

northern sentry

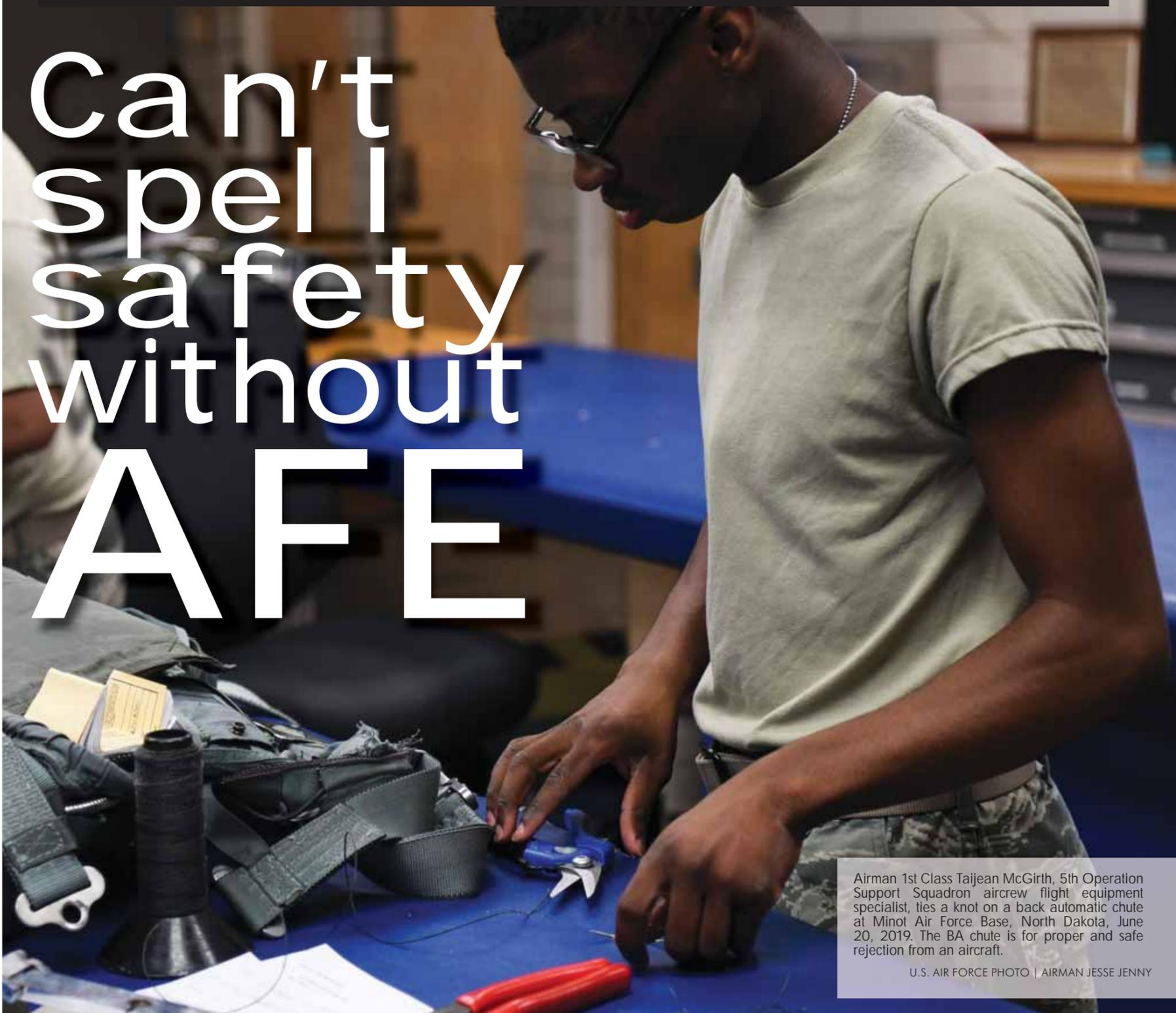
FREE | WWW.NORTHERNSENTRY.COM

VOL. 57 • ISSUE 26

MINOT AIR FORCE BASE

FRIDAY, JUNE 28, 2019

Can't spell safety without AFE



Airman 1st Class Taijean McGirth, 5th Operation Support Squadron aircrew flight equipment specialist, ties a knot on a back automatic chute at Minot Air Force Base, North Dakota, June 20, 2019. The BA chute is for proper and safe rejection from an aircraft.

U.S. AIR FORCE PHOTO | AIRMAN JESSE JENNY

Located by Pink's Bar & Grill and Karma C-Store

FIREWORKS FOR SALE!

102 128TH Ruthville, ND

NOW - JULY 5TH | 11 A.M. - 9 P.M.

ONLY THE BEST COME NORTH!



WWW.MINOT.AF.MIL

Like "MINOT AIR FORCE BASE"

CONTACT MINOT AFB PUBLIC AFFAIRS:

(701) 723-6212

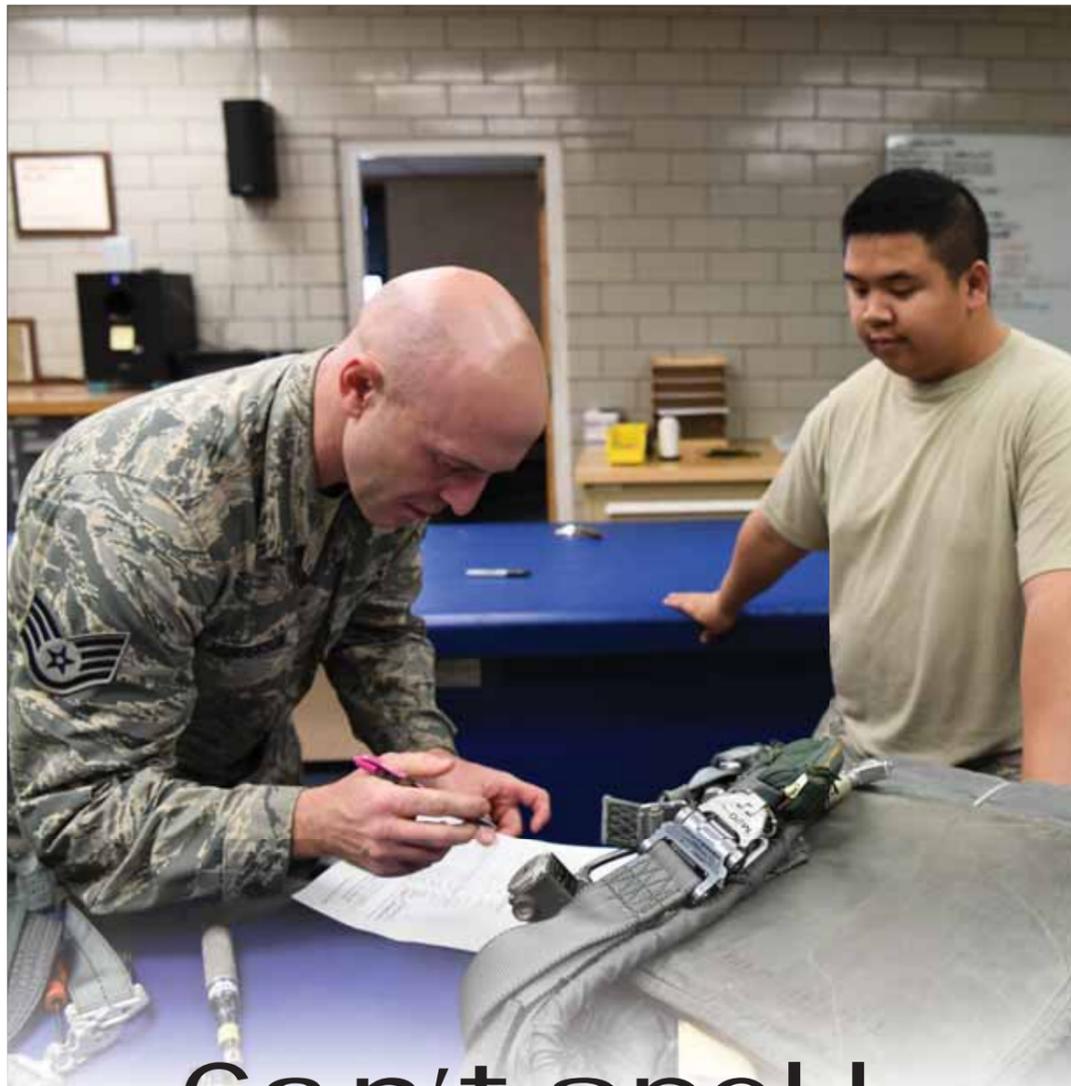
V35BW.PA@US.AF.MIL



Minot AFB



Videos



Can't spell safety without AFE

Airman 1st Class Tajjean McGirth, 5th Operation Support Squadron aircrew flight equipment specialist, ties a knot on a back automatic chute at Minot Air Force Base, North Dakota, June 20, 2019. The BA chute is for proper and safe rejection from an aircraft.

U.S. AIR FORCE PHOTOS | AIRMAN JESSE JENNY



Great Clips IS HIRING!!!

join our team

\$1,500 SIGN ON BONUS!

WORK IN A Fun & Lively SALON WITH GREAT STYLISTS!

WE OFFER:

- MEDICAL & DENTAL BENEFITS
- PAID TRAINING
- PAID HOLIDAYS & VACATION
- 401K EMPLOYER MATCHED

CALL DENNIS @ 406-670-1506 OR APPLY ONLINE @ GREATCLIPS.COM

NORTHERN SENTRY
839-0946 or sentrysales@srt.com
Contact Rod for your marketing needs!



European partnership flight visits Spangdahlem AB

STAFF SGT. PRESTON CHERRY | 52ND FIGHTER WING PUBLIC AFFAIRS

SPANGDAHLEM AIR BASE, Germany (AFNS)-- -- approximately 28 delegates from European air forces toured various facilities at the 52nd Maintenance Group and 52nd Logistics Readiness Squadron during a European partnership flight visit to Spangdahlem Air Base, Germany, June 19.

The visit, which happened during an African-European Partnership Flight program at Ramstein AB, was a multilateral, military-to-military engagement and security cooperation event focused on sharing best practices.

"The Europeans are coming here because they are interested in the fighter aircraft and that is why we chose to visit here," said Noel Fachi, U.S. Air Forces in Europe and Air Forces Africa theater security cooperation program manager. "We wanted to show them how we develop our Airmen that work on those aircraft and how maintenance and logistics are all centered on that system."

African partner nations stayed back at Ramstein AB to tour and focus their attention on logistics and maintenance dealing with the mission of

transportation and mobility. European nations that visited included Albania, Bosnia and Herzegovina, Bulgaria and Croatia and were shown demonstrations and given suggestions to enhance their own capabilities. They were able to interact with personnel and discuss objectives that could be shared across multiple air forces.

"It has been a great tour so far because you manage to see bits and pieces of the overall system and hopefully, by the end of the day, when we see the other pieces, we will be able to build something with these little bricks," said Croatian air force Lt. Col. Hrvoje Tomsic defense planning officer.

The program is intended to strengthen U.S. strategic partnerships with key countries, share ideas on professional military development and enhance regional cooperation and interoperability.

"It's an exciting program," Fachi said. "It benefits both ways. We're not just trying to tell them how to do things, we are also learning because we work in the same environment. It's a benefit to the U.S. and it's a benefit for the partner nations."

Summer is way cooler here. Get in and on the water with us!

WATER PARK JUNE 14 - AUGUST 24

ENJOY A CRUISE ON OUR LUXURY YACHT

WIN A CAMPER & TRUCK!

JULY 13 | Qualify May 1 - July 12

BROOKS & DUNN LIVE

AUGUST 3

Standing room only tickets still available!

RELAX AND ENJOY GREAT OUTDOORS ON JUNE 28 & 29 AT POCKET ACES LOUNGE

4 BEARS CASINO & LODGE

4 MILES WEST OF NEW TOWN

OUR SLOTS PAY LOTS

1,387 hand pays totaling \$3,325,411.28 May 1-26

800.294.5454

NOW OPEN 24 HOURS!

VISIT 4BEARSCASINO.COM FOR DETAILS AND CHECK US OUT ON SOCIAL MEDIA.

When gambling is no longer a fun hobby, but an addiction, know there is help. Call the 2-1-1 Hotline today for help and guidance. 4 Bears Casino & Lodge cares about you and wants you to know that help is available.

We're getting **Personal** with you!

Let everyone at the Minot AFB and surrounding areas know your news!

The Northern Sentry

would like to share what's important news to you.

- Engagements
- Weddings
- Babies
- Anniversaries
- Birthday Ads
- Obituaries

Call 701.839.0946 or email nsads@srt.com for more info!



Running with faith: an Air man's journey to redemption

JAMAL SUTTER | 413TH FLIGHT TEST GROUP PUBLIC AFFAIRS

ROBINS AIR FORCE BASE, Ga. (AFNS) --

Standing there with a knife in hand and cold-hearted from the most devastating news of his life, Master Sgt. Brandan "Troy" Keel contemplated an irreversible decision. Looking into his wife's eyes after learning she was pregnant with another man's baby, he couldn't fathom living anymore. Suicide, he thought, was imminent.

Six years later, Keel is not only alive, but is in as good of a space, mentally and spiritually, as he's ever been, he said. Since that dark moment in July 2013, the Reserve Airman has a new outlook on life altogether, and he owes it all to running.

A month after learning of his wife's betrayal and sunken into a deep depression, Keel, then 38, said he was going

through one of his social media newsfeeds when he saw a post promoting a local running group. Needing something to help relieve his stress, he decided to give it a try.

Keel felt welcomed immediately. Group members showered him with belonging and encouragement; and from that instant, he was sold.

"August 21, 2013, is what I call my 'runiversary,'" Keel said. "That's the day I joined a local running group. You can say that's the day I started my running journey."

In no time at all, he began his routines. While running with a friend, he found out about another group that hosted a 5-kilometer training class. The class offered a 12-week program that incorporated running training with Bible study.

"It was important because I didn't realize...how, basically, running and my spirituality go hand-in-hand," he said. "And not only that, but also God has introduced me to people

Master Sgt. Brandan Keel, 413th Force Support Flight chief of force management, stands before a wall of race medals, certificates and memorabilia Oct. 28, 2018, at his home in Warner Robins, Ga. In 2013, Keel suffered from a case of depression after learning his wife cheated on him. To counter his thoughts of pain and suicide, he joined local running groups and fell in love with the activity. To date, he's participated in more than 80 organized running events, ranging from 5-kilometer runs to full marathons.

U.S. AIR FORCE PHOTO | JAMAL D. SUTTER

who I can turn to if I was struggling or anything like that."

At first, Keel said he wasn't sure what he got himself into. His new path of physical fitness was a far cry from anything he devoted himself to in the past. "I hated it," he explained. "It was something that really didn't interest me, I never really considered myself athletic; I never really played sports in high school or anything of the sort."

But things were different now, and Keel got stronger; running got easier. On top of that, it gave him a peace of mind he desperately needed. And with a fresh perspective and new confidence in himself, Keel felt ready to get back on the dating scene. That's when he met his current wife, Adney, on a blind date set up by friends of theirs. The two played mini golf, rode go-carts and did other activities.

"She never played laser tag before," he recalled. "I had and she ended up whooping by butt."

They had much in common and bonded



Picture your ad in the **northernsentry**

Call us today for more info! 701-839-0946 sentrysales@srt.com

CONTACTUS

Ted Bolton
Publisher | Advertising
bagroup@srt.com

nsads@srt.com or
nsgraphics@srt.com

Rod Wilson
Business Development | Marketing
sentrysales@srt.com

MINOT AIR FORCE BASE PUBLIC AFFAIRS

Chief of Public Affairs

Maj. Natassia Cherne
Public Affairs Officer
2nd Lt. Gabriel Cushing
2nd Lt. Victoria Palandech
Superintendent
Master Sgt. Jeremy Larlee
Civic Outreach
Mr. Gregory Boster

Staff Photojournalists

Master Sgt. Jarad Denton
Staff Sgt. Benjamin Smith
Staff Sgt. Michael Kantack
Staff Sgt. Steven Adkins
Senior Airman Jonathan McElderry
Senior Airman Ashley Boster
Senior Airman Alyssa Akers
Senior Airman Dillon Audit
Airman 1st Class Heather Ley
Airman Jesse Jenny

COMMANDERS

5th Bomb Wing Commander:

Col. Bradley Cochran

5th Bomb Wing Vice Commander:

Col. Sloan Hollis

91st Missile Wing Commander:

Col. Glenn Harris

91st Missile Wing Vice Commander:

Col. Craig Ramsey

NEWS SUBMISSIONS

Northern Sentry Office

nsads@srt.com | 701.839.0946

MAFB Public Affairs Office

v35bw.pa@us.af.mil

701.723.6212

MAIL & FAX

315 South Main Street, Suite 202
Minot, ND 58701 | 701.839.1867

VIEW ONLINE

www.northernsentry.com
www.minot.af.mil

FIND US ON FACEBOOK

Minot Air Force Base - Northern Sentry. The Northern Sentry is published by BAG, LLC., a private firm operating independently of the U.S. Air Force. Contents of the Northern Sentry are not necessarily the official views of, or endorsed by, the U.S. government, the Department of Defense or the Department of the Air Force. The official news source for Minot Air Force Base is **www.minot.af.mil**. The appearance of advertising in this publication, including inserts or supplements, doesn't constitute endorsements by the DoD, the Department of the Air Force or BAG LLC., of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchasers, users or patrons. We welcome your stories and photos of interest to the readership of the Northern Sentry. Minot Air Force Base Public Affairs reserves the right to not authorize publication. The Northern Sentry deadline for submission of materials is at noon the Tuesday before publication date.

Continued on page 5

MAFB EMERGENCY PHONE NUMBERS

BASE EMERGENCY
911 or Cell 727-1911

BASE CRIME STOP
723-7867 (STOP)

LAW ENFORCEMENT
723-3096

SECURITY
723-3011

FIRE
723-2461

ROAD CONDITIONS
723-1190

SAFE RIDE
723-7233 (Safe)



creative property management Inc.

BEAUTIFUL CONDOS & TOWNHOUSES FOR RENT

2 AND 3 BEDROOMS AVAILABLE WITH ATTACHED HEATED GARAGE

GREAT LOCATION, RIGHT OFF HIGHWAY 2 FOR EASY ACCESS TO THE BASE

STARTING AS LOW AS \$895 A MONTH!

SCHEDULE YOUR SHOWING TODAY!



701-852-5028
WWW.CREATIVEMINOT.COM

2018 Water Quality Report, MINOT AFB - System ID 5100660

Terms for this Report

AL (Action Level): The concentration of a contaminant, if exceeded, triggers treatment or other requirements which a water system must follow.

MCL (Maximum Contaminant Level): The highest level of a contaminant that is allowed in drinking water.

MCLG (Maximum Contaminant Level Goal): The level of a contaminant in drinking water below which there is no known or expected risk to health.

MRDL (Maximum Residual Disinfection Level): The highest level of disinfectant allowed in drinking water. There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants.

MRDLG (Maximum Residual Disinfectant Level Goal): The level of a drinking water disinfectant below which there is no known or expected risk to health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contaminants.

ND (Not Detected): Or below the detectable level of the test procedure.

NTU (Nephelometric Turbidity Units): A measure of how clean the water is, caused by suspended matter in the water.

pCi/l (picocuries per liter): A measure of radioactivity in water

ppb (Parts per billion) or µg/l (Micrograms per liter): one part by weight of analyte to 1 billion parts by weight of the water sample. Roughly equal to one drop in ten thousand gallons of water or one minute in two thousand years.

ppm (Parts per million) or mg/l (Milligrams per liter): one part by weight of the water sample. Roughly equivalent to one drop per 10 gallons of water or minute in two years.

TT (Treatment Technique): A required process intended to reduce the level of a contaminant in drinking water.

Contaminant	MCLG	MCL	Level or Range	Date Tested	Violation	Source of Contaminant
INORGANIC CONTAMINANTS						
Arsenic(ppb)	0	10	1.74	3/16	No	Erosion of natural products; runoff from orchards; runoff from glass and electronics production wastes
Barium(ppm)	2	2	0.00433	3/16	No	Discharge of drilling wastes; Discharge from metal refineries; Erosion of natural deposits
Chromium(ppb)	100	100	1.37	3/16	No	Discharge from steel and pulp mills; Erosion of natural deposits
Fluoride(ppm)	4	4	0.72	3/16	No	Erosion of natural deposits; Water additive which promotes strong teeth; Discharge from fertilizer and aluminum factories
Nitrate + Nitrite (ppm)	10	10	0.06	1/18	No	Runoff from fertilizer use; leaching from septic tanks, sewage; erosion of natural deposits
Selenium (ppb)	50	50	1.65	3/16	No	Discharge from petroleum and metal refineries; Erosion of natural deposits; Discharge from mines
DISINFECTION BYPRODUCTS						
Total Haloacetic Acids (ppb)	0	60	14 (4.24-24.28)	9/18	No	Byproduct of drinking water chlorination *Compliance based on annual average
Total Trihalomethanes (ppb)	0	80	46 (40.64-50.19)	12/18	No	Byproduct of drinking water chlorination *Compliance based on annual average
DISINFECTANTS						
Chloramine residual(ppm)	MRDLG 4	MRDL 4.0	2.9 (2.38-3.16)	12/18	No	Water additive used to control microbes
OTHER CONTAMINANTS						
Copper (ppm)	1.3	AL=1.3	0.039*	8/18	Below AL	Corrosion of household plumbing systems; erosions of natural deposits; leaching from wood preservatives
Lead (ppb)	0	AL=15	4.56*	8/18	Below AL	Corrosion of household plumbing systems
Total Coliforms	0	5% of monthly samples	2%	11/18	No	Naturally present in the environment
RADIOACTIVE CONTAMINANTS						
None Detected	n/a	n/a	n/a	6/18	No	Erosion of natural products

*This value represents the 90th percentile value of the most recent round of sampling.

The City of Minot was selected by the EPA to sample for 28 unregulated contaminants during 2018. Samples were taken two times from the Water Treatment Plant, the Entry Point to the Distribution, and from the four Maximum Residence Time sample sites.

Unregulated contaminants are those for which the EPA has not established drinking water standards. The purpose of unregulated contaminant monitoring is to assist the EPA in determining the occurrence of unregulated contaminants in drinking water and whether future regulation is warranted.

The following unregulated contaminants (Table 2) were the contaminants detected during this sampling.

Unregulated Contaminants detected	Minimum Reporting Level, (ug/l)	Average value at raw water intake-common header, (ug/l)
Bromide, as Br- (unfiltered)	20	470 (Range: 410 to 530)
Total Organic Carbon (TOC)	1000	4100 (Range: 4000 to 4200)

Unregulated Contaminants detected	Minimum Reporting Level, (ug/l)	Average value at Maximum Residence sampling point (ug/l)			
		Stage 2, Site #1	Stage 2, Site #2	Stage 2, Site #3	Stage 2, Site #4
Bromochloroacetic acid	0.30	5.4 (Range:5.1-5.6)	4.9 (Range:4.7-5.1)	5.2 (Range:4.9-5.4)	5.8 (Range:5.7-5.8)
Bromodichloroacetic acid	0.50	5.7 (Range:5.4-6.0)	6.6 (Range:6.0-7.2)	5.9 (Range:5.3-6.5)	5.9 (Range:5.5-6.2)
Chlorodibromoacetic acid	0.30	1.9 (Range:1.7-2.0)	1.9 (Range:1.7-2.0)	1.9 (Range:1.8-2.0)	2.2 (Range:1.9-2.5)
Monobromoacetic acid	0.30	1.3 (Range:1.1-1.4)	1.1 (Range:1.1-1.4)	1.0 (Range:0.9-1.2)	1.2 (Range:0.8-1.7)
Dibromoacetic acid	0.30	8.2 (Range:7.4-9.0)	8.0 (Range:0.9-1.3)	7.6 (Range:6.7-8.4)	8.6 (Range:8.0-9.2)
Dichloroacetic acid	0.20	3.3 (Range:3.0-3.5)	2.9 (Range:2.8-2.9)	3.4 (Range:3.3-3.4)	3.7 (Range:3.7-3.7)
Trichloroacetic acid	0.50	0.8 (Range:0.7-0.9)	0.8 (Range:0.7-0.9)	0.8 (Range:0.8-0.9)	0.9 (Range:0.7-1.0)

INTRODUCTION

We're very pleased to provide you with Minot Air Force Base's 2018 Water Quality Report. We want to keep you informed about the excellent water and services you have received over the past year. Our goal is and always has been, to ensure you receive a safe and dependable supply of drinking water. **We are pleased to report that our drinking water is safe and meets all state and federal requirements.**

WHERE DOES OUR WATER COME FROM?

Minot has two sources of water: the Minot Aquifer and the Sundre Aquifer. The Minot Aquifer follows the Souris River in the local vicinity, and the wells are in the valley in the west part of Minot. The Sundre Aquifer comes from the north, travels under Minot, turns and goes southeast to the county line. The wells are about five miles southeast of town where the aquifer passes under the Souris River. The Minot Water Plant is located beside the Souris River at 900 16th Street Southwest.

Minot is currently working on what is called the NAWS, or Northwest Area Water Supply project. This will bring Missouri River water from Lake Sakakawea to Minot where it will be treated and sent out to satisfy the water needs of much of northwest North Dakota, including Minot AFB.

WELLHEAD PROTECTION

The City of Minot participates in North Dakota's Wellhead Protection Program. The City of Minot has completed the delineation and contaminant/land use inventory elements. Based on information from these elements, our source water has been determined to be moderately susceptible to potential contaminants. Copies of the Wellhead Protection plan and other relevant information regarding this program can be obtained from the City of Minot Engineers Office, Public Works during normal office hours.

THE SAFE DRINKING WATER ACT

The Safe Drinking Water Act (SDWA) was first passed in 1977. It was amended in 1986 and again in 1996. As part of the 1996 amendments, all customers must receive a report on the quality of their drinking water. This report covers the calendar year 2018. The

results provided represent the latest tests performed on our water. Also included in the report, are pertinent subjects such as water sources, water quality, and a description of terms used.

Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate the water poses a health risk. More information about contaminants and potential effects can be obtained by calling EPA's Safe Drinking Water Hotline (800-426-4791).

ANALYSIS OF MINOT AFB DRINKING WATER

There are 83 substances that are regulated by the EPA, all regulated substances found in our water are well within the established limits and are listed in Table 1. There are a number of components common in all water, and components can vary across Minot's 14 different wells. In addition to the regulated substances, Minot also tests for turbidity/clarity and disinfection by-products. Soon to be added are radon, sulfates, and more disinfection by-products.

Federal regulations allow a system to monitor for regulated contaminants less often than once a year. The results listed in Table 1 include the date and results of the most recent samples collected.

A FEW WORDS ABOUT WATER QUALITY

The sources of drinking water (both tap water and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs, and wells. As water travels over the surface of the land or through the ground, it dissolves naturally-occurring minerals and, in some cases, radioactive material, and can pick up substances resulting from the presence of animals or from human activity.

Contaminants that may be present in source water include:

Microbial contaminants, such as viruses and bacteria, which may come from sewage treatment plants, septic systems, agricultural livestock operations, and wildlife.

We're getting Personal with you!

Let everyone at the Minot AFB and surrounding areas know your news!

The Northern Sentry

would like to share what's important news to you.

- Engagements
- Weddings
- Babies
- Anniversaries
- Birthday Ads
- Obituaries

Call 701.839.0946 or email nsads@srt.com for more info!

Inorganic contaminants, such as salts and metals, which can be naturally- occurring or result from urban storm run-off, industrial or domestic wastewater discharges, oil and gas production, mining, or farming.

Pesticides and herbicides, which may come from a variety of sources such as agriculture, storm water runoff, and residential uses.

Organic chemicals, including synthetic and volatile organic chemicals, which are by-products of industrial processes and petroleum production, and can also come from gas stations, urban storm water run-off and septic systems.

Radioactive materials, which can be naturally occurring or be the result of oil and gas production and mining activities.

In order to ensure that tap water is safe to drink, EPA prescribes regulations that limit the amount of certain contaminants in water provided by public water systems. Food and Drug Administration (FDA) regulations establish limits for contaminants in bottled water which must provide the same protection for public health.

Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/Centers for Disease Control (CDC) and Prevention guidelines on appropriate means to lessen the risk of infection by Cryptosporidium and other microbial contaminants are available from the Safe Drinking Water Hotline (800-426-4791).

If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. Minot AFB is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components. **Use water from the cold tap for drinking and cooking. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking.** If you are concerned about lead in your drinking water, you may wish to have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline or at <http://www.epa.gov/safewater/lead>.

If you have questions regarding this report, please contact Minot AFB Base Utilities Inc. at 727-5050. You may also attend the Minot City Council Public Works Committee meetings if you have concerns about water quality. Meeting times and dates can be obtained by contacting the City Clerk's office at 857-4752. Also, if you are aware of non-English speaking individuals who need help with the appropriate language translation, please call (701) 852-0333.

RUNNING WITH FAITH

continued from page 3

quickly. She, too, experienced a rough first marriage and they both felt like they should have married each other previously. It was nearly two years later when they tied the knot, but from the beginning, Adney played a significant factor in Keel's pastime.

"She has been an instrumental part of my running ministry," he said. "She's always been there for me. She's been very supportive. She's been out to several races to either cheer me on or cheer my fellow runners on."

Keel said he sometimes feels guilty for spending so much time with his running group. But Adney said his time with them makes the time he spends with her that much more special.

"It's important to a relationship when we each have something that's, kind of, just our own—something that is individual for each person," she said. "But running is his thing, and when he has that thing, and when he has that freedom to be himself, then our time together is more quality."

In addition to gaining new friendships through his groups and helping build confidence to once again find love, running has also saved Keel's professional career. Before taking running seriously, Keel struggled with Air Force physical training tests. He failed a few due to the running portion and was on the verge of separating from the Air Force Reserve if his scores didn't improve. Keel said he knew it all paid off when he scored his first 90 on a PT test, nearly a year after he began his running training.

"I remember that run," he said. "It was really easy. It seemed like a walk in the park, and I look at my fitness scores from when I was failing and I'm like 'I was that slow, but now I'm running this fast?' So that was a turning point and ever since then, I haven't scored

below a 90."

Now, Keel is a source of inspiration for Airmen at his office within the 413th Force Support Flight at Robins Air Force Base. He sometimes provides running advice or paces individuals looking to improve their running times.

When it comes to his running group, he's a trainer, organizer and overall spiritual motivator.

"He's just a very encouraging person, and he's very, very deep into his faith," said Ali Stubbs, one of Keel's friends from the running group. "It's not about Troy. It's about all of us, and he just wants us to have the same passion for running."

Keel's desire to serve and spread good faith is what led him to another selfless opportunity; one that matched him with a special-needs child named Hunter. Through a non-profit organization, Keel is able to run in Hunter's honor and communicate with him and his family on his running progress. In May 2015, Keel traveled to Hunter's hometown in Ohio to participate in a half-marathon and meet his family for the first time in person.

"I'll tell you this," he said. "That was just an emotional experience—running 13.1 miles in Columbus, Ohio, thinking that I'm doing this for my buddy in his home turf. I'll admit, I was about in tears running on the route."

Keel has participated in more than 80 organized running events, ranging from 5Ks to full marathons. He said he doesn't have any grand, long-term goals when it comes to running; he just wants to continue helping those in need.

"I want to be there for other people," he said. "It gives me high satisfaction knowing that using my experiences of what I've been through and what I've learned gives me the ability to help my running group or help my fellow (Airmen) meet their accomplishments and their goals."



Providing access to space through innovation

AIRMAN 1ST CLASS AUBREE MILKS | 30TH SPACE WING

VANDENBERG AIR FORCE BASE, Calif. (AFNS) --

As the space domain continues to grow, so does the need for access to space.

The U.S. Air Force and Space Command are powered by innovation. Because of this, Vandenberg Air Force Base is continually making improvements to base facilities, equipment and the way Airmen and operation partners do their job in order to complete the space mission.

"Our mission is to provide robust, relevant and efficient spaceport and range capabilities for the nation," said Col. Michael Hough, 30th Space Wing commander. "However, as space domain progresses, so must we."

The installation has come

a long way since 1958, when it was repurposed from a deactivated U.S. Army training camp, to a U.S. Air Force missile launch and training base. Since then, the base has developed better amenities to increase productivity and has expanded its launch facilities, allowing space for more commercial partners.

There are many different components. Whether it be Airmen, mission partners, commercial partners or contractors, who contribute to successfully launching a missile or satellite at Vandenberg AFB, each diverse role plays an important part to accomplishing the mission.

"On day of launch, we provide mission assurance. We provide technical oversight

.....
An unarmed Minuteman III intercontinental ballistic missile launches during an operational test, Feb. 5, 2019 at Vandenberg Air Force Base, Calif. Whether it be 30th Space Wing Airmen, mission partners, both government agencies and private companies or contractors, who contribute to launching a missile or rocket at Vandenberg AFB, each diverse role plays an important part in accomplishing the mission.

U.S. AIR FORCE | AIRMAN 1ST CLASS AUBREE MILKS

.....
of everything happening to assure no incidents occur," said Lt. Col. Brian Chatman, 1st Air and Space Test Squadron commander. "We're shifting our methodology for how we provide mission assurance from days-of-old, to days-of-new for a more practical approach."

Members of the 1st ASTS continuously implement innovations regarding space lift operations by evaluating, operating and emerging current launch and landing operations. By assessing the Space Launch Complex modifications that industry partners create, the 1st ASTS engineers ensure they understand the changes or modifications made, as well as, evaluate any risks that are associated with the changes. "Airmen from the squadron are taking tactical approaches, tailoring analysis to provide risk assessments to the commander of the Space and Missile Center for a flight worthiness certification," Chatman said.

Through maintaining the range and retaining Airmen, Vandenberg AFB is creating a better chance of accessing space through members of 30th SW such as 1st ASTS, as well as tenant units and mission partners. With the help of each squadron and various tenant units on base, the mission continues to be successful.

"This is an exciting time in the space community and I'm looking forward to working even closer with allies and partners to guarantee unconstrained access to and freedom to operate in space," Hough said.

Through expansion and revamping of routines and facilities, innovative Airmen continue to improve Vandenberg AFB range capabilities, supporting not only the current mission, but future generations and their access to space.



explore, experience, discover

Bring out your inner artist!

MARGIE'S



Gift Shop • Coffee & Smoothie Bar • Ceramic & Glass Studio

margiesartglass.com

109 South Main St. Minot
701.837.8555

No Appointments Necessary!

It **PAYS** to read your northern **sen**try

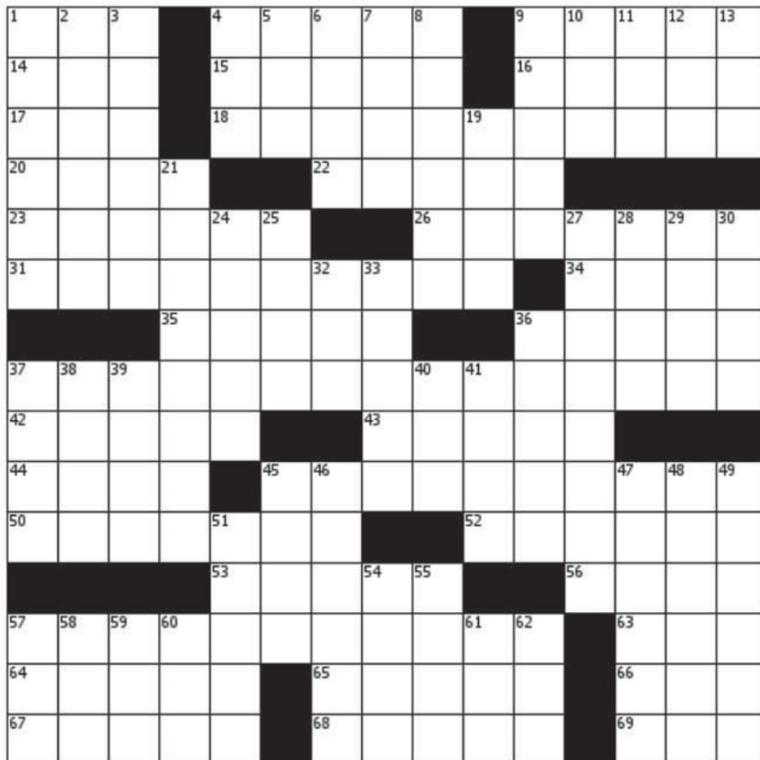
Within the last 6 months, **over \$2,500** worth of **Golden Tickets** has been distributed on MAFB! **Hundreds** have already been found!!

Keep Reading, *You* could be our next **WINNER!**

CROSSWORD PUZZLE

Across

- 1. Latin 101 conjugation
- 4. Born in Cardiff
- 9. Referenced specifically
- 14. Sprinted
- 15. Susan Lucci's Emmy-winning role
- 16. Split in two
- 17. Number of Stooges in Italy?
- 18. Sidewalk performer
- 20. School subj.
- 22. Hind end
- 23. Restlessness
- 26. Nest youngsters
- 31. Easter fare, maybe
- 34. Nobelist Wiesel
- 35. ___ the house (dine free)
- 36. Bright
- 37. Bone breakers, in verse
- 42. ___ life
- 43. Beautify
- 44. Fishing spot
- 45. Like some pens
- 50. By unspecified means
- 52. Gob
- 53. Locales
- 56. Slippery
- 57. Dynamic personalities
- 63. Pellet gun propellant
- 64. Watch and pray
- 65. Citified
- 66. ___ Paulo, Brazil
- 67. Golfers may use one
- 68. Heads for the cellar
- 69. Tolkien character



Down

- 1. Dudley Moore classic
- 2. Fancy dock
- 3. "Hold on!"
- 4. Cause of a fly's demise
- 5. Need correction
- 6. Isn't straight with
- 7. Some improvisation
- 8. Basketballer Olajuwon
- 9. French Open champ Michael
- 10. 007's Fleming
- 11. An RN gives it
- 12. Mark of the serpent
- 13. German article
- 19. Uninspiring
- 21. "Later"
- 24. Drenches
- 25. Pond youngsters
- 27. Dessert treat
- 28. Great flair
- 29. Lose steam
- 30. Concert divisions
- 32. Mauna ___
- 33. Historical event record
- 36. Rock groove

- 37. Schlemiels
- 38. The Police, e.g.
- 39. Tabloid pair
- 40. Insecticide banned in 1972
- 41. No teetotalers
- 45. Baccarat alternative
- 46. Attractive person
- 47. Word from a well-mannered child
- 48. Moved or made by wind
- 49. Timber decay
- 51. Discard
- 54. Big do
- 55. Close kin
- 57. Take in, as big game
- 58. Sharp leatherworking tool
- 59. Thai language
- 60. Ullmann of "A Bridge Too Far"
- 61. "Norma ___"
- 62. Short dash lengths

SUDOKU Solution to puzzle on page 14

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

Medium

Solution to last week's Crossword puzzle.

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

TOY STORY 4 (G)

FRIDAY, JUNE 28 • 1800

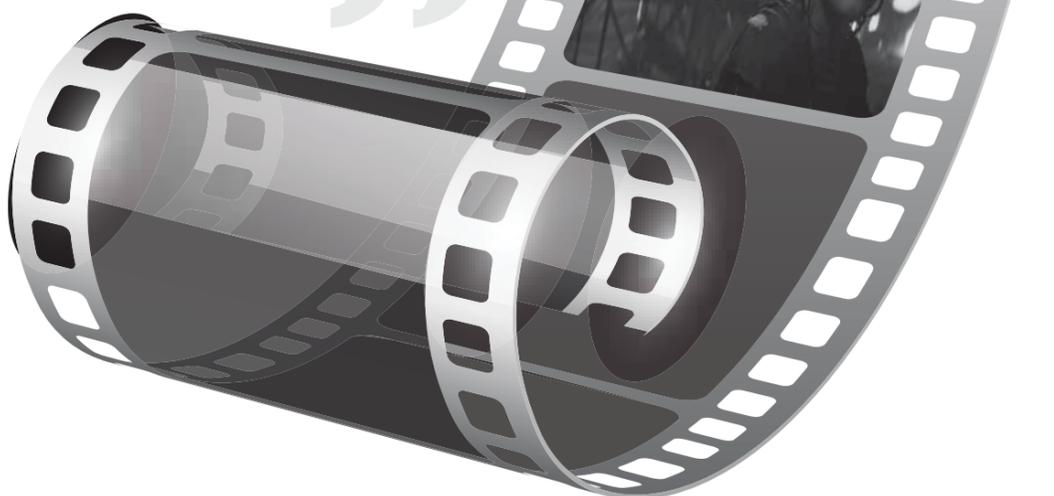
“Woody, Buzz Lightyear and the rest of the gang embark on a road trip with Bonnie and a new toy named Forky. The adventurous journey turns into an unexpected reunion as Woody’s slight detour leads him to his long-lost friend Bo Peep. As Woody and Bo discuss the old days, they soon start to realize that they’re worlds apart when it comes to what they want from life as a toy.”

GODZILLA : KING OF THE MONSTERS (PG-13)

SATURDAY, JUNE 29 • 1700
SUNDAY, JUNE 30 • 1500

“Members of the crypto-zoological agency Monarch face off against a battery of god-sized monsters, including the mighty Godzilla, who collides with Mothra, Rodan, and his ultimate nemesis, the three-headed King Ghidorah. When these ancient super-species—thought to be mere myths—rise again, they all vie for supremacy, leaving humanity’s very existence hanging in the balance.”

REEL TIME THEATER MOVIE SCHEDULE



Cilantro Lime Chicken Tacos



Recipe courtesy of: www.eatyourselfkind.com/cilantro-lime-chicken-tacos/

INGREDIENTS:

- 1 1/2 pounds boneless skinless chicken breasts
- 1/4 tsp. salt
- 8 to 10 (6 inch) flour or corn tortillas
- For the marinade:**
- Juice of 2 limes + zest of 1 lime
- 1 Tbsp olive oil
- 2 cloves garlic
- 1/2 tsp. honey
- 2 Tbsp cilantro, chopped
- For the coleslaw:**
- 2 cups shredded green cabbage
- 1 cup shredded red cabbage
- 1 cup shredded carrots
- 1/2 cup chopped cilantro
- 1/2 cup chopped green onions
- Juice of 2 limes
- 1 Tbsp olive oil
- 1 tsp honey
- Pinch of salt
- For the avocado crema:**
- 1 avocado
- 1 garlic clove
- 1/4 cup cilantro leaves
- 1/4 cup plain Greek yogurt
- 3 Tbsp lime juice
- 1 tsp. Sriracha
- Salt and pepper, to taste
- 2 Tbsp olive oil
- 1/4 to 1/2 cup water (depending on consistency)

INSTRUCTIONS:

Place chicken in a large ziplock bag or bowl. To make the marinade, whisk together lime juice, zest, olive oil, garlic, honey, and cilantro until combined and pour over top of chicken until completely coated. Cover and marinate chicken for about 4 hours to overnight. To make the coleslaw, combine cabbage, carrots, green onions and cilantro in a large bowl. In a smaller bowl, whisk together lime juice, olive oil, honey and salt and toss together with slaw mixture. To make the avocado crema, combine the avocado, garlic, cilantro, yogurt, lime juice, sriracha and salt/pepper in a food processor and pulse until combined. With the motor running, slowly add the olive oil and water until smooth until you have your desired consistency. To cook the chicken, pre-heat outdoor grill or grill pan on medium-high heat and add marinated chicken breasts. Sprinkle with a little salt and cook chicken about 4 to 5 minutes on each side until juices run clear. Transfer chicken to a cutting board and let rest for 5 minutes before cutting. This keeps them juicy! To assemble the tacos, place chicken in a tortilla and top with slaw and a drizzle of the avocado crema. Serve with a fresh squeeze of lime and enjoy!

UPCOMING Local EVENTS

For more events check out VisitMinot.org



28 JUNE
 10:00 AM - 8:00 PM
 Location: Minot Parks 420 3rd Ave SW, Minot.
 The Minot Park District and the Minot Chamber of Commerce are sponsoring a Military Appreciation Day at the Parks for active and retired military and their families. On Friday June 28th from 10:00am until 8:00pm. **For More information: Facebook event/ Military Appreciation Day**



29 JUNE
 10:00 AM - 4:00 PM
 Location: Roosevelt Park Zoo 1219 Burdick Expy E, Minot.
 Pride Minot will be hosting PRIDE IN THE PARK at Roosevelt Park, on Saturday, June 29, from 10 a.m. to 3 p.m., as part of the Minot Pride Festival 2019! Come out for a nice day in the park with vendors, entertainment, food trucks, and a beer garden (by



Army's 2.0). Roosevelt Park is dog-friendly, so feel free to bring your four-legged friends for Puppy Pride! **or More information: Facebook event/ Pride In The Park**

29 JUNE
 12:00 PM - 3:00 PM
 Location: Atypical Brewery & Barrelworks 510 Central Ave E, Minot.
 For Belle's Sake Animal Rescue & Rehabilitation will be hosting a 5K Run/Walk! Please join us to raise money and awareness for this awesome charity. REGISTER AT: <https://runsignup.com/Race/ND/Minot/FBSRescueRun5K>
 The race will begin at Atypical Brewery and Barrelworks in Downtown Minot! We will run/



walk through Roosevelt Park and the surrounding areas, then end back at Atypical for a family friendly post-race party! **For more information check out: Facebook event/Rescue Run 5K**

4 JULY
 2019 FOURTH OF JULY FESTIVAL
 7/04/2019
 9:30 AM - 3:00 PM
 Location: Roosevelt Park & Pool 1215 Burdick Expy E, Minot.
 Adult Admission: \$5
 Children 12 & Under: Free
 Purchase of a wristband includes:
 *Admission to the Roosevelt Park Pool



*Adults will receive reduced priced admission to the Roosevelt Park Zoo at \$5.50 **For more information check out: Facebook event/ 2019 Fourth of July Festival**

4 JULY
 4:00 PM - 7:00 PM
 Location: Minot International Airport 305 Airport Road, Minot, ND.
 The Dakota Territory Air Museum is proud to co-host the Spirit of the Plains Airshow on July 4 at the Minot International Airport featuring the Canadian Forces Snowbirds, WWII aircraft demonstrations, adrenaline pumping, first-class aerobatics, UAS (drone) demonstrations and more! Bring the whole family!



Gates open at 2pm with airshow starting at 4pm! The event is FREE to the public! **For More Information check out: Facebook event/ Spirit of the Plains Airshow - July 4!**

Full Service Salon
 • cuts
 • colors
 • highlights
 • pedicures
 • manicures
 • facials
 • perms

Berni's
 Hair Designers, Inc.
 • Melisa Ellison •
 701-240-1385
 Located on North Hill
 2001 3rd St NW • Minot
 HOURS: Mon. Tues. Thurs. 8:30-8:30 • Wed. Fri. 8:30-6:00 • Sat. 8:30-3:00

North Hill BOWL X-TREME BOWLING
 FRIDAY & SATURDAY

OPEN BOWLING DAY & NIGHT MONDAY - SATURDAY CLOSED SUNDAYS

X-TREME BOWLING HOURS: FRIDAY & SATURDAY 6:00 PM

CELEBRATE WITH US! WE DO BIRTHDAY PARTIES FOR ALL AGES!

1901 NORTH BROADWAY, MINOT, ND
 852-4108
 WWW.NORTHHILLBOWL.COM



Norwegian F-35 maintainers service American jets in historic first-time visit

MASTER SGT. AUSTIN M. MAY | 52ND FIGHTER WING PUBLIC AFFAIRS

ORLAND AIR BASE, Norway (AFNS) --

For the first time outside the U.S., Norwegian and American F-35 Lightning II maintainers worked together on their aircraft June 17.

A team of five maintainers and four pilots from the 421st Expeditionary Fighter Squadron deployed to Norway for the historic cross-servicing event, during which the maintenance teams received and turned two American F-35As after their arrival from Finland.

The Norwegian air force already operates a fleet of 12 F-35s at Orland Air Base, and plans to eventually employ 52 of the fifth-generation aircraft throughout Norway. The visit was the first time American F-35s have landed in Norway.

"All firsts are special," said Royal Norwegian Air Force Lt. Col. Eirik Guldvog, 132nd Air Wing executive officer and chief of staff. "For Norway and our European allies, who are entering the fifth-generation fighter era, it's important to both have the U.S. on board and to train

with the other partners around the North Sea.

"To have multinational cooperation within these nations and to have a significant F-35-capable force in the North Atlantic, of course that is important," Guldvog continued. "This is the first step."

While the visit was short, it was an opportunity to practice seamless integration in preparation for future deployments.

"Air operations are often multinational, so it's important that we train together and find every opportunity to interact on a normal basis," Guldvog said.

According to U.S. Air Force Capt. Brett Burnside, 421st EFS F-35 pilot, the entire endeavor felt familiar and without any significant challenges.

"Even though they are from a different country and speak a different language, they are fighter pilots as we are," Burnside said. "We simply connected with them on our F-35 datalink and it was just like working with any U.S. F-35 unit."

Burnside said because

F-35 Lightning II maintainers from both the U.S. Air Force and Royal Norwegian Air Force work together at Orland Air Base, Norway, to turn two American jets after a sortie June 17, 2019. The visit marked the first time American F-35s have landed in Norway, which operates its own fleet of the fifth-generation fighters, and served as valuable training for the Norwegian maintainers. A fleet of F-35s is currently deployed to Europe as part of the European Deterrence Initiative, as a way of proving the U.S. Air Force's ability to rapidly deploy fifth-generation fighters to European bases.

U.S. AIR FORCE PHOTO | MASTER SGT. AUSTIN M. MAY

Norway is a partner in the F-35 program, it's extremely important to continue to foster this relationship. Additionally, he said Norway's geographic location is immensely strategic as they have a large responsibility in quick reaction alert to scramble fighters to intercept hostile aircraft in the arctic region if necessary. The now-proven ability

of RNorAF's Lightning II maintainers to successfully catch and turn American F-35s is a huge milestone for the country.

"F-35s will be the most important combat element within the Norwegian defense agencies," Guldvog said. "Not just the air force. It will be the most potent offensive capability in Norway."

A fleet of F-35As is currently deployed to Europe as part of the European Deterrence Initiative, which enables the U.S. to enhance a deterrence posture, increase the readiness and responsiveness of U.S. forces in Europe, support the collective defense and security of NATO allies and bolster the security and capacity of U.S. partners.



Fireworks Safety

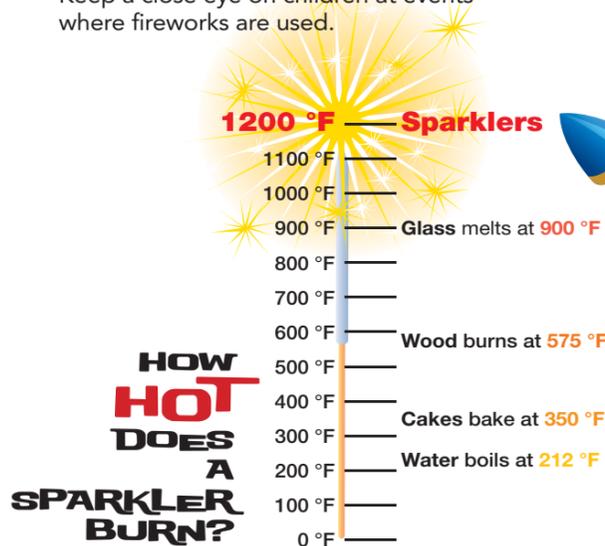
Fireworks are often used to mark special events and holidays. However, they are not safe in the hands of consumers. Fireworks cause thousands of injuries each year. People can enjoy fireworks safely if they follow a few simple safety tips:

BE CAREFUL!

- Be safe. If you want to see fireworks, go to a public show put on by experts.
- Do not use consumer fireworks.
- Keep a close eye on children at events where fireworks are used.

CONSUMER FIREWORKS

NFPA is opposed to consumer use of fireworks. This includes sparklers and firecrackers. Even sparklers burn hot enough to cause third-degree burns.



FACTS

- ! More than 16,000 reported fires are started by fireworks annually.
- ! Sparklers account for roughly one-quarter of emergency room fireworks injuries.

MAKE A SPLASH THIS SUMMER.

Let us help make your summer dreams come true.

Visit any of our convenient locations or apply online at nscu.com.

North Star
Community Credit Union

nscu.com

NCUA

NATIONAL FIRE PROTECTION ASSOCIATION
The leading information and knowledge resource on fire, electrical and related hazards

nfpa.org/education ©NFPA 2019

PHIL SCHULTZ

WINNER

GOLDEN TICKET



NORTHERN SENTRY

OUTDOOR

REPORT

PROVIDED BY | PATRICIA STOCKDILL

Dates to Know:

***Fireworks prohibited on N.D. Game & Fish Dept. Wildlife Mgmt. Areas and U.S. Fish and Wildlife Nat'l. Wildlife Refuges and Waterfowl Production Areas.**

Tournaments:

***June 28 & 29: Devils Lake, Gramms Island State Park.**
***June 30: Lake Sakakawea, Fort Stevenson State Park.**

Fishing:

Lake Sakakawea elevation, June 24, 1,851.58 feet above mean sea level (MSL); 41,700 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.08 feet above mean sea level (MSL).

Stump Lake elevation: 1,449.05 MSL.

*N.D. Game & Fish Dept. game wardens: Goose Lake remains good for walleye but sort through small fish for keepers. Devils Lake good for white bass. Try Channel A, Highway 19, junction of Highway 57 and Highway 20, or north end of Creel Bay. Somewhat improving walleye success around the Minnewaukan Flats. No reports from other area lakes or the Missouri River System.

*Devils Lake, Ed's Bait Shop, Devils Lake: Continued fair to good for walleye with good white bass success. Try slip bobbers and leeches or bottom bouncers for walleye.

*Devils Lake, Woodland Resort, Devils Lake: Best walleye success remains in the evening and after dark. Water is still quite clear. Try slip bobbers and nightcrawlers in less than 10 feet.

*Lake Darling, Karma C-Store, Ruthville: Not many new reports.

*Lake Metigoshe, Four Seasons, Bottineau: Occasional bluegill but still somewhat slow.

OUTDOOR NOTES:

*Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Douglas Bay remains fair for walleye with some activity at Garrison, deTrobriand, and Steinke bays in 12 to 17 feet on Lake Sakakawea. Also try Mallard Island, Wolf Creek, or east end embankment. Try Lindy rigs with minnows or nightcrawlers. Some success starting with leeches. Work deeper with crankbaits. No Lake Audubon reports.

*Lake Sakakawea/Lake Audubon, 6-Mile Bait & Tackle, Garrison: Improving walleye success from Highway 83 to Centennial Bay in 20 to 30 feet on the east end of Lake Sakakawea. Try slow death hooks with nightcrawlers or snells with leeches. Work main lake islands and along the buoy line for walleye on Lake Audubon, which remains fair to good for walleye.

*Lake Sakakawea, Indian Hills Resort, Garrison: Water temperatures are warming with improving walleye success. Still a little inconsistent, however, but fish are moving east and beginning to be show up in the main lake. Start switching to nightcrawlers but mix it up with crankbaits. A lot of anglers still pitching jigs.

*Lake Sakakawea, Scenic 23, New Town: Continued fair to good walleye success, wind and weather permitting. Overall good success, mix it up with a variety of presentations.

*Lake Sakakawea, Van Hook Resort, New Town: Continued good walleye success in 8 to 18 feet using a variety of presentations throughout the Van Hook Arm.

*Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River continues producing walleye down river using jigs and minnows. Also try crankbaits or Lindy rigs and nightcrawlers or plastics. Water clarity is poor with spillway gate water releases. Some catfish in the chutes. Some shore success from the rocks for both catfish and walleye. East end of Lake Sakakawea and Douglas Bay hit-and-miss for walleye with some

nice catches and other times slow success. Try Lindy rigs or slow death hooks and nightcrawlers in 16 feet. Also try pitching jigs.

*Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Best Lake Sakakawea walleye success remains east around Van Hook and New Town area. Water dirtier around Lund's Landing so use slower presentation, including crankbaits. Missouri River settling down for clarity and elevation so look for some catfish activity. Blacktail Dam starting to produce a little panfish bite.

*Lonetree WMA area lakes, Harvey: Continued good walleye success in the morning and evening throughout area lakes, including Goose, Richards, Hurdsfield-Tuffy, and Hinsz, along with numerous pike. Perch remain elusive, however.

*North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: No new reports from area lakes or the Mouse River.
 *Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: Improving walleye success on Lake Darling with most activity on the north end around Grano.

N.D. rivers:

*Des Lacs River, Foxholm: River stage, 5.57 feet; streamflow, 5.36 CFS.

*Little Missouri River, Watford City: River stage, 0.28 feet; streamflow, 609 CFS.

*Missouri River, Washburn: River stage, 13.25 feet.

*Pembina River, Walhalla: River stage: 2.19 feet; streamflow, 95.2 CFS.

*Souris River, Foxholm: River stage, 5.87 feet; streamflow, 30.8 CFS.

*Souris River, Minot: River stage, 4.27 feet; streamflow, 20.4 CFS.

*Yellowstone River, Sidney, Mont.: River stage, 12.81 feet; streamflow, 48,600 CFS.

Numbers to know:

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

*Report All Poachers: (800) 472-2121 or (701) 328-9921.

NEW DIRECTOR JOINS VERENDRYE ELECTRIC CO-OP BOARD; TWO RE-ELECTED

TOM RAFFERTY | COMMUNITY RELATIONS MANAGER

Clint Gjellstad, Velva, was elected to the Verendrye Electric Co-op board by members of the cooperative at its annual meeting on June 13. He defeated Sue Hamilton of Minot for a seat representing the co-op's Central District. The seat became open after Bruce Anderson, Glenburn chose not to run for re-election.

Verendrye Electric Cooperative

Your Touchstone Energy® Partner

Incumbents Blaine Bruner, Drake, was re-elected in the Eastern District and Karen Hennessy, Des Lacs, was re-elected in the Western District. Their races were uncontested. The Verendrye board is comprised of 9 members who are all elected by the members. Each year three directors are up for election.



Clint grew up on a family farm just north of Velva, where he currently farms with his wife Jamie and two children, Odin (6) and Isabelle (3). Clint and Jamie also operate two local businesses in Velva.



Gjellstad graduated from Velva High and from NDSU with a bachelor's degree in Accounting. He played defense for the Bison football team, starting every game in his 4-year career. Before returning to ND, Gjellstad spent 10 years in mortgage banking in Minneapolis.



"When I flip a light switch at home or at work, I want the light to turn on. Rural energy is critical to the success of our family farm and my life on the prairie. I want this for my family today and I want this for my kids when they grow up as we work to keep our rural communities vibrant. I support our system of clean coal-fired power plants with our mix of hydro-electric, natural gas, and wind power. My priorities as a Director will be to work to maintain the most inexpensive and reliable power for our members," Gjellstad said.

Pictured from Top: Clint Gjellstad, Velva; Blaine Bruner, Drake; and Karen Hennessy, Des Lacs.

PHOTOS COURTESY OF VERENDRYE ELECTRIC

THIS SPECIAL FEATURE IS SPONSORED BY:



The Outfitters
 Largest Fishing Retailer in the Midwest! "North Dakota's Ice Fishing Headquarters"

4545 N Main Street Minot, ND (Behind Memory fireworks on the east bypass off 83)
 701-838-2001 • Follow us on facebook or shop online at www.theoutfittersnd.com

FOR INFORMATION ABOUT SPONSORING THIS SECTION CONTACT US TODAY! • 839-0946 •

CPM

creative property management Inc.

MOVE-IN READY UNITS!
 STUDIO AND 1 BEDROOM APARTMENTS

STARTING AS LOW AS \$325 A MONTH!

SCHEDULE YOUR SHOWING TODAY!

CPM
 creative property management Inc.

701-852-5028
WWW.CREATIVEMINOT.COM

NATO-IHS collaboration proves valuable for building partner capability, interoperability

KELLEY SCHLITT | U.S. AIR FORCE INTERNATIONAL HEALTH SPECIALISTS

FALLS CHURCH, Va. (AFNS) -- The U.S. Air Forces in Europe-Air Forces Africa International Health Specialist team has partnered with the NATO Center of Excellence for Military Medicine to improve interoperability with partner nations and increase force readiness.

Since 2017, the two organizations have collaboratively produced a First Responder Train-the-Trainer program designed to navigate language barriers between trainers and trainees. The FRTT course provides medical personnel with the skills needed to train others at varying levels to administer emergency medical care as first responders.

“Even with interpreters on hand, language barriers can still prove to be challenging,” said Maj. Jason Mommaerts, international health specialist. “This partnership and the FRTT program is not only effective, but also sustainable and replicable to ensure interoperability between partner nations.”

In March of 2017, the NATO Center of Excellence received a request from Romania for an FRTT course. Due to their lack of trained personnel with the appropriate background to develop such a course, the USAFE IHS team stepped in to help. Over the following six months, Mommaerts worked collaboratively with the NATO Center of Excellence to design the course and develop curriculum.

“On day one, I taught the Romanian military medical personnel the training methodology in English,” Mommaerts said. “By doing this, days two through five (of the course) could operate in Romanian, the participants’ native language.”

The NATO-delivered and funded course provided certification to 25 Romanians and the course received NATO accreditation.

The impact of this FRTT course continued beyond its initial delivery. Mommaerts compiled lesson plans, test questions and training scenarios that the Romanians developed during the course. He also drafted a standard

operating procedure outlining how to run the course, select students, schedule classes, develop coursework and conduct remedial training. He provided the participants with this database of reference material so they could implement the train-the-trainer program at their own training facilities.

Since the first course, Romania has reported using the FRTT course blueprint to certify 35-60 military medical personnel annually. Not only did Mommaerts teach a train-the-trainer course, but he also established a sustainable train-the-trainer program.

Portugal has also expressed interest in replicating the FRTT conducted in Romania. This time, Mommaerts plans to take one of the Romanians he trained with him so he can learn how to establish the FRTT program in other countries.

“The FRTT program will not be dependent on one person and will continue even after my special duty IHS assignment ends,” Mommaerts said.

This type of cooperation provides ample opportunity for the USAFE IHS team to become familiar with partner nations and create tailored roadmaps designed to help close capability gaps. The IHS team plans to assist NATO in developing standardized roadmaps modeled after its own that NATO can provide to its member countries. Relationships such as these provide long lasting value to the U.S. military and enable it to maximize force readiness, regardless of shifting theater dynamics.

“Interoperability is a constant priority of IHS personnel as it enables U.S. forces to be fully capable with the fewest resources,” stated Lt. Col. Andrew Allen, USAFE-AFAFRICA IHS Team Lead. “In other words, through military medical cooperation with partner nations, the U.S. military can do more with less and simultaneously maintain medical force readiness.”

Through collaborative projects such as the FRTT program, the USAFE IHS team is developing ways for NATO forces, including U.S. forces, to become more interoperable in the medical sphere.

DAKOTA TERRITORY AIR MUSEUM PROUDLY PRESENTS... THE SPIRIT OF THE PLAINS AIRSHOW Featuring The Snowbirds

Honoring... Minister Lt. Col. "Yogi" Huyghebaert

July 4th At 4 pm

At The Minot International Airport FREE ADMISSION

McDonald's, Pepsi of Minot, Magic City Beverage Co., SBTk, STATE BANK & TRUST, DAKOTA OUTDOOR ADVERTISING, Minot Daily News, Canada SkuSkopes, ENBRIDGE, A-1 EVANS SEPTIC TANK SERVICE, Grand HOTEL, FIRST WESTERN, DON BESSETTE MOTORS, KXCB NEWS, CHICAGO THE BAKERY, CIRCLE K, DAKOTA TERRITORY AIR MUSEUM

No Coolers Allowed Inside Event Area and Security Searches Can Be Expected

WINNER

LUCAS SHAVER

GOLDEN TICKET

NORTHERN SENTRY

839.0946 | sentrysales@srt.com

Changes in GI Bill transfer benefits for National Guard members coming July 12

SGT. 1ST CLASS JON SOUCY | NATIONAL GUARD BUREAU

ARLINGTON, Va. (AFNS) -- Provisions allowing Guard members to transfer some or all of their Post-9/11 GI Bill benefits to their spouse or children are set to change in less than 30 days, limiting the time frame Soldiers and Airmen can transfer those benefits.

"You have to have a minimum of six years (in service) in order to be eligible to transfer benefits, and after 16 years, you're no longer eligible," said Don Sutton, Army National Guard GI Bill program manager, describing the changes set to go into effect July 12.

Sutton said the six-years-of-service rule isn't new.

"You've always had to have a minimum of six years of service in order to transfer your Post-9/11 GI Bill benefits," he said, adding the big change is the cutoff at 16 years of service.

"You'll have a 10-year-window in which to transfer benefits," he said, stressing that Guard members won't lose the benefits after 16 years of service, just the ability to transfer them to their spouse, children or other dependents.

"The Post-9/11 GI Bill and the transfer of benefits are two entirely different and separate programs," Sutton said. "Even though Soldiers may be ineligible to transfer benefits, they still have the Post-9/11 for their own use."

For those interested in transferring their benefits, an additional four-year service obligation is still required.

"The (transfer of benefits) is a retention incentive," Sutton said. "It's designed to keep people in the service."

Being able to transfer benefits to a dependent may have been perceived by some service members as an entitlement, said Sutton, adding that was one of the reasons for the time frame change.

"In law, transferring those benefits has always been designed as a retention incentive," he said.

The exact number of Guard members who may be impacted by the change wasn't available, said Sutton, adding that among those who could be affected are those who didn't qualify for Post-9/11 GI Bill benefits until later in their career.

"We do have a small population

of Soldiers who are over 16 years (of service) before they did their first deployment," he said.

Some Guard members who may have earned the benefits early on, but didn't have dependents until later in their careers, may also be affected.

"They joined at 18 and now they're 15, 16 years in and they get married or have kids later on in life," said Sutton, who urged Guard members who plan on transferring their benefits to do so as soon as they are eligible.

"If you wait, you're potentially going to miss out," he said.

Some Guard members may have been waiting to transfer the benefits until their children reach college age.

"There sometimes are some misconceptions that they have to wait until their kids are college-age or that they're high school seniors in order to do the transfer," Sutton said, adding there is no age requirement to transfer Post-9/11 benefits to dependent children.

"As soon as a child is born and registered in (Defense Enrollment Eligibility Reporting System), you can transfer," he said.

After that transfer has been completed, Guard members can still make changes to how those benefits are divided between dependents or which dependent receives those benefits.

"Once the transfer is executed, and you've agreed to that service obligation, you can add dependents in, and you can move months around between dependents," Sutton said. "It's just that initial transfer has to be done before you hit 16 years of service."

However, there is one group of Guard members who will not be affected by any of the changes: those who have received the Purple Heart since Sept. 11, 2001.

"The only rule around transferring benefits that applies (to those individuals) is you have to still be in the service to transfer them."

Regardless of status, Sutton reiterated that Guard members are better off transferring those benefits sooner rather than later.

"Transfer as soon as you're eligible," he said. "Don't miss the boat because you've been eligible for 10 years and you just didn't do it."

A member of the 380th Expeditionary Communications Squadron reviews a checklist inside a bunker during an exercise May 28, 2019, Al Dhafra Air Base, United Arab Emirates. Bunker dives, individual protective equipment issues and accountability exercises are performed regularly to ensure constant readiness of base personnel.

U.S. AIR FORCE PHOTO | TECH. SGT. JOCELYN A. FORD



Inspector General keeps ADAB ready and compliant

TECH. SGT. JOCELYN A. FORD | 380TH AIR EXPEDITIONARY WING / PUBLIC AFFAIRS

AL DHAFRA AIR BASE, United Arab Emirates (AFNS) --

The office of the inspector general can be described as the eyes and ears of the commander, working directly for the wing commander to ensure compliance of Air Force instruction and guidance.

"We observe and report," said Lt. Col. Justin White, 380th Air Expeditionary Wing IG. "We observe what's going on, we weigh it against the guidance that's out there and we report."

The IG office is open to all Airmen and federal employees to hear complaints of wrong doings; they also provide an independent look during exercises and inspections, giving them the ability to identify undetected non-compliance and possible risks.

At home station, the IG ensures readiness for various in-garrison contingencies. In a deployed environment, readiness remains a priority, but the scenarios may look different. Each planned exercise at the 380th Air Expeditionary Wing is at the discretion of the wing commander.

"Everything that we do is based on the wing commander's intent," said Senior Master Sgt. Randy Bray, 380th AEW IG superintendent.

While deployed to Al Dhafra Air Base, Airmen will play

out some exercise scenarios. Bunker dives, individual protection equipment issue and accountability exercises are performed regularly to ensure the right mindset of the personnel assigned to the base.

"Where we really see results is when we advise commanders of risks that they can accept as well," Bray said. "What risks can they accept? Where do they need to focus their efforts? We help them to really apply that effort towards what is critical to their mission instead of wasting it."

The term inspection may not inspire excitement among Airmen, but the inspector general is trying to make things better.

"We want to drive continuous process improvement," Bray said. "We want the wing to be the best it can be; make things more efficient and effective."

The way to do this is to go out and see what is being done, but they don't do it alone. The IG uses wing inspection team members, also known as WIT, to assist. The WIT member is a subject matter expert in their field, therefore assisting the IG in understanding their specific mission as it relates to the whole.

White said that it is satisfying to know that when he goes out and performs inspections, he is able to touch and experience all

the different missions across the wing, though he doesn't directly perform them.

Inspections and exercises are perhaps what IG is known for most, but complaints resolution is another aspect of the career.

"It is also satisfying to know that we can help Airmen out here of all ranks from junior Airmen all the way up to senior officers," White said. "We are here as a point of contact to report wrongdoing or willful violations of AFI or other guidance or laws."

If there are people within the wing breaking the rules, Airmen or any federal employees can go to the IG to have protected communication in order to report that wrongdoing.

"We have the ability to drive change," Bray said.

The inspector general observes and reports, as well as listen and act, and their door is always open.

CENTURY eyewear

GUCCI COACH Dior OAKLEY Ray-Ban FENDI kate spade NEW YORK

DR. JASON L. BRADLEY, D.D.

207 SOUTH MAIN STREET
DOWNTOWN MINOT

701.852.5626

ONE HOUR LAB SERVICE

LOCALLY OWNED SERVING MINOT SINCE 1976 | NEWEST STYLES HOTTEST TRENDS BEST SELECTION

CENTURYEYEWEAR.COM

northern sentry

MINOT AIR FORCE BASE | WWW.NORTHERNSENTRY.COM

AFFORDABLE ADVERTISING THAT WORKS WITH ALL BUDGETS!

NSADS@SRT.COM OR SENTRYSALES@SRT.COM
701.839.0946

MINOT AIR FORCE BASE NORTHERN SENTRY | follow us on



MINOT AUTOMOTIVE CENTER
HOP IN.

701-852-0151 • 3615 S BROADWAY
WWW.MINOTAUTOMOTIVE.COM

One Low Price, Plain & Simple, Always!

Superpumper

gosuperpumper.com

2625 N. Broadway • 2005 N. Broadway
1105 S. Broadway • 7141 Hwy. 2 East

4 GREAT LOCATIONS WITH MILITARY DISCOUNT!

WESTLIE

FORD • LINCOLN • FREIGHTLINER • WESTERN STAR

Minot • 852-1354
1-888-WESTLIE

www.westliemotors.com

SPORT SPECIALTIES
MOTORSPORTS & MARINE

1-844-887-1434
111 45th AVE NE
MINOT, ND 58703

www.SPORTSPECIALTIESMINOT.com

YAMAHA

COLDWELL BANKER

1st Minot Realty, Inc.
219 S Main St • Minot, ND
(701) 852-0136 • (800) 950-4375
www.cbminot.com

In the Community to Serve®

MONTANA-DAKOTA UTILITIES CO.
A Division of MDU Resources Group, Inc.

800-638-3278
800-MDU-FAST

1130 20th Ave SW • Minot, ND

SIGNAL Realtors

1541 S Broadway | Minot, ND
701-852-3505 | 1-800-735-4065

minothomesearch.com

MINOT STATE UNIVERSITY

TO FIT YOUR BUSY LIFESTYLE, enroll in courses that are offered on base, on campus and online. These flexible delivery options will allow you to complete your degree.

To assist you with advising/enrollment, call:
Minot State at the Base Ed Center727-9044

ON CAMPUS:
Veterans Center Office858-4003

BE SEEN. BE HEARD. BE YOU.

FIND THE B-52

Challenge your skills and see if you can find the B-52 in one of featured businesses on this page!

(Each month the B-52 will be in a different location.)

Email us the location and be entered to win a prize!!

WINNER WILL BE CHOSEN RANDOMLY FOR A PRIZE EACH MONTH.

Email us at: nsgraphics@srt.com



SINCE 1776

INDEPENDENCE

Fourth^{of} July

northernsentry for advertising info, please call 701-839-0946
www.northersentry.com

is proud to support **MINOT AIR FORCE BASE**

cartiva

You Can't Buy The Wrong Vehicle!

701-857-9210 • 3520 S Broadway
www.cartivaofminot.com

Ask us about our Military Incentive Program

CENTURY 21
Action Realtors

500 20th Ave SW, Minot ND 58701
(701) 839-0021 | MinotSells.com

DON BESSETTE MOTORS

ON TOP OF NORTH HILL

1715 N BROADWAY MINOT, ND
701-852-3300

DONBESSETTEMOTORS.COM | DONBESSETTEMAZDA.COM

FIRST WESTERN BANK & TRUST
You can bank on us

We are your locally owned, hometown bank - now with three Minot locations to better serve you.

Drive Thru Hours
Monday-Friday 7am-7pm
Saturday 7am-3pm

firstwestern.bank

BAC BOLTON L L C
ADVERTISING GROUP C.

109 S. MAIN STREET
MINOT, ND 58701

SRT

701.858.1200 / SRT.COM / f t

This institution is an equal opportunity provider and employer.

Verendrye Electric Cooperative

A Touchstone Energy® Cooperative

Proudly serving the Minot Air Force Base
1-800-472-2141

MIDCO

Midco.com | 1.800.888.1300

North Star
Community Credit Union

GROW WITH US.
nsccu.com

TEST YOUR IQ

How many Ads can you remember?

01-10 : You have the aptitude for greatness.
10-16 : I marvel in your intelligence.
17-21 : Quite frankly, your a GENIUS!

CHURCH DIRECTORY

Little Flower Catholic Church
 800 University Avenue West
 838-1520
Summer Mass Schedule
 Saturday 5:30 pm
 Sunday 9:30 am
Fr. Fred Harvey, Pastor
www.littleflowerminot.com

St. Peter The Aleut Eastern Orthodox Church

109 6th St. SE Minot • 838-3094
 Sunday Liturgy 10 a.m.
 Saturday Vespers.... 6 p.m.
 The Very Reverend Father Anastassy

ALL ARE WELCOME
 Ahla W Sahla MIRE SE VIEN
 SELAMAT DATANG BENVENUTO
 VALKOMMEN Willkommen
WELCOME
 BIENVENIDO Baruch Haba
 Aloha Bem-winds VELKOMIN
 BENVIDO Welkommen Tere Tulemast


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


 Worship Service at 10:45am Sundays
 Sunday School at 9:45am
1720 4th Ave NW, Minot
838-0916
MinotBibleFellowship.org


Faith United Methodist Church
5900 Highway 83 N, Minot
www.faithumcminot.com
Pastor Tom Sumers
701-838-1540
 Sunday School (All Ages): 9:45 a.m.
 Sunday Coffee Fellowship: 10:30 a.m.
 Worship Services: Sunday 11 a.m.

Minot Baptist Church
 Sending the Glorious Light of Jesus Christ to a Dark and Needy World
 Sunday School 9:45 a.m.
 Morning Worship 11:00 a.m.
 Evening Worship 6:00 p.m.
 Wednesday Evening..... 7:00 p.m.
Independent/Fundamental/KJV
500 46th Ave NE • 839-1351
 Pastor David Miller

Cornerstone Presbyterian Church
1000 NE 3rd Street
852-0315
Sunday Schedule
 Contemporary Worship 9:00am
 Sunday School (All Ages) 10:00am
 Traditional Worship..... 11:00am
Wednesday Evening Schedule
 Community Dinner 5:30-6:30pm
 Contemporary Worship 6:30pm
 Youth Group & Small Groups.. 7:15pm
All are Welcome!
www.ecominot.org

Congregational UCC
 430 N. Broadway • 839-1064
Sunday Worship 11am
Sunday School 11am
Tuesday Bible Study 12pm
Saturday Noah's Breakfast ..9:30am
 Please join us,
 all are welcome here!
UNITED CHURCH OF CHRIST



St. Mark's Lutheran Church
Missouri Synod
 Sunday Worship 9:30 am
2209 4th Avenue NW Minot, ND
839-4663
Reverend Philip Beyersdorf
www.stmarksminot.com
 Call or check out our website for more information.


Immanuel Baptist Church
1615 2nd St. SE
Minot • 839-3694
 Sundays:
 Worship 10:00 a.m.
 Wednesdays:
 Soup Kitchen 11:30 a.m. - 12:30 p.m.
Brian T. Skar, Pastor
www.ibcminot.org

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

St. John the Apostle Catholic Church

 2600 West Central Ave • Minot, ND 58701
839-7076
 Daily Mass Schedule:
 Tuesday 7:00 p.m.
 (3rd Tuesday 7:00 a.m.)
 Wednesday - Friday 7:00 a.m.
 Saturday 5:00 p.m.
 Sunday 8:00 & 10:30 a.m.
Fr. David A. Richter, Pastor
 Parish website: www.stjohnminot.com


First Lutheran Church - ELCA
 120 5th Ave. NW
 852-4853
Summer Worship Schedule
 Saturday Worship..... 5:00 pm
 Sunday Worship..... 9:30 am

www.firstlutheran.tv
 (Live Stream & Recorded)
 Radio Broadcast KRRZ 1390AM
 Sunday 9:30 am
www.flcminot.com
 Pastor Brandy Gerjets • Pastor Ellery Dykeman


Gospel Tabernacle Community Church
 9999 27th St NE
 4 miles south of MAFB
James W. Henderson
Anna B. Henderson
Church: 701-838-4492
Home: 701-838-5759
KHRT 1320: 9 a.m. Sunday
Sunday School 9:45 a.m.
Adult/Children Worship.. 11 a.m.
Family Hour 6:30 p.m.
Evening Worship 7:30 p.m.
Bible Study/Child-Adult
Children Worship (Wed).... 7 p.m.
Prayer (Friday) 7 P.m.

Bethany Lutheran
 215 3rd Ave. SE, Minot, ND
 Phone: 838-5196
 A Member of the ELCA
 Sunday Worship.....9:00 am
 Sunday Fellowship10:00am
 Wednesday Worship6:45 pm
 Website: www.bethanylutheranminot.com
 Email: bethanylutheran@srt.com
 Live Streaming: bethanylutheran.tv
Pastor Janet Hernes Mathistad
Pastor Gerald Roise

First Baptist Church

200 3rd St. SW • 852-4533
www.fbcminot.org
 Classic Worship Service 8:30 a.m.
 Adult Sunday School.....9:45 a.m.
 Contemporary Worship Service.. 9:50 a.m.
 Children's Church.....9:50 a.m.
 Sunday School (All Ages)11:00 a.m.
 Contemporary Worship Service.. 11:05 a.m.
 Wed. AWANA (Sept. to May) 6:30 p.m.
Rev. Kent Hinkel, Senior Pastor
Rev. Barry Seifert, Associate Pastor
Pastor Josh Huseby, Worship Arts
Pastor Sam Kautzmann, Student Ministries
Elaine Carlson, Children's Ministry Director

Cross Roads Baptist

 Sunday School (all ages) 9:45 a.m.
 Sunday Worship 11 a.m. & 6:30 p.m.
 Wednesdays (Prayer & Missions) ...6:30 p.m.
www.minotcrbc.org
email: crbc@srt.com
415 28th Ave SE (Behind Menards)
838-1873


West Minot Church of God
Family Worship Center
1105 16th St. NW • 839-1407
 Sunday School 9:30 a.m.
 Sunday Worship 10:30 a.m.
 Children's Church & Nursery
 Wednesday Family Training Hour
 Meal..... 5:30p.m.
 Classes for All Ages 6:30 p.m.
 Youth Center, Friday..... 7:00 - 11:00 p.m.
 ABC Child Care Center.....852-6352
westminot.com
facebook.com/westminot


Vincent United Methodist Church
1024 2nd St. SE • 838-4425
Behind Town & Country Shopping Center
 open hearts...open minds...open doors!
 Saturday Informal Worship.. 5:00 p.m.
 Sunday School9:00 a.m.
 Sunday Worship Service 10:00 a.m.
 Fellowship..... 11:00 a.m.
Pastor Jennifer McDonald
www.vincentumc.com


OUR REDEEMER'S CHURCH
A Church of the Lutheran Brethren
Thursdays:
 Worship.....6:30 p.m.
Sundays:
 Worship..... 8:30 a.m. & 10:45 a.m.
700 16th Ave SE • 701-838-0750
 For more information visit us on the web at:
www.ourredeemers.org

Chapel Services at MAFB
Protestant (North Plains Chapel in Base Housing)
Contemporary Service
 Sunday Worship 1000
Gospel Service
 Sunday Worship 1130
Catholic Mass (Northern Lights Chapel across from Rockers)
 Sunday 1000 & 1700
 Daily Monday-Thursday at 1200

ADVERTISE YOUR **Church**

Advertise FOR ONLY \$7 PER WEEK

Revisions MADE UPON NOTICE FROM THE CHURCH

Deadline TUESDAYS BY NOON WEEK OF PUBLICATION

VIEW OUR PAPER ONLINE AT NORTHERNSENTRY.COM

CONTACT BETH
 call 701-839-0946
 email NSADS@SRT.COM
 fax 701-839-1867

First Assembly of God
1805 2nd St. SE
838-1111
 Morning Worship 8:30 a.m.
 Sunday School 10 a.m.
 Morning Worship 11 a.m.
 Wednesday Family Night..... 6:30 p.m.


LEO KNIGHTS

To Advertise your Church on this page,
Call 839-0946
Only \$7.00 a space / per week

we've got the church you've been looking for
Your life matters to God!



CLASSIFIEDS

www.northernentry.com | nsads@srt.com or sentrysales@srt.com | 701.839.0946 | 315 S. Main Suite 202 | Minot, North Dakota

AUTOMOTIVE

90 DAY FREE POWERTRAIN WARRANTY on most cars. Check out our inventory at karz4u.com or call Cliff (Retired MSgt) at 701-240-9172. ifn

JOHN'S



AUTOBODY

Pays Up To
\$500

Insurance Deductibles

We Guarantee All Work & Color Match

4121 S. Broadway
839-8896

TRANSPORTATION

I BUY CARS OR HAUL JUNKERS AWAY FOR FREE - Call Karz 4-U at 240-9172. ifn

\$\$\$ QUICK CASH \$\$\$ Paying cash now for any car or truck, running or not. We also sell cars \$500-\$1500, give us a call. Edwardson Sales 839-9512 (Will haul junk cars or trucks away, no charge) ifn

NORTHERN AUTO AUCTION

1st & 3rd Saturday Every Month!

Approx. 75-100 Cars, Pickups, Trucks, Etc.
Bring vehicles & title to auction yard

BUY or SELL!

All units sold AS-IS condition

Terms: Cash or check supported by a bank letter of credit.
Auctioneers: Clint Beeter, Lic. #199 & Kevin Beeter, Lic. #464 - Clerk Lic. #199

3035 Valley St., Minot, ND 58701
701-838-3733 or 1-800-210-8995

GARAGE SALE

3721 E. BURDICK EXPY HUGE VINTAGE & COLLECTIBLE SALE! Every Weekend, Weather Permitting. Many Old Pictures, Old Books, Pottery, China, Glassware, Cast Iron, Old Vinyl Records, 8 Track Tapes, Old Picture Frames, Old Beer Cans, Signs, DVD Movies, Partial List. Questions Call 701-626-2712. ifn

HELP WANTED

IMMEDIATE OPENING! Dakota Midland Grain is seeking motivated individuals to fill vacancies within our business. Employees must be able to lift 50# and pass drug/alcohol testing. Grain & Agronomy experience is preferred but not necessary. Apply in person or send resume to: Dakota Midland Grain, 1200 153rd St. NE, Norwich, ND 58768 or email: jobs@dakotamidland.com w31

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

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

HELP WANTED

MATURE, RELIABLE, AND A TRUSTWORTHY INDIVIDUAL. Part-Time Retail sales 25-35 hrs/week occasional Sat. closed Sun. Apply in person at Aeroport Hobby Shoppe, 2112 N. Broadway. ifn

LOOKING FOR A CAREER THAT IS BOTH CHALLENGING AND REWARDING?

Kalix is seeking caring and compassionate people to provide support for people with disabilities. We have schedules to fit your needs. We offer competitive wages and excellent benefits. We are an equal opportunity employer and a drug free workplace.

Apply in person at:
605 27th St SE, Minot ND 58701
Or contact: Matt Mackey
By email or phone at
mmackey@kalixnd.org
701-852-1014

PROFESSIONALS

LEE CLOUSE INDEPENDENT BEAUTY CONSULTANT www.marykay.com/lclouse. 701-839-0475 or 701-721-0475. ifn

REAL ESTATE

HOME FOR SALE IN DEERING, Just 16 miles from Base on 5 city lots, newly updated. MLS 191392. 204 1st Ave S. Contact Lucas Knight, Signal Realtors. 701-720-9163 ifn

2 MOVE IN READY HOMES ONLY 20 MINS. FROM AFB!! PRICED TO SELL!! Call for your private showing, Holly Nelson, Century 21 Action Realtors 701-833-2185 or 701-839-0021 Prices are \$49,900 and \$119,900! DOUBLE GARAGES with both!! MLS 190856 and 191018. w27

You can sell your HOME here for as little as **\$3.50** per week! Ask Me How... nsads@srt.com

REAL ESTATE

PRICE REDUCED! 1 MOBILE HOME ESTATES, DEERING ND. \$37,499. 2012 Custom 2 Bed 2 Bath Mobile Home For Sale. Contact Lucas Knight With Signal Realtors Today! (701)720-9163. ifn

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

RENTALS

GLENBURN 2 Beds/1 Bath. Very Nice & Clean. Water & Heat Paid. Laundry. Only \$495 + elec. Call Today 839-4200. ifn

HOUSE FOR RENT

Very Nice Home in Maxbass. 3 Beds/1 Bath. 2 Stall Garage. 5 Acres. \$800 + utilities. 839-4200. ifn

1 & 2 Beds in Burlington. Heat&WaterPaid. ReadyforMove In. \$475-\$495. Call 839-4200. ifn

SMC

We Have A Great Variety Of Apartments & Homes For Rent. Competitive Rates & Discounts & Specials Available. Call 839-4200. ifn

THE PINES APARTMENTS

BEAUTIFUL UNITS SOME PET FRIENDLY 1, 2 & 3 BEDROOMS Washer/Dryer in unit, D/W Microwave, A/C, Garage FREE WIFI, Military Discounts \$1.00 MOVE IN SPECIAL!!! CALL NOW, 839-4200 ifn

RENTALS

3 BED/ 2 BATH CORNER LOT HOME FOR RENT! \$900 A Month Plus Security & Utilities/ No Pets. 907 3Rd St. NE, Minot. For Appointment Call 701-721-4915 Or 701-721-1211. w26

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 ifn

HOUSES FOR RENT

• 1 Bed/1 Bath. \$600 + utilities. Pet Friendly.
• 3 Bed/1 Bath. \$800 + utilities. Pet Friendly.
839-4200 ifn

2 & 3 Bedroom Apts Located in Surrey. Very Well Kept. Heat & Water Paid. Across from Surrey School. \$675-\$775. Call For Your Tour Today! 839-4200. ifn

SERVICES

WE CLEAN ALL TYPES OF FLOORING including carpets, upholstery, walls, air ducts. Let us clean your boat, camper, garage, storage unit. We have dump trailer for debris removal. Low rates. Cash/check/credit. Prairie Carpet Services. 701-833-2884 or 448-2883. ifn



Picture your ad in the **northernentry**

Call us today for more info!
701-839-0946
nsads@srt.com

BUSINESS & PROFESSIONAL DIRECTORY

AUTOMOTIVE

MBM AUTO SERVICE
Minot's Service Specialists
PARTS & SERVICE
We Specialize In:



1215 Valley St.
838-9607
Next to Action Wrecking

QUICK CASH!!
Running & Non-Running Cars & Trucks



Edwardson Sales
839-9512
We also sell cars \$500 - \$1500
Give Us A Call!
Will Haul Junk Cars Free Of Charge

ACTION AUTO WRECKING

Free Parts Locating service

1215 Valley St., Minot
Formerly Minot Wrecking

We pay top price for cars & trucks, running or not
Selling new, used and rebuilt parts.

Phone 852-2470 or Toll Free 1-800-533-5904 • Fax 838-7627

STORAGE UNITS

NORTHERN PRAIRIE CONDOS & STORAGE, INC.

Military Discounts - Best Rates
24 Hour Access
701-720-1093

Convenient North Location for Both Base & Minot Customers

HOBBY SHOP

AEROPORT HOBBY SHOP
RC Cars, RC Airplanes, Rockets, Trains, Plastics, Testors Paints, Engines & Accessories, Helicopters, Balsa Wood & Glues.
838-1658
2112 N. Broadway • Minot, ND
Ask for Eva • www.airporthobby.com

ANSWERS

SUDOKU ANSWERS

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

Answers to puzzle from page 6

HOME LOANS

FAST & FREE PREAPPROVAL • VA AND FHA FINANCING



LENDING NOW
PREMIER MORTGAGE CORP.
701-838-3247

MIKE LINDQUIST • NMLS #213449 • CELL 578-0478 | JORDAN WALD • NMLS #922899 • CELL 721-9391
1408 20th Ave. SW, Ste 3, Minot, ND • APPLY ONLINE at [LENDING NOW.com](http://LENDINGNOW.com)

ACCOUNTANT

BRADY MARTZ

CERTIFIED PUBLIC ACCOUNTANTS
24 W. Central, Minot • 852-0196
www.bradymartz.com

REAL ESTATE

BUY OR SELL ONLY WITH THE BEST!



#SOLD WITH US!

BROKERS12.COM

Feature your business here for as little as **\$9.00** per week!

For more information

call 839-0946 or email nsads@srt.com | sentrysales@srt.com

REAL ESTATE



powered by



Serving the Greater Minot Area Since 1951

408 North Bdwy
Minot, ND
701-852-1156




 <p>\$68,000</p> <p>START HERE - 2 bedroom, 1 bath, 2 story condo. Eat-in kitchen. Upper level bedrooms. Full unfinished basement with laundry.</p> <p>MLS #190386</p>	 <p>\$337,600</p> <p>CONSIDER NEW CONSTRUCTION - Krista Model patio home by Hunter James Construction. 3 bedroom, 2 bath, 1576 sq. ft. home. 2.56 acre lot. Walk-in pantry & large island in kitchen. Vinyl wood plank flooring. Triple garage.</p> <p>MLS #190391</p>	 <p>\$217,000</p> <p>MOVE IN READY - 3 bedroom, 1 3/4 bath home. Kitchen with dining area. Newer carpets in living area. Updated bath. Finished lower level has family room and 2 egress bedrooms. Detached double garage.</p> <p>MLS #190449</p>
 <p>\$129,900</p> <p>PRICE REDUCED! - Completely remodeled 3 bedroom, 2 bath home. New roof, siding, wiring, plumbing, furnace, kitchen and bathrooms. Deck. Walkout lower level. Storage shed. Parking off alley.</p> <p>MLS #190637</p>	 <p>\$117,500</p> <p>MOVE IN READY - 3 bedroom, 1 3/4 bath manufactured home. Kitchen has good storage, separate dining room and fireplace in living room. Master bedroom has 3/4 bath and walk-in closet. Attached triple garage.</p> <p>MLS #190837</p>	 <p>\$235,000</p> <p>MOVE IN READY - *5 bedroom, 1 3/4 bath ranch home. *Kitchen has tiled backsplash. *Deck off dining room. *Family room in remodeled lower level. *New roof, gutters and soffits. *Attached garage.</p> <p>MLS #190941</p>
 <p>Danielle Delzer 500-3732 danielle@minothomes.com</p>	<p>Check our site for weekly dates and times of Open Houses</p> <p>OPEN HOUSE</p> <p><small>one click printout of weekly open houses</small></p>	 <p>Gary Kramlich 721-0526 kramlich@minot.com</p>

BASE ANNOUNCEMENTS

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY is now registering for the Fall 2019 term (5 Aug-6 Oct). You can enroll in classes for CCAF, classes towards Undergraduate degrees such as: AS/BS Aeronautics, AS/BS Aviation Maintenance, AS/BS Technical Management and Graduate degrees: MS Aeronautics, MBA Aviation & MS Management. Please stop by the ERAU office, located inside the Minot AFB Education Center Bldg, Room 223 or email your registration request & any inquiries to minot@erau.edu. To apply to the University, please go to: <https://worldwide.erau.edu/admissions/apply/> and select Minot as the Campus location. Our course modalities include Eaglevision class onsite, online and Eaglevision home. If you have any questions, please call 701-727-9007.

PARK UNIVERSITY MINOT – Earn your degree on your terms; now enrolling for Fall 1 with classes starting August 19. At Park, we believe everyone who strives to earn a degree should have that opportunity. Earn your CCAF credits, AU-ABC, and/or your Bachelor degree with Park, helping to maximize your prior military experience. Find out how many credits you can get for your military experience by going to military.park.edu and confirm 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 for my military experience?” She will even tell you your graduation date. Park University. Minot AFB @ the Education Center (upstairs from the library in room 222). 844-884-8612; mino@park.edu. Park. You.

NORTHERN SENTRY

839.0946 | sentrysales@srt.com

Place an AD here for as little as **\$40.00** per week!

WHAT'S GOING ON MAFB

TODAY	TUESDAY	 <h2 style="margin: 0;">UPCOMING EVENTS:</h2> <div style="background-color: white; padding: 5px; margin: 5px 0;"> <p>5 July</p> <ul style="list-style-type: none"> • AFGSC Family Day - For full listing of Independence Day holiday weekend facility hours, visit 5thforcesupport.com • Show & Shine Car Show, 1500-1830, Bud Ebert Park, hosted by Auto Hobby • Freedom Fest 19, 1600-2300, FREE concert featuring Thompson Square and Easton Corbin at 1930, Fireworks at dusk, Bud Ebert Park </div> <div style="background-color: white; padding: 5px; margin: 5px 0;"> <p>6 July</p> <ul style="list-style-type: none"> • For full listing of Independence Day holiday weekend facility hours, visit 5thforcesupport.com • Cycle, 0800, Fitness Center • Zumba, 0900, Fitness Center • Fight Night UFC 239: Jones vs Santos, prelims begin at 1900, main event begins at 2100, Rockers Bar & Grill </div> <div style="background-color: white; padding: 5px; margin: 5px 0;"> <p>Rough Riders Pizza <i>June Special - Booker Special</i> Delicious meatballs, mozzarella cheese, and tasty marinara sauce melt together in this tasty sandwich served on an Italian hoagie! Try it today for \$9.75—includes chips and a drink! <i>July Special</i> - Chicken Caesar Wrap Enjoy a twist on this classic salad with grilled chicken, shredded lettuce, parmesan cheese, croutons, and caesar dressing in a flour tortilla! Try it today for \$9.75—includes chips and a drink!</p> </div> <div style="background-color: white; padding: 5px; margin: 5px 0;"> <p>The B-Fifty Brew <i>June Special - Chicken Salad</i> Try this flavorful combination of diced chicken, cranberries, grapes, pecans, & mayonnaise alone or on a croissant or potato bun for only \$4! <i>July Special - Spinach Frittata</i> Add some variety to your day and dig in with a medley of eggs, parmesan cheese, onion, garlic, spinach, and swiss cheese for only \$4!</p> </div> <div style="background-color: white; padding: 5px; margin: 5px 0;"> <p>Auto Hobby June Specials <i>June 18-29: Stall Fee Discount</i> Get \$1 off your Flat Stall Fee! Regular price: \$3/hour. Special price: \$2/hour. Must mention ad to get special price! <i>July 2-13: Strut Replacement</i> Customer removes assembly from vehicle and Auto Hobby staff will remove the old strut from the spring and install a new strut. Regular price per strut: \$15 Special price per strut: \$12 <small>*Must mention advertisement to receive special price</small></p> </div>
SATURDAY	WEDNESDAY	
SUNDAY	THURSDAY	
MONDAY		

- 5 FSS Customer Appreciation Week
- Marriage Care Event – Ground Zero Lounge Closed
- Youth Programs Digital Literacy Camp, 0900-1200, Youth Center
- Boot Camp, 1145, Fitness Center
- Board Game Making Camp, 1500, Base Library
- Free Bowling Games – Customer Appreciation Week, 1600-2000, Rough Rider Lanes
- Torch Club, 1600-1700, Youth Center
- Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill
- Club Members \$\$\$ Drawing, 1730-1830, Rockers Bar & Grill (name of Club Member drawn also announced at Rough Riders Pizza)
- Zumba, 1800, Fitness Center • Karaoke Night, 2100, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes

- 5 FSS Customer Appreciation Week
- Last Day to Register for Whitewater Rafting & Zip-Lining Trip to Bozeman, MT at Outdoor Recreation
- Run 4 Fitness, 0600, Fitness Center
- Game Day, 1000-1930, Base Library • Cycle, 1130, Fitness Center
- Free Bucket of Driving Range Balls, 1600-1900, Rough Rider Golf Course
- Family Night Kids Eat Free with Adult Entrée Purchase, 1700-2000, Rockers Bar & Grill
- Cycle, 1700, Fitness Center • Fit to Fight, 1800, Fitness Center

- Zumba, 0900, Fitness Center
- Barre, 1000, Fitness Center
- EFMP Zoo Series, 1000-1200, Held at Roosevelt Park Zoo and hosted by A&FRC
- Swerk, 1100, Fitness Center
- Board Game Making Competition, 1500, Base Library
- Game Night at the Ground Zero Lounge, 1600, Ground Zero Lounge at the Jimmy Doolittle Center
- Lights & Strikes and Saturday Unlimited Bowling, 2000-2400, Rough Rider Lanes

- 5 FSS Customer Appreciation Week
- Circuit Training, 0600, Fitness Center
- Club Member Benefit, 0900-1400, Rough Rider Lanes
- Story Time, 1030, Base Library
- Boot Camp, 1145, Fitness Center
- Brown Bag Book Talks, 1200, Base Library
- Pre-Deployment/Remote Readiness Training, 1300-1400, A&FRC
- 4-H Club, 1600-1700, Youth Center
- Mug Club Special, 1600-1800, Rockers Bar & Grill
- Boss & Buddy \$1 off Draft Special, 1630-1830, Rockers Bar & Grill
- Members Wind Down Wednesday Buffet, 1630-1830, Rockers Bar & Grill
- Yoga, 1830, Fitness Center

- Sunday Escapes Book Club, 1330, Base Library
- Family Zumba, 1400, Fitness Center
- Yoga, 1500, Fitness Center

- Independence Day – for full listing of Independence Day holiday weekend facility hours, visit 5thforcesupport.com
- Independence Day Special Lunch, 1030-1330, Dakota Inn Dining Facility

- 5 FSS Customer Appreciation Week
- Registration Opens for Indoor Flag Football at Youth Center
- Registration Opens for July Photo Scavenger Hunt at Base Library
- Registration Opens for MAFB Half Marathon at Fitness Center
- Tactical Fit Express, 0600, Fitness Center
- Boot Camp, 1145, Fitness Center
- Reintegration Briefing, 1300-1400, A&FRC
- Zumba, 1800, Fitness Center
- Key Spouse Monthly Meeting, 1800-1930, Held at the Professional Development Center and hosted by A&FRC



Views from the fishbowl: getting to know the new AFMC commander

MARISA ALIA-NOVOBILSKI | AIR FORCE MATERIEL COMMAND PUBLIC AFFAIRS

WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFNS) -- The first thing that Gen. Arnold W. Bunch Jr. placed on his desk when he arrived at the Air Force Materiel Command headquarters was not a nameplate, laptop or a to-do list for his first few days in office.

Rather, it was a clear glass fishbowl containing a single orange goldfish with wide eyes staring out into space.

"It's my reminder that as the commander, I live in a 'fishbowl,' and everyone is watching everything that I am doing each and every minute of the day," said Bunch. "It's a personal tease to remind me that I need to be on my 'A' game all of the time, because I am always the commander."

The small-town Tennessee native and dedicated family man got his start in the Air Force not because of any grand desire to be an Air Force officer. Instead, the service offered him an opportunity to be the first in his family to go to college; and he fell in love with the people, mission and commitment to a greater cause, setting the stage for a lifelong career of service for his country.

"When I got accepted (to the Air Force Academy), my father actually went out and bought a boat with the college money he had saved. That became the family joke -- Dad spent all the money on a boat and told me to 'do good' because the money was gone. I started a journey that I thought would be just a few years and fell in love. I've been very blessed," said Bunch.

When Bunch assumed command May 31, he began his seventh command tour in a career that spans multiple positions across the AFMC footprint. A graduate of the Air Force Test Pilot School, Bunch conducted developmental testing in the B-2 Spirit and B-52 at the Air Force Test Center early in his career. He also spent time in AFMC positions at the Air Force Research Laboratory, AFMC headquarters, in the program office and has held leadership positions at the squadron, group, wing and center levels.

"I was in AFMC when it was born. I was a test pilot at Edwards Air Force Base and got the opportunity to meet with General (Ronald) William Yates, the first commander of AFMC. I remember him telling us testers that if we wanted to come work in the

program office and do something beyond the test world that he would make that happen. And I asked for that, and if you look at my career, I followed along on the path he set out in the acquisition world," he said.

Bunch's widespread experience across the AFMC mission set has provided him with a strong appreciation for the breadth and complexity of the critical nature of the command's work for the Air Force. However, as he settles into the leadership role, he recognizes a need to "get regrounded" on all that is happening across the mission.

"I need to 'squint with my ears' as General Goldfein has said," said Bunch. "What I really want to do is listen to and ensure we are properly positioned to support the National Defense Strategy and that we're properly set up to support and drive the delivery of the Air Force we need. To start, I need to listen and get more informed on everything."

For Bunch, AFMC plays a critical role in the future Air Force laid out in the NDS, and it is critical that all Airmen across the command understand just how important their day-to-day mission is to the nation's future.

"If we don't field, and we don't

acquire, and we don't sustain, and we don't make ready, and we don't advance technology or have a nuclear deterrent and the right infrastructure in place to support the mission across the Air Force, then the Air Force can't succeed," he said. "As the Air Force makes decisions on how to grow the force to accomplish what we need to do, we in the Air Force Materiel Command need to come up with options as to how to do that in a timely manner."

Though Bunch recognizes the need for the command to adapt for the future, his first few weeks as commander have reaffirmed the same observations he made during his early days - that the professionalism and dedication of AFMC Airmen to executing the command mission is the cornerstone of its success.

"The men and women of this command, they are the ones who make things happen. They are the most valuable resource in the whole enterprise. It's not the technologies. It's not the facilities. It's the people," he said. "They've always been committed to this mission, dedicated to the activities that they do and understand that they are pushing critical

technologies out into the field to make us successful as an Air Force."

As he settles into the command position, Bunch, who firmly believes in servant leadership, wants all 80 thousand Airmen of AFMC to understand that as they continue to execute their critical mission to use him as a resource to overcome those obstacles they need to succeed.

"I believe the (leadership) pyramid is inverted. I work for all the Airmen so they can be successful," said Bunch. "Commander is the most important role we give Air Force officers. You are responsible for the organization and the care and feeding of all of those people, and for ensuring they are successful by creating the right environment to make sure they are able to thrive."

Just as the command needs a team to succeed, he views his own command as a team effort made possible by the dedication and devotion of his wife and family.

"I can't put into words how happy Caroline and I are to be part of this team. It is true privilege and honor to be given this opportunity. We are 100% fully committed to make this successful," he said. "We are thrilled to be here."



Helping you put your best foot forward.

When foot and ankle problems cause you pain or affect your mobility, our foot and ankle experts at Trinity Health provide advanced care with a personalized approach to get you back on your feet.

Delivering adults and children more leading-edge treatments for:

- Bunions and hammertoes
- Arthritis and joint disease
- Sports injuries
- Diabetic foot care
- Nerve and tendon disorders
- Fractures, sprains, and strains
- Heel pain and flat feet
- Ingrown toenails and warts
- Ankle pain and instability

To make an appointment, call 701-857-3584. Or visit trinityhealth.org/footandankle.

MAKING MORE POSSIBLE



15% OFF

MILITARY DISCOUNT

★ FOR ALL ACTIVE AND FORMER MILITARY AND THEIR DEPENDENTS ★

ON IN-STORE PURCHASES

MILITARY DISCOUNT

THU. ★ JULY 4 ★ 2019*

*No limit to savings. Please show your military proof of service at checkout to receive discount. This offer is not good with any other discount.