### northernsentry FREE | WWW.NORTHERNSENTRY.COM | VOL. 60 • ISSUE 29 | MINOT AIR FORCE BASE | FRIDAY, JULY 22, 2022

#### WHATS INSIDE THIS WEEK:



**REAL GOLF FOR REAL** THE JACK **HOEVEN WEE LINKS GOLF COURSE** 

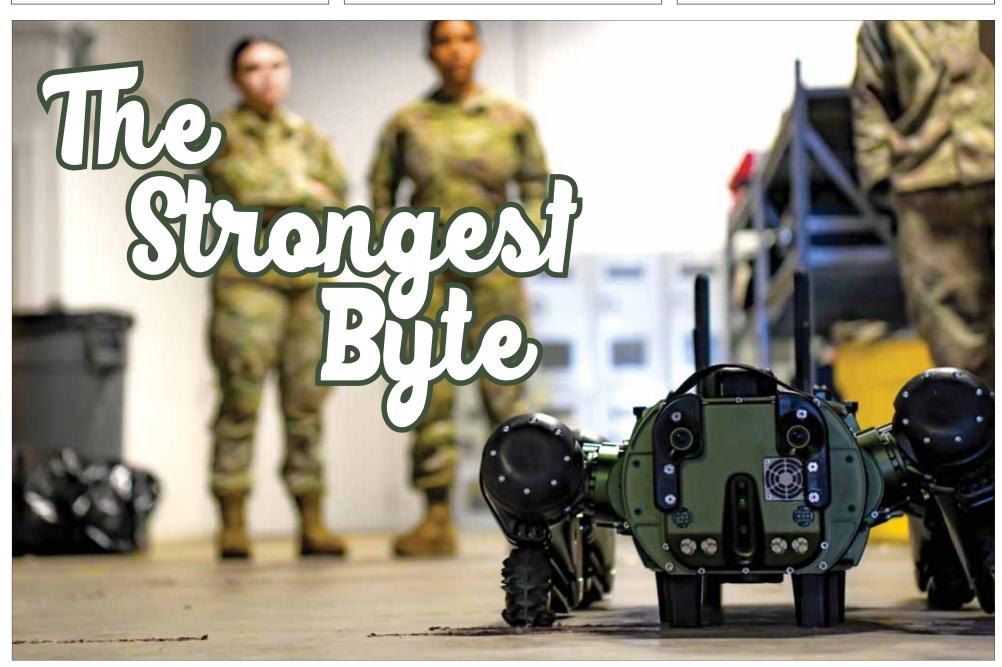


**MILITARY** SINGLE **PARENTS SUPPORT GROUP REACHES MINOT** 



**FITNESS FEATURE:** MARATHON

**C6** 



Members of the 5th Civil Engineer Squadron Chemical, Biological, Radiological and Nuclear team (CBRN) train on the new Vision 60 "Robot Dog" on Minot Air Force Base, North Dakota, June 8, 2022. This new technology allows Airmen to react to CBRN threats down range without risking the safety of themselves or others. See story on page A3.

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### **House Passes 2023 NDAA With Funds For Ukrainian Pilot Training, Protects Sentinel ICBM**

GREG HADLEY, AIR FORCE MAGAZINE

The House of Representatives passed its version of the 2023 National Defense Authorization Act on July 14. The annual policy bill includes a \$37 billion increase to the top line of the Pentagon's budget and a number of provisions that will affect the Air Force and Space Force.

The final bipartisan 329-101 vote capped two days of deliberation on the House floor as lawmakers debated and voted on more than 600 amendments.

While NDAAs set policy and authorize funds, they do not appropriate the money the Defense Department spends. Still, they give Congress oversight of the Pentagon and are regularly considered "must-pass" legislation.

"For over six decades, the NDAA has served the American people as a legislative foundation for national security policymaking rooted in our democratic values, Rep. Adam Smith (D-Wash.), chair of the House Armed Services Committee, said in a statement. "Today's successful vote marks another chapter in that historywith considerable gains for those currently serving our country in uniform."

the amendments Among approved as part of the deliberation process was a provision from Rep. Adam Kinzinger (R-Ill.) to authorize \$100 million to provide training to Ukrainian pilots and ground crews to become familiarized with American aircraft. Ukrainian pilots and defense officials have pleaded for the U.S. to provide them with aircraft such as the F-16, and while thus far the Biden administration has rejected those calls, Kinzinger's amendment was agreed to in an uncontroversial voice vote.

Other amendments adopted by voice vote include one from Rep. Cliff Bentz (R-Ore.) that would limit the number of F-15s the Air Force can divest, at least until the service provides a report to Congress on the number of F-15s-including F-15Cs, Ds, Es, and EXs—it plans to buy and retire in the next five years, broken down by year and location, as well as an assessment of the negative impacts of such retirements and plans to replace those missions.

Kinzinger also introduced another amendment that was eventually approved as part of a larger package that prohibits the Air National Guard from retiring the RC-26 Condor, a tactical ISR platform, despite the fact that ANG leaders say it costs millions of dollars to maintain and other, cheaper technologies such as drones can perform the same missions.

But not all amendments were approved. Rep. John Garamendi (D-Calif.), a senior member on the House Armed Services Committee, introduced one that would have suspended funding for the LGM-35 Sentinel, the Air Force's modernization program for its intercontinental ballistic missiles, and instead extend the aging Minuteman III to 2040. That amendment was soundly defeated by a 118-309 vote.

Earlier in the legislative process, the House Armed Services Committee also voted against forcing the Air Force to hold a competition for its so-called "bridge tanker." One thing the House NDAA would do, however, is force the Air Force to upgrade, not retire, its oldest F-22 fighters, despite the service's request to divest them.

The NDAA also includes a provision from Rep. Jason Crow (D-Colo.) that would establish a separate Space National Guard, a move that was also approved by the House last year before being left out of the compromise version of the bill crafted with the Senate. This year, however, a bipartisan group of a dozen Senators have already proposed legislation supporting a Space Guard.

Finally, the House NDAA partially addresses the Air Force's unfunded priorities list by adding \$978.5 million to procure four more EC-37B Compass Call electronic warfare aircraft plus nearly \$379 million for weapons system sustainment—shy of the \$579 million included in the UPL.

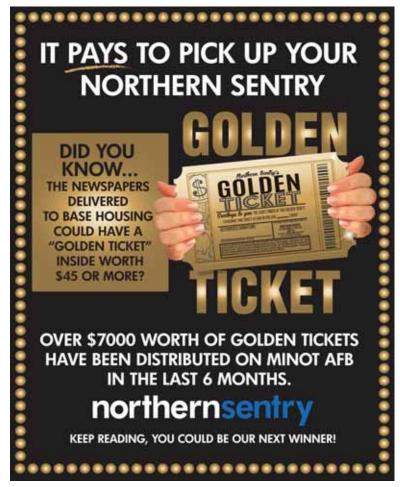
The bill does not, however, add any more F-35As for the Air Force, leaving the service's muchreduced purchase of 33 fighters unsupplemented.

With the NDAA through the House, the Senate must now pass its version of the bill before legislators from the two chambers can craft a compromise bill in conference to vote on and send to President Joe

 $\begin{tabular}{lll} \tt `II am glad to see the FY23 \\ \tt NDAA pass the House with \\ \end{tabular}$ overwhelming bipartisan support. However, our work is not donewe will continue to improve upon this bill in conference to ensure that this legislation gives our warfighters what they need," said Rep. Mike Rogers (R-Ala.), the House Armed Services Committee's top Republican.

Last year, that process lasted longer than expected. The House passed its version of the bill on Sept. 23, but the Senate struggled to do the same, to the point where leaders from both chambers finally unveiled a compromise bill on Dec. 7, bypassing the usual conference

process. That bill cleared both signed into law shortly thereafter. chambers by Dec. 15 and was





#### ND State Fair Volunteers (1st event)

(July 22)

#### **5 FSS Summer Bash**

We are needing committee members and volunteers. Let's help support our Dragon Family! If you are interested please contact the following board

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**

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-41oecHfio8RpONIHy-B58ZgwAGXL9vwf6JrwN6VIXI/edit#gid=0

POC: TSgt Andrea Butler SSgt Jamaal Taylor, 701-723-1484 701-723-7767 Email: andrea.butler@us.af.mil

#### 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

#### **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 Aug. 1-Sept. 22. Anyone interested please fill out a coaches packet at the front desk of the youth center.

POC: Tad Lee, Youth Sports Director 701-723-2838

#### **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

#### **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)





#### To have your volunteer opportunity posted, please contact

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

# Robot Dogs Show Their Potential

ROD WILSON, NORTHERN SENTRY

Two big black boxes arrived on Minot Air Force Base three weeks ago. The containers provided safe shipping for the New Vision Robot dogs from Ghost Robotics Corp. in Philadelphia, Pennsylvania.

Weighing about 60 pounds each, Chappie and Atom were removed from their confinement and soon were being test driven by members of the 5th Civil Engineering Squadron's Emergency Management Chemical, Biological, Radiological, Nuclear flight. This new technology allows Airmen to react to CBRN threats down range without risking the safety of themselves or others.

"Within a few minutes, and even though there were operation manuals included, it took very little reading to get them (the robot dogs) up and running in a few minutes" according to TSgt Dominic Garcia, who was instrumental in acquiring the Vision 60 robots as the noncommissioned officer in charge of Emergency Management Plans and Operations at Minot Air Force Base.

The functions of the robodogs are easily controlled with a remote that uses cameras, lights and designed movements. "For example, if you turn on this function you will see that the (robo-dog) will not run into a wall. Instead it will stop short so the operator can assess the situation.'

Other functions including running at a fast pace, climbing hills, going around curves, climbing stairs and even barking.

According to Garcia, Minot Air Force Base is the perfect location for the beta test of the robo-dogs "because of the extreme weather here. We need to know how well they react to the extreme cold weather."

Funding for the Vision 60, and other innovative projects, is provided by Small Business Innovative Research Funds. "SBIR is a pot of money the Small Business Administration sets aside for the Department of Defense. The US Air Force accesses those funds through an application process with AFWERX as its vehicle. None of the funding comes directly from the Air Force" says Garcia. "As an example, for this project we have over a million dollars to take the project to implementation" which would eventually include equipping the robot dogs with the sensors needed to perform the CBRN mission.

Although there are similar vehicles being tested by security forces, Atom and Chappie are the very first robot dogs to be sent to an Emergency Management





the "Robot Dog" remote during a recent training AIRMAN 1ST CLASS ALEXANDER NOTTINGHAM others.





TSgt. Dominic Garcia explains the functions of Members of the 5th Civil Engineer Squadron Chemical, Biological, Radiological and Nuclear team (CBRN) train on the new Vision 60 "Robot Dog" on Minot Air Force Base, North Dakota, June 8, 2022. This new technology allows Airmen to react to CBRN U.S. AIR FORCE PHOTOS threats down range without risking the safety of themselves or

#### **NOW IT'S REALLY SUMMER!**





**Cody Johnson** Saturday, July 23



Sunday, July 24

- Demolition Derby
- Bull Riding Challenge & **Ranch Bronc Riding**
- MHA Indian Horse Relay

**JULY 22-30 2022** NDSTATEFAIR.COM







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Carnival Rides - 1pm-3pm (Must present military ID.)

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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 Haaq

**Operations Officer** 1st. Lt. Christopher Thibeaux-Moore

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#### **NEWS**SUBMISSIONS Northern Sentry Office

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#### MAIL

315 South Main Street, Suite 202 Minot, ND 58701

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### **Passion Defines The Job**

passionate about your job? Two very different questions; two very different answers. On a very hot Monday afternoon my assignment would take me to Minot Air Force Base, building 523. The folks on base would know the building as the Civil Engineering Electrical shop.

There I would meet up with TSgt Dominic Garcia who is in charge of the "robo-dog" project on Minot Air Force Base. With a smile and a handshake, we quickly decide that I should be introduced to the robo-dogs to begin my story. Over the next couple of weeks there will be stories about this project, and the personnel who are given the opportunity to beta test these robotic "dogs" if you will, to see if they will work in their CBRN application. (Chemical, Biological, Radiological & Nuclear detection).

TSgt Garcia is the perfect person to explain the applications that will make these robots invaluable to the Air Force, and other military branches if the beta testing proves Garcia came up with the idea for the robo-dogs "while in the shower." He has literally been part of the project from ground zero. It is also amazing that the funding for these two prototypes and the entire project, approximately 1.5 Million dollars to take the project from the beginning to implementation, will not use \$1.00 of Air Force money. That's right, no taxpayer dollars.

So now we get down to the very purpose of this article, and that would be to talk about the passion that TSgt Garcia, and his team members, have for their jobs. I can only imagine the excitement about 3 weeks ago when the 2 big black boxes arrived from Ghost Robotics. After unpacking their robo-dogs, they had them up and running in minutes "without even using the directions" according to TSgt Garcia. I have to admit that it does not take long to become enamored with Chappie and Atom. And then, TSgt Garcia gave me the chance to drive one of the robots. What an opportunity! It was similar to being

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A VIEW FROM OUR SIDE



at the local humane society and petting one of the dogs. Soon, you determine you want to take one of them home.

I can imagine sitting in my back yard, chasing squirrels with Atom or Chappie, what great fun. And when the neighbors get inquisitive, you just hit the "bark" button on the remote control and chuckle.

Like I said, it was a very hot Monday, and the shop that is the training center was not air conditioned, but it didn't matter. TSgt Garcia revealed his passion for the project, and other projects on the board that come from Atomic Spark, but more about that later. TSgt Garcia has been in the Air Force for 16 years, at Minot Air Force Base for about a year and a half. He is a perfect example of the quality of

men and women who put on the uniform every day (even though it was approaching 100 degrees) and are passionate about their jobs. Is everyone as passionate about their job as TSgt Garcia. You all know the answer to that question. No, but when one person is passionate about their job in a work environment, it becomes infectious, and pretty soon others join the band wagon.

Thanks TSgt Garcia. I had a great time, even though I wasn't able to adopt one of the robo-dogs. (Seriously, you quit looking at them as robots after only a couple of minutes). We will continue to follow this story as it develops. And thank all the folks at Minot Air Force Base who continue to be passionate about their jobs. It really shows!



#### **UPSIDE DOWN** UNDER

MARVIN BAKER

Manitoba used to have a motto, '100,000 lakes" and Minnesota had a motto "10,000 lakes. North Dakota doesn't have that many lakes, but the ones we do have are incredible.

Driving by Lake Tschida on the way home from Rapid City Monday made me think of the wonderful lakes we have across the state. After more thought I decided to present what i think are the top 10 lakes in North Dakota.

 $1 \, - \! - \, I$  don't think there is any doubt in anyone's mind that Lake Sakakawea tops this list. With more than 1,000 miles of shoreline and deep water which is excellent for fishing and recreation that can't be duplicated anywhere, Lake Sakawea is the crown jewel of North Dakota's lakes.

Lake Sakakawea is well known outside of North Dakota too. Anglers come here from all over the nation to fish the "big lake" and Garrison Dam sandwiched between Riverdale and Pick City. Lake Sakakawea has

so many entry points they can't all be named here. I'll just say you can get into the water from about anywhere.

2 -- Always the bridesmaid and never the bride, Devils Lake has its own rich history and is one of the best walleye fishing spots in the United States. An ice-fishing tournament every winter brings thousands of people to Devils Lake to fish this pristine lake. It's just a great, year-round destination.

The other history is the rise and fall of the lake, but that doesn't stop anglers from getting their limit. Îf you haven't been there, you need to see it and marvel at the power of nature.

3 -- Lake Metigoshe is sometimes called North Dakota's best-kept secret. The surrounding countryside in the Turtle Mountains north of Bottineau is more like Manitoba than North Dakota. Lake Metigoshe State Park is there, and you can take your boat across the international boundary and still be on Lake Metigoshe. Talk about gorgeous, there's lots of flora and fauna to see around this lake.

4 -- Lake Tschida has been a fixture near Elgin for many years and I've driven past it in years past, but it has never looked as good as it does right now. It's so green and there are lots of trees along the shoreline, as well as recreation areas to get your boat on the lake. I rate Lake Tschida No. 4 because I've known about it for 30 years but never realized the incredible scenery around this lake. You have to see it to believe it.

Get Out And See The Lakes...

5 -- I give the No. 5 spot to Lake Oahe, which is huge in its own right, taking in area that borders Burleigh. Morton, Sioux, and Emmons Counties, as well as Campbell County in South Dakota. I grew up in Hazelton, just 10 miles east of the lake in Emmons County, so I've been on that lake too many times to remember. But after being away from it for many years now, I think it remains one of the best waterways North Dakota has to offer.

6 -- Lake Ashtabula in Griggs and Barnes County is a little different in that it is long and narrow and has become a popular destination in east-central North Dakota. It is a multipurpose project, providing protection, augmenting water supplies during dry years, and offering wildlife habitat and recreational opportunities yearround. One of the unique seasonal wildlife visitors to the project is the white pelican, which can be seen in many areas around the lake.

7 -- Lake Darling is part of the flood control project for the Souris River Basin and is the only one of four dams, three of which are on the Souris River drainage in Saskatchewan, Canada, that is designed to protect Minot from flooding. It's a great fishing spot and offers some outstanding ice fishing,

just six miles east of Carpio and 18 miles west of the Minot Air Force Base. There's also a walking trail that offers some great photography.

8 -- Although right next to the big lake, Lake Audobon just doesn't have the appeal that its neighbor gets. It does, however, offer great fishing, gorgeous views, and if you drive by during the winter, you'll see a multitude of fish houses on the ice. It reminds us of the importance of fishing and recreation on North Dakota's lakes.

9 -- Red Willow Lake is a naturally formed lake located in Griggs County. The nearest town is Binford. The lake covers 149.4 acres, has 2.8 miles of shoreline, and has an average depth of 11.1 feet, with a maximum depth of 25.2 feet. Red Willow Lake Resort has had a lot of weddings and other parties and there is also a nearby Bible camp.

10 -- Stump Lake never used to get attention until Devils Lake spilled into Nelson County. Nowadays, it's becoming as impressive as Devils Lake. Not only has Stump Lake grown by leaps and bounds, but numerous improvements have been made to make it a destination.

There are countless other lakes across the state that deserve an honorable mention. Again, this list is the author's opinion and nothing more. My hope is that you get to see all these lakes.





SHE'S NOT FROM **AROUND HERE** 

AMY ALLENDER

Can we talk about "the lake" for a minute?

During my years in North Dakota, I've become a student of Hot Dish language, culture, and traditions. I celebrate Syttende Mai, enthusiastically watch Lawrence Welk reruns, participate in Trash Christmas, and say things like "Oh, fer cute," "Uffda," and "Oh, I s'pose." I pretend lefse is a delicacy and teach my children the art of a "Midwest Farewell."

Even after seven years here, this place still holds some mystery to me. In my opinion, one of the most mysterious and elusive things about North Dakota culture is "The Lake."

The Lake is where locals spend their summer. If your neighborhood is vacant on Saturday night, or the church pews are sparsely populated on Sunday morning, there's a good chance The Lake is to blame.

As soon as the snow begins to melt stores fill up with "lake" merchandise. Coffee mugs, T-Shirts, and knick-knacks a-plenty all claim that "Lake life is the best life," or "The Lake is calling." I smile and listen while the bornand-raised Hot Dishers tell me of

### The Lake

their plans to go to The Lake for the weekend, as if The Lake is a place we can simply look up on

When a local refers to The Lake, there is a casual reverence in their voice. Obviously, this is someplace important, someplace you should know about, someplace you should want to go. It's The Lake, after all.

I have many questions about The Lake, and very few answers. For starters where, exactly, is The Lake?

My husband and I were raised a thirty-minute drive from the shores of Lake Michigan. To us, going to "the lake" meant going to Lake Michigan. People across the region flocked to the sandy shores to enjoy the cool water, hot sun, and popsicles from the concession stands. A day at the beach could require as little as a beach blanket, a towel, and a water bottle.

Here, The Lake is much more complicated. For starters, "The Lake" can mean many different things. A map of North Dakota will show you lots of lakes. Which one is The Lake? Which are open to the public? Where exactly can you access The Lake from once you arrive?

The locals all seem to have their own preferred lake. Sometimes I ask which lake they're headed to, but doing so usually leaves me more confused when I'm given North Dakota directions:

"Oh, you know. It's out by (insert town I've never heard of). Kind of by the (insert obscure landmark I've never heard of). You've gotta go past the old (insert another

unknown landmark) to get there,"

By this point in the conversation, I give up and wish them a happy

Another thing that complicates Hot Dish laking is the amount of equipment The Lake requires.

I've attempted to go to The Lake with just a towel and blanket, only to discover I am sorely unprepared. As an outsider, it seems like a long list of stuff is needed to truly enjoy The Lake. You'll need all the basic lake stuff -- towels, bathing suits, floaties, sunscreen, etc. But you'll also need a camper, boat, fishing gear, and a truck to haul it all out to The Lake. Oh, and don't you dare forget bug spray. Who knew going to the lake could result in so many ticks?

All this only leads to more questions. Where do you keep all that stuff during the winter? Where do you park it at The Lake? Do you need to own a campsite? Do you leave all that stuff at a campsite all summer? In order to be a true North Dakotan, do you need to buy a camper?

Maybe someday I'll fully understand The Lake. For now, I'm content to be baffled. I'm content to accept The Lake as one of those adorably local things that will never make sense to us transplants. That's okay. Life is better with a bit of mystery in it.

For more on my take on NoDak life, and to connect with me further, join me on Instagram @ amy\_allender, or Facebook @ amyallenderblog.





AMY ALLENDER PHOTOS

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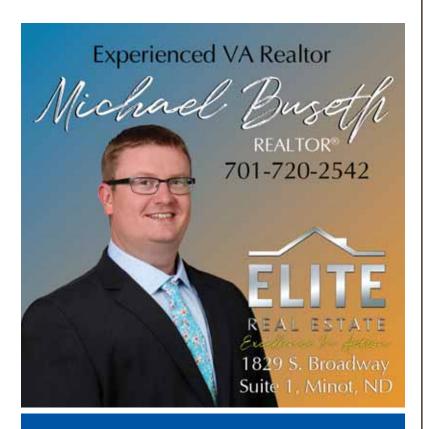




#### B52H ON A FOGGY DAY

A B52H Stratofortress sits on a flight line preparing for flight at Minot Air Force Base, North Dakota, July 15, 2022. Only the H model is still in the Air Force inventory and a fleet is assigned to the 5th Bomb Wing.

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





#### **EXPLORING BYWAY GETAWAYS**

#### **Patricia Stockdill**

Admittedly, gas prices continue providing a big impact on many people's spending ability, perhaps putting a damper on big summer getaway plans.

But, still, getaways from the daily grind are important. They recharge one's mind. They connect moms and dads and their children. They connect friendships.

They're darn near a necessity and they're still doable even if it's not trekking cross country to what was one's Plan A Getaway.

Plan B Getaways can still be fun and offer some unexpected surprises.

Consider, for example, North Dakota's Scenic Byways and Backways.

True, as a prairie state on the northern end of the Northern Great Plains, North Dakota's version of "scenic" doesn't include grandiose mountains still snow-capped in mid-July. It won't include fly-fishing mountain streams (Henry's Fork in eastern Idaho comes to mind) nor will it include endless miles of molten red desert rock (envision Utah's Arches National Park).

But North Dakota's Scenic Byway and Backways still offer a getaway, something different, and — in its own way – something unique.

Roads, highways, and trails must meet criteria to earn their official state or national Scenic Byway or Backway designation; it's not just a moniker someone stuck on it for no reason. It has to qualify under at least one category of scenic, natural, historic, cultural, archaeological, or recreational.

Routes earning North Dakota Scenic Byway or Backway designation are identified with a green sign and buffalo logo.

Routes earning National Scenic Byway designation are identified by a white sign and blue flag logo with the words "America's Byways". Two North Dakota routes have that designation — Sheyenne River Valley and Standing Rock National Native American Scenic byways. The national signs replace state signs.

While North Dakota's Scenic Byways and Backways can provide a nice trek any time of year, some routes

may provide seasonal highlights. Consider these for a mini summer getaway:

•Sakakawea Scenic Byway (23 miles): N.D. Highway 200A at Washburn to Stanton features North Dakota's history and early culture. Check out the Lewis and Clark Interpretive Center and nearby Fort Mandan, Washburn, Cross Ranch State Park near Hensler, Fort Clark State Historic State, and the Knife River Indian Villages National Historic Site near Stanton.

•Standing Rock National Native American Scenic Byway (35 miles): N.D. Highways 1806 and 24 south of Mandan beginning at the Cannonball River (named for its round "cannonball" clay rocks) heads down to the North Dakota-South Dakota border. Check out Prairie Knights Marina along Lake Oahe, Lewis & Clark Legacy Nature Trail, burial site of Hunkpapa Lakota Sioux Chief Sitting Bull, Standing Rock Monument, Fort Yates Stockade, Sitting Bull Visitor Center, and Medicine Wheel Park. It's rich in culture, history, and follows the Missouri River, now part of Lake Oahe.

•Turtle Mountain Scenic Byway (53 miles): The byway officially starts north of Rolla on N.D. Highway 30 going to St. John, then head west on Rolette County Road 43. Continue west until it ends at N.D. Highway 14. The county road becomes N.D. Highway 43 at the intersection of U.S. Highway 281. Travelers will find the Martineau House Byway Information Center, Wakopa Wildlife Management Area, International Peace Garden (and North American Game Warden Museum), Lake Metigoshe State Park, Lake Upsilon's Lions Park, Mystical Horizons, and the Coghlan Castle. The Peace Garden and Lake Metigoshe State Park are each worth a day's visit on its own.

Each byway is more than a day trip getaway. It can be a weekend or a week but regardless of how much time travelers spend, it's still that all-important, precious getaway.

Plus it's a chance to explore parts of North Dakota that residents, nonresidents, and newcomers alike may not have known existed.

And it's cheaper than getting to the Arches National Park, as amazing as that is.



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### **Real Golf for Real Kids:** The Jack Hoeven Wee Links **Golf Course**

ERIN BEENE, NORTHERN SENTRY

Golf is one of those sports in which age is not a limiting factor. Unlike many other intense sports, anyone can play golf. However, what then limits everyone from indeed playing golf? Firstly, there is the cost associated. To begin golfing, one must buy clubs, shoes and pay for the actual rounds of golf too. It can cost hundreds and hundreds of dollars to get started in golf and continue improving. So besides the money, what else would prohibit one from learning the sport? Well, there are the rules. Any golfing newbie can easily become overwhelmed with the rules, customs and standards that are common-place to the avid golfer. It can be very intimidating to break into. Not to mention, the actual techniques and swings that must be mastered is a lifetime project. So golf is a sport for everyone and yet it can be hard to break into. This is a problem that Steve Kottsick of the Souris Valley Golf Course and several others in the community realized. Kottsick decided to do something about it. With the compilation of Wes Plummer, Rudy Zupetz, Minot Parks and the Minot Jr Golf Association, the Jack Hoeven Wee Links Golf Course for kids was created.

The course, which is in its 2nd full summer of operation, is one of the only courses of its kind in the state. It is a real 9-hole golf course designed just for kids! Because its mission was to be a place where kids can learn and feel comfortable getting started with golf, the Wee Links has been able to maintain almost nonexistent prices for their guests. For a child under the age of fifteen to play nine holes of golf, it is only \$1! Don't have kids clubs? No problem, club rentals are available for kids for only \$1 too! These days when prices are soaring, this reverse sticker shock is a pleasant surprise. And get this, not only is it more than affordable, the occupying parent, or guardian over the age of fourteen, only costs \$5 to play alongside their child. Although club rentals are

not available for adults, carts can be affordably rented as well. Wee Links is able to maintain these prices thanks to the Minot Parks District, which owns the land and the Minot Jr. Golf Association which operates and maintains the course. The only catch, and unique aspect of this course, is that adults can only play if a child under the age of fourteen is accompanying them. The course is open April- September and offers kids golf lessons as well. Specific information can be found on their website https://www. weelinks.org/.

Steve Kottsick, one of the founders of the course, said that the main goal of the course is to encourage kids to start learning golf and alleviate some of the barriers to playing golf. He wants to make sure the Wee



The beautiful kid's golf course located right in the heart of Minot.

Link Course is always a safe and well maintained atmosphere for kids to feel comfortable and "get better at golf". The course is in the process of installing security cameras around the course to ensure the safety of their younger players. Kottsick mentioned that tweens can even come play the course without parents present if they understand the rules and can play respectfully. Kottsick is passionate about allowing people of all kinds the ability to play golf and continue to play their entire life. Wee Links offers a special deal, Family Fridays, in which a

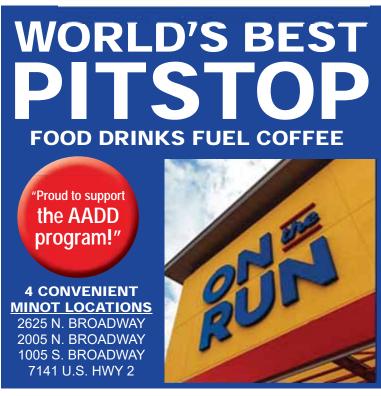
family (up to 5 players) can play all nine holes for only \$10 total. Not only that, but if the family completes the course, they receive a \$10 gift card to MarketPlace Foods!

This one-of- a-kind course is just one of the many hidden opportunities in Minot that make this community a family oriented place to live. Located at 720 16th St SW, the Jack Hoeven Wee Links Golf Course is a Minot Must for families. Even those who don't know much about golf are encouraged to come try out the



The Jack Hoeven Wee Links Golf Course is open April-September.







### FirstCare Walk-in Clinic Open every day.

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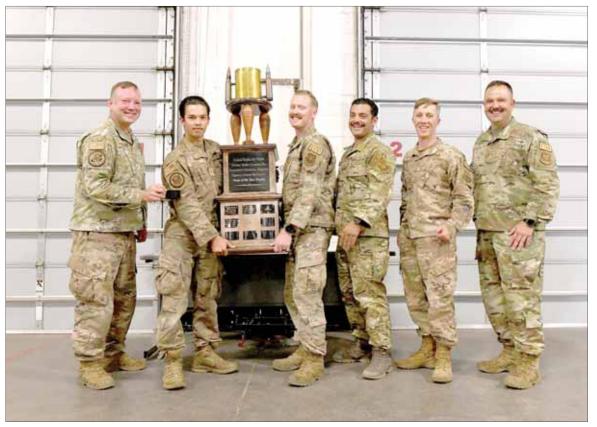
For any illness or injury that's not an emergency, you can see a provider today — no appointment needed. We also have a lab, pharmacy and radiology services right on site for your convenience. Walk-ins are welcome!

Check our wait times at trinityhealth.org/firstcare.

FirstCare Walk-In Clinic 400 Burdick Expressway East in Minot



MAKING MORE POSSIBLE



#### MINOT WINS EOD TEAM OF THE YEAR

The Air Force Global Strike Command EOD Team of the Year Competition was recently held at F. E. Warren Air Force Base, Wyoming.

TSgt Fernando Aguilera, SrA Benjamin Sherva and SrA Zachary Denig from Minot Air Force Base received the AFGSC Ernest McFeron Trophy for exceptional performance in the fourth annual Explosive Ordinance Disposal Team of the Year competition.

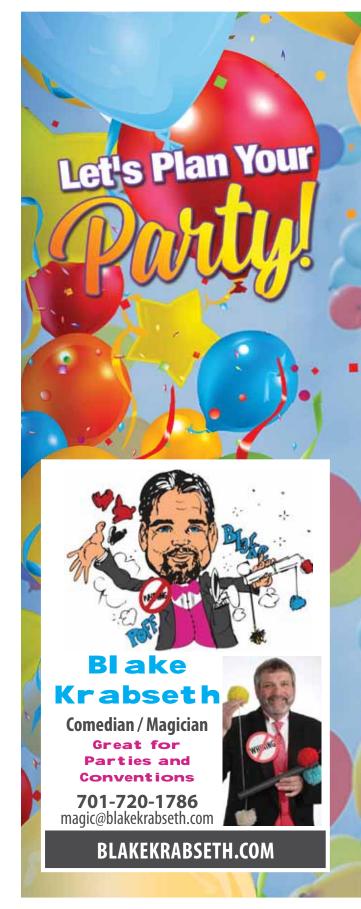
During the competition, EOD members were tested on various mission sets that focused on conventional munitions, improvised explosive devices, countering weapons of mass destruction, unexploded explosive ordnance recovery operations, irregular warfare, physical fitness assessments and EOD specific tools.

U.S. AIR FORCE PHOTO I AIR FORCE EXPLOSIVE ORDNANCE DISPOSAL

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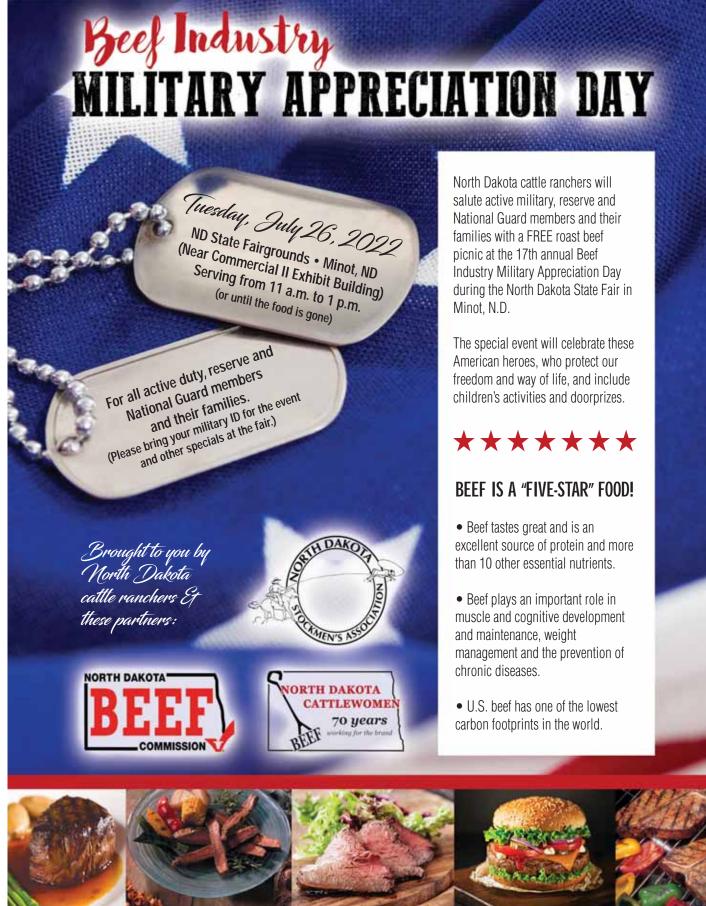


#### 91ST OPERATIONS GROUP CHANGE OF COMMAND

Col. Kristen Nemish relinquishes command of the 91st Operations Group to Col. James Schlabach on July 12, 2022, at Minot Air Force Base, North Dakota. The 91st OG mission is to defend the United States with safe and secure Intercontinental Ballistic Missiles and to be ready to immediately put bombs on target.

U.S. AIR FORCE PHOTOS I AIRMAN ALYSA KNOTT















#### TRANSPORTER ERECTOR MAINTENANCE

Airmen from the 791st Missile Maintenance Squadron performed a tedious job of replacing a Transporter Erector Semitrailer Hoist Assembly.

U.S. AIR FORCE PHOTOS I AIRMAN ALYSA KNOTT



#### **NOTES ON BEING SAFE**

### IT'S STATE FAIR TIME AGAIN

SAFETY & HEALTH AT THE NORTH DAKOTA STATE FAIR



ROD KRAUSE 5TH BOMB WING OCCUPATIONAL SAFETY AND HEALTH MANAGER



There's no better way to enjoy the summer celebration than the North Dakota State Fair – for the most part it's the last chance before school begins to enjoy the sounds, sights, smells, tastes and activities only to be found at the fairgrounds here in our own city of Minot.

Before heading out to enjoy all the festivities... being prepared ensures your family's experience is fun, healthy and safe by considering these tips as you plan your family outing.

Be realistic. Everyone goes to the fair for all kinds of "forbidden" foods and hours of fun, so recognize your limitations and the inevitable choices there for the taking. But also recognize there are things you and your family can do to stay in control, such as taking frequent breaks, eating a balanced and filling meal before you leave and getting a good night's sleep the night before.

Drink Water. Be sure to drink plenty of water before and during your visit. You can also take a cooler with you so water is readily available to prevent dehydration. Water can also help cut back on overeating.

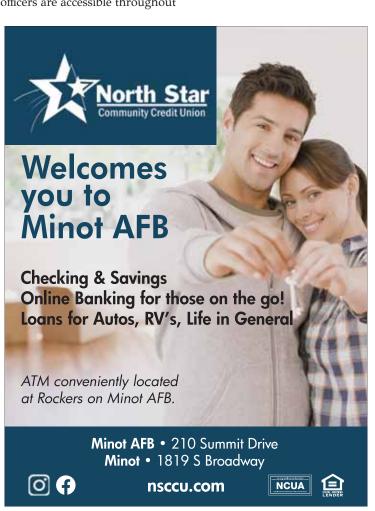
Dress Appropriately Ensure everyone is wearing a hat, has generously applied sunscreen and is wearing comfortable walking shoes. For a nominal fee, power and manual wheelchairs are available for those in need of

mobility assistance.

Practice Safety Do your children have identification should they become separated? Remind your children about strangers, for assistance, Ward County Sheriff officers are accessible throughout

the fairgrounds.

Going to the North Dakota State Fair should be fun, so please remember these tips to keep your family and friends healthy and safe.





109 South Main St. Minot

701.837.8555













#### 5TH MEDICAL GROUP HOSTS A TRAINING DAY

The 5th Medical Group hosts a training day at the Medical Group Building on Minot Air Force Base June 22, 2022. A team of Airmen from the 5th Medical Group worked together to learn how to properly set up a tent to ensure they are mission ready at all times.

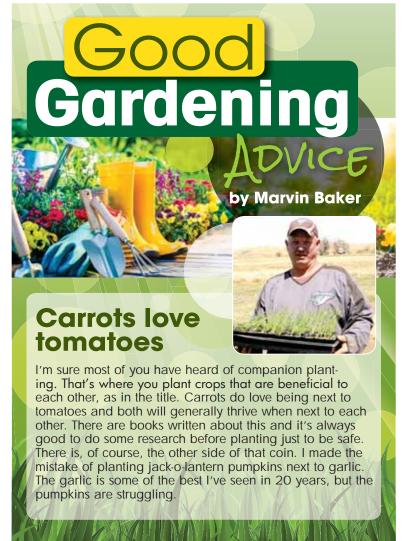
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### MINOT AIR FORCE BASE, WE SALUTE YOU.

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#### **Badlands** Restaurant & Bar

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#### 28 Tastes & Taps

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#### Whiskey Nine

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#### **Tuesday, August 2** 5:30-8 p.m. **Roosevelt Park**

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- Educational booths
- First Response Air and Ground
- Law enforcement special equipment displays
- MAFB K9 demonstrations

Event sponsored by:



# Military Single Parents Support Group Reaches Minot

**ERIN BEENE, NORTHERN SENTRY** 

It's a Small Air Force- This phrase is spoken when referring to the way words, needs or people travel within the Air Force. Even though there are bases all over the world, many members and families find themselves meeting up with old friends or discovering that the struggles of people in the military are universal no matter where they are located. It is the later situation in which MSgt Marjaue Fields, instructor at the Non-Commissioned Officer Academy at Sheppard AFB in Wichita Falls, Texas, came to find an outlet for shared difficulties of single military parents.

Fields, who has been in the military for 15 years, has been stationed at five bases and has loved her time in the military because she said that it has helped her grow as a woman and a leader. While a dedicated Airmen, Fields is also a single mother to three girls: Noelani age ten, Maliyah age seven and Harmony age five. She described her role as a mother by saying, "I believe I was blessed with them for a bigger purpose than I honestly realize. They are my headaches and yet my motivation for absolutely every decision I make. I am their example. And though that comes with more pressure than I would have ever asked for, I know I am capable. I love my babies!" Fields loves being a mother, but when she PCS'd to Sheppard AFB in March of 2021 she found herself unexpectedly overwhelmed with the responsibilities and complexities of being a single parent in the military. She had a difficult time finding childcare, housing and emotionally



MSgt Marjaue Fields stationed at Sheppard AFB in Wichita Falls Texas created a support group for military single parents. Pictured here with her three girls: Noelani 10, Maliyah 7 and Harmony 5.

supporting her children while also immersing herself into learning an intense new job. She said, "I fell into what I refer to a silent depression. I was sad, overwhelmed, stressed and most importantly felt extremely alone. I remember thinking very vividly, that I couldn't be the only person in this type of situation and that if I felt this alone that there had to be others feeling just as alone." Fields reached out to her local AFRC in search of support and enquired about an established military single parents support group. Upon finding little formalized support, Fields decided to start her own support group to help others like her not feel so alone. Thus began the road to the creation of the Military Single Parents Group on Facebook.

"I envisioned a safe space for a network of single parents that could reach out to one another to vent or ask questions, or just express frustrations. When a single parent PCSs to a new base I don't want them to feel like I felt. I want them to be able to log onto the FB group, post and connect with the single parents located









Dr. Matt Hanson







#### **BUSINESS HOURS**

Monday: 7:30am — 6:00pm Tuesday: 9:00am – 6:00pm Wednesday: 7:30am — 6:00pm Thursday: 7:30am — 6:00pm Friday: 7:30am – 4:30pm Saturday: 2 a month by appt Sunday: Closed

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Dr. Shad Froseth

Dr. Crystal Long

Dr. Willy Fielhaber



at that base before they ever actually get there. That way they automatically have support from day one of arrival." Fields was passionate about not having other military single parents feel like she did. She wanted everyone to know that, "know that no matter how alone they may feel at times, they are never truly alone." She created the group on Facebook to reach a military wide network of single parents, not just in her surrounding area. As this story goes to press, and less than three months after the creation of the group, there are 169 members. The need for support for the single military parent was needed everywhere, and this group has allowed them the chance to get that support form those who are in similar situations.

Fields reiterated that she did not want this group to be viewed as a single parents dating site, as that is not it's intention. "I hope the group will give military single parents a sense of a family knowing that they have a group of others around the world who understand and can relate to what for this group and the bravery of Fields to start this group has spread far and even made its way to Minot AFB. While there are members of the group stationed at Minot, they were unavailable for comment at this time.

MSgt Fields truly believes in resiliency and hopes that this group will bring happier and more adjusted parents and in turn result in happier children. She also noted that when parents and people feel supported it results in the military mission thriving even more, and she hopes to continue to help military single parents with this support group. " We see a lot of great ideas come to fruition in the military and they end up dissolving or fizzling out. I pray that this page grows, and sustains over a long period of time and that single parents gain a benefit from the group in the way I envisioned."

All single military parents are welcomed to join the group if they follow the rules of the group itself. Please find the group on Facebook: Military Single Parents Group if you are looking for support being a single parent in

unique challenges single parents in the military face." The need 2 Winners 1. Take a selfie photo showing this ad! 2. Like Badlands Restaurant & Bar on Facebook! 3. Send a message to the Badlands Facebook inbox. 4. In the message, provide your e-mail information and make sure to attach your selfie/photo. \$25.00 Gift Certificate From No Limit, Enter As Many Times As You Wish! Badlands Restaurant & Bar By participating in the above contest, you give Badlands Restaurant & Bar and co-marketing partners

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### Vehicle maintenance tasks drivers don't want to overlook

Savvy drivers recognize that maintenance is essential to keeping their vehicles running strong for years on end. Such maintenance ensures vehicles are safe to take out on the road, and basic upkeep also protects drivers' financial investments in their cars and trucks.

Drivers who are not mechanically inclined tend to put their vehicles in the hands of a trusted mechanic to perform routine maintenance like oil changes. But there's a host of simpler vehicle maintenance tasks that drivers don't want to overlook, some of which can be performed without visiting the auto body shop.

· Brake inspections: Brake inspections are best left to the professionals, who can check the thickness of brake pads and look for other indicators of excessive wear. The automotive resource Cars.com recommends having brakes inspected during routine tire rotations, which many automotive professionals suggest should be done every six months.

• Car wash: Car washes might not be the first task drivers associate with vehicle maintenance, but they can prevent longterm damage to cars and trucks. Damage from bird droppings and road salt and ice melt products in the winter can damage a vehicle's paint job and its undercarriage. Wash the car on your own at home or visit a professional car wash to perform this simple yet vital maintenance at regular intervals and whenever you notice significant buildup of dirt and grime on the car's exterior.

• Air filter: The air filter on a car or truck prevents debris, dirt and other contaminants from getting into the engine. The auto insurance experts at Allstate® advise drivers to inspect their vehicle air filters once a year. Air filters in need of replacement may appear dirty, and reduced fuel economy, unusual engine sounds and reduced horsepower are some other potential indicators that an air filters needs to be replaced.

· Windshield wipers: Windshield wiper blades are easily overlooked, but various automotive experts recommend replacing wiper blades every six to 12 months. Old wiper blades won't perform at peak capacity, dramatically reducing visibility during heavy rain and snowstorms. Anyone can replace their own windshield wiper blades in a matter of minutes, and new blades won't break the bank.

Vehicle maintenance is not exclusive to tending to what's under the hood. Keeping a car running smoothly for years involves routine tasks that many drivers can perform without professional assistance.

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### National Suicide Prevention Lifeline hotline now live

66TH AIR BASE GROUP PUBLIC AFFAIRS

HANSCOM AIR FORCE BASE, Mass. -- The National Suicide Prevention Lifeline hotline is launching a new quick-dial option nationwide starting July 16.

Anyone located within the United States can call or text 9-8-8 any time of day, seven days a week to receive support for suicidal, mental health, and substance use crisis. The line will connect callers to trained crisis counselors.

People can also call or text 9-8-8 if worried about a loved one who may be in need of crisis support.

"What we want to do is make it as easy as possible for someone to reach help when they need it," said Colleen Carr, director of the National Action Alliance for Suicide Prevention, in a 2022 interview. "It's not a new network being established. It's a new way to access that network in a way that's easier to remember."

According to the Substance Abuse and Mental Health Services Administration website, callers will be routed to a local crisis center based on their area code. A local, trained counselor will listen, provide support and share resources, if needed. If there is no one available at a local crisis center, the caller will be re-routed to a national center for assistance.

If needed, the counselor on the call can activate a local mobile mental health crisis team to be dispatched to the caller to provide therapeutic interventions and make referrals for outpatient services or transportation for further evaluation, according to SAMHSA.

In the U.S., 45,979 people died by suicide in 2020. That is an average of one person every 11 minutes, according to the Centers for Disease Control website. In addition, 12.2 million adults thought about suicide, 3.2 million adults made a plan to die by suicide, and 1.2 million adults attempted suicide.

The creation of 9-8-8 not only helps everyone living in America, but it also has the potential to make a significant impact on the active military and veteran community.

mental health "These professionals are trained on helping the military population and addressing the unique issues they encounter," said Kristin Wright, violence prevention integrator and suicide prevention program manager at Hanscom Air Force Base. "Veterans, service members and military families face distinctive challenges in multiple aspects of their lives.'

If a veteran calls 9-8-8, they have the additional option of being connected to the Veteran's Crisis Line instead of a local crisis center. The Veteran's Crisis Line is a free, confidential and secure resource for military members

and veterans. Veteran suicide accounted for 6,261 suicides in 2019, which represented 13.7% of suicides among U.S. adults that year, according to data from the Veteran's Administration.

Nearly 600 members of the military, among active duty, reserves and National Guard, died by suicide in 2020 according to data provided in the annual suicide report from the Department of Defense. The report also shows 202 military family members died by suicide in 2019.

"The findings are troubling. Suicide rates among our service members and military families are still too high, and the trends are not going in the right direction," said Secretary of Defense Lloyd Austin in a statement in September

By calling 9-8-8 instead of 9-1-1 when a behavioral health or mental crisis may not be life-threatening, the response provided by public services, such as law enforcement and EMS, can be reserved for lifethreatening emergencies requiring their assistance.

"We have a three-digit number for medical emergencies; we need a three-digit number for psychological emergencies — and that's what this is," said John Draper, executive director for the National Suicide Prevention Lifeline in a 2022 interview.

The Federal Communication Commission is requiring all phone service providers in the U.S. to direct 9-8-8 calls and texts to the existing National Suicide Prevention Lifeline by July 16. However, the National Suicide Prevention Hotline number, 1-800-273-8255 will not go away. People will still receive the same services whether dialing 9-8-8 or 1-800-273-8255.

The new 9-8-8 quick-dial came about after The National Suicide Hotline Designation Act was passed by Congress and signed into law by former President Donald Trump in 2020.

"It can be taxing to remember the digits in a 1-800 number, especially during a crisis, but remembering a three-digit number is a simpler solution for everyone. The 9-8-8 rollout allows any individual to receive assistance for not only suicidal ideation and prevention, but for substance use and other mental health crises. It is the beginning of making mental health a priority and reducing the stigma surrounding mental health in our country," said Wright.

If you are thinking about harming yourself or attempting suicide, tell someone who can help right away. Call your doctor's office, call the National Suicide Prevention Lifeline or 9-1-1 for emergency services, or go to the nearest hospital emergency room.





#### NORTH DAKOTA STATE FAIR 2022 VARIOUS TIMES ND State Fair Grounds

2005 Burdick Expressway East Minot

The North Dakota State Fair is held annually in Minot, North Dakota. See the full nine days of entertainment and buy tickets for our exciting grandstand entertainment on our website.



For more information: www.ndstatefair.com

**KITE FLYING** 5:00 - 7:00 PM Optimist Soccer Complex 21st Ave NW, Minot

Look to the skies! Join us at the north hill soccer complex for a kite flying party! Bring your best kites out to the field and enjoy the views. All events are free to attend.



For more information: Facebook/Minot Parks/Events



#### SCAVENGER HUNT **ALL DAY** Various Minot Park Locations 1215 E Burdick Expy, Minot

July is National Parks & Recreation Month!

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! From July 1st to August 30th, visit each of the Parks listed on the activity sheet to gather all of the unique code words. The code words will then create a sentence. Those who submit a completed scavenger hunt will receive a prize!



For more information: Facebook/Minot Parks/Events



#### 10:00 AM - 10:30 AM

Minot Public Library 516 2nd Ave SW, Minot

This is a story time for the little ones with caregivers. We will listen to stories, sing songs, and do finger plays. Lap Sit Story Time will be on Wednesdays at 10:00 am in the Imagination



Facebook/Minot Public Library/Events



#### **UP YOUR AXE FAMILY NIGHTS** 5:30 PM - 8:00 PM

Main Street Minot

During Family Nights, Ages 10+ can throw axes and ninja stars! Main Street every Thursday in Downtown Minot during Arts in



For more information: Facebook/Minot Public Library/Events



#### ART CAMP 2022 MEET THE ARTIST, BE THE ARTIST! SEE TIMES BELOW

Taube Museum of Art 2 Main Street North, Minot

Register today for our annual Art Camp for children ages 5 and up. Your child will explore and observe the artworks of four artists. Projects will consist of printmaking, acrylic painting, 3D sculpture, model magic clay and so much more! This is an art camp for children interested in a hands-on experience with the visual arts. Experienced art educators will work with your children developing their art skills.

There are two sessions: 9 am-12 pm or 1 pm-4 pm. Fees cover 4 days of classes, August 1st-4th, 2022 at either the 9am or 1pm session each day. FEES: Nonmembers: 1st child - \$100 each additional - \$90 each Members: 1st child - \$95 each additional - \$85 each



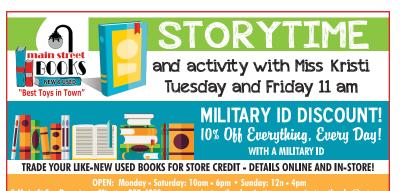
For more information: Facebook/Taube Museum of Art/Events

On Base





For more information visit: www.5thforcesupport.com





# AAFES Leverages Authentication Capabilities to Streamline Online Access to DoD MWR Libraries

THE ARMY & AIR FORCE EXCHANGE SERVICE

DALLAS - The Army & Air Force Exchange Service is helping Department of Defense Morale, Welfare and Recreation (MWR) Libraries make it easier for service members and their families to access online library services and

Using AAFES' extensive online authentication system, authorized library patrons can use their Common Access Cards (CAC) to create an account at https://www. dodmwrlibraries.org/.

streamlined The identity resolution and authentication process is possible thanks to AAFES' partnership with the Defense Manpower Data Center's Defense Enrollment Eligibility Reporting System, the National Archives and Records Administration and other local data sources. This important collaboration enables identity resolution and eligibility status verification across all Services. The joint venture allows for the use of records for activeduty service members; Veterans; retirees; National Guard, Reserve, Coast Guard, National Oceanic and Atmospheric Administration personnel; Public Health Service personnel; and others.

"Communicating electronically with AAFES' coordinated system allows the site to verify eligibility in real time," said Kenneth Sorg, Office of the Deputy Assistant Secretary

awn, Leisure &

of Defense (Military Community and Family Policy), Office of MWR and Resale Policy. "This makes the libraries both more secure and easier to access for service members and their families."

Before the partnership with Navy, AAFES, the Army, Marine Corps, Coast Guard and Air Force libraries each used separate contractors to provide authentication services. A Joint Services board voted to partner with AAFES to consolidate authentication services because of AAFES' track record providing authentication services for OSD's American Forces Travel program at AmericanForcesTravel.com.

"The DoD MWR libraries provide valuable resources that enhance Quality of Life for military communities, and AAFES is honored to help them deliver fast, efficient and secure online service,' said Air Force Chief Master Sgt. Kevin Osby, AAFES senior enlisted advisor. "This partnership is a

great example of how the AAFES' unique verification capabilities, which encompass all Services while being centrally located, can help other DoD organizations enhance their services.

Along with books, audiobooks, newspapers, magazines and scholarly articles, the library site offers a wide variety of online content for skill development, entertainment, and Highlights include language learning, genealogy resources, engine repair and car manuals, test preparation and computer certification classes, STEM and STEAM learning activities for children, and teaching resources for the adults who work with them, interactive lessons in business and technology, streaming video, and both streaming and downloadable

Authorized patrons can visit https://www.dodmwrlibraries.org/ aafes/login for more information and to create an account.



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

Saturday: 5:30 a.m. - Noon





### All About Pets





Having a baby can be a big change for the entire family, and your dog is no exception. Especially if you are having your first child, your dog may experience a number of new sights, sounds, and smells, some of which may be stressful to your fur-baby. Here are a few tips for preparing your dog to meet the baby so that everyone stays happy, safe, and healthy.

 Make sure your dog is trained before the baby arrives—teach your dog basic obedience skills such as sit, down, place, leave it/drop it, etc. It is very important to make sure your dog has a firm grasp on bite inhibition and how to be gentle around humans. Teaching your dog not to jump on you is also a good idea so that you don't run the risk of your dog accidentally knocking you over while holding the baby. If you have a dog that is extra mischievous, you can train them to leave baby belongings/toys alone and play with their own toys instead. Also, training your dog to stop barking on command can be a very useful tool that will come in handy down the road (wouldn't want to wake up the baby!).

•Socialize your dog—spend more time with your neighbors, walk your dog near the local playground, and make sure your dog starts to get a feel for being around children and babies. If your dog has not already been socialized to children, it would be a good idea to recruit a professional dog trainer who can help you learn the proper ways to safely introduce and socialize dogs to children. ●Expose your dog to new things — before you bring home your baby, you want to expose your dog to the new sights, sounds and smells that

they will encounter. Let your dog see the diapers and wipes, sniff your baby's crib or stroller, let your dog spend time in baby's room around all the toys, clothes, and whatever else. Try taking your dog for a walk alongside the stroller. If you know someone with a baby or children, you can ask if you can bring your dog by their house to sniff and look around. There are also a variety of online resources where you can find common baby noises to play for your dog to familiarize them.

•Change your dog's routine if need be — if you anticipate your dog's routine changing due to your new baby, get your dog started on that schedule beforehand. Maybe you'll need to feed them or go for walks at a different time. Make sure you're getting your dog used to the new routine.

•Prepare your house—give your dog a special place that they can go when they need a break from baby, such as the bedroom, a crate away from the chaos, etc. If you have rooms that you would like to be off limits to your dog once baby arrives, go ahead and buy gates and familiarize your dog with them.

There are a million-and-one things that you can do to prepare your dog for a new baby, but the moment of truth will come when you bring baby home. It's incredibly important to prepare your dog for that moment not only for the health and safety of your dog, but for the child as well. If you have any safety concerns, contact a trainer immediately to work through them beforehand. And just like anything else with your dog, make sure to take it slow and give them time to adjust to a new way of life.



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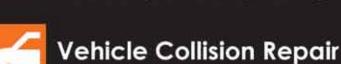


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A B52H Stratofortress sits on the runway on Minot Air Force base, North Dakota, July 7, 2022. The B-52H is a long-range, heavy bomber that can perform a variety of missions as well as fly at high subsonic speeds at altitudes of up to 50,000 feet.

U.S. AIR FORCE PHOTOS I A1C ALEXANDER NOTTINGHAM

#### **SALMON WITH SPRING VEGETABLES AND PESTO**



#### INGREDIENTS

4 (4 OZ EACH) SALMON, SKIN-ON, PIN BONES REMOVED

2 TABLESPOON OLIVE OIL KOSHER SALT AND FRESHLY GROUND **BLACK PEPPER** 

OF STALKS REMOVED AND SLICED INTO 1 INCH PIECES ON THE BIAS 2/3 POUND SUGAR SNAP PEAS, ENDS TRIMMED AND SLICED INTO ½ INCH

2/3 BUNCH ASPARAGUS, BOTTOM THIRDS

PIECES ON THE BIAS

6 2/3 OUNCE CHERRY TOMATOES, RINSED AND HALVED

1 1/3 LEMONS, HALVED 1/3 CUP FRESH PESTO 2/3 LEMON, ZESTED FRESH BASIL LEAVES, FOR GARNISH

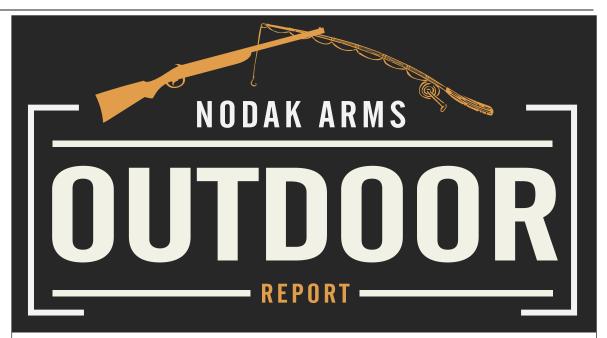
When ready to cook, set Traeger temperature to 500°F and preheat, lid closed for 15 minutes. Place a piece of parchment paper on a large baking sheet or in a roasting pan. Rinse the salmon and pat dry. Brush all sides of the salmon with olive oil, and sprinkle generously with salt and black pepper on all sides. Place the salmon pieces skin-side up on the sheet tray leaving 2 inches between each piece. Place the asparagus, snap peas, and cherry tomatoes in a bowl. Gently mix the vegetables with the remaining tablespoon of olive oil, 1/2 teaspoon salt and a fresh grinding of pepper. Scatter the vegetables evenly onto the sheet pan. Place the sheet pan on the grill. In addition, place the lemons cut-side down directly on the grill grate towards the front of the grill. Close the lid and cook for 5 minutes. After 5 minutes, remove the lemons from the grill and stir the vegetables. Close the lid and cook for 5 more minutes, or until the fish reaches an internal temperature of 140°F and can be flaked with a fork.

Remove the sheet pan from the grill. Place the fish and vegetables on a serving platter and drizzle with the pesto. Squeeze the grilled lemon over the top of the fish and vegetables. Sprinkle the lemon zest over the fish and add a few basil leaves for garnish. Serve immediately. Enjoy!



an Davy - GM

www.HofE.com/BBQHQ



### **OUTDOOR NOTES:**

PATRICIA STOCKDILL

Lake Sakakawea elevation, July 18: 1,838.17 feet above mean sea level (MSL); 20,900 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,450.71 feet above mean sea level (MSL). Stump Lake elevation: 1,450.65

• N.D. Game & Fish Dept. game wardens: East end of Lake Sakakawea continues producing fair walleye success. Skunk Bay producing better walleye success on the west end of Lake Sakakawea with clearing water and improving walleye success south of the Van Hook Arm. No Devils Lake or northcentral area lake reports.

· Devils Lake, Ed's Bait Shop, Devils Lake: Continued fair to good walleye success around Pelican Bay or East Bay. Use caution on Pelican, however, with underwater obstacles because of higher water levels.

· Devils Lake, Woodland Resort, Devils Lake: Continued fair to good walleye success. Try trolling live bait rigs with bottom bouncers and leadcore in 16 to 25 feet or slip bobbers in Pelican Lake and upper basin lakes as well as Devils Lake itself.

 Lake Darling, Karma C-Store, Ruthville: Heat and humidity limiting angler's time on the water with few reports.

·Lake Metigoshe, Four Seasons, Bottineau: Continued bluegill activity with occasional walleye in the evening. Lots of recreational boating.

·Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Continued fair to good walleye activity on the east end of Lake Sakakawea with good numbers of small fish. No Lake Audubon

reports. ·Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: East end of Lake Sakakawea producing small walleye around 7 Sisters, Highway 83 embankment, and northeast corner of Mallard Island in 10 to 25 feet. Try plain hooks and leeches or slow death hooks with nightcrawlers. Also try Douglas Bay. Decent walleye bite on Lake Audubon working weed edges with spinners tipped with overall walleye success, however, nightcrawlers or leeches or slow remains west towards Beulah Bay

THIS SPECIAL FEATURE IS SPONSORED BY:

• July 29: Halloween in July, Lake Metigoshe State Park, Bottineau.

• July 30: Bluegrass goes Pink (Bismarck Cancer Center Foundation benefit), Cross Ranch State Park, Hensler.

• July 30: Club de Skinautique Water Ski Show & Lighted Boat Parade, Fort Stevenson State Park, Garrison, 5 p.m.

• Aug. 3: Pronghorn applications due.

• Aug. 3: Registration opens for the Sept. 16 - 18 Wild Outdoor Women workshop, Lake Metigoshe State Park, Bottineau. Information is available at the N.D. Parks and Recreation Dept. website, (www. parkrec.nd.gov/events/fall-wild-outdoor-women).

#### **TOURNAMENTS:**

• July 23: Devils Lake, Creel Bay.

• July 30: Devils Lake, Woodland Resort; Devils Lake, launch from East Bay, 6-Mile Bay, or Henegar Landing.

• Aug. 6: Devils Lake, Grahams Island; Devils Lake, Minnewaukan.

•Lake Sakakawea, Indian Hills Resort, Garrison: Good walleye activity with nice numbers of 18- to 20-inch fish and occasional larger one mixed in. Try 18 to 20 feet with nightcrawlers working throughout the area.

•Lake Sakakawea, New Town: Continued fair to good walleye bite throughout the Van Hook Arm in 10 to 15 feet.

•Lake Sakakawea, Van Hook Bait & Tackle, New Town: Continued good for walleye throughout the Van Hook Arm with best success from Fox Island working north in the Arm. Try 10 to 15 feet using leeches or nightcrawlers

· Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace remains slow to fair from boats for walleye and catfish. Try the blowout or spillway channel for walleye during the day using jigs or Lindy rigs and nightcrawlers with a few in the chutes at night using 3-way swivels, plastics, or crankbaits. Limited trout activity. Also try the tailrace boat ramp at night from shore using live bait with nightcrawlers or jigs and minnows for walleye. Also try casting crankbaits at night along the rocks. Lake Sakakawea remains fair to good with better success around the north shore. Try 7 Sisters or Steinke and Douglas bays using nightcrawlers with spinners and bottom bouncers, slow death hooks, or Lindy rigs. Work as shallow as 8 feet up to 18 feet and deeper. Best death hooks. Continued smallmouth and up into the Van Hook Arm.

Some occasional small salmon success on the east end but limited angler numbers.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Van Hook Arm remains the best walleye bet on the upper end of Lake Sakakawea although the lake is starting to clear around White Earth Bay. Missouri and Yellowstone rivers continue producing good catfish numbers. Kota-Ray Dam fair for bluegill with occasional largemouth bass. Try Blacktail Dam in the evening for walleye using leeches.

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

• North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Not much fishing activity on the Souris River or area lakes with recent hot spell.

• Turtle Mtn. area lakes, Coast-2-Coast, Rolla:

#### N.D. rivers:

•Little Missouri River, Long X Bridge: River stage, 0.29 feet; streamflow, 434 CFS.

• Missouri River, Williston: River stage, 17.65 feet.

· Missouri River, Washburn: River stage, 9.67 feet. • Pembina River, Walhalla: River

stage, 3.9 feet; streamflow, 677 CFS.

• Souris River, Foxholm: River stage, 5.24 feet; streamflow, 6.67 CFS.

· Souris River, Minot: River stage, 4.5 feet; streamflow, 67.4 CFS.

Yellowstone River, Sidney, Mont.: River stage, 6.87 feet; streamflow, 18,400 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-

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### Help available for Airmen, Guardians to mitigate inflation impacts

TECH. SGT. ARMANDO SCHWIER-MORALES, SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

ARLINGTON, Va. (AFNS) --Assistance to reduce the impact

of inflated costs on Airmen, Guardians and their families is available through four areas of

Aiming to ease the burden of price hikes, the Department of the Air Force is assessing and enacting support across compensation, entitlements for permanent of station/household goods moves, personal finance readiness and food insecurity aid.

Airmen, Guardians and their loved ones fulfill critical national security roles on behalf of the nation," said Secretary of the Air Force Frank Kendall. "Financial strain due to inflation can create stresses on our teammates, and it is our responsibility as leaders at all levels to do everything we can to use available programs and resources to provide relief, and where appropriate, advocate for additional measures."

"Real-world events continue to drive up inflation — from the ongoing effects of COVID-19 on our global supply chains, to the economic and energy-related consequences of Russia's brutal and unprovoked invasion of Ukraine. Unfortunately, the rising costs due to inflation have placed an increased burden on our service members and their families," said Under Secretary of the Air Force Gina Ortiz Jones. "As we work to implement measures to mitigate those impacts, I encourage all Airmen and Guardians to look at the resources and programs available and see which ones can best help, as well as inform their chains of command who are there to help during times such as this."

A large effort is being made by Airman & Family Readiness Centers to ensure Airmen and Guardians are not only educated but ready to meet current economic conditions. Airmen and Guardians can contact their local finance or A&FRC for more information. For a detailed breakdown of each area of effort, see below.

#### COMPENSATION:

- The Military Leaders Economic Security Toolkit, located on the Military OneSource website, offers information and support. The site is updated regularly to reflect challenges and policy changes related to economic security.

In 2022, Department of Defense Military Base Pay increased by 2.7%, basic housing allowance on average increased by 3.8% and basic substance allowance increased by 2.3%.

- The DAF is working with the Office of the Secretary of Defense on the 14th Quadrennial Review of Military Compensation, a DoD commissioned review of compensation principles and concepts for members of the armed forces.

- The DAF supports OSD's initiative to mitigate the impact of Overseas Cost of Living Adjustment by decreasing rates at a slower pace — no more than a 2-point reduction per month.

- For the 2023 BAH rate calculation effort, the DAF has opted into OSD's one-year pilot program to accept local market rental data from the Military Housing Privatization Initiative Partners as an additional mechanism to increase sample size and help ensure correct ratesetting. This data will be part of the 2022 BAH-rate setting cycle to calculate the 2023 BAH rate.

The White House and Congress have proposed a 4.6% pay raise for the military in 2023, the largest in nearly two decades.

#### ENTITLEMENTS FOR PCS/HOUSEHOLD **MOVEMENTS:**

- The Joint Travel Regulation allows for installations to request temporary lodging expense extensions to support on and off-base lodging, which allows Airmen and Guardians to receive their temporary living expense entitlements beyond the traditional 10 days as they await housing following a PCS. Installations may request TLE extensions up to a total of 60

- As of July 1, the DoD adopted the Internal Revenue Service's increase to the standard mileage rates to reflect on current rising fuel costs. The mileage rate for PCS travel increased from \$0.18 to \$0.22 per mile, and the mileage rate for TDY travel increased from \$0.585 to \$0.625 per mile.

- The Joint Travel Regulation was updated with a new authority granting partial dislocation allowance for members directed to move out of government including quarters, single Airmen and Guardians moving out of dormitories. The purpose of the allowance is to partially reimburse a member for the expenses incurred in relocating the household.

- Installation housing offices are assisting members as they PCS with potential housing challenges.

#### **PERSONAL FINANCIAL READINESS:**

A&FRCs personal financial readiness program sustains and improves financial literacy and readiness by offering information, education, training, and free personal financial counseling to Airmen, Guardians, and their families. The DAF has also increased the number of

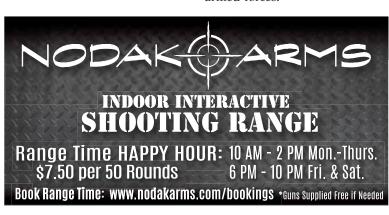
Personal Financial Managers available to assist and enhance financial readiness and money management skills for members and their families.

- The Air Force Aid Society continues to support emergent needs such as basic living expenses (e.g., food, rent/ mortgage, utilities), vehicles (e.g., payments, repairs, insurance), and childcare costs. Airmen and Guardians can submit requests through A&FRCs.

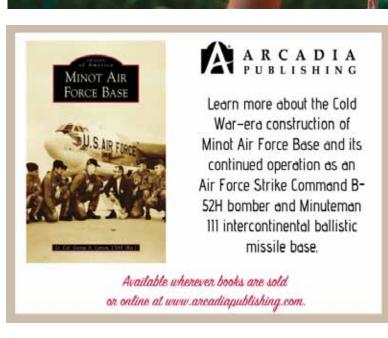
#### FOOD INSECURITY:

- First sergeants and A&FRCs assist Airmen, Guardians, and families in need of food securityrelated grants and loans with referrals to programs such as: U.S. Department of Agriculture's Supplemental Nutrition Assistance Program, the Federal Subsistence Supplemental Allowance program, and the Air Force Aid Society.

- The FY22 National Defense Authorization Act established a Basic Needs Allowance. The BNA Program provides supplemental income for military members and whose gross household income falls below 130% of federal poverty guidelines. The DAF is participating in the OSD working group and will implement OSD guidance once it is published.







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### **Operation wedding dress:**

## Military spouse-founded nonprofit celebrates one year of helping brides on their big day

Like many brides, Jessica Johnson picked out her wedding dress with her mom, mother-inlaw and best friend. However, she didn't say "yes to the dress" in a bridal boutique. Johnson chose her wedding dress over Zoom.

"It was perfect. The dress was everything I'd hoped for," she

Not only that, the "perfect dress" was free, thanks to Operation Deploy Your Dress (ODYD), a nonprofit Johnson was familiar with as the daughter of an Army sergeant major. Her father has served almost 30 years.

"My mom has volunteered with ODYD throughout the years, and I donated a lot of my homecoming and prom dresses," she said.

The nonprofit's mission is to help offset the high cost of attending formal military functions by providing (or "deploying," as the organization calls it) dresses from 13 brick and mortar shops at Army and joint installations across the U.S. and in Germany. The ODYD shops are run solely by military spouse volunteers. Dresses are distributed to all branches and all ranks.

Now in its sixth year, ODYD was never supposed to be a nonprofit.

"It was just supposed to be a weekend project to help our community," said ODYD CEO and co-founder Yvonne Coombes, an Army spouse who was stationed at Fort Bliss in El Paso, Texas, at

"Units were having balls; a few of us spouses came up with the idea for a dress swap. We hoped

to collect a couple hundred dresses," she said.

The group of Army spouses smashed that goal, collecting more than 3,000 dresses.

It didn't take long to realize they were on to something.

"The need was there. And the desire to support this was there," Coombes said.

When she thinks back to that first dress swap, Coombes said people couldn't believe the dresses were free.

"Not only that, but the dresses were theirs to keep," she said. "They weren't just borrowing them. It was so exciting to see that our efforts were so appreciated."

But in 2021, the organization got an offer it couldn't refuse.

"A dress company offered us 250 brand new, unaltered wedding dresses," she said. 'What an opportunity!"

ODYD Bridal Edition launched last June with the help of Monte Durham, the famed bridal consultant from the television reality show "Say Yes To The Dress - Atlanta," to make the announcement.

ODYD began accepting applications. Brides-to-be were eligible if they were the child or fiancée of an active-duty service

Johnson was both and jumped on the opportunity when she learned about the new bridal program.

"My mom sent me the link," Johnson said. So, I applied to get a free wedding dress, and I was

Johnson married her husband. Michael Crowe, an Army staff sergeant, in March 2021. It was a small elopement given the COVID-19 pandemic and limitations on travel and large

"Eloping was what was best for us at the time, but we hoped the day would come where we'd be able to celebrate with friends and family," she said. "We wanted to have that special moment. I wanted to have my dad walk me down the aisle."

Shortly after she eloped, Johnson applied for ODYD's bridal program.

"I got an email letting me know I was selected, and it was so exciting.'

Once brides-to-be are accepted into the program, they gain access to a Facebook page where they can preview the dresses available to them ahead of their virtual styling appointment.

"I had my eye on a dress from the beginning, but you select a dress based on your wedding date, so I was nervous that particular dress wasn't going to be available when I did my styling appointment," Johnson said.

Johnson was paired with virtual bridal stylist Flor Anchondo. She was an Army spouse of 27 years who began volunteering with ODYD while stationed at Joint Base Lewis-McChord in Washington state, eventually becoming the shop manager.

"They were looking for volunteers, and I thought it would be something fun to do,



Photo by Bronston Photography

and I just immediately fell in love with it," she said.

But when Anchondo PCSed to Fort Lee in Virginia, there wasn't an ODYD shop where she could volunteer.

"I still wanted to be involved, so when they started the bridal program and asked me if I wanted to help out, I said, 'Of course!' I was ecstatic to do so," Anchondo said.

After some training, she began as an ODYD bridal consultant.

"They set up styling sessions for brides who have been accepted into the program, and I meet with them on Zoom. Some invite their families and friends to join us and to have that experience," she said.

When Anchondo met with Johnson for her virtual styling appointment, they discussed Johnson's style preferences, the venue and the type of wedding she was having.

"Then we go over the dresses available in their size range," Anchondo said.

And as luck would have it, "the

dress" Johnson had her eye on from the start was still available.

"I couldn't believe it," Johnson said. "I picked out the dress in August, it was sent to me a few weeks later and I had virtual fitting appointments in October. After the alterations, it fit me like a glove.'

Johnson and her groom said "I do" (again) on Feb. 12, 2022, in Savannah, Georgia.

"It was a huge blessing to be gifted a wedding gown — and not have to worry about that expense on top of all of those other wedding expenses," Johnson said.

But Coombes said it's about more than just a dress. "It's really special to be the

organization that welcomes a new military spouse to the greater military family." For more information about

ODYD - Bridal or to apply to the program visit https:// operationdeployyourdress.org/ odyd-bridal.

This story originally appeared in Military Families Magazine.

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### Save your speed for when you're near the finish line

Running is my favorite sport and I like when my legs are moving fast. I ran at the Minot Park District Olympics in June and July. This summer I ran at the Duane Carlson Stadium at Minot High School. I ran on Wednesdays in the afternoon.

I always feel ready for track. To get ready, I stretch, hydrate with water, and take a break before the race. My mom, dad, and sisters were there with me. I did the long jump, the softball throw, the relay, the 400m, and the 100m dash. It felt like I was on TV when I competed because when I watched the World Olympics, they had the same track.

Most of the kids were faster than me but I started practicing. I ran a few laps and I did the 400m and 100m. My dad said, "Save your speed when you're near the finish line." Listening to my father helped me. I would like to be like Sonic when I grow

up. Can you imagine getting to places in a second? Sonic the Hedgehog is very fast. I always feel like Sonic when I am running fast. Sometimes, I get tired but I save my speed until I am near the finish line just like my Dad said.

When I run faster I get better at other sports like basketball. One of the events I did not like was the long jump because the line was in age order and I was in the back. I did well at the long jump and won some 1st places and sometimes I won 2nd place. When you play long jump you get a sand pit to jump in. You have to jump in as far as you can. I loved the Minot Park Olympics! Running was great at the Olympics. I learned to save my speed until I am near the finish line. I would like to compete in a bike race at the Olympics. It may take a lot of work. Would you like to try out the Minot Park District Summer Olympics next year?



I was standing in front of the stadium



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### The Journey to College: Personal and Scholarship Essays



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



As we continue the "Journey to College", a very important aspect of applying to college includes personal statements and essays. With a competitive applicant pool, colleges and universities are searching for students with unique and varied educational and life experiences. no further than our military connected students! Our students are equipped with a dynamic background to share a dynamic essay.

Military connected students experience different locations, cultures, countries, schools, and environments. With this exposure, the perspectives of our students provides ample opportunity to share their stories from a unique point-of-view. Author Robin Moore shared, "Inside each of us is a natural-born storyteller, waiting to be released." In personal and scholarship essays for college, students need to communicate to their story, goals, and contributions to society to an admissions committee and

scholarship grantee.

Below are a few questions to ask oneself while drafting a personal or scholarship essay:

1) How can I tell my story in a compelling way? 2) What is the purpose of this

3)Who is my audience?

4)What are the criteria shared for the essay?

5) What educational, personal, or professional experiences can I draw upon to share a unique perspective? 6) Who can review, edit, and provide meaningful feedback for my essay?

Dr. Howard Gardener, Professor at Harvard University shared, "Stories constitute the single most powerful weapon in a leader's arsenal." I would exchange leader for student in this quote. Crafting personal and scholarship essays can be challenging. However, the Minot AFB School Liaison Office is here to provide help. Reach out to us at 701-723-1447 or at mafb. school.liaison@us.af.mil



Minot AFB Running Group at Bud Ebert Park before their weekly practice runs.



High fives all around as the Bradshaw family encourages runners every week.

### **Fitness Feature: Marathon Training**

ERIN BEENE, NORTHERN SENTRY

The Air Force active duty members are a physically fit group of people. Many choose to go above and beyond their annual PT training and aim for higher goals. A group of Airmen on Minot AFB have set their sights on participating in the esteemed Air Force Marathon on September 17 and are working together weekly to train and run together. The group, led and organized by Chaplain Mark Bradshaw 5th BW, consists of both experienced runners and newbies who have the same goal in mind: to run the AF Marathon or Half Marathon this September.

Bradshaw saw the need to create this group on Minot AFB from his own personal experiences. He said, "My journey to becoming a runner was like Forrest Gump's. I went through an unexpected broken engagement and went down to Lake Michigan in Chicago and just started running. The next day I ran longer, and then longer, and the rest is history. What I discovered was a healthy coping mechanism that got me outside, appreciating the beauty of the natural surroundings, and eventually a life-long practice that I have come to truly enjoy." When asked why he thought Minot AFB needed a marathon group he replied that since he has experienced the benefits both mentally and physically of running, he wanted to be able to offer that same benefit to the

Airmen. He also added that, "As a chaplain, it seemed like a great opportunity to serve both people of faith and the non-religious by improving physical fitness, a healthy form of community and means of practicing spirituality." While Bradshaw noted that the ultimate goal of the group is to simply to "Challenge yourself to run farther than you have before," most of the members are signed up to run the half, or full marathon which many have not done before.

The AF Marathon, which runs yearly at Wright-Patterson AFB in Dayton Ohio, is the ultimate goal for many Airmen. However with it's distance away from Minot, getting a large group of Minot Airmen there and away from work is difficult. To combat this issue and still allow runners to run the marathon, Bradshaw was able to work with the Minot base leadership and the AF marathon team itself to create a way for members of this running community to participate in the Bismarck marathon- September 17- yet still received medals and notoriety as if they had run the AF marathon in Dayton. Although the immediate goal of the group, which meets Wednesday evenings at 6pm at Bud Ebert Park, is to train for the upcoming marathon, Bradshaw hopes to continue the group after the event to promote the overall wellness of running and encourage others that it is

possible. Bradshaw also hopes to create a triathlon group to help others train, swim and bike successfully in the future.

Current members of the running group consist of active duty members, spouses and even civilian employees on the base. Last Wednesday, July 13, while the group was preparing for their Week 9 training session, the Northern Sentry caught up with several members of the group to find out how the training is going and what the running group means to them. SrA Ashton Burton, 791 MSFS, said that this will be his first marathon and he first heard about the group from a co-worker and is loving it! He hopes to participate in the full marathon in Bismarck. Amn Forrest Anciso, 91 MXSS, is brand new to Minot AFB (barely a week and half since arrival) and joined the group for the first time. He was a big runner in high school, saw the flier posted and decided to come and see what it was all about. A1C Koleen Sallta, 5 FSS, has been running with the group for a while and said it was her dream to ultimately complete a triathlon. She said she needed to get involved with serious runners in order to be inspired, and this group has helped her in that way. A1C Ben Smith, 5 MDG, also ran track in high school and says he is right on track to compete in the upcoming marathon thanks to this group.











(Not listed in order) A1C Ben Smith 5 Med Group, A1C Samuel Lawai 5HCOS, SrA Bui 5ORMS, A1C Parker Lund 5MXS, A1C Christopher Van Asten 5FSS, Sr Amn Shamer Young 5HCOS, Sr Amn Miya Algen 5OMRS, A1C Diavoukana Benedicte 5LRS, Sr Amn Bradon Royce 5CES, Sr Amn Ashton Burton 791MSFS, Amn Forrest Anciso 91MXSS, A1C Koleen Sallta 5FSS, CMSgt Ernest Crider, Chaplain Mark Bradshaw, Katie Bradshaw, Mae Bradshaw & Alice Bradshaw.

Even though the running group has been training for some weeks now, Bradshaw said that they are still open to new people who want to join to learn better running technique, get in shape or just to find a group of fun people. "In the group we have all levels of runners, including those who ran cross country and those who just like to get out and move. It is a very welcoming and supportive community, we give each other high fives the whole time, and there is a lot of collective wisdom from different group members. This really is a great opportunity for people who are "future-tense runners" to come out and develop a love for the sport. Similarly, for those who are competitive and want to improve their time, form, etc., we can challenge and encourage one another along the way. So I would encourage someone to just come out and have fun." To join the runners, simply come on out to Bud Ebert Park every Wednesday evening, at 6pm and start running! Don't forget to also

cheer on the Minot AFB members marathon runners in Bismarck in a few months' time.



Training for the AF Marathon requires calculated runs and dedication with the Minot AFB Running Group.



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#### OOK BACK THIS WEEK IN USAF HISTORY

5TH BOMB WING ACTIVATED AT MINOT AFB JULY 25, 1968



5th BW Emblem Meaning

Green & black: the colors of the Air Service at the time the wing was activated. Vertical line: symbolic of the clouds in the sky. Winged death's head: represents function of aerial bombardment. 'Kiai O Ka Lewa' means 'Guardians of the Upper Realm' (a Hawaiian saying | often used as a war cry).

On July 25, 1968, the 5th Bomb Wing was activated at Minot Air Force Base, N.D. The wing dates back to the 2d Group which was activated in 1919 at Luke Field in the Territory of Hawaii. It was later renamed as the 5th Group (Observation) and soon became the 5th Group (Pursuit and Bombardment). The group had major involvement in saving the city of Hilo during the eruption of the Mauna Loa volcano and became the first U.S. military force to take flight after the attack on Pearl Harbor, during which many of their planes and personnel were lost. The 5th BG changed name and assignment several times in between 1947 and 1959. In 1959, the 5th Bombardment Wing (Heavy) was assigned its first jet planes while stationed at Travis AFB, Calif. In 1968, the wing assumed command of Minot AFB and flew missions

during the Vietnam and Cold Wars. The 5th BW continues as host wing of the base to this day and provides strategic deterence. Information courtesy of: minot.af.mil











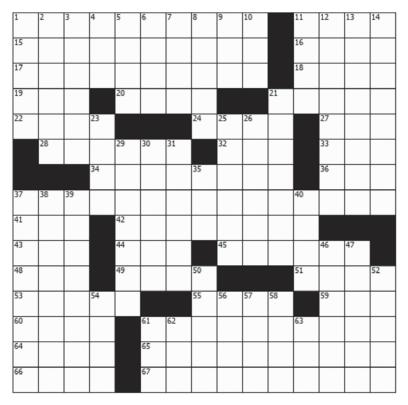
**MONDAY - THURSDAY:** 11AM - 1AM FRIDAY - SATURDAY: 11AM - 2AM SUNDAY: CLOSED

6 2ND STREET NE,MINOT 701-852-7768

#### CROSSWORD PUZZLE

#### Across

- 1. Try to influence
- 11. Kind of menu
- 15. From a certain perspective
- 16. "The Missile Crisis" author Abel
- 17. Made things difficult for
- 18. Dame of note
- 19. Clod chopper
- 20. "The Westminster Alice" author
- 21. E-musings
- 22. Colt need
- 24. Language that gave us "clan"
- 27. "In Dreams" actor
- 28. Fast food choice
- 32. Golfer Woosnam
- **33**. Hal Foster prince
- 34. Entered dramatically
- 36. Period
- 37. Dan Brown thriller
- **41**. Old Olds creation
- 42. Mind 43. Cover
- 44. Erhard's therapy fad
- 45. End of a '60s slogan
- 48. Off one's feed, so to speak
- **49**. Even
- **51**. Belt
- 53. Uno and Doblò
- **55**. "\_\_ Camera"
- 59. Words before word
- 60. Temptation
- 61. Dispatching
- **64**. Singer with Top 10 hits in the 1960s, '70s, '80s and
- 65. Leave the back way, perhaps
- 66. Standard Oil name
- 67. They cause distress



#### Down

- 1. Ballet nickname
- 2. Inter
- 3. Moola
- 4. Some trial evidence
- **5**. Floral gifts
- 6. It is in Spain
- 7. Christmas
- 8. Navel variety 9. "Ash Wednesday"
- poet's monogram
- 10. "\_\_ do anything for me"
- **11**. Spot order?
- 12. Classic Caddy
- 13. Remain, as a scent

- 14. Lowly laborers
- 21. North Carolina women's college
- 23. Tyrant
- 25. Taunted
- 26. Wouldn't go along
- 29. "Business in the front, party in the back" hair styles
- **30**. Italian town on a slope of Monte Subasio
- **31**. Squeaky-clean 35. Fangorn Forest
- dweller

40. Cuts a course?

- **37**. Trick 38. Stone Age
- implements 39. Make it big
- 52. Lineman's aids
  - 54. "As \_ the land at eve we went": Tennyson

1968-1976

56. Brother of Little Joe

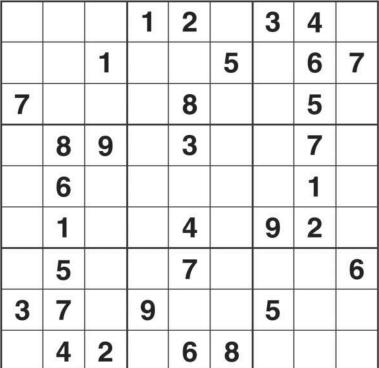
46. San Francisco mayor,

47. Seek, as an office

50. 1982 Barry Levinson

- 57. Pulitzer-winning
- journalist Royko 58. Bartlett's abbr.
- 61. Former flier at 55,000
- 62. Musician Brian 63. Prepare to remodel,
- maybe

### **SUDOKU**



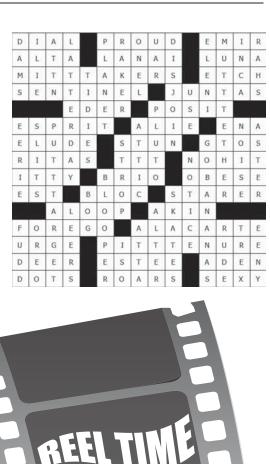




**FRIDAY, JULY 22** 1800 **SATURDAY, JULY 23** 1800 **SUNDAY, JULY 24** 1500

THE BLACK PHONE (R)

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



Solution to last week's Crossword puzzle



Because of the uncertainty of the COVID-19 virus effects, the Northern Sentry will continue to post future events as

advertised by area groups. However, we highly encourage you to check in advance on the current status of your church service.

#### **CHURCHDIRECTORY**

#### **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**

Suriday	IUUL
Daily Monday-Thursday at 1	1200



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

**Sunday Worship** 10:00 am

www.ibcminot.org

#### St. Peter The Aleut **Eastern Orthodox** Church



Saturday, July 23 5 PM, No Vespers

Sunday, July 24 10AM, Congregational Prayer Service

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.

**Faith United** 

Methodist

Church



Wednesdays 7:00pm and Sundays 10:30am

1821 W Burdick Expressway

For More Information: 701.353.9337 | www.bfbc.tv

#### Cornerstone Presbyterian Church

#### 1000 NE 3rd Street 852-0315

Sunday Schedule

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

Wednesday Evening Schedule

Community Dinner...........5:30-6:30pm Contemporary Worship.........6:30pm Youth Group & Small Groups.. 7:15pm All are Welcome!

www.cornerstoneminot.com



An Evangelical Free Church 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)

Sunday School & Fellowship ......9:00 a.m. Worship ...... 10:30 a.m.

www.trinitychurchminot.org



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

1720 4th Ave NW, Minot 838-0916

MinotBibleFellowship.org



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www.oslcminot.com

Rev. Heath Trampe Rev. Brian Doel



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

Wednesdays 6:30pm Contemporary Service

#### St. Mark's **Lutheran Church**

Missouri Synod

**Sunday Worship** 9:30 AM

2209 4th Avenue NW Minot, ND 839-4663

**Reverend Philip Beyersdorf** www.minotstmarks.com

Join us on facebook



### **Baptist Church**

e-mail: immanuel@srt.com



#### **Christ Reformed Church**

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

www.christreformedchurchminot.com

**Minot** 

**Baptist Church** 

Sending the Glorious Light of Jesus

Christ to a Dark and Needy World

Sunday School ...... 9:45 a.m.

Morning Worship ....11:00 a.m.

#### 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

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)



#### First Lutheran **Church - ELCA**

120 5th Ave. NW 852-4853

Sunday Worship 9:30 am

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

Pastor Brandy Gerjets • Pastor Ellery Dykeman



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 Classes for All Ages ...... 6:30 p.m. Youth Center, Friday ...... 7:00 - 11:00 p.m. ABC Child Care Center ......

> westminot.com facebook.com/westminot



#### **Gospel Tabernacle Community Church**

9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson

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

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

### JOURNEYCHURCH ASSEMBLY OF SO,

1805 2nd St. SE 838-1111

**Sunday Services** 9:00 AM & 11:00 AM

Wednesday 6:30 PM

**First Baptist Church** 

Classic Worship Service ...... 8:30 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

200 3rd St. SW • 852-4533

www.fbcminot.org

#### Evening Worship ......6:00 p.m. Wednesday Evening......7:00 p.m. Independent/Fundamental/KJV 500 46th Ave NE • 839-1351

#### Pastor David Miller **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:

700 16th Ave SE • 701-838-0750

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



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



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- Teen Hours Tuesdays-Friday 4pm-7pm & Saturday 7am-6pm
- Morning start times rotate & vary. Please speak to Charlie at the commissary if interested or leave contact information with customer service.

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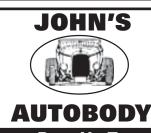
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daytime and evening custodial positions cleaning buildings at the Minot Air Force Base. Pay is \$14.49/hour plus health & welfare benefit. Hours Days 8a or 9a-finish typically Monday through Friday, may include weekend work. Nights 5p-finish. Apply in person at: 605 27th St SE, Minot ND 58701 or contact: Matt Mackey By email or phone mmackey@kalixnd.org 701-852-1014.

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

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

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#### MINOT AFB ANNOUNCEMENTS

#### **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 recognize 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-toface classes at the Minot Air Force Base.

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



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

#### SUDOKU SOLUTION

#### **PUZZLE ON PAGE C8**

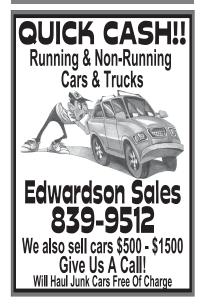
6	9	5	1	2	7	3	4	8
8	3	1	4	9	5	2	6	7
7	2	4	6	8	3	1	5	9
4	8	9	2	3	1	6	7	5
2	6	3	7	5	9	8	1	4
5	1	7	8	4	6	9	2	3
1	5	8	3	7	2	4	9	6
3	7	6	9	1	4	5	8	2
9	4	2	5	6	8	7	3	1

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Today for more Information.



8 46th AVE NE Minot, North Dakota 58703

#### **FLOWER SHOP**







# WHAT'S GOING ON MAFB

#### FRIDAY

- 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

### WEDNESDAY 🤈

- Right Start, 0800-1030, Jimmy Doolittle Event Center, hosted by A&FRC
- Pre-Deployment/Remote Readiness Training, 1000, A&FRC, Zoom Meeting
- Story Time, 1030, Minot AFB Library
- Thrift Savings Plan (TSP) for Military Members Class, 1400-1600, A&FRC
- Swerk, 1730, Fitness Center
- Fighting Game Night, 1800, ESC, inside Bomber Bistro
- · Yoga for Fitness, 1830, Fitness Center

### **FRIDAY**

- Family Zumba, 1000, Turf hosted by the Fitness Center
- EFMP Kids Cooking Class, 1700-1900, Gourmet Chef, hosted by A&FRC
- Game Night Series: MechWarrior Online, 1800, ESC
- Karaoke Night, 2000, Rockers Bar & Grill

### SATURDAY 30

- Barre Strength, 1000, Fitness Center
- Game Night Series: Board Games, 1800, ESC, inside Bomber Bistro

### SATURDAY 2

- Registration Closes: Swimming Lessons at the Outdoor Pool
- 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

- Swimming Lessons Begin at the Outdoor Pool
- Zumba, 1400, Fitness Center

- Moving Out of the Dorms Budget Class, 0900-1100, A&FRC
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Run for Fitness, 1630, Fitness Center
- Swerk, 1730, Fitness Center
- Yoga for Fitness, 1830, Fitness Center

### THURSDAY 28

- Short Notice Pre-Separation Counseling, 0930, A&FRC
- · Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Run for Fitness, 1700, Fitness Center
- Art Resin Charcuterie Board Class, 1730-1930, Arts & Crafts Center
- Zumba, 1730, Fitness Center
- Barre Strength, 1830, Fitness Center

JULY PHOTO

SCAVENGER HUNT

### ONGOING

- Survival Escape Room Game: Minot AFB Library, 30 July 13 August. Call to schedule your time slot.
- Kids Drive Free: Rough Rider Golf Course Kids Drive Free through 31 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.

### MONDAY

- Family Pilates, 1000, Turf, hosted by the Fitness Center

# Step 2: Grab your camera or pho

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### **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!

- 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

### **AUGUST 10** SPACE IS LIMITED FOR

\$50 - REGISTER BY AUG 4 FOR DETAILS, CONTACT ODR AT 723-3848

**RED CROSS CLASS!** 

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### Art Resin Charcuterie Board Classes 4th Thursday of every month 5:30pm - 7:30pm • Cost \$60.00 FORCE 5THFORCESUPPORT.COM 75

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GAS UP. SNACK UP. GET GOIN'. **FUEL** 

RUN