

northern sentry

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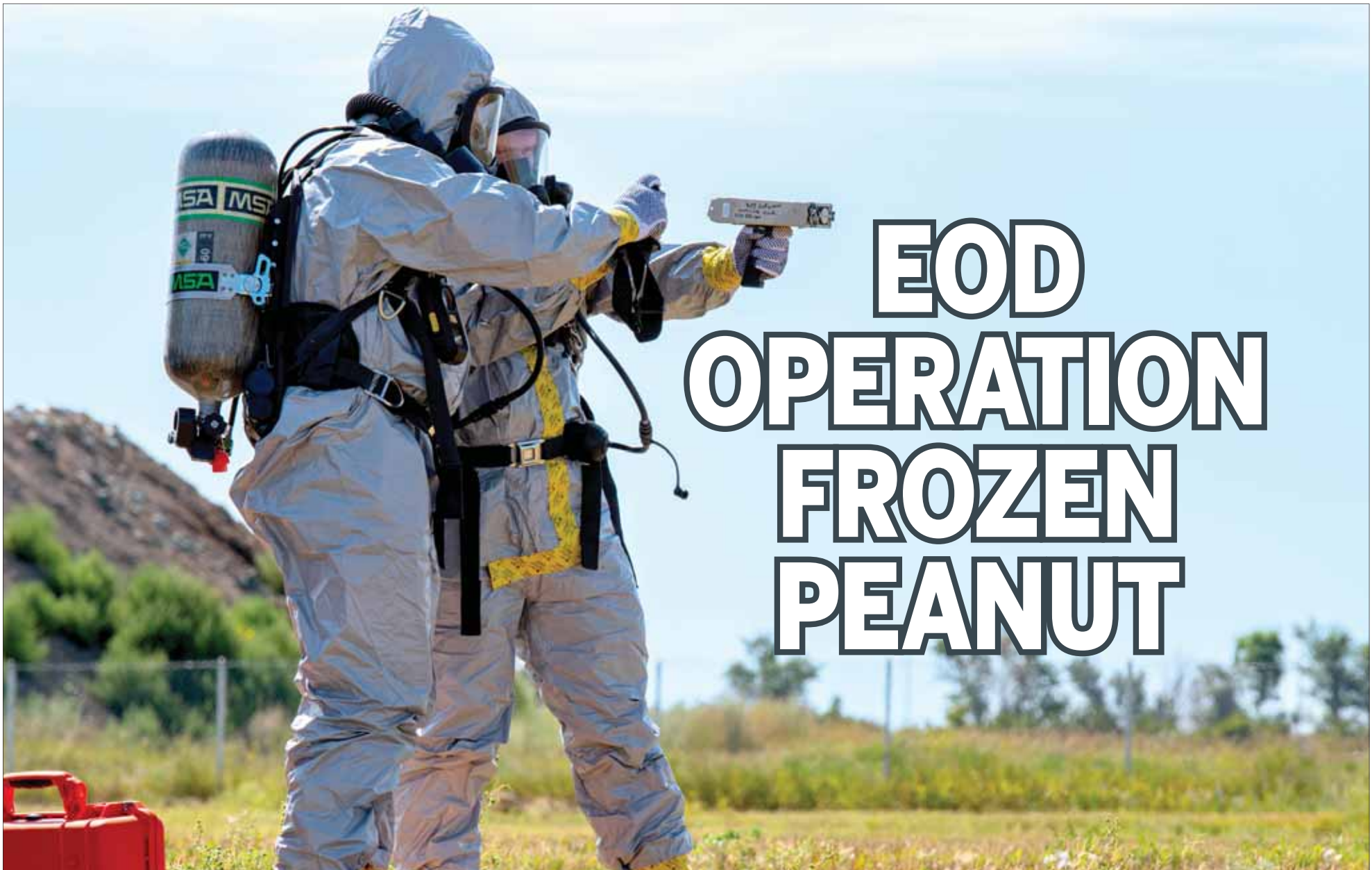
MINOT AFB
SPOUSES CLUB
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WHAT TO
EXPECT OF
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U.S. Airmen, assigned to the 5th Civil Engineer Squadron explosive ordnance disposal (EOD) flight, perform area sweeps during a readiness exercise at Minot Air Force Base, North Dakota, July 27, 2023. The Airmen participated in Operation Frozen Peanut to test and enhance readiness. See more on the exercise on page A3.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS KYLE WILSON



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USSTRATCOM SEL visits Team Minot

SENIOR AIRMAN CALEB KIMMELL, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D.
 --
 U.S. Marine Corps Sgt. Maj. Howard L. Kreamer, U.S. Strategic Command (USSTRATCOM) Senior Enlisted Leader, visited Minot Air Force Base, North Dakota, July 31 - Aug. 2, 2023.

During his visit, Kreamer attended multiple meetings with Minot AFB leadership to discuss strategies for improving the quality of life for Airmen. During the meetings leadership and Kreamer had conversations regarding Air Force Global Strike Command's mission and how to enhance current procedures, while considering Airmen needs.

"My goal with this visit is to gain a better understanding of issues faced by the men and women of Minot AFB to better understand how USSTRATCOM can better assist Team Minot to more efficiently accomplish its mission," Kreamer said. "Additionally, my goal is to ensure the men and women of Minot understand General Cotton's vision and intent."

USSTRATCOM's mission is to ensure strategic deterrence, employ forces and safeguard the United States, which encompasses both the 5th Bomb Wing and the 91st Missile Wing missions.

While at Minot AFB, Kreamer visited the 5th BW headquarters, 91st MW headquarters, security forces facilities, maintenance facilities, and the 5th Medical Group.

The agencies visited were a sample of the many components that play important roles and functions supporting the mission of Minot AFB; such as maintaining essential equipment and ensuring overall readiness.

"General Cotton and I are very appreciative of the professionalism of the men and woman at Minot Air Force Base, and I am proud to be on their team," said Kreamer.

Team Minot Airmen and leadership gain just as much from higher headquarters visits as the visitors themselves. The sharing of personal experiences helps USSTRATCOM leadership, like Kreamer, gain a clearer picture of what it is like for individuals at their bases. In turn, the wisdom of seasoned senior noncommissioned officers help 5th Bomb Wing and 91st Missile Wing leadership further sharpen their skills as leaders and mentors.



U.S. Marine Corps Sgt. Maj. Howard L. Kreamer, U.S. Strategic Command (USSTRATCOM) Senior Enlisted Leader, receives a tour of the 91st Maintenance Group facilities July 31, 2023, at Minot Air Force Base, North Dakota. During his visit, Kreamer spoke to Airmen and agency chiefs about how USSTRATCOM can improve working conditions and quality of life for them and their families.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN CALEB S. KIMMELL



U.S. Marine Corps Sgt. Maj. Howard L. Kreamer, U.S. Strategic Command (USSTRATCOM) Senior Enlisted Leader, coins Staff Sgt. Jacob Wainscott, 5th Logistics Readiness Squadron 91st Maintenance Squadron supervisor, after a briefing at Minot Air Force Base, North Dakota, Aug. 2, 2023. Wainscott briefed Kreamer on how the 5th Logistics Readiness Squadron Vehicle Management Flight operates.

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

welcome baby

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 KRISTIN AND BENJAMIN REACH
 MINOT AFB, ND

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 AMY BRUNNER AND MICHAEL STEIER
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Team Minot hosts USAF-wide EOD exercise

AIRMAN 1ST CLASS KYLE WILSON, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D.

The 5th Civil Engineer Squadron Explosive Ordnance Disposal flight hosted Operation Frozen Peanut here, July 24-28.

Operation Frozen Peanut is a routine exercise designed to test EOD capabilities, procedures, and readiness in the event of a nuclear incident. The exercise was conducted from the perspective of an Initial Response Force reacting to such an event.

"It's important for us to conduct these exercises to keep our skills sharp," said Tech. Sgt. Fernando Aguilera, 5th CES EOD flight noncommissioned officer in charge of quality assurance. "With our mission set here at Minot Air Force Base, we need to stay ready to execute."

Airmen assigned to EOD flights across several major commands travelled to Minot Air Force Base to participate in Operation Frozen Peanut. With nuclear deterrence being Minot Air Force Base's primary mission, the location provided a unique training perspective to EOD Airmen who travelled to take part in the exercise.

"It's essential for other EOD shops to receive this training as well," said Aguilera. "This is our bread and butter here at Minot Air Force Base and we want to share our knowledge and thought process with them."

Conversely EOD Airmen from Team Minot said they enjoyed interacting with other EOD shops during the exercise, which allowed them to gain insight and experience different perspectives.

"The most exciting portion of the exercise was being able to work with and pick the brains of other EOD technicians," said Senior Airman Zachary Denig, 5th CES EOD flight technician. "Getting to work with Airmen from other EOD shops around the Air Force was a

great experience for me."

Expanding one's skill set and knowledge is important in any job and according to Airmen who took part in Operation Frozen Peanut, it's especially important to continue growing your expertise in EOD.

"This is not an easy job and it's important to be persistent," said Senior Airman Libio Rodriguez, 5th CES EOD flight technician. "It's never as easy as checking a

box, everything that we do in EOD is situationally dependent."

All in all, Operation Frozen Peanut presented valuable training opportunities for Team Minot and the other EOD flights who participated. Routinely conducting these exercises ensures EOD flights at Minot and elsewhere are always ready and able to take on any challenge.



U.S. Airmen, assigned to the 5th Civil Engineer Squadron explosive ordnance disposal (EOD) flight, conduct a scan during a readiness exercise at Minot Air Force Base, North Dakota, July 27, 2023. EOD technicians are trained and equipped to neutralize conventional, nuclear, biological, and chemical ordnances.



U.S. Airmen, assigned to the 5th Civil Engineer Squadron explosive ordnance disposal (EOD) flight, survey an area for ordnance during a readiness exercise at Minot Air Force Base, North Dakota, July 27, 2023. EOD utilizes specialized techniques to remove hazards created by explosive ordnance.

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS KYLE WILSON

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August 11-12-13

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Granville JunkAholics

2023 Midsummer JUNK Journey

CONTACTUS

Ted Bolton

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

Rod Wilson

Business Development | Marketing
sentrysales@srt.com

GRAPHIC DESIGN BY

Nikki Greening
nsads@srt.com

**MINOT AIR FORCE BASE
PUBLIC AFFAIRS**

Chief of PA

Capt. Christopher Thibeaux-Moore

NCOIC of PA

Technical Sgt. Rusty Frank

**NCOIC of Command
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Tech. Sgt. Ryann Holzapfel

**Community Relations & Media
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NEWS SUBMISSIONS

Northern Sentry Office

nsads@srt.com | 701.839.0946

MAFB Public Affairs Office

v35bw.pa@us.af.mil

701.723.6212

MAIL

315 South Main Street, Suite 202

Minot, ND 58701

VIEW ONLINE

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Interesting Stories

This past Wednesday North Star Community Credit Union and the Northern Sentry were proud to host the August Dorm Dinner. The event not only allows us a chance to show our appreciation for the young Airmen, most of whom have arrived recently at Minot Air Force Base and live in the dorms, but also gives us an opportunity to meet and talk with Airmen as they enjoy a dinner that is prepared by a local food vendor, in this case we worked with the local Noodles & Company to provide a Pasta-palooza meal.

The dorm dinners are supported and organized by the chaplains at Minot AFB, and their staff was also busy visiting with the Airmen. How is it going? What are some of the challenges? Have you visited any fun places in Minot? Just a few of the questions that were asked and answered by those who were waiting to fill their plates or had finished their meal and were just hanging around socializing with members of their squadron, or acquaintances from their dorms.

One of my conversations was with Sergeant Erin Boyd. The conversation began with a query about the cast she was wearing on her right foot. It was more than likely going to involve some type

of surgery down the road, and I assured her that the orthopedic care in Minot was first class, and that she probably didn't need to worry about travel to another city, should her injury necessitate surgery.

As the conversation continued, Master Sergeant Boyd, Senior Enlisted Leader of Religious Affairs, shared that she had arrived in Minot in time to show her miniature horses at the North Dakota State Fair. I had to laugh when she showed me a photo of all three of her miniature ponies being transported in the back of her minivan. It was humorous because all three of the ponies were facing forward. Doesn't take a lot of imagination to arrive at what part of the ponies were facing the camera. Yep, you got it...

These miniature ponies were in direct contrast to the Budweiser Clydesdales who were also at the North Dakota State Fair. Would have been fun to put them side by side for comparison.

WHERE ARE YOU FROM?

Most of our conversations with Airmen at the Dorm Dinner would begin with the obvious question "Where are you from?" Not sure why, but this event seemed to have a lot of folks from Pennsylvania.



Master Sgt. Erin Boyd at the 2023 North Dakota State Fair with one of her miniature ponies.

**northern
sentry**

**A VIEW FROM
OUR SIDE**
ROD WILSON



Next question will normally address their arrival date in Minot, and based on that date a conversation on weather, more specifically, winter weather. There were some Airmen who had experienced cold weather "Yeah, we're used to cold winters where I come from. It gets down to zero a lot." Once again you turn on your "Welcome to Minot" beacon and carefully inform them that zero in January would be considered a warmer day, depending on the wind chill. "Huh?" chimes in a young Airman First Class from the Florida panhandle. "What is wind chill?" And then the laughs begin from those who were here in January.

What events like the Dorm Dinner provide is an opportunity for the Community of Minot to meet some of the amazing men and women who serve their country every day at Minot Air Force Base. Our thanks to North Star Community Credit Union for sponsoring the event. We

hope to return next year and share a meal with a whole new group of Airmen at Minot Air Force Base.

BEST KEPT SECRETS

This week I have the honor of hosting my four grandchildren from West Fargo. At a recent meeting I shared that we would have a couple of days to experience kid friendly venues in Minot. It was amazing how many venues were suggested. All the way from the Roosevelt Park Zoo to the new Discovery Center to Downstairs at Margie's in Downtown Minot. I think we'll be busy. Check out the Northern Sentry Birthday page for ideas on kid friendly venues. You will find yourself picking and choosing... and like us, running out of time to do it all.

TODAY'S CHUCKLE

Nowadays, everyone seems so overwhelmed. It would be nice to get back to just being plain old whelmed.



North Star CCU Employees Jessica Thomas, Rebecca Tevino, Shane Mahlum and Randie Ova help serve last week's Dorm Dinner.

Maybe the kids could teach us something...



**UPSIDE DOWN
UNDER**
MARVIN BAKER

This past weekend we took the grandkids to Medora to see the musical, eat a pitchfork fondue steak and take in the sights. As always, it was first-class entertainment and it was good to see so many young people from within North Dakota picked to perform on stage.

We stayed in a Medora hotel and because it was hot at the end of July, we took plenty of water; in bottles and carbonated water in cans. When we were packing up to leave, one of the grandkids gathered all the aluminum cans and presented them to me.

I told him we'll go to the lobby so the hotel can recycle them. When we got there and asked, the answer was "We don't recycle."

My grandson, who is 8 years old, was shocked and didn't know what to say. Then he had a simple question, why?

I couldn't explain it to him and when we got back to our room, my wife couldn't explain it. My grandson and his sister are growing up in Rapid City and recycling is very important to them.

Once a week, which is Monday, a trash truck comes by and picks

up the trash. An hour later, another truck comes through the ally to empty the recycle bin.

During the week, they put all their recyclables in that bin. Paper, cardboard, aluminum cans, plastic bottles and the like go into the blue bin in the back yard.

That's all these kids have ever known, and when they stay in Medora and find the hotel, at least, doesn't recycle, you can see why they are shocked and confused.

But this isn't an isolated incident that I just happened to catch because these children are my grandkids.

There have been numerous times at the farmers' market where I've seen children of customers bring us paper egg cartons and ask us if we can re-use them or recycle them. Of course we can and they gleefully return to their parents.

I've seen a group of young boys on walkabout picking up aluminum cans and other trash in the ditch, not because they get money for the aluminum. That's a residual benefit. They've done it to clean

up their neighborhood after a long winter.

If you don't think these kids are serious, read some of their school reports. They have a genuine concern for the environment. They don't understand how political it has become. They just know there will be a consequences if something isn't done soon to ramp up recycling efforts.

If you go to a recycling center, often times you're going to see children or the elderly dropping off the recyclables; newspapers, magazines, aluminum cans, tin cans, plastic bottles, office paper, etc. They apparently see and know the importance of a good recycling program.

Numerous cities have implemented recycling programs, but they still have a long way to go. Really, the only place in North Dakota that has a solid program is the city of Fargo. It has had a robust recycling program for 35 years that I'm aware of and most of the residents in the city of Fargo

are on board with making it better.

Minot recently implemented its own program, that apparently, is experimental. In other words, if people don't like it, the city will remove it. Is that something the city of Minot wants to do in this day and age?

We often hear about how the landfill is filling up to quickly. Realize that if the recycling program was actually on its feet, there would most likely be 30 to 40 percent less volume going into the landfill.

Critics say it's about money. There's no money in recycling. Well, guess what, wheat, canola, oil, coal, gold, silver; the prices of these commodities are cyclical as is recycling.

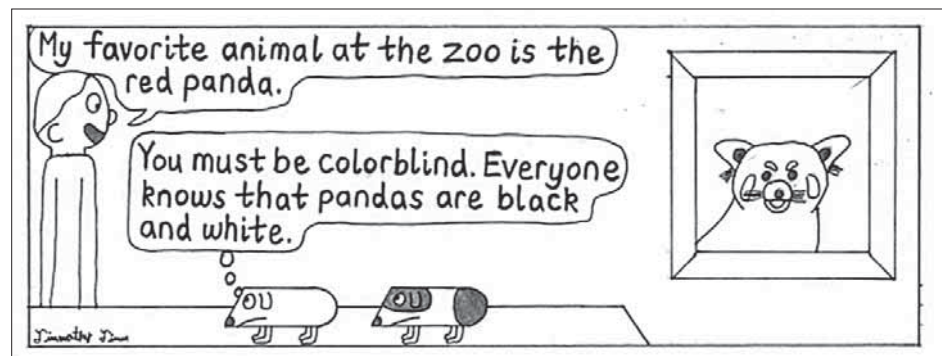
If people put forth some effort, the price would come back and we'd have a cleaner world to live in.

Take it from a young kid, they know how important recycling is, just ask them and they'll tell you why, even though we can't tell them why recycling shouldn't be a priority.

TITUS & PHILEMON

Everyday adventures of Titus and Philemon and their owner Joe.

TIMOTHY TIMM



Timothy Timm of Minot currently attends Minot State University, is a Minot High School graduate, artist, cartoonist, author and illustrator. Timm has also created other works of art that are on display in his art studio downtown located at 201 Main St. S. in Minot.

Aversion to Change



SHE'S NOT FROM AROUND HERE
AMY ALLENDER

Have I ever told you I hate change? When my five-year-old asks me what I'm afraid of, usually because he's going to draw a picture of it, try to surprise me with something, my answer is always the same.

"I'm afraid of change, honey."
By the ripe old age of five, he's heard this reply often enough to deem it worthy of a deep eye roll. "Not like that. What do you think is scary?"

"To me, there is nothing scarier than change. Oooh! Especially if it's a change I can't control. Does that answer the question?"

"No," he says with exasperation. "How about spiders? I'm just going to draw you a picture of spiders."

"Sounds good, sweetheart."

My aversion to change led my college boyfriend to question our relationship. He would graduate and go on to be a pilot in the Air Force. Could a person who loves to dig in her heels, and avoid change (unless meticulously micromanaged by herself) ever survive the life of a military spouse? The question was hypothetical. We both knew I wouldn't be a good fit for a life of frequent moves and a revolving door of towns and friends.

In addition to disliking change, I also become incredibly determined when someone implies I may not be up to a challenge.

That boyfriend went on to be my husband. And, of course, I went on to become a military spouse—making a life of being chronically "not from around here."

Given my history, it may be surprising to learn that I've voluntarily opted for some major life change in the near future. It's the kind of adventure that can't be completely micromanaged. The kind that has a loose start date and a looser end date.

In the coming weeks, my husband will leave for a 12 week TDY to Holloman, AFB in New Mexico. This will be followed by a few weeks at Battle Creek Air National Guard Base, in Battle Creek, MI.

I surprised even myself when I warmed up to the idea of uprooting our family and predictable Hotdish Land routine to join Derek on this months-long adventure with fuzzy details and even fuzzier timeframes. At first, I thought the best thing for all of us would be keeping as much of our family within our rhythm as possible. After all, there are studies that show how important predictability is to early childhood development.

But after really considering the options, I realized that my own fear of change was what held me back—and in turn held our family back. Fearing change, the stress of facing something unknown, and taking on all the tasks involved in putting life on pause in one location nearly paralyze me. I don't want to let my trepidation stand in the way of what has potential to be a beautiful season for all of us.

Being a military spouse has taught me many things. Here are three I'm finding particularly applicable in the weeks leading up to a period of great unpredictability.

First of all, just because I'm afraid of change doesn't mean it's dangerous. Just because I feel afraid, doesn't mean the change will yield something negative. Looking back,

each time big change has forced itself upon us—due to deployment, PCS, TDY, or any major life stressors—I've been refined, and blessed by it. More often than not, the change I deeply fear comes bearing gifts that positively impact every part of my life.

Our emotions are valid and real, but that doesn't mean they are the truth. I'm scared and stressed, but I have confidence good things will come from stepping into the unknown.

Second, if we have the choice to be together we should take it. I'm preaching to the choir here, but military life will call on families to spend time apart. If you have a chance to stay together—do it. I'm sure of very few things—but one is that at the end of my life the one thing I'll want more of is time with my people. I've never regretted prioritizing time with Derek, or creating a way for our family to be together.

Third, I'm capable of figuring things out. We all are. Sure, there are unknowns. But this life has perfectly equipped me to face each



We love our life in Minot. Thinking about putting it on pause for a while was a hard decision to make

AMY ALLENDER PHOTO

challenge as it comes. Life in TFL with two kids—we'll figure it out. Homeschooling for kindergarten—I'll ask someone. Will I be lonely for my friends, and my sweet Hotdish Land—you betcha. But we'll figure it out.

I don't know what change is facing you right now, but you're more equipped than you think. Change will bring good, but we need to be intentional about seeing it. If all else fails, use the "I'm-

not-from-around-here card." That usually stirs enough empathy, and change the subject long enough to get out of a jam.

In the face of uncertainty, there's always one thing I can count on: I'll be happy to come home to Minot.

For more stories of my Not From Around Here life, tips on living in Minot, and ways to create a positive mental space, join me on Instagram (@amy_allender) or Facebook (@amyallenderblog).

The Lord's Cupboard



SLICE OF LIFE
KIM FUNDINGSLAND

It's a story that never gets old. People helping people. Concerned volunteers dedicated to a cause. Businesses assisting their community. Groups, teams, generously giving of their time.

All the above, and more, have become a part of the necessary service provided by The Lord's Cupboard food pantry. It is there where the less fortunate, those individuals and families who have difficulty providing food for their table, receive a helping hand – fresh vegetables, fruit, canned goods, milk, bread, and many other assorted other food items.

Volunteers tend to raised gardens – planting, weeding, and harvesting a variety of vegetables destined for The Lord's Cupboard. They do so in the knowledge that they are helping others, providing food for those less fortunate.

At The Lord's Cupboard food pantry more volunteers can be found. They organize the pantry,

sorting donations and fresh vegetables from the gardens to ensure efficient distribution to those seeking assistance, then oversee that distribution.

The pantry is open Monday, Wednesday, and Friday from 11 a.m. to 2 p.m., and on Tuesday from 5:30-7 p.m. It serves about 400 families a week, a number that represents a portion of the hunger needs in this city. It's a number the food pantry volunteers know well.

They see the mothers come to the pantry with two or three small children in tow, express their sincere gratitude for receiving a box of food items. It's both heart-wrenching and inspiring. It reveals the heart of the volunteer and deep appreciation by those whose lives are impacted by the kindness of others.

There's story after story to be told about the personal journey of those who benefit from The Lord's Cupboard. Those who "get back on their feet" and no longer seek assistance from the food pantry don't forget the volunteers providing a community service for those less fortunate. Knowing what it was like to be hungry, they often donate back to the pantry as soon as they are able.

The pantry receives gifts from individuals and organizations who recognize the importance of the work being done at The Lord's Cupboard, and by the loving actions of volunteers placing others above self.

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Minot Hot Tots Weekly Recap

MINOT HOT TOTS

The Minot Hot Tots had their final home game last weekend, spanning from August 3rd through August 6th. They faced off against the Mankato MoonDogs for the entirety of the series and unfortunately fell to a 3-1 record for it.

While they game play was incredible on the field there were also some amazing things happening in and around the ballpark all last week. First was the Hyperbaric Hullabaloo powered by Minot Health Clinic. Fans of all ages go to learn about Hyperbaric Oxygen Therapy (HBOT), and how much good it can do for their overall healing. Those in attendance got to hear from owner and operator Trisha Fennern about all of the good things she's seen from people who have participated in this type of therapy.

During the game on August 4th, fans got to see a lot more than just a baseball game. Fans got to experience the high flying, epic show from pogo stick stunt team Xpogo. The Hot Tots also got to honor some incredible athletes with their Share the Glove initiative, powered by the Northwoods League Foundation. Minot Fastpitch Softball Inc. helps provide youth softball in Minot. The Hot Tots donated multiple pieces of youth softball equipment and recognized some amazing players on the field that day.

On August 5th the Hot Tots partnered with Aux Sable and North Dakota Petroleum Foundation to bring a STEM Expo to Minot. Kids of all ages got to come to Corbett Field and talk to industry professionals about STEM.

Plus there were a ton of hands-on activities for kids to learn about different pieces of STEM.

The Minot Hot Tots also hosted a free movie night for the families of Minot. Fans came out and enjoyed an outdoor showing of The Sandlot while sitting in historic Corbett Field. The Hot Tots wanted to give the community one last chance to hang out with their families before heading back to school. What better way to do that than with one of the most classic baseball movies of all time.

Finally, tonight, on August 11th. The Minot Hot Tots will host their last game of the season. There is a lot planned for this night. First, it is the very last Dakota Dust Up Rivalry game between the Minot Hot Tots and the Bismarck Larks that will be played in Minot. The energy will be high and it's expected to be an all out feud between the two teams. Speaking of feud, Dustin Miller with Encore Events will also be out playing his version of Family Feud with fans, which he calls, The Feud. It's sure to be a fun, interactive, and energetic show, that you won't want to miss. Finally, fans looking for a deal can get the best one we have all season for the final McDonald's Friends and Family deal of the season. This deal gets fans 4 tickets to the game, 4 Hot Tots hats, and 4 meal vouchers to McDonald's.

All of this is going to be happening at Corbett Field on August 11th for the very last game of the season. Fans looking for more information can head to www.hottotsbaseball.com, or to buy tickets, head to www.hottotstickets.com



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A Special Night to Honor Veterans

Westlie Motor Company Sponsors Military Appreciation Game

ROD WILSON, NORTHERN SENTRY

For Shelly Adams, Director of Marketing at Westlie Motor Company, there were no second thoughts about supporting the new baseball team coming to town in the spring of 2023. “We called them right away and said that Westlie Motor Company wanted in big to show the community that local businesses were behind the new team.”

That was the first step in Westlie’s becoming a Founding Partner of the Minot Hot Tots. As part of the sponsorship Westlie would get a game night which would be deemed Military Appreciation Night. “It was almost a perfect night,” according to Adams. “It was a sellout crowd; the weather was perfect.” The promotion for the evening was the selling of military-themed jerseys ordered special for Military Appreciation Night.

The Hot Tots used an online app to allow bidding not only from the ballpark, but from people all over. “There was an option to get online and purchase a jersey for \$300.00, but once people started bidding that option went away,” Adams, Steve Blasing (Dealer Principle of Westlie Motor Company) and Derek Blasing (GM of Westlie Motor Company) were soon amazed as the bidding started escalating, as did the prices being bid for the jerseys. “The proceeds from the jersey auction were being split between On The Water and the local DAV,” explained Adams. “So we were really happy that the community got behind us and we were able to raise

\$6,928.00!”

On the Water was represented at the check presentation by founder Chuck Betts. On the Water was founded to thank, honor and serve our U.S. Military Veterans by providing outdoor recreational experiences to the men and women of our armed forces in a peer setting with emphasis on fun and relaxation (and to catch some world class ND Lake Sakakawea Walleye)!

Representing the DAV was Doug Benjamin. The DAV is dedicated to a single purpose: empowering veterans to lead high-quality lives with respect and dignity. The DAV accomplishes this by ensuring that veterans and their families can access the full range of benefits available to them, fighting for the interests of America’s injured heroes

on Capitol Hill, and educating the public about the great sacrifices and needs of veterans transitioning back to civilian life. 100% of all funds that were presented to DAV Chapter 4 will stay local to help area veterans.

At the June 23rd game, first pitches were thrown out by Chuck Betts and Westlie’s General Sales Manager Jason Henke, colors were presented by the Minot AFB color guard, and there was a special presentation by the Minot AFB K9 unit. “It really was a fun night,” according to Adams. “We certainly raised way more than I expected, but that shows the support that we have in our community for our military,” said Adams.



On August 4, a check was presented by Steve Blasing and Derek Blasing of Westlie Motors to representatives of the two organizations. Attending the presentations, DAV Members, On the Water, Hot Tots players & management, and employees of Westlie Ford.



Minot Air Force Base Honor Guard Presentation of Colors at the Minot Hot Tots Military Appreciation Game on June 23.

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A LOOK BACK

THIS WEEK IN USAF HISTORY

GROUNDBREAKING FOR MINOT AFB
JULY 12, 1955



The original base control tower under construction in 1956. (Minot Daily News Photo)

During the Cold War, the United States was preparing for the possibility of an attack by enemy bombers. Given its strategic position near the northern border of the country, the city of Minot, N.D., was chosen as the site for the Air Force's new base. Locals donated nearly \$50,000 to purchase the land for Minot AFB, and on July 12, 1955, the groundbreaking ceremony took place. The base took nearly two years to complete. MAFB was originally a part of Air Defense Command and the 32nd Fighter Group was its first unit activated in 1957. In its 66 years, MAFB has hosted the B-52H Stratofortress for long range strategic bombing, the F-106 Delta Dart for interception of enemy aircraft, the KC-135A Stratotanker for air refueling, and even a U-2 reconnaissance aircraft as a part of Operation Crowflight, as well as many helicopters. In 1961, Minot AFB was selected for a Minuteman I ICBM complex. Today, Minot AFB is the only USAF base with two legs of the nuclear triad, and the 5th Bomb Wing and 91st Missile Wing continue to provide strategic deterrence for the nation.

Information courtesy of: minot.af.mil / A 40th Anniversary History of the Minot Air Force Base

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Minot AFB Spouses Club Membership Drive

BRIANNA LOW, NORTHERN SENTRY



Get together with a great group and work to build the community of Minot Air Force Base.

The Minot AFB Spouses Club is an organization focused on community. Whether it be planning events for the spouses community to connect and enjoy a fun night out or running the thrift store on base to then donate the proceeds back to the base for things such as the reading program at the library or helping fund the Air Force Ball. Starting in August, they will start their annual programs which includes a social every month with various themes.

On August 19th from 4-6 pm at the Bud Ebert Park, the Spouses Club will be holding their first ever End of Summer Bash. A family friendly event for the whole community to enjoy. "We want to give the community a chance to connect and have a fun night as a family," says Sarah Weidman, the president of MSC. The event will include the K-9 Dogs doing a demonstration, grounds transportation, the fire department, carnival games and more!

During this event, the club will be hosting a membership drive where any spouse that comes and wants to join will have the opportunity to sign up and pay the dues, \$35 for the year, and then be entered into a giveaway for all new members who have signed up for this year.

When I first arrived in Minot, I had no idea where to turn to meet people or how to get out during the huge snow storms. In an attempt to get some supplies to last us while we waited for our household goods shipment, we went to the thrift store to raid their kitchen supplies. It was then that I met Sarah Weidman, the current president for the Minot Spouses Club. She told me a bit about the club and immediately wanted to join in. Jump eight months later and I am now the new VP of the club and dedicating more time to this every week. It's been a blessing to join and now is the

perfect time to come along!

Throughout the year the club hosts various events from ceramic painting at Margie's downtown in September to a Bunco night in May, all of which is included in the membership for your enjoyment! My personal favorite event that I am looking forward to is our Murder Mystery Party Date night in January.

This event will be free for spouses and have a small fee for their dates to attend and get into character to ring in the new year! Whether you are looking for an opportunity to volunteer or just looking for a group to connect with, come along on the 19th and see what the club can offer you!

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Saturday: 2 a month by appt
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What to Expect of a DOD Inspection

BRIANNA LOW, NORTHERN SENTRY

All of us on base have had the door tags saying book your appointment for the DOD inspection but not many of us know what that means or what to expect. Well, I was lucky enough to get one of the first appointments which means you get the inside scoop. The first thing to know is that this is not a Balfour Beatty inspection and is actually being planned and executed by the Military Housing Office and the third party contractor.

This third party inspection team was hired by the Department of Defense to assess all military housing. This is a 28 month process that will inspect all 55,000 privately owned houses and 15,000 government owned properties that began in Texas in mid-June. I was talking with our inspector while he looked around and he told me that this was his fourth base since the inspections started.

We are all used to the annual preventive maintenance check that

housing does each year to check fire alarms and other quick checks. For this inspection they are going much more in depth.

The inspector arrived at our house in our preset two hour window. He first asked us if we had any ongoing issues with the house that he could assess. After our initial talks, he began to look through the house. He started with the kitchen and looked at all baseboards, the plumbing of the sink and all appliances. He spent about 30-45 minutes in the kitchen alone, taking pictures of all the nooks and crannies around the room.

From there he moved on throughout the house. Checking the HVAC system, the lights, outlets, and vents. He checked both up and downstairs and ensured he got pictures of everything. He then proceeded outside, checking the siding, roofing, water sources and general upkeep of the yard.

A FEW TIPS FOR WHEN THEY COME TO YOUR HOUSE:

1. You have to be home for the entire inspection.
 2. Move anything that is blocking their way to your HVAC system.
 3. Be honest with anything you've noticed about your home. This is not to criticize housing but to help work on housing improvements.
 4. Offer them water; they are working hard and long days to get all these inspections done.
 5. They will check your alarms so any small children or pets that are not good with loud noises should play outside for that time of the inspection - we were warned when he was about to test them so I could take my son outside.
 6. This is not a fast pass through. The inspector was at my house for nearly two hours so be prepared to hang out for a while.
- All in all, the inspection is very easy to get through.



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<p>Souris River Brewing</p> <p>32 3rd St NE Minot Phone: 701.837.1884 www.sourisriverbrewing.com</p>	<p>The Starving Rooster</p> <p>30 1st St. NE, Minot Phone: 701.838.3030 www.starvingrooster.com</p>	<p>Whiskey Nine</p> <p>109 Central Ave, Minot Phone: 701.837.1090 www.whiskeynined.com</p>

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A graduate of King Edward Medical University in Pakistan, he completed his residency training in Internal Medicine and Neurological Medicine at Cleveland Clinic in Florida. His sleep fellowship was accomplished at the University of North Carolina, Chapel Hill. Dr. Tabish has been an active volunteer in efforts to support people with health issues including mental health. His professional associations include the American Academy of Neurology, the American Academy of Sleep Medicine and American Medical Association. He enjoys activities such as outdoors (hiking, kayaking, camping), tennis, cooking and music.

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Replace Your Wiper Blades

We've had no shortage of rain already this year, which means your wiper blades have likely been getting a workout. On average they should be changed every six months or whenever you begin to notice streaking, skipping, bending, or wearing and tearing. Fully-functional wiper blades are essential for safe driving so be sure to check yours.

Check Your Engine Air Filter

The engine air filter prevents dust, dirt, and other harmful debris from entering the engine compartment, which it does less effectively as it gets older. Replacing your filter can help protect your engine components from wear, improve your acceleration, and potentially increase your fuel efficiency.

Inspect Your Tires

Ensuring your tires have enough tread — ideally at least 4/32" — will give you maximum control over your vehicle and help prevent hydroplaning. Cold weather and lack of driving can cause tires to lose pressure, so check that they are properly inflated. Also, consider rotating your tires so they wear evenly. If it's time for new tires, the AAA Tire Store offers a wide range of brands, makes, and sizes.

Top Off or Change Vehicle Fluids

Fluids play a major role in keeping your vehicle running well. They transfer heat, lubricate parts, and act as a cleansing agent. Each has a different recommended frequency at which they should be changed, so consult your manual or talk to a service consultant to stay on top of your fluid maintenance.

Check Your Air Conditioning

You'll definitely want your A/C in peak condition when the temperatures start to rise. Being comfortable in the cabin isn't just a luxury — it helps keep you focused. Make sure the cabin air filters are clean and functioning properly and your air conditioning is ready to keep you cool as the temperatures rise.

Clean Your Car

Dirt, mud, and road grit build up in the winter and can cause rust and corrosion on your car's exterior. Drivers in the Carolinas also contend with spring pollen, which can be as damaging to your paint as it is unappealing to your eye. AAA Members get discounts at our Fins Car Wash locations in select areas.

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MINOT AIRMEN COMPETES IN 56 MILE ULTRAMARATHON

As a part of the Minot AFB Marathon Training Community supported by the MAFB Chapel Team, Airmen undertook an incredible feat by completing a 56 mile Ultramarathon in Medora, ND during the Badland Trail Run Series and as a part of a Running Resiliency Retreat hosted by the MAFB Marathon Training Community. TSgt Ming Ni (5 FSS FSM), trained over a series of several months to complete the grueling 56 mile race in the Badlands Maah Daah Hey Trail and several members of the team supported him along the way with water, food, and supplies.



TSgt Ming Ni as he crosses the finish line.

LEXI RAQUEL PHOTOGRAPHY



TSgt Ming Ni and his spouse.



Some of Minot AFB Marathon Training Community members surround Ni at the 56 mile race.

SUBMITTED PHOTOS.

CITRUS SALMON



INGREDIENTS

- 2 TABLESPOON BUTTER, SOFTENED
- 1/2 TEASPOON LEMON ZEST
- 1 TEASPOON LEMON JUICE
- 2 TEASPOON FRESH CHOPPED DILL
- 1/2 TEASPOON SALT
- TO TASTE BLACK PEPPER
- 4 (8 OZ) SALMON FILLETS, SKIN ON
- 1 LEMON, THINLY SLICED

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

Meanwhile mix together the softened butter, lemon zest, lemon juice, dill, salt and pepper.

Generously slather the top of the salmon fillets with the lemon-dill butter and top with a slice of lemon.

Place the salmon fillets on the hot grill grate, skin-side facing down. Cook for 15 to 20 minutes, for a medium-rare salmon, or until the salmon is done to your liking.

Garnish with fresh dill. Enjoy!

(Recipe can also be baked)



Ryan Davy - GM
Minot

www.HofE.com/BBQH



by Patricia Stockdill

Fishing:

Lake Sakakawea elevation, Aug. 7: 1,842.42 feet above mean sea level (MSL); 22,100 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.98 feet above mean sea level (MSL).

Stump Lake elevation: 1,449.99 MSL.

- N.D. Game & Fish Dept. game wardens: No reports from area lakes or the Missouri River System. Devils Lake remains fair for walleye but not as steady as earlier this summer. The key is working deeper water but remember to keep those fish when brought up from 20 feet and deeper. Larger fish now starting to come in.
- Devils Lake, Ed's Bait Shop, Devils Lake: No new reports.

- Devils Lake, Woodland Resort, Devils Lake: Try Military Point, Concrete Bay, or Walford's Bay using spinners and bottom bouncers in 20 to 30 feet with half a nightcrawler for walleye.
- Lake Darling, Karma C-Store, Ruthville: Activity continues on area lakes but limited reports on success.
- Lake Metigoshe, Four Seasons, Bottineau: Fair to good bluegill success with a few more large ones starting to show up. Try morning or evening for walleye. Look for some nice-sized pike activity at times.

- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Work deep water in 20 to 50 feet from Garrison Bay to the west using crankbaits or heavy bottom bouncers with nightcrawlers for walleye.
- Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Work main lake points or sunken humps on the east end of Lake Sakakawea in 25 to 40 feet with lindy rigs and bottom bouncers and minnows or nightcrawlers. Best success along Mallard Island west to Pick City and Hazen Bay. Lake Audubon producing some walleye in 25 to 30 feet using spinners and bottom bouncers with nightcrawlers. Good smallmouth bass activity with top water baits in 2 to 12 feet.

- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Improving walleye activity around Lund's Landing and Hofflund Island

- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Improving walleye activity around Lund's Landing and Hofflund Island

- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Improving walleye activity around Lund's Landing and Hofflund Island

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- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Improving walleye activity around Lund's Landing and Hofflund Island

- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Improving walleye activity around Lund's Landing and Hofflund Island

Thanks to Woodland Resort, our Outdoors Report sponsor, for helping keep readers up-to-date on happenings throughout the region. For complete details about fishing Devils Lake and its array of recreational opportunities visit their website, (www.woodlandresort.com), Facebook at (facebook.com/woodlandresortDL), telephone (701) 662-5996, extension 1, or email (woodlandresort@gondtc.com). They're located at 1012 Woodland Drive, Devils Lake, N.D. 58301

- Fish don't survive when coming up from 25 feet and deeper and the N.D. Game & Fish Dept. advises anglers keep those fish.
- N.D. Dept. of Environmental Quality blue-green algae reports: Low toxin levels – Blacktail Dam, Williams Co.; Buffalo Lodge Lake, McHenry Co.; Carbury Dam, Bottineau Co.; Carpenter Lake, Rolette Co.; Coal Lake, McLean Co.; Devils Lake, Black Tiger Bay; East Park Lake, McLean Co.; East Stump Lake, Nelson Co.; Heckers Lake, Sheridan Co.; Lake Upsilon, Rolette Co.; McGregor Dam, Williams Co.; Nelson-Carlson Lake, Ward Co.; Rice Lake, Ward Co.; South Hoffer Lake, Sheridan Co. Advisories – Epping-Springbrook Dam, Williams County; Harvey Dam, Wells Co.; Lake Darling, Renville Co. Go to the agency website, (deq.nd.gov) for more information and safety precautions.
- Registration now open for Wild Outdoor Women (WOW), Lake Metigoshe State Park. Go to, (<https://www.parkrec.nd.gov/events/fall-wild-outdoor-women-wow>) for details and to register.
- Aug. 15: Early Canada goose season opens. See N.D. Game & Fish Dept. website, (gf.nd.gov) for specific regulations.
- Aug. 16: Tundra swan applications due.
- Aug. 19: Sensory Hike Evening Hike Series, Fort Stevenson State Park, Garrison, 9:30 p.m.

TOURNAMENTS:

- Aug. 12: Lake Sakakawea, Van Hook Arm; Devils Lake, Grahams Island State Park.
- Aug. 12 & 13: Lake Sakakawea, Fort Stevenson.
- Aug 19: Lake Sakakawea, Sakakawea State Park; Lake Sakakawea, White Earth Bay; Upper Missouri River, Lewis & Clark Bridge. .

lake producing walleye in 30 to 50 feet using lead-core.

- Lake Sakakawea, New Town: Continued fair to good walleye but fish are smaller. Work deeper water in at least 15 to 20 feet.

- Lake Sakakawea, Van Hook Bait & Tackle, New Town: Walleye activity slowed with anglers working harder for success. Key to best activity is working deep water in 30 feet and more. Try spinner blades with heavy bottom bouncers and nightcrawlers or crankbaits.

- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace starting to produce some catfish and walleye from the wing walls. River itself below the tailrace remains slow during the day with small walleye in the spillway channel.

- Lake Sakakawea producing some walleye success throughout a variety of depths but best bite is coming from 30 feet and deeper. Remember to keep fish taken in deep water. Some salmon success on the east side of the dam around Government and Pochant bays in 75 to 85 feet over 150 water.

- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Improving walleye activity around Lund's Landing and Hofflund Island

- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Improving walleye activity around Lund's Landing and Hofflund Island

- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Improving walleye activity around Lund's Landing and Hofflund Island

- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Improving walleye activity around Lund's Landing and Hofflund Island

with fish running in that eater size of 15 to 17 inches. Try crankbaits or nightcrawlers in 15 to 20 feet.

- Lonetree WMA area lakes, Harvey: Area lakes slow with several becoming weedy.

- North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Area lakes remain generally quiet.

N.D. river flows:

- Des Lacs River, Foxholm: River stage, 5.86 feet; streamflow, 18.7 CFS. .

- Little Missouri River, Long X Bridge: River stage, 8.55 feet; streamflow, 476 CFS.

- Missouri River, Williston: River stage, 16.23 feet.

- Missouri River, Washburn: River stage, 9.65 feet.

- Pembina River, Walhalla: River stage, 2.02 feet; streamflow, 123 CFS.

- Souris River, Foxholm: River stage, 4.73 feet; streamflow, 0.07 CFS.

- Souris River, Minot Broadway Bridge: River stage, 40.55 feet.

- Yellowstone River, Sidney, Mont.: River stage, 4.52 feet; streamflow, 9,170 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.



CHURCH DIRECTORY

Chapel Services at MAFB

North Plains Chapel in Base Housing

Protestant Liturgical Service
Christ Chapel
0900


Protestant
Sunday Community Service
1030
(Holy Communion 1st Sunday)
Children's Church during school year

Wicca, Pagan, and Neopagan Services
Open Circle
1000 on the 1st and 3rd
Saturdays of every month

Northern Lights Chapel across from Rockers

Catholic Mass
Sunday 1000
Daily Monday-Thursday at 1200

St. Peter The Aleut Eastern Orthodox Church

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5PM, No Vespers

Sunday, Aug 13
10AM, Congregational Prayer Service


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www.trinitychurchminot.org


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Sunday School at 9:45am

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Immanuel Baptist Church

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701-839-3694



SUNDAYS: 9:00 AM FELLOWSHIP
9:15 AM SUNDAY SCHOOL
10:30 AM WORSHIP

WEDNESDAYS: 11:30 AM SOUP KITCHEN
5:30 PM FAMILY SUPPER
6:30 PM PRE-K/KIDS' CLUB / ABY & ADULT BIBLE STUDY



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

St. John the Apostle Catholic Church

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

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

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


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

Sunday Worship 9:30 am

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

Pastor Brandy Gerjets • Pastor Ellery Dykeman



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9999 27th St NE
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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.


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Wednesday
6:30 PM

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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. & 5:30 p.m.
Wednesdays (Prayer & Missions) ... 6:30 p.m.

www.minotcrbc.org
email: minotcrbc@gmail.com
Gabe McCormick - Pastor

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


West Minot Church of God
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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 5:30 p.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
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First Baptist Church

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

Classic Worship Service 8:30 a.m.
Sunday School (All Ages) 9:45 a.m.
Contemporary Worship Service 9:50 a.m.
Adult Sunday School 11:00 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
Elaine Carlson, Children's Ministry Director

Apostolic Faith Church, UPCI

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(701) 838-0609

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Sunday Worship 3:30 p.m.
Wednesday Bible Study 7:30 p.m.

Jesse Starr, Pastor


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Wed. Prayer: 5:30 p.m.
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www.orcsknights.org

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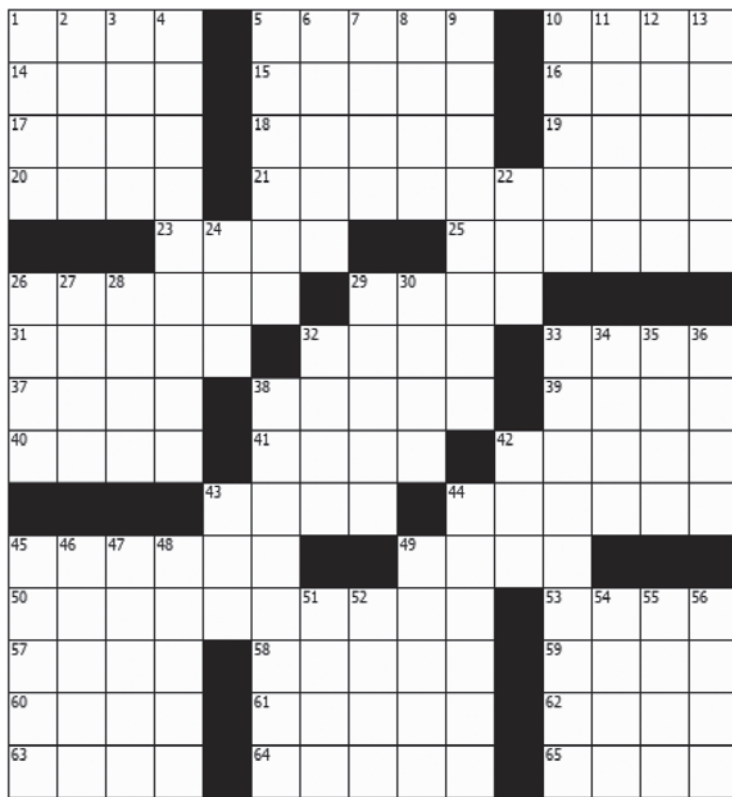
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CROSSWORD PUZZLE

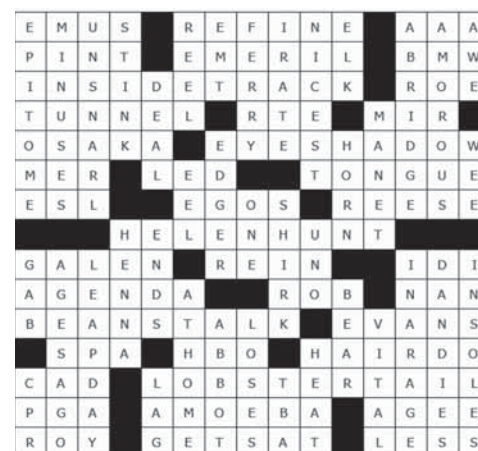
- Across**
- Study hard
 - Problematical
 - School auxiliaries: Abbr.
 - Donut middle
 - Dote on
 - Fabric fuzz
 - Abel's father
 - "_ Rae"
 - Alan of "The West Wing"
 - Mexican money
 - Calculator button
 - Hwys.
 - Talks back to
 - Did in
 - "Darn it!"
 - Bryn Mawr grad
 - Synthesizer inventor
 - Tot's parent
 - Grew up
 - Take care of
 - "The doctor _"
 - Agent 007
 - Facial features
 - DVD player attachment
 - Extremities
 - Canonized ones
 - State with confidence
 - Remain unsettled
 - Calculator button
 - Engrave deeply
 - Mon. follower
 - _ game (pitcher's dream)
 - Parcel (out)
 - Astronaut Sally
 - "The _ Mutiny"
 - Fiber source
 - Byron works
 - Overact
 - Cravings



- Down**
- Fellow from London
 - Went by bike
 - "That's too bad!"
 - Calculator button
 - Emulated Astaire
 - Revered ones
 - Apple center
 - Writer Bombeck
 - Way back when
 - Makes preparations
 - Isn't quite vertical
 - Conductor Previn
 - Doesn't leave
 - Ingest
 - Fifth-grader's typical age
 - Clean a deck
 - CBS eye, for example
 - Solemn agreement
 - Eager beavers
 - Deteriorates
 - Anthropologist Margaret
 - Calculator button
 - Special-interest grp.
 - Try to drop some pounds
 - Cupboard invaders
 - Paragraph part
 - Brown shade
 - Foul up
 - Couch kin
 - Houston baseballer
 - Ink producer
 - Shoe fabric
 - Lessens
 - Mention, with "out"
 - Travel around
 - It's east of Indiana
 - Ripped up
 - Family
 - Coop group

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.



SUDOKU

Solution to puzzle on page B9

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

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HOT AUGUST DAYS

Patricia Stockdill

As oppressive as summer's heat can be for many people, it raises other issues for wild critters. Heat isn't so much the problem as the disease potential caused by heat-related environmental conditions. The good thing, though, is native wildlife such as deer and sharp-tailed grouse have evolved to survive Northern Great Plains weather extremes, regardless if it's bitter cold and blizzards or sweltering, draining heat. Even though pheasants aren't a native species, they originated from similar climate regions of Asia so today's glitzy birds have genetics in their favor. What extended heat does, however, is set the scene for potential disease problems. For example, bacteria found in soils with decaying material causes avian botulism. It needs warm temperatures, a protein source, and an anaerobic environment to activate. Decomposing vegetation and invertebrates help create the perfect storm. As wetlands and waterways recede in summer heat, dry conditions expose mud and murky soil, which could contain botulism-causing bacteria. Birds – waterfowl, shorebirds or gulls, for example – either directly ingest the bacteria or contaminated invertebrates. An avian botulism outbreak cycle develops when maggots feed on animal carcasses, ingest toxins and birds eat the maggots. They can become contaminated by eating as few as three or four maggots. Avian botulism doesn't occur every summer. Its frequency and intensity levels depend on that perfect storm of weather and environmental conditions. Summer fish kills are another example of heat's impact. While anglers and the public may hear more about winter fish kills, the cause of mortality is still the same - lack of oxygen in water. Warm water holds less oxygen in the summer, plus algae and plants start decomposing, which also takes away oxygen for the water. Winter die-offs also occur because of lack of oxygen but it's typically because snow cover blocks sunlight from penetrating through the ice - lack of sunlight can cause vegetation to die and oxygen levels decrease when vegetation begins dying. How fish kills occur differ in the summer and winter but the result is the same – no oxygen for fish to breathe.

While summer and winter die-offs can occur any given year, excessive hot weather increases the potential in the summer. Most summer fish kills are partial losses. Depending on the species and location, wildlife adapt by altering their typical daily summer patterns during hot weather. Many become less active during the hottest part of the day and may frequent or spend more time in areas with more water. Typically excessive heat doesn't stress wildlife as much as harsh winter conditions if wildlife is simply doing what they normally do in the summer. Hot weather tends to create more heat-related issues for domestic livestock more so than wildlife, especially if they're confined or lack adequate water. However, human activity can cause summer heat-related problems for wildlife, including the sudden, unexpected presence of a person such as hiking or berry picking, for example. Human activity can move animals out of cool areas or cause them to exert excessive energy during the heat if pushed. Fire is another issue and could potentially have more impact on wildlife by trapping animals or destroying nesting or brood cover and shelter where animals could stay cool. Water is probably one of the biggest issues for any animal – domestic or wild. In the case of extended hot weather it might not be lack of access to water but lack of water altogether. Another potential problem with hot, dry summer weather is blue-green algal blooms on wetlands and lakes. Algal blooms tend to occur in any given year and can take place on any water body regardless of size. While some types of algae can even be healthy and beneficial, blue-green algae are most definitely not. It's toxic and can make humans sick while being deadly for dogs. People need to check water conditions prior to entering the water for recreating and keep dogs out of any potential areas that might have blue-green algae. Blue-green algae can even linger into the fall hunting season if weather conditions are conducive. Early season Canada goose hunters in August, as well as September grouse hunters, need to be wary of water conditions and keep their dogs away from any water with algae, which can be toxic – very quickly – to dogs.

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JOY-NICOLE SMITH
SCHOOL LIAISON PROGRAM MANAGER, GS-11
DEPARTMENT OF THE AIR FORCE SCHOOL LIAISON PROGRAM



It is back-to-school season! This means it is a busy time for students, families, and our community. Over the next two weeks, I would like to highlight to Back-to-School Backpack effort. This week, I will begin with an incredible group of volunteers who were instrumental in making this happen! On July

31st, 2023, Minot AFB Airmen, Spouses, and community members packed backpacks with school supplies, information, and goodies for distribution. The effort was seamless and exemplified the power of community involvement in ensuring quality educational experiences at Minot Air Force

Base. A VERY special thank you to our 5th Bomb Wing and 91st Missile Wing Airmen, Spouses, and community members for packing 200+ Backpacks to jumpstart the school year! Next week, I will highlight the Back-to-School Backpack Distribution on August 4th! Stay tuned!

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USAFSAM VISITS MINOT AFB TO CONTINUE CANCER STUDY



Airmen from the U.S. Air Force School of Aerospace Medicine, the 5th Operational Medical Readiness Squadron, and the 742nd Missile Squadron pose for a photo at a missile alert facility (MAF), near Minot Air Force Base, North Dakota, July 25, 2023. The team assessed indoor air quality at each facility to include temperature, humidity, carbon dioxide and carbon monoxide levels. as part of the ongoing "Missile Community Cancer Study," air, water and soil quality will be tested at all the missile alert facilities within Air Force Global Strike Command's three operational intercontinental ballistic missile wings for potential occupational hazards. USAFSAM is part of the Air Force Research Laboratory's 711th Human Performance Wing.



Tech Sgt. Bridgette Brzezinski, U.S. Air Force School of Aerospace Medicine bioenvironmental engineer, collects data from a swipe sample at a missile alert facility (MAF), near Minot Air Force Base, North Dakota, July 25, 2023. Teams recorded indoor air quality data and collected water, surface and soil samples to test for potential occupational exposure hazards at each of Minot's MAFs. They also collected water and soil samples and tested for presence of radon, polychlorinated biphenyls, organic phosphates and other potential occupational exposure hazards.



U.S. Air Force Staff Sgt. Oscar Ruiz-Camacho, 5th Operational Medical Readiness Squadron, Bioenvironmental Engineering Technician, digs a hole outside of a missile alert facility (MAF), near Minot Air Force Base, North Dakota, July 25, 2023. Ruiz-Camacho collected a soil sample at a MAFB to test for organic phosphates from pesticides.

U.S. AIR FORCE PHOTOS
AIRMAN 1ST CLASS TRUST TATE

MINOT AIR FORCE BASE

Finest

TECH. SGT. JENNEL EDWARDS

Tech. Sgt. Jennel Edwards, an evaluator for the 91st Security Forces Group recently was awarded with Air Force Global Strike Command Outstanding Airmen of the Year, Non-Commissioned Officer of the Year category for 2022.

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Upcoming Events

13
AUG

SUMMER LEARNING WRAP UP WATER PARTY

2:00 PM – 3:30 PM

Central Campus School
110 2nd Ave SE, Minot

Join Minot Public Library & Ward County Library as we celebrate the end of summer reading! Bring your water squirter or borrow one of ours. Remember to bring a towel & sunscreen! We will be meeting at the Central Campus Green Space located at 110 2nd Ave SE, Minot, ND 58701.

Make sure to bring sunscreen and towels!

For more information:
Facebook/Minot Public Library/ Events

15
AUG

PREPARE WITH PEDRO EMERGENCY TRAINING - GRADES K-2

2:00 PM

Ward County Public Library
225 3rd ST SE, Minot

The Red Cross will be at the library to present a 30-45 minute preparedness program for kids grades K-2. The program follows Pedro the Penguin and his friends as they learn how to be prepared and take action during an emergency. For more information contact Nita Ritzke at 701-425-9183 or email nita.ritzke2@redcross.org

Prepare with Pedro!

For more information:
Facebook/Ward County Public Library/ Events

15-16
AUG

SCIENCE CAMP

11:00 AM - 1:00 PM

HighAir Ground Trampoline Park
21 East Central Ave. Suite 102

Join us for our science camp! We will have jumping, snacks, and cool science crafts!

1-day camp \$25
2-day camp \$35
Ages: 5-12
From: 11-1

Science Camp

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August 15 & 16
@ 11AM-1PM

1 Day \$25
2 Days \$35

For more information:
Facebook / HighAir Ground Trampoline Park / Events
To Register: <https://highairground.com/>

17
AUG

LADIES NIGHT

1:00 PM - 4:00 PM

Up Your Axe
21 East Central Ave. Suite 102

Attention all ladies! If you're looking for a unique and adventurous way to unwind with your friends, mark your calendars for every third Thursday of the month! Up Your Axe is thrilled to announce our upcoming Ladies Night! Get ready for an evening of ultimate axe-throwing fun! Whether you're celebrating a special occasion or simply seeking a memorable night out, this is one event you won't want to miss! Sip on your favorite drink, let loose, and unleash your inner lumberjack in a safe and exhilarating environment! We can't wait to see all the ladies in action! So, gather your squad and head down to Up Your Axe!

<https://upyouraxe.bar>

LADIES NIGHT

Every 3rd Thursday of the month

For more information:
Facebook / Up Your Axe / Events
To Register: 701.852.2937

NEW Community at the Northern Sentry

It's more than Minot and more than Minot AFB, it's a Shared Community.

For more events visit our online Community Calendar at www.northern Sentry.com/calendar/

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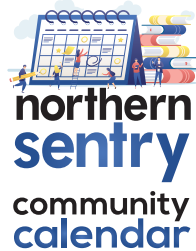
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Aug4

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THE NORTH DAKOTA NATIONAL GUARD have openings available in a variety of career fields across the state and in Minot. Continue your military career on a part-time basis. For more information call 420-5903 or 420-5904 in Minot.

tfm

IMMEDIATE FULL AND PART TIME OPENINGS

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

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REAL ESTATE

Find ALL listed homes for sale in Minot and the surrounding areas at www.brokers12.com.

tfm

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Aug25

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Sept30

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SUDOKU SOLUTION

PUZZLE ON PAGE B4

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

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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 upcoming term: 29 May-30 Jul. For more information, please visit us in Room 223 located in the Base Education Center Building (2nd floor), email: minot@erau.edu or call office phone: 701-727-9007 and/or Teams phone: 928-777-6342.

COLUMBIA COLLEGE

For nearly fifty years Columbia College has offered educational opportunities to the military and is proud to establish our newest location here, at Minot AFB. Founded in 1851, Columbia College is a private, nonprofit liberal arts and sciences college that serves approximately 18,000 students annually and is proudly recognized by numerous organizations as a Military Friendly institution of higher education. Check out our website (ccis.edu) for the list of organizations that recognize the hard work the college puts in to serve those who serve our country and their families. With 29 online degrees the college is working to offer classes this summer on the installation. In the meantime you can choose your mode of education from strictly online classes to in-person ZOOM synchronous classes. Chose from the many associate, bachelor, or master's degree programs available and know your degree can be completed at Minot or anywhere you have internet connectivity or explore in-seat opportunities if you relocate 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 –

Your degree, Your way. Park University is enrolling now for Spring II Term. Classes start March 13, 2023! Earn your CCAF credits, AU-ABC, and your Bachelor's degree with PARK. Let's maximize your military experience! Find how many credits you can get from your military experience by going to military.park.edu and confirmed your credits Or Ask Alexa! Enable the Park University skill on your Alexa device and say "Alexa, ask Park, How many credit hours can I get from my military experience?" She'll even tell you your graduation date! Minot AFB @ the Education Center RM 222 | 844-884-8612 | mio@park.edu PARK. YOU

MINOT STATE UNIVERSITY

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

Hotel REVEL Weddings for Warriors

Revel Hotel, a newly renovated hotel next to Dakota Mall, will be giving away use of the Pilot's Bar and adjoining banquet space at its venue to Airmen.

The new giveaway, **Weddings for Warriors**, will honor the men and women who serve the United States by giving away use of the Pilot's Bar and banquet space once every month.

At least one partner must be serving or must be an active member of the U.S. Air Force.

For further information, please send a message to the hotel at revelnd.com or contact Chelewa Springs or Ashley Cutler at 701-607-4557 or 701-306-3338.



VOLUNTEER OPPORTUNITIES

Flag Placement Volunteers

Every day we lose service members and veterans to suicide. In a way to honor those lives the Integrated Primary Prevention Office is placing flags along Missile Ave on 6 September. The flags will remain there for the month of September as a reminder of those that we have lost and that help is available. We are looking for volunteers to help place the 328 flags representing the number of active-duty service members that were lost to suicide in 2022. Date is 6 September 2023 @ 0930. We will place flags along Missile Ave @ 1000. We anticipate being completed with this task NLT Noon. If you would like to volunteer to be a part of this opportunity. In your response, please include your name, a good contact number, and your squadron. **POC:** Alicia Thompson GS-12, 5BW/Integrated Prevention Analyst alicia.thompson.30@us.af.mil

24 Hour Run & Reading Event Volunteers

Volunteers are needed to help support the *Prisoners Of War* Missing In Action 24 HOUR RUN & READING EVENT* **Who:** Military, Civilian, Contractors & Dependents **What:** 24 hours of the POW/MIA flag in continuous motion during a reading of POW/MIA names. **When:** September 14-15, 2023, ~ 1400 to 1400 **Where:** The Flag will start at the main gate with a motorcycle escort and proceed to Bud E. Park Outdoor Track for the remaining 24 hours. **Why:** To reflect on, appreciate, and honor the sacrifices of those men, women, and their families who came before us and paid the ultimate cost while serving our country. **Participant Sign Up Location:** <https://usaf.dps.mil/x/t/2023POWMIAEventCommittee14-15September/ERNUHBPQ8Z9FsZAfGufaDgBnsDmXVieozZektFmOkv2tA?e=vFWFL5BW&91stMWRunner/ReaderSignUp> - Copy and paste the link above into your browser then select a time for runner or reader and email your preferred time to michael.shaw.14@us.af.mil **POCs:** MSgt Michael Shaw- 723-6407 - 5th BW (5 MUNS) MSgt Juan Gonzalez – 723-6118 91ST MW (791 MSFS)

YMCA Referee Volunteers

The sports director at The Minot Family YMCA is looking for coach and referee volunteers. Most of the youth football games are played on Saturdays from 9:00am to 3:00pm and each game is an hour long. Anyone interested, please contact the YMCA Sports Director. **POC:** Shane Christiansen, Youth Sports Director, Minot Family YMCA 701-852-0141

5th FSS Booster Club BBQ Volunteers

The 5th FSS Booster Club will be hosting a Squadron BBQ/Picnic that will be held on August 18th, from 1100-1600, at the JDC (Jimmy Dolittle Center). I am the POC for volunteers, for this event. We are asking for participants to help with set-up, Cooking, or tear-down. The event will be held on August 18th, 2023 from 1100-1600, at the JDC (Jimmy Dolittle Center). These events could not be possible without the support from our FSS Family (volunteers), and I cannot be more excited to work along with all the personnel that will be participating. If you have any questions, suggestions, or would like to volunteer, please feel free to contact: **POC:** Toomey Manyee P., SrA, USAF, 5 FSS/FSVFM manyee.toomey@us.af.mil or 701-723-3118. DSN: (701)723-3118 Cell: (916) 465-1146

Heritage Day Volunteers

The Minot Diversity, Equity, Inclusion, and Accessibility Team in collaboration with the Minot Area Council of the Arts are hosting a Heritage Day Festival (formally known as The Culture Festival) on Saturday, 02 Sep 2023 at Oak Park. The committee is currently looking for individuals and/or organizations who are interested in setting up and hosting Heritage Booths for the event. When setting up a Heritage Day booth, it is essential to showcase elements that represent and celebrate the heritage you are focusing on. Remember to design the booth in a culturally appropriate manner, utilizing colors, patterns, and decorations to represent the heritage. The goal is to create an immersive and informative experience for visitors, allowing them to appreciate and learn about the heritage you are showcasing. Sign up: <https://www.signupgenius.com/go/70A0B4BAFAD2EA1F94-heritage> **POC:** SSgt Jacqueline E. Tolson, Jacqueline.Tolson@us.af.mil

AF Ball Childcare Volunteers

The AF Ball Committee are calling for volunteers for to assist with childcare. **When:** 16 Sep 2023 **Times:** 1630-2000 hrs. and 2000-2300 hrs. **POCs:** 2nd Lt. Genesis Berry, 701-723-5239 Genesis.a.berry@health.mil Kaitlin Reyna, 907-854-9559

Volunteer Pianist and a Guitarist

Lights Camera Actions Youth program is looking for a volunteer pianist and a guitarist for the week of August 7-12, 2023, to help with the Missoula Childrens theatre! Must be able to read music. We Youth programs will be doing a production of The Little Mermaid. The time needed would be 0900 -1315 for practice and Saturday (TBD) for the grand performance. **POC:** Shavana Jones 701-723-2838 DSN: 312.453.2838

Meals on Wheels Volunteers

On behalf of the Hispanic Allies organization, we would like to offer a volunteer opportunity to help our community. We're working with "Meals on Wheels" to help feed elderly members of our community. If you are interested in volunteering, please let us know. The Meals on Wheels delivery is every Tuesday & Friday. Volunteers can show up at the venue from 1045 to 11am. The route is simple, and it takes 45 min to 1hr, 2 members preferred. No supplies required. The address is 21 1st Ave SE B, Minot, ND 58701 at the Minot Commission On Aging. Please sign up using the following hyperlink: <https://volunteersignup.org/4E7QM> **POC:** SrA Brian Bermúdez, brian.o.bermudezcartagena.mil@health.mil or 723-5184.

Flag Football & Volleyball Volunteer Coaches

The new Youth Sports Coordinator on Minot AFB is looking for volunteer coaches for this upcoming Flag Football and Volleyball Season. The season will run from 28 August-27 October 2023. Age Group for Flag football is 3-12 years old. We're currently looking for the following: 3-4-year-old coaches: 6. Practices will be Mondays from 1730-1800 5-6-year-old coaches: 8. Practices and hold games will be Monday's and Wednesday's from 1730-1830 7-8-year-old coaches: 8. Practices and hold games will be Tuesday's and Thursday's from 1730-1830 9-12-year-old coaches: 6. Practices and hold games will be Tuesday's and Thursday's from 1730-1830 (potential for a couple of Saturday morning games in town). For volleyball, the age group will be 9-12 years old and we are currently looking for 6 coaches. They'll practice and hold games on Tuesday's and Thursday's from 1730-1830. (Potential for a couple of Saturday morning games in town). As registrations open, we may increase the amount of coaches needed depending on the number of children participating. No experience with the sports is necessary, we will train you. All volunteer coaches for youth programs must get fingerprinting/background checked and will be required to attend a coach training closer to the season. **POC:** Ms. April Lawrence, the Youth Sports Coordinator, 701-723-1477/2838 or email april.lawrence.2@us.af.mil

AADD Volunteers

AADD is seeking volunteers to support various event request. Below are a few upcoming volunteer opportunities we're hoping to support along with our regular schedule for weekends, please disseminate to your members. **REGULAR 2023 WEEKLY SCHEDULE-** <https://volunteersignup.org/FHLLR> **POC:** SSgt Kristal A. Cruz Leon, 723-4633, kristal.cruz_leon@us.af.mil

Magic City Civil Air Patrol Composite Squadron

The Magic City Civil Air Patrol Composite Squadron meets every Thursday at AvFlight, 1830-2030. Civil Air Patrol is the official, Congressionally chartered US Air Force Auxiliary open to all adults and children 12+. Its all-volunteer members serve in a multitude of roles in support of CAP's three primary missions: Cadet Programs, Aerospace Education, and Emergency Services. As adult opportunities include working as part of an Aircrew, sUAS operator, Aerospace and STEM instruction, and many other opportunities! The youth Cadet Program provides an opportunity to learn military structure while learning about Aerospace, Leadership, Flight, Cyber Systems, Outdoor Survival and much more! Whether you are looking to bring your skills to a new venue, expand your experience, or learn something new, there's certainly a role for you! No prior experience or military affiliation is necessary. For more information about Civil Air Patrol, visit <https://www.govcivillairpatrol.com> or contact the POC below. **Meeting location:** AvFlight, Minot Airport, 2400 N. Broadway Suite E, 1830-2030 every Thursday **POC:** 1st Lt Jon McLemore, CAP, Jonathan.mclimore@ndcap.us 701-720-6410 | <https://nd021.cap.gov>

AF K12 STEM-to-Sky Program Volunteers

Volunteers are needed to assist with the AF K12 STEM-to-Sky program; a new annual outreach effort connecting Airmen & Teachers enabling them to produce direct classroom engagement. The purpose of this effort is to directly engage Airmen with classrooms around the world to share experiences, emphasize the importance of STEM education, and create personal military-to-classroom connections. Within the classroom, Airmen will discuss their associated roles and emphasize the importance of STEM (connect); and create propensity for students to pursue STEM and Air Force fields (inspire). Anyone can volunteer, and we especially encourage those who work in STEM-focused career fields! For Airmen sign-up and information/instruction - <https://forms.osi.apps.mil/r/fkmqNeYulr> **POC:** Abigail Kinder, Community Relations & Media Operations, Minot AFB PA Comm: 701-723-6768, DSN: 453-6768

Caring Edge Hospice Volunteers

Caring Edge Hospice is looking for volunteers to assist with a wide-range of support. It's an honor to be part of our patients' and their families' journeys. Making connections with our amazing hospice team is just one of the many personal and professional rewards you will experience through the gift of volunteering. Our team and our community would like to offer that gift to the Airmen at Minot Air Force Base. **POC:** Shelby Stuckey, Volunteer Coordinator (888) 223-4287 shelby.stuckey@caringedge.com

To have your volunteer opportunity posted, please contact Military & Family Readiness Center (M&FRC) at: 5fss.family.support@us.af.mil



Global Strike Command Reports Initial ICBM PCB Survey Results

AIR FORCE GLOBAL STRIKE COMMAND PUBLIC AFFAIRS

BARKSDALE AIR FORCE BASE, La --

Air Force Global Strike Command is taking immediate measures to clean up and mitigate polychlorinated biphenyls (PCBs) at two locations following the release of initial results as part of the Missile Community Cancer Study.

The intercontinental ballistic missile nuclear alert mission continues unimpeded throughout the cleanup and mitigation, continuing AFGSC's strategic deterrence mission.

A team of bioenvironmental experts reported PCB sampling results from Malmstrom AFB, Montana, Aug. 4, 2023, the first from an extensive sampling of active U.S. intercontinental ballistic missile bases to address specific cancer concerns raised by missile community members across related career fields.

"Based on the initial results from the survey team, which discovered PCB levels above the cleanup threshold designated by law in two of our facilities, I directed Twentieth Air Force to take immediate measures to begin the cleanup process for the affected facilities and mitigate exposure by our Airmen and Guardians to potentially hazardous conditions," Gen. Thomas Bussiere, commander of Air Force Global Strike Command, said. "These measures will stay in place until I am satisfied that we are providing our missile community with a safe and clean work environment."

A team from the U.S. Air Force School of Aerospace Medicine and the Defense Centers for Public Health (USAFSAM-DCPH) conducted air and swipe testing for PCBs and other contaminants at Malmstrom AFB from June 22-29. All air samples from the Launch Control Centers (LCCs) and the Launch Control Support Building were non-detectable for PCBs.

Three hundred surface swipe samples were taken from across all Malmstrom AFB LCCs. Of the swipes, 279 returned non-detectable results. Of the 21 with detectable results, 19 were below the mitigation level established by federal law and regulation.

Results are pending from samples taken at F.E. Warren AFB, Wyoming, and Minot AFB, North Dakota analyzing air and surface tests. Results for completed ground and water samplings from all three ICBM bases are also yet to be finalized. When these results are finalized, the USAFSAM-DCPH team will be able to analyze the results in aggregate to guide a comprehensive and holistic response including recommended actions in the future.

According to the EPA, PCBs are an oily or waxy substance manufactured in the United States from 1929 to 1979, after which they were banned. They were broadly used across industries in electrical, heat transfer, and hydraulic equipment and can persist for long periods in the environment. The EPA considers them a probable human carcinogen.

"I am committed to remaining transparent during this process, and I pledge to continue an open dialogue with Airmen, Guardians, their families and all other stakeholders as the Missile Community Cancer Study continues," said Bussiere.

Gen. Bussiere will be holding another round of townhalls to provide another opportunity for two-way communication between medical experts and the missile community.

More information about PCBs: <https://www.epa.gov/pcbs/learn-about-polychlorinated-biphenyls>

More information about the Missile Community Cancer Study: <https://www.airforcemedicine.af.mil/Resources/Missile-Community-Cancer-Study/>



Gen. Thomas Bussiere (left), commander of Air Force Global Strike Command, briefs Airmen from across the intercontinental ballistic missile community about the initial results from the Missile Community Cancer Study, Barksdale Air Force Base, La., Aug. 7, 2023.

U.S. AIR FORCE PHOTO | CAPT. JOSHUA THOMPSON)

(This photo has been altered for security purposes by covering the computer screen.)

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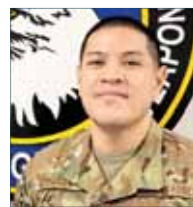
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NOTES ON BEING SAFE

The Second impact is often the deadliest



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Americans love football, hotdogs, apple pie and wearing seat belts. Well, maybe Americans aren't too thrilled about wearing seat belts.

In fact, according to statistics compiled by the Department of Transportation, in 2017 (the most current data year) there were 17,452 fatalities in which restraints were not used, or an average of 349 deaths annually per state.

What many people fail to realize is that during most vehicle accidents, occupants experience two separate impacts. First, there is the initial impact. This occurs when the vehicle hits another object, but this impact alone may not be enough to cause serious harm. The second impact is the culprit behind most car injuries.

Sir Issac Newton's first law of motion comes into play here. Simply put, the law states that every object will remain in motion until acted upon by an outside force, and the results can be deadly.

The second impact occurs inside the vehicle after the force from the initial impact turns the occupants into flying projectiles, slamming them into the dashboard, windshield, or other hardened parts of the interior. Imagine this: A car traveling at 50 miles per hour (MPH) hits a stationary object and comes to a complete and sudden stop. An unbelted occupant and everything inside the car not secured will continue to travel at 50 MPH. Go a step further and compute the force with which the occupant will hit a stationary object inside the car - the vehicle's dash for instance. An occupant weighing 160 lbs traveling at a speed of 50 MPH, the force generated at the point of impact will be 8,000 pounds! Not too many bones in the body can withstand that kind of punishment; you can only imagine the damage to internal organs and soft tissue from a blow of 4 tons. Unlike a vehicle that can be repaired or replaced, the human body isn't easily repaired and is impossible to replace.

Nothing can prevent the second collision; it's a law of physics. The only thing that can be done is to reduce severity. Fortunately, there is a device inside your car that is designed for just that purpose: your seat belt.

The seatbelt wraps across the torso and waist of the driver and passenger to give the body something softer to absorb the impact. It also helps protect your body from being injured by the unyielding hard surfaces of metal and plastic on the inside of your car. Seatbelts keep you behind the

wheel where you can continue to drive and possibly take further evasive action, and also prevent you from being ejected from the vehicle - one of the biggest causes of motor vehicle fatalities.

Many new cars come with airbags and this feature gives some motorists a false sense of security. Airbags are passive devices, not active systems like seatbelts that require your action to latch. Passive can be good, because it's easy, but may not necessarily be as effective. Statistically, fewer injuries and fatalities occur in crashes of vehicles equipped with airbags, (overall, airbags reduce driver deaths by 14 percent and passenger deaths by 11 percent) but the deployment of an airbag alone during a high-speed collision may not be enough to save the life of an unbelted occupant.

Although some new cars offer side airbags, many do not. Dash mounted airbags offer no protection at all from side or rear collisions, only from the front. Supplemental don't offer during roll-overs, either. Wearing a lap belt keeps you anchored to the car seat and your shoulder belt keeps your upper body

from pitching forward and hitting the airbag as it deploys. Remember, airbags are designed to compliment seatbelts, not replace them.

According to the National Highway Traffic Safety Administration, seat belt usage across the United States is on the rise and recently topped 80%. Seat belt compliance rates on most bases is over 99%, but the fact that Airmen continue to lose their lives off base by failing to buckle up suggests that off-base use still has massive room! for improvement. Supervisors are often faced with a tough job changing the ingrained habit patterns of Airmen who may have spent 18 or more years of their lives not wearing seatbelts. Persistence, sincerity, example, and constant awareness are the keys to success.

What choices do we have? Without the belt, people can look forward to skull fractures, facial lacerations, broken teeth, ribs and other nasty internal injuries and in the worst case, even death. The final decision is up to you. I know the choice I'll make. Remember, if the first impact doesn't get you the second one just might.

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WHAT'S GOING ON MAFB

FRIDAY 11

- Thrift Savings Plan for Civilian Employees, 0900-1100, M&FRC
- Theater Camp, 1000-1430, Youth Center
- World's Fare Week, 1030-1330, Dakota Inn Dining Facility
- LinkedIn Workshop, 1300-1500, M&FRC
- EFMP Crafts: Tie Blanket, 1630-1830, Arts & Crafts Center, hosted by M&FRC
- History Walk on the Base, 1800, Minot AFB Library

TUESDAY 15

- Cycle, 0600, Fitness Center
- SNCO Professional Enhancement Seminar, 0800-1630, Professional Development Center
- TAP (VA) Services and Benefits Briefing, 0800-1600, M&FRC
- Monthly Fitness Challenge, 0800, Fitness Center
- Game Day, 1000-1930, Minot AFB Library
- Family Bootcamp, 1000, The Turf, hosted by the Fitness Center
- Magic The Gathering EDH/Commander Night, 1800, ESC
- Zumba, 1800, Fitness Center

FRIDAY 18

- Minot AFB Murder Mystery Game 1989 Ends, Minot AFB Library
- SNCO Professional Enhancement Seminar, 0800-1630, Professional Development Center
- TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- Monthly Fitness Challenge, 1800, Fitness Center

SATURDAY 12

- Bats & Brats Softball Tournament, 0800, Softball Fields, hosted by Fitness Center
- Star & Stripes Scramble, 0900, Rough Rider Golf Course
- Baby & Me Storytime, 1100, Minot AFB Library
- Zumba, 1100, Fitness Center
- Theater Camp Performance, 1730, Youth Center

SATURDAY 19

- Summer Reading Program Ends, Minot AFB Library
- Summer Reading Program Squadron Contest Ends, Minot AFB Library
- Club Championship, 0800, Rough Rider Golf Course
- Zumba, 1100, Fitness Center
- Summer Reading Program Wrap-Up Party, 1300, Minot AFB Library

SUNDAY 13

- Zumba, 1400, Fitness Center

WEDNESDAY 16

- SNCO Professional Enhancement Seminar, 0800-1630, Professional Development Center
- TAP (DoL) Overview, 0800-1600, M&FRC
- Monthly Fitness Challenge, 0800, Fitness Center
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- Storytime, 1030, Minot AFB Library
- DIY Epoxy Cutting Board Class, 1730-1930, Arts & Crafts Center
- Zumba, 1730, Fitness Center
- Fighting Game Night, 1800, ESC
- Yoga, 1830, Fitness Center

THURSDAY 17

- Cycle, 0600, Fitness Center
- SNCO Professional Enhancement Seminar, 0800-1630, Professional Development Center
- TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- Monthly Fitness Challenge, 0800, Fitness Center
- Pre-Separation Counseling, 0830-1130, M&FRC
- Family Bootcamp, 1000, The Turf, hosted by the Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- OSI Recruitment Briefing, 1500, Professional Development Center
- Craft Club, 1800, Minot AFB Library
- Zumba, 1800, Fitness Center

MONDAY 14

- SNCO Professional Enhancement Seminar, 0800-1630, Professional Development Center
- TAP Overview, 0800-1600, M&FRC
- Monthly Fitness Challenge, 0800, Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Palace Chase/Front Briefing, 1400, Professional Development Center
- Craft Club, 1800, Minot AFB Library

AUG SPECIALS

Bomber Bistro **Chicken Alfredo**
Grilled chicken enveloped in creamy alfredo sauce and parmesan cheese with a slice of garlic bread.

The B-Fifty Brew **Hello Kitty Frappuccino**
Strawberry white mocha Frappuccino blended with dragon fruit and topped with whipped cream, strawberry, and mocha drizzle.

Rockers Bar & Grill **Carolina Pulled Pork**
House smoked tender pulled pork served with coleslaw and a side of bbq sauce.

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