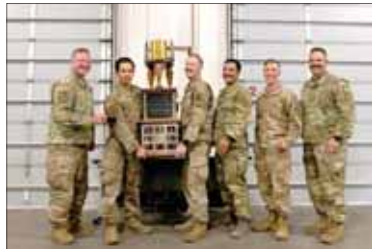


# northern sentry

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## WHATS INSIDE THIS WEEK:



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Airmen from the 5th Medical Group assess a simulated leg injury on a patient during exercise Ready Eagle in the 5th MDG building on Minot Air Force Base Aug. 3, 2022. Ready Eagle provided the Airmen with a realistic training environment to enhance skills that are needed in the medical field. See page A3 for details on Ready Eagle and how 5 MDG stays mission ready.

U.S. AIR FORCE PHOTOS | AIRMAN ALYSA KNOTT

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# Minot AFB EOD Wins Global Strike Team of the Year competition 2022

AIRMAN 1ST CLASS ALEX NOTTINGHAM, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

The Minot Air Force Base 5th Civil Engineer Squadron Explosive Ordnance Disposal Team competed at the Air Force Global Strike Command EOD Team of the Year competition on June 26th, 2022 at F.E. Warren Air Force Base, Wyoming. The team was tested on a number of skills, skills that range from safe practices to bomb disposal.

“This is a competitive event but it’s also training because we’re improving our quality assurance through this kind of an operation,” said Col. Thomas Bongiovi, Air Force Civil Engineer Division Chief.

EOD Airmen are trained to detect, disarm, and dispose of explosive threats in some of the most inhospitable environments while being assigned to some of the most dangerous missions. EOD members must be well trained and disciplined this is why training events like these are beneficial. It allows them to learn and teach one another in the tight-knit EOD community.

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

tools. EOD Airmen had to keep a level head and work hard to complete these tasks, such as disarming an improvised explosive device as quickly as possible while maintaining safety procedures.

“Anything safety related, you could lose a lot of points for and I think sometimes that gets glossed over in peoples’ training and that was something that for us, we make sure that we hit hard on it. So it just comes as second nature,” said Senior Airman Zachery Denig, 5th CES EOD team.

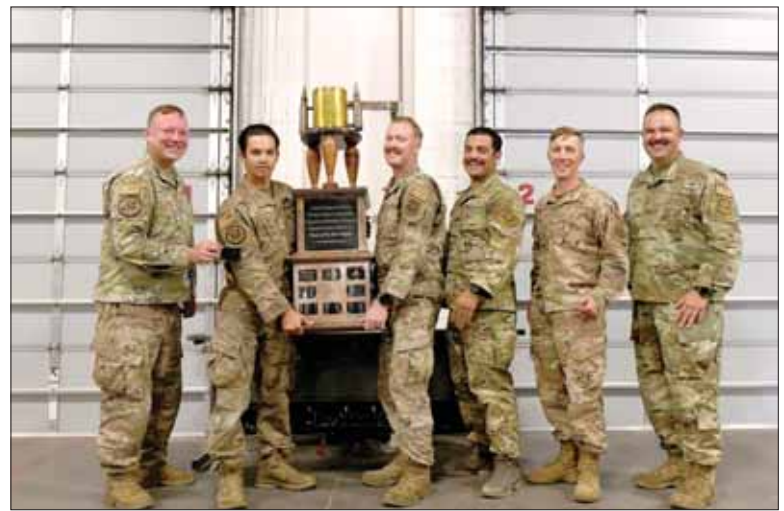
While explosive disposal is one component to the job, maintaining safety first and foremost is the backbone to a successful EOD team.

After a stellar performance, Minot’s EOD team won AFGSC EOD Team of the Year and went on to compete at the Air Force

level of the competition. Although the team did not achieve victory at the Air Force level, the skills that were learned and improved on will be taken back to their shop to create a stronger team.

When asked about what this win meant to him, Senior Airman Benjamin Sherva from 5th CE EOD said that it was confirmation of the training they received and being able to share that training with other EOD member makes for a even stronger team.

EOD Airmen are some of the bravest in the Air Force by doing what is needed to keep others safe and guarantee a mission’s success. EOD technicians train hard and competitions like these keep the teams at the top of their game. With the AFGSC EOD Team of the Year win, Minot AFB proves why Only The Best Come North.



The Minot Air Force Base 5th Civil Engineer Squadron Explosive Ordnance Disposal Team competed at the Air Force Global Strike Command EOD Team of the Year competition on June 26th, 2022 at F.E. Warren Air Force Base, Wyoming. The team was tested on a number of skills, skills that range from safe practices to bomb disposal.

U.S. AIR FORCE PHOTOS | AIR FORCE EXPLOSIVE ORDNANCE DISPOSAL



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# 5th Medical Group Conducts Exercise Ready Eagle

AIRMAN ALYSA KNOTT, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

“Training days are so important because we are here as a defense force, medical readiness, and we’re here to deploy... if we’re needed,” stated Tech Sgt. Nathan Langel, Flight Chief of medical readiness and Command Support Staff.

The 5th Medical Group conducted a Ready Eagle exercise for their Airmen to train and practice skills relevant to a mass casualty situation. The exercise is intended to test the proficiency of the Airmen to ensure that they are capable of responding to emergencies that could occur. During the exercise, an accident was simulated that resulted in multiple injuries and an exposure to hazardous chemicals. The Airmen were challenged with correctly prepping and responding to the patients, they then had to decontaminate and triage them, deciding whether the patients needed a higher level of care.

“In this specific instance, we were simulating that the highway 83 is closed, so that we can’t get them down to Trinity,” explained Langel. “We tested our capabilities in house to push them to... failure, not in a bad way, but to find out where our faults lie so we can work to correct them.”

The Airmen were able to practice their Tactical Combat Casualty Care (TCCC), the decontamination process (DCON), and their operation in high-tempo situations. Practicing these skills can help to prepare the 5th MDG for unexpected

incidents and promote confidence in the Airmen.

“This is another instance for Airmen at every level, every position within the Med Group to build confidence to practice some of their skills, to identify areas that they continue to need improvement,” stated Maj. Patrick McCue, 5th Medical Group Air Medical Physician Assistant. “To see a full course of how a situation like this may unfold oftentimes.”

The entire 5th MDG played a part in the Ready Eagle, roughly 200 Airmen, and 25 moulage patients participated in the exercise. Moulage patients were Airmen from outside organizations to act as the injured patients. There was also a team of Medical Airmen from Air Force Global Strike Command to review the 5th MDG processes during the exercise. They assure that the 5th MDG is properly aligned with the Air Force Instruction (AFI) to ensure they would meet the mission of the exercise.

The exercise created a realistic learning environment for everyone that participated in it, and allowed the Airmen to obtain practice for key medical skills. Exercises like this one, are important in keeping the 5th MDG mission-ready for possible incidents.

“I think there’s always room for improvement... We need time to practice so that we can be as good as we can to provide them optimize health care,” explained McCue. “We really appreciate when folks understand that.”



The 5th Medical Group conducts exercise Ready Eagle at the 5th MDG building on Minot Air Force Base Aug. 3, 2022. Ready Eagle provided the Airmen with a realistic training environment to enhance skills that are needed in the medical field.

U.S. AIR FORCE PHOTOS | AIRMAN ALYSA KNOTT



Airmen from the 5th Medical Group carries a simulated injured patient into the decontamination tent during exercise Ready Eagle on Minot Air Force Base Aug. 3, 2022. Airmen were challenged during the high-tempo training environment to effectively communicate and triage patients to ensure the Airmen are mission-ready.



Airmen from the 5th Medical Group sterilizes a simulated injured patient in the decontamination tent during exercise Ready Eagle in the 5th MDG building on Minot Air Force Base Aug. 3, 2022. Airmen were challenged during the high-tempo training environment to effectively communicate and triage patients to ensure the Airmen are mission-ready.



Airmen from the 5th Medical Group wraps a compression bandage around a simulated leg injury during exercise Ready Eagle in the 5th MDG building on Minot Air Force Base Aug. 3, 2022. The exercise allowed Airmen to train and practice Tactical Combat Casualty Care (TCCC), the decontamination process (DCON), and operating in high-tempo situations to prepare them for possible future incidents.

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Ted Bolton

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

Rod Wilson

Business Development | Marketing  
sentrysales@srt.com

## GRAPHIC DESIGN BY

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

MINOT AIR FORCE BASE  
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Chief

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## NEWS SUBMISSIONS

Northern Sentry Office

nsads@srt.com | 701.839.0946

## MAFB Public Affairs Office

v35bw.pa@us.af.mil

701.723.6212

## MAIL

315 South Main Street, Suite 202

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## VIEW ONLINE

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# "Hit The Ground Running"

Last Thursday was the August Military Affairs Committee meeting of the Minot Chamber/EDC, and the room was nicely crowded with uniformed Air Force and National Guard employees, and civic leaders who are part of the committee. The enthusiastic turn-out was great to see as for many of the folks in the room, this was their first "MAC Meeting".

New Mayor Tom Ross took the podium as the keynote speaker to talk about all of the "Stuff" there is to do in Minot. Tom is a life-long resident of Minot, so what better person to give information on the locations that make Minot a great place to live. He did a great job in the time he was allotted, and I am sure his speech could have been at least twice as long, but I saw several military people taking notes.

As is the custom at these meetings, each military unit is given a chance to take their turn at the podium and talk about events happening

in their perspective units. Keep in mind, that Minot Air Force Base just came through a change in command in both the 5th Bomb Wing and 91st Missile Wing, so there was sure to be a little lull in the action, right? WRONG!

Col. Daniel Hoadley of the 5th BW and Col. Kenneth McGhee of the 91 MW outlined what was two very busy months on Minot AFB. (There isn't a July MAC meeting, so it was June and July). It was amazing how seamlessly the transition took place and the units performed at the same high level as always. Keep in mind that it was not just leadership that changed, but several new enlisted people in every unit arrived during this very busy PCS season.

For those of you at Minot AFB reading this column, you are probably thinking "well what do they expect. We are hired to do a job, and we do it well." For civilians and others who pick up the Northern Sentry, it has



**UPSIDE DOWN UNDER**  
MARVIN BAKER

What happens when a group of 20 somethings with nothing to do get together? They have a party. That's what a group of us in Edgeley did on March 16, 1981. But this was no ordinary party.

Yes, it was 41 years ago, but I still think about this party a lot and all the positive energy that made it a success.

The first unusual thing about our party was that it was held on a Monday night and it was limited to a guest list of 10. You can about imagine the reactions when everyone found out we were having a party on a Monday night. Once everyone got through the stigma of "Monday," they all agreed it would bring a bang to the end of winter.

Instead of just getting together,

we took it up a notch and used our creativity to do something that some of us still talk about today.

Back in those days, there were a number of us who were considered audiophiles so what we did was "pool" our home stereo equipment to create a massive sound system, something that would be loud and would come in handy later.

What some of us did was to create a 3-hour script for a fictitious radio station that was designed just for this night. We used my old CB call letters KBNG. Everyone involved was given a copy of the script, two tape decks recorded the audio and the fun began.

Your's truly opened the show and I still remember the opening song very well. It was "Hey Nineteen" by Steely Dan. That set the tone for the rest of the night and all the others embraced this crazy idea that we carried out on just another Monday night in March.

But it wasn't all just music. We had one individual who was still in high school, but had a terrific radio voice. He became our news announcer and it was his job, leading up to the party, to create a satire news program that would

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



probably not been pointed out that even though the faces change, the mission does not. And to be honest, that is a lesson that I have learned after being involved with the Northern Sentry for the past four years. I often write about friends that leave Minot AFB, but those friends are replaced with "new" friends, and we Minot natives get to share the story once more of what a great place Minot is to live, and work.

I left the MAC meeting thinking, as my Dad would say, those guys really hit the ground running. And it is with pride that I share the other story, that being what an impressive base we have located just a few miles north of our city. And that story continues with how great the enlisted personnel and their families are for the city of Minot. The dual nuclear mission of Minot Air Force Base makes our

base unique. There is no other city that is host to a base like Minot AFB. And yes, after hearing the reports at the MAC meeting, I know that everyone who arrives here "hits the ground running", and that is a great story.

**BEST KEPT SECRET FOR THIS WEEK:**

The numerous biking and hiking trails at Fort Stevenson State Park south of Garrison. Rent a "fat tired" bike or put on your hiking shoes. Great for family adventures, as the trails are easy to follow. Stop at the Fort Stevenson block house for a little history.

**THIS WEEK'S HUMOR:**

A teacher asked her students to use the word "beans" in a sentence. "My father grows beans," said one girl. "My mother cooks beans," said a boy. A third student spoke up, "We are all human beans."

## A party of parties...

make everyone laugh.

He didn't disappoint.

He later went to college, worked at several radio stations in Fargo and then moved to Rapid City where he became one of the most successful on-air personalities in the Rapid City market.

We had another high school student (classmate of the news announcer) who had a seriously dry sense of humor and a monotone voice. We used that to our advantage. He became the "reverend" for that night and provided satirical spiritual information that nearly put us all to sleep. He too, did his job very well. This young man went on to spend a successful career in the Army.

One guy, who was one-third bigger than all the rest of us, was the nicest guy you'd ever want to meet, yet he was quite timid and didn't want to speak into a microphone. He was part of our group and had to be there so he became "Lurch," the doorman. Lurch had strict orders from the rest of us to not allow anyone into the building other than those on the guest list of 10.

Sadly, one of the people from

that night was recently deceased.

He was one of four people who pooled our stereo equipment to make this such a memorable night. He brought Marantz equipment to the table. This guy was somewhat of a loose cannon of a comedian, but at the same time would give you the shirt off his back when things got serious.

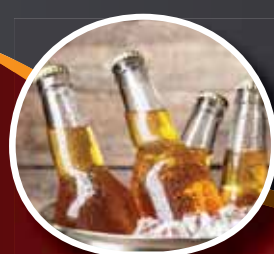
I guess that's why I think about March 16, 1981 a lot. We lost Kent Meidinger last year in October at age 55. He was a successful businessman and always retained that sarcastic wit about him that added so much to KBNG that night.

Fast forward to now. We've all done a lot of different things in the past 41 years... gone through college, got married (sometimes more than once), taken exotic trips, been through the military and retired.

I can't speak for the rest because I've lost track of nearly all of them. But I have to say that of all the things that I've done and seen in my adult life; none of it comes close to the creativity of that night and how we pulled off a three-hour "radio show" that should have been aired somewhere.

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

# There's Nothing in North Dakota

green of soy beans saturates the earth until it's so vibrant and heavy it seems like the color could drip. If you're lucky, you'll stumble across the cool purple and blue of a flax field. Then, of course just when you may begin to mourn the end of summer; just as the nights grow cooler and the darkness closes in noticeably earlier—there are the sunflowers.

Most of the world may take these wonders for granted. Maybe if you've been born and raised alongside the miracle of agriculture these things are no more startling than a pigeon near railroad tracks. Maybe if you aren't from around here, you see all this open space as simply "farmland." Maybe, no matter where you're from you just haven't stopped to think twice about it—except when your social media feeds begin to fill up with advertisements for sunflower photo sessions.

To me, this ever-changing landscape that begins with vast amounts of brown dirt, seeds, and nothingness, is breathtaking. It's worthy of marvel. I've gotten used to the dialect, the affinity for Dairy Queen, even the windchill has become somewhat routine. I moved to Minot for the first time ten years ago, and I still struggle to be casual about the seemingly infinite acres of crops that surround our town.

I can't drive by without wondering about the machines that make this all possible. Then I think about the fact that there are people out there who know how

to operate those machines, and maintain them. There are people who know how much seed to buy, how to nurture it, how to ensure good growth. They know when to harvest, and where to take their goods. After that, there are people who know how to turn these plants into all kinds of products with all kinds of uses that keep our world going, in all kinds of ways. I wonder about the people, and their families; if this is a trade inherited like a priceless heirloom, or it's simply the family business. When I see a tractor on Highway 83, I think of the people who have been injured, or lost someone they love while working the land.

When people say there is "nothing" in North Dakota this is what they are referring to. The open land that has a reputation for being "nothing" is truly something spectacular. It's something powerful, necessary, and utterly American. In this sea of supposed "nothingness" we are at the center of something extraordinary.

It's beautiful. It's calloused. It's sacrifice; and like so many things worth really seeing, it's easy to overlook. Like so many things, it comes and goes quickly—if you don't stop and notice, it'll be gone. If you spend too much time projecting, you'll be living in winter before it arrives—and you'll miss the beauty waiting to meet you along the way.

On Sunday we found a field near the road. We carefully walked down a mowed tractor



Our family in a canola field.

AMY ALLENDER PHOTO

"I just know by the time we find a good place, the boys are going to be cranky and it's going to be a disaster." This was my lament last Sunday, as I wove our car up and down country roads, scanning the horizon for highlighter-yellow fields. I grumbled something inaudible as I realized I'd led us down another useless road.

"The boys are fine. Right now, you're the only one who seems fussy," my husband said. As usual, he was right. Sometimes I tend to live ten paces into an imagined future—dreading things that haven't happened, laying too much weight on possibilities that may never come to pass. In a clinical setting, I think this is called "projecting." I took a breath and tilted the rearview mirror down, in order to see the back seat.

My kids were riding happily, making each other laugh with silly faces. Things were fine.

We were driving, at my insistence to a canola field, seeking an updated family photo.

When Hot Dish Land moves into the last phase of summer, some breathtaking things take place. The countryside becomes a place for slow-motion fireworks as crops come into bloom. Canola fields dazzle the horizon with a supernatural yellow glow. The

path. The wind whipped my hair around, my littlest did get cranky, fruit snacks are in the photo. But we got it, a physical reminder of the awe this time of year stirs in me. A reminder to take in what is blooming right at this moment,

not live in anticipation of what will—or won't—happen next.

To connect with me further and join me in a quest for positive living (and thinking) find me on Instagram, @amy\_allender, or Facebook, @amyallenderblog.

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# 20th Air Force commander visits New Town for first EIS hearing

5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

The U.S. Air Force hosted the first of seven public hearings in New Town of the Fort Berthold Reservation, North Dakota, on July 19, 2022.

As an integral part of the National Environmental Protection Act, the purpose of the public hearings are to seek comments on the publicly released (July 1) draft Environmental Impact Statement for the Sentinel (formerly known as the Ground Based Strategic Deterrent, or GBSD) basing action and Minuteman III demilitarization at F.E. Warren Air Force Base, Wyoming; Malmstrom AFB, Montana; and Minot AFB, North Dakota.

“These public hearings are intended to provide the public the opportunity to understand and comment on the potential environmental consequences of the proposed Sentinel (GBSD) weapon system, which will modernize and replace Minuteman III flight systems, weapon system command and control, and launch systems including silos, control centers, and other ground infrastructure,” said Russell Bartholomew, a Program Manager assigned to the Air Force Nuclear Weapons Center Sentinel Systems Directorate at Hill AFB, Utah. “It’s an honor to start the hearings here at the Fort Berthold Reservation, given the long history between the U.S. military and Three Affiliated

Tribes.”

Bartholomew went on to explain that the TAT refers to the Mandan, Hidatsa and Arikara Nation, located in central North Dakota.

A small ceremony took place ahead of the public hearing, in which Mark Fox, Chairman of the TAT and Maj. Gen. Michael Lutton, Twentieth Air Force commander, spoke about the significance of continuing to build strong relationships to work together.

“When General Lutton and his staff met with me, they listened patiently as I described this nation, Fort Berthold, and the history that has gotten us to today,” said Fox. “It was a privilege and an honor to share time and a few words with everyone.”

Lutton echoed Fox’s sentiments and shared his appreciation for the future partnership.

“We are so thankful for this time together, and we look forward to the future cooperation as we share our common goal to defend our nation and our land,” Lutton said.

In keeping with this tradition, approximately 50 attendees witnessed a Presentation of the Colors by the TAT Nation veterans and a ceremonial dance by The TAT Nation ladies auxiliary.

The Air Force plans to hold six additional in-person public hearings on the following dates at the local times and locations indicated.



Maj Gen. Michael Lutton, Twentieth Air Force commander and Three Affiliated Tribes Chairman Mark Fox exchange gifts at Fort Berthold Reservation New Town, N.D. July 19, 2022. The gesture is a tradition to show appreciation of the good will between each other.

U.S. AIR FORCE PHOTOS | AIRMAN ALYSA KNOTT



The Three Affiliated Tribes veterans post the colors at Fort Berthold Reservation New Town, N.D. July 19, 2022. The ceremony is meant to strengthen the good relations that the Air Force and the TAT have cultivated for the past 200 years.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS EVAN J. LICHTENHAN

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 • Highway Patrol Officer  
 • Dispatcher/Telecommunications Operator  
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 • Uniformed Detective  
 • Lieutenant of Police  
 Apply at <https://www.mhanation.com/mhanationemployment>  
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 Human Resources Department  
 Reed Lone Fight – HR Recruiter / Training Coordinator  
 Email: [rlonefight@mhanation.com](mailto:rlonefight@mhanation.com)  
 Phone: (701) 627-8251

**Our Mission**  
 The Three Affiliated Tribes will provide to the Tribe and people, maximum quality services, by being responsible, accountable, respectful, caring, and will incorporate the traditional values of our elders and ancestors.

**Our Tribe**  
 The Mandan, Hidatsa and Arikara Nation, also known as the Three Affiliated Tribes, is located on the Fort Berthold Indian Reservation in central North Dakota. The reservation is located on the Missouri River in McLean, Mountrail, Dunn, McKenzie, Mercer and Ward counties. The reservation consists of 988,000 acres, of which 457,837 acres are owned by Native Americans, either as individual allotments or communally by the tribe.



# Demonstrating Diversity

ERIN BEENE, NORTHERN SENTRY

On Friday, August 5th from 10-4pm, the Minot AFB Diversity and Inclusion Working Group organized a base-wide event to celebrate the largely diverse population including ethnic groups and religious affiliations at Minot AFB. The Culture Festival celebrated all types of backgrounds and minorities. Members of the DIW that helped organize the event were TSgt Christine Cherry, 5 CES, and TSgt Maria Snyder, 5 SFS, SSgt Stephanie Webb, 5 MUNS, 1st Lt Kaede Snyder, 742 MS, A1C Angelina Bachiller, 5 OSS, and TSgt Ryan Powell, 5 CES.

The culture representations in attendance were: the LGBTQIA+, Celtic Nations, Native American Heritage, Hispanic Heritage, Japan, Italy, World Religions, and Minot Public Library. Also present were eight performers that covered the Isle of Man, Russia, USA, Pacific Islands, Puerto Rico, The Three Affiliated Tribes, and a Latin dance lesson

from Nadia Wardsaid. Cherry said, "Events like the Culture Festival allow us to celebrate the things that make us unique, because that is beautiful, but it also provides an opportunity to learn about the commonalities between cultures. This helps build empathy and understanding which is the foundation required for building an effective team." The event, which blocked off a major portion of the parking in front of "The Turf," consisted of booths representing all types of cultures, a DJ, places to sit and enjoy.

One of the cultures represented was a Japan-themed booth manned by A1C Curtis Torrence, 705 MUNS, and his spouse Anna Torrence. Both Mr. & Mrs. Torrence have a deep love and respect for the country of Japan and all things Japanese culture. The country holds a special place in Anna's heart because of her Japanese ancestry. While the couple have never visited

Japan, they hope to one day. Their booth was interactive with a crafted Jeopardy board which held Japanese facts about geography, history and more. They were also giving out Japanese candy to interest the children in attendance.

A1C Levi Pierpont, 5 BW Chaplain Staff, created a booth that represented the religious side of culture. His informative booth had information about all the major religions as well as some of the lesser-known ones. His goal in creating this booth was to bring awareness to what the Chaplain Corps on base represents. While chaplains typically have specific religious affiliations as individuals, their mission is to assist base residents in any type of belief system or faith.

Cherry not only helped make The Culture Festival possible, she also ran a booth discussing the Celtic Nations which are the nations including: Ireland,

Wales, Scotland, Isle of Man, Cornwall (the southwest corner of England), and Brittany (the northwest region of France). She said that she wanted to share about this region because of family ties and she envisioned this event to encompass all types of cultures in which everyone was welcome to share.

The event wrapped up with

Sage Casas from the Three Affiliated Tribes who was generous enough to donate his time and energy to demonstrate the Prairie Chicken Dance which is a Warrior's Healing Dance in his culture. The Diversity and Inclusion Working Group hopes to make this festival an annual celebration.



Sage Casas from the Three Affiliated Tribes demonstrating a Warrior's Healing Dance.



A1C Curtis Torrence, 705 MUNS, and his wife Anna Torrence representing Japanese culture.



TSgt Christine Cherry, 5 CES, demonstrating the Celtic Nations' culture.

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**Thursday - Saturday**  
 5:00 pm - 9:00 pm

**Sunday**  
 7:00 am - 1:00 pm



# N.D. Air Guard Welcomes New State Command Chief

NORTH DAKOTA NATIONAL GUARD

FARGO, N.D. — The North Dakota Air National Guard is proud to announce that Chief Master Sgt. Levi Heller was chosen as the new state command chief.

Heller succeeds Chief Master Sgt. Duane Kangas, who retired December 2021.

As the state command chief master sergeant, Heller reports to Brig. Gen. Darrin Anderson, assistant adjutant general for the North Dakota Air National Guard. In this new role, Heller will advise senior military leaders on matters concerning discipline, morale, welfare, effective utilization, professional development and career progression of the state's National Guard Airmen.

"I'm excited about the selection of Chief Master Sgt. Heller as our state command chief. He has an impressive military and civilian background and has been a highly effective leader throughout his career. I'm confident he will be a staunch advocate for the North Dakota Air National Guard enlisted force, and a trusted advisor to our senior leadership," said Anderson.

Heller began his career with the North Dakota Air National Guard in 2000 as a security forces apprentice.

His assignments with the 119th Security Forces Squadron include assistant noncommissioned officer in charge of combat arms, squad leader, standards and evaluations, assistant superintendent of operations, and a member of the 119th Wing inspection team. He has served in various deployment capacities to include Operation Noble Eagle, Operation Enduring Freedom, and Operation Iraqi Freedom. He was assigned as a full-time state employee within the 119th Security Forces Squadron for seven years attaining the position of shift supervisor, and has most recently served as the North Dakota Air National Guard Joint Force Headquarters domestic operations (DOMOPS) noncommissioned officer in charge.

"It is exciting to be part of the team that is at the forefront of shaping the enlisted force of the North Dakota Air National Guard — not only today, but for many years to come," said Heller. "I look forward to serving our great Airmen over the next three years."

In his civilian career, Heller is a design engineer and project manager in the transportation discipline of a local civil engineering



Chief Master Sgt. Levi Heller, North Dakota Air National Guard state command chief.

consulting firm. He attained a Bachelor of Science degree in civil engineering from North Dakota State University and is a registered professional engineer in North Dakota and Minnesota.

U.S. AIR NATIONAL GUARD PHOTOS  
DAVID H. LIPP, 119TH WING PUBLIC AFFAIRS



Chief Master Sgt. Levi Heller, 119th Security Forces Squadron, fires an MK-19 machine gun at Camp Ripley Training Center, Minn., Aug. 3, 2020.

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# 91ST MISSILE WING QUARTERLY AWARDS

91st Missile Wing Airmen are awarded for their hard work in their shop at Minot Air Force Base, North Dakota, Aug. 4, 2022. Quarterly award ceremonies allow commanders to highlight the Airmen that show excellency in their shops.

**AMN:** SrA Lindsey N. Benoit  
**NCO:** TSgt Andrea M. Butler  
**SNCO:** MSgt Nicholas A. Risner

**FGO:** Maj Kristopher R. Schmautz  
**CGO:** 1st Lt William T. Young  
**Flight Commander:** 1st Lt Xavier Santana

**Civ CAT I:** Mr. Gregory Rector  
**Civ CAT II:** Mr. Casey W. Jones

**Key Spouse:** Mrs. Jennifer Black  
**Key Spouse Program:** 891 MSFS Key Spouse Program

**Volunteer:** MSgt Jason R. Brown

U.S. AIR FORCE PHOTOS | A1C ALEXANDER NOTTINGHAM







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- \$5 Moscow Mule
- \$6 Specialty Cocktails, Martinis & 22oz ND Breweries Taps
- ½ Flat Bread Pizza

**DAILY SPECIALS**

- Monday \$5 Moscow Mules (all day)
- Tuesday \$4 ND Breweries (all day)
- Wednesday ½ Price Wine by the glass/bottle (all day)
- Thursday \$1 up for all Tall Taps (all day)
- Sunday BRUNCH (11am-2pm)
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- \$12 Bottomless Mimosas
- \$6 Breakfast Shots

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# Trains, Trains and ...Trains

ERIN BEENE, NORTHERN SENTRY

The city of Minot has a rich history with trains and the railroad. In fact, it was the railroad that created the town itself. According to the City of Minot website, “Minot came into existence in 1886, when Jim Hill’s Great Northern Railroad ended its push through the state for the winter, after having trouble constructing a trestle across Gassman Coulee. A tent town sprung up overnight, as if by magic, thus the city came to be known as the ‘Magic City.’ The town site was chosen by the railroad to be placed on the land of then-homesteader Erik Ramstad.” The town grew into approximately 5000 people in just five months’ time and was the end of the line in the Great American Railroad. Into the early 20th century, Minot became known as a somewhat “lawless” place as prohibition rolled around, but by the 1950s Minot was shaping into a quaint town as the Air Force Base was built. The railroad shaped the city’s beginning, and though its prominence has waned in recent decades the trains still hold a

unique part of the atmosphere today.

The city’s historical train station, located at 400 1st Ave SW, near the public library, is still in use to this day for passenger Amtrak stations. According to [greatamericanstations.com](http://greatamericanstations.com), “The Great Northern Railway depot, located northwest of downtown near the Souris River, was built in 1905 and today serves as the Amtrak stop for Minot. The structure originally included a gabled roof and red brick exterior, but it was greatly altered during renovations in the early 1970s. The gabled roof was swapped out for a flat one, and the brick was covered with stucco. Inside, the interior was modernized by covering the marble floor with tile.” Today, Minot is a main refueling stop for the Empire Builder train route that runs from Chicago to Seattle and Portland. Passengers today can explore the country in a simple, classic ride. It is because of this history and current train encompassment that the necessity for a train museum to catalog and preserve this legacy arose.

The Minot Railroad Museum located at 91st St NE, used to be a lumber yard built in 1907 but was eventually donated to the Railroad Museum who opened their doors in 1988. This non-profit museum operates with only a handful of employees, including museum president Golden Melland, John Doyle and Grace Moore. While the museum is only open on Saturdays, or by appointment, guests can enter into a world from the past at this quaint historical center. Real historic locomotives sit outside the building and are available for exploring during the summer months. It also features interactive activities for kids including train whistles to blow and toy trains to play with. Visitors can reenact what it was like to experience train travel a hundred years ago and stamp tickets as well as view an elaborate mini train town. The staff is extremely helpful, friendly and personable. They may even let a visitor ride in the thrilling, over 100-year-old Otis elevator, if requested. Additionally, Golden told the Northern Sentry that

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The Railroad Museum of Minot offers interactive and historic train fun for all.

## Good Gardening

ADVICE  
by Marvin Baker



### Northern latitude garlic

A customer asked me at the farmers’ market the other day why his garlic looked so bad. As it turns out, he planted in the spring, which is the wrong thing to do with hard-neck garlic at this latitude. The best time to plant garlic in northern North Dakota is the first week of October. That way the garlic will sprout and grow a good, solid root system when it goes dormant, around Thanksgiving. In the spring, the roots will get it a good start. If you plant earlier, a crown could develop and if it freezes, will damage the plant. If you plant in late October, the roots won’t be well developed. Another thought; don’t try to grow soft-neck garlic here. It will almost always fail.

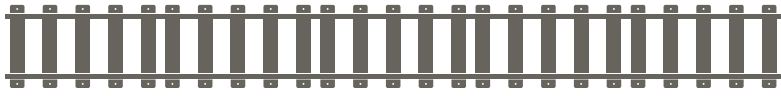
# GOLDEN TICKET WINNER!

Pick up a copy of the Northern Sentry for your chance to win!



**Chelsea Russell** found a \$65 Golden Ticket in her Northern Sentry! It PAYS the read the Base Paper!





this Railroad Museum was even featured on the North Dakota paranormal websites for suspected ghost sightings of a man with a train engineer hat. Although no hauntings have ever been proven, it adds intrigue to this charming museum that is worth a visit for all ages.

A Magic City visitor could easily make an entire day worth of train-type attractions by including the train rides

available near the Roosevelt Zoo. This fun mini train ride, open to adults and kids alike, chugs through the trees and beautiful greenery of Roosevelt Park, while allowing riders to remember the simpler days of trains in Minot. Tickets can be purchased from the conductor himself and in the summertime this simple train ride, proximity to the zoo and Roosevelt pool is the perfect place to end a train filled day in Minot.



The hard-working people that keep the Railroad Museum afloat: (L to R) John Doyle, Golden Melland, and Grace Moore.



The "Magic City Express" which chugs through Roosevelt Park in the summertime.



Minot Historic Train Station which still operates as passenger depot for Amtrak passengers.

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# AADD...First Resort or Last Resort...Call!

ROD WILSON, NORTHERN SENTRY

TSgt Jamie Johnson is from Albany, Georgia, and he joined the military before his 21st birthday “Which automatically made me the DD (designate driver)” according to Johnson. Now, eight years later, he finds himself as the President of the AADD (Airman Against Drunk Driving) Governing Council, a position he will hold for at least two years, or maybe more. “It all depends on where they send me. If they PCS me out of Minot. If I stay and am re-elected, I could possibly serve as President for another two years”.

There are approximately 10 AADD volunteers every weekend, which means 40 volunteers are needed per month. AADD is in operation every Thursday, Friday, and Saturday from 9 PM to 2 AM, “and on average we give between 10 and 15 rides in that time, but it can be a lot more. We have had one Airmen call in for a ride and find out that there is an entire squadron waiting to get a ride home from AADD. So now instead of one driver, we need five or six” says Johnson.

Normally there are six volunteers

on call, three male and three female, to take the AADD calls.

Recently, the Northern Sentry has been working with local businesses to provide perks to the AADD drivers. On The Run convenience stores has pledged eight \$10.00 gas cards per weekend to help defray the cost of gas for the volunteers. “We want to support the military in any way we can. We have several locations, and we know that they certainly give back to us with their business,” according to Heidi Newbury, Head of Communications at On The Run. “It has made recruitment of volunteers much easier” according to Johnson, “the Northern Sentry has been a great help.”

In addition, the Northern Sentry has secured Minotauros tickets, car washes from Magic City Car Wash and even \$100 in gift cards from The Spot and Downtown Minot.

“It’s a great way to show support” according to Northern Sentry owner Ted Bolton “we want them to come downtown and know that they have a secure ride home” says Sherry McLaughlin, owner of The Spot. It was McLaughlin and Bolton that went bar to bar distributing cards and posters with the AADD number on them to encourage enlisted military to be safe, rather than sorry.

Keeping DUI’s to a minimum is a hard task, but constant reminders like the electronic signs outside of the main gates of MAFB keep track of the number of days since the last DUI.

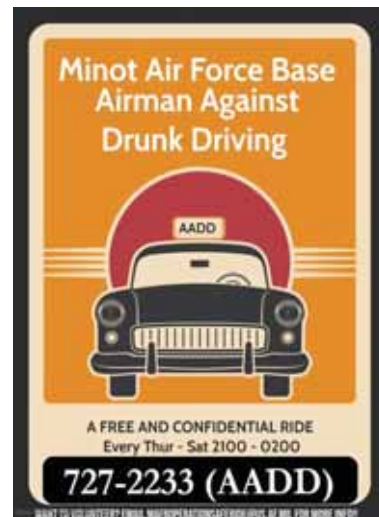
During his time at Minot AFB, John Jesziorske was in charge of changing the number on the signs and was happy when “we hit 30 days. You realize that is over a month without a DUI! We know that it can be done if everyone does their part.”

For TSgt Johnson, being the President of AADD means he is “All in man. If they can’t get through on the AADD number, they can call my personal cell phone and I’ll give them a ride.”

There are several community sponsors of AADD “but we can always use more” according to Bolton. Right now, we have SRT providing the telephone line at no charge, On The Run providing the gas cards, The Spot and Downtown Minot with gift cards, the Minotauros with game tickets and our most recent sponsor,



TSgt Jamie Johnson



Magic City Car Wash” says Bolton “It pretty rewarding when local businesses jump on the bandwagon and help!”

And for AADD, there’s always a need for more volunteers. “It pretty simple” according to TSgt Johnson “we just want to get them home safely.”



## 2022 AADD COUNCIL

- Council Advisor: SSgt Mariel Puelas DeCosse
- Scheduler: A1C Gennifer Newby
- AADD President: SSgt Jamie Johnson
- Vice President: SrA Krystal Cruz-Leon
- Social Media & Event Coordinator: TSgt Lorie
- Secretary: SSgt Jamal Taylor



Volunteer designated drivers from Airmen Against Drunk Driving pose for a photo at the 91st Missile Wing Combat Dining Event. AADD is a free resource available to all Minot Air Force Base-affiliated individuals. Thank you to AADD and their dedicated volunteers for making Minot AFB a safer place for everyone!



# VOLUNTEER OPPORTUNITIES

### Lego League Challenge Robotics Volunteers

The MAFB School Liaison Office is in search of volunteers interested in coaching FIRST Lego League Challenge Robotics Teams with Full STEAM Ahead. Please reach out to mafb.school.liaison@us.af.mil for more information.  
**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  
 shelly.stuckey@caringedge.com

### To have your volunteer opportunity posted, please contact Military & Family Readiness Center (M&FRC)

701-723-3950  
 5fss.family.support@us.af.mil

### Rock Fest 5FSS Booster Club Volunteers

(August 13)  
 Come Rock out with the 5th FSS Booster Club!  
 4 Shifts: 1400-1600, 1600-1800, 1800-2000, 2000-2200  
 No heavy lifting involved  
**POC:** SSgt Demetrius Smith. demetrius.smith.2@us.af.mil

### “Shelterpalooza” Volunteers

(August 17 • 0800-1000)  
 Project BEE is excited to announce its first annual “Shelterpalooza”: Day of Volunteering at Project BEE. We are currently preparing for the second season of the Winter Warming Center, a program that provides shelter, a warm meal, and access to our shower and laundry services for individuals in need of shelter from the harsh winter weather. This low-barrier program provided over 2000+ nights of shelter in our 2021-2022 season. We expect the demand for this program to increase this year and are planning accordingly. Volunteers can sign up for two-hour shifts helping out with anything from cleaning the interior of the building, sorting donations, or beautifying the outside of the building. A free lunch will also be served. All opportunities are listed at the link below. Individuals can sign up at this link: <https://portal.goldenvolunteer.com/> or if you would like to bring a group of volunteers, please give me a call or email me and I'll get you signed up.  
**POC:** Alyson Heisler • alyson@projectbeend.org

### 2022 Summer Games Volunteers

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

## COMING SOON

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**DARKHORSE FAREWELL**

The 791 MSFS bid farewell to CMSgt Gary "GB" Bubar as he moves on to the Air Force Academy. He was here for a short time, but made huge positive impacts for the unit, the group and the 91st Missile Wing. To say he will be sorely missed is an understatement. "A Chief's Chief!" Thank you GB for being the lil gangster that you are! We love ya and good luck! Defenders...lead the way!

**BABY ANNOUNCEMENTS**

BABY GIRL BORN ON  
TUESDAY, AUGUST 02, 2022 TO:  
ELISABETH MERCHANT AND JUSTIN ROSTAD  
LIGNITE, ND

BABY GIRL BORN ON  
TUESDAY, AUGUST 02, 2022 TO:  
KACI AND THOMAS LOEZ  
MINOT, ND

BABY GIRL BORN ON  
TUESDAY, AUGUST 02, 2022 TO:  
MAKENNA AND WILLIAM YOUNG  
MINOT AFB, ND

BABY GIRL BORN ON  
WEDNESDAY, AUGUST 03, 2022 TO:  
JENNIFER WIKSTROM AND BRANDON OLSON  
VELVA, ND

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

# Upcoming Events

**12 AUG** "SHOOT FOR SHELTER" TRAPSHOOT  
6:00-9:00 PM  
Minot Gun Club  
1331 62nd Ave NE, Minot

The Men's Winter Refuge will hold its 5th annual "Shoot for Shelter" trapshoot on Friday evening, Aug. 12 at the Minot Gun Club. The event is a fundraiser for Minot's men's homeless shelter. Registration begins at 6 pm and shooting will start at 7 pm. The format is 2-person teams, with a blind draw for partners. Entry fee is \$25 per person. Prizes will be awarded to the top 3 finishers in adult and youth divisions (youth division is anyone still in high school or younger). A free meal is included. The Minot Gun Club is located on 62nd Ave. NE (just off of Hwy 83 North). For details, visit <https://www.facebook.com/menswinterrefuge>



For more information: Facebook/Men's Winter Refuge/Events

**13 AUG** NERF WARS  
12:00-4:00 PM  
HighAir Ground Trampoline Park  
1210 4th Ave NW Minot

Are you team blue or team green?? Join your squad in a battle for capture the flag!! \$18 for 2 hours (ages 7 +). Bring nerf guns, darts, eye protection, jump included. Put initials on darts before arrival



For more information: Facebook/HighAir Ground Trampoline Park/Events

**13 AUG** TASTE OF MINOT DOWNTOWN FOOD TOUR (21+)  
2:00-5:00 PM  
Downtown Minot

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



To register visit: [www.gchef.com](http://www.gchef.com)

**13 AUG** MINOT PUBLIC LIBRARY SUMMER READING WRAP-UP WATER PARTY  
1:00-2:30 PM  
Central Campus Green Space  
110 2nd Ave SE

The Minot Public Library's Summer Reading Program is coming to an end. That means it is time to celebrate. The Minot Public Library and Ward County Library will again hold their Annual Summer Reading Wrap-Up Water Party. All ages can enjoy some fun running around and getting cool in the afternoon. Water squirters will be available, but feel free to bring your own. Also, remember your sunscreen and towel! There will be a no splash zone, a baby area, and a run of the land for all children, teens, and adults who want to participate. The Minot Fire Department will also be at the Central Campus Green Space from 1:00 - 1:30 pm to help the kids celebrate in style. Hello Sunshine Ice Cream & Books will also be in attendance.



For more information: Facebook/Minot Public Library/Events

**17 AUG** YOGA IN THE PARK  
7:00-8:00 PM  
Minot Oak Park  
19th Ave SW, Minot

Minot Parks Yoga in the Park is coming this summer! Wednesday, June 15, July 20, and August 17 at 7:00pm. Join Minot Parks & Sol Baby Yoga for a FREE Yoga session at the Oak Park Amphitheater. All ages, genders, and experience levels are welcome. If available please bring your own yoga mat. \*A limited number of mats will be available for those who do not have one.



For more information: Facebook/Minot Parks/Events

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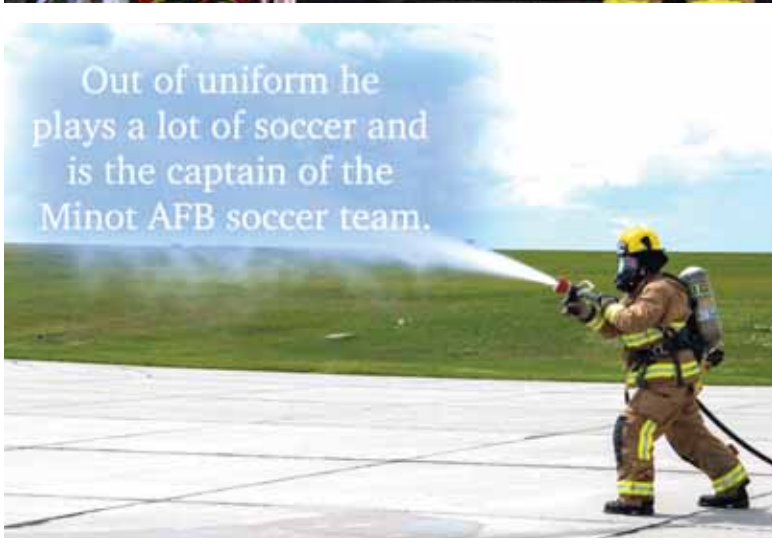
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**SWAN SONG**  
**Patricia Stockdill**

The application deadline for one of 2,200 tundra swan licenses available in 2022 is rapidly approaching. Mark Aug. 17 on the calendar if that application hasn't already been submitted. However, if 2022 follows trends in recent years, it's possible – but not certain – wanna-be swan hunters could still have an opportunity to hunt.

The lottery hasn't always sold out and after the drawing leftover licenses are available first-come, first-served. Don't procrastinate on one's second opportunity to get a swan license if they're still available, though, because leftover ones tend to sell quickly.

Both North Dakota residents and nonresidents can apply for a North Dakota swan license - \$10 for residents and \$30 for nonresidents.

The number of available swan licenses has increased over the years since the inaugural 1988 season when 400 hunters first went afield. The Game and Fish Department's management strategy has been conservative in harvest and their population has allowed for gradually increased license numbers over the last three-plus decades.

The tundra swans migrating through North Dakota nest in the Alaska's North Slope and east along the Arctic, migrating through the state on their spring and fall routes to nesting and wintering grounds.

Tundra swans focus on wetlands with submergent aquatic vegetation and are especially fond of sago pondweed. Despite their size – males weighing about 16 pounds, standing four-plus feet with a wingspan exceeding four feet – the size of the wetland they feed on is dictated by food availability more so than depth.

Tipping upside-down to feed much like dabbling ducks, they root around and pull out sago pondweed tubers for their meal. That's why hunters could see opportunistic companion ducks hanging near feeding tundra swans.

It's not that they're great buddies – it's so the opportunistic ducks can feed on whatever the swans root up that they don't eat. Gadwall and wigeon are two duck species in particular that enjoy taking advantage of a swan's feeding efforts.

When swan season opens and migration is underway, focus not on wetland size, but instead look for ones with submergent vegetation. The wetland simply needs to be large enough for swans to have enough room to run across the top of the water to take flight, which in itself is fascinating to watch – a large white bird running on water.

Some other notable things about tundra swans:

- They're entirely white but their heads and necks can become stained with a rusty color from feeding in marshy water.
- The western population winters along the Pacific Coast from southern British Columbia down to California while the eastern population winters along the Atlantic Coast from New Jersey to South Carolina.
- Tundra swans usually have a yellow spot in front of their eyes.
- Juveniles are grayish-white in coloration.
- Adults have black feet and bill; juveniles have dull pinkish feet and bill and lack the yellow spot in front of their eyes.
- Their bill and feet are visible when in flight.
- Their call is loud and musical, a varied "wow-wow-ou" and "who-who".

The 2022 swan season:

- Statewide season opens Oct. 1, closing Dec. 30, 2022.
- 2,200 available licenses.
- Be sure to purchase all required licenses early because swan tags aren't mailed out to successful applicants until a hunter has all of the other required licenses.

Species identification is always critical when hunting and hunters need to be certain to identify a swan from snow geese, Ross's geese, and especially endangered whooping cranes.

Some notable differences between tundra swans and whooping cranes include the fact that swans have shorter legs compared to the long legs of a whooping crane, which extend farther back beyond their bodies in flight than swans. In addition, adult whoopers have a bright red crown on their head. Whooping cranes also have black wing tips.

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**AUGUST MAC LUNCH**

Minot Air Force Base leaders meet with civic leaders for a discussion on military affairs in Minot, North Dakota, Aug. 8, 2022. Military Affairs lunches like this allow civic leaders to learn about their local Air Force Base.

U.S. AIR FORCE PHOTOS | A1C ALEXANDER NOTTINGHAM

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# 5TH BOMB WING QUARTERLY AWARDS

Col. Daniel Hoadly, 5th Bomb Wing commander, presents the 5th Bomb Wing Quarterly Awards Aug. 8, 2022, at Minot Air Force Base, N.D.

- AMN: SrA Nicholas Oestmann
- NCO: TSgt James Weidman
- SNCO: MSgt Austin Henrichsen
- CGO: Capt Sean Russell
- FGO: Maj Dawn Johnson
- Civ CAT I: Ms. Susan Lopez
- Civ CAT II: Mr. Michael Grady
- Civ CAT III: Ms. Nikole Braddy

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN EVAN LICHTENHAN




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- The Scottish Highland's double coat of long hair consists of a long coarse outer layer and soft wooly inner layer.
- Their long hair prevents the need to form a layer of fat for cold temperatures. The Scottish Highland Cattle's long hair draped over their eyes helps reduce the incidence of pinkeye and other fly-borne problems.

Fact File	
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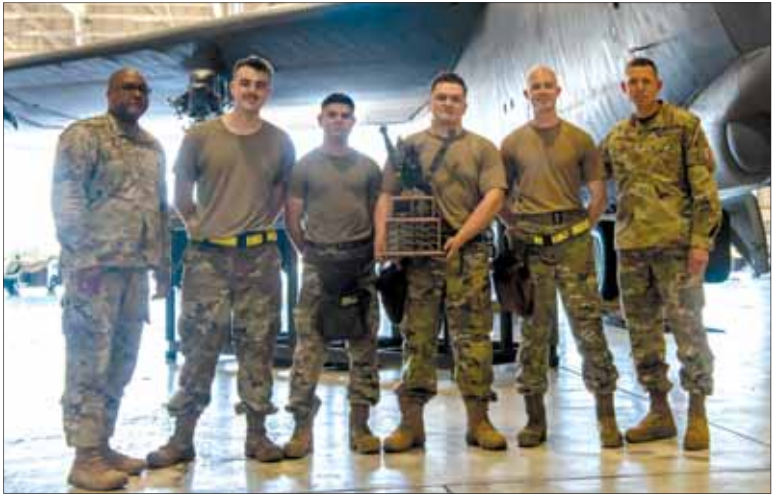
Answers:  
Across: 1. Football 5. Winners 7. Defense  
Down: 1. Forward 2. Omen 3. Baseman 4. Lot 6. OT



**LOADMASTER GAMES**

5th Bomb Wing Loadmasters compete with each other to see which team can put an asset on the B-52H Stratofortress the quickest. Competitions like this simulate an emergency situation and allow Airmen to compete but also train for a worst case scenario. The Weapons Loadmaster Competition is held each quarter and starts at the base level going up to Air Force level.

U.S. AIR FORCE PHOTOS | A1C ALEXANDER NOTTINGHAM



5th Aircraft Maintenance Squadron Weapons Load Crew team pose with a trophy they won at Minot Air Force Base, North Dakota, July 22, 2022.



**NOTES ON BEING SAFE**

**SPEEDING CATCHES UP WITH YOU**



ROD KRAUSE  
5TH BOMB WING  
OCCUPATIONAL SAFETY  
AND HEALTH MANAGER



Speeding endangers everyone on the road: In 2020, speeding killed 11,258 people. We all know the frustrations of modern life and juggling a busy schedule, but speed limits are put in place to protect all road users. Learn about the dangers of speeding and why faster doesn't mean safer.

For more than two decades, speeding has been involved in approximately one-third of all motor vehicle fatalities. In 2020, speeding was a contributing factor in 29% of all traffic fatalities.

Speed also affects your safety even when you are driving at the speed limit but too fast for road conditions, such as during bad weather, when a road is under repair, or in an area at night that isn't well lit. It not only endangers not only the life of the speeder, but all of the people on the road around them, including law enforcement officers. It is a problem we all need to help solve.

Seeding is more than just breaking the law. The consequences are far-ranging:

Greater potential for loss of vehicle control.

Reduced effectiveness of occupant protection equipment.

Increased stopping distance after the driver perceives a danger.

Increased degree of crash severity leading to more severe injuries.

Economic implications of a speed-related crash; and even increased fuel consumption/cost.

Speeding is a type of aggressive driving behavior. Several factors have contributed to an overall rise in aggressive driving:

Traffic congestion is one of the most frequently mentioned contributing factors to aggressive driving, such as speeding. Drivers may respond by using aggressive driving behaviors, including speeding, changing lanes frequently, or becoming angry at anyone who they believe impedes their progress.

Some people drive aggressively because they have too much to do and are "running late" for work, school, their next meeting, etc...

A motor vehicle insulates the driver from the world. Shielded from the outside environment, a driver can develop a sense of detachment, as if an observer of their surroundings, rather than a participant. This can lead to some people feeling less

constrained in their behavior when they cannot be seen by others and/or when it is unlikely that they will ever again see those who witness their behavior.

The vast majority of motorists rarely drive aggressively, and some never do. For others, episodes of aggressive driving are frequent, and for a small proportion of motorists it is their usual driving behavior. Occasional episodes of aggressive driving—such as speeding and changing lanes abruptly—might occur in response to specific situations, like when the driver is late for an important appointment, but is not the driver's normal behavior.

If it seems that there are more cases of rude and outrageous behavior on the road now than in the past, the observation is correct—if for no other reason than there are more drivers

driving more miles on the same roads than ever before.

Speeding behavior and aggressive drivers may not only affect the speeder—it can also affect other drivers, pedestrians, and bicyclists. Here are some tips for encountering speeders on the road:

If you are in the left lane and someone wants to pass, move over and let them by.

Give speeding drivers plenty of space. Speeding drivers may lose control of their vehicle more easily.

Adjust your driving accordingly. Speeding is tied to aggressive driving. If a speeding driver is tailgating you or trying to engage you in risky driving, use judgment to safely steer your vehicle out of the way.

Call the police if you believe a driver is following you or harassing you.

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has been active in AADD for all eight years he has been in the Air Force. Starting as a volunteer driver in Hawaii, TSgt Johnson is now the President of the AADD Council, a position he will hold for at least two years, pending PCS. "Whether we are their first resort, or their last resort, we want them to call so we can get them home safely."

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Minot Out of the Darkness  
Community Walk

September 18th, 2022

Oak Park Shelter #7

Registration begins at noon

Register at  
[afsp.org/minot](https://afsp.org/minot)



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# Learn the most recent age requirements for COVID-19 vaccines and boosters

TRICARE COMMUNICATIONS

FALLS CHURCH, Va. -- The COVID-19 virus hasn't gone away. According to the Centers for Disease Control and Prevention, viruses like COVID-19 constantly change through mutation. Sometimes these mutations result in a new variant of the virus, such as the Omicron variant. And new variants will continue to emerge. Slowing the spread of the virus can help slow the emergence of new variants. The best way to prevent the spread of COVID-19 is to get your vaccines and booster shots.

"Getting vaccinated and boosted is the most effective way to reduce your risk of becoming severely ill, if you get COVID-19," said Dr. David Loran, a nurse practitioner with the Defense Health Agency Immunization Healthcare Division at Naval Medical Center San Diego. "We encourage all TRICARE beneficiaries who are eligible to get vaccinated and stay up to date on their COVID-19 vaccines and boosters."

It's important to keep up with the new vaccine and booster eligibilities for you and your family. More children are now eligible for booster shots to keep up their resistance to the virus. Let's look at the most recent updates for various age groups.

## AGE 6 MONTHS - 4 YEARS

In June, the Food and Drug Administration approved both the Moderna and Pfizer-BioNTech COVID-19 vaccines for children as young as 6 months. Children get a smaller dose of COVID-19 vaccine

than teens and adults. This dosage depends on the child's age on the day of vaccination, not on their size and weight.

## AGE 5 - 17 YEARS

The CDC now recommends children ages 5 and up get one booster dose after completing their COVID-19 vaccine primary series, if eligible. Children and teens ages 5 to 17 who are moderately or severely immunocompromised are at increased risk of severe illness with COVID-19 and may need additional primary shots and booster doses. Learn more about COVID-19 vaccines and dosage for children and teens.

## ADULTS (AGES 18 AND UP)

All adults age 18 or older who received Pfizer-BioNTech, Moderna, or Johnson & Johnson's Janssen primary series can get a first booster. The CDC recommends a second booster of either Pfizer-BioNTech or Moderna vaccine at least four months after the first booster for:

- Adults ages 50 years and older
- People who are moderately or severely immunocompromised

It's never too late to get the added protection offered by COVID-19 vaccines and boosters. Even if you've had COVID-19 before, the CDC recommends you still get the vaccine. If you're unsure whether or not you're eligible for a booster, the CDC website now has a booster tool to help you learn when you or your child qualify, based on age and health status.

Remember, the COVID-19 vaccine is free, both for the primary series

and booster shots. But if you aren't on active duty, you may have a cost for an office visit when seeing a civilian provider. Keep in mind, you may also have costs if you need follow-on care. Military hospitals and clinics, civilian providers, and pharmacies are all options for where you can get the vaccine or booster. The CDC website also lists several ways for finding vaccination providers near you.

Along with vaccination, there are other safety measures to reduce your chances of being infected or spreading COVID-19. The CDC continues to recommend masking, physical distancing, washing hands often, and other precautions. Remember, testing is also very important to help prevent the spread of COVID-19 to others. You can choose from many different types of tests.

Have more questions or concerns about COVID-19 vaccines or booster shots? Talk to your health care provider or local pharmacist. The TRICARE website has information and resources available, including a COVID-19 FAQs section.

At the time of posting, this information is current. Visit [www.cdc.gov](http://www.cdc.gov) or [www.tricare.mil/coronavirus](http://www.tricare.mil/coronavirus) for the most current COVID-19 information.

Would you like the latest TRICARE news sent to you by email? Visit the TRICARE Subscriptions page today, and create your personalized profile to get benefit updates, news, and more.

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**STARTING LOCATION: 3916 N BROADWAY, MINOT, ND**

**FOR MORE INFO AND TO REGISTER, VISIT:**  
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## Local Cravings Restaurant Guide

<p><b>Applebee's Grill &amp; Bar</b></p> <p>2302 15th St SW, Minot, ND 58701 Phone: 701.839.2130 <a href="http://www.applebees.com">www.applebees.com</a></p>	<p><b>Bone's BBQ Smokehouse &amp; Grill</b></p> <p>1412 2nd Ave SW, Minot, ND 58701 Phone: 701.838.9140 <a href="http://www.bonesbbqminot.com">www.bonesbbqminot.com</a></p>
<p><b>Badlands Restaurant &amp; Bar</b></p> <p>1400 31st Ave SW, Minot, ND 58701 Phone: 701.852.7335 <a href="http://www.blgrill.com">www.blgrill.com</a></p>	<p><b>28 Tastes &amp; Taps</b></p> <p>1603 35th Ave SW Minot, ND 58701 Phone: 701.838.2828 <a href="http://www.facebook.com/28tastes">www.facebook.com/28tastes</a></p>
<p><b>Mi Mexico</b></p> <p>3816 South Broadway Minot, ND 701-858-0777 Phone: 701.858.0777 <a href="http://www.mimexicominotnd.com">www.mimexicominotnd.com</a></p>	<p><b>Pink's Bar &amp; Grill</b></p> <p>102 128th Ave NW Minot, ND 58703 Phone: 701.852.2385 <a href="http://www.facebook.com/PinksBarGrill">www.facebook.com/PinksBarGrill</a></p>
<p><b>Culver's Restaurant</b></p> <p>3000 S Broadway, Minot, ND 58701 Phone: 701.852.4800 <a href="http://www.culvers.com">www.culvers.com</a></p>	<p><b>Prairie Sky Breads</b></p> <p>3 1st St. SE, Minot, ND 58701 Phone: 701.858.0612 <a href="http://www.prairieskybreads.com">www.prairieskybreads.com</a></p>
<p><b>Ironhorse Kitchen + Bar</b></p> <p>21 E Central Avenue, Minot, ND 58701 Phone: 701.852.8183 FB: Ironhorse Kitchen + Bar Minot</p>	<p><b>The Starving Rooster</b></p> <p>30 1st St. NE, Minot, ND 58703 Phone: 701.838.3030 <a href="http://www.starvingrooster.com">www.starvingrooster.com</a></p>
<p><b>Primo Restaurant</b></p> <p>1505 N Broadway, Minot, ND 58703 Phone: 701.838.7746 <a href="http://www.primominot.com">www.primominot.com</a></p>	<p><b>Souris River Brewing</b></p> <p>32 3rd St NE Minot, ND, Phone: 701.837.1884 <a href="http://www.sourisriverbrewing.com">www.sourisriverbrewing.com</a></p>
<p><b>Whiskey Nine</b></p> <p>109 Central Ave, Minot, ND 58701 Phone: 701.837.1090 <a href="http://www.whiskeyninennd.com">www.whiskeyninennd.com</a></p>	



# 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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## 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



# SHADOW WARRIOR SPOTLIGHT



## A1C PROMISE HANSON

ASSISTANT UNIT PROGRAM COORDINATOR  
COMMANDER SUPPORT STAFF  
(SEATTLE, WASHINGTON)



**HOBBIES/INTEREST:**

Spending time with my family, trying new things, dancing, and cooking.

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

Being a Shadow Warrior means family and working together to successfully accomplish the mission.

**WHY DID YOU JOIN?**

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

**ELVIS**  
(2022) Biography, Drama, Music (PG-13)

**THE BLACK PHONE**  
(2021) Horror, Thriller (R)

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**BAKED PULLED PORK ENCHILADAS**

**Home of ECONOMY**

**INGREDIENTS**

- 1 OUNCE DRY CHILE DE ÁRBOL
- 2 SWEET WHITE ONIONS
- 2 LARGE ROMA TOMATOES
- 1 (28OZ) CAN WHOLE TOMATOES
- 4 CUP LOW SODIUM CHICKEN STOCK
- 1 BULB GARLIC, ROASTED
- 1 (7OZ) CAN CHIPOTLE PEPPERS IN ADOBO
- 2 TABLESPOON BROWN SUGAR
- 1 TEASPOON CUMIN
- 2 TABLESPOON CORNSTARCH
- 3 POUND LEFTOVER PULLED PORK, HEATED
- 4 CUP SHREDDED COLBY JACK CHEESE
- 1 (4 OZ) CAN CHOPPED GREEN CHILES, OPTIONAL
- 12 CORN OR FLOUR TORTILLAS
- 1 (20 OZ) CAN REFRIED BEANS, HEATED
- 4 GREEN ONION, FINELY CHOPPED
- 1 SMALL BUNCH CILANTRO, CHOPPED
- SOUR CREAM, FOR SERVING

For the enchilada sauce: When ready to cook, set the Traeger temperature to 350°F and place a cast iron pan directly on the grill grate. Preheat, lid closed for 15 minutes.

When the cast iron is hot, place chile de árbol, onions and tomatoes in the pan and cook until vegetables are golden and chiles are fragrant.

Remove chiles from the pan and place in a large bowl with boiling chicken broth. Cover with plastic wrap and set aside until they are softened. Strain the liquid and reserve. Remove the stems and place chiles, tomatoes, onions, roasted garlic, diced tomatoes, brown sugar, cumin, and chipotles in a food processor and pulse until smooth.

Transfer chile sauce and reserved chicken stock to a medium sauce pot and place back on the grill. Bring the sauce to a simmer. Combine cornstarch with 2 tablespoons water and while whisking, slowly stream the slurry into the sauce. Simmer an additional 5 to 10 minutes until thickened.

For the enchiladas: When ready to cook, set the Traeger temperature to 350°F and preheat, lid closed for 15 minutes.

In a large bowl, mix pork with 1-1/2 cups enchilada sauce, 2 cups of cheese and chopped green chiles.

Spray 9x13 pan with nonstick spray. Lay a tortilla flat on a cutting board and fill with 4-5 ounce pork mixture and 2 tablespoons refried beans then roll closed. Pour 1/2 cup enchilada sauce on the bottom of the pan. Place filled tortilla seam side down in the pan. Repeat with remaining tortillas. Top with remaining enchilada sauce, remaining cheese, onions and cilantro.

Transfer to the grill and bake for 20 minutes until the cheese is melted and bubbly. Serve with sour cream.

**Ryan Davy - GM**  
Minot

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**NODAK ARMS**

**OUTDOOR**

**REPORT**

## OUTDOOR NOTES:

PATRICIA STOCKDILL

**Fishing:**

Lake Sakakawea elevation, Aug. 8: 1,837.46 feet above mean sea level (MSL); 20,900 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,450.34 feet above mean sea level (MSL).

Stump Lake elevation: 1,450.36 MSL.

•N.D. Game & Fish Dept. game wardens: Anglers continue finding fair walleye success on both Lake Sakakawea and Lake Audubon in deeper water. Remember to keep fish caught from 25 feet and deeper. South side of Lake Sakakawea around the face of the dam and east producing a few more salmon. West end of Lake Sakakawea more inconsistent with fish moving into deeper water. Best success seems to be around Tobacco Garden. No reports from north-central area lakes or Devils Lake.

•Devils Lake, Ed's Bait Shop, Devils Lake: Continued fair to good for walleye with some perch mixed in. Try north end of 6-Mile Bay, Golden Highway, or the west end in the Minnewaukan Flats.

•Devils Lake, Woodland Resort, Devils Lake: Continued fair to good walleye success. Keep it simple with spinners, bottom bouncers, and live bait in 18 to 25 feet. Most anglers focusing on the west end around the Minnewaukan Flats and West Bay but success continues throughout much of the lake.

•Lake Darling, Karma C-Store, Ruthville: Continued walleye success at Grano and Lake Darling but limited reports from other small area lakes.

•Lake Metigoshe, Four Seasons, Bottineau: Continued good bluegill success but sort through for the keepers. Some nice walleye success but inconsistent bite varying from day-to-day and time of day.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Most activity on the east end of Lake Sakakawea focuses around Indian Hills and Deepwater Bay with some success yet farther east. Work points in 25 to 30 feet with slow death hooks and nightcrawlers.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Work deep in 25 to 35 feet around Mallard or Alcatraz islands and south shore points towards Expansion Bay on the south side along the east end of Lake Sakakawea. Also try Highway 83 humps on the north shore using slow death hooks with bottom bouncers and nightcrawlers. Decent walleye bite on Lake Audubon in 25 to 40 feet using spinners and nightcrawlers or leeches, if available. Work Highway 83 embankment or weed lines. Continued smallmouth bass activity using drop shot rigs. Some muskie success. Work suspended over deeper water using a variety of presentations. Remember to release all muskie less than 48 inches.

- Anglers reminded to follow ANS regulations, including draining live wells and removing plugs.
- Applications such as Onyx now have updated electronic posting information for the upcoming 2022 hunting season.
- 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. Makoti Lake, Ward Co., is under investigation. Go to the agency website, (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).
- Aug. 15: Swan applications due.
- Aug. 15: Early Canada goose season open. Go to the ND. Game & Fish Dept. website, (gf.nd.gov) for regulations and other information.
- Aug. 20: Fall crow season opens.
- Aug. 20: Fort Stevenson State Park evening hike series, the Sensory Hike, 9:30 p.m., Garrison.

## TOURNAMENTS:

- 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: Continued fair to good walleye activity in 20 to 25 feet with better success along the north shore.

•Lake Sakakawea, New Town: Walleye success slowed but look for some activity working deeper in 25-feet and more.

•Lake Sakakawea, Van Hook Bait & Tackle, New Town: Van Hook Arm walleye bite remains solid throughout much of the Arm. Try nightcrawlers with live bait presentations or crankbaits in water as shallow as 6 feet out to 25 feet and deeper.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace continues producing catfish from both boat and shore. Try floating jigs and nightcrawlers or smelt pieces from shore by the ramp or spillway area. Boat success remains slow for walleye with best success at night with good catfish activity. Try shore-fishing off the rocks at night for walleye. Lake Sakakawea producing walleye on the east end before noon in 30 feet around the Riverdale Bluffs on the south shore or Douglas Bay on the north side. Try slow death hooks with bottom bouncers and nightcrawlers. Move around and work points. A few walleye from shore back in the bays but generally inconsistent. Salmon slowed a little but try working above the thermocline in 85 to 115 feet using deep presentations with flashers and squids or herring.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: The west end of Lake Sakakawea remains fair to good for walleye from White Earth Bay to Lund's Landing, including Hofflund Island. Try spinners and nightcrawlers with some success starting on jigs and nightcrawlers. Try crankbaits around Lewis & Clark State Park for walleye. Work a variety of depths throughout the west end. Missouri and Yellowstone rivers starting to produce walleye with continued good catfish success. Try Kota-Ray and Blacktail dams yet for panfish.

•Lonetree WMA area lakes, Harvey: Antelope Lake fair to good but other area lakes remain slow.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Light activity and no new reports from area lakes and the Souris River.

**N.D. rivers:**

- Little Missouri River, Long X Bridge: Streamflow, 138 CFS.
- Missouri River, Williston: River stage, 14.32 feet.
- Missouri River, Washburn: River stage, 9.5 feet.
- Pembina River, Walhalla: River stage, 3.29 feet; streamflow, 443 CFS.
- Souris River, Foxholm: River stage, 5.24 feet; streamflow, 6.67 CFS.
- Souris River, Minot: River stage, 4.15 feet; streamflow, 14.1 CFS.
- Yellowstone River, Sidney, Mont.: River stage, 3.09 feet; streamflow, 5,700 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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# HEART 22 impactful first week

1ST LT. EMILY SEATON, HEART 22 PUBLIC AFFAIRS

TEGUCIGALPA, HONDURAS – Thirty-two U.S. soldiers and airmen launched the inaugural U.S. Southern Command Health Engagements Assistance Response Team (HEART) 2022 operation in Tegucigalpa, Honduras July 18, 2022.

The team arrived in the city three days prior to unpack supplies and meet the Honduran teams, with whom they will be working side-by-side daily throughout the four-week partnership, allowing them to immediately begin the pre-scheduled surgeries on the official start date.

Within the first week, this total force, joint team of guard, reserve, civilian, and active-duty Army and Air Force medical and support members assisted their Honduran medical partners with

174 patients. Treatments included dental procedures, orthopedic and ophthalmic surgeries.

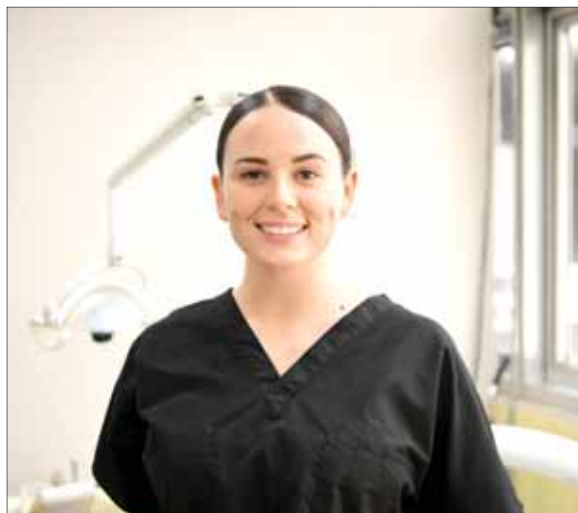
“While Joint Task Force-Bravo consistently sends troops into hospitals and villages throughout Honduras to provide care, this operation consists of a larger group of military members staying in one place for a longer period of time to allow for more immersive integration and collaboration,” explained Capt. Alexandre Rogan, the medical planner and officer in charge of HEART 22. “We are extremely excited to be here building relationships and assisting our neighbors.”

When Rogan met with the directors of the two participating hospitals, Hospital Escuela and Hospital San Felipe, they also expressed their gratitude to be a

part of the operation.

“Thank you for the effort, for all the support and cooperation you are bringing to Honduras,” said Dr. José Elías Mendoza, medical director of Hospital San Felipe. “As you can see, there are many areas that need help, and I am very grateful that you are coming and supporting this hospital, but also the Honduran population.”

Medical engagements, such as HEART 22, enable all involved to foster professional relationships, exchange knowledge, and improve ability to partner for future disaster relief situations. The operation will continue in Honduras through mid-August and then transition to Guatemala through early September.



U.S. Air Force Senior Airman Alexis Green poses for a photo at Hospital Escuela in Tegucigalpa, Honduras, Aug. 3, 2022. Green is a dental assistant with the Health Engagements Assistance Response Team 22 working with the Honduran dental team to share knowledge and build relationships. Green is from the 5th Bomb Wing, Minot Air Force Base, North Dakota.



U.S. Air Force Maj. (Dr.) Rondre Baluyot poses for a photo at Hospital Escuela in Tegucigalpa, Honduras, Aug. 3, 2022. Baluyot is a dentist with the Health Engagements Assistance Response Team 22 working with the Honduran dental team to share knowledge and build relationships. Baluyot is from the 5th Bomb Wing, Minot Air Force Base, North Dakota.

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS ALEXIS PENTZER

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## A LOOK BACK THIS WEEK IN USAF HISTORY

**CAPT. JOSEPH KITTINGER BREAKS WORLD RECORDS DURING PROJECT EXCELSIOR**  
AUGUST 16, 1960



An automatic camera captured Capt. (later Col.) Joseph Kittinger just as he stepped from the balloon-supported Excelsior Gondola on Aug. 16, 1960, at an altitude of 102,800 feet. (USAF Photo)

In 1959 and 1960, Air Force Capt. Joseph Kittinger performed a series of high altitude parachute jumps as a part of Project Excelsior, which tested the parachute system that would be used for pilots ejecting from high altitudes. Excelsior III was the final test on Aug. 16, 1960. Kittinger ascended to 102,800 feet by way of a helium balloon and unpressurized gondola. The ascent took over an hour. Kittinger free-fell from the gondola for 4 minutes and 36 seconds, setting the record for longest free-fall at the time. He reached speeds up to 614 miles an hour. Falling over the New Mexico desert at 17,500 feet, Kittinger deployed his parachute and drifted down for the remaining 9 minutes and 9 seconds. He also set the record for the highest parachute jump and highest speed of a human in the atmosphere.

Information courtesy of: [afhistory.org](http://afhistory.org) / [pbs.org](http://pbs.org)

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Dr. Willy Fielhaber

### BUSINESS HOURS

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

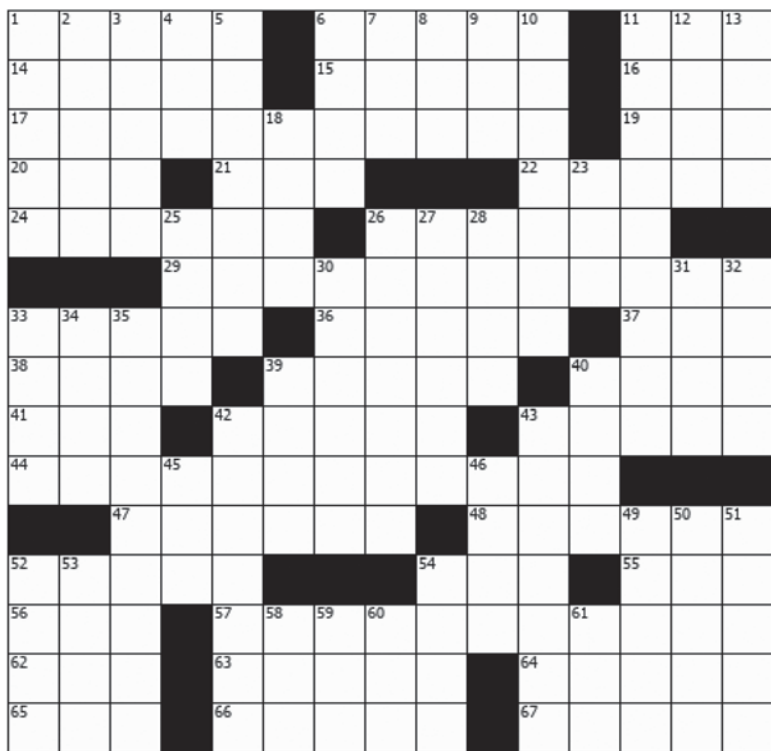
**(701) 852-2800**



# CROSSWORD PUZZLE

**Across**

- 1. It's not really chocolate
- 6. Toolbox item
- 11. Faux \_\_\_
- 14. Caribbean vacation destination
- 15. Soft wood
- 16. Park in N.Y.C.?
- 17. MARK
- 19. Froot Loops competitor
- 20. Memnon's mother
- 21. "\_\_\_ out!" (umpire's call)
- 22. "Blondie" canine
- 24. Misappropriates
- 26. Puts on
- 29. MARK
- 33. D.C. TV
- 36. The Donald's first wife
- 37. Tree feller's tool
- 38. Peanut covering
- 39. Hammer parts
- 40. Geraint's lady
- 41. "Hallelujah, \_\_\_ Bum"
- 42. \_\_\_ Haute, Indiana
- 43. Army outfits
- 44. MARK
- 47. Israeli money
- 48. Tempura choice
- 52. Dostoevsky work (with "The")
- 54. What I may mean
- 55. New start for classical music?
- 56. Eye, to Emerson
- 57. MARK
- 62. \_\_\_-Mart
- 63. Flamboyant Flynn of old films
- 64. Family origins
- 65. \_\_\_ of Reason
- 66. Path lead-in
- 67. Easily confused



**Down**

- 1. Gives in
- 2. Alice, to Ralph, at times
- 3. Charlotte \_\_\_ (fancy dessert)
- 4. It's a wrap
- 5. Nebuchadnezzar's realm
- 6. Radio-active driver?
- 7. Spanish article
- 8. Clay, today
- 9. Dim sum additive, perhaps
- 10. Mythical box opener
- 11. Islamabad native
- 12. Bird of Old Rome
- 13. Likely to turn on?
- 18. What most dieters should eat
- 23. Film-preserving org.
- 25. "I've Got \_\_\_ in Kalamazoo"
- 26. Bunch
- 27. It has solar heating
- 28. \_\_\_ up (confesses)
- 30. United States' second-smallest state capital
- 31. Way out
- 32. McCarthy's targets
- 33. "Blondie" creator Young
- 34. Jujitsu relative
- 35. Seemingly true
- 39. Steal a look
- 40. Cal Tech grad, perhaps
- 42. Sleeping-sickness carriers
- 43. Falling upon deaf ears
- 45. Chromogram component
- 46. That special introduction?
- 49. Iron bar
- 50. Where some overcome hurdles?
- 51. Hopscotch
- 52. Place known for its caucuses
- 53. Kind of race
- 54. City on the Aker River
- 58. \_\_\_-Magnon
- 59. Bow shape
- 60. Miss Piggy's questionable pronoun
- 61. Louis, e.g.

## CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

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

# SUDOKU

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

Solution to puzzle on page C11

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 MONDAY - THURSDAY  
 11AM - 12AM  
 FRIDAY & SATURDAY:  
 11AM - 1AM

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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

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**Saturday, Aug 13**  
Vespers, 5PM

**Sunday, Aug 14**  
Divine Liturgy, 10AM

**V. Rev. Fr. Paul Hodge**

---

 **Faith United Methodist Church**

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[www.faithumcminot.com](http://www.faithumcminot.com)

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

  
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**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

  
**Bible Fellowship Church**

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

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

---

 **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

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

**Wednesday**  
6:30 PM

**Minot Baptist Church**

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

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Pastor David Miller

 **Cross Roads Baptist**

**Southern Baptist Convention**

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

[www.minotcrbc.org](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**

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

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**701.839.0772**  
Email: [jschultz@orcsknights.org](mailto:jschultz@orcsknights.org)  
Website: [www.orcsknights.org](http://www.orcsknights.org)

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Minot, ND 58701  
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[www.orcsknights.org](http://www.orcsknights.org)

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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: 12 Sept-13 Nov. 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 –

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

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# WHAT'S GOING ON MAFB

## 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

## WEDNESDAY 17

- Submissions Close: Spark Tank at [gain.apps.dso.mil/daf/spark-tank-2023](https://gain.apps.dso.mil/daf/spark-tank-2023)
- Strength & Conditioning, 0500, Fitness Center
- Spouses Welcome on the Road, 0900, M&FRC
- Bundles for Babies, 0900-1030, M&FRC
- Paintball 103, 0900-1200, Youth Center
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- Story Time, 1030, Minot AFB Library
- Holiday Spending Class, 1400-1600, M&FRC
- Swerk, 1730, Fitness Center
- Epoxy Wine Caddy Class, 1730-1930, Arts & Crafts Center
- Fighting Game Night, 1800, ESC
- Yoga for Fitness, 1830, Fitness Center

## UPCOMING EVENTS

## FRIDAY 19

- Minot AFB Murder Mystery Game Ends at the Minot AFB Library
- Strength & Conditioning, 0500, Fitness Center
- 2022 Summer Games, 0730-1600, Fitness Center
- Paintball 103, 0900-1200, Youth Center
- Open Rec & Teen Summer Bash, 1600-1800, Youth Center
- Parent Appreciation Spaghetti Dinner, 1730-1900, Turf, hosted by the Child Development Center
- Epoxy Cutting Board Class, 1730-1930, Arts & Crafts Center
- Karaoke Night, 2000, Rockers Bar & Grill

## 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

## THURSDAY 18

- Paintball 103, 0900-1200, Youth Center
- Short Notice Pre-Separation Counseling, 0930, M&FRC
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Zumba, 1730, Fitness Center
- Magic The Gathering Legacy League, 1800, ESC
- Barre Strength, 1830, Fitness Center

## SATURDAY 20

- Summer Reading Program Ends at the Minot AFB Library
- Summer Reading Program Squadron Party Ends at the Minot AFB Library
- Barre Strength, 0900, Fitness Center
- Yoga for Fitness, 1000, Fitness Center
- Summer Reading Program Wrap-Up Party, 1300, Minot AFB Library

## SUNDAY 14

- Have a great day!

## MONDAY 15

- Strength & Conditioning, 0500, Fitness Center
- 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
- 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.

## 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.

## TUESDAY 16

- Registration Closes: Summer Games at the Fitness Center
- Paintball 103, 0900-1200, Youth Center
- Game Day, 1000-1930, Minot AFB Library
- Zumba, 1830, Fitness Center

**SUMMER READING PROGRAM WRAP-UP PARTY**  
MINOT AFB LIBRARY • 20 AUGUST • 1:00PM

**"Read Beyond the Beaten Path"**  
Readers of all ages are welcome at the Summer Reading Program Wrap-Up Party!

Featuring:  
• Vehicle Fair  
• Crafts and Activities  
• Presentation of the Squadron Trophy  
• Grand-prize drawings

To learn more about this year's Summer Reading Program, call the Minot AFB Library at 723-3344 or visit our website at <https://www.afm.af.mil/locations/145/145.html>

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