negative options...is inspiring and humbling. I take for granted the fact that you take on mountainous responsibilities and prove to us every day: you are a professional fighting force.
- Had a full SFG Combat Dining Out, the first one in a decade... and the first that used nerf darts instead of waterguns. Chief Sully loved every second of it. Huge showing, we had 300+ folks at the fairgrounds; ended the night without incident.

- 18% of the 91 SFG completed duty position evals, with a 92% pass rate across the SFG...of the ops units: 91 MSFS takes the win with a 94% overall pass rate, a 2% increase over the previous quarter. For some perspective, the chief's old backside rolled through the gates in May 2018...

and the pass rates across the group were in the "60's"; some real work and training goes into an "A" rated pass rate for almost 900 personnel...well done folks, let's get even better next quarter.

Where the Chief and I need your help:

- Turn on your GOV headlights, wear your seatbelts and sign your 1800's...safety, safety...safe-ty. Do not be surprised if you see wing safety spot checking. We like having you around, so be safe... or safer, cool?

- Tighten up accountability pre-post mission check and recheck... do NOT assume your pouches are full. Check yourself and teammates, make sure you have all the gadgets you were issued and your AAE.

Consistent, amazing work folks...the chief and I cannot thank you enough!

We do get an opportunity every quarter to recognize some of your team members who went above and beyond. As such, it is my pleasure to announce the 2022, 2d Quarter, 91 SFG-level award winners. A big thanks to supervisors for recognizing their folks, advocating on their behalf and helping push the winners this last quarter:

- AMN: A1C Brandon S. Mateo-Sotomayor, 91 MSFS
 - NCO: SSgt Joshua T. Howard, 91 MSFS
 - SNCO: MSgt Donald G. Porter III, 791 MSFS
 - CGO: Chaplain (Capt) Brian A. Harris, 91 SFG
 - FGO: Maj Kristopher R. Schmautz, 91 MSOS
 - Flt CC: 2d Lt Ana Flanagan, 791 MSFS
 - Civilian Category I: Mr. Gregory A. Rector, 791 MSFS
 - Civilian Category II: Mr. Casey W. Jones, 91 SFG
 - Key Spouse: Ms. Cristina Villalta, 791 MSFS
 - Key Spouse Program: 891 MSFS, Key Spouse Team
 - Volunteer: MSgt Jason R. Brown, 91 MSOS
 - Professional Team: Weapons & Tactics, 91 MSOS
- To the award winners, a huge CONGRATS and a BEST OF LUCK at the next level! Defenders...Lead the way!!!



NODAK ARMS

OUTDOOR

REPORT

OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, July 11: 1,837.75 feet above mean sea level (MSL); 20,700 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,450.79 feet above mean sea level (MSL).

Stump Lake elevation: 1,450.74 MSL.

•N.D. Game & Fish Dept. game wardens: Better reports coming from Indian Hills and Deepwater Bay on the east end of Lake Sakakawea with improving walleye success around McKenzie Bay. New Town area slowed with muddy water. North-central area lakes offering a tough bite in general. No Devils Lake reports.

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

•Devils Lake, Woodland Resort, Devils Lake: Fair to good walleye success in 15 to 17 feet using slip bobbers with some anglers switching to spinners and bottom bouncers. Best bait seems to be leeches. Work flooded timber. Nice white bass activity.

•Lake Darling, Karma C-Store, Ruthville: Fair to good for small walleye on Lake Darling and Grano.

•Lake Metigoshe, Four Seasons, Bottineau: Continued fair to good bluegill success with some pike mixed in. Walleye bite becoming tough.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: East end of Lake Sakakawea producing walleye in shallow water. Try a variety of presentations.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Nice walleye bite on the east end of Lake Sakakawea in 10 to 25 feet, depending on wind. Try 7 Sisters, main lake east end humps, or northeast corner of Mallard Island using slow death hooks and plain hook or bottom bouncers. Douglas Bay producing walleye with bottom bouncers. Decent walleye bite on Lake Audubon working weed edges using spinners tipped with nightcrawlers or leeches. Also try slow death hooks. Also fair to good smallmouth bass activity. Try top-water or swim baits.

•Lake Sakakawea, Indian

- Check camping and activity regulations on N.D. Game & Fish Wildlife Mgmt. Areas, including "Pack it in, pack it out" for garbage.
- July 29: Halloween in July, Lake Metigoshe State Park, Bottineau.
- July 30: Club de Skinautique Water Ski Show & Lighted Boat Parade, Fort Stevenson State Park, Garrison, 5 p.m.

TOURNAMENTS:

- July 15 & 16: Lake Sakakawea, Fort Stevenson State Park.
- July 16: Lake Sakakawea, Fort Stevenson State Park, N.D. Jr. Governor's Cup.
- July 16: Lake Sakakawea, Parshall Bay: Lake Sakakawea, McKenzie Bay; Devils Lake.
- July 20: Lake Sakakawea, 4 Bears.
- July 23: Devils Lake, Creel Bay.
- July 30: Devils Lake, Woodland Resort; Devils Lake, launch from East Bay, 6-Mile Bay, or Henegar Landing.

Hills Resort, Garrison: Good walleye success using a variety of presentations. Try 8 to 15 feet, locating warm water.

•Lake Sakakawea, New Town: Van Hook Arm remains good for walleye using a variety of presentations.

•Lake Sakakawea, Van Hook Bait & Tackle, New Town: Van Hook Arm remains good for walleye. Try 16 to 22 feet with best bite using nightcrawlers or leeches. Also try light tackle with spinner blades along the bottom or pitching jigs in the shallows. Nice bite from shore, as well.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace continues producing catfish and walleye from boats and shore. Try spillway channel for walleye and sort through for the keepers the tailrace rocks. A little success from the wing walls. Try 8 to 18 feet for walleye on the east end of Lake Sakakawea inside the weed line with jigs and minnows or trolling with slow death rigs or Lindy rigs and nightcrawlers in deeper water around 7 Sisters or Douglas and Steinke bays. Some improving success along the south shore. Try Fisherman's Point or Scoria Bay from shore for walleye. Look for warm water. Not many anglers working salmon yet but those out are finding some early season success.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: West end of Lake Sakakawea starting to clear a little with a

few walleye starting to show up around Little Knife using minnows or leeches. Walleye bite remains good around the Van Hook Arm, especially the south end at Independence Point or Shell Island. Try spinners and nightcrawlers or leeches. Yellowstone River starting to drop slightly with best success for catfish more so than walleye or sauger. Blacktail Dam continues produces walleye in the evening with leeches and slip bobbers. Try Kota-Ray Dam for a mix of perch and bluegill.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Slowing activity on Buffalo Lodge Lake. No reports from other area lakes or the Souris River.

N.D. rivers:

•Little Missouri River, Long X Bridge: River stage, 5.89 feet; streamflow, 6,420 CFS.

•Missouri River, Williston: River stage, 20.31 feet.

•Missouri River, Washburn: River stage, 9.52 feet.

•Pembina River, Walhalla: River stage, 4.01 feet; streamflow, 719 CFS.

•Souris River, Foxholm: River stage, 5.28 feet.

•Souris River, Minot: River stage, 4.56 feet; streamflow, 95.7 CFS.

•Yellowstone River, Sidney, Mont.: River stage, 9.35 feet; streamflow, 30,000 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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YOUTH IN ACTION

Anchored4Life Support



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

Over the last two weeks, we focused on the journey to college. This will be continued next week. This week, I would like to highlight an incredible program known as "Anchored4Life."

Anchored4Life Clubs provide a comprehensive transition and resiliency group for youth with the mission of providing proven resources and strategies to children so they can become resilient, confident, and resourceful. Traditionally, these clubs are sponsored within schools and are youth led. However, due to the increasing needs of geographically dispersed military-youth across the globe Anchored4Life now provides alternative means of club access. Families and students can visit the free E-Learning Series at <https://anchored4life.com/e-learning-series/>. The video series provides families and caregivers

with fun and engaging activities to introduce, practice, and strengthen resiliency life skill development with youth. The videos address a wide range of topics and include: positive attitudes, open mindedness, stress management, choices & consequences, patience, and confidence.

Anchored4Life resources including care packs for moving, deployment, reintegration, divorce, grief and welcome kits are available through the School Liaison Office and the Military Family Life Consultants. These kits include resiliency-based activities and resources for K-8th grade students which can be used by families to address the stressful situations of military life. Please stop by to pick up a kit. If there are any questions, contact the School Liaison Office at 701-723-1447 or mafb.school.liaison@us.af.mil.

Nationally approved, medically accurate training program designed for 11 years old and older.

SAFESITTER

2022 Summer Class Schedule

July 13 • July 14 • July 21

August 3 • August 4

Safe Sitter® teaches adolescent babysitters how to handle crises, how to keep their charges secure, and how to nurture and guide a young child. Safe Sitter® babysitters help children stay safe and sound while their parents are away. In the process, these 11 years old and older emerge as more confident, responsible and compassionate teens and adults.

During this one-day course, students will learn an array of topics including:

- Choking and basic first aid
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- Accident management
- The business of babysitting
- Child development
- Hands-only CPR

All classes are held 8:30 a.m. to 2:30 p.m.

Trinity Health Riverside, Education Center, 1900 8th Ave SE, Minot

Due to the high demand for this class, the course fee of \$60 must be paid in advance. Please register by calling the Trinity Health Community Education Department at 701-857-5099 and then mail your check (payable to Trinity Health) to Trinity Health Community Education, P.O. Box 5020, Minot, ND 58702. Payment must be received in advance to confirm your participation in the course.



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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

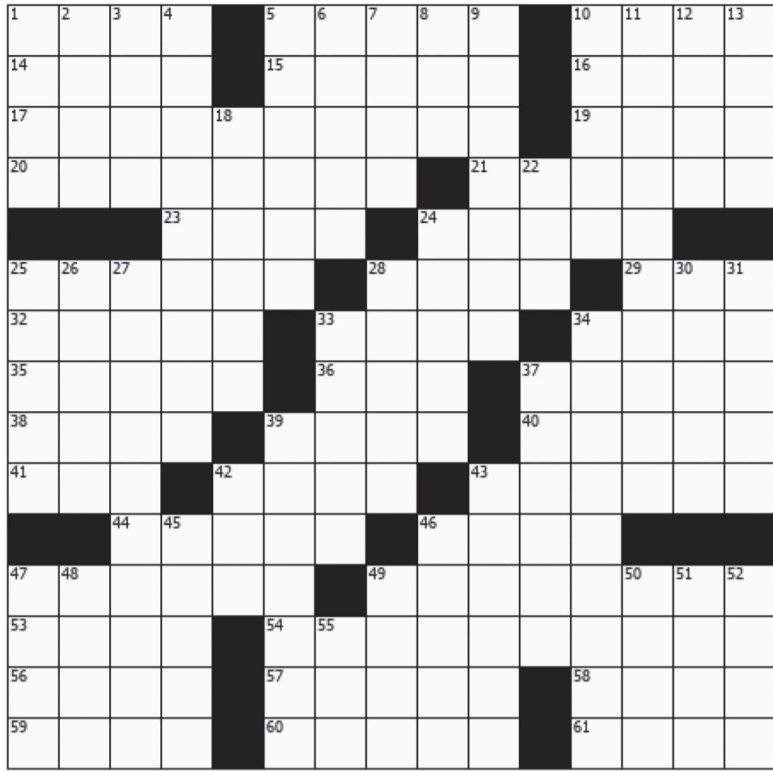


- Vacation Days - not contracted day
- PD Days - contracted day
- Early Release Days - 1:15pm
- Parent/Teacher Comp Days
- Holidays
- * Weather Make-up Day

CROSSWORD PUZZLE

Across

- 1. Irish Spring alternative
- 5. Like a peacock?
- 10. Kuwaiti bigwig
- 14. Calgary's prov.
- 15. Maui neighbor
- 16. Roman moon goddess
- 17. Diamond thieves?
- 19. Imprint firmly
- 20. Lookout
- 21. Cabals
- 23. Kassel's river
- 24. Take as a given
- 25. Liveliness
- 28. "I cannot tell ___"
- 29. Bambi's aunt
- 32. Give the slip
- 33. Bowl over
- 34. Pontiac muscle cars of yore
- 35. Hayworth and Moreno
- 36. Feature of all four theme entries in this crossword
- 37. Rare type of baseball game
- 38. ___-bitty
- 39. Panache
- 40. Overweight
- 41. Superlative suffix
- 42. Political faction
- 43. Good looker?
- 44. Knock for ___
- 46. Similar
- 47. Antedate
- 49. Menu phrase
- 53. Impel
- 54. Term of office of a British prime minister?
- 56. A few bucks?
- 57. First name in cosmetics
- 58. Mideast gulf or port
- 59. Morse morsels
- 60. Den sounds
- 61. Like Sadie of a Beatles song



Down

- 1. Water gates
- 2. Netman Nastase
- 3. Memo heading, for short
- 4. Like some saints
- 5. Krypton or Vulcan
- 6. Gardener, at times
- 7. Like Nash's lama
- 8. Egypt, once (abbr.)
- 9. Become unconnected
- 10. Kate Nelligan film of 1985
- 11. Rope for Rover?
- 12. Ancient Peruvian
- 13. Encouraging words?
- 18. Neatens
- 22. Employ
- 24. Underworld god
- 25. Spooky
- 26. Narrow fissures
- 27. Golf course hole, usually
- 28. Loft
- 30. Racket
- 31. Fall bloomer
- 33. Razor sharpener
- 34. Flip
- 37. Point out
- 39. Foul-up
- 42. Spongy ground
- 43. Roller Derby items
- 45. Gets an eyeful
- 46. Metamorphose
- 47. Daffy hunter
- 48. Popular cookie
- 49. Lead-in to boy or girl
- 50. Ill-mannered
- 51. Big dinosaur, for short
- 52. Start of a count out
- 55. Equal (prefix)

SUDOKU

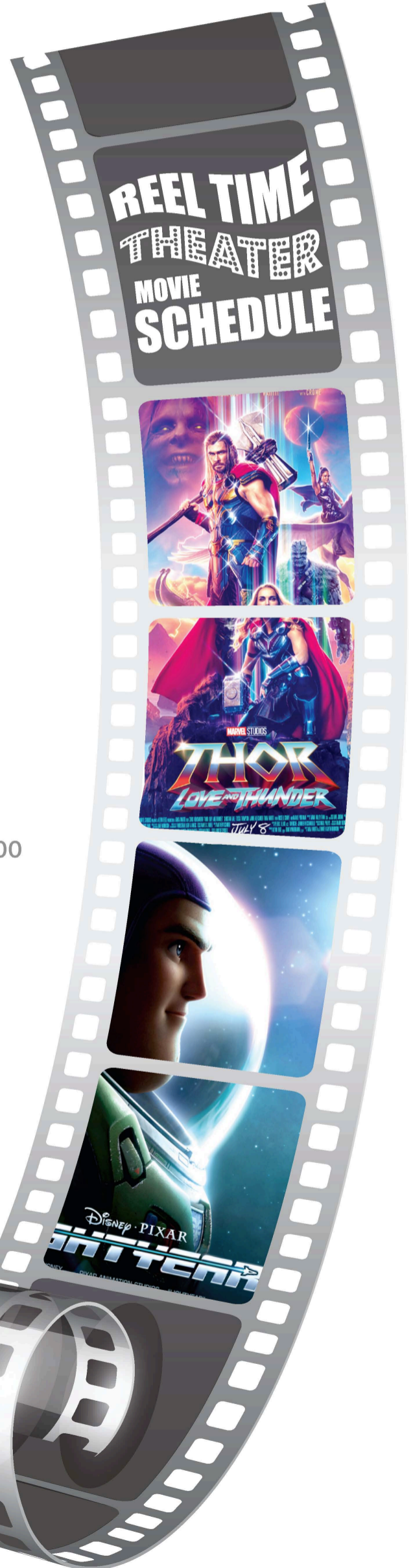
			1	2		3	4
		5	3			6	
7	3			8			
		3			1	5	
8							7
	6		9			1	
				9		2	1
		9			3	8	
5	4			1	7		

Solution to puzzle on **page C7**

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

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



FRIDAY, JULY 15 1800
THOR:
LOVE AND THUNDER
 (PG-13)

SATURDAY, JULY 16 1800
SUNDAY, JULY 17 1500
LIGHTYEAR
 (PG)

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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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Minot • 838-3094**

Saturday, July 16
5 PM, No Vespers

Sunday, July 17
10AM, Congregational Prayer Service



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and Sundays 10:30am

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Worship 10:30 a.m.

www.trinitychurchminot.org



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

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838-0916
MinotBibleFellowship.org



Faith United Methodist Church

5900 Highway 83 N, Minot
www.faithumcminot.com

Pastor Ken Mund
701-838-1540

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

Cornerstone Presbyterian Church

1000 NE 3rd Street
852-0315

Sunday Schedule
Contemporary Worship 9:00am
Sunday School (All Ages) 10:00am
Traditional Worship 11:00am

Wednesday Evening Schedule
Community Dinner 5:30-6:30pm
Contemporary Worship 6:30pm
Youth Group & Small Groups.. 7:15pm

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www.oslcmminot.com

Rev. Heath Trampe
Rev. Brian Doel

SUMMER WORSHIP SCHEDULE
June 12-August 31

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

Wednesdays
6:30pm Contemporary Service



St. Mark's Lutheran Church
Missouri Synod

Sunday Worship
9:30 AM

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Minot, ND
839-4663

Reverend Philip Beyersdorf
www.minotstmarks.com
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Immanuel Baptist Church

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

Sunday Worship
10:00 am

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



Christ Reformed Church

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

St. John the Apostle Catholic Church

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

Daily Mass Schedule:

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

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




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

Sunday Worship
9:30 am

www.firstlutheran.tv
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Sunday 9:30 am
www.flcminot.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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ASSEMBLY OF GOD

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838-1111

Sunday Services
9:00 AM & 11:00 AM

Wednesday
6:30 PM

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

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Pastor David Miller

Cross Roads Baptist

Southern Baptist Convention

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

www.minotcrbc.org
email: minotcrbc@gmail.com
Dr. Bob Farmer- Pastor

415 28th Ave SE (Behind Menards)
838-1873



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Church of God
Family Worship Center

1105 16th St. NW • 839-1407

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

ABC Child Care Center 852-6352

westminot.com
facebook.com/westminot

First Baptist Church

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

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

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

Apostolic Faith Church, UPCI

2929 19th Ave NW • Minot
Located off Hwy 83 Bypass West
(701) 838-0609

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

Jesse Starr, Pastor



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

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or 420-5904 in Minot.

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5p-finish. Apply in person
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ND 58701 or contact: Matt
Mackey By email or phone
at mmackey@kalixnd.org
701-852-1014.

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HOLIDAY WEEKENDS
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MINOT AFB ANNOUNCEMENTS

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

Embry-Riddle Aeronautical University is the world's pre-eminent university for aviation and aerospace education. However, our dynamic, hands-on programs will prepare you for careers well beyond the limits of the sky. Our Worldwide Campus has been working with U.S. military service members since 1970, helping them to earn a degree while on active duty or as veterans. And we do it at more than 90 military installations around the globe. The Embry-Riddle Minot Campus — located at Minot Air Force Base — offers associate, bachelor's, and master's degrees, as well as undergraduate and graduate certifications, that will help you whether you are an active-duty military service member, a veteran, or a civilian working at or around Minot Air Force Base, Embry-Riddle Worldwide is here to help you earn your college degree. A degree from Embry-Riddle Worldwide will help service members to become commissioned officers, will make veterans more desirable job candidates as they enter the civilian workforce, and will assist civilians with job advancement or career changes. Our modes of instruction are: Online, Eaglevision Home and Eaglevision Classroom. Our next term is: 8 Aug-9 Oct. For more information, please visit us in Room 223 located in the Base Education Center Building (2nd floor), email: minot@erau.edu or call office phone: 701-727-9007 and/or Teams phone: 928-777-6342.

COLUMBIA COLLEGE

For nearly fifty years Columbia College has offered educational opportunities to the military and is proud to establish our newest location here, at Minot AFB. Founded in 1851, Columbia College is a private, nonprofit liberal arts and sciences college that serves approximately 18,000 students annually and is proudly recognized by numerous organizations as a Military Friendly institution of higher education. Check out our website (ccis.edu) for the list of organizations that recognize the hard work the college puts in to serve those who serve our country and their families. With 29 online degrees the college is working to offer classes this summer on the installation. In the meantime you can choose your mode of education from strictly online classes to in-person ZOOM synchronous classes. Chose from the many associate, bachelor, or master's degree programs available and know your degree can be completed at Minot or anywhere you have internet connectivity or explore in-seat opportunities if you re-locate near one of our 30 locations nationwide. Fully accredited by the Higher Learning Commission (HLC) we are delighted to establish this location at Minot. Come talk to us at the education center and explore your options for your next step down the path to your educational goal. We are located in Room 219 or call 701-714-0000.

PARK UNIVERSITY MINOT –

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

MINOT STATE UNIVERSITY

Minot State offering face-to-face classes at Minot Air Force Base. Minot State University is excited to again offer face-to-face classes at the Minot Air Force Base. There is no application fee for active-duty military personnel. Military personnel can complete their Community College of the Air Force (CCAF) degree and earn a bachelor's degree from Minot State. For more information, contact Brigitte Mikula at 701-727-9044 or by email at Brigitte.mikula@minotstateu.edu



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

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WHAT'S GOING ON MAFB

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

SUNDAY 17

- Zumba, 1400, Fitness Center

MONDAY 18

- TAP GPS Workshop, 0730-1600, A&FRC
- Lean Six Sigma Tools & Techniques Class, 0800-1500, Arts & Crafts Center – Innovation Center, hosted by Manpower
- Archery Camp, 0900-1200, Youth Center
- Family Pilates, 1000, Turf, hosted by the Fitness Center
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Run for Fitness, 1630, Fitness Center
- Swerk, 1730, Fitness Center
- Yoga for Fitness, 1830, Fitness Center

TUESDAY 19

- TAP (VA), 0800-1600, A&FRC
- Lean Six Sigma Tools & Techniques Class, 0800-1500, Arts & Crafts Center – Innovation Center, hosted by Manpower
- Archery Camp, 0900-1200, Youth Center
- Paintball 102, 0900-1200, Youth Center
- Game Day, 1000-1930, Minot AFB Library
- Stuffed Animal Sleepover, 1800-1000, Minot AFB Library
- Zumba, 1830, Fitness Center

WEDNESDAY 20

- TAP (DoL) - Overview, 0800-1600, A&FRC
- Lean Six Sigma Tools & Techniques Class, 0800-1500, Arts & Crafts Center – Innovation Center, hosted by Manpower
- Archery Camp, 0900-1200, Youth Center
- Paintball 102, 0900-1200, Youth Center
- Bundles for Babies, 0900-1030, A&FRC
- Pre-Deployment/Remote Readiness Training, 1000, A&FRC, Zoom Meeting
- Big City Bites Vancouver Special Lunch, 1030-1330, Dakota Inn Dining Facility
- Story Time, 1030, Minot AFB Library
- Epoxy Wine Caddy Class, 1730-1930, Arts & Crafts Center
- Swerk, 1730, Fitness Center
- Fighting Game Night, 1800, ESC, inside Bomber Bistro
- Yoga for Fitness, 1830, Fitness Center

THURSDAY 21

- TAP (DoL) – Employment Workshop, 0800-1600, A&FRC
- Archery Camp, 0900-1200, Youth Center
- Paintball 102, 0900-1200, Youth Center
- Short Notice Pre-Separation Counseling, 0930, A&FRC
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Run for Fitness, 1700, Fitness Center
- Zumba, 1730, Fitness Center
- Barre Strength, 1830, Fitness Center

ONGOING

- Kids Drive Free: Rough Rider Golf Course – Kids Drive Free through 1 August at the Rough Rider Golf Course! Junior golfers ages 5-17 receive one free bucket of range balls every day!
- FCC Pre-Orientation: One-on-One Appointments: Family Child Care – Call to schedule an appointment.

STUFFED ANIMAL SLEEPOVER
19 JULY 2022 • 6:00PM
MINOT AFB LIBRARY

Stuffed animals are invited to spend the night at the library!

- Bring a stuffed animal, action figure, or doll to the library at 6:00PM on Tuesday, 19 July
- Make your stuffed animal a name tag
- Listen to a couple stories
- Say goodnight to your stuffed animal
- Come back on Wednesday at 10:00AM to find out what mischief your stuffed animal got up to!
- Stick around for Wednesday Story Time at 10:30AM

Pictures of all stuffed animals will be uploaded to the library's Facebook page @minotairforceslibrary

Each stuffed animal's owner will receive a 5x5 "RGB" color picture

To learn more about this year's Summer Reading program visit www.und.edu/2022/03/24/ or visit our website at tinyurl.com/mstlib

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UPCOMING EVENTS

FRIDAY 22

- TAP (DoL) – Employment Workshop, 0800-1600, A&FRC
- Archery Camp, 0900-1200, Youth Center
- Paintball 102, 0900-1200, Youth Center
- Family Zumba, 1000, Turf hosted by the Fitness Center
- Magic The Gathering Family Night, 1700, Lil' Riders Playland, hosted by ESC
- Karaoke Night, 2000, Rockers Bar & Grill

SATURDAY 23

- Play the Course Backwards Scramble, 0900, Rough Rider Golf Course
- Barre Strength, 1000, Fitness Center
- Game Night Series: Halo Infinite, 1800, 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
Seasoned 1/3lb hot & spicy burger with ghost pepper cheese, jalapeños, and Rocker's Fire & Fury sauce on a bed of lettuce and tomato. Served with fries!

Magic The Gathering Family Night
22 July 2022 • 1700
Lil' Riders Playland

Bring your kids to the Lil' Riders Playland for a night of casual Magic The Gathering games hosted by ESC.

Use your own decks or borrow one of ours! No specific format.

Parent supervision required.

For more details, call 723-7238 or email escgamingmanagement@gmail.com

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