

# northern sentry

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## WHATS INSIDE THIS WEEK:



HOSTING ANYONE

A7



MAKING A DIFFERENCE-PILOTS FOR CHRIST CHAPTER

A9



AFGSC WOMEN'S LEADERSHIP SYMPOSIUM

B11



Airmen from the 5th Civil Engineer Squadron pose for a group picture at Minot Air Force Base, North Dakota, July 20, 2023. Senior Airman Anthony McCray, 5th CES pavements and construction equipment, describes their work for the project as "getting it all together where it needs to be". See page A8 for more on the progress of the airoark.

AIR FORCE PHOTO | AIRMAN 1ST CLASS ALYSSA BANKSTON



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Airmen from the 5th Logistics Readiness Squadron give a briefing to Brad Bunn, Vice Director of the Defense Logistics Agency at Minot Air Force Base, North Dakota, July 18, 2023. DLA is the Defense Department's combat support agency for worldwide logistics, which provides food, medical material, uniforms and construction equipment.

AIR FORCE PHOTOS | AIRMAN 1ST CLASS ALYSSA BANKSTON



Airmen from the 5th Logistics Readiness Squadron give a briefing to Brad Bunn, Vice Director of the Defense Logistics Agency at Minot Air Force Base, North Dakota, July 18, 2023. LRS conducts operations ranging from material management, fuel, deployment and distribution to vehicle management. LRS utilizes DLA to ship these items to Minot so our Airmen can get the mission done.

AIR FORCE PHOTO | SENIOR AIRMAN CALEB S. KIMMELL



Leadership from the Defense Logistics Agency in Virginia receives a briefing by Col. Kenneth McGhee, 91st Missile Wing commander and Chief Master Sgt. Ernest Crider, 91st MW command chief at Minot Air Force Base, North Dakota, July 19, 2023. DLA is the Defense Department's combat support agency for worldwide logistics, which provides food, medical material, uniforms and construction equipment.

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



U.S. Air Force Master Sgt. Shelley Schofield, 5th Maintenance Group weapon standardization superintendent, gives a tour of a B52-H Stratofortress to the Defense Logistics Agency at Minot Air Force Base, North Dakota, July 18, 2023. DLA is the Department of Defense's combat support agency for worldwide logistics, which provides food, medical material, uniforms and construction equipment.

AIR FORCE PHOTOS | AIRMAN 1ST CLASS ALYSSA BANKSTON



Leadership from the Defense Logistics Agency in Virginia receives a tour of 91st Security Forces Group equipment at a missile alert facility at Minot Air Force Base, North Dakota, July 19, 2023. DLA is the Defense Department's combat support agency for worldwide logistics, which provides food, medical material, uniforms and construction equipment.

U.S. AIR FORCE PHOTO BY AIRMAN 1ST CLASS TRUST TATE

## DEFENSE LOGISTICS AGENCY VISITS TEAM MINOT



Leadership from the Defense Logistics Agency speak to Col. Daniel Hoadley, 5th Bomb Wing commander at Minot Air Force Base, North Dakota, July 18, 2023. As the nation's combat logistics support agency, DLA manages the end-to-end global defense supply chain for the Department of Defense.

AIR FORCE PHOTO | SENIOR AIRMAN CALEB S. KIMMELL

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# Minot Legal Office Quarterly Military Justice Update

MINOT AIR FORCE BASE STAFF JUDGE ADVOCATE

To help provide greater transparency on Team Minot military justice and adverse actions, 5 BW/JA periodically publishes summaries of military justice and adverse actions occurring across Team Minot. This is done to provide greater overall transparency and education concerning the military justice and adverse actions processes, as well as misconduct and its potential consequences.

## NONJUDICIAL PUNISHMENT

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 or 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. The commander can also choose to suspend any portion of the punishment. The suspended punishment acts as a probationary period for up to six months. During this period, if the member commits further misconduct, the suspended punishment can take effect. Between 1 October 22 and 31 December 22, Minot AFB commanders administered the following nonjudicial punishment actions under Article 15 of the Uniform Code of Military Justice (UCMJ).

Six Team Minot Airmen received nonjudicial punishment for violating Article 92, *Failure to Obey Order or Regulation*, UCMJ. Underlying misconduct included wrongful use of THC/delta-8 THC. Punishments included a reprimand, extra duty, forfeiture of pay, restriction to base, and reduction in rank.

Eleven Team Minot Airmen received nonjudicial punishment for violating Article 92, *Dereliction of Duty*, UCMJ. Punishment included a reprimand, extra duty, forfeiture of pay, restriction to base, and reduction in rank.

Seven Team Minot Airmen received nonjudicial punishment for violating Article 112a, *Wrongful Use/Possession of Controlled Substances*, UCMJ. Underlying misconduct included wrongful use of marijuana. Punishments included a reprimand, extra duty, restriction to base, forfeiture of pay,

and reduction in rank.

One Team Minot Airman received nonjudicial punishment for violating Article 117, *Provoking Speeches or Gestures*, UCMJ. Underlying misconduct included wrongfully using provoking speech/words. Punishments included a reprimand and reduction in rank.

One Team Minot Airman received nonjudicial punishment for violating Article 120c, *Indecent Exposure*, UCMJ. Punishment included a reprimand, extra duty, and reduction in rank.

One Team Minot Airman received nonjudicial punishment for violating Article 134, *Disorderly Conduct/ Drunkenness*, UCMJ. Punishment included a reprimand, extra duty, and reduction in rank.

Two nonjudicial punishment actions were dropped by commanders after review of the Airmen's responses.

## ADMINISTRATIVE DEMOTION

Between 1 October 2022 and 31 December 2022, the following administrative demotion actions were closed under DAFI 36-2502, *Enlisted Airmen Promotion and Demotion Programs*. Per paragraph 6.3.4 of DAFI 36-2502, Airmen may be demoted for failing to fulfill Airman, Noncommissioned Officer, or Senior Noncommissioned Officer responsibilities under *The Enlisted Force Structure*.

Six Team Minot Airmen were administratively demoted for failing to fulfill responsibilities by driving under the influence of alcohol or other intoxicant. DUIs occurred at various locations off-base and BACs ranged from .113 to .216. These actions were in addition to prosecution by local civilian authorities.

One Team Minot Airman was administratively demoted for failing to fulfill responsibilities by using drugs.

One Team Minot Airman was administratively demoted for failing to fulfill responsibilities by communicating a threat and driving under the influence of alcohol.

Two Team Minot Airmen were administratively demoted for failing to fulfill responsibilities by assaulting another person.

## ADMINISTRATIVE SEPARATION (DISCHARGE)

Between 1 October 2022 and 31 December 2022, the following administrative discharge actions were closed under DAFI 36-3211,

Military Separations. Administrative discharge separates Airmen who fail to meet standards of performance, conduct, or discipline. Administrative discharge service characterizations, from most to least favorable: *Honorable, General, and Under Other Than Honorable Conditions*.

Two Team Minot Airmen were administratively discharged with an *Honorable* discharge for *Conditions That Interfere with Military Service, Personality Disorder or Mental Disorder Not constituting a Physical Disability*.

One Team Minot Airman was administratively discharged with an *Honorable* discharge for *Conditions That Interfere with Military Service, Condition Not Constituting a Physical Disability*.

One Team Minot Airman was administratively discharged with a *General* discharge for *Fraudulent Entry and Conditions That Interfere with Military Service, Condition Not Constituting a Physical Disability*.

One Team Minot Airman was administratively discharged with a *General* discharge for *Fraudulent Entry and Conditions That Interfere with Military Service, Personality Disorder or Mental Disorder Not constituting a Physical Disability*.

One Team Minot Airman was administratively discharged with an *Honorable* service characterization for *Unsatisfactory Performance, Failure to meet minimum fitness standards*.

Five Team Minot Airmen were administratively discharged with a *General* service characterization for *Minor Disciplinary Infractions*.

Five Team Minot Airmen were administratively discharged with a *General* service characterization for *Drug Abuse*.

One Team Minot Airman was administratively discharged with a *General* service characterization for *Discreditable Involvement with Military or Civilian Authorities*.

One Team Minot Airman was administratively discharged with an *Under Other Than Honorable Conditions*, service characterization for *Drug Abuse and Discreditable Involvement with Military or Civilian Authorities*.

Two Team Minot Airmen were administratively discharged with a *General* or *Under Other Than Honorable Conditions*, service characterization for *Commission of a Serious Offense*.

Two Team Minot Airmen were retained after presentation at a discharge board.

## COURT-MARTIALS CLOSED OUT IN THE FOURTH QUARTER

Between 1 October 2022 and 31 December 2022, the following court-martial actions occurred. Courts-martial occur at one of three forums, from least to most serious: summary court-martial, special court-martial, and general court-martial. Court-martial convictions are federal convictions and may carry the equivalency of a misdemeanor or felony conviction, depending on the forum and maximum potential punishment.

A Team Minot Airman was tried at a Special Court-Martial after

pleading not guilty for violating Article 112a, *Wrongful use of Controlled Substances*, UCMJ. The Airman was found not guilty by panel members.

A Team Minot Airman was found guilty by a summary court-martial officer of violating Article 112a, *Wrongful use of Controlled Substances*, UCMJ. The summary court-martial officer sentenced the Airman to be reduced to the grade of E-1, confined for 25 days, and forfeitures of 2/3rd pay per month for one month. The Airman was subsequently discharged from the Air Force.

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# What Have You Learned?

Remember those days when you were a kid? You would come home from school and your parents would ask "what did you learn today?" Some days I would be filled with information to share. What we learned in science. Who I had issues with on the playground. Oh, by the way, we need a dozen cookies tomorrow for a bake sale. Important stuff...right?

Then there were other days when that same question would get a one or two word answer. Nothing, or not much. Those answers usually prompted follow up questions like "Is something wrong? Do we need to talk?" Soon you learned that rather than field an additional 2-3 questions, it was best to give an affirmative answer of your daytime activities.

Now we are older. School is behind us (well actually quite a way behind us), and we have a career. In my case, I am a journalist, someone who loves to research a topic and write an article to share with readers of the Northern Sentry. When people find out that I write for the Northern Sentry, I usually field a number of questions about the Minot Air Force Base. I can't answer a lot of these questions because I don't have access to the information to give an educated answer.

If I don't know an answer, I will usually write myself a note to ask someone about the topic the

next time I am on base. Yeah, if you don't know, just ask someone. Easier said than done, my friends. The Minot Air Force Base is a pretty large place and finding the right person to ask is sometimes a difficult task.

Still, I am not one to be discouraged. I figure keep asking and eventually you will find the right person with the right answer. Albeit the answer may be as simple as "that's classified information", it is an answer. Or in one case I was asked how many missiles doe Minot Air Force Base manage? Pretty easy, 150. And this is where I can have one of those days where I give them more than what they asked (or bargained) for. I am able to expound that there is one missile wing, the 91st Missile Wing, with three missile squadrons on the Minot Air Force Base. If they still look interested, I can talk about the approximate range of the missile silos. If I get that glazed over look in the eyes, I stop with my information session. Truth is, I have been working for the Northern Sentry for over three years. Before that I worked for KMOT TV. In both of those capacities I covered the Minot Air Force Base and have loved every minute of my time reporting on the men and women who have chosen to serve their country in the U.S. Air Force. My best stories from my time as a journalist covering

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**A VIEW FROM  
 OUR SIDE**  
 ROD WILSON



Minot AFB? Where do I start? I was chosen to fly on a B-52 as a photojournalist. I have been on tours of the Minuteman III missile silos. I have stood on the flightline with a video camera recording B-52's taking off side by side. I truly have been blessed to have had the experiences that I wished I could share as a real life moment with all of you.

Instead, I do my best to cover events with written stories and photos. I am given the pleasure of covering several events every week.

Those questions about Minot Air Force Base? Well keep them coming. Normally when I find the answer, I also find a story just waiting to be told. My Dad used to say that when you stop learning, you stop living. Honestly, I hope I have a lot of living left to do, because right now I have the best job I have ever had. Thanks to owner Ted Bolton and the Northern Sentry for presenting me

with a challenge almost every day of my life. That challenge? Make sure I write the very best stories about Minot Air Force Base, and the men and women who serve and protect us, 24/7.

### BEST KEPT SECRETS

There is a walking/biking path that pretty much surrounds Lake Metigoshe in the Turtle Mountains. We normally start our biking journey on the path around Lake Metigoshe State Park. Doesn't make any difference which way you go, as you end up back where you started, eventually. Just a bit of a warning, take along drinking water. Some of the stretches could end up being against the wind, and you don't want to end up dehydrated.

### TODAY'S CHUCKLE

He who hesitates is...uh...let me see...oh, forget it.

# A critical element of education...



**UPSIDE DOWN  
 UNDER**  
 MARVIN BAKER

In recent weeks I've had the opportunity to chat with two 10-year-old girls. One is my granddaughter and the other is the granddaughter of my farm intern.

They come from completely different backgrounds; one lives in a city in South Dakota and goes to a private school and the other lives in rural North Dakota and is home schooled. They've never met, but they have one thing in common.

They both are able to hold short conversations in Spanish. These girls are 10 years old and they have already learned a foreign language. Last week I was talking to the girl from North Dakota and told her I only know enough Spanish words

to count on one hand.

She asked me what I knew and I attempted to say the words I know. Almost immediately, she corrected me because my pronunciation wasn't quite right.

Regarding the girl from South Dakota; the last time I spoke with her, I told her that sometime this summer she and I are going to do a video skit and it's going to be in French.

I already knew she knew some Spanish so I thought OK, let's try a bit of French and see where that takes us. I wrote down a few phrases, then sat down with her thinking I was going to be coaching her through a conversation that takes about a minute.

Was I ever wrong. She picked up those French phrases almost as quickly as I wrote them down. I was just amazed at her attention to detail. And she has never been exposed to French.

It's hard for me to imagine how these kids have learned a foreign language so early in their lives. I took French as a foreign language in college in order to get my degree, passed it with above average grades, then forgot about it for years.

After retiring, I took it up again, realizing I can read it with ease, I can write it quite well, but I continue to struggle to speak it, yet my granddaughter rattles it off with elegance. It's just amazing.

But it brings to light, once again, how important a second language is. It doesn't have to be Spanish or French. It could be German, Norwegian, Russian, Arabic, Dutch, and the list goes on.

In fact, I don't know if this is still in effect, but for a time the Army was offering huge sign-on bonuses for people who could speak Arabic.

Because of our presence in the Middle East, the Army was in serious need of translators and so the bonus became an incentive for people who could speak the language of Iraq and Afghanistan. If I was in my teens or early 20s, I would have jumped all over that.

Russian is also a key language to know because, as we all know, we can't trust the Russians. And, in order to better understand what is being said on Russian media or with intercepted written communications, a strong command of the Russian language is necessary.

In public schools in Canada, French is mandatory because the nation has two official languages. But for those living on the prairies, most of them forget about it like I did after college, since it is rarely used, other than maybe in sections of inner city Winnipeg.

A second language in the United States should be as important because otherwise, those kids are going to struggle like I did when they get to college and have to have a second language to earn a bachelor's and/or master's degree.

It's never too late though. There are two excellent foreign language courses that can teach you a foreign language. One, I'm sure you've heard of, is Rosetta Stone. Some of my Soldiers were learning Arabic through that course.

The other is Babbel, a European course that uses a different model than Rosetta Stone, but with the same outcome.

Turkish, Italian, Czech, Indian, etc., it's just amazing how easy it can be. The courses cost some money, but even if you want to get back to your roots in Germany or Norway, this is a great way to do it.

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# Park of Memories



**SLICE OF LIFE**  
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Today a statue of Leif Eriksson, the famed Icelandic explorer, overlooks that childhood playground – the Scandinavian Heritage Park at the corner of South Broadway and 11th Avenue SW.

I grew up not far from there, near where Jim Hill Middle School is today. All the kids in the neighborhood used to play in the coulee where the Scandinavian Park is now located. As I recall, it was kind of a one-sided coulee, meaning natural vegetation on the north slope, even extending all the way to the bottom in places.

The south slope was vastly different. It was there that concrete and asphalt chunks, dead trees and branches, loads of clay from some construction site, and who knows what else was dumped

with regularity. On some days many trucks would come off 11th Avenue and dump their loads into the coulee.

Sometimes a few of us kids would be exploring the bottom of the coulee when we'd hear a truck back up to the edge, followed by that unmistakable sound of the truck bed being raised and a tailgate opening. We scrambled to get out of the way and watched the dust fly and "stuff" slide down the hill.

Now when I visit the beautiful Scandinavian Heritage Park, I can't help but be astonished at the marvelous transformation. Of course, despite the remarkable improvement, I also can't help thinking about what was once there too.

About where the colorful Dala horse proudly stands today was a narrow, dusty path leading into the coulee. It was made by people walking or on bicycles. There was a kind of shelf there too, about a third of the way down into the coulee. It was a good spot to leave bicycles before continuing on foot.

When I see the statues of famed skiers Casper Oimoen and Sondre Norheim that are fixtures in the park today, I think they are located precisely in the appropriate spot. Best I can recall, they are about midway down the neighborhood's favorite old sliding and skiing slope.



Scandinavian Heritage Park

Of course, the slope there today is much different than it was before all those dump trucks filled in the coulee.

The steepest wall of the old coulee was up against where First Western Bank is today. There was a water pond at the bottom near there too. I remember cattails and ducks and frogs. The manmade pond at the Scandinavian Heritage Park is situated above, but eerily close to where the old pond was at

the coulee bottom.

Yes, what was once a city dump is now a city showpiece.

I don't miss stepping in hornet's nests, getting stuck in snowbanks, or being pierced by thorns from wild plum trees, all of which happened in that old coulee. I thoroughly enjoy the Scandinavian Park today. It is incredible, even more so if you know the history of the location.

Juneberry pie? Still the best.



## Welcome Dr. Iraqi Internal Medicine



Ahmed Iraqi, DO

Trinity Health is pleased to welcome Ahmed Iraqi, DO, to our physician team. Dr. Iraqi specializes in Internal Medicine, a medical field concerned with health issues of adults. He looks forward to serving patients with compassionate, patient-centered care focused on improving patients' quality of life.

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An International Merit Scholarship recipient, Dr. Iraqi earned his Bachelor of Science in Biology from Towson University in Maryland, graduating Suma Cum Laude. He received his Doctor of Osteopathic Medicine from University of New England College of Osteopathic Medicine in Maine and completed his Internal Medicine residency at MedStar Union Memorial Hospital in Baltimore. He is a member of the American College of Physicians, American Osteopathic Association and American Medical Association.

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# Hosting Anyone

BRIANNA LOW, NORTHERN SENTRY

Every time I've gone to a Hot Tots or Tauros game, I've seen them recognize these host families who have agreed to let these players into their home for the season. It was something that seemed interesting but impossible on the base. That was until I talked to the Vasas family.

**Northern Sentry: What led you to choose to sponsor a player?**

**Vasas':** Going to baseball games during the summers here is one of our favorite outings to do as a family.

We discovered that you could be a host family when the former baseball team was playing at Corbett Field. We thought we lost the opportunity when the last league dissolved, so we were thrilled to see that the Northwoods League was coming to Minot. We began following their page before the name and mascot were even announced.

We were ecstatic to see that the Northwoods League would also need host families.

Over the years, we've had several people stay with us for different lengths of time, so opening up our home for the summer months to one of the college players was right up our alley, especially since our boys have started to love the game as well.

**NS: What was the process like to get him approved to be on base?**

**Vasas':** The process was very easy. We made sure our player had the proper documentation so that Security Forces could complete a background check at the Visitor Center. You need a Real ID- the one with a star), or two forms of ID. Our player used his Driver's License and Passport. Once the check was completed, we were to obtain a 30 day pass and sponsor him onto the base as a guest.

He stayed with us from Memorial Weekend until this past week when we began PCSing. In total, it was just about 30 days combined.

**NS: What has been your favorite part of being a sponsor?**

**Vasas':** We've loved becoming an extended part of what helps the league function for the summer and building relationships with the team, the interns, and our player.

We love it when our player hits the mound as well! It's been so much fun cheering him on & seeing our boys rooting for him. It's their favorite part, too and saying good morning at breakfast, their words.

One of our favorite and most laughable memories from this season is when our boys got their foul balls signed by our player after the game. They were thrilled, and we couldn't help but chuckle since they could have asked him to sign it at our house.

**NS: Have there been any challenges through the process?**

**Vasas':** Our experience has been smooth sailing, and we've had no challenges that we can think of.

If we had to pick something, it would probably be getting base passes after the Visitor Center has closed for the evening, and that's only because that can be a little time-consuming. Especially when

your cell phone is set to silent when they call to let you know the pass is ready. Oops!

**NS: What advice would you give to other families that are interested in sponsoring?**

**Vasas':** I would say, if you have the space, go for it!!

We had to "sacrifice" our home office/workout space for the summer, and it's been entirely worth it!

The idea of opening up your home to a stranger can be a little unnerving. The Host Family Coordinators do a great job of ensuring families are matched with players they think will fit well with their family dynamic. They also check in often to make sure everything is going well.

**NS: Would you recommend sponsoring to others?**

**Vasas':** Without a doubt, yes!!

The experience has been the highlight of our summer & the host family benefits are beyond fantastic!

**NS: Is there any other key information you would like to share about this experience?**

**Vasas':** If you have any questions about being a host family, the Hot Tots Home Office Team is fantastic about answering any questions you have about hosting.



The Vasas boys, Max and Miles with their player, Noah Miller #12 at one of the many Hot Tot games they were able to attend

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**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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Air Force Staff Sgt. Tyler Cecil, 5th Civil Engineer Squadron pavements and construction equipment craftsman, pours concrete at Minot Air Force Base, North Dakota, July 20, 2023. The 5th Civil Engineer Squadron started construction on a sidewalk for a new airpark.

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# Making A Difference: Pilots For Christ Chapter Has Helped Many

ROD WILSON, NORTHERN SENTRY

The annual email announcing the Pilots For Christ fund raiser in Maddock, North Dakota on August 6th arrived about a month ago. The Northern Sentry and other media outlets have given space and time to advertise the event, which is a fly-in/drive-in church service, lunch and family friendly event that includes free helicopter and plane rides, as well as a golf ball drop for prizes at Noon.

## THE REST OF THE STORY

Paul Harvey spent a lifetime telling the other side of the story. He would leave you hanging as he teased you a topic, and then would take a 60 second commercial break before he would tell you The Rest of the Story. No commercial break folks, we'll get right to it.

The Pilots for Christ chapter in Maddock is named in honor of JT Rice, the son of John and Barb Rice of Maddock. I grew up with John Rice, he was one of, if not my best, friend. We lived a block apart, but we had two completely different lives. My parents' house was in the community of Maddock. John's house was on the far west edge of Maddock and kind of defined the edge of the Rice farm. Yeah, I was a city kid, and John was a farm kid. His Dad was a farmer who raised small grains and had cattle. It was on the Rice farm that I learned how to drive tractor, grain truck and toss bales of hay. Well not really toss bales of hay, just sort of boy-handle them up to the trailer.

As a kid, Johnny (well that is what we all called him) was a true outdoorsman. He had a .22 way before any of us city kids who were still shooting BB guns, and it was Johnny who got his driver's license first and would take us all duck hunting after school. In the winter, he ran a trap line. No snowmobiles for transportation. He used to walk from trap setting to trap setting, no matter how cold the weather. Farm kid, outdoorsman, marksman, Johnny did it all. But his passion for life was most defined by his Uncle, Jerry Rice, who had a small Piper Cub airplane. Every kid in town would watch at the local airport (right on the edge of town) as Jerry would take flight. It was definitely a WOW moment whenever he flew.

Before I wrote this article, I gave Johnny a call. We talked about the Pilot's for Christ event, and eventually the conversation would be focused on Johnny, the pilot.

I asked John "when did you get your pilot's license?" He replied, "When I was 18. So, I am celebrating 50 years of flying". How can that be? Is it really 50 years? "Well add it up, Rod" he said with a laugh "how old are you and I?" Yes, the math was right. And of those 50 years, John did aerial application for 18 years.

But the rest of the story kind of starts after John married Barb Dwyer, from Alexander, North Dakota, and they had 5 children. Paul, Janna, Katie, Will and John

Timothy, or JT. It is JT Rice that the Pilot's for Christ chapter is named after. True to their father's passion, all 5 of the Rice children earned their pilots' license. But it was JT who took flying to a higher level. JT was chosen to attend the Air Force Academy from 2006-2010, graduating with honors. From there JT enrolled at Texas Tech University pursuing a master's degree in Language and would have continued on to jet training at Sheppard Air Force Base.

On April 17th of 2011 JT Rice tragically lost his life in a single engine airplane crash near San Angelo, Texas. In his memory, and to leverage the God given talents of the Rice family and their passion for flying and service to others, the JT Rice Pilots for Christ Chapter was founded in Maddock, North Dakota.

## A NEW CHAPTER

Although it may be a bit of a pun on words, the Rice family with John (or Johnny) as the lead pilot, have certainly taken their passion and resources for flying to a new level. Sons Paul & Will are both commercial pilots, and daughters Janna and Katie are private pilots. "Although they both have babies and haven't been as active in flying lately" explains John "It's hard to handle both a baby and the stick at the same time." They Rice family owns a twin engine Beechcraft Baron, a Cessna 172 and a Robinson R44 helicopter.

The JT Rice Pilots for Christ chapter can and has done a number of Mercy Flights for those people in a bone fide need of assistance for transportation to, or from a medical facility They also proved ground transportation for those who cannot otherwise be helped, ambulatory medical flights for medications that need a lift, missionary transport for missionaries and ministry staff. Events like the one in Maddock help to provide funds to make it all happen through the various Pilots for Christ Chapter.

In addition, these events help in recruiting volunteers, pilots, mission assistants and donors.

## IT DOESN'T STOP THERE

At several points in my conversation with my friend John, his voice would reflect the excitement and pride of what the JT Rice Pilots for Christ chapter has accomplished. "You know we raise enough money to do



Pilots for Christ Chapter named in honor of JT Rice

a food packing event for Feed My Starving Children. We pack hundreds of packages to be sent all over the world" he explains "and by getting kids involved, we introduce and encourage young kids to get involved in aviation. I tell them that get your license and you are guaranteed a job flying somewhere."

At the August 6th event, the community hangar at the Maddock Airport will be cleared to make room for the community church service held at 10 AM. "It's amazing how you can raise the hangar door and have a great view of God's creation...right out there" according to John.

As a Pilot for Christ volunteer, John says he flies about 10-15 hours a year. When there is a need for assistance an email goes out to the many volunteers and the other Pilots For Christ chapters in 17 states. "Sometimes a volunteer is headed to a destination, and they will help someone out" and according to John, there is normally a way to get it done once people make a request.

And Now You Know, The Rest of the Story

Building a service community from a tragedy. The story of a family that lost a loved one but keeps his name alive. A small town in central North Dakota, that is home to an outward reaching organization that provides what some people do not have the resources to afford. That is what the JT Rice Pilots For Christ Chapter is all about. And now you know, the rest of the story. Their website sums it all up; The Lord's Air Force...in the name of Christ we serve.

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AUGUST 2023



REGINA CORONA

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*What are your interests/hobbies?*

My interests and hobbies include Netflix and chilling, love me some Reality TV, good shows and great movies. I also love to go for a stroll on my bike with my boys. I also LOVE FOOD! I cook and clean for fun and organizing things helps me control my stress levels.

*What advice do you have for new providers/those interested in being FCC Providers?*

The first month will be a LOT! Kids in a new environment with new toys really brings out their curiosity. They will want to touch and play with everything. Don't let that first month scare you away as they definitely do develop a routine so long as you just keep going and don't give up! I may not speak much in the meetings as I have horrible social anxiety and I'm VERY socially awkward, but if you ever need anything or have questions or need advice, I got you

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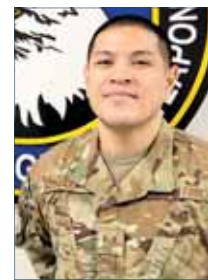
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NCOIC OCCUPATIONAL SAFETY



You would never use a jack without also using a jack stand right!

The vehicle lifts that are supporting a vehicle you are working or being stored can represent one of the most productive tools in your shop, or one of the most dangerous pieces of equipment for you if not used and maintained properly. You'd never drive a vehicle that hadn't had the brakes inspected in years. Here are some basic and common sense principles apply to vehicle lifts in your shop and daily inspections are part of your job.

Whether you're using two-post lifts, parallelograms, mobile column lifts, drive-on lifts or in-ground lifts for servicing vehicles, you should follow these basic safety rules.

#### 1. BUY CERTIFIED LIFTS

There's only one nationally recognized safety standard for vehicle lifts: ANSI-ALI/ALCTV/CE, administered by the Automotive Lift Institute (ALI/ETL). ETL testing labs verify that a manufacturer's lifts meet the national safety standard for vehicles lift. The Automotive Lift Institute working through ETL testing procedures involves rigorous third-party testing verifying lift manufacturers comply with current ANSI requirements for lifts as defined by the International Building Code, which mandates that lifts be third party tested to meet these safety requirements. To verify equipment status, look for the gold ALI/ETL verification tag next to the lift's controls.

#### 2. BUY CERTIFIED LIFT OPTIONS

A commonly overlooked mistake is using an uncertified option or accessory on a certified lift. Doing so will void the lift's certification. It's simple: If the optional accessory isn't certified then the lift isn't certified. ALI/ETL standards (&ANSI standards & building code standards), require all accessories, such as drive-on lifts, rolling jacks and truck adaptors, to be certified. Although certification is good for the life of the lift, older models may not meet the most current standards. Complying with American National Standards Institute (ANSI), Occupational Safety and Health Administration (OSHA) and Public Employees Occupational Safety and Health (PEOSH) requirements is the key to keeping vehicle lifts at the highest possible safety level.

#### 3. NO LOCKS ARE LIABILITY

Always raise the vehicle and then lower it onto the lift's mechanical locks as required by ANSI. Refer to ALI safety manual lifting it Right or the manufacturer's operating instructions for detailed information. An easy way to visually verify the locks are being used is to include a weight gauge (a pressure gauge calibrated to the lift's lifting capacity) on your lift. A weight gauge can also be a great diagnostic tool. If using an old in-ground lift that doesn't have locks, it's time for a new lift. While some in-ground lifts can be retrofitted with an aftermarket lock, it's not the most cost-effective option, and your lift will still not be ALI/ETL certified to be compliant with ANSI rules and building code laws.

#### 4. IT'S EASY TO OVERLOAD

Manufacturers of the most common two-post side by side lifts mandate that none of the four swing arms be overloaded. As an example: Some may think that a 15,000 pound rated lift that's loaded with a 14,200 pound

ambulance isn't near capacity. They're wrong! It's easy to see why two-post side-by-side lifts are often overloaded, even though the total lift capacity hasn't been exceeded.

#### 5. INSPECT EQUIPMENT ANNUALLY

ANSI/Automotive Lift Institute ALCTV Standard for Automotive Lifts- "Safety Requirements for Construction, Testing, and Validation" requires technicians to perform a daily operational safety check. The code also requires an annual inspection by a qualified individual. Failing to do so could expose your shop to liabilities that could be associated with an injury if an accident were to happen.

#### 6. TRAINING AND TESTING

Contact the Automotive Lift Institute, your lift supplier, or a local lift inspection company for a copy of the 20-minute lifting it Right video hosted by legendary. Like any product, lifts vary in style, type, capability, longevity and warranty.

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### SCOTTISH HIGHLAND CATTLE

**CREATURE FEATURES**

- Native to the rough terrain of Scotland, Scottish Highland Cattle are the oldest registered breed of cattle. Registration goes back to the 6th century. They were brought to the United States in the 1890's.
- The Scottish Highland's double coat of long hair consists of a long coarse outer layer and soft wooly inner layer.
- Their long hair prevents the need to form a layer of fat for cold temperatures. The Scottish Highland Cattle's long hair draped over their eyes helps reduce the incidence of pinkeye and other fly-borne problems.

**Fact File**

Life Span	11 - 22 years
Weight	400 - 1200 pounds
Height to Shoulder	3 to 3 1/2 feet
Top Speed	25 mph
Wild Diet	Grasses, Leaves, Flowers

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# VACATION READY CAR CARE

## Wheel Alignments

It's important to get a wheel alignment done after you have new tires installed or you have made any changes to your suspension system. Regular wheel alignments will improve fuel economy, vehicle performance and are essential for even tire wear. When your wheels are aligned, they offer a smoother ride, which will give your tires a longer life. Your wheel alignment is one of the key preventative maintenance factors to ensure that you get the most out of your tires and your vehicle's handling. Our mechanics utilize precise calculations with our state-of-the-art wheel alignment machinery to perform regular wheel alignments on your vehicle.

**Get Routine Wheel Alignments**

Your wheel alignment should be checked about once every six months. Your vehicle can come out of alignment from hitting potholes, speed bumps, curbs, or other imperfections on the road surface or from worn suspension and steering parts. At Trusted Tire & Auto, we can perform a wheel alignment check and align your vehicle to manufacturer's standards.

**An Alignment Check Features:**

- Assessment of the steering and suspension components
- Examination of the tires for size, inflation, and wear
- Comparison of your tire alignment to automobile manufacturer guidelines

**What is Wheel Alignment?**

A wheel alignment involves a complex process in which suspension angles are measured and adjusted. This will ensure that your wheels are properly aligned with both each other and the vehicle's axles, so that tires make optimum contact with the road surface. The alignment of your wheels functions to keep you driving safely and help make sure your tires wear evenly, and that they don't overly wear down on one side. This process will give you and your passengers a comfortable and smooth driving experience. Driving a car with correct wheel alignment will:

- Save fuel
- Enhance your car's handling, particularly cornering
- Reduce driver fatigue
- Save excessive uneven and premature tire wear

**Signs That You Need a Wheel Alignment**

- Unusually rapid or uneven tire wear
- "Pulling" to the left or right
- Crooked steering wheel during a straight drive
- Squealing tires

Inspect the condition of your tires regularly to ensure they are wearing evenly and are set to the correct pressure. At Trusted Tire & Auto we use expert state-of-the-art alignment equipment to complete the alignment on your vehicle. Visit us for your next wheel alignment, auto repair service, or tire need, and we'll have your car running smoother and safer for longer.



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- CHECKING BELTS AND HOSES
- INSPECTING TIRE PRESSURE
- CHECKING ENTIRE UNDERCARRIAGE

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# Air Force reinstates special bonuses, pays, most PCSs

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

ARLINGTON, Va. (AFNS) -- With additional support from Congress on several pending reprogramming requests, the Air Force will restore funding to most military personnel programs that were suspended or closed last week.

The Air Force will restore the Selective Retention Bonuses and the Aviation Bonus program beginning next week.

Additionally, beginning next week the Air Force will resume authenticating paused PCS orders for moves in fiscal year 2023, with the target of Airmen having orders in-hand at least 30 days before departure date. Before the end of July, Airmen awaiting orders with departure dates in August or later will begin to receive their orders.

The previously announced DERS extension for Airmen on overseas long tours with a DERS between October and December 2023 remains in effect. These DERSs have been extended to January through March 2024. Airmen can request an exception to policy from their wing commander, for Air Force Personnel Center commander consideration if needed.

The SRB program will be reinstated this month for all eligible career fields. Eligible Airmen reenlisting or extending for a

bonus can immediately take action to contract for a bonus. Airmen previously eligible for a bonus who extended until October 1, 2023, may now work with their Military Personnel Flights for exceptions to policy to now take action to contract for a bonus.

The Aviation Bonus Program that opened on June 5 and was paused July 11 is scheduled to re-open in the next week. All aviators who were previously eligible but had not contracted will remain eligible. Aviation bonuses remain offered on a first come, first serve basis until FY23 funds are exhausted.

Finally, Assignment Incentive Pay and Foreign Language Proficiency Pay agreements paused July 11 will be reinstated. This includes Airmen receiving new or recertifying existing foreign language bonus pay or initiating new assignment pay at all locations.

While most of the benefits have been reinstated, the Air Force will continue to communicate with Airmen whose PCS orders have not been completed, specifically those with PCS moves in FY24.

Airmen with questions can call the Total Force Service Center at 210-565-0102, or toll-free at 800-525-0102.



by Patricia Stockdill

**Fishing:**

Lake Sakakawea elevation, July 31: 1,842.43 feet above mean sea level (MSL); 22,000 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,450.12 feet above mean sea level (MSL).

Stump Lake elevation: 1,450.08 MSL.

- Devils Lake, Woodland Resort, Devils Lake: Continued fair to good success walleye working deeper in 25 feet along structure. Try crankbaits or live presentations with nightcrawlers. Look for some perch in shallower water.

- Lake Darling, Karma C-Store, Ruthville: No new reports.

- Lake Metigoshe, Four Seasons, Bottineau: Walleye activity slowed with fair BUT scattered success. Continued bluegill numbers but they're small.

- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Continue working deep water on the east end of Lake Sakakawea for walleye using crankbaits or live bait presentations with minnows or nightcrawlers. Fish generally scattered so move around. No reports from Lake Audubon.

- Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Work deep in 30 to 40 feet on the east end of Lake Sakakawea with best success on nightcrawlers. Also try deep in 20 to 30 feet for walleye on Lake Audubon.

- Lake Sakakawea, Indian Hills Resort, Garrison: Scattered success in 25 to 35 feet with best activity around Deepwater Bay and Independence Point using nightcrawlers. Some larger fish now starting to show up.

- Lake Sakakawea, Van Hook Bait & Tackle, New Town: Anglers working a little harder for walleye with best bite later in the afternoon. Work deeper with some success starting with minnows as well as nightcrawlers. Fish seems to be on the move so anglers need to move around to locate them but overall still fair walleye success. Anglers working a little harder for

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](http://www.woodlandresort.com)), Facebook at ([facebook.com/woodlandresortDL](https://www.facebook.com/woodlandresortDL)), telephone (701) 662-5996, extension 1, or email ([woodlandresort@gondtc.com](mailto: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 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](http://deq.nd.gov)) for more information and safety precautions.
- Pronghorn and tundra swan applications now available. Apply online at the N.D. Game & Fish Dept. website, ([gf.nd.gov](http://gf.nd.gov)).
- First come, first served deer licenses available in 5 hunting units. Go to the Game & Fish Dept. website for details.
- 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. 9: Pronghorn applications due.
- Aug. 11: Shoot for Shelter Trapshoot, Minot Gun Club. 6 p.m. registration.
- Aug. 16: Tundra swan applications due.

**TOURNAMENTS:**

- Aug 5: Devils Lake, Round Lake Bay.
- Aug. 5 & 6: Lake Sakakawea, 4 Bears.
- Aug. 12: Lake Sakakawea, Van Hook Arm; Devils Lake, Grahams Island State Park.
- Aug. 12 & 13: Lake Sakakawea, Fort Stevenson.

walleye with best bite later in the afternoon. Work deeper with some success starting with minnows as well as nightcrawlers. Fish seems to be on the move so anglers need to move around to locate them but overall still fair walleye success.

- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace remains slow from both boats and shore for walleye with better success in the spillway channel. Try jigs and minnows or Lindy rigs and nightcrawlers. Shore success also remains slow with best success at night. East end of Lake Sakakawea producing some walleye along the flats in deep water. Try Lindy rigs and nightcrawlers or crankbaits. Also try minnows but best success remains with nightcrawlers yet. Continued consistent salmon bite with most fish in 80 feet over 150 feet with fish scattered throughout the water column. Fish are running 3 to 5 pounds.

- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Walleye continue moving west on the upper end of the Lake Sakakawea with activity from Lewis & Clark State Park working to the east. Larger fish coming with crankbaits. Try 15 feet and deeper. Blacktail Dam continues

producing scattered for a mix of species.

- North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Area lakes remain generally quiet with most activity still on Devils Lake.

**N.D. river flows:**

- Des Lacs River, Foxholm: River stage, 6.19 feet; streamflow, 23.5 CFS.
- Little Missouri River, Long X Bridge: River stage, 7.5 feet; streamflow, 134 CFS.
- Missouri River, Williston: River stage, 16.44 feet.
- Missouri River, Washburn: River stage, 9.52 feet.
- Pembina River, Walhalla: River stage, 2.13 feet; streamflow, 146 CFS.
- Souris River, Foxholm: River stage, 4.68 feet; streamflow, 0.25 CFS.
- Souris River, Minot Broadway Bridge: River stage, 41.16 feet.
- Yellowstone River, Sidney, Mont.: River stage, 5.05 feet; streamflow, 10,900 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.

## A LOOK BACK THIS WEEK IN USAF HISTORY

### OPERATION BIG SWITCH RETURNS POWS

AUGUST 6, 1953



In 1951, negotiations of a ceasefire and the release of Prisoners of War began between the communists and United Nations. Operation BIG SWITCH, which took place from August 6, 1953 to October 1953, brought thousands POWs back home. By the end, 75,823 POWs were returned to the communists and 12,773 to the United Nations, including over 3,000 Americans. POWs who wished not to return to their communist countries were released as free citizens. USAF C-124, C-54, C-46, and C-47 transport aircraft brought American POWs from Korea to

Japan, and then on to the United States. Due to harsh living conditions in POW camps, many of the repatriated Americans required immediate medical care which was given to them at Tachikawa Air Base, Japan. Nearly 38% of U.S. prisoners were not so fortunate and perished in captivity.

Information courtesy of: [media.defense.gov](http://media.defense.gov) / [nationalmuseum.af.mil](http://nationalmuseum.af.mil) / [koreanwarlegacy.org](http://koreanwarlegacy.org)

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# CHURCH DIRECTORY

**Chapel Services at MAFB**

*North Plains Chapel in Base Housing*

Protestant Liturgical Service  
**Christ Chapel**  
0900


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

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

*Northern Lights Chapel across from Rockers*

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

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

 **109 6th St. SE Minot • 838-3094**

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

**Sunday, Aug 6**  
10AM, Congregational Prayer Service

  
**Break Forth BIBLE CHURCH**

Wednesdays 7:00pm  
and Sundays 10:30am

**1821 W Burdick Expressway**  
For More Information:  
701.838.2665 | [www.bfbc.tv](http://www.bfbc.tv)

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

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

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

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

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

**Immanuel Baptist Church**

**1615 2nd St. SE • www.ibcminot.org**  
**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](http://www.christreformedchurchminot.com)

**St. John the Apostle Catholic Church**

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

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


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

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

Sunday Worship 9:30 am

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

Pastor Brandy Gerjets • Pastor Ellery Dykeman



**Gospel Tabernacle Community Church**  
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4 miles south of MAFB  
James W. Henderson  
Anna B. Henderson

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

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

  
**JOURNEYCHURCH**  
ASSEMBLY OF GOD

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

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

**Wednesday**  
6:30 PM

**Minot Baptist Church**

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

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

  
**Cross Roads Baptist**

**Southern Baptist Convention**

Sunday School (all ages) ..... 9:45 a.m.  
Sunday Worship ..... 11 a.m. & 5:30 p.m.  
Wednesdays (Prayer & Missions) ... 6:30 p.m.

[www.minotcrbc.org](http://www.minotcrbc.org)  
email: [minotcrbc@gmail.com](mailto:minotcrbc@gmail.com)  
**Gabe McCormick - Pastor**

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

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

**1105 16th St. NW • 839-1407**

Sunday School ..... 9:30 a.m.  
Sunday Worship ..... 10:30 a.m.  
Children's Church & Nursery  
Wednesday Family Training Hour  
Meal ..... 5:30 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](http://westminot.com)  
[facebook.com/westminot](https://facebook.com/westminot)

**First Baptist Church**

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

Classic Worship Service ..... 8:30 a.m.  
Sunday School (All Ages) ..... 9:45 a.m.  
Contemporary Worship Service ..... 9:50 a.m.  
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**

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

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

**Jesse Starr, Pastor**

  
**Grace Baptist CHURCH OF MINOT**  
*A Reformed Baptist Church*

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**Wed. Prayer: 5:30 p.m.**  
at Living Word Lutheran bldg  
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Rev. Heath Trampe  
Rev. Brian Doel

**SUMMER WORSHIP SCHEDULE**  
June 21-August 30

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11:00am Contemporary Service (w/Livestream)

**Wednesdays**  
6:30pm Contemporary Service

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

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



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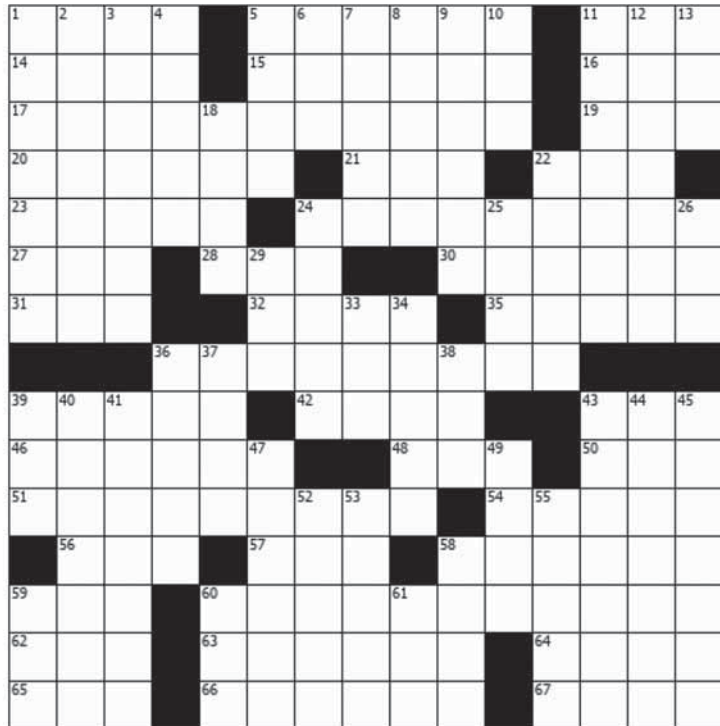
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# CROSSWORD PUZZLE

**Across**

- 1. Some ratites
- 5. Purify
- 11. Hwy. helper
- 14. Berry quantity
- 15. Chef based in New Orleans
- 16. German auto
- 17. Advantage
- 19. Underwater deposit
- 20. Burrow
- 21. Short course?
- 22. One-time orbiter
- 23. Japanese seaport
- 24. Lid enhancement
- 27. Debussy classic, "La \_\_\_"
- 28. Paced the field
- 30. Sneaker feature
- 31. Subj. for some foreigners
- 32. They get in the way of sound thinking
- 35. American poet Lizette
- 36. "As Good as It Gets" co-star
- 39. Physician to Marcus Aurelius
- 42. Harness gear
- 43. Palindromic Ugandan name
- 46. Sometimes it's hidden
- 48. Word with the cradle or blind
- 50. River through northern Thailand
- 51. Means to storybook riches
- 54. Photographer with 64-Across
- 56. Saratoga Springs lure
- 57. SHOW alternative
- 58. Set outcome?
- 59. Heel
- 60. Dinner delicacy
- 62. Tour group for swingers?
- 63. It multiplies by dividing
- 64. Writer with 54-Across
- 65. "Crying" singer Orbison
- 66. Reaches
- 67. What a cut provides

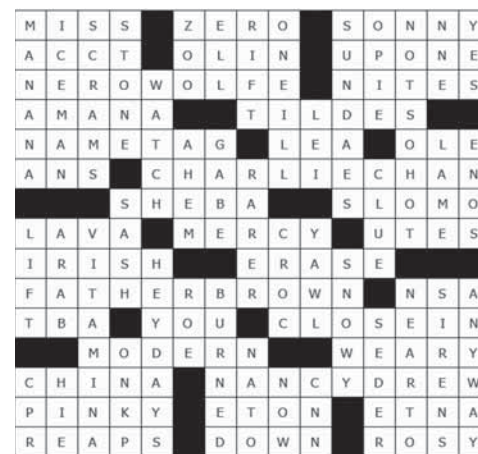


**Down**

- 1. Typical example
- 2. Drawbacks
- 3. Disentangle
- 4. Perform lousily
- 5. It might wind up on a dock?
- 6. 911 responder
- 7. Charon's transport
- 8. Furious
- 9. Most pleasing
- 10. Rockies roamer
- 11. Edit substantially
- 12. Romantic
- 13. Miracle observer's feeling
- 18. It can be raw
- 22. "Luncheon on the Grass" painter
- 24. Lawn tool
- 25. Rhino's weapon
- 26. Bitty
- 29. Serpentine swimmer
- 33. The first cardinal?
- 34. Evade, as duties
- 36. Dye-producing shrub
- 37. Abolishes
- 38. Cinco minus cuatro
- 39. Chitchat
- 40. In the distant past
- 41. Calendar rarity
- 43. Furious
- 44. Darn good specimens
- 45. Shoe cushions
- 47. In one's element
- 49. Fuzzy Wuzzy, e.g.
- 52. Religious leader
- 53. Takes a dive
- 55. Indispensable
- 58. Pressure
- 59. Help for a broken heart?
- 60. Dawdle
- 61. Iffy sched. letters

## CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.



## SUDOKU

Solution to puzzle on page B9

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

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# A-Maze-ing design: Minot State featured on Berry Acres 2023 corn maze

MINOT STATE UNIVERSITY

MINOT, N.D. – Minot State University was selected by Berry Acres Pumpkin Patch as its 2023 corn maze design, the local business revealed on social media Thursday.

The design featuring the Minot State athletic logo and MSU was cut by Precision Mazes and will be open to the public beginning Sept. 9. Berry Acres is on Country Road 15 just west of Minot.

“When we don’t have a specific sponsor for the maze, we like to do something that is community related,” said Ashley Berry, owner of Berry Acres. “A few years back we did Minot High, and we thought it was time to do Minot State Beavers. I think it turned out great and the logo works really well in the corn maze.”

Berry contacted Sal Rodriguez, assistant athletic director for revenue and fan development, in March to see if the University would be interested. Other than some concern in the reproduction quality of the logo, it was an emphatic “yes.”

“At first, we had some concern that the Beaver logo would not look like the actual logo, but it was a very easy yes to give to Ashley,” Rodriguez said. “I think this is a great partnership providing us with an exciting way to connect with our community and our campus family.”

Any worry over the logo design was quickly put to rest with the work of Precision Mazes, a Missouri company that professionally cuts and designs mazes all over the United States. Berry Acres has used

Precision Mazes for all 13 of their fall designs.

“We seed the corn in the middle of May and Precision Mazes comes up to cut it in June,” Berry said. “The corn can only be so high when they cut it. Once the maze is cut, we have to keep the walkways tilled, which can be a challenge — just as it is for someone trying to make their way out!”

“After some modifications to add the elements that would turn our logo into a maze, I was sent a final proof and was able to approve it,” added Rodriguez. “I think it is safe to say we are very happy with the final product and look forward to visiting it in person!”

Along with the MSU-themed corn maze, Berry Acres features obstacle courses, a corn box, paintball, and a petting zoo, along with many other attractions.

“We are excited for another season to be approaching, it’s always so great to see all the families having fun and enjoying fall together,” Berry said. “There is so much to do for all ages. Make your way out of the eight-acre corn maze, pick the perfect pumpkin, play on endless bales of fun and slides, race someone on the pedal carts, slide down the tire mountain, see all the bale characters, test your aim on the paintball wagon, go in the glow-in-the-dark paintball shooting gallery and on the zip track, play laser tag, the pumpkin cannon, and more!”

For more information on Berry Acres Pumpkin Patch, see their Facebook page.



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## HOT DOGS

Patricia Stockdill

We knew it was coming sooner or rather – summer heat, that is.

After the initial first reminder way back in June that summer is coming, North Dakotans largely missed the blistering days reminding us that, yup, winter has its advantages at times.

But OK, we got the memo that North Dakota can and does heat up just as it can and will cool down – a lot.

While Nestle Purina is all about pet food and nutrition, they’re also keen on proper pet care, in this case keeping Fido safe and cool now that summer temperatures have truly arrived.

Some Purina Pro tips and tricks are basic but could be easily forgotten on busy summer days, like keep fresh, cool water available. Dogs – like humans – can suffer heat stress and heat stroke, especially considering an active dog’s water needs can more than double in summer heat.

Carry a squirt bottle or collapsible bowl when out and about on hikes, walks, hunting dog training sessions, or even playing in the park, providing small amounts of water every 15 to 20 minutes.

Dogs sweat by panting – if they pant excessively, they could be starting to overheat. Purina Senior Research Nutritionist and Veterinarian Dr. Arleigh Reynolds recommends people avoid giving a dog too much water at once. Instead, let them drink small quantities – a few ounces at a time – to absorb the water and move out of their stomach.

Then let them drink another small amount about 15 minutes later.

Too much water can cause vomiting, bloat, and other issues.

Rest Fido in the shade to cool down even if he or she doesn’t appear overheated.

While a wet dog typically equates to a smelly dog, it also equates to the ability to cool down. Wet dogs are cool dogs. Swimming and playing in water, even sprinklers – cools them.

However, be aware of water conditions and quality before letting dogs in a lake. Conditions could also be ripe for deadly blue-green algae. Keep dogs and people of all ages out of discolored water.

The N.D. Department of Environmental Quality website, (deq.nd.gov) provides information updates on water bodies under investigation, low toxin levels, advisories, and warnings. Check it out before heading to a favorite lake regardless of its size.

It’s good for humans and canines alike to exercise but

when it’s hot, or especially hot and humid, Fido should avoid mid-day sun. Exercise and train when cooler, if possible.

Walking on grass is cooler on a dog’s feet than pavement. Reynolds suggests people touch pavement to test its temperature before letting a dog walk on it – their pads can get injured on hot pavement. Another trick is pouring a little water on pavement – if it steams, it’s too hot for Fido.

One of the most important rules when it comes to summer heat is the same as it is with children – never leave a dog in a parked vehicle. It’s OK to have them travel with you while air conditioning has everyone cool and comfy but it doesn’t take long before a parked vehicle heats up – and it’s deadly.

Keep Fido out of the doghouse – literally. Many doghouses don’t have adequate air flow. Dogs can quickly overheat just as they can in a parked vehicle. If a dog has to be outside, provide plenty of shade and cool water – try adding ice cubes to keep water cooler longer.

Reynolds has tips to identify when heat is too much for Fido:

- Know your dog’s body language and pay attention to it. If Fido has gone from excited and happy to languishing behind and disinterested, it’s time to back off.
- If their tails and ears are droopy, it’s time to back off.
- Observe their tongue. A dog is offloading heat when panting and is trying to shed even more heat when its tongue widens and elongates. At times it can’t shed as much heat as is needed, Reynolds described.
- Canine heat stroke can be deadly. It’s even more dangerous for puppies, senior dogs, and those with health complications. Heat stroke signs include:
  - Excessive panting and salivating.
  - Obvious discomfort.
  - Vomiting and diarrhea.
  - Disorientation.
  - Seizures.

Dogs with those symptoms need to get in a cooler environment. Cool their chest and armpits with water. Rinse their mouth with cool water. Soak or rub their paws in cool water, as well.

Reynolds also recommends contacting its veterinarian for additional information.

Not all heat stroke symptoms occur quickly. Watch Fido even after a hot summer’s day excursion. Better yet, keep Fido cool and avoid the heat of the summer.

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# Roosevelt Park Zoo Ladies Welcome the New Man in Town



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MINOT AIR FORCE BASE NEWSPAPER | WWW.NORTHERNSENTRY.COM

At the end of June, the female giraffes at the Roosevelt Park Zoo finally got to meet the new guy in town, a male giraffe named Kioni.

Kioni arrived on May 21, but has been kept separate from the females, Kianga and her daughter, Amani, while he quarantined in a separate part of the barn. On Tuesday, June 27, the zookeepers allowed Kioni to venture into his new habitat alone so he could get a sense of his surroundings before meeting the ladies. By lunchtime, the staff felt he was comfortable with his new surroundings and the decision was made to move forward and allow the ladies outside to officially greet their new companion.

Kioni came to the Roosevelt Park Zoo from the Oklahoma City Zoo in Oklahoma City, OK, as a recommendation by the Giraffe Species Survival Plan (SSP). When Kioni was recommended to move

to Minot, he was also sent with a breeding recommendation for both ladies once he is old enough. Kioni was born at the Oklahoma City Zoo on June 3, 2021, so staff have a couple of years before they will need to worry about him producing any calves. While Kianga is 23-years old, Amani won't turn 2-years old until the end of September. With the pending construction of the flood wall over the next few years, this lull in breeding comes at a good time.

**BACKGROUND:**

- Kioni is a male born at the at the Oklahoma City Zoo June 3, 2021.
- Amani is a female giraffe born at the Roosevelt Park Zoo on September 29, 2021.
- Kianga is a female giraffe born at the Indianapolis Zoo on June 2, 2000.



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Kioni



Kianga, Kioni & Amani  
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# YOUTH IN ACTION

## Ways to Beat "Summer Slide": Part 2:

Though I took a short detour to share information about the "Back-to-School Backpack Brigade" in partnership with Operation Homefront, I wanted return to ways to beat summer slide. Summer slide refers to the loss of academic skills and knowledge that can occur during the summer break and the following are a few tips to beat summer slide.

- Write and journal: Encourage your child to write about their summer experiences, keep a journal, or write stories. Writing helps improve communication skills and enhances creativity.

- Online learning resources: Explore educational websites, apps, and online platforms that offer interactive learning activities and games. Many of these resources are designed to make learning fun and engaging.

- Limit screen time: While technology can be a valuable learning tool, it's important to



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



strike a balance. Set reasonable limits on screen time and encourage other activities that promote active learning and engagement.

- Family discussions: Engage in meaningful conversations with your child about various topics. This helps develop critical thinking, communication skills, and expands their knowledge.

- Hands-on projects: Encourage your child to engage in hands-on projects such as building models,

conducting experiments, or exploring nature. These activities promote problem-solving skills and stimulate curiosity.

Though school will begin in several weeks, remember to make learning enjoyable and encourage your child's interests and passions. By incorporating these tips into your summer routine, you can help your child prevent summer slide and continue their educational progress.

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# What's Happening at the Minot AFB Exchange

## MILITARY STAR REWARDS ADD UP FOR MINOT AFB SHOPPERS

The MILITARY STAR® card sets Minot Air Force Base shoppers up for savings—and rewards.

Cardmembers earn unlimited 2% in rewards on purchases when they use MILITARY STAR. Every time shoppers reach 2,000 points, they automatically receive a \$20 digital reward.

In 2022, shoppers worldwide earned \$36 million in rewards, which can be used anywhere an Exchange gift card is accepted. The rewards program is part of the \$435 million annual benefit MILITARY STAR provided to the military community worldwide through exclusive offers and benefits.

Other benefits of the card include:

- 5 cents off every gallon of gas at Exchange fuel locations.
- 10% off at participating Exchange restaurants.
- 10% off all first-day purchases for new cardmembers.
- Free shipping on all ShopMyExchange.com and MyNavyExchange.com orders.
- The lowest flat-rate APR among store cards—rate is offered to all cardmembers upon account approval.
- No annual, late or over-limit fees.
- Reduced-interest deployment plan with no payments required for eligible cardmembers.

“The MILITARY STAR rewards program allows Minot AFB shoppers to get more for their money,” said Minot BX General Manager Kyle Omler. “This is especially important at a time when many in the military community are looking to make their dollars go further.”

Rewards are earned everywhere the card is accepted, including at commissaries and Armed Forces Recreation Centers, as well as all

military exchanges, ShopMyExchange.com, MyNavyExchange.com and ShopCGX.com. Rewards exclude the Military Clothing Plan.

Shoppers who use MILITARY STAR and shop the Minot AFB Exchange not only save but give back, as 100% of Exchange earnings are reinvested in the military communities it serves. In the last 10 years, the Exchange worldwide has provided \$3.5 billion in earnings for critical on-installation Quality-of-Life programs that make life better for service members and families.

For more information on MILITARY STAR, shoppers can visit the Exchange or <https://aaafes.media/MilStarPA>.

## EXCHANGE SHOPPERS GENERATE \$215,386 FOR MINOT AFB COMMUNITY IN 2022

Service members, Veterans, military family members and other authorized shoppers generated \$215,386 for the Minot Air Force Base community in 2022 by shopping with the Army & Air Force Exchange Service.

100% of Exchange earnings are reinvested in military communities, with about 60% supporting on-installation Quality-of-Life programs. Remaining earnings further enhance the shopping experience at BXs and Expresses worldwide and ShopMyExchange.com.

“It matters where you shop, and every time service members and military family members shop with the Exchange, they make Air Force communities like Minot Air Force Base better places to live and work,” said Minot AFB Exchange General Manager Kyle Omler. “Whether shopping at the BX, filling up at the Express, dining at an Exchange food court or shopping at ShopMyExchange.com, the military community makes a difference when

using their Exchange benefit.”

In the last 10 years, Exchange shoppers have provided \$3.5 billion in earnings for critical military Quality-of-Life programs.

## MINOT AIR FORCE BASE SHOPPERS CAN WIN A 2023 JEEP RUBICON IN LATEST SWEEPSTAKES

Minot Air Force Base Exchange shoppers can enter for a chance to win a 2023 Jeep Rubicon and a ride-along experience with off-road racing star Casey Currie in the Monster Energy Casey Currie Jeep Sweepstakes.

One grand-prize winner will receive a customized 2023 Jeep Rubicon 392 and a ride-along experience in Johnson Valley, Calif., including hotel, airfare, transportation and spending cash. The grand prize will also include a \$7,200 American Express gift card, bringing the grand prize total value to more than \$100,000.

Fifty runners-up will receive a \$100 Exchange gift card.

“The Exchange is thrilled to team with Monster Energy to bring another sweepstakes to the military community, with exciting prizes and a chance to ride with motorsports star Casey Currie,” said Minot AFB BX General Manager Kyle Omler. “The Exchange is always honored to offer these unique experiences to service members and their families.”

No purchase is necessary to enter or win. Eligible shoppers can enter at ShopMyExchange.com/sweepstakes through Sept. 30. Honorably discharged Veterans who have confirmed their eligibility to shop online can enter too. Veterans can visit ShopMyExchange.com/vets to learn more. Department of Defense and Coast Guard civilians and retirees can also enter.

Winners will be randomly selected by Oct. 6.



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# 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.

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For further information, please send a message to the hotel at [revelnd.com](http://revelnd.com) or contact Chelewa Springs or Ashley Cutler at 701-607-4557 or 701-306-3338.

## All About Pets

### Traveling with Pets



The holidays are right around the corner, which means that many pet owners will be traveling to see family (with or without their furry friends)! Thinking about bringing your pet home for the holidays? Here are a few tips, tricks, and things to consider.

• **Do or Don't:** First things first, you have to decide if bringing your pet along is a good idea. If you have an older pet, one who suffers from extreme anxiety or other behavioral issues around groups of people, a pet suffering from major health problems, or you just don't have the space to travel with or house your pet, you may want to consider finding a dogsitter while you are gone. Otherwise, traveling with a pet can be a great new experience for them!

• **Preparing to Travel:** If you are driving home, make sure to prepare your car (and dog) for the trip. There are a variety of seat covers available for those with pets who are safe to free roam in the car that will protect your seats and often come with leashes attached. If your dog or cat moves too much or has anxiety on car rides, you may want to consider securing a crate for them somewhere in the car. Make sure your pet has access to fresh water, food, and the occasional fan or open window (thicker coated pets are prone to overheating in the car), and bring plenty of toys and treats to keep them occupied! If you are flying, it's important to make sure your pet has a sturdy crate and ample blankets to keep them warm (if flying in cargo). If your pet has never traveled with you before, you may want to begin preparing as soon as possible by getting them accustomed to a crate, getting in

the car, potty training, and even scheduling a check up with the vet in case any medications are needed. Some pets have so much anxiety over traveling that medication is necessary for their wellbeing!

• **Have a Plan:** Traveling with a pet can make plans a little more complicated, so it's best to get things squared away ahead of time. Make sure your hotels are pet-friendly, whoever you are staying with has a space for your pet to sleep and be alone (if needed), and it is never a bad idea to go ahead and find a local veterinarian in case of any emergencies. Make sure you bring any important documents you may need for your pet as well as any medications or special food. If you are staying with someone who has other pets, it is especially important to either make sure everyone gets along well or ensure your pet has a safe place to hang out while the festivities happen.

• **Have Fun:** Traveling with pets should be fun! Stop off at a unique pet-friendly spot along the way or take them to a local park while you're home. Buy them some holiday themed treats or toys, and don't be afraid to let your pet munch on some of the (pet safe) holiday food. If you're bringing them along, chances are they are a big part of your family, meaning they deserve to enjoy the trip as well.

While traveling with pets can be a little more stressful, have your furry friend around for the holidays with the rest of the family is one of the best ways to spend the season. Have fun, be safe, and have a happy holiday season!



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Or contact: Matt Mackey  
By email or phone at  
mmackey@kalixnd.org  
701-852-1014

**ADULT & TEEN BAGGERS NEEDED AT THE MINOT AFB COMMISSARY** Baggers Work for Tips Only • Adult Hours Tuesday-Friday 7am-4pm • Later start times available but must be able to stay until 4pm & Sunday 11am-6pm • Teen Hours Tuesdays-Friday 4pm-7pm & Saturday 7am-6pm • Morning start times rotate & vary. Please speak to Charlie at the commissary if interested or leave contact information with customer service.

# BUSINESSES & SERVICES

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**839-9512**

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Sept30

## REAL ESTATE

Find ALL listed homes for sale in Minot and the surrounding areas at [www.brokers12.com](http://www.brokers12.com).

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**HOUSE FOR RENT** Burlington 2 bedroom- 1 bath. \$600.00/month. Includes: Heat, Water & Air. No Pets. Call: 701-340-2914 701-720-2809

Aug4

### IT WON'T LAST LONG, RENT TODAY!

**2 BEDROOM APARTMENT IN NW MINOT** Basic Utilities Paid. Partially Furnished, Garage Included. Access to Outdoor Deck & Fishing Dock. No Pets. Call Ken @ (701) 833-9943.

tfm

**AVAILABLE NOW!** Several apts on North Hill available 4 rent. 2 Bdrm + 1 bath. \$655 to \$795. Call Matt or Jerry at IPM. 852-1157

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## UPCOMING EVENTS

**northern sentry**  
community calendar



Events from Minot & Minot AFB in ONE PLACE!

## REAL ESTATE

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## SUDOKU SOLUTION

PUZZLE ON PAGE B4

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

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MINOT AIR FORCE BASE NEWSPAPER  
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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](mailto:minot@erau.edu) or call office phone: 701-727-9007 and/or Teams phone: 928-777-6342.

### COLUMBIA COLLEGE

For nearly fifty years Columbia College has offered educational opportunities to the military and is proud to establish our newest location here, at Minot AFB. Founded in 1851, Columbia College is a private, nonprofit liberal arts and sciences college that serves approximately 18,000 students annually and is proudly recognized by numerous organizations as a Military Friendly institution of higher education. Check out our website ([ccis.edu](http://ccis.edu)) for the list of organizations that recognize the hard work the college puts in to serve those who serve our country and their families. With 29 online degrees the college is working to offer classes this summer on the installation. In the meantime you can choose your mode of education from strictly online classes to in-person ZOOM synchronous classes. Chose from the many associate, bachelor, or master's degree programs available and know your degree can be completed at Minot or anywhere you have internet connectivity or explore in-seat opportunities if you re-locate near one of our 30 locations nationwide. Fully accredited by the Higher Learning Commission (HLC) we are delighted to establish this location at Minot. Come talk to us at the education center and explore your options for your next step down the path to your educational goal. We are located in Room 219 or call 701-714-0000.

### PARK UNIVERSITY MINOT –

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](http://military.park.edu) and confirmed your credits Or Ask Alexa! Enable the Park University skill on your Alexa device and say "Alexa, ask Park, How many credit hours can I get from my military experience?" She'll even tell you your graduation date! Minot AFB @ the Education Center RM 222 | 844-884-8612 | [mino@park.edu](mailto:mino@park.edu) PARK. YOU

### MINOT STATE UNIVERSITY

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



# VOLUNTEER OPPORTUNITIES

#### 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](mailto: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](mailto: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.mil@health.mil](mailto:Genesis.a.berry.mil@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](mailto:brian.o.bermudezcartagena.mil@health.mil) or 723-5184.

#### 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](mailto:kristal.cruz_leon@us.af.mil)

#### 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 (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](mailto:april.lawrence.2@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.govcivilairpatrol.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.mclamore@ndcap.us](mailto:Jonathan.mclamore@ndcap.us)  
701-720-6410 | <https://nd021.cap.go>

#### 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/fkmgNeYuLr>

**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](mailto: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](mailto:5fss.family.support@us.af.mil)**

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MINOT AIR FORCE BASE NEWSPAPER | [WWW.NORTHEINSENTRY.COM](http://WWW.NORTHEINSENTRY.COM)





## AFGSC WOMEN'S LEADERSHIP SYMPOSIUM



Minot Airmen watch the Air Force Global Strike Command Women's Leadership Symposium question and answer session at Minot Air Force Base, North Dakota, July 25, 2023. This event's purpose was to empower all Strikers to lead boldly and encourage women to be deliberate in their decisions, passions and actions.



Air Force Master Sgt. Gregory Willingham, 91st Security Forces Group Defender Culture lead, takes notes during the Air Force Global Strike Command Women's Leadership Symposium at Minot Air Force Base, North Dakota, July 25, 2023. The event's keynote speaker, Air Force Lt. Col. Fany Colon de Hayes, 56th Force Support Squadron commander, highlighted the importance of finding a support system to get through challenging times.

AIR FORCE PHOTOS | AIRMAN 1ST CLASS ALYSSA BANKSTON

### POT ROASTED BEEF BRISKET

**INGREDIENTS**

- 2 1/2 POUND FLAT CUT BEEF BRISKET
- TRAEGER PRIME RIB RUB
- 1 LARGE YELLOW ONION, SLICED
- 1 CLOVES GARLIC, MINCED
- 2 1/2 MEDIUM CARROTS, CUT INTO 2 INCH SLICES
- 1/2 STALK CELERY, DICED
- 1/4 CUP DRY RED WINE
- 1/2 TABLESPOON TOMATO PASTE
- 1/2 TABLESPOON WORCESTERSHIRE SAUCE
- 1/2 TEASPOON DRIED THYME
- 1/2 CAN (14.5 OZ) DICED TOMATOES
- 1 CUP LOW SODIUM BEEF BROTH
- 1 BAY LEAF
- CHOPPED PARSLEY, FOR GARNISH

When ready to cook, set the Traeger temperature to 350°F and preheat with the lid closed for 15 minutes. Trim the fat cap on the brisket to 1/4-inch. Season all sides generously with Traeger Prime Rib Rub. In the bottom of a large roasting pan, add the onions, garlic, carrot, and celery.

In a small bowl, add the wine and whisk in the tomato paste, Worcestershire sauce, and thyme. Pour the wine mixture over the vegetables. Add the tomatoes and beef broth, and bury the bay leaves in the vegetables.

Lay the brisket fat-side up on top of the vegetables. Cover tightly with aluminum foil. Place the roasting pan directly on the grill grates. Close the lid and cook for 3 1/2-4 hours, or until the meat is fork-tender. Halfway through the cooking time, carefully lift the foil and turn the meat over. Replace the foil.

Remove the brisket from the grill, and let the brisket rest for 30 minutes. Remove and discard the bay leaves from the vegetables and skim any visible fat from the liquids. Transfer the brisket to a cutting board and slice into 1/4-inch-thick slices. Garnish with parsley, as desired. Enjoy!

**Ryan Davy - GM**  
Minot

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



## Upcoming Events

**5 AUG** **BOWL-A-PALOOZA**  
1:00 PM - 4:00 PM  
North Hill Bowl  
1901 N Broadway Ste A, Minot

Souris Valley United Way is holding its annual Bowl-a-palooza on August 5th, from 1:00 - 4:00. This yearly fundraiser is a great family event and promises a fun afternoon for everyone! We will have prizes for the best team name, theme, and random drawings for prizes throughout the event. In addition, there will be a 50/50 raffle, free tacos, and chances to sabotage other teams. A team of up to 4 individuals is \$140, but you can have as many teams as you like. Bring the family or challenge your coworkers to see who is the best at bowling!  
To register your team, or if you have any questions, please email me at [hannah@svunitedway.com](mailto:hannah@svunitedway.com) or call our office at 701-839-2994.



For more information:  
[Facebook/Souris Valley United Way/ Events](#)

**7 AUG** **FRIENDS OF DAKOTA HOPE: MOVIE NIGHT**  
4:00 PM  
Oak Park Amphitheater  
11th to 14th Block of 4th Ave. NW, Minot

Sponsors, Supporters, and Volunteers: Come celebrate our 10 Year Anniversary with us at Oak Park Theater!  
We're sponsoring a Family Movie Night to thank all of our incredible Friends of Dakota Hope Clinic. Come on Monday, August 7th at 4:00pm or 6:00pm for a showing of "Up". Your free "ticket" will include one movie ticket, a pop, and a popcorn. See you there!



For more information:  
[Facebook/ Friends of Dakota Hope Clinic/ Events](#)

**8 AUG** **STORYTIME WITH MISS KRISTI AT MAIN STREET BOOKS**  
11:00 PM-12:00 PM  
Main Street Books  
8 Main St S, Minot

Join us for Story Time with Miss Kristi every Tuesday and Friday. There will be songs, stories, maybe some jumping up and down, dancing and a craft.  
Story time is geared for preschool but all ages are welcome.  
If you or your child is showing a sign of a fever or has a cough or runny nose we would appreciate it if you would stay home—as you would even in pre-covid times.  
We will see you here!



For more information:  
[Facebook / Main Street Books / events](#)

**13 AUG** **SUMMER LEARNING WRAP UP WATER PARTY**  
2:00 PM - 3:30 PM  
Central Campus School  
110 2nd Ave SE, Minot, ND 58701, USA

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.



For more information:  
[Facebook/Minot Public Library/ 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/](http://www.northernsentry.com/calendar/)



MONDAY NIGHTS

[BLGRILL.COM](http://BLGRILL.COM) | 1400 31ST AVE | MINOT, ND | 701-852-7335





# WHAT'S GOING ON MAFB

## 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

## TUESDAY 08

- Cycle, 0600, Fitness Center
- Informed Decision Seminar, 0800-1200, Professional Development Center
- Federal Employment Basics 101, 0900-1100, M&FRC
- Game Day, 1000-1930, Minot AFB Library
- Theater Camp, 1000-1430, Youth Center
- Family Bootcamp, 1000, The Turf, hosted by the Fitness Center
- World's Fare Week, 1030-1330, Dakota Inn Dining Facility
- First Duty Station Officer Financial Course, 1400-1600, M&FRC
- Magic The Gathering EDH/Commander Night, 1800, ESC
- Zumba, 1800, Fitness Center

## FRIDAY 11

- HIIT Strength & Conditioning, 0500, Fitness Center
- 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

## SATURDAY 05

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

## WEDNESDAY 09

- HIIT Strength & Conditioning, 0500, Fitness Center
- Theater Camp, 1000-1430, Youth Center
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- World's Fare Week – Fair Food, 1030-1330, Dakota Inn Dining Facility
- Storytime, 1030, Minot AFB Library
- SAPR Brief, 1400-1600, Professional Development Center
- Fighting Game Night, 1800, ESC
- Yoga, 1830, Fitness Center

## SATURDAY 12

- Bats & Brats Softball Tournament, 0800, Softball Fields, hosted by Fitness Center
- Cycle & Strength, 0900, 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

## SUNDAY 06

- Zumba, 1400, Fitness Center

## MONDAY 07

- HIIT Strength & Conditioning, 0500, Fitness Center
- JCM – Developing the Leader Within You, 0800, Professional Development Center
- Bundles for Babies, 0900-1030, M&FRC
- Theater Camp Audition, 1000-1200, Youth Center
- Theater Camp, 1000-1430, Youth Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- World's Fare Week, 1030-1330, Dakota Inn Dining Facility
- Moving Out of the Dorms Budget Class, 1300-1500, M&FRC
- Writing Club, 1800, Minot AFB Library
- Yoga, 1830, Fitness Center

## THURSDAY 10

- Summer Reading Program Registration Closes, Minot AFB Library
- Cycle, 0600, Fitness Center
- Short Notice Pre-Separation Counseling, 0830-1130, M&FRC
- Theater Camp, 1000-1430, Youth Center
- Family Bootcamp, 1000, The Turf, hosted by the Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- World's Fare Week, 1030-1330, Dakota Inn Dining Facility
- Retraining 101, 1130, Professional Development Center
- Zumba, 1800, Fitness Center

## AUG 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.

**STARS & STRIPES SCRAMBLE**  
ROUGH RIDER GOLF COURSE

AUGUST 12TH - 0900  
REGISTER BY AUGUST 11TH - 1500

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

COST \$40

TO RESERVE YOUR TEAM CALL THE PRO SHOP AT 755-2184

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**Epoxy Cutting Board Class**  
Arts & Crafts Center

July 18th & August 16th  
5:30 PM - 7:30 PM

Make an awesome resin cutting board that you can keep for yourself or give as a gift! Seats are limited, hurry & call or stop by Arts & Crafts Center to sign up!

Cost: \$85.00

FORCE 5THFORCESUPPORT.COM

**2023 SUMMER GAMES**  
MEADOO FITNESS CENTER

AUGUST 25TH  
8:00AM - 4:30PM

TO VOLUNTEER, SIGN UP, & FOR AF GAMING INFO PLEASE SCAN HERE OR VISIT

FORCE 5THFORCESUPPORT.COM

CLOSER TO YOUR DESTINATION



**MINOT**  
INTERNATIONAL AIRPORT  
MOTAIRPORT.COM

DIRECT FLIGHTS

MINNEAPOLIS LAS VEGAS  
DENVER PHOENIX



**HEAD START**  
is enrolling for the 2023-24 school year!

The classrooms are located in Dakota Elementary School.

Hours 8:30 a.m.-3:30 p.m. Mon. – Thur.

Call 857-4669 to request an application.

DO YOU HAVE A 3 OR 4 YEAR OLD?