

U.S. AIR FORCE PHOTO | SENIOR AIRMAN KRISTOFFER KAUBISCH

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Videos



## Minot AFB members volunteer at North Dakota Special Olympics

MINOT AIR FORCE BASE, N.D. -- Members of Minot Air Force Base helped support the North Dakota Special Olympics, which was held in Minot, N.D., March 4, 2016. Members volunteered at the event as referees and other volunteer positions. Col. David Ballew, 5th Bomb Wing vice commander spoke on behalf of Minot AFB during the pre-game ceremonies.

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS CHRISTIAN SULLIVAN



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## Air Force Reserve offers security in evolving economic America

TECH SGT. ALEX BENNINGFIELD | AIR FORCE RESERVE

#### MINOT AIR FORCE BASE, N.D. --Every year, approximately 300 Airmen separate from Minot AFB in search of something better. The perception is that the grass is greener on the other side of the fence. This was the thought when I Palace Chased in 2013.

At that time I was a Staff Sgt. with five years of military experience and a bachelor's degree. Finding a job should have been easy if not effortless. In my mind I brought something that hardly anyone did-leadership experience in an evolving mission-oriented community plus education accomplishments earned while full time in the military.

However, for my first

year out of Active Duty I was unemployed and relied on unemployment pay plus the G.I. Bill just to keep a roof over my children's head.

The most humbling experience was when I could barely afford food to feed my family. It was then that my pride took a hit and I realized that yes, the grass was greener on the civilian side, however it was painted green. Had it not been for the stability that the Air Force Reserve offered me doing my one weekend a month and often time additional time throughout the week, I could not say I would have been able to stay off the streets and become another homeless veteran.

As I still navigate the

civilian world, now with a master's degree and eight years of military experience, I still endure the challenge of the catch 22 when applying for civilian work. I have noticed that employers want both a high level degree and many years of direct experience in that job. The saying that you must already be doing that job to get it rings true.

For those who are looking at separating to either go to school full time or try their hand at the civilian world, the Air Force Reserve can offer stability in the unpredictable phase when you first separate. The extra income and guaranteed pay can help ease the stress and tension should plans A, B, C and D not pan out.

Whether it is an unexpected bill, longer time needed to find a job or any number of unforeseen events, life can throw all of our plans out the window. If you are debating separation from the military, double check the grass on the other side to see if it is truly greener or simply painted. To find out more information about the Air Force Reserve and the stability it can offer you and your family, contact Tech Sgt. Benningfield at 723-4010 or alex. benningfield.1@

us.af.mil.

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## Louisiana guardsmen rescue thousands in floods

LISA FERDINANDO | DOD NEWS, DEFENSE MEDIA ACTIVITY

ASHINGTON (AFNS) --Louisiana National Guardsmen have rescued more than 4,000 people in the floods that have inundated the state over the past week, a state Guard spokesman said.

About 1,200 Louisiana Army and Air National Guard members have been mobilized and are working with local partners to support the mission, said Air Force Col. Pete Schneider, the state public affairs officer for the Louisiana National Guard.

Schneider, who spoke March 14 in a phone interview from New Orleans, said floodwaters following heavy rains have inundated neighborhoods, washed over roads and trapped residents. Soldiers and Airmen are searching neighborhoods and going door to door to rescue



people, he said. Working in their own neighborhoods

"A lot of these guardsmen are doing lifesaving in their own neighborhoods, so they're serving in the communities where they live," he said. "We are in every part of the state. We're actually in 33 parishes in the state."

The guardsmen, who have been working around the clock since last week, are performing search and rescue operations using almost every piece of equipment they have, including boats, trucks, Humvees and helicopters, the colonel said.

Boat crews and

In addition to fighting the nation's wars, guardsmen are proud to serve and protect their state and communities, the colonel said. "They're able to make an immediate difference by saving lives (and) protecting property," he said. "If you ask them, this is why they joined."

Pentagon kudos At the Pentagon on March 14, a Defense Department spokesman commended the efforts of the men and women of the Louisiana National

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aircrews have rescued people stranded around dangerous, quickly moving floodwaters, he added. At last tally, Schneider said, Louisiana guardsmen had rescued 4,255 people and 354 pets and had issued nearly 72,000 bottles of water, more than 1 million sandbags, 700 cots, and hundreds of packaged meals. After the waters

recede, Schneider said, the National Guard will support recovery efforts, a mission that could last for months.

#### Guard.

"This is just another example of the outstanding efforts of our National Guard to help the people of their state in their greatest time of need," Navy Capt. Jeff Davis said.

President Barack Obama has declared that a major disaster exists in Louisiana, and ordered federal aid to supplement state and local recovery efforts.



# TEAN NIC AIR FORCE BASE HONOF GUARD, AND AIR FORCE BASE HONOF

Minot Air Force Base Honor Guard, an all-volunteer program comprised of Airmen from various career fields, conducts 40-60 military funerals per year, reaching across over 80% of North Dakota. The core mission of the United States Air Force Honor Guard is to provide military funeral honors to veterans and retirees of the Air Force. The secondary missions of the Honor Guard include change of command and retirement ceremonies, Minot State University events and appearances at local retirement homes and Veterans of Foreign Wars on holidays like Veteran's Day and Memorial Day.

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN KRISTOFFER KAUBISCH AND AIRMAN 1ST CLASS JESSICA WEISSMAN















## Get your fitness on

AIRMAN 1ST CLASS JESSICA WEISSMAN | MINOT AIR FORCE BASE PUBLIC AFFAIRS

INOT AIR FORCE BASE, N.D. -- From rock climbing to intramural sports, the McAdoo Fitness Center at Minot Air Force Base, North Dakota offers a variety of programs and equipment to help Department of Defense ID card holders achieve their fitness goals.

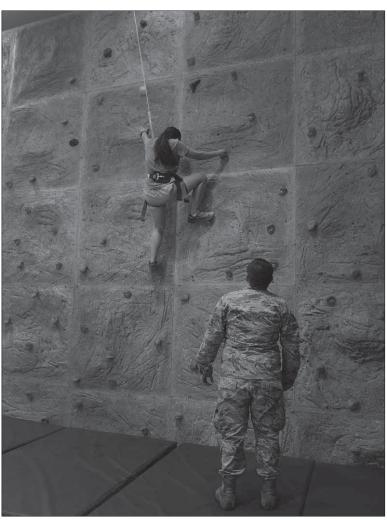
"Some of the things we offer are five different incentive programs, 60-80 free group fitness classes and rock climbing," said Judy LaRue, fitness center director at McAdoo. "Most of these programs are fitness improvement programs, which are ideal for people who need help passing their PT tests."

The newest of the five incentive programs currently offered is called "Climb Mt. Everest," she said. Members will climb McAdoo's 18-foot rock climbing wall 1,569 times to represent climbing to the peak of Mt. Everest, which reaches 29,028 feet above sea level, according to www.britannica.com.

"We conduct safety training for approximately 10-20 people every day," said Tech. Sgt. Michael Hammond, section chief at McAdoo assigned to the 5th Force Support Squadron, who added that rock climbing is very popular at the fitness center.

McAdoo has recently implemented new programs to improve the quality of life at Minot AFB, said LaRue.

The most recent improvement is the remodeling of the floors throughout the gym. The floors of the gymnasium



U.S.AIRFORCE PHOTOS | AIRMAN 1ST CLASS JESSICA WEISSMAN

Senior Airman Andy Raigoza, an Airman assigned to the 5th Force Support Squadron, conducts a safety briefing for a patron to utilize the 18-foot climbing wall at McAdoo Fitness Center at Minot Air Force Base, N.D., March 9, 2016. A new incentive program called "Climb Mt. Everest" challenges rock climbers to climb the wall 1,569 times to reach Mt. Everest's peak of 29,028 feet above sea level.

and racquetball courts have been improved.

"We request that everyone carries their workout shoes into the gym and does not wear street shoes on the new floors," said Hammond.

A fitness equipment maintenance program has been developed where a contractor comes in weekly and repairs, or does preventative maintenance, on the fitness equipment. McAdoo has approximately \$600,000 in fitness equipment. An intramural sports program has been reintroduced at the fitness center, since being discontinued in 2013. McAdoo will offer basketball, volleyball, flag football, indoor and outdoor soccer. They are hopeful to add lacrosse and water polo to their list this year.

Airmen and civilians from Minot AFB volunteer their time to offer free fitness classes. Jiu Jitsu, Karate and Tactical Fitness classes are some of those that are available.

who prefer privacy.

For individuals who prefer privacy, McAdoo offers individual workout rooms. This room has DVD capabilities for video workouts, such as P90X and Wellbeats.

"Wellbeats was sent to us from Air Force services and it is a kiosk that delivers up to 116 virtual fitness classes," said LaRue.

Also, McAdoo offers a family room for parents to improve cardio, strength and flexibility while supervising their children.



"Parents can get their fitness on while their kids are behind a secured wall. The children can improve their gross motor skills with climbing apparatuses, as well," said LaRue.

U.S.AIRFORCE PHOTOS | AIRMAN 1ST CLASS JESSICA WEISSMAN

Senior Airman Elijah Sherman, an Airman assigned to the 5th Force Support Squadron, unlocks an individual workout room for a patron of McAdoo Fitness Center at Minot Air Force Base, N.D., March 9, 2016, Individual

workout rooms, which have workout-DVD capabilities, are ideal for patrons

"We would like to thank the command for putting Airman first and recognizing how important fitness is to our community," said LaRue.

To see all of the incentive programs and the group fitness classes' calendar, visit www.5thforcesupport. com/activites/fitness.





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Laura Larson, M.S., LPCC is now seeing clients for mental health needs at

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ALEXANDER 5th Security Forces Sq. CASTLETON, VT

Airman 1st Class

acob

What did you do before you joined the Air Force? Volunteer firefighter, built and sold furniture and worked on the family farm.

Hobbies or Interests Hunting, fishing and woodworking.

**Most life changing experience** Joining the Air Force.

Where do you see yourself in 10 years

As an SNCO and working in the Pentagon.

lf you could have one special talent, what would it be

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**Favorite quote** "I must not fear. Fear is the mind-killer. Fear is the little-death that brings total obliteration. I will face my fear. I will permit it to pass over me and through me. And when it has gone past I will turn the inner eye to see its path. Where the fear has gone there will be nothing. Only I will remain." - Frank Herbert Picture your ad in the



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## Pistachio-associated Salmonella Case Reported in North Dakota

#### NORTH DAKOTA DEPARTMENT OF HEALTH

ismarck, N.D.— The North Dakota Department of Health (NDDoH) has been working with the Centers for Disease Control and Prevention (CDC), the U.S. Food and Drug Administration (FDA), and other state health departments to investigate a multistate outbreak of Salmonella Montevideo (S. Montevideo) infections associated with Wonderful Pistachios.

Eleven cases from nine states have been reported, including one case from North Dakota. Other states reporting cases include Alabama, Arizona, Connecticut, Georgia, Michigan, Minnesota, Virginia, and Washington. Two cases were hospitalized. No deaths have been linked to this outbreak.

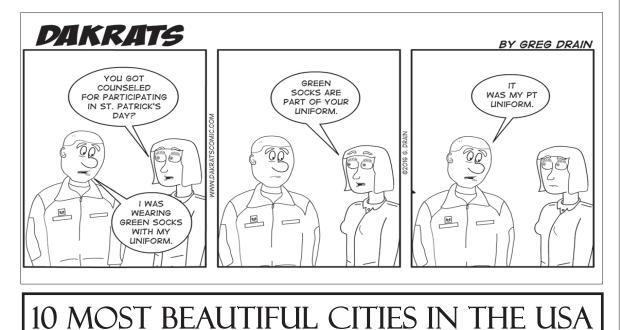
On March 9, 2016, Wonderful Pistachios voluntarily recalled a limited number of flavors and sizes of in-shell and shelled pistachios because to the pistachios gotten sick, p dispose of the recalled produit to the place

they may be contaminated with Salmonella. The pistachios were sold under the brand names Wonderful, Paramount Farms, and Trader Joe's, and were sold nationwide and in Canada, Mexico, and Peru. The recalled products may be identified by a lot code number on the back or bottom panel of the package. A list of recalled products is available at www.fda.gov/Safety/ Recalls/.

The NDDoH recommends that consumers do not eat and retailers do not sell recalled pistachios. "Pistachios have a long shelf life, so people may still have some of the recalled products in their homes," said Laura Cronquist, epidemiologist with the NDDoH, "Even if you've eaten some of the pistachios and haven't gotten sick, please dispose of the remaining recalled product or return it to the place of purchase

The most common symptoms associated with Salmonella infections, or salmonellosis, include diarrhea, abdominal pain, and fever. Symptoms typically begin within 12 to 72 hours after exposure to the bacteria, but can take as long as 16 days. Symptoms generally resolve without treatment in four to seven days, but severe cases and cases involving complications may require hospitalization. Severe illness is more likely to occur in infants, the elderly, and those with impaired immune systems. If you think you may have become ill from eating recalled pistachios, please contact your health care provider.

For more information about the S. Montevideo outbreak, please visit the CDC's website at www. cdc.gov/salmonella/ montevideo-03-16/index. html or contact Laura Cronquist, North Dakota Department of Health, at 701.328.2378.



#### PRAIRIE ADVENTURES BY PATRICIA STOCKDILL



"The outdoor heritage is so strong in the Dakotas and we have some of the best hunting and fishing in the nation, all the magazine needed was hard work."

 Bill Mitzel, owner and publisher of "Dakota Country" magazine.

#### The itch is on.

All one has to do to realize how anxious anglers are for open water fishing is look at Missouri River boat ramps once ice-out is reality and along the tailrace below Garrison Dam.

Even though the 2016 open water fishing season is still pending on Lake Sakakawea – and despite the mild winter and unusually early open water river activity – anglers are anxious to be on the water. It's in their blood.

Decades ago, fishing

meant pike and bullheads. That was OK.

Once Garrison Dam National Fish Hatchery was established and a partnership developed allowing the U.S. Fish and Wildlife Service and N.D. Game and Fish Department to work together for the benefit of both agencies, fishing changed across North Dakota waters.

The late Game and Fish Department fisheries division chief Dale Henegar spearheaded fish stocking efforts, especially walleye.

He introduced rainbow smelt into Lake Sakakawea.

Devils Lake became renowned.

The Missouri River System blossomed as a fishery.

ery. The trio of Don Gackle, Marlin Hvinden, and Dennis Hill launched "Dakota Country" magazine in 1979 published in Garrison in tabloid form. Its launch put to print how much fishing – and hunting – really meant to North Dakotans, the first North Dakota outdoor-based publication other than the Game and Fish Department's own "North Dakota Outdoors".

those new residents were also adopting the state's existing outdoor heritage and goin' fishing, too.

In 2014, North Dakota sold 222,098 total fishing licenses. One in five residents bought a fishing license. That number is actually skewed because anglers under the age of 16 don't need licenses. Total angler numbers would blossom even more if they were counted.

In 2000, 175,436 total licenses were sold in North Dakota; 181,374 in 2010.

One reason for increased license sales is an increase in the number of new lakes stocked with fish and abundant fishing opportunities on the state's "big three" – Lake Sakakawea, Missouri River, and Devils Lake.

Fast-forwarding from the 1979 "Dakota Country" launch, its current owner and publisher Bill Mitzel probably looks back in amazement at how much things change as well after buying the publication from the trio in 1980. "My first issue, with 400 subscribers, was 16 pages, black-and-white with three advertisements. Two of them didn't pay," he laughed.

Nowadays, 30,000 readers peruse the magazine and spring open water season creates a major April fishing issue each year. That's a testament to the popularity of the outdoors and shows how participants aren't content to "just do it".

They want to read about it when they can't be doing it.

And that takes us back



## **#10** LINCOLN, NEBRASKA

The state of Nebraska tends to evoke images of rolling hills and rugged landscapes. But the city of Lincoln is a modern diamond in the rough. It boasts highend shopping, museums, and bustling nightclubs. It's also home to an interesting education exhibit that details Nebraska's evolution over the past 100 years. My how times of changed.

Even in just the last 10 years, fishing license sales in the state continue increasing. North Dakota set new record fishing license sales for three straight years in 2012, 2013, and 2014. Granted, the state's population reached new records at the time, but

to the early 2016 Missouri River ice-out, anglers testing equipment and searching areas to see how the river changed over the course of the winter.

People are also along shorelines of area lakes, as well, looking for that early fishing opportunity of northern pike.

The walleye spawn can't be far off. It is, after all, spring in North Dakota.

Northern Sentry 839-0946 or nsads@srt.com Every since he was a tot,

Great Britain's Michael "Ed-

die" Edwards dreamed of be-

coming an Olympic athlete.

But the odds were always

Weight lifter, pole vaulter, discus thrower, hurdle jump-

er—he didn't care. But no

amount of backyard "train-

ing" made any difference.

With congenitally wobbly

knees bolstered by leg braces

and thick eyeglasses to cor-

rect his terrible vision, young

Eddie was no one's idea of

the Olympic ideal. Though it takes a few—or

more—liberties, Eddie the

Eagle is based on the rous-

ing real-life story of Edwards, who proved all the naysayers

wrong to become an Olym-

pic competitor, representing

Great Britain in the 1988

and England's stuffy Olympic

committee, which thwarts his

every attempt to qualify for

"Frankly," one official dis-

missively tells teenage Eddie

(Taron Edgerton), "you will

their team.

4

stacked against him.

Fly Like an Eagle

"Eddie the Eagle" soars with inspiring tale of unlikely Olympic star

NEIL POND | PARADE MAGAZINE

never be Olympic material—

farewell with his usual op-

timism, tenacity and pluck.

Nothing is going to deter

him. He sets off on his own

to a Winter Olympics train-

ing facility, where he meets

former ski champ Bronson

Peary (Hugh Jackman), who

reluctantly, eventually agrees

to take Eddie under his wing.

socially awkward Eddie,

Edgerton is miles-or kilo-

meters—away from his best-

known former role as a stylish,

slick super-spy in Kingsman.

Jackman provides American-

cowboy grit (all the way down

to his boots) as a washed-up

one-time "whiz kid" of the

slopes and former Olympic

star himself, who finds his own

path to redemption through

You probably haven't heard of British actor-direc-

tor Dexter Fletcher, whose

films haven't made much of

a splash here in America. But

he gives Eddie the Eagle a

look, texture and sound per-

fect for its time and place,

from Prince Charles and

Lady Diana salt and pepper

shakers on a kitchen table to

Solution to last week's Crossword puzzle.

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Eddie's relentless ambition.

As the stocky, bumbling,

Eddie counters that curt

goodbye."

the music, which combines

pop and rock tunes of the

era with instrumental syn-

thesizer swooshes and swirls

that would have been right at

home driving the grooves of

lifting underdog spirit with

Rocky, Rudy, Seabiscuit,

Hoosiers and any number of

other film sagas about indi-

viduals or teams that come

from behind, power through

roadblocks or are told they

can't, shouldn't or won't ever.

it to the Olympics, the crowd

and the media love the naïve,

effusively enthusiastic oddity

who barely qualified for his

team and who causes the

announcers to declare, "The

eagle has landed!" when he

makes his climactic breath-

taking, daredevil descent in-

"The most important thing in the Olympic Games is not

to win but to take part," we're

told, a quote from one of the

games' founders. And no

one embodied that spirit like

Eddie, whose inspiring, soar-

ing tale of determination and

personal triumph in the heart-

warming Eddie the Eagle is a

joy to behold as it takes flight.

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tact—and alive.

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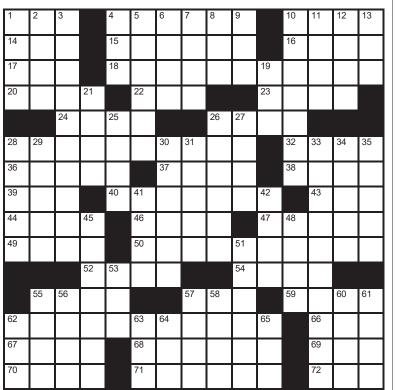
When Eddie finally makes

The movie shares its up-

most any 1980s flick.

## CROSSWORD PUZZLE

#### Pairs



#### Across

- 1 Candidate Cruz 4 Sudden
- 10 Draft
- 14 Conflict
- 15 Upset stomach
- 16 Hawaii's \_\_\_ Coast
- 17 League school
- 18 St. Patrick's Day
- veggies? 20 PC expert
- 22 Patriot pts.
- 23 Mice catchers
- 24 Simpson girl
- 26 Campaign staffer
- 28 More St. Patrick's Day veggies?
- 32 "Fine" things
- 36 Apso
- 37 Number before 53-
- Down
- 38 Bring in
- 39 Aachen article
- 40 One of the Addams
- family 43 Stout relative
- 44 Freshlv
- 46 Tee off
- 47 North of Irangate
- 49 Knob
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- veggies? 52 Editor's override
- 54 "Wishing won't make

59 Pond gunk 62 St. Patrick's Day veggie? 66 Lummox 67 \_\_\_\_ about

Down

1 Tease

55 Bet

- 68 Fly a plane
- 69 Huge amount 70 Beethoven's

57 Command to an

attack dog

- birthplace
- 71 Fast food chain
- 72 Purpose
- 2 Roof overhang
- 3 Laundered with
- chemicals 4 "Life of Pi" director
- 5 Bill for drinks
- 6 Wished undone
- 7 Takes advantage of
- 8 Signature piece?
- 9 Eastern way
- 10 Outfit for the slopes
- 13 Heating fuel

5

1

- 56 Advertising sign 57 English 58 Apple tablet 60 Abreast of 61 Make whole 62 Sailor 63 Handle clumsilv
- 64 Planning time

- **33** Distribute differently 34 Connie's portrayer, in "The Godfather 35 Hurry 41 Push for 42 Rovals manager Ned
- 48 Girl

- 11 Scarf material
- 12 Places to overnight

- 21 Goes quickly 25 Hike 26 Founder of the Shakers 27 Words of
- enlightenment
- 28 Collect slowly 29 Safari sight
- 30 Surrounded, in olden
- times 31 Supermarket section
- 45 Cowboy movie
- 51 Elegant feature
- 53 Number after 37-Across

- 65 publica
- 19 Affirmative action

2

- Winter Olympics as a ski jumper. The movie traces his 55 River of Tuscany improbable journey, against the wishes of his workingclass father, who urges him to settle into a proper trade,

Solution to puzzle on page 18

6

3

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## Easter Egg Cookie Dough Truffles



#### **INGREDIENTS:**

1/2 cup of butter, softened 3/4 cups packed brown sugar 2 cups all purpose flour 2 tsps vanilla extract 14 oz sweetened condensed milk 1 cup mini chocolate chips pink, blue, purple, and white candy melts

#### INSTRUCTIONS:

In the bowl of a large stand mixer, cream the butter and the brown sugar until light and fluffy, about two minutes. Beat in the vanilla. Slowly add the flour, scraping down the sides as necessary. With the mixer still running, slowly add in the sweetened con-densed milk. You may need to stop the mixer periodically to scrape down the sides.

Once it is fully combined, stir in the chocolate chips. Form the dough into one inch balls, and then shape into eggs. Place on a wax paper lined pan and cover loosely with plastic wrap. Refrigerate overnight.

Melt the candy melts according to the directions on the bag. Keep-ing the truffles in the refrigerator, and removing only three or four at a time, dip them in the candy melts one at a time with a fork. Gently tap off any excess chocolate and let dry on wax paper.

## Minot State students ask community to pause for paws

TIA KLEIN | NORTHERN SENTRY

ause for Paws, an animal therapy and shelter awareness event, hosted by Minot State University students from Honors 391 class, "Community Problem Solving," will be April 5 on the Old Main lawn from 1 to 5 p.m. Community members are welcome to play with cats and dogs as well as learn more about the Souris Valley Animal Shelter. "We

researched community problems and learned how to coordinate a charity event from beginning to end," said Nina Coster, a student in Honors 391. "Most importantly though, this class taught us how to become better people by giving back."

The community problem solving course is a seminar in civic engagement; the students work with community leaders and agencies to identify problems and formulate

solutions to reallife community challenges. A goal is to make a long-term positive

impact toward this problem. This year, the class

is focusing on the Souris Valley Animal Shelter, hoping to raise awareness of its need for

> supplies and

volunteers.

"The Souris Valley Animal Shelter is guided by the principle of 'caring for the world around us by caring for the animals under our care," Coster said. "Caring for animals is no easy feat, and too few people in Minot know about the Souris Valley Animal Shelter, and even fewer understand the costs and challenges it faces."

All parts of the event are free and open to the public. However, donations in the form of pet food, toys, and money are appreciated and will be accepted throughout the event. Adoption information will also be available. In case of inclement weather, the event will be held in the Student Center Atrium.

For questions, contact Coster at nina.coster@ my.minotstateu.edu or Jessica Smestad, advisor, at jessica.smestad@ minotstateu.edu.

march

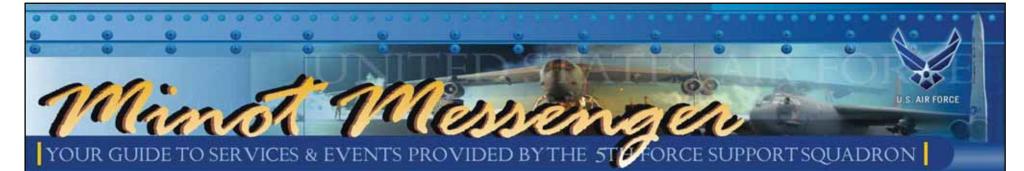
Fri- 10-8 • Sun- 12n

S15 TICKETS





If you have any problems concerning the delivery of the Northern Sentry in base housing, please call Michelle Bock at 838-5937.



### **Doolittle Center Offering Delicious Easter Sunday Brunch**



The Doolittle Center invites you to their special Easter Sunday Brunch on March 27th from 10:30 a.m. to 1:30 p.m. Their exceptional selection of breakfast and entrée items are sure to make it a memorable meal. Enjoy the delicious omelet bar, waffle bar, salad bar, carved prime rib, entrée line, and more. Youngsters won't want to miss the chance to visit with the Easter Bunny and receive a free Easter gift.

Cost for adults is \$15.95 for club members and \$18.95 for non-members, kids ages 6-12 are \$6.95, and children age 5 and under free. Call the Jimmy Doolittle Center at 723-3731 for additional information.

### Easter Egg-stravaganza On March 25th At Youth Center Features Easter Egg Hunt & Candy Wonderland

Minot AFB children won't want to miss the exciting Easter Egg-stravaganza at the Youth Center on Friday, March 25th from 4-7 p.m. To make the event even more fun, the Youth Center is transforming Gym 1 into the Candy Wonderland while Gym 2 will feature the Easter Egg Hunt. Both events are open to children of military dependents ages 2-18 years old.

Youngsters can enjoy a variety of games in each "land" of the Candy Wonderland including the Peppermint Forest, Gumdrop Mountain, Chocolate Swamp, Easterland, and more.

You are encouraged to pre-register for the Easter Egg Hunt by visiting the Youth Center by March 24th. Walk-ins are welcome but space is limited; to guarantee a spot - please pre-register. Each 25 minute session will begin on the half hour starting at 4 p.m.

One lucky Easter Egg hunter in each session has the chance to find the hidden "Golden Egg" and win a large Easter basket. In addition, most participants will receive a Dairy Queen ice cream treat card and/or a Paradiso Mexican Restaurant kids meal card. The event is sponsored by Minot



AFB Homes and the Minot OSC. No Federal Endorsement Of Sponsors Intended.

Tickets are required for both the Candy Wonderland and the Easter Egg Hunt. Cost is 2 tickets for \$1 with Youth Center members receiving 4 FREE tickets for pre-registering.

Pictures can be taken with the Easter bunny, so be sure to bring your camera. In addition, the Youth Center snack bar will be offering a taco in a bag and drink special for only \$5. For additional information, contact the Youth Center at 723-2838.

## National Park Service To Issue FREE Annual Passes At ODR



annual pass offering free entrance to over 2000 federal lands including Theodore Roosevelt National Park for active duty military members and their dependents.

On Friday April 1 at from poor to 1 p. m. and

## Rockers & Doolittle Center Hosting St. Patrick's Day Celebrations

St. Patrick's Day Celebration at Rockers



The St. Patrick's Day Celebration at Rockers Bar & Grill will be held on Friday, March 18th from 4:30-7:30 p.m. Come enjoy delicious traditional Irish cuisine including corned beef & cabbage, bangers & mash, Dublin coddle, Irish cream cake, and wash it down with a tall green beer. Adults only. Cost is free for club members and \$7 for non-members. For details, call 727-ROCK.

#### St. Patrick's Day Celebration at the JDC



You don't have to be Irish to enjoy the St. Patrick's Day Celebration at the Doolittle Center on March 18th from 5-7 p.m. Enjoy tasty, traditional Irish food and don't forget about karaoke! Cost is free for club members and \$7 for nonmembers. For details, call 723-3731.

## Applications Now Being Accepted For The



ses limited to those on hand.

Park Rangers will issue passes at Outdoor Recreation Friday, April 1" 12:00pm to 4:00pm Saturday, April 2<sup>nd</sup> 10:00am to 12:00pm

Present your valid Common Access Card or Military Dependent ID (DoD Form 1173) to receive pass.

Military retirees and veterans may qualify for a lifetime Interagency Senior or Access Pass. Go to www.nps.gov/passes for more information.

Park Ranger Program Attend a program presented by a National Park Ranger.

Friday April 1<sup>st</sup>, 5:00pm at the Youth Center

To show appreciation for those who serve in the U.S. Military, the National Park Service and other land management agencies began issuing an

On Friday, April 1st from noon to 4 p.m. and Saturday, April 2nd from 10 a.m. to noon at Outdoor Recreation, active duty members and their dependents can visit with representatives from the Theodore Roosevelt National Park and pick up their free pass. To obtain the pass, you must present your valid Common Access Card (CAC) or military dependent ID (DoD Form 1173). This Interagency Annual-Military Pass also permits free entrance for military personnel and their families to sites managed by the U.S. Fish & Wildlife Service, the Bureau of Land Management, the Bureau of Reclamation, and the U.S. Forest Service.

Everyone is invited to a free Interpretive Program presented by a Theodore Roosevelt National Park Ranger on Friday, April 1st starting at 5 p.m. at the Youth Center. Active duty and their dependents will have an opportunity after the program to pick up their free pass. For details, call Outdoor Rec at 723-3648 or the Youth Center at 723-2838. 2016 Teen Aviation and Space Camps To determine eligibility or for additional information, contact the David C. Jones Youth Center at 723-2838

#### CLUB MEMBER DRAWING ON FRIDAY, MARCH 18TH WILL BE FOR \$600.

You must be present to win. Become a club member today to qualify. Simply visit Rockers Bar & Grill or the Jimmy Doolittle Center to obtain your application. The weekly club member drawing is held every Friday and announced at both Rockers Bar & Grill and the Doolittle Center. Drawing time varies each week between 5:30-6:30 p.m.

#### **FAMILY and YOUTH EVENTS & PROGRAMS**

#### Youth Volleyball Camp

The Youth Center is hosting a Youth Volleyball Camp from April 4-29. Registrations are being accepted now through April 1st. The camp will be held on Mondays and Fridays from 5-6 p.m. for Youth Center members ages 5-9 years old and from 6-7 p.m. for members 10-18 years of age. Cost for Youth Center members is \$30. Learn all you need to know and play terminate style volleyball. For more information, contact the Youth Center at 723-2838.

#### Family Fun Night

Take the whole family out for a delicious meal. Rough Riders invites you to enjoy their Family Fun Night every Tuesday from 5-9 p.m. Club members can enjoy 2 large one topping pizzas, 12 breadsticks, and 2 pitchers of soda for only \$25. Nonmembers can join the fun for only \$32. Enjoy a delicious meal while the kids burn off some energy in the Lil' Riders indoor playland. For details, call Rough Riders Pizza at 727-4377.

#### Mar 19 FREE Super Saturday

Youth Center members are invited to the FREE Super Saturday Family Activity events at the Youth Center every Saturday in March from 6-8 p.m. On Saturday, March 19th you can enjoy Juice and Painting. Then on Saturday, March 26th it's Family Cooking Night. For additional information, call the Youth Center at 723-2838.

#### Apr 1 FREE Month Of The Military Child Kick-Off Partv

Join the Youth Center on Friday, April 1st for their Month of the Military Child Kick-Off Party. The event is FREE and open to all ages. Starting at 5 p.m., see an Interpretive Program presented by a Theodore Roosevelt National Park Ranger. Then beginning at 6:30 p.m., there will be a movie playing in each gym. Pick a movie and grab FREE popcorn. The snack bar will be open with other food and drinks for purchase. For more information, call the David C. Jones Youth Center at 723-2838.

#### YOUNG AIRMEN EVENTS & PROGRAMS

#### Mar 18 Freaky FREE Friday

Rough Rider Lanes on March 18th from 5-9 p.m. When you purchase 2 games of bowling and shoe rental you'll receive an additional one game of bowling FREE. Gather your friends and family for an eniovable night of affordable fun. For more details, call Rough Rider Lanes at 727-4715.

#### Mar 18 Friday Night Karaoke

Come and show off your talent during Friday Night Karaoke at Rockers Bar & Grill on March 18th from 8 p.m. to close. Rockers Bar & Grill has a great karaoke selection for your enjoyment. For additional information, call Rockers Bar & Grill at on March 24th from 2:30-4 p.m. Airmen will obtain 727-ROCK.

#### Mar 19 Latin All Night & Salsa Lesson

Gather up your friends and get ready to party during Latin Night at Rockers Bar & Grill on Saturday, March 19th. Enjoy the Salsa lessons beginning at 11 p.m. with the hottest Latin music from 11 p.m. to 3 a.m. Ladies will be admitted FREE until midnight. This event is free for Air Force Club card members and \$7 for non-members. For additional information, please contact Rockers Bar & Grill at 727-ROCK.

#### Mar 23 Single Airmen Slice Night

Strike up some fun during Freaky Free Friday at Single Airmen (E-4 and below) are invited to join Rough Riders on Wednesday nights from 5-9 p.m. for Single Airmen Slice Night. Single Airmen can purchase any available slice of pizza for just \$1 per slice; limit 4 slices of pizza per person. Offer is available to all single Airmen (E-4 and below); must show military ID to receive discount. For more information, call Rough Riders at 727-4377.

#### Mar 24 Off-Base Budget Class

Planning to move off base? Do you have a functional budget plan? The Airman & Family Readiness Center is hosting an Off-Base Budget Class important information on leases, military clauses, renters insurance, and so forth. Attendees should bring their current LES and have knowledge of their bills. Class size is limited; call 723-3950 to register.

#### Mar 26 Hip Hop All Nighter

Dance, party, and hang out with your friends during the Hip Hop All Nighter at the Rockers Bar & Grill on Saturday, March 26th from midnight to 4 a.m. Ladies are admitted free until 1 a.m. The event is free for club members and \$7 for non-members. For more details, call 727-ROCK.



#### Apr 1 April Fools 5K Run

The Fitness Center is hosting an April Fools 5K Run on Friday, April 1st beginning at 7:30 a.m. Registrations will be accepted from March 28th until the day of the run. The event is open to all DoD I.D. card holders; strollers are welcome. For more information, call the Fitness Center at 723-2145.

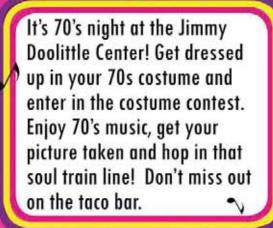
### Auto Hobby Hosting Ladies Night On March 28th



Auto Hobby is hosting a Ladies Night on Monday, March 28th from 5-7 p.m. Ladies are invited to learn the basics on how to maintain their vehicle. The class is taught by a certified mechanic. The March event includes a wide array of vehicle maintenance topics.

Cost for Ladies Night is \$5 per person and includes complimentary snacks. A door prize will be given away at 6:30 p.m. Registration deadline is March 25th. To register or for more information, call Auto Hobby at 723-2127.







Visit our website at www.5thforcesupport.com



## Minot 91st Security Forces Group members train to march in the Bataan Memorial Death March

AIRMAN 1ST CLASS CHRISTIAN SULLIVAN | MINOT AIR FORCE BASE PUBLIC AFFAIRS

INOT AIR FORCE BASE, N.D. -- Members from the 91st Security Forces Group are training to take participate in the Bataan Memorial Death March which takes place at White Sands Missile Range, New Mexico, March 20, 2016.

Members began tryouts in October and resumed their training after the holiday break to prepare for the challenge before them.

"We had over 60 people interested, but due to manning accommodations we had to limit the amount to 20," said Staff Sgt. Jesse Koritar, 91st Missile Security Forces Squadron security manager. "So far we've trained a couple hundred miles and we still have another 300 miles to go and a couple of additional muscle exhaustion training to prepare us for this vigorous event."

The march is a challenging ruck through the high desert terrain of White Sands Missile Range, conducted in honor of the service members who defended the Philippine Islands during World War II, sacrificing their freedom, health and, in many cases, their very lives.

The event tests participants physically and mentally as they trek almost 30 miles with a 35 pound ruck on their back, which also doubles as a



U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS CHRISTIAN SULLIVAN

Members of the 91st Security Forces Group ruck during training at Minot Air Force Base, N.D., Feb. 12, 2016. They are preparing for the Bataan Death March Ruck that will take place at White Sands Missile Range, N.M.

our other gear. Last year the food drive produced over 17,000 meals."

The group that Koritar is taking to White Sands is a diverse mix, including someone that takes a personal piece from the event because of his Filipino ancestry.

"My grandfather was in World War II in the Pacific, my wife's grandfather also fought in the Philippines against the Japanese," said Richard Vasquez, 91st Missile Security Forces Squadron member. "It's personal to me."

Airman 1st Class

rucks and free weight lifting, a lot of core work," Gallagher said. "We're slowly pacing ourselves to get more distance on our rucks."

Although training for the ruck consists about 6 months, Gallagher thinks another factor will make the actual Bataan March more difficult.

"It's going to be a huge climate change," Gallagher said. "Going from 10 degree weather to 80 degree weather will be tough."

Airman First Class Jessica Beauchamp, 91st Missile Security Forces Squadron member, decided to participate to meet some of her own personal goals.

"I want to better myself and strengthen my endurance," Beauchamp said. "I want to accomplish something that I've never accomplished before."



### Amanda Weidler, FNP-C CARDIOLOGY

Trinity Health is pleased to announce that Amanda Weidler, FNP-C, has joined Trinity's Cardiology Department as a nurse practitioner. She'll work closely with cardiologists and other clinical staff to provide comprehensive cardiovascular care, including health assessments, care planning, writing prescriptions, and counseling patients on lifestyle changes that can reduce the risk of cardiovascular illness.

humanitarian effort.

"We're doing a canned food drive, which is part of the event," said Koritar. "We'll be rucking with 35 pounds each of canned foods plus all of

Conner Gallagher, 791st Missile Security Forces Squadron member, goes into detail about the training regimen.

"For training, we've been going on distance

- Bachelor of Science in Nursing and Master of Science/Family Nurse Practitioner degrees, University of North Dakota, Grand Forks
- Practiced in Bismarck and at Trinity Hospital, serving patients in the ortho-neuro and post-anesthesia care units
- Member, American Association of Nurse Practitioners and North Dakota Nurse Practitioners Association

Killdeer native

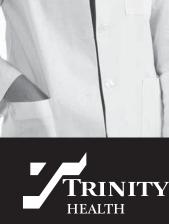
• Resides in Velva with husband, Matt, daughter Keelah and son Payton.

Appointments and Consultations: Call 701-857-7388/1-800-598-1205

Health Center – Medical Arts 400 Burdick Expressway West • Minot, ND 58701

Have a question? Download our app today: trinityhealth.org/mobile

check out **spry & relish** magazines in the <u>northern</u> sentry



#### TODAY

• Youth Center Dance Classes, Every Friday, Various Times, Youth Center

- VA Benefits Briefing, 0830-1400, A&FRC
- Stroller Fitness, 0930, Youth Center
- Fit to Fight, 1100, Fitness Center
- Step Jam, 1200, Fitness Center

• Friday Fun Members Buffet, Every Fri, 1630, Rockers Bar & Grill

• St. Paddy's Day Celebration, 1630-1930, Rockers Bar & Grill

- Saint Paddy's Day Celebration, 1700-1900, Jimmy Doolittle Center
- Freaky FREE Fridays, Every Fri, 1700-2100, **Rough Rider Lanes**
- BBQ Night, Every Fri, 1700-2100, Rockers Bar & Grill

 Keystone Club Meeting, Every Fri, 1830-1930, Youth Center

• Karaoke, Every Friday in March, 2000-Close, Rockers Bar & Grill

• Lights & Strikes Bowling, Every Fri, 2100-2400, Rough Rider Lanes

#### **SATURDAY**

- Trek, 0800, Fitness Center
- Cycle, 0900, Fitness Center
- Yoga, 1000, Fitness Center
- Picture Framing Class, 1000, Arts & Crafts
- Base Skate, Every Saturday, 1600-1800, Youth

Center

• Super Saturday Family Activity, Every Saturday, 1800-2000, Youth Center

• Saturday "Bowl the Night Away" with Lights

- & Strikes, 2000-Midnight, Rough Rider Lanes • Salsa Lessons, 2300-Midnight, Rockers Bar & Grill
  - Latin Night, 2300-0300, Rockers Bar & Grill

#### SUNDAY

• Zumba, 1400, Fitness Center

#### MONDAY

 Youth Tumbling Classes, Hours vary by age, Youth Center

- Cycle, 0600, Fitness Center
- TAP GPS Workshop, 0800-1600, A&FRC
- Stroller Fitness, 0930, Youth Center
- Fit to Fight, 1100, Fitness Center
- Reintegration Training, 1300-1400 A&FRC
- Step Jam, 1730, Fitness Center

#### TUESDAY

• Youth Center Dance Classes, Every Tues, Various Times, Youth Center

- Fit to Fight MIX, 0600, Fitness Center
- TAP GPS Workshop, 0800-1600, A&FRC
- Trek, 0900, Fitness Center
- Hard Core Cardio, 0945, Fitness Center
- Game Day, Every Tues, 1000-1930, Library
- Zumba, 1100, Fitness Center
- Torch Club Meeting, 1600-1700, Youth Center
- Yoga Flow, 1615, Fitness Center
- Fit To Fight, 1630, Fitness Center

• Family Fun Night, 1700-2100, Rough Riders Pizza

- TurboKick, 1730, Fitness Center
- Jiu Jitsu Training, Every Tues, 1800-1930, Fitness Center, (18 years & older)
  - Hard Core Strength, 1830, Fitness Center • Cycle, 1930, Fitness Center
- WEDNESDAY

#### Center

• Jiu Jitsu Training, Every Wed, 1800-1930, Fitness Center

• Yoga, 1830, Fitness Center

 Inner Tube Water Polo, 1930-2030, Indoor Pool

#### THURSDAY

- Youth Center Dance & Tumbling Classes, Every Thursday, Various Times, Youth Center
  - TAP GPS Workshop, 0800-1600, A&FRC
  - Craft Club, 1030, Base Library
  - HIIT & Core, 1100, Fitness Center

• Reintegration Training, Every Thurs, 1300-1400, A&FRC

- Off-Base Budget Class, 1430-1600, A&FRC
- Teen Book Club, 1630, Base Library
- Fit to Fight, 1630, Fitness Center

• Single Airmen Wingman Night, 1700-1900, Rockers Bar & Grill

• Members 2 For 1 Burger Night, 1700-1900,

- Rockers Bar & Grill
  - Zumba, 1730, Fitness Center
- Jiu Jitsu Training, Every Thurs, 1800-1930, Fitness Center
- Body Blast, 1830, Fitness Center • Cycle, 1930, Fitness Center

#### **UPCOMING EVENTS - MARCH 25**

 Youth Center Dance Classes, Every Friday, Various Times, Youth Center

- TAP GPS Workshop, 0800-1600, A&FRC
  - EGGSTRAVAGANZA Easter Egg Hunt,
- 1600-1900. Youth Center • Friday Fun Members Buffet, Every Fri, 1630,
- Rockers Bar & Grill • Freaky FREE Fridays, Every Fri, 1700-2100,
- Rough Rider Lanes
- BBQ Night, Every Fri, 1700-2100, Rockers Bar & Grill
- Keystone Club Meeting, Every Fri, 1830-1930, Youth Center

 Karaoke, Every Friday in March, 2000-Close, Rockers Bar & Grill

• Lights & Strikes Bowling, Every Fri, 2100-2400, Rough Rider Lanes

#### **UPOMING EVENTS - MARCH 26**

Chess Club, 1100, Base Library

• Give Parents A Break, 1300-1700, CDC/ School Age Program

- Base Skate, Every Saturday, 1600-1800, Youth Center
- Super Saturday Family Activity, Every Saturday, 1800-2000, Youth Center
  - Saturday "Bowl the Night Away" with Lights

& Strikes, 2000-Midnight, Rough Rider Lanes

• Hip Hop All Nighter, Midnight-0400, Rockers Bar & Grill

#### **ONGOING EVENTS**

• Home School Families Gym Time, Every Day, 1230-1400, Youth Center

• Lego Building Competition, March 1-31, Build something creative, fill out an entry form, and get a member of the library staff to take a picture of your creation. Contact the Base Library for more information at 723-3344.

• Climb to Fitness, Rock wall available at McAdoo Fitness. Ages 18 & up with a DoD ID Card. Ages 13-17 with written consent and parent or legal guardian present. Contact McAdoo Fitness Center for more details at 723-2145.

#### **PRENATAL YOGA**

The Youth Center is offering Prenatal Yoga on Wednesdays at 10:15 a.m. Improve your pregnancy and birth experience through prenatal specific yoga. This multifaceted approach encourages flexibility, strength, balance, stamina, focused breathing, relaxation techniques, positive mental centering, and more. This style of class is great for any level of yoga practice, new to advanced. With your doctor's approval, you will gain many health benefits for you and your baby. The 45 minute session, held once a week, will be a guided journey which will allow you to learn skills to use at home during your pregnancy, during labor/birth, and postpartum. This is an ongoing class and can be joined at any point during normal and healthy pregnancy. Cost is \$40 per month. For more information, call the Youth Center at 723-2838.

#### **EXPECTANT AND BREASTFEEDING MOTHERS** La Leche League of Minot will not

be meeting for the month of December-we hope you

have a nice holiday with your family. We meet the

3rd Friday of each month at 10AM at North Plains

Chapel in the basement. Our mission is to help

mothers to breastfeed through mother-to-mother

support, encouragement and education. It's free

LLLofMinot@gmail.com or on Facebook at www.

**PARK UNIVERSITY SPRING II 2016** 

Park University's Spring II 2016 term (14

Contact our office for more details. A variety of

classes are available for CCAF and Undergradu-

or online. Signing up for classes is easy: stop by

ate degrees. Classes are held onsite in the evening

our office at the Education Center-156 Missile Ave

Minot AFB or email us at mino@park.edu. If you

have any questions you can call us (727-0469), stop

by and see us or send us an email. Stop in and see

High school students that are an active duty

Skills (YES) program. You must be a Youth Center

member age 13 to 18 and completed the 8th grade.

Call the David C. Jones Youth Center at 723-2838

Air Force Base Officer Spouses' Club (OSC)! We

are an organization designated to provide and fos-

ter a welcoming environment, committed to meet-

ing social and philanthropic needs of all members

by encouraging growth, friendship and a sense of

community. OSC board positions now open! Please

visit our website to join or for more information at

www.minotosc.org Like us on Facebook at Minot

OSC. Many little clubs to include Bunko, Social-

MINOT ENLISTED SPOUSES CLUB

fun ladies. Join us for a much of different socials

ite, Bowling, and much more at www.minotosc.org/

Are you an officer spouse? Please join the Minot

Air Force dependent can earn money for college

through participation in the Youth Employment

Applications are available at the Youth Center.

MINOT OFFICER SPOUSES CLUB

YOUTH EMPLOYMENT SKILLS

March 2016 - 8 May 2016) registration is now open.

**REGISTRATION IS NOW OPEN!!** 

to attend! Please contact us at (701) 409-0292,

facebook.com/LLLofMinot.

us!!!!

for more information.

little-clubs.html

• Cycle, 0600, Fitness Center

• Right Start, 0730-1200, A&FRC, Held at the Jimmy Doolittle Center

• TAP GPS Workshop, 0800-1600, A&FRC • Stroller Fitness, 0930, Youth Center

• H2O Fitness, 0930, Indoor Pool

• Story Time, 1030, Base Library

• Fit to Fight Cycle, 1100, Fitness Center

• Fit to Fight CORE, 1130, Fitness Center

• Winter Games 2016, 1200-1500, Fitness Center

• Step Jam, 1200, Fitness Center

• Pre-Deployment Readiness Training, Every Wed, 1400-1500, A&FRC

• 4H Club, 1600-1700, Youth Center

• Members Wind Down Wednesday, Every Wed, 1630, Rockers Bar & Grill

Cycle/Strength, 1630, Fitness Center

• Buck with a Bang, Every Wed, 1700, Rough Rider Lanes

 Single Airmen Slice Night, Every Wed, 1700-2100, Rough Riders Pizza

• Zumba, 1730, Fitness Center

• AFB Bowling 2.0, Every Wed, 1800, Bowling

• Freaky FREE Fridays, Every Friday, 1700-2100, Pay for 2 games plus a shoe rental per person and get one game of bowling FREE! A \$3.25 SAVINGS!

• NEW! Qualified Personal Trainers, by appointment, Fitness Center

• Rough Riders Monthly Pizza Special. March Special – Spinach Roma Pie. Our tasty signature white garlic sauce topped with Roma tomatoes, spinach, sliced mushrooms and onions. Small: \$11 Med: \$15 Large: \$17- Members receive \$2 off any pizza. Try it on a Panino! Chicken, mushrooms and onions with melted mozzarella. Topped with fresh spinach leaves and tomatoes. Panino Meal \$8.50 includes a side and drink

• B-Fifty Brew Monthly Special. Irish Mania! Try our St. Patty's themed drink "The Nutty Irishman" or try the "Nutty Chocolate Irishman" Like it simple? Try an Irish Crème Mocha or Latte. Hot or Iced.

• Auto Hobby Monthly Special. March Special – Purchase oil filter from Auto Hobby and get the stall FREE for one hour. Save \$3.50 stall fee

plus playing BUNCO!!! We also have mini clubs for everyone to enjoy. We are open to all enlisted spouses of all military branches. you can also check out our Facebook page at Minot Enlisted Spouses Club or/and our website at http://www.mesc.org/

Come and join the MESC! You can meet a lot of

#### **EMBRY-RIDDLE AERONAUTICAL**

**UNIVERSITY** is now registering for the Spring 2016 term (21 Mar-22 May). To sign up for classes, please stop by the office, located inside the Base Education Center Bldg or email your request to minot@erau.edu. If you have any questions, please call 701-727-9007.

#### AIR FORCE SGTS ASSOCIATION, CHAPTER 959, GENERAL MEMBERSHIP MEETING GENERAL MEMBERSHIP MEETING takes place on the Second Tuesday of each month at ROCKERS at noon (1200hrs). The Air Force Sergeants Association (AFSA) is a federally chartered nonprofit organization representing the professional and personal interests of active duty, retired, and veteran Total Air Force and their families. Please join us as we discuss Base and Community events

and current legislation. Officers, enlisted, civilian, dependent, Active Duty, Veterans, and Retired--All are welcome! Like us on Facebook at www. Facebook.com/MinotAFSA. We post any meeting changes, important news, events, and volunteer opportunities on our page. If you have questions, please contact us via email at AFSACh959@gmail. com.

#### **MAIN STREET BOOKS STORYTIME –**

An interactive storytime with songs, rhymes, puppets and books. Every Wednesday and Thursday morning at 10:00 a.m. for birth – 4yrs and 11:00 a.m. for 4 yrs+. All ages welcome. Each storytime 30 minutes long. Main Street Books, 8 South Main Street, Minot. 701-839-4050; www.mainstreetbooksminot.com

#### MAIN STREET BOOKS 1ST SATUR-

**DAYS STORYTIME** – A weekend storytime for families. Once a month on the 1st Saturday of the month there will be a specially themed storytime at Main Street Books that will be interactive with songs, rhymes, puppets and books. The 10:00 a.m. storytime is 30 minutes long and is geared for birth – 4 yrs, but all ages are welcome. Main Street Books, 8 South Main Street, Minot. 701-839-4050; www.mainstreetbooksminot.com

#### STATE CLASS B BOYS BASKET-BALL TOURNAMENT 3/17/2016 -3/19/2016

Minot State University 500 University West Minot ND 58701. Welcome Players, Coaches & Fans!

#### ABRAHAMSON RODEO 3/17/2016 12:00 PM

All Season's Arena. The 6th Annual bullriding, bullfighting, and clown school March 17-19th in Minot, ND. This will be held in conjunction with the Western Edge Bull Riders finals!. If you are interested in attending the school please contact Kyle at 701-240-9790.

#### ST PATTY'S DAY AND WEEKEND WITH EVEN 5 @ THE "O"RIGIONAL BAR 3/17/2016 9:00 PM - 3/20/2016 1:00 AM

The Even 5 will be rockin' St. Patty's Day as well as Friday and Saturday at The "O"! Get your green on and get ready for one wild party!

#### PHEASANTS FOR THE FUTURE BAN-QUET 3/18/2016 4:30 PM

North Dakota State Fair Center- Magic Place Please join us for a night of fun, including lots of raffles, live and silent auction items, good food and fellowship. Banquet/Early Registration Prize: Three early registrants will be entered into a drawing to win an awesome prize. Feb 28 is the early registration deadline. Tickets must be purchased by the Feb 28 to qualify or postmarked by Feb 28 if paying by mail. Purchase tickets securely on our Membership page of our website or mail the downloadable registration form with applicable payment to Pheasants for the Future, P.O. Box 594, Minot ND 58702. Email one of our Board Members for assistance if needed. \$40.00 Regular Membership \$20.00 Spouse/Child Banquet Meal

#### FULLY LOADED WRESTLING 3/18/2016 6:00 PM

#### CALVARY CHAPEL MOVIE NIGHT 3/18/2016 7:30 PM

524 21st Ave NW Minot. FREE MOVIE NIGHT CALVARY CHAPEL MINOT IS SHOW \* WAR ROOM\* FREE ADMISSION AND FREE POP-CORN. COME JOIN US FOR A GREAT MOVIE ON US. WE ARE LOCATED AT THE NORTH HILL BAPTIST CHURCH 524 21ST AVE NW MI-NOT FOR MORE INFORMATION AND UPCOM-ING EVENTS GO TO CALVARYCHAPELMI-NOT.ORG.

#### WESTERN EDGE BULL RIDERS FI-NALS 3/18/2016 7:30 PM

All Season's Arena. 25 of the top bullriders and bucking bulls in the state take over the All Seasons Arena for 2 action packed nights of bullriding along with with entertainment by clown Hollywood Harris. Call Wayne to enter if you are in the Standings Host Hotel is Holiday Inn Riverside 852-2504 ask for Finals room rates

#### ST PATTY'S DAY AND WEEKEND WITH EVEN 5 @ THE "O"RIGINAL BAR 3/17/2016 9:00 PM - 3/20/2016 1:00 AM

The Even 5 will be rockin' St. Patty's Day as well as Friday and Saturday at The "O"! Get your green on and get ready for one wild party!

#### MARTINI MASQUERADE FUNDRAIS-ER 3/19/2016 7:30 PM

The Grand Hotel. Companions for Children is hosting the 3rd annual Martini Masquerade Fundraiser on March 19th at The Grand Hotel. There will be martini tasting, appetizers, raffles, silent and live auction and a performance by the Black and Whyte Dueling pianos. TICKETS WILL NOT BE AVAILABLE AT THE DOOR, YOU MUST PUR-CHASE IN ADVANCED. Tickets are available for \$50 per person here http://cfcminot.org/top/gallery/ until sold out.

#### FAMILY PAINTING DAY 03-19-2016 01:30 PM - 03-19-2016 02:30 PM

2 N Main St. Looking for an adventurous new opportunity for you and your children? Grab your kiddos, ages 6 and up, and join the Taube Museum of Art for an afternoon of entertaining art instruction by a Minot local artist The Taube Museum of Art has created a new monthly Paint Party - You and Your Child Painting class! This creative upbeat class is open to the artistic and the not so artistic. These classes will be held one Saturday a month, with the first one held January 16th. The instructor will guide your family through step by step in recreating the featured painting. It is easy, fun, and stress free! No experience required for you or your child! You can create individually or part ner together to take home a painting you can call "uniquely yours" and possibly unleash a new talent you will want to continue to explore. Each class will cover a different painting technique or style. Each monthly session is \$22 for non members and \$18 for members, per person, which includes all the supplies needed to create your 9" x 12" canvas masterpiece. Each session will be held at the Taube Museum of Art from 1:30 - 3:00 pm. Class size is limited, so register early! Additional class dates: April 9th, October 8th, November 12th, December 10th. Additional class dates forthcoming! For more information or to register call the Taube Museum of Art at 838-4445, email taube@srt.com, visit our

free event catered toward young children. Kids and families are invited downtown to go from business to business collecting candy! Area daycares and preschools are also invited!

#### ART ALL AROUND 03-24-2016 04:00 PM - 03-24-2016 05:30 PM

2 N Main St. A Step Above Your Traditional Art Class (MINOT, ND) Have you been looking for an artistic art exploration opportunity for your child? The Taube Museum of Art has created a new monthly art class, Art All Around, geared towards children 9 years and older. This hour and half class is a step above your traditional art class, and is an opportunity for your child to create and take home a new Masterpiece! Each session is \$18 per child, which includes all the supplies needed to create their masterpiece. They will be held at the Taube Museum of Art Education Classroom on the following Thursdays: February 25, March 10 & 24, April, 14 & 28, May 12 from 4:00 - 5:30 pm. Class size is limited for a more individualized instruction, so be sure to register early. For more information or to register call the Taube Museum of Art at 838-4445, email taube@srt.com, visit our website at www. taubemuseum.org.

## DRIBBLE DOWNTOWN PUB CRAWL 3/24/2016 6:00 PM

Downtown Minot. It's March and basketball madness has taken over the city of Minot! We have decided to celebrate the basketball craze with a Pub Crawl! The Dribble Downtown Pub Crawl will be held on Thursday, March 24th! Tickets will be \$15/ person. We will sell tickets up to 10 pm the evening of the event. For more information, please email downtownminot@gmail.com

## PAINT THE TOWN RED 3/24/2016 6:30 PM

2 N Main St. Feeling Creative? Looking for an adventurous new opportunity? Grab your friends, coworkers, or make it a unique date night – and join the Taube Museum of Art for an evening of entertaining art instruction by Minot local artists! No experience required! You will go home with a painting you can call "uniquely yours" and possibly unleash a new talent you will want to explore. This creative upbeat class is open to the artistic and the not so artistic, March 24th class will be held at the Taube Museum of Art and will feature local artist, Tonya Stuart-Melland, who will guide you through in recreating her featured painting. It is easy, fun, and stress free! Feel free to bring your favorite cocktail and a snack if you choose, then sit back and be creative! Each session is \$35 for non members and \$32 for members, per person, which includes all the supplies needed to create your masterpiece. Class size is limited, so register early! Payment is due at time of registration. Must be 21 to register. Registration now accepted online at www.taubemuseum.org Liking or commenting on this event does not constitute registration for the class...you must call, stop by, or register online to complete the registration process. Thank you! For more information call the Taube Museum of Art at 838-4445, email taube@srt.com.

#### CALVARY CHAPEL MOVIE NIGHT 3/25/2016 7:30 PM

524 21st Ave NW Minot. FREE SHOWING OF Passions of the Christ Come join us on GOOD FRI-DAY to celebrate our SAVIOR. There will be FREE popcorn along with Free admission. So invite a friend bring family anyone can come. For more information and upcoming events please visit us at Calvarychapelminot.org.

The Vegas Motel. Tickets for Fully Loaded Anniversary are on sale....now! It's just \$15 for ringside and only \$10 general admission for this massive 2 day event. See Macen Mayham, Dynamite Soul Eric Walker, the completion of the No Limits title tournament, Chainsaw King vs. Hammerstone, and so much more. We sold out of ringside a WEEK before our last event in Minot so get yours now!! We also still have a LIMITED # of VIP Tables available. They seat 5 and come with drink tickets! Best Seats in the house! Just \$100 for a night or an AMAZING \$150 for both nights. message us, Aaron Barclay or Jared Gebhardt today to reserve. http://www.fullyloadedwrestling.com/sales.html

#### ST PATTY'S DAY AND WEEKEND WITH EVEN 5 @ THE "O"RIGINAL BAR 3/17/2016 9:00 PM - 3/20/2016 1:00 AM

Even 5 will be rockin' St. Patty's Day as well as Friday and Saturday at The "O"! Get your green on and get ready for one wild party! website at www.taubemuseum.org.

#### CLOSING NIGHT EVENT - DISNEY INSPIRED LEARNING! 3/22/2016 5:00 PM

Magic City Discovery Center / Dakota Territory Air Museum. Before we "ring down the curtain" on the '15-'16 season, join us for our Closing Night Event! You won't want to miss this star-studded, actionpacked night filled with science, art, history, and more. Put on your favorite movie or character tshirts and join six Minot State University Teacher Education students as they host education stations inspired by these Disney movies: Inside Out, Star Wars, Finding Nemo, Up, Valiant, and Jungle Book. We can't think of a happier ending to a great season! Regular admission rates apply: \$4/person or \$15/family (under 12 mo. is free).

#### DOWNTOWN MINOT ANNUAL BUNNY WALK 3/24/2016 10:00 AM

Downtown Minot. Spring is almost here and that means it's time for the Annual Downtown Minot Bunny Walk! The Bunny Walk is a family-friendly,

#### BLUE LANTERN CORPS VENDOR SHOW 3/26/2016 10:00 AM

This is a fundraiser event. Donations go to our March for Babies family team. All proceeds benefit March of Dimes.

#### DIRTY WORD BAND @ THE "O"RIGINAL BAR 3/25/2016 9:00 PM

The Dirty Word Band will be playing their amazing variety of great dance tunes Friday and Saturday at The "O"riginal Bar! Make sure you come check out this high energy act. Show starts at 9 both Friday and Saturday!

## CHURCHDIRECTORY





Sunday School ......9:00 am Meet and Greet ..... 10:00 am Sunday Worship ..... 10:30 am

Pastor Gregg S Smith www.gracefellowshipatburlington.com



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

Sunday School & Fellowship .....9:00 a.m. Worship ..... 10:45 a.m.

www.trinitychurchminot.org www.immanuelbaptistminot.org

www.firstbaptist-minot.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. - May) ...... 6:30 p.m.

Rev. Kent Hinkel, Senior Pastor Pastor Tim Houck, Interim Associate Pastor Pastor Sam Kautzmann, Student Ministries Elaine Carlson, Children's Ministry Director



Adult Choir (as scheduled). 8:00 p.m.

Brian T. Skar, Pastor

**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.



Sunday School ..... 10:30 a.m. Sunday Evening Worship ...... 5:30 p.m. Wednesday Worship ...... 7:00 p.m.

(701)852-5399 www.dakotabaptistchurch.com Email: dbchurch@srt.com **Pastor: Jeremy Jacob** 



852-1872

Saturday Worship ..... 5 p.m. Sunday Worship ... 8:30 a.m. & 11 a.m.

> John Streccius, Pastor Nathan Mugaas, Pastor

#### of God 1805 2nd St. SE 838-1111

Morning Worship	8:30 a.m.
Sunday School	10 a.m.
Morning Worship	11 a.m.
Evening Worship	6:30 p.m.
Wednesday Family Night.	7 p.m.



## **CLASSIFIEDS**

www.northernsentry.com | nsads@srt.com | 701.839.0946 | 315 S. Main Ste 202 | PO Box 2183 | Minot, North Dakota

#### **HELP WANTED**

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- Security Response Services Equipment Technician Bismarck, ND
- Journeyman Lineman Mandan, ND
- Auditor II, III, Senior Auditor (2 positions) Bismarck, ND
- Compliance Engineer II Bismarck, ND
- Apprentice System Protection Technician (2 positions) Williston, ND

Please check our website for other possible openings at jobs.basinelectric.com Questions? Call 701-557-5603 or 701-557-5402

#### **Dakota Gasification Company - Beulah, ND**

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- Student Intern Engineering (Mechanical)

Please check our website for other possible openings at jobs.dakotagas.com Questions? Call 701-873-6896.

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### northern**sentry** Paper Locations

The Northern Sentry is available at these locations in **MINOT** each week:

- Northern Sentry Office | 315 South Main Street, Ste 202
- Simonsons Station Store | 1312 S. Broadway
- M&H Gas Station | 25 Burdick Expressway E
- Minot International Airport | 25 Airport Rd
- Grand Hotel | 1505 N Broadway
- The Vegas Motel | 2315 N Broadway
- Tesoro | 7141 Highway 2 E
- Holiday Inn Riverside | 2200 Burdick Expressway East
- Vintage City | 2001 8th Ave SE, Ste C
- Holiday Stationstores | 3301 S Broadway
- YMCA | 3515 16th St SW
- Minot Travel Plaza Enerbase | 4750 Hwy 83 North
- Rebel 1 Stop | 2625 N Broadway
- Main Marketplace | 1930 S Broadway St

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ND Job Service Questions? 701-852-1376

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FOR SALE BY OWNER 2009 Schultz Manor Hill 16x80, 3 Bedroom, 2 Full Bath, Large Kitchen, 8x10 Shed Included and has Central Air, has Seamless Gutters. Has Large Deck. Close to a Park and Shopping. \$60,500. Call 701-578-4894

#### FLEA MARKET

**MOVING NEED CASH?** Sell your used/unwanted items at MAGIC CITY FLEA MARKET, April 9 & 10, State Fairgrounds. Info 701-340-7930.

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#### PROFESSIONALS

**RUTHVILLE BARBER SHOP,** Mon-Weds. 8:30 a.m. to 5 p.m. Appointments or walk ins, haircut, neck shave and shoulder massage for \$13. Call 839-5311 today! tfn

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NORTH THE 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.



Contact Northern Sentry (701) 839-0946 NSADS@SRT.COM

ATTENTION

## tfn

North Hill Marketplace   2215 16th St NW Arrowhead Marketplace   1600 2nd Ave SW Schatz Crossroads Truckstop, Inc.   1712 20th Ave SE Holiday Gas Station   3301 S Broadway Sonic Drive-In   1601 35th Ave SW	<b>"Attention:</b> The base firing range is	4200tfn	MANUFACTURED HOMES FOR RENT: 3 Bedroom, 2 Bath
Schatz Crossroads Truckstop, Inc.   1712 20th Ave SE Holiday Gas Station   3301 S Broadway		tfn	
Holiday Gas Station   3301 S Broadway			FOR REINIL 5 DEGIOOIII, Z DUII
	base tiring range is		\$850.00 Rent, \$850.00 Deposit.
Sonic Drivo-In   1601 35th Avo SW		AN AD IN THE NORTHERN	2 Bedroom, 1 Bath \$700.00
	located at 106 Range	<b>SENTRY</b> will get the job done!	Rent, \$700.00 Deposit, Plus Gas
La Quinta Inn & Suites   1605 35th Ave SW	Road. It is illegal as	Advertise your business in the	and Electric. Small, Quiet Park SE
Baymont Inn & Suites   1609 35th Ave SW	well as dangerous	Northern Sentry. Email your ad	Minot, No Pets
Cash Wise Foods   3208 16th St SW #400	U U U U U U U U U U U U U U U U U U U	copy to nsads@srt.com or call us	16w
Country Inn & Suites   1900 22nd Ave SW	to trespass in this	at 839-0946.	10w
	area due to gunfire.		HOUSES
Scissors Edge   1609 S Broadway St	If you need access	OPEN F	1003E3
Watne   408 N Broadway	to this area, contact		
1st Minot Management   217 Main St S		SUNDAY, MAR. 20TH	<b>Н Пара Зрм - 4рм</b>
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	M. Borders or SSgt		
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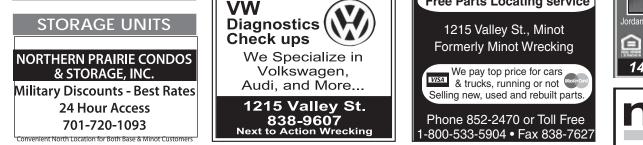
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## **northernsentry**

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**TUESDAY AT NOON ON THE WEEK OF** PUBLICATION

Any ad received after this time will run the following week.



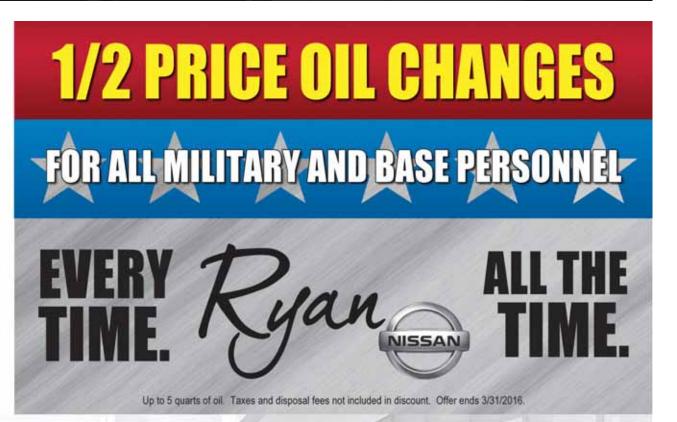


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