

# northern sentry

FREE | WWW.NORTHERNSENTRY.COM | VOL. 60 • ISSUE 31 | MINOT AIR FORCE BASE | FRIDAY, AUGUST 5, 2022

## WHATS INSIDE THIS WEEK:



BACON  
INSPIRED  
FOOD PAIRED  
WITH LOCAL  
BEER... YES  
PLEASE!

B1



DEFENDER  
LEADERSHIP  
LAB

B7



BACK TO  
SCHOOL  
BACKPACK  
BRIGADE

C2



Minot Airmen with Chief Master Sergeant of the Air Force, JoAnne S. Bass, attending the Women's Leadership Symposium in Virginia last month. See story on page A6.

SUPPLIED PHOTO

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### 5TH BOMB WING ALL CALL

Col. Daniel Hoadley, 5th Bomb Wing Commander, and Chief Master Sgt. Tori Jones, 5th Bomb Wing Command Chief, speak at an all call at the base theater on Minot Air Force Base, North Dakota, July 25, 2022.

U.S. AIR FORCE PHOTOS | AIRMAN ALYSA KNOTT



Col. Daniel Hoadley, 5th Bomb Wing Commander, espouses upon the importance of Airmen core values at an all call at the base theater on Minot Air Force Base, North Dakota, July 25, 2022. The all calls provided an opportunity for 5th BW leadership to convey their intent while addressing Airmen's questions.



Chief Master Sgt. Tori Jones, 5th Bomb Wing Command Chief, shares her priorities and values to base personnel during an all call at the base theater on Minot Air Force Base, North Dakota, July 25, 2022. Airmen were introduced to new base leadership and had the opportunity to address hot topic questions.



Chief Master Sgt. Tori Jones, 5th Bomb Wing Command Chief, talks at an all call at the base theater on Minot Air Force Base, North Dakota, July 25, 2022. Part of Jones' job is to advocate for the Airmen's professional development, health, welfare, discipline and quality of life at Minot AFB.

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POC: Joy-Nicole Smith, School Liaison Program Manager

**Rock Fest Volunteers**  
The biggest on-base event of the year!  
(August 12-15)  
Volunteers will assist with stage set up and tear down. The work is primarily medium to very heavy lifting and loading/unloading tractor-trailers. Personnel should arrive with proper footwear and gloves and be capable of this type of work. All concert support personnel will be provided event T-shirts and fluids during their work periods. An appropriate meal is provided if work crosses a normally scheduled mealtime. Several shifts are available and we'll take as many people as possible for each shift:  
Friday August 12th  
-0800-1200 (Stage Setup Crew)  
-1300-1700 (Roof Setup Crew)  
Saturday August 13th  
-0800-1200 (Production Setup Crew)  
-1100-1800 (Bands Setup Crew)  
-1800-2300 (Show Crew and Bands Teardown)  
-2200-0100 (Production Teardown and Load out)  
Monday August 15th  
-0800-1500 (with an hour lunch break)  
(Stage and Roof Teardown and Load out)  
POC: 1 Lt Susan Pelechek • 701-723-4795  
susan.pelechek@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  
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**To have your volunteer opportunity posted, please contact Military & Family Readiness Center (M&FRC)**  
701-723-3950  
5fss.family.support@us.af.mil

**Culture Festival Volunteers**  
(August 5)  
Time: 1000-1400  
Location: Combined Community Complex (the turf)  
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)

**2022 Summer Games Volunteers**  
(August 19)  
Where: McAdoo Fitness Center  
Who: 30 Volunteers for set up/breakdown and officiating.  
Showtime: 0730  
All Volunteers will receive an LOA!  
POC: SrA Baerga 723-2145  
Fitness Org Box: 5.FSS.Fitness@us.af.mil

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

**Youth Soccer Coaches Needed**  
The Youth Sports Program is looking for Outdoor Soccer coaches. Needed for all age groups in the 3-12 range. Season 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

# B-52 OT, WPS, and Ops squadrons collaborate during Test and Weapons School Roadshow at Minot AFB

1ST LT LINDSEY HEFLIN, 53RD WING

EGLIN AIR FORCE BASE, Fla. -- The 49th Test and Evaluation Squadron recently integrated with the 340th Weapons Squadron, 69th Bomb Squadron, and 23rd Bomb Squadron during the B-52 Test and Weapons School Roadshow at Minot Air Force Base, N.D., July 5-8, 2022.

Four sorties were executed during the event to validate Tactics, Techniques, and Procedures developed by the TES and WPS through close collaboration, integrated flight test, and detailed post-mission analysis.

"Aircrew can read Tactics and Flash Bulletins, but there is no better way to teach new tactics than hands-on interactive instruction from the tactics developers themselves," said Maj. Brent Drabek, 49th TES B-52 OT pilot.

Operational Test and Weapons squadrons developing TTPs for the Combat Air Force and B-52 communities is nothing new, but their integration has traditionally occurred on the ground meshing separate works into written products and guidance. Integrating in flight with a mixed crew allowed the 69th and 23rd BS to get an early look at future software and the opportunity to provide inputs and recommendations to the 49th TES, who will continue to test and optimize the systems prior to fielding.

The WPS instructors involved

were also qualified OT Aircrew, therefore the 340th WPS was able to fly with the same test software as the 49th TES. This enables the instructors who participated in the Minot Roadshow to pass their hands-on-knowledge of new programs and tactics to the current class of Weapons Instructor Course students back at Barksdale AFB, who in-turn will deliver that knowledge to the units they serve in as tier one patches, training the future crew force.

"We see this a win-win-win for OT, WPS, and the Warfighter," said Drabek. "We in OT can leverage the community's top instructors to experiment on new tactics relevant to OT. This allows the WPS to be directly involved in the latest programs coming to the platform, ultimately keeping their curriculum relevant and producing patch wearers with experience and advanced knowledge of the new programs."

Following the roadshow in Minot, the 49th TES and 340th WPS plan to continue monthly formation flying at Barksdale AFB, building on a test point list that the 340th WPS plan to implement throughout their student syllabus. The new 22B WIC class will also develop Weapons School papers on emerging standoff weapons tactics and how to employ next-generation B-52 software.

The Weapons Squadron has two main lines of effort in this

collaborative event according to Lt. Col. T.J. May, 340th WPS commander. The first is to continue working hand-in-hand with the 49th for tactics development, experimentation, and preparation of the community through adjustments to existing TTPs. The second is to carefully review and revise the B-52 WIC syllabus to ensure the curriculum remains relevant and the squadron can maintain a posture that enables them to absorb new capabilities without delay.

"The B-52 has crossed the Rubicon in terms of modernization; we expect continuous changes to our weapons system for the next decade," said May. "The magnitude of this effort demands detailed integration within the Warfare Center to ensure our aircrews have the skills necessary to deliver combat power without delay."

Events like this roadshow not only allow additional Tactics Development & Evaluation trials, but enable more holistic and operationally relevant trials, ultimately producing a better product to equip the warfighter.

"This type of integration is undoubtedly what we need for the sake of efficiency moving forward, not just in the bomber community but for all test platforms," said Lt. Col. Matt Spinelli, 49th TES commander.



A B-52H Stratofortress assigned to the 69th Bomb Squadron is pictured alongside another B-52 assigned to the 49th Test and Evaluation Squadron on July 7, 2022. Both bombers participated in the B-52 Minot Roadshow event where the 49th TES, 340th Weapons Squadron, 69th BS, and 23rd BS executed combined sorties allowing for close collaboration and validation of Tactics, Techniques, and Procedures previously developed by the TES and WPS through integrated flight test.



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MINOT AIR FORCE BASE NEWSPAPER  
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# Welcome to The Magic City



**A VIEW FROM OUR SIDE**  
ROD WILSON, NORTHERN SENTRY



It has been 46 years since I moved to Minot to assume my position as a writer/producer for KMOT TV. Fresh out of college, it was my first job. I have to be honest with you, my reaction to moving to Minot was probably like most of the people who are first assigned to Minot Air Force Base... why Minot.

In my case, I moved for my new job. One of my Adopt an Airman kids looked at me and said, "you mean you wanted to move to Minot?" And the answer was of course, "yes, it was a new experience for me."

I knew very little about Minot other than my view from a hospital room at Trinity Hospital. I could see right down Main Street. I had my tonsils removed and spent three nights in Minot, and I pretty much had the view of Main Street

Minot memorized.

My return to Minot would be some 20 years later, and to be honest with you, I did not see a lot of "magic" in the Magic City. I learned that Minot was called the Magic City because it was located next to the major east/west railroad connection. Train used to stop, and in the old days of steam engines, replenish their water tanks and fuel cars for the extended trip West. Minot soon became a major railroad hub and grew "like magic."

OK, so it was once magic, but from my then small apartment, there didn't seem like there was a lot to do. I moved to Minot in November, so summer activities were over. There were hours spent watching TV, and questioning "why did I move here?"

Strange as it may seem, there would be a turn of events

precipitated by a young man from MAFB Public Affairs. He used to come to KMOT-TV and cut a 90 second "Base Report" that aired every Sunday evening in the 10 PM news. The story would go, we are short a person for our Rec Volleyball team this week. Are you interested in filling in? "Sure", and my life certainly got better in a hurry. There were 8 people on the team, and within a month they had me curling at the Minot Curling Club, singing in the Minot Chamber Chorale, bowling at North Hill Bowl, and doing a Sunday afternoon cooking class. It was amazing! It seemed like my phone never quit ringing.

So first, let's welcome all the new folks who will make Minot and Minot Air Force Base their home. We are happy to have you in the Magic City. If you pick up a

copy of the Northern Sentry on a weekly basis, or catch us online at [northern-sentry.com](http://northern-sentry.com), we will keep you informed of opportunities to experience Minot at it's best. Looking ahead there is Motor Magic for all of you car enthusiasts on Labor Day Weekend, the Downtown Fall Festival and Troll Stroll, Norsk Hostfest and so much more.

For those of you who want to get involved in activities, there are bowling leagues, curling leagues (even a base curling league), numerous musical groups looking for members, and the base is always filled with activities.

If you need suggestions, shoot me an email at [sentrysales@srt.com](mailto:sentrysales@srt.com), and I will help you find your niche in the Magic City.



**UPSIDE DOWN UNDER**  
MARVIN BAKER

Normally I don't complain in this space because I see enough of that on Facebook, and quite frankly, it's disgusting.

However, last week the North Dakota State Fair was held in Minot, as it has for many years in late July. People come to the state fair from all over the Upper Great Plains and western Canada to enjoy the various aspects of what North Dakota has to offer.

Unfortunately, when most of these people come to Minot, their first impression is construction. Streets are torn up, some streets are barricaded, there are numerous detours and those main thoroughfares such as 16th Street, were down to one lane,

## We should showcase the Magic City...

compounding an already chaotic situation.

On Saturday we have farmers' market in downtown Minot. We had several guests at that market from Saskatchewan and Alberta. Their comments were the fair food is great but the traffic is atrocious. Think about what's happening here. Do you ever travel and stop in communities along your route. I had the opportunity to travel to southern Missouri in June and there were numerous communities along the way that showcase what each community has.

Among them, McCook, Neb., Scott City, Wichita and Topeka, Kan., Bolivar, Mo., O'Neill, Neb., and Aberdeen, S.D. Ironically, that trip was almost 1,200 miles and the only place I saw construction was in Valentine, Neb.

If you've ever been to Valentine, you know that it's a pretty little town on the Nebraska prairie. But on June 18, it looked horrible. Another eye sore is Dodge City, Kan. Three feedlots and a mega dairy on the outskirts of town with

hundreds of thousands of cattle. Dodge City smelled pretty with the temperature approaching 100 degrees.

Back here at home it seems like construction ramps up about the time the state fair is about to start. I'm not sure if that's planned or not, but it certainly leaves the wrong impression on the visitors. Maybe it can't be changed. And I've heard the phrase, there's only so many construction days in the summer. But don't you think the construction companies could suspend their work for the nine days the fair is in town? It would leave a far better impression on our visitors.

The problem is, this has happened before... during the state fair and during the Norsk Hostfest. I would think that city leaders would want to showcase North Dakota's Magic City when so many people are in town.

We don't often see construction going on during state tournaments, which Minot hosts many. During those sporting events, people can

move around freely when they're not at their hometown game. That means downtown shopping, the mall, restaurants and hotels.

After all, isn't that what it's all about? The more dollars that are infused into the local economy, the better for the city itself, the residents of Minot and the North Dakota State Fair.

Look, I'm not trying to pick a fight here. I just think somebody could consider the amount of people who come to Minot for the fair. It's most likely somewhere between 30 and 40 percent of the population of the entire state, which is a lot of people.

Each night the TV stations tell us what the attendance was for that day. Last year's fair saw approximately 311,000 people visit. That's roughly 34,000 per day. That's a lot of people trying to get through choke points.

Consider an alternative in the future. It could change a lot of people's minds about Minot.

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**SHE'S NOT FROM AROUND HERE**  
AMY ALLENDER

# Daryl's Racing Pigs IYKYK

Welk, the odd definition of an “open-faced sandwich,” or even an insistence on saying Sa-KAK-a-WEE-ah, Sakakawea, instead of Sak-UH-jo-WEE-ah, Sacagawea, like the rest of the country.

No. I think the most “if you know, you know” part of living in North Dakota is the thrill and elation associated with Daryl's Racing Pigs. If you're local, you're probably nodding your head. If you aren't from around here you are probably wrinkling your forehead in confusion.

Picture this: cute piglets line up and race around a sawdust track. There are two races, each taking about 20 seconds to complete, during the 30-minute show.

Now do you get it? Do you see why locals love it so much?

No? That's because you've got to see it. You've got to be there to really understand.

At first, you may be shocked to see the bleachers around the miniature track completely packed before the race begins. Then, when you find a place to squeeze in, you start to feel the buzz of anticipation. The pigs come out, and you're a little surprised at just how cute they are. Before you know it, you are cheering for a pig race, laughing at Daryl's jokes, and crossing your fingers in hopes of winning a t-shirt. After only 30 minutes of observing the pig race, you've firmly decided you would definitely, and proudly, wear a Daryl's Racing Pigs shirt. And you're a little bummed when you don't win. I'm speaking from experience, here.

As you navigate the dispersing

crowd you tell yourself, “There's always next year.” Suddenly, you get it. Now, you've seen the pigs. You'll be back. Now you know.

The 2022 State Fair marks 35 years of Daryl's Racing Pigs. As long as I've been living, tiny pigs have been delighting audiences with their adorable ability to run in circles. Children who grew up watching pig races are now bringing their children to the stands, making it equal parts tradition, nostalgia, and genuine thrill.

It may not be a million-dollar act for America's Got Talent, but boy-oh-boy, it's entertaining. After listening to a list of entertainment options, Daryl's Racing Pigs was the one thing my four-year-old repeatedly reminded me he wanted to see. Their 5:30 p.m. show was the cornerstone to our fair-going experience. And let me say, we were not disappointed. IYKYK.

There's nothing better than allowing yourself to get completely excited by something beautifully simple and quirky. There's nothing better than living in a place where that kind of excitement is cultivated and kept sacred.

Whether it's racing pigs, or clowns, or lefse, or something totally different, I'm sure you've got your own IYKYK thing. Hang on to it tightly, and savor the mundane glee it so effortlessly generates.

To connect with me further, get inspiration for positive living, or tell me your own IYKKNK moment—join me on Instagram, @amy\_allender or on Facebook, @amyallenderblog.



Daryl's Racing Pigs is celebrating their 35th year. They are a long-time staple of State Fair entertainment.



Waiting for the much-anticipated start of a cute little pigs race.

AMY ALLENDER PHOTOS

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# Stronger by Helping Each Other: Women's Leadership Symposium

ERIN BEENE, NORTHERN SENTRY

The military hosts many conferences, meetings and training; it is part of what they do and how they train Airmen to be the best they can be. However, on July 11 & 12 in Norfolk, Virginia, something more unique was going on. The Joint Women's Leadership Symposium convened to address issues facing women in all branches of the military and ways to combat it. The event is conducted by the Sea Services Leadership Association, but it is supported by all U.S. uniformed services. Despite the name, the symposium was open to all members of the armed forces, not gender exclusive; however, the topics that were addressed focused on mainly issues that affect women more often. Minot AFB sent several Airmen to attend the course, including Capt. Sabastian Forster (23 BS), Capt. Melanie Irons (23 BS), MSgt Samantha Maghamez (791 MSFS), TSgt Tiffany Cooke (91 MSOS), TSgt Sarah Duckett (91 MSFS), TSgt Christine Cherry (5 CES), SSgt Kristi Garcia (891 MSFS) and A1C Abby Kieca (791 MSFS). Because this symposium was designed to address hot topics, such as the renewed interest in the Roe v. Wade decision, childcare issues and other challenges experienced across the force, it became an ideal time to understand the unique

perspective that women leaders provide within the military hierarchy. Military members from all over the US Armed Forces received the opportunity to be heard, learn from the best and discuss tough challenges.

After the Symposium, MSgt Maghamez, TSgt Cooke and A1C Keica met up with the Northern Sentry to discuss what they learned and experienced at the symposium. They chatted freely about how they discovered new ways to empower women Airmen and how to deal with issues that they are faced with. The women also gave a truthful account of how it could have been better and was in which it strengthened them. When asked what they got the most out of the symposium, Cooke said that was one point which really stuck in her brain was when a speaker discussed "Imposter Syndrome" and how that is frequent in the military. Cooke described this syndrome sensation as not feeling like you belong or should not be doing a role/job because you are not qualified. But, upon realizing that others feel the same sometimes, it helped her to feel comforted and realize that it was just a common sensation that can be overcome by getting out of your own head and acknowledging that you are worthy of the

position you are put in and you can do it. Across the table, Keica also said that this point stood out to her as well. Keica, being a newer Airmen, admitted that she did feel a little out of place at the leadership symposium because most of the attendees were NCOs or above. She said she was able to learn through watching how good leaders can excel. She said, "I think it's important for lower ranking Airmen because eventually they will be put into leadership positions and have to learn [how to do it]." She said the symposium helped her discover

how to lead others one day as well and gave her pointers for the future. When she mentioned this, Cooke reassured Keica that even though she is a newer Airmen, she is still leading and can be a positive influence now, even at the rank she is at. Keica smiled at this comment and reiterated that she now understood the term "Authentic Leadership" to mean that one can be themselves and truly help others to be comfortable with themselves as well. Maghamez confidently said that the most insightful part of the event for her was on day one

at a breakout session entitled "Inspiring Others." In this session, one of the panel speakers was author and podcaster Amanda Huffman. Amanda is a veteran and she shared her story about how she was able to turn her blog into a podcast and then a book. That really inspired Maghamez to do the same. She said, "I've been in 18 and half years and have been a female Defender this entire time. And so I definitely have a story to tell. I've always wanted to write a book. After leaving that breakout session I had all the inspiration that I needed to write my own



Women from all military branches and ranks dining together in a break from the symposium sessions.

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TSgt Sarah Duckett, A1C Abby Kieca & MSgt Samantha Maghamez having some fun at the Women's Military Symposium.

book." Maghamez wanted to share her inspiration by explaining to others how individual life stories deserve to be told. She said, "Don't forget your story matters, and you truly have the chance to help others with your story".

The few days in Virginia taught the Airmen many things and although they had an overall very positive experience, they all agreed that they wished they could have heard more from Chief Master Sergeant of the Air Force JoAnne S. Bass. The women agreed that they wished they could have talked and listened to her all day long. Maghamez mentioned that she wished there was not quite so much content about transitioning out of the military. Although an important and needed topic, she wished that there could have been a smaller break-out group portion, as not all attendees needed that information anytime soon. Cooke replied that she wished the

break-out group discussion about disparity within the Armed Forces could have been part of the main panel instead of sidebar as she thought it really was something everyone should be talking about.

The three female Airmen all expressed gratitude that they were able to attend the event and meet others from all the different branches. They said this experience allowed them to make new friends and connect with all sorts of people that they never would have met. Cooke even shared a story about how she had a heart-felt run-in with a major at the hotel before the event. This once a year, professional development, nationwide event allowed female military members to embrace their unique positions within the military, reach others that have similar thoughts and learn how to overcome a wide range of challenges.



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# NORTHERN CELEBRATIONS

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## A TIME AND PLACE FOR EVERYTHING, INCLUDING RELEASING FISH

**Patricia Stockdill**

It's been said that there is a time and place for everything. The old adage holds true for fishing, as well, especially when it comes to well-meaning anglers practicing catch-and-release.

Generally, releasing a healthy fish is a noble – and good – act.

It's just that it's not always the best for a fish, especially if an angler reels it in from depths of 25 feet, is severely injured, or bleeding from the gills.

Granted, North Dakota has numerous lakes shallower than 25 feet. But when fishing lakes such as Lake Sakakawea, working deeper water is common as summer heats up in August.

It's the time of year when fish and anglers alike head into the "dog days". Water temperatures warm up. Species such as walleye tend to go deeper.

And that means anglers follow, oftentimes switching from spinners to crankbaits.

The problem is fish coming from deeper depths likely won't survive if well-meaning and well-intending anglers release them back into the water. The best advice from the N.D. Game and Fish Department is anglers should be prepared to keep a fish and chalk it up in their daily limit if caught in 25 feet of water and deeper.

It doesn't matter if it's a walleye, skipjack, northern pike, perch, or salmon.

The reason for the recommendation to keep those fish comes down to their physical makeup: Fish can experience barotrauma, a condition occurring when fish in deep water are brought to the surface quickly and gases in its swim bladder greatly expand. It typically occurs at the 33-foot depth.

Anglers should keep any fish if its eyes, vent, or stomach is protruding or expanded because those are indications of barotrauma. The bottom line: When fishing water deeper than 25 feet catch-and-keep is the recommended practice.

Never "vent" or "fizz" a fish in an attempt to save it and release it into the water. Instead, it's simply best to keep it and enjoy it as a meal – large or small.

The reality is fish will die if it suffers from barotrauma. Releasing it simply wastes a valuable resource.

Studying catch-and-release trends is an interesting reflection on changing times. Decades ago, fishing was a

recreational activity providing food on the table for many anglers. Catching a fish of any size or type meant it was going to be kept and eaten.

That fish provided a family meal – and there were fewer fish years ago in many North Dakota lakes.

Back then, pike and bullheads were species most commonly on the table. Nowadays, if it's not a walleye, it's not a keeper for many anglers in the state.

Society is changing and fishing is more of a recreational activity. With so many walleye of different sizes in many lakes, anglers can be – and are – more selective of what goes into the frying pan.

North Dakota typically doesn't have many regulations relating to catch-and-release for most species. It's more of a societal issue than biological in the state. That's because fishing pressure isn't as great in North Dakota compared to some other states – even if at times it seems there are a lot of anglers on the water where a person wants to wet a line.

Nowadays, many anglers opt to release larger walleye rather than keeping those 5- or 6-pound fish – and larger.

Historically, many anglers release smallmouth and largemouth bass because anglers often consider them incidental catches.

When it comes to perch, anglers tend to use a 9-inch-length as a benchmark as to whether or not it lands on the dinner table or swims another day: Less than 9 inches, it oftentimes swims. More than 9 inches is often a perch dinner.

One area catch-and-release is regulated, though, is July and August walleye tournaments. Unless tournament format provides for immediate on-the-water release, any walleye caught during those months must be kept – it's too hot for fish to survive in a live well.

Plus some species such as muskie have a minimum size limit – 48 inches, in fact – and those less than that need to be released.

Basically in most instances, though, catch-and-release is an angler's choice. As we enter the Dog Days, fishing deeper water tends to be more common, especially on Lake Sakakawea's "big water". When a fish isn't healthy enough to survive, it becomes a wasted resource – whether it's early season and the fish is severely injured or it's coming from depths of 25 feet and more, Dog Days or not.



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# Aerial Spraying on Minot Air Force Base planned for next week

MINOT AIR FORCE BASE OFFICE OF PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D.-Minot Air Force Base has requested assistance from the Youngstown Air Reserve Station 910th Airlift Wing to conduct aerial spraying for mosquito control between 8-12 August 2022, for Minot Air Force Base and the cities of Minot and Burlington. Due to uncertain weather conditions, the exact time and area to be treated cannot be determined in advance.

The 910th Airlift Wing will be applying U.S. Environmental Protection Agency registered pesticides. Adult mosquito control will occur between the hours of 7:00 p.m. and 2:00 a.m. CST. The applications will be made using a modified C-130 Hercules cargo aircraft flying 150 feet above ground level.

The purpose of the aerial spraying for mosquitoes is to protect public health, ease working conditions, and improve the quality of life for members working at Minot AFB and living in the surrounding area. Again due to uncertain weather conditions the exact time and area

to be treated cannot be determined in advance.

Minot AFB Public Health recommends humans and domestic animals remain indoors while the aerial spraying is occurring immediately overhead or upwind from your location and

until the mist settles to the ground. These pesticides were selected because they pose minimal health hazards to humans and domestic animals with aerial application.

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



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# Bacon Inspired Food Paired with Local Beer... Yes Please!

ERIN BEENE, NORTHERN SENTRY

Who loves bacon-infused meals and the deep smoky flavors of locally brewed beers? I am going to assume that the majority of readers just raised their hands. So for those of you that did, the Roosevelt Park Zoo has something just for you and the hundreds of other bacon lovers in Minot! Did I lose you at beer? No worries! If you're not a beer aficionado, rumor has it that there will also be wine served from Hook and Ladder Winery. Only it's not a rumor, it's true!

The 7th Annual Bacon and Brew event will be bringing the flavor on Thursday, August 11th. Jennifer Kleen, Executive Director at the the Roosevelt Zoo, sneaked away from the planning to tell us a little bit more about what to expect from this annual zoo fundraiser. She told the Northern Sentry that it is common for zoos around the nation to put on "Zoo and Brew" events, but here they wanted to add something extra special, thus the "Bacon" part. So what can visitors expect? This casual-attired fundraiser will be hosted at the Roosevelt Zoo itself. Guests will be able to walk around, see all the animals and discover the sixteen locations where beer samples will be located, each paired up with

a local restaurant. So not only will visitors get to savor multiple beers and taste bacon-themed dishes from local restaurants such as Starving Rooster, Mi Mexico, Homesteader and Prairie Sky - to name a few - they will also have the opportunity to ride the zoo train and have a go at ax throwing at the Up Your Axe booth. Because of all the libations, the Bacon and Brew event is strictly 21+, but there is plenty of fun to be had with just the grownups around. An outdoor summer event would not be complete without some rockin' live music. So they got you covered there too. The Missing Lynx Band, which takes seven decades of popular music and recreates them into upbeat renditions, will be performing live from 6-9pm.

Besides all the fun, tasty beer, savory food, and melodic tunes that will embrace this once-a-year event, it also serves as a major fundraiser and support for the Roosevelt Zoo and the animals within. Kleen mentioned that the money raised from this event will go towards all the operations of the zoo itself, but recently they are focused on the leopard enclosure project. She also said that it is a really fun evening for everyone. Who can say to "no"

to supporting animals, tons of food, live music and tons of beer? Did I mention that there is also a cash bar available to keep the party going after you have tasted all the samples, because there is! So now that you are ready to go, head on over to the Roosevelt Park Zoo website <https://rpzoo.com/bacon-brew/> and purchase your ticket. Although tickets can be purchased at the door, buying in advance is highly recommended. You get everything mentioned for only \$50/person, which is a fantastic deal, and goes to support a great cause!



Missing Lynx live in Concert at Bacon and Brew 6-9 pm



2021's Bacon and Brew Event

SUPPLIED PHOTOS

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**Roosevelt Park Zoo**  
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**NOTES ON BEING SAFE**

**CAMPING ....  
TIPS ON HOW TO  
PLAY IT SAFE!**



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OCCUPATIONAL SAFETY  
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As summer starts to dwindle and the warm weather suppresses to a comfortable temperature, our tendency to spend time outdoors becomes more often since winter is around the corner. From beaches to lakes to high mountain trails, packing up the family for a trip into nature proves a wonderful warm-weather venture. Special health and first-aid precautions, however, are necessary, especially when kids are involved, and especially if you plan to camp. While the following advice may ring familiar, read on: The value of a jogged memory is well worth the effort.

**THE ESSENTIALS**

- Take along plenty of water, especially when traveling to remote areas or those with a hot climate.
- Always carry a small first-aid kit, even when taking day hikes.
- Kids get hungry quick, especially with the open energy of the great outdoors. Pack plenty of non-perishable, calorie-dense food, such as granola bars, trail mix, hard fruit (apples are especially good), chocolates, and nuts.
- Make sure you know the route, and bring detailed maps of the area.

**CAMPGROUND BASICS**

Scope out the surrounding area for any potential hazards, and identify a "kid-safe" zone that is within eyesight of your main camping area. Tell everyone that an adult must always accompany younger children when going further out, and older kids must leave notice of where they are heading.

Protect yourself and your kids against potential hazards of the woods: Wear long pants, closed shoes, and socks to avoid contact with poisonous plants and stinging creatures. Never let kids run barefoot in the woods, as this leaves the skin vulnerable to insect and snakebites, ticks, poison oak, and the general hazard of stepping on sharp objects. Always protect yourself and your children against the sun with sunscreen, hats and sunglasses, keeping in mind that harmful rays can penetrate even thick cloud covers. As with all other camping rules, be sure to explain to children why it is important to follow these safety procedures, instead of simply requiring them to do so.

Keep all food in tightly sealed containers to avoid attracting unwanted flies and other insects. Also keep your food stash out of reach of prowling animals. Emphasize to your children the importance of not leaving any food out in the open, and of cleaning up after themselves in the woods (remind them--and yourself--never to carry out less than you carry in; this includes all trash).

Ensure to keep the campfires at minimum circumference to where it won't spread. Always keep a bucket of water close by and always ensure the fire is out before you leave the camp grounds.

**HIKING**

When hiking with children, make frequent stops to rest, have a snack and water, and to observe the various plants and wildlife of the surrounding area. Make a game out of trying to identify the most unusual-looking species of the wild (by sight, never by touch!). Encourage children to carry

their own daypack and water. Also equip each child with a whistle, which can be used in case of separation from the group.

**OUTDOOR SAFETY**

**Poison Oak:** Teach your kids this simple rule: "Leaves of three, let it be." Poison oak leaves grow in groups of three, almost like a largely overgrown clover. Another poison oak indicator is the roughness of the leaves' edges, which look like a small child has cut them.

If you think poison oak has come into contact with the skin, wash the area with soap and cold water (hot or even lukewarm water will open pores and increase absorption of the irritant).

**Cuts and Scrapes:** Any cut that punctures the skin may become infected; this tendency only increases in hot, humid weather. Make it a general rule to treat any cut or graze with an antiseptic, and refrain from using creams or ointments, as they merely keep the wound greasy. Also remove bandages and Band-Aids after bleeding has stopped; they keep wounds wet and prevent healing. If you don't have antiseptic on hand, clean and sterilize the wound by washing it with salt water.

**Insect Stings:** Bee, yellow-jacket, and wasp stings are generally more painful than dangerous. To relieve pain and swelling, use Calamine lotion or ice packs (ice wrapped in cloth will do just fine).

**Mosquitoes:** In addition to wearing protective clothing, avoid highly perfumed products and dark or brightly colored clothes, as strong fragrances and colors attract insects. Always make generous use of insect repellent, especially once dusk arrives. Remember to reapply repellent every few hours, and after swimming or exposure to rain.

U.S. Department of Agriculture studies indicate that the most effective repellent ingredient against mosquitoes, ticks, fleas, and biting flies is diethyl-metaltoluamide, commonly known as DEET. Look for DEET in topical

insect repellents, and avoid repellents with a DEET content that is higher than 20 percent (10 to 15 percent for children); no more is necessary, and higher concentrations can irritate the skin.

Non-chemical alternatives for warding off mosquitoes include Avon Skin-So-Soft body oil and pure vanilla extract.

**Ticks:** Ticks are efficient transmitters of disease; always check your kids' and your own body after walking through a tick-infested area. If you do find one or more ticks on your own or your child's body, follow these simple steps.

The best way to remove a tick is to pull it steadily away with blunt, curved tweezers. If you don't have any tweezers, protect your hand with a plastic bag and grasp the tick with finger and thumb tips as close to the skin as possible. Do not jerk or twist the tick. When removing ticks make sure its body stays intact and is removed entirely. Any part left behind in your skin will cause inflammation and infection.

Other remedies such as Vaseline, alcohol, chlorine bleach, or oil will often persuade a tick to let go, as will a lighted cigarette end (but be careful not to burn the skin). Another removal method is to coat the tick with fingernail polish (clear or colored), which will cause it to suffocate and die. Afterward, it will either fall off or can be brushed away or gently pulled with a pair of tweezers.

Once a tick has been removed, disinfect the affected skin with alcohol and wash hands with soap and water.

**Snakes:** When hiking or walking through undergrowth where snakes may be present, be sure to dress yourself and your children in boots or thick shoes with socks and long pants. Warn children not to stick their hands into holes or cracks in the ground, and always be careful while exploring. If a poisonous snake does bite someone, don't panic (snakebites don't cause instant death), but do seek medical help immediately.

# Good Gardening

## ADVICE

by Marvin Baker



### The weeds will make it

It's amazing how different this summer is from last year when everything was dried up in early June. We've had ample moisture and the crops look good, but along with that comes weeds, lots of them and they grow rapidly. If you find yourself weeding your garden and you don't want to pull a weed because the beneficial plant will be torn up too, lay it on its side and pull away from the beneficial plant. If that doesn't work, the best advice I can give is to get a scissor or machete and cut the weed off at the crown. Make sure all the leaves are removed. That should hold it for a while.



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# Participate in workplace safety during Safe and Sound week and win

LISA GONZALES, AIR FORCE SAFETY CENTER

KIRTLAND AIR FORCE BASE, NM --

The Department of the Air Force remains committed to keeping Airmen and Guardians safe and sound in their workplace. A good way to do that is by getting personnel and units to participate in events like the Occupational Safety and Health Administration's Safe and Sound week which runs from August 15-21.

This nationwide event encourages participants to lead by example and share what they do to improve workplace safety through a series of challenges. The Air Force and Space Force challenge centers around the "before and after picture" giving Airmen and Guardians an opportunity to highlight hazards they came across and show what it looked like after. Each picture will need to include a short description on what hazard was found and what they did to fix it.

Safe and Sound week came about in June of 2017 when OSHA led a joint effort with multiple safety organizations and trade associations to establish a new national safety campaign. The goal was to recognize the successes in workplace health and safety programs by giving organizations and their workers the materials and education to help raise awareness for the value and importance of those programs in injury prevention.

According to the U.S. Bureau of Labor Statistics, the rate of worker deaths and reported injuries in the United States has decreased by more than 60 percent in the past four decades since the Occupational Safety and Health (OSH) Act was passed. However, every year, more than 5,000 workers are killed on the job (a rate of 14 per day), and more than 3.6 million suffer a serious job-related injury or illness.

Safe and Sound week consists of three core elements, management leadership, worker participation, and a systematic approach to find and fix hazards. The first being management leadership demonstrates commitment at the highest level of an organization to build safety and health programs to keep their workers safe. Worker participation is getting meaningful engagement from workers at all levels to establish, implement, evaluate and improve upon safety and health programs in their workplace. The third core element is a systematic approach to finding and fixing hazards, where everyone takes a proactive approach to identify and eliminate sources of potential injuries or illnesses.

Another objective behind Safe and Sound week is to shift businesses and organizations to build safety and health programs.

"I encourage leadership at all levels to work with your Airmen

and Guardians in creating and keeping a robust safety culture that will ensure mission success," said William Walkowiak, chief of Occupational Safety for the Department of the Air Force. "Give your Airmen and Guardians the responsibility and support they need to make their work areas hazard-free during the Safe and Sound week and beyond."

This is a great opportunity for Air Force and Space Force units to evaluate and inspect their safety programs to ensure they are working properly and it also gives the chance to inspect work areas to eliminate any hazards that exist.

A shout out from the Department of the Air Force Chief of Safety Major General Jeannie Leavitt will go out to the top three submissions in the "Before and After Picture Challenge" and each participant will be recognized on the Air Force Safety Center public webpage and social media sites. Additionally, they will receive an AFSEC virtual coin and participation certificate.

Challenge each other and other units to participate in Safe and Sound week, and keep the momentum of finding and fixing hazards all year-round.

With all challenges there are rules to follow, check out those rules here: <https://www.safety.af.mil/Divisions/Occupational-Safety-Division/Safe-Sound/>

Building a safety culture is key to workplace safety!



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# How drones will transform battlefield medicine, save lives

JANET A. AKER, MILITARY HEALTH SYSTEM COMMUNICATIONS

FALLS CHURCH, Va. (AFNS)

Blood loss or “bleeding out” is the leading cause of preventable death on the battlefield, military health experts say.

So, one of the best ways to save lives during combat operations is to provide blood products to forward-deployed medics and corpsmen as soon as possible.

During the wars in Iraq and Afghanistan, getting the needed blood products to injured warfighters was typically not a major challenge when the U.S. military controlled the skies and maintained a nearby network of medical facilities.

“We were pretty reliant on medevac ‘dust off’ to deliver our blood,” said Air Force Col. (Dr.) Stacy Shackelford, Joint Trauma System chief.

However, in future conflicts against a “near-peer” adversary, Shackelford said, that could be far more difficult. Injured troops may have to remain at the frontlines for days while needing blood transfusions or other major medical care.

The solution: Drones may become essential to combat medicine.

“I think it’s going to come down to drone delivery of blood by some type of unmanned vehicle that can fly in and drop off more blood or more bullets, whatever is needed,” Shackelford said.

## RESUPPLY BY DRONES

“We think that drone resupply of blood and immediate-need medical products are really just around the corner,” said Dr. Adam Meledeo, a research scientist for coagulation and blood research at the U.S. Army Institute of Surgical Research at Joint Base San Antonio-Fort Sam

Houston, Texas.

“There are multiple off-the-shelf solutions that are being considered,” and the Defense Health Agency is funding several other innovations to optimize the ability to provide drones in the battle space, Meledeo said.

Yet using drones to resupply blood and other medical supplies will be challenging.

“There’s obviously trade-offs between some of these different platforms, such as making sure that we have a vehicle that’s fast, and somewhat stealthy ... and has a very large battery that will be able to keep it airborne for a much longer period of time if it needs to loiter somewhere in anticipation of there being a problem,” Meledeo said.

“There’s also been some talk of outfitting some of our combat hardware drones that are already in use with alternative payloads that would be able to supply blood, medical supplies and really just about anything, such as MRE’s, ammunition, and water” to frontline medics or service members caring for wounded Soldiers, he explained.

## BLOOD RESUPPLY

“The primary issue with blood resupply is that it has to be maintained at specific temperatures, as do a number of pharmaceuticals including certain pain medications, and antibiotics,” Meledeo explained.

“The biggest technological hurdles right now are being able to maintain those temperatures inside those drone payloads very consistently, at a variety of altitudes, and a variety of different ambient conditions for potentially lengthy periods of time, without drawing too much power away from the system itself,” Meledeo

continued.

The Marines Corps used drones for resupply during an exercise in Australia. Drones have also been used in Rwanda and Uganda to transport medical supplies to rural areas across mountain ranges and in bad weather, Meledeo said.

“I think that we’re going to get there much faster than we had initially anticipated,” he said.

The use of drones for future near-peer conflicts is starting to filter down into the operational forces as a potential solution in the near term, he noted.

## WOUNDED WARRIOR EVACUATION

“In the long term, there are a number of lines of effort, such as involving drones for the extraction of patients,” Meledeo said.

U.S. partner countries are examining some of these platforms that can evacuate a patient rapidly without risking other personnel in potentially contested airspace, he added.

## HOW DOES ONE TRANSPORT CASUALTIES STEALTHILY?

“Part of it is marking the vehicles appropriately with standard medical nomenclature. That gives you the Geneva Convention protection. But obviously, we go up against certain enemies that will not care about that at all,” he explained.

## ARTIFICIAL INTELLIGENCE

Stealth technology continues to improve. When it comes to



drones, “it may be just a matter of keeping the drones low to the ground, and that they’re being piloted by an artificial intelligence system,” Meledeo explained.

“So, hopefully, AI will be faster to react than a human would be. But even still, I think there are a lot of concerns about” the use of drones to extract wounded warfighters.

“The long-term goal ... is to actually have some sort of robotics onboard these drones that would be doing medical care to the patient during transport,” he said.

## DARPA AI INITIATIVE

A new Defense Advanced Research Projects Agency initiative called “The In the Moment Program” aims to ultimately give AI systems the same complex, rapid decision-making capabilities as military medical staff and trauma surgeons who are in the field of battle based on algorithms of care and decision-making capabilities.

One example is smart tourniquets that will be able to

detect whether they need to be released. Other automatically guided solutions include IV placement or catheter placement, Meledeo said.

“It sounds like science fiction. It is still a little bit science fiction, but it’s not as far off as it may sound,” he said.

“At least on a rudimentary level, the community is already pursuing a lot of automated solutions or artificial intelligence-derived solutions for automation of different medical processes.”

This research is underway but there’s no timeline on this concept.

“Hopefully, we’ll be able to get some confident results from some of these different technologies that are going to be packaged together in this system and enable the drones to then not only resupply at the point of injury, but also actually take care of the transportation and the management of patients during that transportation.”



## Mandan, Hidatsa and Arikara Nation

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# COMING SOON

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# Filing a VA disability claim upon discharge or retirement

JIM DAVENPORT, COUNTY VETERAN SERVICE OFFICER, MCHENRY COUNTY VETERANS SERVICE OFFICE

Once you make that decision, there are hundreds of things that need to be done. One of those "things" is to file a claim with the Veterans Administration for disabilities that were incurred during your service. This is called a BDD claim (Benefit delivery at discharge) If you meet the time window the VA will make a valid attempt to have a decision at discharge, once you have presented them(VA) with a copy of your DD form 214.

The time window to do this is 180-90 days prior to discharge. What this means is that the VA wants to have the actual claim in their possession not before 180 days prior to discharge and not after 90 days. The VA will not accept a BDD after 90 days prior to discharge. You will need to visit a County Veteran Service Officer (VSO) where you settle and file the claim there.

Why am I writing this?

As a veteran service officer that is called 5-10 times a week to do these claims, I wanted to share ways for you to make it easier on any County Veteran Service Officer you may call and give you the full benefit for your service.

Medical Records: It takes approximately 30 days to get your records. If you have been seen by mental health then you also need to request those records as well.

County Veteran Service Officer (VSO): These folks service all the members in their county, the more time you can give them to develop your claim the better.

Terminal leave/ Operation Skillbridge: This throws yet another cog in the time management chart. If you leave the area for terminal leave or Skillbridge that is the area the VA contractor will conduct their compensation exam. So if you are leaving for Skillbridge at the 180 day point all of the above need to be done and submitted prior to that day of departure.

What is the bottom line?

Keeping in mind the VA will only consider service related disabilities for "Diagnosed"

medical contentions, therefore, it is a good idea to have your medical records in the hands of the Veteran Service Officer six months to a year prior to your anticipated discharge date. Why? The VSO can identify medical issues that are worthy of claiming but no diagnosis has been accomplished.

Which then gives you time to be seen and diagnosed.

You have served your country. Take the time to have your injuries, trauma, be evaluated in your favor.

County Veterans Service Officers

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## All About Pets



Treat your Pet with Fresh Food

Most pet owners have to deal with food beggars at some point in their lives, and it's pretty easy to understand why. Some people opt to train their pets to leave them alone during mealtime, but for some of us, the big eyes are just too adorable to turn down. While small amounts of certain table scraps may not be immediately harmful to your pet, it's still not recommended to sneak Fido a taste. If you want to treat your furry friend with something off your plate, here are some great alternatives to this morning's bacon and pancakes.

- Green Beans
- Carrots
- Melon (Cantaloupe, Honeydew, Watermelon)
- Apples
- Bananas
- Pumpkin
- Berries (Blueberries, Strawberries, Blackberries, Raspberries)
- Kiwi
- Pineapple
- Mango
- Pears
- Peas
- Eggs
- Celery
- Sweet Potatoes
- Unseasoned, Boneless Meats (Chicken, Turkey, Lamb, Salmon, Beef)

Many of these can be fed fresh, frozen, or cooked and can be used in bones or stuffed toys, as well as for training treats. Cats and dogs can consume many of the same fruits, vegetables and meats, but it's important to do your research before handing out random foods, and the same goes for rodents and reptiles. Many fruits and vegetables need to be unseasoned, peeled and de-seeded before being given to your pet. Don't forget to monitor your pet's reaction afterwards. Keep an eye out for vomiting, diarrhea, itching, or other allergic reactions. If your pet has a sensitive stomach, be sure to ask your vet before handing out new foods. And of course, moderation is key as too much can still lead to health problems.



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# SHADOW WARRIOR SPOTLIGHT



**SRA SAMANTHA J. PULIZZANO**

**MISSILE SECURITY OPERATOR**  
CHARLIE FLIGHT  
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**HOBBIES/INTEREST:**

I like to volunteer and be involved with my community, I also enjoy the art of tattooing.

**WHAT DOES BEING A SHADOW WARRIOR MEAN TO ME?**

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- 1/2 Flat Bread Pizza

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- Monday \$5 Moscow Mules (all day)
- Tuesday \$4 ND Breweries (all day)
- Wednesday 1/2 Price Wine by the glass/bottle (all day)
- Thursday \$1 up for all Tall Taps (all day)
- Sunday BRUNCH (11am-2pm)
- \$7 TSR Bloody Mary & Caesars
- \$12 Bottomless Mimosas
- \$6 Breakfast Shots

**FAMILY PACKS**

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- Wednesday Chef Creation\*
- Thursday Pasta Pack

*\*Changes Weekly – Check our Facebook Page*

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Maintaining tires is an important component of safe driving. Tires are some of the hardest working parts on a car or truck and are subjected to wear and tear every time rubber meets the road.

Tires affect many components of driving, including handling, braking and the comfort of the ride. Maintaining tires makes driving safe not only for drivers and their passengers, but also for fellow motorists.

The National Highway Traffic Safety Administration says that, in 2017, 738 fatalities occurred because of tire-related crashes. Many of those crashes were no doubt preventable, and that only highlights the importance of maintaining tires and monitoring their performance. Poor tire maintenance can lead to premature wear and potentially result in a blowout. The automotive group AAA notes it is important to visually inspect tires as often as possible. Drivers should look for overall tread wear. Pay special attention to tread wear on one edge of the tires, which could indicate poor alignment. Erratic tread wear may mean tires are out of balance.

Drivers also should pay attention to how their cars drive and sounds. Unusual vibration or thumping noises suggest issues with the tires. A car that pulls in one direction also may be experiencing tire problems. Vehicle owners should be aware of the routine maintenance steps that can keep them safe and improve the life expectancy of tires.

- Tire pressure: The NHTSA says only 19 percent of consumers properly check and inflate their tires. Keeping tires properly inflated is one of the most important steps to maintaining them. Tires lose around 1 psi per month, and underinflated or overinflated tires can contribute to unusual wear, blowouts and even excessive fuel consumption.

- Rotation: Check the owner's manual or recommendations from the tire manufacturer, but know that most mechanics advise having tires rotated every 5,000 to 8,000 miles. Rotation helps distribute wear more evenly on tires.

- Balancing: AAA says balancing also helps minimize uneven wear and tear. Balanced tires are achieved by using small weights attached to the wheels to limit vibration of the tire and wheels as they turn. New tires should be balanced, and tires also should be balanced after one or more is removed to repair a puncture.

- Alignment: Vehicles have wheel alignment measurements that pertain to manufacturers' specifications. Alignment that falls outside of the range can impact handling, fuel economy and tread wear. A drift or pull suggests alignment problems and should be addressed.

Vehicle owners should keep tire inspection and maintenance in mind as part of their overall car care plan.

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**DEFENDER LEADERSHIP LAB**

91SFG Command Teams and SNCOs take time to deliberate, mentor, and invest into the seasoned NCO tier across a span of two days. Our leadership lab covers life and coaching topics that include emotional intelligence, tough discussions, compassionate fatigue, and financial management. NCOs were able to have discussions with some great leaders about different approach's on how to tend to each of their airmen, how to be more approachable, and how to ask the hard questions needed to get to know their airmen as well. We appreciate everyone who attended as well as gaining new insight from different perspectives!

91ST SECURITY FORCES GROUP PHOTOS



**Magic City Antique Car Club  
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Friday: 7:30am – 4:30pm  
Saturday: 2 a month by appt  
Sunday: Closed

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# 20 AF podcast, 20 for 20

20TH AIR FORCE

The official 20 AF podcast, 20 for 20, is now available on Spotify, Apple Podcasts, Amazon Music, and Stitcher Radio.

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There are great leadership tidbits from the commanders and command chiefs of F. E. Warren Air Force Base, Malmstrom Air

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20ish minute episodes will be released on the 20th of each month.

Links can be found on DVIDS (link below) or search 20 for 20 directly on your preferred streaming service.

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5th CE Firefighters perform checks on their equipment often to ensure that it is ready when they are called upon.  
U.S. AIR FORCE PHOTO I A1C ALEXANDER NOTTINGHAM



891 MSFS Shadow Warriors recently welcomed back a group of Defenders.  
891 MSFS SHADOW WARRIORS PHOTO

## BABY ANNOUNCEMENTS



**BABY BOY BORN ON TUESDAY, JULY 20, 2022 TO: TENISHA AND RAJAE MOORE MINOT, ND**

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

# BADLANDS RESTAURANT BAR

## Upcoming Events

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Spiderman No Way Home  
Join us Friday, August 5th at Oak Park  
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For more information:  
[Facebook/Minot Parks/Events](#)

**6 AUG** AG IN THE CLASSROOM DAY - MINOT FARMERS MARKET  
9:00 AM  
Minot Farmers Market - Oak Park  
1300 4th Ave NW Minot

The North Dakota Department of Agriculture is teaming up with the Minot Farmers Market to host an exciting family event on Saturday, Aug. 6, 2022 starting at 9 a.m. Kids attending the market will receive a FREE toolkit with ag activities, crafts and a chance to meet the market's vendors.



For more information:  
[Facebook/Minot Farmers Market/Events](#)

**8-11 AUG** BUG CAMP  
9:00 AM - 4:00 PM  
Minot Municipal Auditorium

Crickets and spiders and worms, OH MY! Register for Bug Camp and we will capture, collect, and examine all sorts of North Dakota bugs and insects. This is a 4-day camp of trekking through the grass, learning about pollination and bees, and understanding the difference between bugs, insects, spiders, and so much more. Don't forget to bring lunch and your water bottle.  
Click the link below to register  
[www.magiccitydiscoverycenter.com/bugcamp](http://www.magiccitydiscoverycenter.com/bugcamp)



For more information:  
[Facebook/Minot Parks/Events](#)

**10 AUG** 33RD ANNUAL GREAT TOMATO FESTIVAL  
5:30 PM - 9:00 PM  
North Dakota State Fair Ground  
2005 Burdick Expy E, Minot

Minot's 33rd Annual Great Tomato Festival, an indoor picnic with silent auction, great getaway raffle, and so much more! The Great Tomato Festival was established in 1989. It is an annual, indoor summer gourmet picnic. Evening activities include live music, a silent auction, Menu Venue, and tomato displays courtesy of MarketPlace Foods. This is a community fundraiser, which benefits non-profit organizations, including the Taube Museum of Art and the Minot Symphony Orchestra. Must be 21+



For more information:  
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**TRAIN AND MAINTAIN**

Airmen from Kirtland Air Force Base 150th AMXS paid a visit to Minot AFB to help certify the 54th Helicopter Squadron's Vertex maintenance team.

U.S. AIR FORCE PHOTOS | A1C ALEXANDER NOTTINGHAM

# Walk to Fight Suicide

**Minot Out of the Darkness  
Community Walk**

**September 18th, 2022**

**Oak Park Shelter #7**

**Registration begins at noon**

**Register at  
afsp.org/minot**



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## MINOT AFB ANNOUNCEMENTS

### EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

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

### COLUMBIA COLLEGE

For nearly fifty years Columbia College has offered educational opportunities to the military and is proud to establish our newest location here, at Minot AFB. Founded in 1851, Columbia College is a private, nonprofit liberal arts and sciences college that serves approximately 18,000 students annually and is proudly recognized by numerous organizations as a Military Friendly institution of higher education. Check out our website ([ccis.edu](http://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](http://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](mailto:mino@park.edu) PARK. YOU

### MINOT STATE UNIVERSITY

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



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### SUDOKU SOLUTION

PUZZLE ON PAGE C8

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

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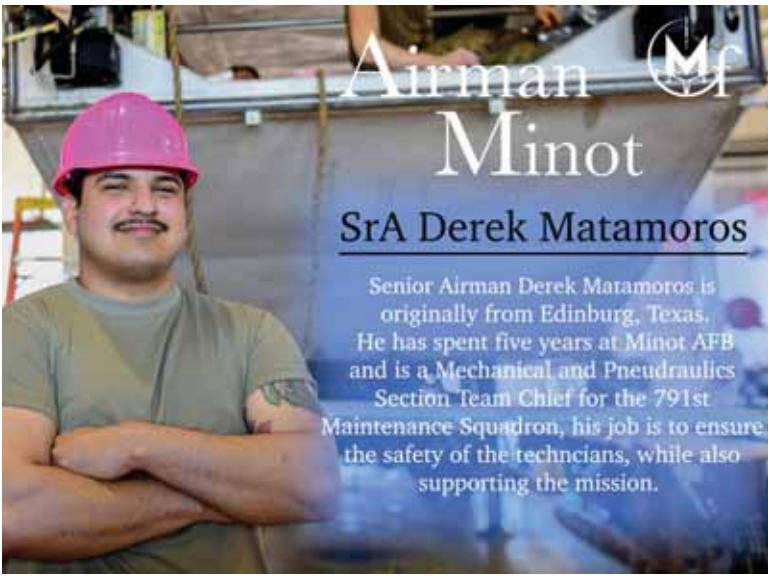
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Airman   
Minot  
SrA Derek Matamoros

Senior Airman Derek Matamoros is originally from Edinburg, Texas. He has spent five years at Minot AFB and is a Mechanical and Pneudraulics Section Team Chief for the 791st Maintenance Squadron, his job is to ensure the safety of the technicians, while also supporting the mission.



*As Long as I continue to believe in myself and my abilities, I can never be conquered and will remain free.*



In his free time SrA Matamoros enjoys sports, playing video games, reading literature and poetry.

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## WHITE-HANDED GIBBON

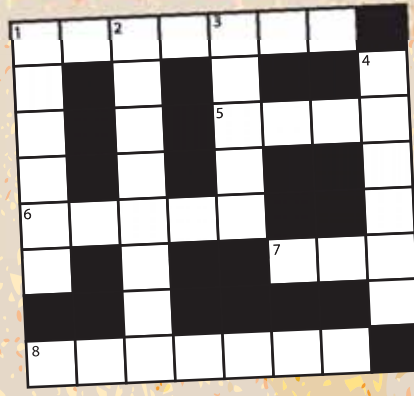
**CREATURE FEATURES**

- White-Handed Gibbons are considered lesser apes and not monkeys. Apes do not have tails. They have hands similar to humans with opposable thumbs.
- True brachiators, gibbons are believed to be the fastest of all the primates and most agile tree dwelling animal. They use their long arms to effortlessly navigate through the trees.
- The White-Handed Gibbons arms are longer than its legs, which allow the gibbon to move nearly 10 feet with each pendulum swing of its body.

**Fact File**

Life Span	25 - 30 years
Weight	16 - 25 pounds
Height	16 1/2 to 23 inches
Wild Diet	Over 100 types of Fruits, Leaves, Flowers, Small birds, Eggs

## CROSSWORD PUZZLE



**ACROSS**

- Sweetly coated
- At a distance
- Tall, branched plants
- Having high degree of heat
- Confections

**DOWN**

- Another name for candies
- Plant product found in soaps and skincare
- Enjoys a book
- Special desserts

*Answers:*  
Across: 1. Sweets, 5. Air, 6. Trees, 7. Hot, 8. Candies  
Down: 1. Sweets, 2. Glycerin, 3. Reads, 4. Treats

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# Operation Homefront: Back to School Backpack Brigade

ROD WILSON, NORTHERN SENTRY

It was a warm Tuesday afternoon, but people lined up as the annual Back To School Backpack Brigade sponsored by the Minot Air Force Base Youth Center, and national nonprofit Operation Homefront. The event offered free resources and support to military families as children are heading back to school, which can be a hectic (and expensive) time of year.

“The need was 200 backpacks, and we were able to distribute 90% of the backpacks today” said Joy Nicole Smith, School Liaison

Program Manager. “Along with that, we have 12 helping agencies that came out and set up info booths to provide resources to families.” Volunteers helping with the Backpack Brigade included Col Daniel and Mrs. Joyce Hoadley, and Col Kenneth and Mrs. Corliss McGhee. “It’s always great when wing leadership shows their support and even better when they join in and help out in efforts like the Backpack Brigade” according to Smith.

Representatives from the contributing organizations offered

volunteers to help with the Back to School Backpack Brigade and offered other resources that may be useful to new or current families on base. The backpacks were handed out to families in need as an effort to ease even a little bit of the financial weight of buying school supplies.

“It takes collaboration to form the partnership for the Backpack Brigade” says Smith. “It’s hard to know the need. There are a lot of factors that contribute to the struggle that a family is going through financially and so it’s

some help for any military family, regardless of rank, to be able to get some relief for the very expensive back to school time that we are in.”

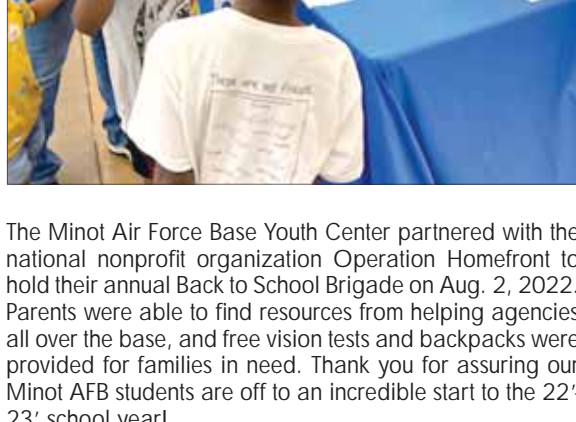
The Minot Lion’s Club, a local service club organization branch, also attended the event and offered free vision tests for students, which is an important part of making sure children are able to perform their best in school.

The Youth Center plays an integral role in supporting the families of Team Minot. Along with their Back to School Backpack Brigade and other helpful resources, they also offer a variety of community activities for

students and families, including the upcoming Open House and the Family Fun Fest.

Joy-Nicole Smith was quick to point out the help she received in organizing this year’s Backpack Brigade. “I have only been in this position for only 2 months. It’s incredible, the partnerships that we have to support our Minot Air Force Base students. Not only today, but throughout the year.”

To reach the School Liaison Office/Child and Youth Education Services, call 701-723-1447 or visit the Child and Youth Extension Building (Building 164, Summit Drive across from Jimmy Doolittle Center).



The Minot Air Force Base Youth Center partnered with the national nonprofit organization Operation Homefront to hold their annual Back to School Brigade on Aug. 2, 2022. Parents were able to find resources from helping agencies all over the base, and free vision tests and backpacks were provided for families in need. Thank you for assuring our Minot AFB students are off to an incredible start to the 22-23' school year!

## 2022 Participating Agencies

- 5th Bomb Wing
- 91st Missile Wing
- Glenburn Public School
- Military Family and Readiness Center
- Military One Source
- Discovery Center
- Child and Youth Programs
  - YMCA
- Magic City Lions Club
- Resident Advocate
- Education Center
- Minot AFB Library
- Veteran Outreach Center
- Proctor and Gamble
  - Addison Pringle, Miss ND Princess 2022
- Boy Scouts of Minot AFB
  - FSS Marketing
  - Health Promotions
  - Spouses Club/Command Spouses
  - Girls Scouts



A special thank you to the volunteers who assisted with delivering the backpacks to the Minot AFB Base Exchange and assisted with the set up of the venue! Your diligence allowed our program get rolling!

*Note: No federal endorsement intended*  
SUPPLIED PHOTOS

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# ND Reading & Math Corps

Minot Public Schools will be providing tutor support to students via the North Dakota Reading & Math Corps program this school year. North Dakota Reading Corps is a strategic initiative of the South East Education Cooperative and demonstrates how national service and literacy science can accelerate improvement in both students and systems. Reading Corps provides evidence-based literacy interventions and data-based assessments to children from age three to grade three. The goal is to help every child become

a successful reader by the end of 3rd grade. The Math Corps is an evidence-based math tutoring program delivered by AmeriCorps members that provides 90 minutes of weekly tutoring to 4th-8th grade students in pairs to improve foundational math skills required for algebra readiness. Students across the district, to include the three base schools, will be supported by the Reading & Math Corps programs. These programs also offer Airmen and families an employment opportunity that directly impacts military students

at Minot AFB. Tutors receive training and coaching from AmeriCorps, are scheduled to support students Monday-Friday during school hours (around 20/week), and paid between \$820-1,100/ month. Those interested in further information about ND Reading & Math Corps can visit [minot.k12.nd.us](http://minot.k12.nd.us) and click the link at the top of the page or call the Minot AFB School Liaison Office at 701-723-1447 or at [mafb.school.liaison@us.af.mil](mailto:mafb.school.liaison@us.af.mil)



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SCHOOL LIAISON PROGRAM MANAGER, GS-11  
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## 2022-2023 MPS CALENDAR

**August 2022** 6 days

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

**October 2022** 19 days

S	M	T	W	T	F	S
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

**September 2022** 20 days

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

**November 2022** 19 days

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

**August 16, 17 & 18**

Workshop - All New Teachers

**August 22 & 23**

Workshop - Total Staff

**August 24**

First Day of School

**September 05**

Labor Day - No School

**September 06**

Professional Development Day - No School

**October 20 & 21**

Administrator Convention Days - No School

**November 11**

Veteran's Day - No School

**November 24**

Thanksgiving - No School

**November 25**

Vacation - No School



Vacation Days - not contracted day

Holidays

PD Days - contracted day

Early Release Days - 1:15pm

Parent/Teacher Comp Days

\* Weather Make-up Day

# Here to Supply! Exchange Provides Value to Military Families During Back-To-School Season

STORY BY KEIANA HOLLEMAN,  
ARMY & AIR FORCE EXCHANGE SERVICE HQ

Military families can earn an A+ in back-to-school savings with the Army & Air Force Exchange.

Authorized shoppers can advance to the head of the class with savings on school supplies, clothing, electronics and more in-store and at ShopMyExchange.com. The shopping site's back-to-school landing page includes a curated list of essentials for classrooms and dorm rooms to fit any budget. Weekly sales can be found at [shopmyexchange.com/savings-center/weekly-ads](http://shopmyexchange.com/savings-center/weekly-ads).

"Military shoppers can find value at PXs, BXs and at ShopMyExchange.com year-round, and that's even more important during the hectic back-to-school shopping season," said Air Force Chief Master Sgt. Kevin Osby, Exchange senior enlisted advisor. "With military-exclusive pricing and tax-free shopping, the Exchange helps Soldiers, Airmen and Guardians ace this test."

With their Exchange benefit, the military community can:

- Shop clothing and footwear for young men, juniors and kids from Nike, Under Armour, Levi's, Vans and American Eagle and other top brands.

- Order desks; chairs; bed and bath; and small appliances for college dorm or apartment living.

- Download the College Dorm Essentials checklist, which includes shopping tips to help military families easily transition their student into dorm life.

The Exchange's buy online, pick up in store option also makes back-to-school shopping easy. Military shoppers with in-store shopping privileges, including disabled Veterans and Department of Defense and Coast Guard civilians, can visit [ShopMyExchange.com](http://ShopMyExchange.com), find their items, choose the "Pick Up in Store" option, select their Exchange location and submit their order. Curbside pickup is available at select Exchange stores. Honorably discharged Veterans and DoD civilian and Coast Guard retirees can shop online.

Exchange shoppers can also enjoy double the savings on eligible purchases during their state's tax holiday. More details on the savings program can be found at [publicaffairs-sme.com/ExchangePost/2022/07/13/military-shoppers-can-double-their-savings-at-the-exchange-during-back-to-school-sales-tax-holidays/](http://publicaffairs-sme.com/ExchangePost/2022/07/13/military-shoppers-can-double-their-savings-at-the-exchange-during-back-to-school-sales-tax-holidays/).

## BAKED CANDIED BACON CINNAMON ROLLS



### INGREDIENTS

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

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

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

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

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

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



Ryan Davy - GM  
Minot

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



NODAK ARMS

# OUTDOOR

REPORT

## OUTDOOR NOTES:

PATRICIA STOCKDILL

### Fishing:

Lake Sakakawea elevation, Aug. 1: 1,838 feet above mean sea level (MSL); 20,900 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,450.47 feet above mean sea level (MSL).

Stump Lake elevation: 1,450.51 MSL.

- N.D. Game & Fish Dept. game wardens: Continued fair to good walleye success throughout Lake Sakakawea. Devils Lake slow to fair for walleye due to weather fronts and hot weather. Try 15 feet with spinners.

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

- Devils Lake, Woodland Resort, Devils Lake: Good numbers of small walleye but sort through for the keepers. Work the weed beds with slip bobbers moving out to as deep as 25 feet with bottom bouncers and nightcrawlers.

- Lake Darling, Karma C-Store, Ruthville: Continued fair for walleye on Lake Darling and Grano, depending on weather.

- Lake Metigoshe, Four Seasons, Bottineau: Continued good bluegill success but sort through the small ones for keepers. Continued pike activity but walleye success slowed. Lots of recreational boating.

- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Continued fair to good walleye success on the east end of Lake Sakakawea. Try a variety of presentations and depths, moving around to first locate fish. No reports from the Missouri River or Lake Audubon.

- Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Work deeper water in 25 to 35 feet with improving success using crankbaits or lead-core on the east end of Lake Sakakawea for walleye. Try Douglas Bay towards the west with slower reports from east end areas like Steinke Bay. Also try from Pick City west on the south shore. Increasing salmon numbers along the south shore by the dam. Work deeper for walleye on Lake Audubon, as well, in 30-plus feet but the bite is inconsistent.

- Anglers reminded to follow ANS regulations, including draining live wells and removing plugs.
- Blue-green algae updates, N.D. Dept. of Environmental Quality: No advisories or warnings listed but conditions could change daily. Several N.D. lakes have low toxin levels, including Buffalo Lodge Lake, McHenry Co.; Nelson-Carlson Lake, Ward Co.; Hecker Lake, McLean Co., and Nelson Lake, Oliver Co. Go to the agency website, ([deq.nd.gov](http://deq.nd.gov)) for more information.
- Registration now open 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](http://www.parkrec.nd.gov/events/fall-wild-outdoor-women)).
- Aug. 15: Swan applications due.

### TOURNAMENTS:

- Aug. 6: Devils Lake, Grahams Island State Park; Devils Lake, Minnewaukan.
- Aug. 13 & 14: Lake Sakakawea, Fort Stevenson State Park; Lake Sakakawea, Van Hook Arm.
- Aug. 13: Lake Sakakawea White Earth Bay.
- Aug. 16: Lake Sakakawea, Sakakawea State Park.
- Aug. 19: Lake Sakakawea, Indian Hills Resort.
- Aug. 20: Lake Sakakawea, Sakakawea State Park; Lake Sakakawea, 4 Bears; Lake Sakakawea White Earth Bay; Lake Sakakawea, Lewis & Clark Bridge.

- Lake Sakakawea, Indian Hills Resort, Garrison: Try 19 to 20 feet for walleye using Lindy rigs nightcrawlers or leeches, if available. Work main lake points, including the beacon, Tolly's Point, pump house, around Goat Island, or Paradise Point.

- Lake Sakakawea, New Town: Somewhat slowing walleye success but overall continued fair success. Warming water temperatures moving fish deeper.

- Lake Sakakawea, Van Hook Bait & Tackle, New Town: Continued fair to good for success but move around more with anglers working a little harder. Best success is with nightcrawlers. Larger fish still in the southern end of the Arm.

- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace remains slow for walleye but nice catfish success during the day from boats. Night bite from the rocks slowed for walleye. Walleye moved deeper in 30 feet-plus on the east end of Lake Sakakawea. Work main lake points with better success still farther west towards Beulah Bay. Work about 85 feet down for salmon along the face of the dam towards Deadman's Bay.

- Lake Sakakawea/northwest

N.D. lakes, Scenic Sports, Williston: West end of Lake Sakakawea improving for walleye with generally fair to good success, including White Earth Bay. Try jigs and nightcrawlers. Missouri and Yellowstone rivers also producing walleye. Continued panfish activity on small area lakes.

- North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Limited activity on area lakes and no new reports.

### N.D. rivers:

- Little Missouri River, Long X Bridge: River stage, Streamflow, 161 CFS.

- Missouri River, Williston: River stage, 14.87 feet.

- Missouri River, Washburn: River stage, 9.61 feet.

- Pembina River, Walhalla: River stage, 3.5 feet; streamflow, 516 CFS.

- Souris River, Foxholm: River stage, 5.78 feet; streamflow, 13.5 CFS.

- Souris River, Minot: River stage, 4.15 feet; streamflow, 14.1 CFS.

- Yellowstone River, Sidney, Mont.: River stage, 3.84 feet; streamflow, 7,590 CFS.

### Numbers to know:

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

- Report All Poachers: (701) 328-9921.

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**TRF EXERCISE**

Col. Anthony S. McCarty, Commander of the 91st Security Forces Group (bottom left) and 91st Security Forces Group Chief Enlisted Manager CMSgt. Gerald Sullivan (bottom right) stopped by the Tactical Response Force repelling exercise and were put to the test. Think you have what it takes? Be on the look out for TRF tryouts! Are you charged with training your squad for the day? Make contact with the on duty team; a different skill set, team work...opportunities are endless!

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Sarah Burckhard NMLS #766557

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**A LOOK BACK**  
THIS WEEK IN USAF HISTORY

**OPERATION BIG SWITCH RETURNS POWS**

AUGUST 6, 1953



In 1951, negotiations of a ceasefire and the release of Prisoners of War began between the communists and United Nations. Operation BIG SWITCH, which took place from August 6, 1953 to October 1953, brought thousands of POWs back home. By the end, 75,823 POWs were returned to the communists and 12,773 to the United Nations, including over 3,000 Americans. POWs who wished not to return to their communist countries were released as free citizens.

Many POWs who were released needed medical care as soon as they arrived at Tachikawa Air Base, Japan. (USAF Photo)

USAF C-124, C-54, C-46, and C-47 transport aircraft brought American POWs from Korea to Japan, and then on to the United States. Due to harsh living conditions in POW camps, many of the repatriated Americans required immediate medical care which was given to them at Tachikawa Air Base, Japan. Nearly 38% of U.S. prisoners were not so fortunate and perished in captivity.

Information courtesy of: media.defense.gov / nationalmuseum.af.mil / koreanwarlegacy.org

**STARTS FRIDAY**

**JURASSIC PARK III**  
(2001) Action, Adventure, Sci-Fi (PG-13)

**LIGHTYEAR**  
(2022) Animation, Action, Adventure (PG)

**FAMILY CAMP**  
(2022) Comedy, Family (PG)

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UNIVERSITY OF NORTH DAKOTA

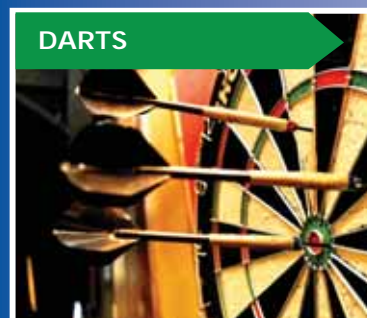
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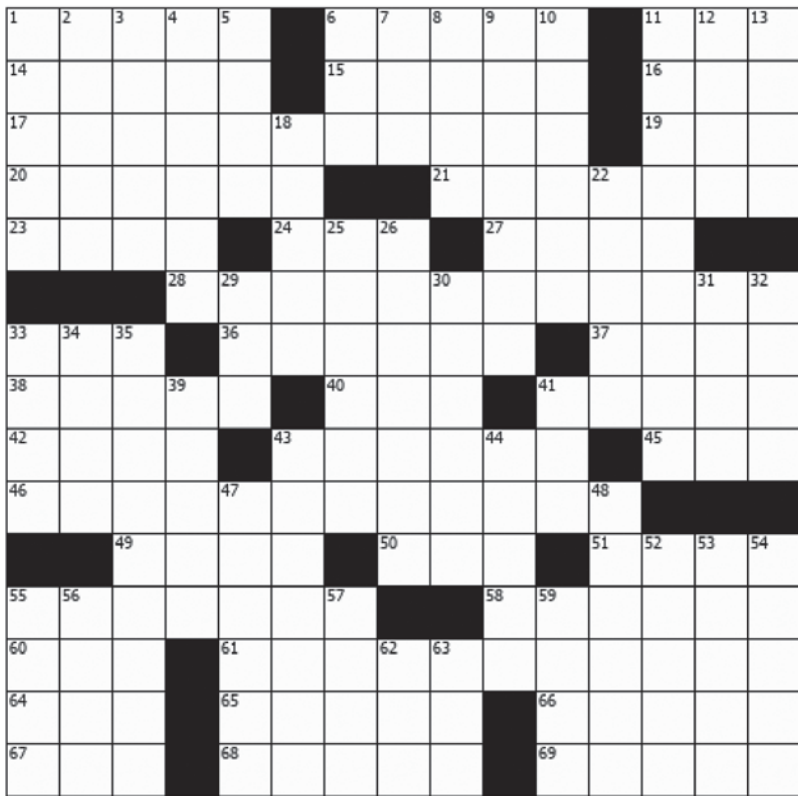
MONDAY - THURSDAY:  
11AM - 1AM  
FRIDAY - SATURDAY:  
11AM - 2AM  
SUNDAY: CLOSED

6 2ND STREET NE, MINOT  
701-852-7768  
(SPOT)

# CROSSWORD PUZZLE

**Across**

- 1. Cottontails' tails
- 6. Sandra's "Speed" costar
- 11. Locks not sold in hardware stores
- 14. Ancient Greek colony
- 15. From early Peru
- 16. Plastic \_\_ Band
- 17. Legendary Mississippi bluesman
- 19. Eerie sighting
- 20. Somewhat sapphire
- 21. Obsess over
- 23. "Zip-\_\_-Doo-Dah"
- 24. WWII spy gp.
- 27. Bowler's place
- 28. 1987 Patrick Swayze film
- 33. Roll-on lawn
- 36. Type of arrangement
- 37. Supermodel Heidi
- 38. Pile up
- 40. Virtuoso
- 41. Lateral remark
- 42. Potters' need
- 43. Washington of "Glory"
- 45. Bard's time
- 46. Medium for much religious artwork
- 49. NYSE intros
- 50. Profit ending
- 51. Benevolent order
- 55. Italian cornmeal dish
- 58. Far East plum
- 60. Lawyers' org.
- 61. Scammer's fortune, e.g.
- 64. Get-up-and-go
- 65. Go fishing
- 66. Window sticker
- 67. Airport waiter's concern: Abbr.
- 68. Show how
- 69. Chosen



**Down**

- 1. "The Lion King" protagonist
- 2. Had the ability
- 3. Excessive
- 4. Fixed (up)
- 5. Puts into words
- 6. Sportage automaker
- 7. "The Lord of the Rings" being
- 8. Didn't just pass
- 9. Tusked Arctic swimmer
- 10. Like many a narrator
- 11. "You can trust me!"
- 12. Dope
- 13. Hired thug
- 18. Fingerprint feature
- 22. Is missing
- 25. Put in a hold
- 26. Vaccine deliverer
- 29. Hypotheticals
- 30. Blow away
- 31. Like a skinny-dipper
- 32. Some agts.
- 33. Fifth Avenue retailer
- 34. Exclude
- 35. Exile living in India since 1960
- 39. Take potshots
- 41. Capp and Capone
- 43. Earmark
- 44. Jumping the gun
- 47. Milk choice
- 48. "Aliens," for one
- 52. "All My Children" Emmy winner, finally
- 53. Jeweler's unit
- 54. Memorial marker
- 55. Work on the road
- 56. Final bio
- 57. Pond organism
- 59. Shoppe adjective
- 62. Special attention, briefly
- 63. Half a chuckle

# SUDOKU

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

Solution to puzzle on page C11

# CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

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

## REEL TIME THEATER

### MOVIE SCHEDULE

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# CHURCH DIRECTORY

**Chapel Services at MAFB**

*North Plains Chapel in Base Housing*

Protestant Liturgical Service  
**Christ Chapel**  
0900


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

*Northern Lights Chapel across from Rockers*

**Catholic Mass**  
Sunday ..... 1000  
Daily ..... Monday-Thursday at 1200

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

 **109 6th St. SE Minot • 838-3094**

**Saturday, Aug 6**  
5 PM, No Vespers

**Sunday, Aug 7**  
10AM, Congregational Prayer Service

  
**Break Forth BIBLE CHURCH**

Wednesdays 7:00pm  
and Sundays 10:30am

**1821 W Burdick Expressway**  
For More Information:  
701.353.9337 | [www.bfbc.tv](http://www.bfbc.tv)

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

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

[www.trinitychurchminot.org](http://www.trinitychurchminot.org)

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

**1720 4th Ave NW, Minot**  
**838-0916**  
[MinotBibleFellowship.org](http://MinotBibleFellowship.org)

  
**Faith United Methodist Church**

**5900 Highway 83 N, Minot**  
[www.faithumcminot.com](http://www.faithumcminot.com)

**Pastor Ken Mund**  
701-838-1540

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

**Cornerstone Presbyterian Church**

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

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

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

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Rev. Heath Trampe  
Rev. Brian Doel

**SUMMER WORSHIP SCHEDULE**  
June 12-August 31

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

**Wednesdays**  
6:30pm Contemporary Service

  
**St. Mark's Lutheran Church**  
*Missouri Synod*

**Sunday Worship**  
**9:30 AM**

**2209 4th Avenue NW**  
**Minot, ND**  
**839-4663**

**Reverend Philip Beyersdorf**  
[www.minotstmarks.com](http://www.minotstmarks.com)  
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**Immanuel Baptist Church**

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

**Sunday Worship**  
10:00 am

[www.ibcminot.org](http://www.ibcminot.org)  
e-mail: [immanuel@srt.com](mailto:immanuel@srt.com)

  
**Christ Reformed Church**

Worship 11:00 a.m. Sunday  
234 14th Ave SE  
[www.christreformedchurchminot.com](http://www.christreformedchurchminot.com)

**St. John the Apostle Catholic Church**

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

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


*Fr. David A. Richter, Pastor*  
Parish website: [www.stjohnminot.com](http://www.stjohnminot.com)

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

Sunday Worship  
9:30 am

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

Pastor Brandy Gerjets • Pastor Ellery Dykeman

  
**Gospel Tabernacle Community Church**

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

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

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

  
**JOURNEY CHURCH**  
ASSEMBLY OF GOD

**1805 2nd St. SE**  
**838-1111**

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

**Wednesday**  
6:30 PM

**Minot Baptist Church**

Sending the Glorious Light of Jesus Christ to a Dark and Needy World

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

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

  
**Cross Roads Baptist**

**Southern Baptist Convention**

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

[www.minotcrbc.org](http://www.minotcrbc.org)  
email: [minotcrbc@gmail.com](mailto:minotcrbc@gmail.com)  
**Dr. Bob Farmer- Pastor**

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

  
**West Minot**  
Church of God  
*Family Worship Center*

**1105 16th St. NW • 839-1407**

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

[westminot.com](http://westminot.com)  
[facebook.com/westminot](https://facebook.com/westminot)

  
**First Baptist Church**  
200 3rd St. SW • 852-4533  
[www.fbcminot.org](http://www.fbcminot.org)

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

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

**Apostolic Faith Church, UPCI**

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

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

**Jesse Starr, Pastor**

  
**OUR REDEEMER'S CHURCH**  
*A Church of the Lutheran Brethren*

**Sundays:**  
Worship ..... 9:00 a.m. & 11:00 a.m.  
**700 16th Ave SE • 701-838-0750**

For more information visit us on the web at:  
[www.ourredeemers.org](http://www.ourredeemers.org)

**ORCS Preschool**

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Website: [www.orcsknights.org](http://www.orcsknights.org)

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# WHAT'S GOING ON MAFB

## FRIDAY 05

- HIIT Strength & Conditioning, 0500, Fitness Center
- Senior TAP (DoL) – Employment Workshop, 0800-1600, M&FRC
- Game Night Series: Counter Strike Global Offensive, 1800, ESC, inside Bomber Bistro
- Karaoke Night, 2000, Rockers Bar & Grill

## WEDNESDAY 10

- Strength & Conditioning, 0500, Fitness Center
- TAP (DoL) - Overview, 0800-1600, M&FRC
- Moving Out of the Dorms Budget Class, 0900, M&FRC
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- Story Time, 1030, Minot AFB Library
- Big City Bites Memphis Special Lunch, 1030-1330, Dakota Inn Dining Facility
- Modern Civilian Resume Workshop, 1400-1600, M&FRC
- Swerk, 1730, Fitness Center
- Fighting Game Night, 1800, ESC
- Life-Saving Certification Course (CPR, First Aid, AED), 1800, Outdoor Recreation
- Yoga for Fitness, 1830, Fitness Center

## UPCOMING EVENTS

## FRIDAY 12

- Strength & Conditioning, 0500, Fitness Center
- TAP (DoL) – Employment Workshop, 0800-1600, M&FRC
- Single Airmen Free Paintball, 1700-1900, Base Paintball Field, hosted by Outdoor Recreation
- Magic The Gathering Commander Legends: Boulder's Gate Draft, 1800, ESC
- Karaoke Night, 2000, Rockers Bar & Grill

## SATURDAY 06

- Club Championship, 0800, Rough Rider Golf Course
- Barre Strength, 0900, Fitness Center
- Yoga for Fitness, 1000, Fitness Center
- Baby and Me Story Time, 1500, Minot AFB Library
- Musical Movie Night, 1800, ESC

## SATURDAY 13

- Barre Strength, 0900, Fitness Center
- Yoga for Fitness, 1000, Fitness Center
- Show & Shine Care Show, 1430-1730, Rough Rider Lanes Parking Lot, hosted by Auto Hobby
- Rock Fest, 1800, Base Theater Parking Lot

## SUNDAY 07

- Club Championship, 0800, Rough Rider Golf Course

## THURSDAY 11

- Registration Closes: Intramural Flag Football at the Fitness Center
- TAP (DoL) – Employment Workshop, 0800-1600, M&FRC
- Short Notice Pre-Separation Counseling, 0930, M&FRC
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Run for Fitness, 1700, Fitness Center
- Zumba, 1730, Fitness Center
- Craft Club, 1800, Minot AFB Library
- Barre Strength, 1830, Fitness Center

## AUG. SPECIALS

**Bomber Bistro • Meatball Sandwich**  
Meatballs, mozzarella cheese, and tasty marinara sauce on an Italian hoagie. Served with chips and a drink!

**The B-Fifty Brew • Breakfast Burrito**  
Burrito with eggs, cheese, hash browns, and choice of ham, bacon, or sausage!

**Rockers Bar & Grill • Club Wrap**  
Sliced ham, smoked turkey, crispy bacon, lettuce, diced tomatoes, cheddar cheese, and ranch wrapped in a garlic herb tortilla.

## MONDAY 08

- Strength & Conditioning, 0500, Fitness Center
- TAP GPS Workshop, 0730-1600, M&FRC
- Family Pilates, 1000, Turf, hosted by the Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Run for Fitness, 1630, Fitness Center
- Swerk, 1730, Fitness Center
- Craft Club, 1800, Minot AFB Library
- Yoga for Fitness, 1830, Fitness Center

## 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.

## TUESDAY 09

- Registration Closes: Single Airmen Free Paintball at Outdoor Recreation
- TAP (VA), 0800-1600, M&FRC
- Game Day, 1000-1930, Minot AFB Library
- Moving Out of the Dorms Budget Class, 1300, M&FRC
- Zumba, 1830, Fitness Center

**MINOT AFB SUMMER GAMES**  
MCAOO FITNESS CENTER - AUGUST 19TH

REGISTRATION DATES:  
**JULY 15TH - AUGUST 16TH**  
GET READY FOR A DAY FULL OF SPORTS + ACTIVITIES! SQUADRON TROPHY WILL BE AWARDED FOR THE MOST POINTS EARNED!  
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**INTRAMURAL FLAG FOOTBALL**  
MCAOO FITNESS CENTER

SEASON STARTS: **AUG 22ND**  
REGISTER BY: **AUG 11TH**

PRACTICES WILL BE AT MINOT AFB MIDDLE SCHOOL FOOTBALL FIELD OR FITNESS CENTER FIELD.  
COACHES MEETING AUGUST 11TH AT 1:30 PM IN THE MCAOO FITNESS CENTER.

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