

northern sentry

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WHATS INSIDE THIS WEEK:



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Welcome Home BOMBER BARONS



Airmen from the 5th Bomb Wing walk-off a bus after returning from a Bomber Task Force mission at Minot Air Force Base, North Dakota, July 24, 2023. The Airmen spent six weeks in Guam in support of Bomber Task Force missions. See page A2 & A3 for more on the deployment and return home.

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A Global Mission 23rd Bomb Squadron Returns

ROD WILSON, NORTHERN SENTRY

For Lt. Col Ryan Loucks, 23rd Bomb Squadron Commander at Minot Air Force Base, the deployment of a Bomber Task Force is important. "Being in the Indo-Pacific with a Bomber Task Force allows our forces to showcase our ability to deploy anytime, anywhere, in support of the combatant commander's objectives," he explained.

However, gathered at the Minot International Airport on Monday was a group of Minot Air Force Base and Team Minot officials ready to welcome back those who were deployed to Andersen Air Force Base in Guam. "Sometimes we get a lot of notice, and sometimes we get very little. But in either case we are ready to go," according to Loucks, and from the smiles of those who were deplaning from the over 15-hour trip from Guam to Minot, the deployed personnel were ready to come home.

Last week the B-52 bombers returned to Minot AFB from Guam, and today the support personnel from the Bomber Task Force arrived home and were greeted by family and friends. "Today we are bringing home some of our warfighters who have spent the last month plus in the Pacific Theater for Bomber Task Force Pacific," said Loucks. "We had a chance to train with our joint forces in the region, and our allies as well. The Bomber Task Force gives us the best training, training that we can't get here in the United States. We

were also there doing messaging for our strategic deterrent."

As the first of the BTF personnel began to deplane, there was a round of applause from the many people on hand to share a fist bump and a smile with each and every person on the plane. At the front of the line was 5th Bomb Wing Commander Col. Daniel Hoadley.

For the civic leaders from Task Force 21, "It was a way to show our support for all of those people on the plane," according to Task Force 21 member Jason Zimmerman. "It's really important to show them that we care."

Lt. Col Loucks offered some final words about the deployment as well. "We are really happy to welcome the team members home. We've been out there for over a month. There are long days working out on the flight line and getting the aircraft ready to go. We had outstanding integration with our allies and our partners. We flew quite a few sorties and we got a lot of training taken care of, and we're happy to get them back. Bomber Task Force proves that we can project long range air power to any theater, at any time, and at a time and place of our choosing. We assure our allies, but more important we assure our adversaries that we can do it."

Members of the Bomber Task Force will now get time off to be with their family and friends, which, according to Loucks, is "something they certainly deserve."



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Barons return home following Bomber Task Force deployment

TECH SGT. ZADE VADNAIS, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D.

The 23rd Bomb Squadron's world-famous "Bomber Barons" returned home from their most recent Bomber Task Force deployment to Andersen Air Force Base, Guam, July 24.

The contingent, composed of approximately 280 Airmen and four B-52H Stratofortress, logged hundreds of flight hours from dozens of sorties within the U.S. Indo-Pacific Command area of responsibility during the six-week deployment. The BTF also provided an opportunity for the squadron's aircrews, maintainers and support personnel to integrate with various allies and partners present in the region for unrelated military exercises.

"BTF is the way U.S. Strategic Command presents forces through U.S. Air Force Global Strike Command so that we can move anywhere in the world, into any theater with a small footprint and very limited notice," explained Lt. Col. Ryan Loucks, 23rd Bomb Squadron BTF commander. "It allows us to be strategically predictable yet operationally unpredictable."

Strategic bomber missions like BTFs enhance the readiness and training necessary to respond to any potential crisis or challenge across the globe. Additionally, these deployments demonstrate the credibility of USSTRATCOM forces to address a global security environment that is more diverse

and uncertain than at any other time in recent history.

"Our goal when we execute BTFs is to make sure we can prove bomber airpower is synonymous with any theater," said Loucks. "We can be plugged into any theater, working directly for the combatant command and we can execute that combatant command's objectives on call to make sure we're ready to train and fight tonight wherever we might end up."

The deployment also marked the first time a U.S. B-52H Stratofortress landed on and operated from Indonesian soil. Two aircraft and approximately 60 Airmen supporting the BTF forward

deployed to Medan, Indonesia, where they sustained bomber operations for five days, resulting in unprecedented integration with Indonesian Air Force personnel in the air and on the ground.

"I am extremely proud of our aircrew and our maintainers, the entire world-famous bomber baron contingent that we brought out here to execute the mission," said Loucks. "We've flown countless hours, we've integrated with multiple different platforms, joint partners and other partners in the area, and we've emerged from this BTF better than we started. I couldn't be more proud to lead this amazing team."



Airmen assigned to the 5th Bomb Wing return from a Bomber Task Force deployment at Minot Air Force Base, North Dakota, July 24, 2023. BTF missions demonstrate the credibility of our forces to address a global security environment that is more diverse and uncertain than at any other time in recent history.



Airmen assigned to the 5th Bomb Wing collect their luggage upon returning from a Bomber Task Force mission at Minot Air Force Base, North Dakota, July 24, 2023. U.S. Strategic Command BTF missions provide opportunities to train and work with allies and partners in joint and coalition operations and exercises.



Airmen from the 5th Bomb Wing help unload the luggage upon returning from a Bomber Task Force deployment at Minot Air Force Base, North Dakota, July 24, 2023. The Bomber Task Force mission to improve the preparedness and training necessary to respond to any potential crisis around the globe.

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The Way It Should Be

An estimated 50-100 people were gathered on the commercial aviation apron at the Minot International Airport, turning their eyes to the sky intermittently, looking to catch a glimpse of a plane carrying members of the recently completed Indo-Pacific Bomber Task Force.

Monday's Welcome Home celebration was certainly not unique, as there have been several Bomber Task Forces over the past two years, but I am hoping it made an impact on both the returning military personnel and the various civic leaders gathered on a warm, sunny morning.

For those military personnel who arrived on a Boeing 767 after a long, 15 hour trip from Guam to Minot, I hope that when they looked out their windows they were impressed with not only the leadership of Minot Air Force base, including 5th Bomb Wing Commander Col Daniel Hoadley, but Minot Mayor Tom Ross, and several members of Task Force 21, waiting to greet them after their one month deployment.

For those of us on the ground

waiting for the arrival of the contingent of support personnel, we were able to show our support with a round of applause for those who were first off of the plane, and then follow with a fist bump and smile to each and every team member. After they departed the plane, they loaded busses and headed for Minot AFB and more welcome home greetings from friends, co-workers and of course family members.

I began to think about the importance of welcoming home task force members; I mean giving them the welcome home they deserve. Being deployed is "part of the job" for many of those who serve in our military. Lt. Col Loucks of the 23rd Bomber Barons, and I had a short conversation about deployments. The BTF deployments are normally about a month, but the length of the deployment is not guaranteed. Families at home expect about a month, and probably prepare for a month of being separated from their family member, but I am sure in the back of their mind they think "what if?"

As a member of the Minot

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**A VIEW FROM
OUR SIDE**
 ROD WILSON



media community, the Northern Sentry does our very best to cover the Bomber Task Force missions, distributing details of the missions given to us by Minot Air Force Base Public Affairs personnel. Both the deployment and return of the personnel is fairly fluid. You can imagine how departure and flying times can change due to weather and equipment malfunctions. Still, it would be nice if the Welcome Home celebration on Monday was repeated for every significant deployment from Minot Air Force Base. There can be nothing better than feeling welcomed and appreciated.

Of course, the very mission sensitive military information of many deployments is probably not going to allow my dream of grandiose Welcome Home celebrations for everyone to come

true. But when we do have the advanced notice and are able to provide a Welcome Home celebration that could include people from the Minot Community, wouldn't it be great, and more important, wouldn't it be well deserved?

BEST KEPT SECRETS

If you are a "motor-head", mark your calendars for Labor Day weekend, and Motor Magic on the ND State Fairgrounds in Minot. The weekend is loaded with racing events and car displays. For more information check out motormagic.net.

TODAY'S CHUCKLE

Some people need to turn over a new leaf, and others had better get out the rake and bushel basket.



SLICE OF LIFE
 KIM FUNDINGSLAND

It was a day to remember, no doubt about that, from staring down the barrel of a state trooper's handgun to having a steak with man destined for prison.

Okay, I know. You are wondering what kind of goofy story is this guy writing about. Well, what follows is a real "this happened to me" right here in North Dakota. Not on a dark and stormy night either. It was late afternoon in sweltering heat.

I was driving from Minot to Bismarck where I was scheduled to do a portrayal of Lt. Col. George Custer for a most prestigious group - the attorneys general from all 50 states. That is, is they all showed up. Their staff and assistants too.

While driving on the river road not far from Bismarck I was pulled over by the Highway Patrol. I was clocked at seven miles per hour over the speed limit in a restricted zone. Guilty.

The patrolman asked for my

driver's license and returned to his patrol vehicle to run a check on me. Checking the time, I realized I might be late for my appearance with the attorneys general and thought I could save some time by getting into my 1870s apparel.

I got out of my pickup, opened the topper, and let down the tailgate. Because it was so darn hot out, I had left town wearing gym shorts and tennis shoes. It was much more comfortable than wool pants, shirt, and the buckskin jacket in which I was now getting dressed in order to save a few minutes.

There I was, seated on the tailgate, pulling on high top boots, smiling, and thinking how much time I was saving. With the boots on I stood up, reached into the back of the pickup and grabbed my holster and cartridge belt. Uh-oh. I'd forgotten about the state trooper.

I looked up just as he was calling for backup. He was crouched behind an open driver's door with his pistol leveled at me. I was still buckling my belt when he instructed, loud and firmly, "Don't move!"

I froze, realizing how dumb I was to strap on a holster in the midst of a traffic stop. I had some explaining to do and got to it. Fortunately, the trooper believed my "reenactor" story, especially after seeing that my flap holster was empty. I apologized, we both relaxed, and

he sent me on my way with just a speeding ticket.

Anyway, I was now fully dressed for my appearance at Fort Abraham Lincoln and back on schedule. Knowing I could never be too prepared for such a well-educated group, I was still rehearsing some lines for my presentation when I arrived at the fort.

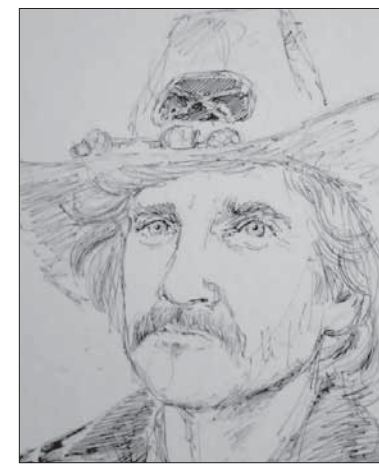
My talk, which was focused on the history of Fort Lincoln and the Bismarck area, was to precede a pitchfork fondue steak dinner on the parade ground. I stepped out of character for a few minutes to tell the AG's about my state trooper encounter. They had a good laugh.

When my presentation was complete and food was being placed on the tables, I was approached by a tall fellow with a distinct southern drawl. He said, most pleasantly, "Mr. Custer, you come sit with us."

I happily obliged. A few moments later I felt like a guest of honor of sorts, eating steak with the attorney general of Louisiana and his rather large staff. At some point the man who invited me to join them leaned over and said, "We're on the first floor. Next year, when he's governor, we'll be on the third floor."

Wow. Interesting. I was in the company of the next governor of Louisiana. He had an election to win, but the confidence in the outcome radiated from that table.

Trouble and Attorneys General



The author on the set of Dances with Wolves.

I was even invited to Louisiana for the victory party.

Curious, I asked the man who extended my invitation what it was that he did for the attorney general. His reply was a classic. "I don't have no job. I'm a government official. I just make people feel good. Next week we're going to Hawaii."

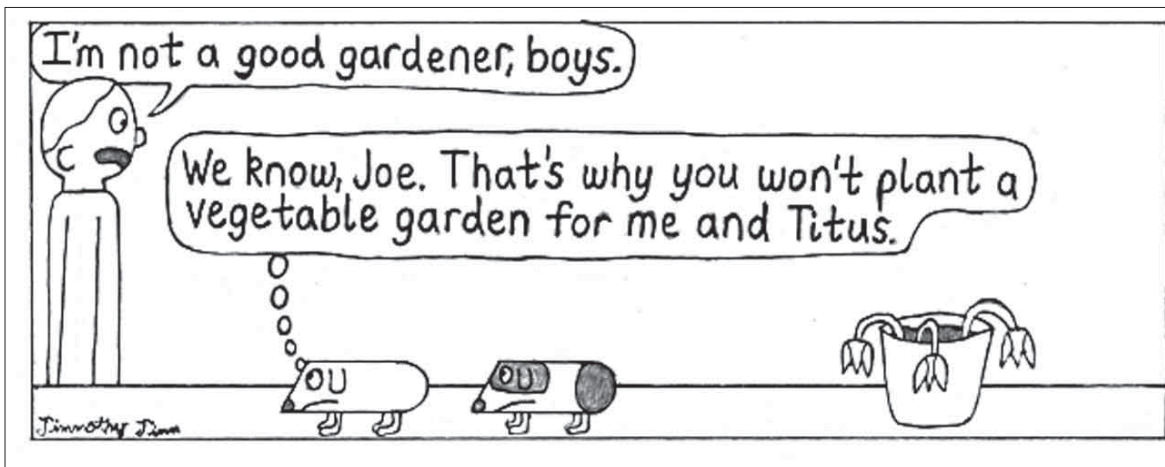
That, in a nutshell, was my introduction to Southern politics, at least in Louisiana several years ago. That attorney general was later criminally charged with a felony and was facing prison time. He was never elected governor of Louisiana.

Quite a day.

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.

For the Love of Tots



SHE'S NOT FROM AROUND HERE
AMY ALLENDER

Is that a weird opener? To be honest, I've been battling a bit of writer's block. I've sat in front of my laptop for an embarrassingly long stretch—typing and deleting paragraphs. It's summer, it's fair time, back to school supplies are appearing on shelves. I could talk about any of those things, and maybe I will in the future.

But, my mind keeps coming back to tater tots.

Last week my family went to our first ever Minot Hot Tots game. From start to finish, we had a great time. Perfect weather. Great seats. Good hits. Delightful food. Everything a typical baseball game should be.

Except for one thing: The tater tots.

Obviously the mascot of the Minot Hot Tots is a tater tot. That in itself is a bit "niche." But, it's taken a step further by serving tater tot hotdish as a concession. I'm not from around here, but I'll assure you other stadiums are not serving casseroles (yes, I said it casserole) as game-day fare.

All the tot imagery got me reminiscing about how much NoDak locals love their tots.

My first inkling that there was a special connection between North Dakotans and tater tots came way back in 2012 when I had first moved to Minot (for the first time.) The military-contracted moving crew had spent the day hauling all our worldly possessions into our newly purchased home.

As dinnertime closed in I gathered the crew up and told them I'd be ordering dinner for everyone. Being new in town I asked what they wanted—open to easy suggestions. "Go to Taco John's for six-pack-and-a-pound. It's cheap and easy," said the leader.

"Okay. Like a six-pack of tacos? And a pound of what?" I asked.

"Yeah—it's tacos and a pound of José Olés." Upon seeing my confused face he added, "José Olés are like tater tots." Another pause in which he must have seen me pondering tater tots with tacos, he said, "They're good. Everybody likes tater tots, right?"

Then we all laughed, because I suppose most people do like tater tots. But young, naive Amy had



When I told friends we were coming to the game, they all said the same thing: You've gotta get the tater tots.

AMY ALLENDER PHOTO

no idea how much North Dakotans could truly enjoy their tots. I had no way of knowing how important this food was to the local culture, or how hard I'd fall for tater tots myself.

As the years moved on, I realized how deep the affection for tater tots runs deep. There was the first time I ate Tater Tot Hot Dish at a potluck, and was quickly reprimanded for calling it a "casserole." And the appalled look I got when I told someone my husband's family makes a version of it, but calls it Alpo—after the dog food, because that's what it looks like.

Or the time I told a local I'd never made tater tot hotdish, at which they immediately replied, "Oh, it's so easy! And you always have what you need to make it on hand—so it's perfect when you don't know what else to have for dinner..." Then, she recited the whole recipe by heart.

I didn't have the heart to tell her that my not-from-around-here kitchen isn't regularly stocked with frozen tots and cream of mushroom soup.

Let's not forget that time there was a small train derailment and the news story was pretty vague, except for the explicit detail that the cars affected had been carrying tater tots. If there was ever a newsworthy detail—that is it.

Lastly, no conversation about tots is complete without recalling impending blizzards. If strong

winter weather is predicted, don't casually go to the store expecting to find cream of mushroom soup (make that any "cream-of" soup,) or frozen tater tots. The locals will have beaten you to it. Shelves will be bare. Because if it's a blizzard, it's got to be tater tot hotdish. Nothing else will suffice.

All this to say, we had a great time at the Hot Tots game. I ate heaping plates of tater tot hotdish, and loved every bite, while I reflected on my own journey from casseroler to hotdisher. From tater-tots-are-okay to tater-tots-are-a-mainstay.

I love the people of North Dakota—affinity for tots included. And as much as I poke fun at the locals for loving tots—as a local to Northern Indiana, my own oddly-strong affection comes out when corn is mentioned. Indiana's corn really is the best, and corn can be added to just about anything. Wait, I'm spiraling. We all have our passions.

I'll never tire of watching humanity unfold up here in HotDish Land. As many days as I have to spend here, I'll count them all as good, magical in the quirkiest way possible.

To connect with me, catch tips on Minot living, and building a mindset that promotes joy, peace, and contentment, join me on Instagram (@amy_allender) and Facebook (@amyallenderblog).



This is an actual grocery shelf when severe winter weather was predicted. Luckily, I was only there to pick up bread.

AMY ALLENDER PHOTO



We went to our first Hot Tots game last week, and it brought back a flood of memories about the affinity North Dakotans have for tots.

AMY ALLENDER PHOTO

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UPSIDE DOWN UNDER
MARVIN BAKER

Welcome to the North Dakota State Fair...

It seems that every year, just before the North Dakota State Fair kicks off, there are construction zones everywhere. In fact, all we have to say is “state fair’s coming to town,” and others know exactly what it means.

When I first moved to this area of the state in 2000, it seemed like a coincidence that all this construction in the city of Minot was going on immediately before and during the fair. It continued year after year and actually ramped up.

You can’t help but wonder why, when hundreds of thousands of people come to Minot, or want to, that all this construction is taking place? I’m no expert, but there’s little doubt in my mind that most of those projects could wait an extra nine days to get started and/or finished.

Or, the other option would be to shorten the construction zone so less traffic is snarled in the process.

But, just like in past years and being in Minot two days before the 2023 fair started, it seemed like every turn had a construction project going on. Oh, but it doesn’t stop there. Several highways leading into Minot had construction as well.

In recent years I’ve had the chance to travel to nearby states, not on state fair dates, but during the summer and I haven’t seen construction projects like this, not even close.

Nebraska, Kansas, Colorado, Missouri, Iowa, Illinois, Wyoming and Wisconsin didn’t have projects like North Dakota, South Dakota and Minnesota. Why is it different here?

More specifically, Wichita, Denver, Springfield, Mo., LaCrosse, Cheyenne, Council Bluffs and even the part of Chicago we drove through were spared of road construction. Is that a coincidence?

It begs the question, do those other states do a better job of building and repairing their roads, do they get better funding to use better materials, or do our crews in North Dakota, South Dakota

and Minnesota just quickly put it together knowing they’ll be right back there the next summer doing the same thing?

You can’t blame it on traffic wear and tear because there are parts of North Dakota and South Dakota in which population is quite sparse, so that wouldn’t hold up when comparing to construction on I-94 in southern Minnesota.

I will admit that in the states I mentioned Illinois has some toll roads, as does Wichita and Denver, so tolls and taxes together translate to more funding for these types of projects. But the rest do not.

One of the things that worries me and I’m thinking is beginning to worry a lot of people who visit Minot often, especially during the state fair, is they are getting tired of fighting with the construction and would just as soon stay away.

The North Dakota State Fair is an awesome event and has been for many years. It’s my opinion that everyone in North Dakota should go at least once to experience the excitement of it all.

And as fair officials continue to look for better ways to draw

larger attendance, they’ve largely succeeded in that, while the city of Minot of Minot appears to continue to create traffic deterrents.

We also know this. Large numbers of people from Manitoba and Saskatchewan visited the fair until Covid hit us. But now, three years on, we’re beginning to see a lot of Saskatchewan, Manitoba and even Alberta license plates in various places in Minot and certainly at the fairgrounds.

More of our Canadian friends want to come to the United States, to Minot, to the North Dakota State Fair. They are seeking a good experience, let’s provide that for them!

A lot of people from Fargo, Wahpeton, Valley City and Mayville also want to come to the North Dakota State Fair. But why drive to Minot when they can just go to Fargo and enjoy the Red River Valley Fair sans construction?

Perhaps the state fair officials and city officials should work together and come to some kind of a compromise for those days of the fair. Should that happen,

I guarantee attendance at the state fair would increase whether there’s a Jelly Roll concert or not.

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TECH. SGT. HEATHER SALAZAR, 509TH BOMB WING

JOINT BASE ELMENDORF-RICHARDSON, Alaska -- Elements of three different bomber task forces from Air Force Global Strike Command integrated in a joint mission at Joint Base Elmendorf-Richardson, Alaska, July 18-19.

Bomber task force missions, or BTFs, are cross-command missions directed by U.S. Strategic Command.

"As a force provider, how we deliver bomber airpower has a definite strategic impact to all operations across the spectrum of conflict," said Maj. Gen. Andrew Gebara, 8th Air Force and Joint-Global Strike Operations Center commander.

Together, U.S. Strategic Command works regularly with other geographic commands to conduct training and missions to help maintain global stability and security. By demonstrating the capability to operate in different environments, Airmen are provided an opportunity to prepare for a variety of scenarios.

This capability is a component of agile combat employment, or ACE, and is a key operating concept for how the U.S. Air Force meets current challenges.

"The bombers seen here today are proof of our reach and flexibility as they arrived from different areas of responsibility to a location we do not routinely occupy," said Gebara, who

observed the onsite bomber teams.

For this mission, Airmen employed the bomber ACE concept to generate bombers from widespread home stations: Dyess Air Force Base, Texas; Minot Air Force Base, North Dakota; and Whiteman Air Force Base, Missouri. The bomb wings converged at a notional forward operating base in Alaska where they synchronized efforts as a force package to practice interoperability and mass bombers. The expanding operational teaming between all three U.S. bomber platforms gives theater commanders a wider range of options and more flexibility in employing B-2, B-1, and B-52 in future warfighting conditions.

Representing the air-leg of the U.S. nuclear triad, the strategic bomber force is the most agile and visible leg of the triad and are prepared 24/7 to deter attacks against the U.S. and our Allies and partners.

"Routine bomber missions enable crew readiness to employ lethal capabilities at a moment's notice," said Gen. Ken Wilsbach, Pacific Air Forces commander. "And we do this alongside our Allies and partners to demonstrate a shared commitment to stability in the Indo-Pacific region."

Bombers routinely operate within the Indo-Pacific region,

the fastest growing region on the planet, to strengthen our commitment to our Allies and partners. By maintaining a proactive and reactive operational scheme, the bomber force can maneuver to meet threats and continue to generate combat power to mitigate and deter adversarial efforts.

As a scalable force ready for world-wide employment, the bomber force can be employed as a single bomber or up to a fleet of dozens, to meet and augment operations in a variety of situations.

"Pacific Air Forces routinely exercises the ACE concept to ensure we can move forces fluidly across theaters of operations," said Wilsbach. "To enhance that capability within our bomber force is crucial to ensuring we can provide a credible, effective deterrent and respond to any crisis across the globe."

U.S. Indo-Pacific Command actively implements a combat credible deterrence strategy capable of denying our adversaries sustained air and sea dominance by posturing the Joint Force to win before fighting begins. Operating together, U.S. Indo-Pacific Command and U.S. Strategic Command, along with regional Allies and partners, are ready to fight and win, if required.



A B-52H Stratofortresses assigned to the 69th Bomb Squadron from Minot Air Force Base, North Dakota, is parked at the parking apron in support of a bomber Agile Combat Employment exercise at Joint Base Elmendorf-Richardson, Alaska, July 14, 2023. The ACE exercise aims to enhance interoperability and build enduring relationships with Allies and partners.



B-52H Stratofortress assigned to the 69th Bomb Squadron, from Minot Air Force Base, North Dakota, lands at Joint Base Elmendorf-Richardson, Alaska, as part of a bomber Agile Combat Employment exercise on July 17, 2023. ACE tests our readiness to confront uncertainty and ensure we maintain a safe, secure, effective and ready bomber force.

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN ZACHARY WRIGHT

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Feeling Thrifty?

BRIANNA LOW, NORTHERN SENTRY

Alright Minot AFB, I know we military families love a good bargain on some great stuff! Which is why I NEED to tell you about the reopening of the Thrift Store and Cinderella's Boutique on August 1st! These two are gems I found early on in my time here at Minot and was surprised to find that not a lot of people know about them. Both of these spots are located at 220 Peacekeeper Place - the same building as the post office and share the hallway with the Airman's Attic. The great thing about these two places is that they are strictly here to benefit the base community. Let's start with the Thrift Store. It is run by the Minot Air Force Base Spouses club and all the money made by the store is donated back

to the base in various ways. For example, some of the funds go to the Air Force Ball, scholarships and the reading programs at the library. Did you know that any private organization on base can request funds from the club for events? What an awesome resource! They recently closed for the month of July to do a revamp of the entire store and switch out their inventory to completely new items. With over 500 pounds of donations, safe to say this store is going to be opening with some great new items! And even better, each week a specific colored tag will be half off. Whether it be to donate for others during a PCS clean out, or to look for some thrifty finds, this is definitely a must see stop

at MAFB. As you know, I am a military spouse myself. I have attended balls, ALS graduations, promotions, and more. It is always such a struggle to find the right dress for all the occasions and is never budget friendly. That's where Cinderella's Boutique comes in. With over 300 dresses in all different sizes and styles, you can find the perfect dress for any occasion. This is available for anyone affiliated with the military- including retirees! The only cost to you is to have the dress dry cleaned at the end of the event. Make sure to stop by and check out the supply for the Air Force Ball coming in September!



The Thrift Store located at 220 Peacekeeper Place.



Cinderella Boutique located across the hall from the Airmen's Attic.

NOTES ON BEING SAFE

The Second impact is often the deadliest



SSGT JOE VERGARA
5TH BOMB WING
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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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Hemp, CBD, THC8, THC9, and Marijuana

MINOT AIR FORCE BASE STAFF JUDGE ADVOCATE

The possession, distribution, and/or ingestion of hemp products, cannabidiol (CBD), delta-8-tetrahydrocannabinol (THC8), delta-9-tetrahydrocannabinol (THC9), and marijuana are illegal in the military and are cause for discharge from the United States Air Force. Use of these substances is preventable and has real consequences. This article focuses on THC8 and THC9 and is intended to provide transparency and education concerning its consequences.

WHAT IS THC8?

THC8 is an isomer (two molecules with the same formula but different structure) of THC9. THC9 is the molecule that is the source of marijuana's inebriating effect. THC8 exists naturally in the cannabis plant, but at very low levels. THC8, such as that available for purchase at local vape and smoke shops, is often produced through synthetic conversion of hemp-derived CBD. THC8 is a psychoactive cannabinoid that causes users to experience a level of euphoria like that of THC9; thus, is considered an intoxicating substance.

WHAT IS THC9?

THC9 is the cannabinoid molecule in marijuana. It is the main

psychoactive ingredient that causes a user to experience a euphoric sensation. The use of THC9 stimulates the release of dopamine in the brain which causes effects on the user's body. Like THC8, it is also considered an intoxicating substance.

LAW AND REGULATION

Article 112a, Uniform Code of Military Justice (UCMJ), codified at 10 USC 912a, prohibits the wrongful use, possession, and distribution of marijuana and its derivatives. Under Article 112a, UCMJ, "Use" means to inject, ingest, inhale, or otherwise introduce into the human body, any controlled substance. "Use" includes such acts as smoking, sniffing, eating, drinking, or injecting. "Possess" means to exercise control over something.

Similarly, DAFMAN 44-197, *Military Drug Demand Reduction Program*, dated 23 September 2022, paragraph 1.2.2.1, prohibits "the use of products containing, or products derived from hemp, including but not limited to delta-8-tetrahydrocannabinol (delta-8-THC) and cannabidiol (CBD)" and "Failure . . . to comply . . . is a violation of Article 92, UCMJ." Ingestion of hemp products, CBD, THC8, THC9, and marijuana can

be punished under both Article 112a, UCMJ, and Article 92, UCMJ. Article 92, UCMJ, prohibits violations of lawful general orders, failures to obey lawful orders, and derelictions of duty. Moreover, lack of knowledge of general orders is not a defense: "Knowledge of a general order or regulation need not be alleged or proved as knowledge is not an element of this offense and a lack of knowledge does not constitute a defense."

CONSEQUENCES

Commanders retain full discretion over administrative, nonjudicial, and judicial action under the UCMJ and Air Force regulations.

Under Article 15 of the UCMJ, codified at 10 USC 815, a commander may impose nonjudicial punishment on members of their command for violations of the UCMJ. Nonjudicial punishment provides commanders with an essential and prompt means of maintaining good order and discipline outside of the court-martial process. It is intended to promote positive behavior changes in service members without the stigma of a court-martial conviction. The punishment reflects the commander's determination of an appropriate punishment after considering the circumstances of the

offense and the member's record. The maximum punishment for an Article 15 action depends on the rank of the member being punished and the rank of the officer imposing punishment. Typical punishments include, but are not limited to, reduction in rank, forfeiture of pay, extra duty, restriction to base, or a reprimand.

Under Article 112a, UCMJ, the maximum punishment for wrongful use and possession of marijuana and its derivatives is a dishonorable discharge, 2-5 years of confinement, reduction to E-1, and forfeiture of all pay and allowances. Under Article 92, UCMJ, the maximum punishment for violations of lawful general orders is a dishonorable discharge, 2 years of confinement, reduction to E-1, and forfeiture of all pay and allowances.

Finally, under DAFI 36-3211, *Military Separations*, dated 24 June 2022, paragraph 7.43, "Drug abuse is incompatible with military service and members who abuse drugs one or more times are subject to discharge for misconduct." In accordance with paragraph 7.43.1, "Drug abuse for purposes of this regulation is the illegal, wrongful, or improper use, possession, sale, transfer, or introduction onto a

military installation of any drug . . . and any intoxicating substance, other than alcohol or tobacco." Thus, ingestion of hemp products, CBD, THC8, THC9, and marijuana is cause for discharge.

CONCLUSION

The bottom line is that possession, distribution, and/or ingestion of hemp products, CBD, THC8, THC9, and marijuana is illegal and carries serious consequences. While these products might not be illegal under state law, they remain illegal for military members. Thus, military members must exercise extreme caution with regard to the products they purchase and ingest. Just because a product can be purchased locally does not mean that product is legal for use by military members. In the past year, cases across team Minot involving drug abuse resulted in serious consequences: 40 resulted in discharge, 47 resulted in nonjudicial punishment, and 5 resulted in a court-martial conviction.

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AFGSC CHIEF VISITS MINOT AFB



Chief Master Sgt. Melvina Smith, Air Force Global Strike command chief, is greeted by Chief Master Sgt. Ernest Crider, 91st Missile Wing command chief Friday June 13, 2023 at Minot Air Force Base, North Dakota. During Smith's visit she spoke to Minot unit chiefs and first sergeants discussing various topics such as quality of life issues, Airmen welfare and overall readiness.



Chief Master Sgt. Melvina Smith, Air Force Global Strike Command command chief, speaks to group chiefs and first sergeants June 13, 2023 at Minot Air Force Base, North Dakota. Smith is the senior enlisted leader responsible to the commander on matters concerning the welfare of the command's Airmen, which includes 33,700 professionals operating at two Numbered Air Forces and eleven active duty, Air National Guard, and Air Force Reserve wings.



Chief Master Sgt. Melvina Smith, Air Force Global Strike command chief, speaks to group chiefs from Minot Air Force Base Friday June 13, 2023 at Minot Air Force Base, North Dakota. Smith is the Command Chief Master Sergeant for Air Force Global Strike Command (AFGSC), and Air Forces Strategic-Air, headquartered at Barksdale Air Force Base, Louisiana. The AFGSC mission is to develop, equip and provide combat-ready forces for nuclear deterrence and global strike operations supporting the initiatives of United States Strategic Command and other geographic combatant commands.



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



Chief Master Sgt. Melvina Smith, Air Force Global Strike command chief, speaks to senior enlisted leadership Friday June 13, 2023 at Minot Air Force Base, North Dakota. Smith is the Command Chief Master Sergeant for Air Force Global Strike Command (AFGSC), and Air Forces Strategic-Air, headquartered at Barksdale Air Force Base, Louisiana. The AFGSC mission is to develop, equip and provide combat-ready forces for nuclear deterrence and global strike operations supporting the initiatives of United States Strategic Command and other geographic combatant commands.

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<p style="font-weight: bold; color: #e67e22;">28 Tastes & Taps</p> <p style="font-size: 0.7em;">1603 35th Ave SW Minot Phone: 701.838.2828 FB: 28 Tastes & Taps</p>	<p style="font-weight: bold; color: #e67e22;">Culver's Restaurant</p> <p style="font-size: 0.7em;">3000 S Broadway, Minot Phone: 701.852.4800 www.culvers.com</p>	<p style="font-weight: bold; color: #e67e22;">Ironhorse Kitchen + Bar</p> <p style="font-size: 0.7em;">21 E Central Avenue, Minot Phone: 701.852.8183 FB: Ironhorse Kitchen + Bar Minot</p>
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Wow, North Dakota State Fair!

BRIANNA LOW, NORTHERN SENTRY

I grew up in a small town like Minot. We had Fourth of July celebrations, and state fairs. I thought I knew what to expect when I moved to small town Minot with their state fair. I couldn't have been more wrong. I thought it would be small with hometown performers, a few vendors from around the state and a few food trucks with carnival food. I did not expect for the entire fairgrounds to be filled to the brim with activities, exhibits, animals, rides, food and more!

As of today, we have gone to the fair twice. Our first trip was on Saturday to watch the parade and explore the fair. Let me just say, I cannot believe that the state of North Dakota puts together a THREE HOUR long parade! We saw every type of truck, tractor and even a helicopter- both on a float and in the air thanks to Trinity Health.

My tips for those going next year:
1. Park in the free fair parking, grab your gate pass and walk through the fair to Gate E and set up for the parade right outside the fair. This is an easy way to save on parking and have access to the parade and fair.

2. Bring some type of bag for candy! We were given enough candy to last us until next year and we're very thankful to Century 21 for the free drawstring bag they gave during the parade to hold it all at the end.

3. Sunscreen, chairs, water, and wipes (a lot of freezer pops were given and little hands were very sticky) are a necessity!

Our next trip was for Military Appreciation Day on Tuesday. We started with the free luncheon

which was absolutely delicious! We were given beef sandwiches and hot dogs. A huge thank you to all the sponsors and volunteers that put this together, we are so grateful! I heard so many people say how nice it was to have this set up and how surprised they were at the food selection and kindness of the volunteers around us.

Next stop was the rides for the free military access from 1-3. This was by far our favorite part of the fair. My son loved the fun zone. Most rides are for 36" and up, with some still requiring an adult. I saw many smaller kids be disappointed so for all you baby parents out there, avoid this area with them to save you the tears. Instead head over to the livestock area where you can see everything from bunnies to cows.

Now Tuesday was a very hot day! So, if you find yourself needing to cool down in the coming days at the fairgrounds, head to the 4H Exhibits at the State Fair Center which showcases youth contest

entries for science, art, agriculture and more. All with the joy of air conditioning!

A few other gems we found that you can't miss:

1. The Birdman Show at Stage 8: this is a free show with a variety of exotic birds from around the world on display. The host was very knowledgeable and made sure the show was enjoyable for everyone.

2. The iFlip show at Stage 5: This show was such a fun time to watch and it was crazy how high they were able to jump!

3. Daryl's Pig Race at Stage 4: This was hilarious and enjoyable for all the family!

4. Fur Traders Rendezvous: This was a nice calming moment with a toddler to walk around and see all the old methods of blacksmiths, fire arms, and more.

After two visits, I am still wanting to go back to see all that I haven't seen yet! Go and have some fun Minot! The Fair will definitely deliver.



Los Moralitos Circus, free every day at Stage 9!



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NORTH DAKOTA STATE FAIR PHOTOS



2023 North Dakota State Fair Parade!

COMING UP AT THE BALLPARK



July 29-30: Come out to Corbett Field for our last two games before the ALL-STAR break against the Rochester Honkers! This will also be the first and only time Rochester has visited the Hot Tots this season. Show out and be LOUD!

August 3: Matt Wurnig - 50 Dates 50 States Come out to Corbett Field for one more date night for the summer! The Hot Tots take on the Mankato MoonDogs for the first game of FOUR game homestand!

August 4: Xpogo Join us for a fun and exciting night of Xpogo stunt team where you can see daring stunts while you catch one of the final games of the season as the Tots continue playing against the MoonDogs!

August 5-6: Come to Corbett to enjoy the FINAL weekend of home games! The Tots will finish the series against Mankato before going on their final long road trip going to Willmar and St. Cloud. Help sell out our final weekend at Corbett and show your support for your Minot Hot Tots!

August 11: Last Home Game / Feud Night Your FINAL chance to see the Tots play at home as we take on rival Bismarck Larks! Also enjoy Family Feud inspired games and fun!

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To celebrate the 100th anniversary of the Farmall tractor, we want to showcase 100 Farmall tractors during this event. Help us to meet this challenge by bringing your Farmall in any condition to the Pioneer Village by noon on August 5th.

Call Dave LeBrun for information
701-833-8661



August 5th and 6th Two Days of Family Fun

- ~ Saturday Breakfast by Museum Volunteers
- ~ Children's activities both afternoons
- ~ Hitchin' Kitchen Food Truck, and ICE CREAM
- ~ Blacksmithing and stationary engine demos
- ~ Kiddie Tractor Rides
- ~ FLEA MARKET Both Days 10 to 5
- ~ Saturday tractor parade from Des Lacs
- Call Jim Norlin for information 701-720-1263
- ~ Music by Len Haabeck
- ~ Grand Opening of the Norwich Jail with an opportunity to lock up "criminals"!

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- As a herd animal, they prefer companionship (safety in numbers).
- The main difference between a llama and an alpaca is their size and hair fiber.

Fact File

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Height to Shoulder	4 1/2 feet
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VACATION READY CAR CARE

Wheel Alignment Tips

Have your Wheel Alignment checked every other tire rotation and always when installing new tires. Wheel alignment sometimes referred to as tracking, is part of standard automobile maintenance that consists of adjusting the angles of the wheels so that they are set to the car maker's specification. The purpose of these adjustments is to reduce tire wear, and to ensure that vehicle travel, is straight and true (without "pulling" to one side). Alignment angles can also be altered beyond the maker's specifications to obtain a specific handling characteristic. Motorsport and off-road applications may call for angles to be adjusted well beyond "normal" for a variety of reasons.

Primary Angles

The primary angles are the basic angle alignment of the wheels relative to each other and to the car body. These adjustments are the camber, caster and toe. On some cars, not all of these can be adjusted on every wheel.

These three parameters can be further categorized into front and rear, so summarily the parameters are:

Front: Caster (right & left)

- Front: Camber (right & left)
- Front: Toe (left, right & total)
- Rear: Camber (left & right)
- Rear: Toe (left, right & total)
- Rear: Thrust angle

Secondary Angles

The secondary angles include numerous other adjustments, such as:

SAI (left & right)

- Included angle (left & right)
- Toe out on turns (left & right)
- Maximum Turns (left & right)
- Toe curve change (left & right)
- Track width difference
- Wheelbase difference
- Front ride height (left & right)
- Rear ride height (left & right)
- Frame angle

Setback (front & rear) is often referred to as a wheel alignment angle. However setback simply exists because of the measuring system and does not have any specification from car manufacturers.

Measurement

A camera unit (sometimes called a "head") is attached to a specially designed clamp which holds on to a wheel. There are usually four camera units in a wheel alignment system (a camera unit for each wheel). The camera units communicate their physical positioning with respect to other camera units to a central computer which calculates and displays how much the camber, toe and caster are misaligned.

Often with alignment equipment, these "heads" can be a large precision reflector. In this case, the alignment "tower" contains the cameras as well as arrays of LEDs. This system flashes one array of LEDs for each reflector whilst a camera centrally located in the LED array "looks for" an image of the reflectors patterned face. These cameras perform the same function as the other style of alignment equipment, yet alleviate numerous issues prone to relocating a heavy precision camera assembly on each vehicle serviced.



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Answering Our Nation's Call: The Life & Times of a Missile Alert Facility Manager

AIRMAN 1ST CLASS TRUST TATE, 5TH BOMB WING PUBLIC AFFAIRS



U.S. Air Force Staff Sgt. Edward Maruna, 742nd Missile Squadron facility manager, grabs his tool bag and lawn mower to start maintenance at a missile access facility at Minot Air Force Base, North Dakota, July 7, 2023. Maruna makes sure the MAF is properly functioning and accessible for the 91st Security Forces Squadron to safeguard the site and all of its components.

MINOT AIR FORCE BASE, N.D.

At first glance the fields surrounding Minot may seem desolate with dirt roads, wildlife and endless fields. However, if you look a little closer, you'll see areas teeming with human activity.

Surrounding Minot are fortresses enclosed with chain-link fencing operating, preserving, and protecting the Minuteman III intercontinental ballistic missile. These enclosures are also known as Missile Alert Facilities.

The ICBM mission is essential to the United States' strategy of nuclear deterrence.

The brave men and women who manage and protect these facilities are missileers monitoring the missile, security forces members safeguarding the site, chefs feeding the people on site, and the missile alert facility manager making sure everything runs smoothly.

MAFs operate 24 hours above and below ground around the clock, with personnel working 12-hour shifts and being housed on site.

"Our job as Missile Alert Facility managers is to take care of the members and the facility in which the intercontinental ballistic missile mission takes place in the missile

field," said Staff Sgt. Edward Maruna, 742nd Missile Squadron facility manager. "We do just about everything around the MAF to include taking care of the grounds, like mowing in the summer, snow removal in the winter, and small jobs such as painting and replacing carpet."

Maruna states that facility managers (FM) are an absolute necessity in regards to missile safety, and the wellbeing of those safeguarding them.

"The MAFs don't operate without us, our whole job is to maintain the facility and people," Maruna states. "If we're not here the snow is not getting moved, security forces won't be able to hit the missile sites, and that leaves assets unsupervised which can leave them compromised."

Maruna acts in direct support of the Airmen working on site, so he does his best to make sure they are comfortable and motivated to tackle the mission.

"When everyone's out here this is their home, and it's our job to make sure that they're comfortable and safe," Maruna said. "They can come back and recharge, so when they go do their jobs they're 100% ready to go."

The 91st SFG equips each missile site with two Airmen around the clock day and night.

"The facility manager helps out alot, especially in the wintertime", states Airman 1st Class Fabian Santa-Maria, 91st SFG. "Snow is two feet in the air and he's plowing it in minus 50 degrees."

Maruna said he wishes the FM job was more publicized, as he would've applied for the special duty position earlier in his eight years of service.

"I felt stuck in my maintenance job and I didn't feel motivated, so I applied for a facility manager job and it brought me up to Minot," said Maruna. "The morale and attitude is way higher than anywhere else I've worked, including civilian life," Maruna states.

Every day citizens drive past these facilities without fully understanding the weight of what's being kept behind the gates; however, Maruna is all too familiar with what it takes to maintain them.

The 24/7 responsibility of a Missile Alert Facility manager requires nonstop vigilance, so as the rest of America sleeps, they don't.



U.S. Air Force Staff Sgt. Edward Maruna, 742nd Missile Squadron facility manager, reviews documents pertinent to his duties at Minot Air Force Base, North Dakota, July 7, 2023. Maruna's job is to perform equipment checks and maintain efficiency on the missile site.



U.S. Air Force Staff Sgt. Edward Maruna, 742nd Missile Squadron facility manager, finishes up his daily duty of mowing the grass around a missile site at Minot Air Force Base, North Dakota, July 7, 2023. Maruna makes sure the grass is cut to prevent any obstructions, like wildlife, from getting in the alert response team's way of safeguarding the site.



U.S. Air Force Staff Sgt. Edward Maruna, 742nd Missile Squadron facility manager, speaks to the 91st Security Forces Group at Minot Air Force Base, North Dakota, July 7, 2023. If the 91st SFG has any concerns or questions about the Missile Alert Facility, he is their first point of contact.



U.S. Air Force Staff Sgt. Edward Maruna, 742nd Missile Squadron facility manager, prepares for his daily equipment check at Minot Air Force Base, North Dakota, July 7, 2023. As the facility manager, Maruna is responsible for the functionality and maintenance of the equipment on the missile site. Missile sites are essential to the United States' strategy of nuclear deterrence.

U.S. AIR FORCE PHOTOS
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Air Force aligns leadership titles with joint force

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

ARLINGTON, Va. (AFNS) -- Effective Aug. 1, the Air Force will change duty titles from vice commander to deputy commander to better align terminology with its sister services.

In accordance with direction from Air Force Chief of Staff Gen. CQ Brown, Jr., the Air Force issued a memo communicating updated guidance for Air Force Instruction 38-101, Manpower and Organization, redesignating all vice commanders as deputy commanders so that the same title will now be used at major commands, numbered Air Forces, centers, wings, groups, and other units.

MAJCOMs transitioned from "vice" to "deputy" commander at the direction of the Secretary of the Air Force in 2017. This update

will standardize the term service-wide, using the office symbol "CD" for deputy commanders and will be implemented across active duty, Air National Guard, and Air Force Reserve organizations.

Existing authorities currently delegated or assigned to vice commanders will transfer to deputy commander positions, which include authorities granted via delegation letters, Department of Defense and Air Force publications, or in any other official documents.

In the memo to the force detailing the change, Brown said that as global challenges continue to evolve and the importance of joint operations increases, we must ensure we are best aligned to meet these challenges with a clear, unambiguous structure.



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A LOOK BACK THIS WEEK IN USAF HISTORY

AIR FORCE DAY PROCLAMATION SIGNED BY TRUMAN
AUGUST 1, 1947



President Truman signs the Presidential Proclamation designating August 1, 1946 as Air Force Day. With him are Gen. Carl A. Spaatz, Commanding General of the Army Air Forces, and Lt. Gen. Ira C. Eaker, Deputy Commander of the AAF. (USAF Photo)

On August 1, 1947, President Truman signed a proclamation observing the first Air Force Day, which celebrated military airpower in the aftermath of World War II. At the time, the Army Air Forces were in charge of the nation's airpower, and the United States was beginning to understand the true potential of military air endeavours. The USAF would branch into its own service nearly one month later. Truman addressed the nation after proclaiming the first Air Force Day, saying "I remind all of our citizens that the air power of the nation is essential

to the preservation of our liberty, and that the continued development of the science of air transportation is vital to the trade and commerce of a peaceful world." The last official AFD was observed on August 1, 1949.

Information courtesy of: afd.defense.gov/militarybenefits.info/



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WOODLAND RESORT

OUTDOOR REPORT



by Patricia Stockdill

Fishing:

Lake Sakakawea elevation, July 24: 1,842.42 feet above mean sea level (MSL); 22,000 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,450.16 feet above mean sea level (MSL).

Stump Lake elevation: 1,450.17 MSL.

•N.D. Game & Fish Dept. game wardens: No new Missouri River System reports. East side of Devils Lake has increasing aquatic vegetation. Boater and anglers also need to beware of potential areas of blue-green algae. OK walleye success using slip bobbers for small fish with better success for larger fish working 25 to 30 feet using spinners. North-central area lakes generally quiet.

•Devils Lake, Ed's Bait Shop, Devils Lake: No new reports.

•Devils Lake, Woodland Resort, Devils Lake: Try trolling 20 to 30 feet with spinners and nightcrawlers or leeches or crankbaits along the golf course, Creel Bay, and Military Point for walleye. Leeches will soon be in short supply for vendors.

•Lake Darling, Karma C-Store, Ruthville: South end of Lake Darling remains fair for walleye but slowed around Grano.

•Lake Metigoshe, Four Seasons, Bottineau: Nice numbers of small walleye but wade through the catch for those 14- to 15-inch walleye. Good bluegill numbers but small, as well.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Work deep from 35 to 55 feet for walleye on the east end of Lake Sakakawea with crankbaits. Keep any fish taken from that depth, however.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: East end of Lake Sakakawea slowed somewhat for walleye. Work deeper water with snell hooks, jugging Raps, or spinners and bottom bouncers.

•Lake Sakakawea, Indian Hills Resort, Garrison: Stable weather also stabilizing fishing activity but it's still in deep water in 22 to 30 feet. Try working north into Good Bear Bay and along the north shore.

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.; Coal Lake, McLean Co.; Devils Lake, Black Tiger Bay; 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. 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.
- Pronghorn applications now available. Apply online at the N.D. Game & Fish Dept. website, (gf.nd.gov).
- First come, first served deer licenses available in 5 hunting units. Go to the Game & Fish Dept. website for details.
- July 28 & 29: Halloween in July Weekend, Lake Metigoshe State Park, Bottineau.
- July 29: Club de Skinastique & Lighted Boat Parade, Fort Stevenson State Park, Garrison, beginning at 5 p.m.
- Aug. 2: Registration opens 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. 9: Pronghorn applications due.

TOURNAMENTS:

- July 29: Lake Sakakawea, White Earth Bay.
- Aug 5: Devils Lake, Round Lake Bay.
- Aug. 5 & 6: Lake Sakakawea, 4 Bears.

•Lake Sakakawea, New Town: Van Hook Arm fair for walleye but overall success slowed somewhat with fish moving deeper with warming water and air temperatures.

•Lake Sakakawea, Van Hook Bait & Tackle, New Town: Try Shell Island working north into the Van Hook Arm in 18 to 24 feet for the most consistent walleye success. Also try pitching jigs in shallow water.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace remains slow but look for improving catfish activity. Try a variety of presentations for walleye on the east end of Lake Sakakawea working deep water from the Hwy. 83 embankment west to Douglas Bay using crankbaits or live bait with heavy weights. Salmon bite remains generally slow with fish running up to 6 pounds.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Improving walleye activity using spinners and nightcrawlers around Lund's Landing with water clarity improving. Also try Hofflund Island. Yellowstone and Missouri rivers dropping with some nice-sized catfish being taken. Kota-Ray producing some nice bluegill activity. Be cognizant of the potential of rattlesnakes in western N.D.

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

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Mouse River generally slow but try working the deep holes. Most angling activity remains on Devils Lake or Lake Sakakawea.

N.D. river flows:

- Des Lacs River, Foxholm: River stage, 6.43 feet.
- Little Missouri River, Long X Bridge: River stage, 7.64 feet; streamflow, 168 CFS.
- Missouri River, Williston: River stage, 17.56 feet.
- Missouri River, Washburn: River stage, 9.62 feet.
- Pembina River, Walthalla: River stage, 2.22 feet; streamflow, 179 CFS.
- Souris River, Foxholm: River stage, 4.75 feet; streamflow, 0.52 CFS.
- Souris River, Minot Broadway Bridge: River stage, 41.4 feet.
- Yellowstone River, Sidney, Mont.: River stage, 6.45 feet; streamflow, 6,200 CFS.

Numbers to know:

- N.D. Game and Fish Dept., main Bismarck office: (701) 328-6300, website: (<http://gf.nd.gov>).
- Report All Poachers: (701) 328-9921.



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


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 Evening Worship 7:30 p.m.
 Bible Study/Child-Adult
 Children Worship (Wed).... 7 p.m.
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 email: minotcrbc@gmail.com
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 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.
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 Fridays, Celebrate Recovery 7:00 p.m.

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 Elaine Carlson, Children's Ministry Director

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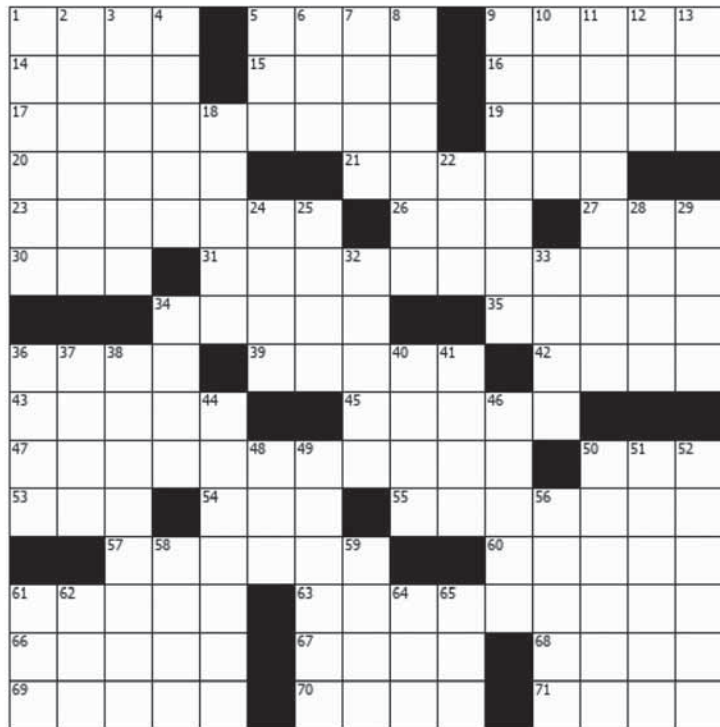
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Across

- 1. Mile equivalent?
- 5. Mayan mathematical innovation
- 9. Heavyweight Liston
- 14. Business school subj.
- 15. Ken or Lena of Hollywood
- 16. Ahead by a point
- 17. "The Rubber Band" sleuth
- 19. Informal evenings
- 20. Whirlpool alternative
- 21. Spanish diacritical marks
- 23. Conventioneer's pin-on
- 26. Meadow, in verse
- 27. Flamenco exclamation
- 30. Follow-up to a ques.
- 31. "The Jade Mask" sleuth
- 34. Queen of 1st Kings
- 35. Confirmer of some close calls
- 36. Hawaiian flower
- 39. Benevolence
- 42. American Indians of Utah
- 43. Kind of stew
- 45. Invert and use a pencil
- 47. "The Invisible Man" sleuth
- 50. Intelligence gathering dept.
- 53. TV Guide abbreviation
- 54. Current puzzle solver
- 55. Tighten the circle
- 57. MoMA constituent
- 60. Jaded
- 61. Adams opera, "Nixon in ___"
- 63. "The Hidden Staircase" sleuth
- 66. Small digit
- 67. School founded by Henry VI
- 68. Site of the fabled forges of the Cyclopes
- 69. Uses a scythe
- 70. Puzzle direction

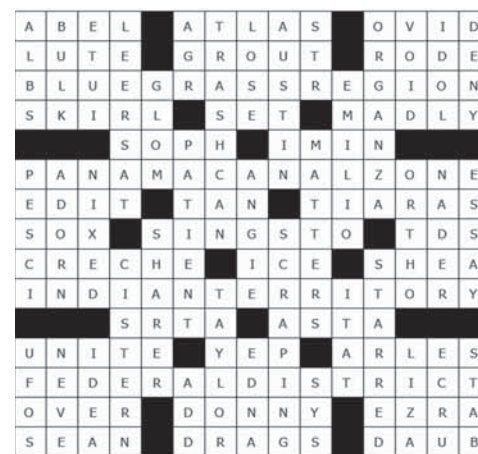


Down

- 1. Tomorrow, in Barcelona
- 2. He "Cometh"
- 3. Takes off
- 4. Fourteen pounds, in Brighton
- 5. Madhouse
- 6. Plumber's connection
- 7. Break in friendly relations
- 8. Playwright Eugene
- 9. Treats for a hot day
- 10. Ron Howard role
- 11. So-so, at best
- 12. Dallas-to-Kansas City dir.
- 13. "Can I help you?"
- 18. Vigil
- 22. Pacific ring
- 24. Throaty interjection
- 25. Kaplan or Kapler
- 28. Golden fabric
- 29. Son of Seth
- 32. More scarce
- 33. Footprint or thumbprint, perhaps
- 34. Uniform accessory
- 36. "___ Every Voice and Sing"
- 37. Resident of Riyadh
- 38. Carrot nutrient
- 40. Hook's nemesis
- 41. Boat with a rowing crew
- 44. Periods of great success
- 46. Like some mountains in winter
- 48. ___ v. Wade
- 49. Overdone, to a cook
- 50. Approaching
- 51. Odysseus' temptresses
- 52. "As I was saying . . ."
- 56. Passover ritual with 15 steps
- 58. Doing kitchen duty, to a GI
- 59. Jaap de Hoop Scheffer's org.
- 61. EMT skill
- 62. Go in haste
- 64. Then partner
- 65. Larry King's milieu

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

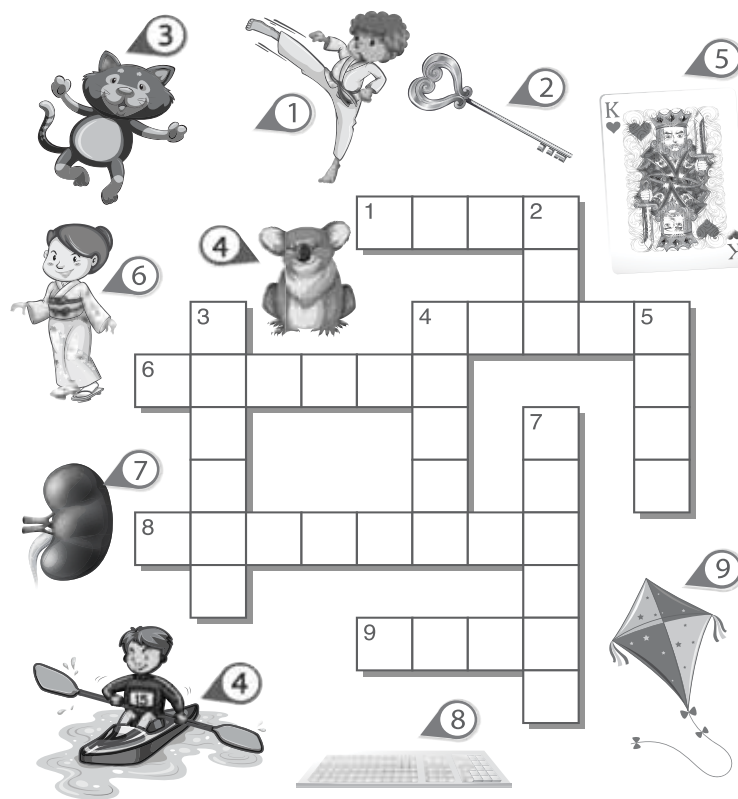


SUDOKU

Solution to puzzle on page C9

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

letter k crossword



Answer Key
 Down: 1 Key, 3 Kitten, 4 Koala, 5 King, 7 Kidney
 Across: 1 Kick, 4 Kayak, 6 Kimono, 8 Keyboard, 9 Kite

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Through Aug. 3, the Exchange is offering military-exclusive deals on the hottest toys, with in-store and online savings up to 50% on brands such as Nerf, Play-Doh, Baby Alive, Marvel, Star Wars and Jakks during its Christmas in July promotion.

Shoppers can also take an additional 10% off all toys when they use their MILITARY STAR® card.

“Offering exclusive discounts on toys this summer is sure to help military families get a head start on their holiday shopping,” said Exchange General Manager Kyle Omler. “Just make sure you have a good hiding spot, because these toys are sure to make for a great holiday surprise for the little ones.”

Shoppers can visit the toy section of their Minot AFB Exchange or log on to ShopMyExchange.com to browse Christmas in July toy deals. Shoppers can also visit aafes.media/MilStarPA to learn more about and apply for the MILITARY STAR card.



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CRITTER COUNTING ON A PERFECT PRAIRIE MORNING

Patricia Stockdill

Spider webs glisten like treasured facets of a 24-carat diamond, dancing prisms of light on nature's silk. Dew clings tantalizingly to the tip of a blade of grass. The sun creases the horizon and the volume of birdsongs rise accordingly. It's a Perfect Prairie Morning: Clear. Calm. Cloudless. Cool. It's one of those mornings when everything seems to come alive, as if no one dares miss the glory of a Perfect Prairie Morning. It's the type of morning when critters come alive as well, whether to dry off from morning dew, soak up the sun and pending morning warmth, or look for a meal of some type. And if there are three Perfect Prairie Mornings anywhere from July 20 through Aug. 31, N.D. Game and Fish Dept. Department biologists – and even some wardens – can complete their task of conducting upland game bird brood count surveys. It's a North Dakota ritual dating back more than 60 years. Some years Mother Nature has an attitude and getting those Perfect Prairie Mornings is challenging, at best. Other years it's an opportunity to remind oneself that sometimes, yes, all things can be right with the world: It's clear, calm, cloudless, cool, and life is good. Wildlife is meandering, soaking up the morning, as well. In the case of grassland birds of all sizes it's an opportunity to emerge from their dewy overnight lodging where they were tucked among grass and forbs so they can dry off. Those dewy mornings are important because they create a lot of moisture on the ground, mainly because upland birds simply don't like to be wet. The sun's warmth helps them dry off. About 100 20-mile routes are driven each year during brood surveys. The state is divided into four upland game bird management districts. Some areas feature more grouse than pheasants, some more pheasants than grouse, and others more songbirds and deer

than any upland species. It typically takes about 2 hours to complete a route in large part because observers drive slowly in order to see a hen or some chicks on a road or roadside edge. If observers see anything of any upland game bird type, whether turkey, grouse, or pheasant, they get out of the vehicle and walk along the ditch or fence line to try to flush the chicks, an effort to get as accurate of a count of the number of chicks in a brood as possible. They may clap their hands or yell, a rude awakening certain motivate unsuspecting hens or chicks to flush who otherwise would be languishing about on a Perfect Prairie Morning. But brood surveys aren't just to soak up the best part of the day. They have a purpose: While biologists try to assess the number of chicks and broods, it's also important to try to identify the number of brood-less hens – those birds who for whatever reason may have lost a nest, whether aerial or mammalian predation, human destruction or weather, for example. It's been decades since any changes have been made to pheasants, grouse, and partridge daily and possession bag limits, but the information provides glimpses into population trends and reproductive success. Brood surveys provide reproduction data. Coupled with spring adult male pheasant crowing counts when comparing long-term trends, the overall data provides statewide and even regional trends. The information provides insight into what hunters might encounter in the field in the coming fall. It also indicates the state of affairs when it comes to habitat quantity and quality. Some routes once historically abundant in bird numbers may have changed with habitat changes, whether it's re-routing a road, urban development, or agricultural use changes. It's also a way to underscore just how much Mother Nature rules the weather, even Perfect Prairie Mornings.



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The Teddy Roosevelt Experience

MAX BEENE, AGE 11

When I went to Medora in June, I watched the “Teddy Roosevelt Show”. I got to interview Joe Wiegand who was impersonating Teddy Roosevelt. That was cool. After asking questions I found out that Teddy didn’t actually come to North Dakota to live, but instead to hunt Bison. I asked Mr. Roosevelt (Mr. Wiegand), some other questions about the life of Teddy Roosevelt.

Max (Me): Why did you want to become President?

Teddy Roosevelt (Mr. Wiegand): I actually did not want to become President; I wanted to be reelected as the governor of New York.

Max (Me): Why did you establish the national park system?

Teddy Roosevelt (Mr. Wiegand): I get too much credit for the National Parks. And indeed,

the first National Park was Yellowstone in 1872. I doubled the number of parks from five to ten, but the National Park Service was created by Woodrow Wilson.

Max (Me): Did you know a National Park was going to be named after you?

Teddy Roosevelt (Mr. Wiegand): I had no idea. I consider it a great honor. Even though the park came about nearly 30 years after my demise -that means death- I

think that having a park named after me is a very bully thing.

In the end, I learned a lot about Teddy Roosevelt and his family. Mr. Weigand gave my sister a book called the “Bully Pulpit”. That was a really nice thing to do. Overall, the interview experience with Teddy Roosevelt, aka Joe Weigand, was very interesting and I learned a lot. Thanks Mr. Wiegand!



After enjoying a nice talk with Teddy Roosevelt at “The Teddy Roosevelt Show” in Medora, I got to shake his hand!

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PROGRAM MANAGER, GS-11
DEPARTMENT OF THE AIR FORCE
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It is often shared that partnerships drive results! This could be no further than the truth for our upcoming Back-to-School Backpack event in partnership with Operation Homefront on August 4th, 2023! This year, we are delighted to continue our partnerships with agencies at Minot Air Force Base and organizations in Minot! For example, the Minot Magic City Lions will be providing FREE vision screenings for our students.

Registration for the Operation Homefront Back-to-School Brigade at the Minot AFB Youth Center is open. Students receive a backpack and school supplies just in time for the school year. Quantities are limited. Please register through Operation Homefront QR Code. If there are any questions or concerns, please call 701-723-1447.

Note: No federal endorsement intended.
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5AMXS CONDUCTS WEAPONS LOAD COMPETITION



U.S. Air Force Staff Sergeant Tony Rodgers, 5th Aircraft Maintenance Squadron load crew member, signals to his team at Minot Air Force Base, North Dakota, June 14, 2023. Rodgers instructed his crew while loading an inert precision guided munition onto a B-52H Stratofortress.



U.S. Air Force Staff Sergeant Christian Ybarra, 5th Aircraft Maintenance Squadron load crew member, yells directions for his team at Minot Air Force Base, North Dakota, July 14, 2023. Ybarra instructed his team while loading an inert precision guided munition onto a B-52H Stratofortress for a quarterly weapons load competition.



Airman 1st Class Makayla Berry (left), U.S. Air Force Staff Sergeant Tony Rodgers, and Senior Airman Cody Brittain, 5th Aircraft Maintenance Squadron load crew members, compete in a weapons load competition at Minot Air Force Base, North Dakota, July 14, 2023. During the competition, weapons load crews attempted to load inert precision guided munitions onto a B-52H Stratofortress as quickly, efficiently, and safely as possible.



Senior Airman Christian Ojeda, 5th Maintenance Group load crew member, moves an inert precision guided munition at Minot Air Force Base, North Dakota, July 14, 2023. Ojeda was preparing inert precision guided munitions for a quarterly weapons load crew competition.



Senior Airman Cody Brittain, 5th Aircraft Maintenance Squadron load crew member, attaches an inert precision guided munition to the wing pylon of a B-52H Stratofortress at Minot Air Force Base, North Dakota, July 14, 2023. Brittain and his team competed in a quarterly weapons load competition testing readiness.

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Ryan Davy - GM
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SUDOKU SOLUTION

PUZZLE ON PAGE C4

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

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Minot Hot Tots Weekly Recap

MINOT HOT TOTS

The Hot Tots have been full steam ahead as the end of the season draws near. Last week they hosted a three-game homestand featuring two games against the St. Cloud Rox and one game against the Bismarck Larks. The Tots went 1-2 during the stretch with the one win being a 7-0 shoutout of the Rox. After the homestand the Tots had a quick road game with the Larks in which they won yet another 7-0 game.

With the quick road trip behind them the Tots returned home for a two-game series against the Duluth Huskies. This was the first time the Huskies had come to Corbett Field and there was no shortage of fireworks in this series. A combined 33 runs were scored in game one as the Hot Tots fell by a score of 19-14. Game two was not quite as explosive as fans saw the Hot Tots fall again by a score of 9-7. There were 15 home runs hit between the two teams in the series.

Even though the season is quickly coming to a close, there are still so many events coming up for fans to be a part of. Starting on July 27th with the Trusted Tire Oil Change Party. Fans who come get their oil changed that day will receive a free gift card to a local business of their choosing.

Next up on August 2nd is the Hyperbaric Hullabaloo where one lucky fan will be chosen to get a free round of hyperbaric oxygen therapy. There will be food for anyone who attends the event and a Q&A with Dr. Sonners, the founder of Hyperbaric USA. Everyone is

encouraged to come out and enjoy learning about this new kind of treatment that has been brought to Minot.

On August 5th the Hot Tots have partnered with Aux Sable and North Dakota Petroleum Foundation to bring a STEM Expo to Minot. This is a chance for all Tots fans to come out and learn more about the STEM industry. And on August 10th the Hot Tots will host a movie night at Corbett Field. They will be showing the baseball classic "The Sandlot" under the stars for all fans to enjoy. Gates open at 8:30 and the movie will start at 9:30.

There will also be a few events going on at the last couple of games as well. Starting with Xpogo on August 4th. This world renowned pogo stick stunt group will be in Minot for one night only as they perform for all of the fans who stay after the game. The Tots will have games against the Mankato Moondogs on August 4-6. And to close out the season the Hot Tots will host Family Feud Night on August, which is also the last home game of the season. The Tots will take on the Larks for one last home battle that night to determine the winner of the Dakota Dust Up.

To get your tickets so you don't miss out on the action, head over to the Minot Hot Tots website and go to the tickets section. For more information on any of the events listed please go to the Hot Tots website or each business personal website.

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MINOT AIR FORCE BASE *Finest*

TSGT TRAVIS KREBILL

Technical Sergeant Travis Krebill from the 5th Civil Engineer Squadron is currently serving as the Noncommissioned Officer in Charge of the Power Production Section, coordinating 17 craftsmen in maintaining a 12.5 million dollar inventory of facility and mobile generators providing an emergency power capability to Minot's facilities and recently rendered critical support that sustained the mission of a 3.9 billion dollar weapons storage area during two electrical outages. On top of being a superb military leader, he is a pillar of the Minot community organizing 20 volunteers for the Pheasants for the Future annual banquet and donating his own resources to provide guided fishing and hunting trips introducing over 25 Airmen to the outdoors. Travis has gone above and beyond to nurture the morale and well-being of his unit and the community, and he epitomizes the true spirit of North Dakota.

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BADLANDS
RESTAURANT BAR

Upcoming Events

30 JULY **ARTS IN THE CITY - SUNDAYS IN THE PARK!**
12:00 AM - 2:00 PM
Oak Park
11th to 14th Block of 4th Ave. NW, Minot

Join us in the park for live music, art demos, and our famous MACA Popcorn! Two concerts every Sunday from June 4th through July 30th @ 4:00 and 7:00 PM. Gather your people, your picnic blankets, and lawn chairs and come hang out in the park on Sunday evenings! Sundays in the Park are free to attend and open to the public, EVERYONE is welcome! These events offer a casual atmosphere to get together with friends and family to enjoy great music, discover local artists, and enjoy the park each summer! Summer 2023 Concert Schedule:
July 30th: 4pm- The Minot Swing Band 7pm- Jessie Veeder



For more information:
Facebook/ Minot Area Council of the Arts/ Events

31 JULY **TAUBE MUSEUM SUMMER ART CAMP (MORNING SESSION)**
9:00 AM - 12:00 NOON
2 Main Street North, Minot

Register today for our annual Art Camp for children ages 5 and up. Your child will explore and observe the artworks of four artists. Projects will consist of printmaking, acrylic painting, watercolor and new this year, ceramics! This is an art camp for children interested in a hands-on experience with the visual arts. Experienced art educators will work with your children developing their art skills.
Dates: July 31st-August 3rd
Time: 9-12am



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

1 AUG **MOVIE IN THE PARK**
5:00 PM
The Market on 4th
1900 4th Avenue, NW, Minot

Let's celebrate summer with a block party! We will have a food truck set up along with shopping and a FREE crafts for the kids! Join us for a fun night at The Market on 4th!



For more information:
Facebook/ The Market on 4th/ Events

3 AUG **MINOT FARMER'S MARKET**
9:30 PM
Oak Park
4th Ave, NW, Minot

Join 30+ local farmers, bakers, and makers in Oak Park to stock up on all things produce, meats, breads, treats and unique items. Every visit will be different!



For more information:
Facebook/ Minot Farmers Market/ Events

4 AUG **MOVIE IN THE PARK**
9:30 PM
Oak Park Amphitheater
11th to 14th Block of 4th Ave. NW, Minot

Showing Thor: Love & Thunder. Sponsored by Minot Sertoma Club. All movies begin at sunset (around 9:30 pm). *This movie is rated PG-13 so please plan accordingly



For more information:
Facebook/ Minot Parks/ Events

11 AUG **YOGA IN THE PARK**
9:30 PM
Oak Park Amphitheater
11th to 14th Block of 4th Ave. NW, Minot

Men & women, and boys & girls of all ages and experience levels are welcome! If available please bring your own yoga mat. *This event is free to attend



For more information:
Facebook/ Minot Parks/ Events

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.northernsentry.com/calendar/

NOTHING BEATS SUNDAY BRUNCH

SERVING FROM 10AM - 2PM

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WHAT'S GOING ON MAFB

FRIDAY 28

• HIIT Strength & Conditioning, 0500, Fitness Center

SATURDAY 29

• Zumba, 1100, Fitness Center

SUNDAY 30

MONDAY 31

- July Photo Scavenger Hunt Ends, Minot AFB Library
- Registration Ends: Back-to-School Supplies Brigade, operationhomefront.org
- Registration Ends: Theater Camp, Youth Center
- HIIT Strength & Conditioning, 0500, Fitness Center
- Senior TAP Overview, 0800-1600, M&FRC
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting

TUESDAY 01

- Cycle, 0600, Fitness Center
- Senior TAP VA Services and Benefits Briefing, 0800-1600, M&FRC
- 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

WEDNESDAY 02

- HIIT Strength & Conditioning, 0500, Fitness Center
- Senior TAP DoL Overview, 0800-1600, M&FRC
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- Storytime, 1030, Minot AFB Library
- Brown Bag Book Talks, 1200, Minot AFB Library
- Zumba, 1730, Fitness Center
- Fighting Game Night, 1800, ESC
- Yoga, 1830, Fitness Center

THURSDAY 03

- Cycle, 0600, Fitness Center
- Senior DoL Employment Workshop, 0800-1600, M&FRC
- Short Notice 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
- DIY Art Resin Charcuterie Board Class, 1730-1930, Arts & Crafts Center
- Zumba, 1800, Fitness Center

FRIDAY 04

- HIIT Strength & Conditioning, 0500, Fitness Center
- Senior DoL Employment Workshop, 0800-1600, M&FRC
- Back-to-School Supplies Brigade, 1100-1300, Youth Center
- First Friday Fun Run, 1500, Fitness Center
- First Friday, 1600-2100, Jimmy Doolittle Center

SATURDAY 05

- Cycle & Strength, 0900, Fitness Center
- Zumba, 1100, Fitness Center

JULY SPECIALS

Bomber Bistro Chef Salad
Turkey, ham, egg, cucumber, tomato, and red onion, topped with cheddar cheese and your choice of dressing.

The B-Fifty Brew Pineapple Upside Down Refresher
Pineapple refresher, coconut milk, brown sugar, vanilla syrup, dried pineapple and topped with cinnamon dolce..

Rockers Bar & Grill Street Tacos
Three tacos with diced onion and cilantro served with chips, salsa, and a drink.

BACK-TO-SCHOOL SUPPLIES BRIGADE
4 August 2023 • 11AM - 1PM
Youth Center

Celebrate back-to-school with our annual Operation Homefront Back-to-School Supplies Brigade!

Open to 1899S enrolled military dependent children who will be in kindergarten - 12th grade for the 2023-2024 school year.

Register by 31 July 2023 at operationhomefront.org

For more information, call the School Liaison Office at 723-1447

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FIRST FRIDAY FUN RUN
STARTS AT JIMMY DOOLITTLE CENTER
AUGUST 4TH • 3:00PM

JOIN US ON THE FIRST FRIDAY FUN RUN & ENJOY FESTIVITIES AFTER!

FORCE 5THFORCESUPPORT.COM

FIRST FRIDAY
JIMMY DOOLITTLE CENTER
AUG 4TH
4:00PM - 9:00PM

CORN HOLE, GAMES, BOUNCE HOUSES, & MORE!

DELICIOUS FOOD
CLUB MEMBERS EAT FREE! FOOD SERVED 4:30PM - 9:00PM
NON-MEMBERS PAY \$7 PER PERSON + \$1.00 FOR FAMILIES

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ROCK RIDER GOLF COURSE
AUGUST 12TH • 0900
REGISTER BY AUGUST 11TH • 1700

4-PERSON SCRAMBLE WITH PRO SHOP GAMES & FOOD AVAILABLE FOR PLAYERS!

COST \$40
INCLUDES 18 HOLES OF GOLF, TEE TIME, & RANGE FEES

TO RESERVE YOUR SEAT CALL 723-1447

FORCE 5THFORCESUPPORT.COM

2023 SUMMER GAMES
MCADOO FITNESS CENTER
AUGUST 25TH
8:00AM - 4:30PM

TO VOLUNTEER, SIGN UP, & FOR AF GAMING INFO PLEASE SCAN HERE OR VISIT 5thforcesupport.com

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