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U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS J.T. ARMSTRONG

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## Senior Master Sgt. Piazza Visits Team Minot

MINOT AIR FORCE BASE, N.D. -- Retired Senior Master Sgt. William "Pete" Piazza, a former Air Force Security Forces member, visits with members 791st Missile Security Forces Squadron tactical response force members during a visit to Minot Air Force Base, N.D., April 5, 2016. Piazza served almost 29 years as a Security Forces member and was awarded the Silver Star medal for his efforts during the Vietnam Tet Offensive. Sergeant Piazza's visit was one of encouragement to the men and women of Minot AFB and to personally thank them for the sacrifices made every day in the defense of this nation.

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS MATT RAUSCHNOT

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# Minot B-52s go to Paris

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

**M**INOT AIR FORCE BASE, N.D. -- Minot Air Force Base, North Dakota flexed its bomber muscles April 20, 2016, as they sent one of their B-52H Stratofortresses to the U.S. European Command area of responsibility for a mission. The deterrence and assurance mission consisted of interoperability training and flight intercepts with the French air force as well as performed a flyover of the Lafayette Escadrille Memorial during the 100th

Anniversary of the formation of the Escadrille ceremony.

Minot's B-52s were not alone in this mission as they were accompanied by U.S. Air Force F-22s, a French Mirage 2000N and French Rafales.

U.S. Strategic Command units regularly conduct training with and in support of the Geographic Combatant Commands. USSTRATCOM, through its global strike assets, helps maintain global stability and security while enabling units to become familiar

with operating in different regions.

USSTRATCOM bomber missions provide valuable opportunities for bomber crews to integrate and train with allies and partners in a variety of missions. These bomber missions strengthen capabilities by familiarizing aircrew with airbases and operations across the globe.

"The Warbirds of the 5th Bomb Wing were proud to participate in the ceremony commemorating the 100th anniversary of the founding of the Lafayette

Escadrille," said Col. David Ballew, 5th Bomb Wing vice commander. "The history of cooperation between our two Air Forces dating back to World War One has continued non-stop through present day operations. Being able to send a B-52 to honor the fallen airmen from both countries is a proud moment for each and every member of the 5th Bomb Wing."

## Get Out and See the World With the Help of ITT

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

**M**INOT AIR FORCE BASE, N.D. -- When asked their reasoning for joining the Air Force, many Airmen's respond to travel and see the world, yet when they get stationed state-side they tend to forget about those goals and stay relatively close to their base instead of seeing the world like they planned. That's where the Information Tickets and Travel office comes in.

The ITT office has been open for only a couple of months now and is located at a convenient location for all Airmen.

"We opened February 17, 2016," said Senior Airman

Amanda Romo, 5th Force Support Squadron event program coordinator. "We are located in the [base exchange] right between the barbershop and alterations."

ITT not only helps Airmen travel to new place, but also provides special deals and discount on various theme parks and attractions.

"We do a lot of Disney, theme park attractions, airfare, cruises," said Romo. "Any travel arrangements that need to be made we can do that through here. We also have local partnerships as well, such as Medora and the Dakota Territory Air Museum among others."

Romo sees the advantages from an Airmen's perspective of having such a

great resource that is the ITT office.

"It's good to get people out and about," Romo said. "We have a lot of Airmen here that think there's nothing to do here but sit in their dorms all day and we want to dispel that rumor and show that there's plenty to go out and do."

Romo goes on to say there is plenty that the ITT office can help with, ranging outside of the Minot and North Dakota area.

"We also have deals on long travel for people that need to go home and see their families," Romo said. "We do the airfare for them. Also people that just want to get away and have a good time with theme

parks admissions and discounts we provide, which is always good on an Airman's budget."

Romo feels that the ITT office can be the difference in Airmen's lives on whether or not they get to see the world.

"Essentially we are that driving factor of getting people out and about and traveling," Romo said. "Most people have joined the military in order to see the world and we're here to push people to go do that. We really want to be that ambassador for travel."

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## Dakota Recreation Report

PATRICIA STOCKDILL | MCLEAN COUNTY INDEPENDENT

**O**utdoor Notes:  
• April 30: Audubon Nat'l.

Wildlife Refuge Nature Fest Workshop, pine needle basket, diamond willow walking stick, build a bat house, and free tram ride. Class size is limited and pre-registration required. Contact refuge headquarters, (701) 442-5474, ext. 17 for fee information and registration.

• May 1: Paddlefish snagging season opens in legal open area.

#### Tournaments:

• May 7: Lake Darling, Nelson Lake.

#### Fishing:

Lake Sakakawea elevation, April 25: 1,837.31 feet above mean sea level; 14,000 cubic feet per second (CFS) Garrison Dam average daily releases.

• N.D. Game & Fish Dept. game wardens: No new reports.

• Coleharbor, Totten Trail, Lakes Audubon & Sakakawea: Weather permitting, anglers continue finding fair to good walleye success on the east end of Lake Sakakawea.

• Garrison, Cenex Bait & Tackle, Lakes Audubon & Sakakawea: Not much activity on Lake Sakakawea and Lake Audubon.

• Garrison, 6-Mile Bait & Tackle, Lakes Audubon & Sakakawea: Spawn starting on Lake Audubon so look for a lull in walleye

Continued on page 8

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## MAJ. GEN. CLARK VISITS MINOT DURING CONSTANT VIGILANCE

Maj. Gen. Richard Clark, 8th Air Force commander, and Chief Master Sgt. Marty Anderson, 8th Air Force command chief, visited Team Minot Airmen during Air Force Global Strike Command's Exercise Constant Vigilance 2016. Constant Vigilance is an annual Air Force Global Strike Command exercise designed to train and test the command's ability to perform its mission.



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# AFGSC practices Constant Vigilance

JOE THOMAS | AIR FORCE GLOBAL STRIKE COMMAND PUBLIC AFFAIRS

BARKSDALE AIR FORCE BASE, La. -- Air Force Global Strike Command participated in Constant Vigilance April 11-15, an annual exercise that tests its ability to conduct

both conventional and nuclear operations. Designed to apply stress to all aspects of AFGSC, to include mission planners, aircrews, maintainers, security forces and

administrative personnel, the training event forced almost all of the command's personnel to remain alert and operationally ready to execute the mission at a moment's notice.

"This is the first time that we've incorporated all of these elements into a single exercise here at the major command level," said Maj. Ryan Graves, chief of AFGSC exercises. "It requires a great deal of communication between all operational levels and as well as support organizations, which have largely remained untested in these types of exercises until this point."

Exercise elements like cyber attacks and force protection scenarios tested base-level AFGSC headquarters responses.

Although AFGSC hosts the exercise annually, new this year was the incorporation of the 7th and 28th Bomb Wing's B-1s and the 377th Air Base Wing at Kirtland AFB, New Mexico.

Overall, Constant Vigilance tested the command's ability to respond to conventional and nuclear operations as well as its ability to protect itself against small ground attacks against its wings in northern tier areas. The event is only one of several annual exercises that AFGSC participates in to include Global Lightning and Global Thunder.

"We wanted to test the command's ability to communicate with all of its components and stress those assets in an effort to make the scenario as realistic

as possible," said U.S. Navy Lt. Mitch Normand, executive chief of AFGSC exercises. "Such an effort forces everyone to focus on the bigger picture rather than remain 'stove-piped' in their individual areas. These exercises not only allow us to train how we fight, they remind us that we always have to maintain a 'one-team' mindset."

B-52H Stratofortresses taxi on the runway during Exercise Constant Vigilance at Minot Air Force Base, N.D., April 17, 2016. Air Force Global Strike Command conducts training operations and exercises on a regular basis to ensure our forces are ready to perform nuclear deterrence operations and long-range strike missions if and when called upon to do so.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS J.T. ARMSTRONG

## DAKOTA RECREATION REPORT from page 3

activity until it ends.

- New Town, Scenic 23, Lake Sakakawea: Little activity on the Van Hook Arm.
- Pick City, Scott's Bait & Tackle, Lake Sakakawea/Missouri River: Limited Missouri River activity from boats and shore with better success in the morning or evening. Try the wing walls but overall success remains slow. Weather permitting, try the north shore on the east end of Lake Sakakawea for walleye. Continued back bay success for pike.

**Numbers to know:**  
\*N.D. Game and Fish Dept., main Bismarck

office: 328-6300, website: (<http://gf.nd.gov>).

- N.D. Game and Fish Dept., Riverdale office: 654-7475.

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

- U.S. Fish and Wildlife Service, Bismarck, website: ([www.fws.gov/northdakotafieldoffice](http://www.fws.gov/northdakotafieldoffice)).

- Friends of Lake Sakakawea, the region's only organization working for quality lake access, weed control and effective partnerships, ([www.lakesakakawea.com](http://www.lakesakakawea.com)).

- Dakota Recreation Report: ([www.dancingprairiearts.com](http://www.dancingprairiearts.com)).

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## 2016 Governor's Travel and Tourism Awards Announced

NORTH DAKOTA TOURISM

**G**RAND FORKS, ND – Seven Governor's Travel and Tourism Awards recognizing outstanding leaders in North Dakota's tourism industry were presented today at the 2016 North Dakota Travel and Tourism Conference in Grand Forks. The awards were presented by North Dakota Lt. Governor Drew Wrigley and Department of Commerce Commissioner Al Anderson.

"North Dakota's tourism industry continues to play an integral role in our state's economy," North Dakota Governor Jack Dalrymple said. "Its impacts are felt in every county in the state and it remains a solid contributor to North Dakota's economic well-being. The industry professionals being honored today for their dedication, innovation and leadership are ambassadors for our state. Their hard work and commitment are shining examples of why North Dakota has become a worldwide player in the tourism industry. We are proud to honor them, as well as all of our tourism partners, for their service to our state."

Medora Musical 50th Year Anniversary, Attraction of the Year. For more than 50 years, the Medora Musical has been a summer tradition for many North Dakota families. In 2015, the entertaining script took more than 124,000 guests from 24 states and several countries down memory lane. Previous cast members from 50 years gathered for a reunion and shared their favorite stories of wooden bench seating, dirt floors and muddy hills. All of the employees worked diligently from dawn to dusk, making sure the show and town were perfect each night. The marketing team worked hard all year long to get the word out through surprising flash mob performances, new commercials and other new approaches. Through a half-century, each year's production has been a new story with the same spirit and dedication to Teddy Roosevelt's time in the Badlands.

Mike Beaudoin, Travel and Tourism Industry Leader. The COO of the Theodore Roosevelt Medora Foundation is usually the first into the office and the last to leave. Mike Beaudoin manages the teamwork of the board of directors, a full-time staff of 45, more than 300 seasonal employees

from 36 countries and 500 seasonal volunteers. He has overseen renovation of two Foundation-owned hotels, which boast a summer occupancy rate of 95%. His willingness to make hard choices for the benefit of the traveling public makes him an example of a tourism leader. As a community leader, he balances the historic character of the city while presenting new opportunities for guests.

Victoria Solis, Behind the Scenes Tourism Employee. Victoria Solis is more than a housekeeper at the Hyatt House in Minot. She is the smiling face that greets guests, the listening ear when someone has a problem and the welcoming spirit for those going through tough times. A recent guest was going through chemo at a local hospital and opened up to Solis, who came in early to service the room. She deep cleaned and disinfected everything so that it would be fresh once the guest got back to the hotel. She also asked the front desk to research products that would be helpful to someone undergoing chemotherapy. Solis left lotions, lip balm, a special mouthwash, ginger gum and a gift basket in the room.

Guests glow about Solis every day and her concern for people makes everyone love her.

North Dakota State Fair, Event of the Year. The annual mid-summer event in Minot includes entertainment for all ages and continues to be, arguably, the largest event in North Dakota. It includes a carnival, full cafeteria, three buildings of commercial vendors, competitive events and static exhibits, as well as a celebration of North Dakota's agriculture. Attendance has increased by 100,000 in the last 15 years. In 2015, the State Fair capped its 50th year in Minot with a memorable Aerosmith concert that brought attendance to just more than 300,000. The Fair works with Visit Minot to put heads in beds and bring families in to shop, eat and sleep in the city and is a great partner with North Dakota Tourism.

Norsk Høstfest, International Tourism Award. Founded by the late Chester and Joy Reiten, Norsk Høstfest has become the largest Scandinavian festival in North America. Approximately 60,000 attendees and 100-plus vendors from all over the world attend this festival,

now in its 39th year. Formed by friendship and shared Nordic heritage, it has become the foundation of local, statewide and international tourism and business commerce. This festival caters to all ages and features world-class entertainment, authentic food, handcrafted art and jewelry and much more. Some of Scandinavia's finest chefs prepare unique Scandinavian delicacies. The success of the event has created many opportunities for international business.

Carolyn Schweitzer, Front-line Tourism Employee. As Visitor Center Coordinator at Visit Minot, Schweitzer assists visitors daily, often going above and beyond to ensure travelers leave North Dakota with a Legendary impression of our state. She recently made several trips to one of Minot's largest festivals in her personal vehicle to assist tourists who missed their shuttle. She has spent a lunch break scouring Scandinavian Heritage Park for a little guest's missing stuffed giraffe. Profits at the Gift Shop have soared and many visitors comment on the excellent selection of North Dakota products. Schweitzer often refers travelers to other attractions and cities across the state.

Jamestown Tourism, Tourism Organization of the Year. The winner of the Tourism Organization of the Year Award has gone through some major changes in the last year and a half; from rebranding to the very name of the organization. This year, Jamestown Tourism partnered with smaller surrounding communities on ads and projects to lift up multiple communities at the same time. One such project was "Lunch & Learn" in Sioux Falls, S.D. for 30-plus international tour operators as part of the RMI Roundup. Additional partnerships were formed to help improve and promote outdoor opportunities and the marketing program at the local university to help generate a greater interest in the hospitality industry.

"All of North Dakota benefits from the hard work and dedication of these outstanding individuals and organizations," North Dakota Tourism Division Director Sara Otte Coleman said. "The outstanding services they provide is indicative of the effort of many in the state's tourism industry. We are proud to have them representing the travel industry."

## PRAIRIE ADVENTURES

BY PATRICIA STOCKDILL



"Aesthetics (in a yard) are important but something that looks messy for us could be very important for pollinators."

- McLean County NRCS district conservationist Roberto Luciano describing pollinator nesting habitat

**P**ardon the pun, but bees have been a buzzword lately.

And think back, did you see a monarch butterfly last year?

With declining pollinator populations throughout the world potentially threatening human food supplies, the importance of honeybees, butterflies, and other native pollinators has taken center stage.

That's why Burpee Seed Co. teamed with the U.S. Department of Agriculture Natural Resource Conservation Service (NRCS) to get the facts out about pollinators and why people should care.

Burpee also put their money where their mouth is, providing local NRCS offices with free native plant seed packets for people interested in doing their part in their own little corner of the world.

West McLean County NRCS District Conservationist Roberto Luciano said the packets provide enough seed for about a 100-square-foot plot. All people have to do is remove existing grass and prepare the soil, spread seeds as evenly as possible, gently smooth the ground out with the back of a rake – don't bury the seeds, though – and water.

Keep the soil moist until seedlings are about 4 inches tall. "It's not a lot, but it's something," Luciano suggested.

Oh, sure, North Dakota abounds with flowering crops like canola and sunflowers. It still has a fair share of native prairie with flowering plants for pollinators to feed.

But that might not be enough to sustain, let alone grow, pollinator populations.

The key thing to recognize is that just as people need food throughout their busy day, pollinators need food throughout their busy life cycle.

The bottom line is they need food in the spring – especially early spring when fewer plants are

flowering – as well as summer and fall.

Think of those three seasons as a pollinator's version of a human's breakfast, lunch, and supper.

The Burpee seed packets contain a mix of plant species that flower throughout the spring, summer, and fall for pollinators.

A nice mix of perennial plants, including flowering shrubs, and annual plants provide foraging opportunities for pollinators.

Something else to consider is that just as people need food and shelter to survive, pollinators need shelter, too.

And nesting cover, just like other, more readily identifiable wildlife.

For pollinators, that nesting cover and shelter could be something as easy as a small patch of undisturbed area around some trees in a shelter-belt, for example. It could be ditches, around utility poles, a trashy area of vegetation in a garden, or tough-to-mow spot in a yard.

Leaving those little areas could help a new generation of pollinators live to see another day.

It also helps if gardeners and property owners reduce chemical use such as pesticides, and be sure to select appropriate ones for the targeted species.

To learn more about the importance of pollinators go to the website, ([www.xerces.org](http://www.xerces.org)). The organization has two publications "Attracting Native Pollinators" and "Gardening for Butterflies", as well a wealth of other information.

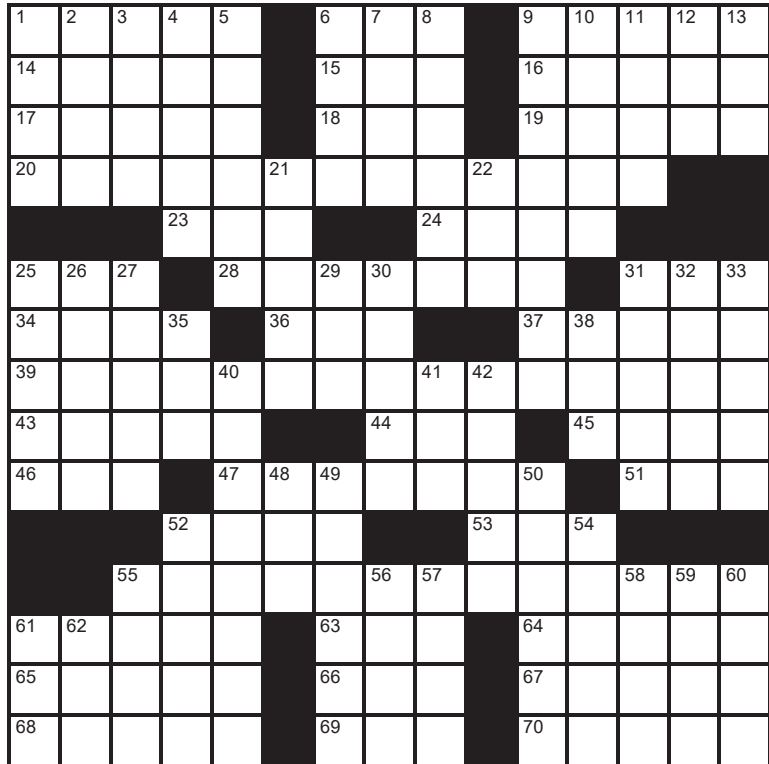
Check with a local NRCS office (463-2851, extension 3, for West McLean County) for more specific information about planting with plants native for one's particular area in North Dakota and see if they have a free packet of "Burpee's Bee Garden – Butterflies are Welcome" seeds.

The pollinators thank you.

Northern Sentry  
839-0946 or  
[nsads@srt.com](mailto:nsads@srt.com)

CROSSWORD PUZZLE

Gotta Bounce



Across

- 1 Country album?
- 6 Holiday quaff
- 9 Dodger Pee Wee
- 14 Gettysburg victor
- 15 Way to go?
- 16 On in years
- 17 Rousseau work
- 18 Battering device
- 19 Unclouded
- 20 Young person
- 23 The facts of life?
- 24 No votes
- 25 Tax collection grp.
- 28 Capital of Georgia
- 31 Pitches
- 34 Zip
- 36 Brown, e.g.
- 37 Network pro, say
- 39 Take care of at the restaurant
- 43 Lava forerunner
- 44 Prefix with natal
- 45 Ballet attire
- 46 Iris's place
- 47 "Good Will Hunting" director
- 51 Drench
- 52 Java neighbor
- 53 Dupes
- 55 What clocks do once a year
- 61 Novelist Calvino
- 63 Past time
- 64 Gumption
- 65 Like a shutout
- 66 Space
- 67 Mountain ridge
- 68 Click or clack
- 69 "Delicious!"
- 70 Closet wood
- 32 Because of
- 33 Pancake topper
- 35 Lip
- 38 Explosive stuff
- 40 "The Guns of \_\_\_"
- 41 Actor Stephen
- 42 "Tiny Bubbles" crooner

Down

- 1 Iowa State home
- 2 Office fill-in
- 3 Hangout
- 4 Off-the-cuff
- 5 "Not that again!"
- 6 Drug cop
- 7 Moonfish
- 8 Twins in the sky
- 9 1982 Stallone flick
- 10 French females
- 11 First home
- 12 Main
- 13 Goof up
- 21 Pull out all the stops
- 22 "\_\_\_ in cat"
- 25 "Here I am!"
- 26 Indemnify
- 27 Boot camp boss
- 29 Test tube baby operation, briefly
- 30 Saone city
- 31 " Dei"



Laughing All the Way to the Bank

Melissa McCarthy stars in raunchy rags-to-riches tale

NEIL POND | PARADE MAGAZINE

Steeled and shaped by a childhood of rejection in an orphanage, Michelle Darnell grew up to become a she-wolf of self-made business savvy. Now she's a superstar investment titan and motivational-mojo guru who descends to the stage of frenzied fan events atop a giant golden phoenix in a spray of dollar bills, celebrating her brazen, competition-crushing excess like a carrot-topped combination of Donald Trump, Suze Orman and Richie Rich.

But the bigger they come, the harder they fall. And Michelle (Melissa McCarthy) tumbles with a titanic thud when she's arrested for insider trading, loses her company and her home and has to serve a stint of white-collar jail time. When she's released, with no friends and no family to call on, she bullies her way back to her former assistant, Claire (Kristen Bell), and her young daughter, Rachel (Ella Anderson).

Since making her film breakthrough as part of the ensemble in *Bridesmaids* (2011), McCarthy moved

confidently into the lead for *Identity Thief*, *Tammy*, *The Heat* and *Spy*, proving her comedic bravura and her raucous adaptability for broad physical humor. She's a cherub-faced spark plug who'll go to just about any lengths for a laugh. The *Boss* is the second of her movies directed by her husband, actor-comedian Ben Falcone, who also makes a brief appearance (as he's done in several of her films).

Hollywood has always loved a good rags-to-riches tale, and McCarthy and Falcone (who also collaborated on the screenplay, along with Steve Mallory) wring this one for raunchy, R-rated guffaws and give it some crisp contemporary pops that seem deliberately, satirically timed and tuned for the Age of Trump. But it's also a bit of a flopping mess, a hammy hodgepodge of crude jokes, awkward slapstick gags and sometimes mean-spirited, vulgar humor that just isn't funny.

As Michelle plots her comeback, she poaches Rachel's *Dandelions* scout

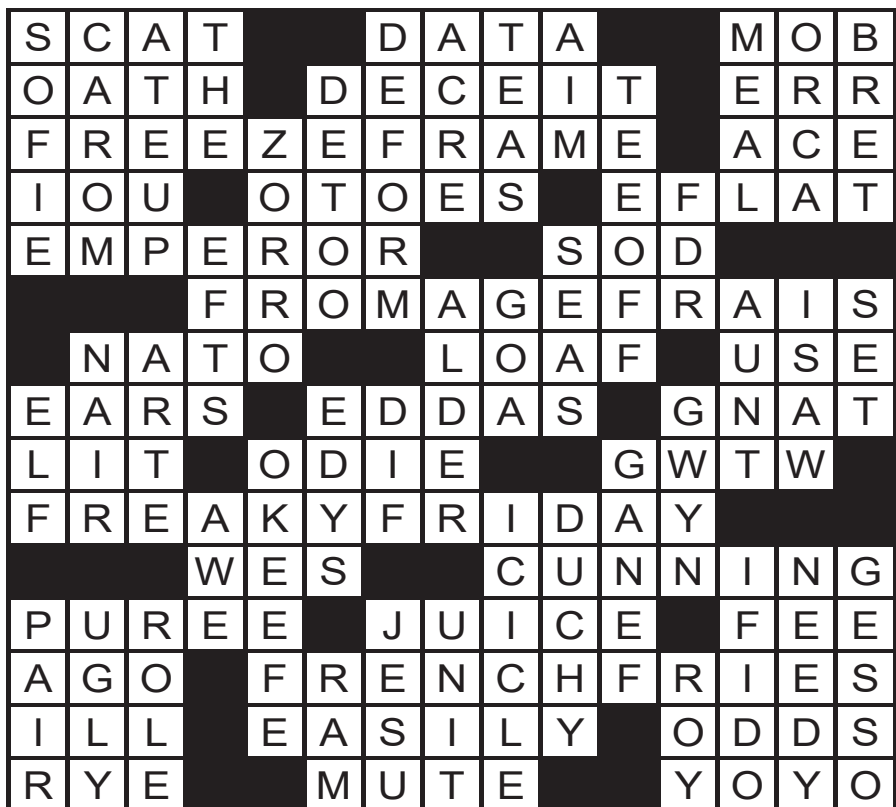
troop to spin off her own group, *Darwin's Darlings*, and creates a bustling new enterprise—built on Claire's homemade brownies—to compete with the *Dandelions'* cookie sales.

Forget *Batman v Superman*. When it's *Dandelions v Darlings*, things get really ugly. If you ever wondered what a Quentin Tarantino-inspired, *Kill Bill*-esque tween cookie-brownie street brawl might look like, well, *The Boss* has it.

Peter Dinklage (from TV's *Game of Thrones*) gets chuckles as Michelle's spurned lover, now himself a preen-y mini-mogul obsessed with samurais. *Saturday Night Live's* Cecily Strong plays Claire's quirky supervisor at her depressing new office job. Kathy Bates has a scene as a wealthy mentor from Michelle's past.

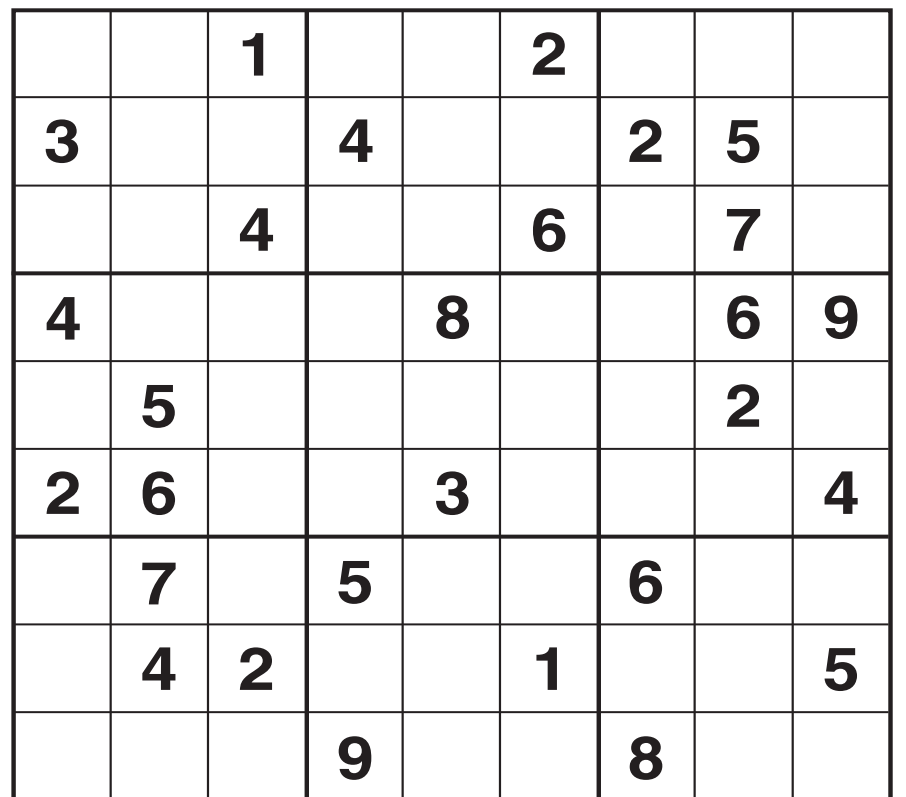
There are underlying themes about family and belonging, about rebuilding and reconnecting, about trust and ethics. But mostly *The Boss* is about laughing—all the way to the bank.

Solution to last week's Crossword puzzle.



SUDOKU

Solution to puzzle on page 22





## Vanilla Cupcake Flower Bouquet



### INGREDIENTS:

2 large eggs  
 2/3 cup sugar  
 1 1/2 sticks unsalted butter (melted)  
 1 teaspoon vanilla extract  
 1/2 cup milk  
 1 1/2 cups flour  
 1/4 teaspoon salt  
 1 1/2 teaspoons baking powder  
 You'll also need: mini muffin pan/wrappers, favorite icing, piping bag, (affiliate) wilton 2D tip, flower pot, styrofoam ball that fits inside pot, toothpicks

### INSTRUCTIONS:

Step 1: Preheat oven to 350 degrees. Line a mini muffin tin with 24 mini wrappers. Beat eggs, sugar, butter, vanilla and milk together until smooth. Add in flour, salt and baking powder. Mix until smooth, but don't over mix. Divide batter between the 24 mini wrappers. Bake for 10-15 minutes or until you insert a toothpick in the middle of a cupcake and it comes out clean. Allow to cool.  
 Step 2: Place the styrofoam ball in the pot.  
 Step 3: Working your way around the styrofoam ball, place toothpicks on the ball and add the mini cupcakes, staggering rows. Angle the toothpicks up, so the cupcakes will stay on.  
 Step 4: Fill piping bags with your favorite frosting. Pipe a frosting rose on each cupcake using a wilton 2D tip. Hold the piping bag perpendicular to the cupcake. Starting on the outside, squeeze the piping bag and create a spiral until your reach the middle of the cupcake. See the video below for visual instruction.  
 Step 5: Once the cupcakes all have flowers on them, enjoy!



## Salt Dough Footprint Keepsakes

### INGREDIENTS:

1 cup salt  
 1 cup plain flour  
 Half a cup of warm water

### INSTRUCTIONS:

Mix together into a large bowl and knead it until smooth and stretchy. This last part is important otherwise the dough remains sticky and quite granular from the salt. If it is still too sticky add a bit more flour, if too dry and crumbly then add a tiny touch more water. A little bit of trial and error is all that is needed and it really is so easy! Once the dough was kneaded I divided it into equal parts use a shallow bowl that is big enough to accommodate the full length of your child's foot. Then squish one part into the bowl and flatten it around to the edges. Tease it away from the edges slightly and flip it out onto a plate. Put into the oven for 3 hours at around 200 degrees F. They need to be placed on baking parchment or greaseproof paper so that they don't stick. It needs to be on a very low heat for a length of time to thoroughly dry out and harden. If the oven is too hot they will rise and "cook". The thinner the dough and the lower the temperature, the better these will turn out! If they are still doughy in the centre after 3 hours then turn them over and put them back in for another 2 hours. If you want to hang yours on the wall then you need to add a hole with a straw before it goes in the oven. Paint with acrylic to finish.

## Celebrate Independent Bookstore Day at Main Street Books on Saturday April 30

Join 420 independent bookstores in 48 states for parties, author readings, in-store events, and exclusiv

VAL STADICK | MAIN STREET BOOKS

Minot, North Dakota  
 April 19 2016  
 Bookstore Day marks its second year of celebrating independent bookstores nationwide on April 30th, with literary parties around the country.

Main Street Books will be celebrating with exclusive merchandise, face painting from 11 am to 1pm, a special Main Street Books Declaration of Independence for customers to sign and our Young Poets' Contest Open Mic from 3-5 pm. "I am very excited to be celebrating Independent Bookstore Day this year as we have pulled out all the stops. We even have some handcrafted items that we made ourselves to sell this year," said owner, Val Stadick.

Main Street Books will also offer exclusive day-of merchandise created especially for Independent Bookstore Day by major publishers and authors. Since its inception in 2014, more than 120 authors have demonstrated their support for independent bookstores by donating work for Bookstore Day.

The second annual National Independent Bookstore Day is sponsored in part by Penguin Random House, Ingram, and The American Booksellers Association. Last year participating bookstores saw an average increase in sales of 70% on Independent Bookstore Day. "We had a marvelous Independent Bookstore Day—5.5 times the sales from last year on this date. But the best part was the many customers who came in to celebrate!" said John Paul from Letterpress Books in Portland, Maine.

"I love Bookstore Day because it is a large-scale communal event that joyously celebrates the literary ecosystem and shows how symbiotic the

relationship is between readers, writers, and bookstores is, and how essential they all are in sustaining the contemporary written word," noted Lauren Groff, 2016 Bookstore Day Author Ambassador. Groff is the author of *Fates and Furies*, *Arcadia*, *Delicate*, *Edible Birds*, and *The Monsters of Templeton*.

Independent Bookstore Day is proud to announce a selection of exclusive books and art pieces for Bookstore Day 2016. These limited edition, unique items will be available only at participating IBD bookstores, on April 30. Not before. Not online. And not in chain stores.

Children's items include:

- Raymie Nightingale
- A special signed & numbered edition of the new novel by two-time Newbery Award winner Kate DiCamillo. Includes a special note from Kate.
- Draw Me!
- Draw Me! includes step-by-step instructions on how to draw characters like Mo Willem's Pigeon, Curious George, Fly Guy, and many more.

• Duck & Goose Print  
 • This wonderful pro-reading, pro-friendship print was drawn especially for Bookstore Day by Tad Hills, the bestselling creator of the Duck & Goose books.

• Neil Gaiman Coloring Book  
 • This book features colorable illustrations by Chris Riddell from Neil Gaiman's *Coraline*; *The Graveyard Book*, and *Fortunately, the Milk*.

• Curious George® plush doll  
 • This collectable Curious George® plush doll sports a t-shirt that reads READ TO ME on the front and the IBD logo on the back.

Adult items include  
 • A \$6 Story from Ann

Patchett

• The first in what is sure to become a favorite IBD series, \$6 Story: *The Care & Feeding of an Independent Bookstore* by Ann Patchett includes three instructive essays and is signed by Ann Patchett.

• Literary Tea Towels  
 • This set of two 100% cotton flour sack tea towels feature quotes on reading from David Mitchell and Anna Quindlen.

• Perfect Burger Print  
 • A limited, signed print, this beautifully illustrated guide to making the perfect burger from Anthony Bourdain is perfect for hanging in your kitchen.

• Bad Citizen Stencil  
 • The third edition of our collectable Bad Citizen stencil series features Fran Lebowitz's quote: "Think before you speak. Read before you think."

• Bookstore Cats Pouch  
 • This handy 100% cotton canvas zippered pouch was designed by Out of Print and featuring portraits of real bookstore cats.

This year, stores will also feature a selection of free items from Brandon Sanderson and Terry Tempest Williams.

About Independent Bookstore Day

Independent Bookstore Day (IBD) is produced by writer and former bookseller Samantha Schoech in partnership with the Northern California Independent Booksellers Association. Pete Mulvihill, co-owner of Green Apple Books in San Francisco, spearheaded the launch of the event in 2014 after noting the success of Record Store Day. [www.indiebookstoreday.com](http://www.indiebookstoreday.com)

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## Keeping the Streets of Minot Safe

MINOT AIR FORCE BASE, N.D. -- The 5th Security Forces Squadron is one of the many squadrons on Minot Air Force Base, N.D. that help complete the mission and keep personnel safe. Senior Airman Eric Gagne, 5th SFS law enforcement patrolman, is one of several patrolmen who help keep Minot and its assets safe and secure.

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

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# SECTION 2

NORTHERN SENTRY • FRIDAY, APRIL 29, 2016 • WWW.NORTHERNSENTRY.COM



Airmen take an official photo as part of a combined graduation ceremony at Minot Air Force Base, N.D. base theater, April 21, 2016. Overall, 39 Airmen earned degrees from the Community College of the Air Force, three Airmen received Bachelors degrees and one Airman received a Masters degree.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS JESSICA WEISSMAN

## Airmen honored during combined graduation

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

**M**INOT AIR FORCE BASE, N.D. -- A combined graduation ceremony took place at the Minot Air Force Base, N.D. base theater, April 21, 2016. This ceremony honored 39 Airmen receiving their job-related Associate of Applied Science from the Community College of the Air Force, three Airmen receiving their Bachelor's Degrees and one Airman receiving a Master's Degree.

**CCAF Graduates:**  
Aerospace Ground Equipment Technology Senior Airman Lucile Sanborn, 5th Maintenance Squadron  
Airman 1st Class Alexander Long, 5 MXS Aircraft Armament Systems Technology Staff Sgt. Amanda Hill, 5 MXS  
Aviation Maintenance Technology Tech. Sgt. Jayson Martin, 5th Aircraft Maintenance

Squadron  
Tech. Sgt. Michael Schaff, 372nd Training Squadron  
Staff Sgt. Sean Burns, 372 TRS  
Staff Sgt. Samuel Mullenix, 5 AMXS  
Staff Sgt. Kyle Sturdefant, 5 AMXS  
Avionic Systems Technology Senior Airman Landon Pomerleau, 5 AMXS  
Construction Technology Master Sgt. Christopher Sherrer, 5th Civil Engineer Squadron  
Staff Sgt. Horace Hand, 5 CES  
Criminal Justice Tech. Sgt. Brad Gaudet, 91st Missile Security Forces Squadron  
Staff Sgt. Leon Cummings, 5th Security Forces Squadron  
Staff Sgt. Jacqueline Diaz, 791st Missile Security Forces Squadron  
Staff Sgt. Arron Livsey, 791 MSFS  
Staff Sgt. Emily

Turkington, 791 MSFS  
Staff Sgt. David Williams, 5 SFS  
Senior Airman Anthony Castro, 91 MSFS  
Senior Airman Zachary Kindelan, 91 MSFS  
Senior Airman Jesmeralda Torres, 91st Security Support Squadron  
Electronic Systems Technology Staff Sgt. Brandyn Ball, 705th Munitions Squadron  
Staff Sgt. Eric Hightower, 791 Maintenance Squadron  
Staff Sgt. Brandon Rogers, 5th Communications Squadron  
Staff Sgt. Andrew Thedens, 705 MUNS  
Staff Sgt. Johnathon Thorpe, 5 CS  
Explosive Ordnance Disposal Tech. Sgt. Mark Hangsleben, 5 CES  
Fire Science Master Sgt. Daniel Coopman, 5 CES  
Senior Airman Brandon Sofranko, 5 CES

Health Care Management Staff Sgt. Willie Wright, 5th Medical Group  
Information Management Senior Airman Christine Hubbard, 791 MSFS  
Mechanical and Electrical Technology Staff Sgt. Louis Thiele, 5 CES  
Metals Technology Senior Airman Craig Bloom  
Missile and Space Systems Technology Staff Sgt. Cameron Meredith, 91st Maintenance Group  
Senior Airman Asia Warren, 791 MXS  
Munitions Systems Technology Staff Sgt. Calvin Strumsky, 705 MUNS  
Paralegal Staff Sgt. Cornelia Justice, 5th Bomb Wing  
Practical Nursing Technology Senior Airman David Hoang, 5th Medical Operations Squadron

Public Health Technology Tech. Sgt. Tara Crook, 5 MDOS  
Vehicle Maintenance Tech. Sgt. Garren Bartell, 5th Logistics Readiness Squadron  
Bachelors Degree Graduates:  
American Military University - BA in Sports and Health Staff Sgt. Shannon Cinciripini, 91st Missile Wing  
Excelsior College - BA in Professional Studies in Bus Management Staff Sgt. Ramar Sykes, 791 MXS  
Southern New Hampshire University - BA in Bachelor of Arts Senior Airman Jasmine Williams, 5 LRS  
Masters Degree Graduate: Embry Riddle Air University - MS in Project Management Capt. Joseph Fuchs, 91st Operations Support Squadron



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# Airman swims into university's hall of fame

SAMUEL KING JR., | EGLIN AIR FORCE BASE PUBLIC AFFAIRS

EGLIN AIR FORCE BASE, Fla. (AFNS) -- (This feature is part of the "Through Airmen's Eyes" series. These stories focus on individual Airmen, highlighting their Air Force story.)

For one 96th Test Wing Airman, the wild blue yonder isn't overhead but below and in front of his gaze as he stands on the starting block waiting for his signal. Upon the alert, he blasts off and pierces his calm blue horizon to begin a competitive swim.

Senior Airman Francisco Perez Castillo, a 96th Maintenance Group administrator, has been swimming since age 4. He joined his first swim team a year after that.

About 20 years later, Perez Castillo was inducted into the Pontifical Catholic University of Puerto Rico's sports hall of fame in December 2015 for his swimming accomplishments.

"It is a real honor and I am blessed that God gave me the talent to be successful in the sport I've loved and trained in so long," he said.

Perez Castillo, 26, grew up in Ponce, Puerto Rico, where he began swimming in his hometown YMCA with

his older brother, Jose. He and his brother grew into the sport quickly and began training to compete.

"Growing up and getting better, we got more into the sport," Perez Castillo said. "The time we spent in the water increased as did the distances we swam."

Only two years after joining a swim team, he reached a national swimming event.

"It didn't go well, but it gave me the experience and desire to get better and come back the next year to win," Perez Castillo said.

At age 9, he returned to nationals and earned a silver medal.

"With that medal, I realized I had an opportunity to succeed in the sport," the 5-foot-9-inch Airman said.

"After my first medal I wanted more, so I started to train

more."

The training paid off. Perez Castillo made the Puerto Rican National Team at age 12 and was selected for the next 11 years in a row.

"I was blessed to have that amazing opportunity to represent the country," he said of the feat that took him to competitions all over Central and South America and to the U.S.

Through those competitions, Perez Castillo racked up the medals and even broke a few records in his preferred swimming technique, the breaststroke. He said he knew by age 13 the breaststroke was his strongest technique and if he focused on it, he could reach the top levels.

Because of his abilities, he was selected for specialized sports during high school where he trained before and after his daily classes and eventually earned a full scholarship to the Catholic university. Both he and his brother, who continued to swim and train together as they grew up, were part of the

university's swim team.

There, his focus was the 50, 100 and 200-meter breaststroke and the team relay events where he broke records and earned more than 30 medals. He was also selected as team captain.

"I believe breaststroke swimmers are born, not made. It takes a kind of physicality few people have," said Ralph Ramirez, his university swimming coach. "What made him excel at it was the amount of dedication and training he put in."

According to Ramirez, Perez Castillo didn't need much coaching, but the coach provided him help with staying focused and concentrating on his goals.

Throughout his swimming career, his training was extensive. During his high school and college years, he could be in the pool three to five hours per day, six days a week.

That effort and dedication to swimming was recognized when he and his brother were both inducted in their university's sports hall of fame.



Continued on page 17

Senior Airman Francisco Perez Castillo, of the 96th Maintenance Group, comes up for air while swimming the breaststroke March 22, 2016, at Eglin Air Force Base, Fla. The 26-year-old Airman was recently inducted into the Pontifical Catholic University of Puerto Rico's sports hall of fame. U.S. AIR FORCE PHOTO | SAMUEL KING JR.

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8th ANNUAL

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Kick off – Team Wellness Walk Minot program

Airman 1st Class

# Mark ALLEN

5th Civil Engineer Sq. MILLER GROVE, TX

**Warbird of the Week**

**What did you do before you joined the Air Force?**  
Joined straight out of high school, in a class of only 19 people, as well as a grocery stocker and golf course groundskeeper.

**Hobbies or Interests**  
I enjoy the outdoors. Hiking, camping, basketball, disc golf as well as video games, creating videos and animations.

**Most life changing experience**  
Joining the Air Force and being stationed in Minot. I have grown an interest for exploration and trying new things.

**Where do you see yourself in 10 years**  
Still in my career, but possibly something that revolves around being creative and media production.

**If you could have one special talent, what would it be**  
Be able to take someone's dreams and create an accurate representation of it.

**Favorite quote**  
"A creative man is motivated by the desire to achieve, not by the desire to beat others."  
-Ayn Rand

**TODAY**

- Youth Center Dance Classes, Every Friday, Various Times, Youth Center
- TAP GPS Workshop, 0800-1600, A&FRC
- Stroller Fitness, 0930, Youth Center
- Fit to Fight, 1100, Fitness Center
- Cardio Blast, 1200, Fitness Center
- Friday Fun Members Buffet, Every Fri, 1630, Rockers Bar & Grill
- 1st Annual Squadron No-Tap Tournament, 1500, Bowling Center
- 17th Annual Kids Block Party, 1700-2000, Youth Center
- Freaky FREE Fridays, Every Fri, 1700-2100, Rough Rider Lanes
- Family Fiesta Bingo Night, 1700-1900, Jimmy Doolittle Center
- BBQ Night, 1700-2100, Rockers Bar & Grill
- Keystone Club Meeting, Every Fri, 1830-1930, Youth Center
- Karaoke, Every Friday in April, 2000-Close, Rockers Bar & Grill
- Lights & Strikes Bowling, Every Fri, 2000-2400, Rough Rider Lanes
- Operation Megaphone Teen Lock-In, 2200-0600, Youth Center

**SATURDAY**

- Cycle, 0900, Fitness Center
- Yoga, 1000, Fitness Center
- Saturday "Bowl the Night Away" with Lights and Strikes, 2000-Midnight, Bowling Center
- Hip Hop All Nighter, Midnight-0400, Rockers Bar & Grill

**SUNDAY**

- No Events Scheduled

**MONDAY**

- Membership Monday Lunch Special, Hours vary by location, Rough Riders, Jimmy Doolittle Center, Rockers Bar & Grill, & Kelley's Place
- Youth Tumbling Classes, Hours vary by age, Youth Center
- Youth Karate Classes, Hours vary by age, Youth Center
- Stroller Fitness, 0930, Youth Center
- Fit to Fight, 1100, Fitness Center
- Reintegration Training, 1300-1400 A&FRC
- Step Jam, 1730, Fitness Center
- Key Spouse Monthly Meeting, 1800-2000, Jimmy Doolittle Center
- FCC New Provider Pre-Orientation, 1800-2000, FCC Office – Inside Rough Riders
- Yoga, 1830, Fitness Center
- Cycle, 1930, Fitness Center

**TUESDAY**

- Registration opens for May Wine & Paint Class at Arts & Crafts
- Youth Center Dance Classes, Every Tues, Various Times, Youth Center
- Game Day, Every Tues, 1000-1930, Library
- Zumba, 1100, Fitness Center
- Torch Club Meeting, 1600-1700, Youth Center
- Yoga, 1615, Fitness Center
- Family Fun Night, Every Tues, 1700-2100, Rough Riders Pizza
- Urban Boot Camp, 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**

- Youth Karate Classes, Hours vary by age, Youth Center
- Stroller Fitness, 0930, Youth Center
- Story Time, Every Wed, 1030, Base Library
- Fit to Fight Cycle, 1100, Fitness Center
- Fit to Fight CORE, 1130, Fitness Center
- Parent Advisory Group Meeting, 1100, Child Development Center
- Brown Bag Book Talks, 1200, Base Library
- Pre-Deployment Readiness Training, Every Wed, 1400-1500, A&FRC
- 4-H Club, 1600-1700, Youth Center
- Members Wind Down Wednesday, Every Wed, 1630, Rockers Bar & Grill
- Cycle+Strength, 1630, Fitness Center
- Single Airmen Slice Night, Every Wed, 1700-2100, Rough Riders Pizza
- Zumba, 1730, Fitness Center
- Jiu Jitsu Training, Every Wed, 1800-1930, Fitness Center, (18 years & older)
- Yoga, 1830, Fitness Center

**THURSDAY**

- Youth Center Dance & Tumbling Classes, Every Thursday, Various Times, Youth Center
- TAP Boots 2 Business, 0800-1600, A&FRC, Held at Education Center
- Cinco De Mayo Lunch, 1115-1230, Child Development Center
- Reintegration Training, Every Thurs, 1300-1400, A&FRC
- 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, (18 years & older)
- Body Blast, 1830, Fitness Center
- Cycle, 1930, Fitness Center

**UPCOMING EVENTS - MAY 6**

- Youth Center Dance Classes, Every Friday, Various Times, Youth Center
- Stroller Fitness, 0930, Youth Center
- Fit to Fight, 1100, Fitness Center
- Cinco De Mayo, 1630-1900, Rockers Bar & Grill
- Friday Fun Members Buffet, Every Fri, 1630, Rockers Bar & Grill
- Cinco De Mayo, 1700-1900, Jimmy Doolittle Center
- Bingo at the Ground Zero Lounge, Games at 1700, 1800, & 1900, Jimmy Doolittle Center
- Give Parents A Break, 1800-2200, CDC/School Age Program
- Wine & Paint Class, 1830-2030, Arts & Crafts
- Keystone Club Meeting, Every Fri, 1830-1930, Youth Center
- Karaoke, 2000-Close, Rockers Bar & Grill
- Lights & Strikes Bowling, Every Fri, 2000-2300, Rough Rider Lanes

**UPOMING EVENTS - MAY 7**

- Minot AFB Dance & Tumbling Recital, Doors open 1445, Show starts 1500, Base Theater
- Yoga, 1000, Fitness Center
- Base Skate, 1600-1800, Youth Center
- Super Saturday Family Activity, 1800-2000, Youth Center
- Mother's Day Special, 1800-2300, Bowling Center
- Saturday "Bowl the Night Away" with Lights and Strikes, 2000-2300, Bowling Center

**ONGOING EVENTS**

- Rough Riders Monthly Pizza Special
- May Special –Garlic Spinach Chicken Pesto
- Garlic seasoned crust and tasty pesto sauce loaded with seasoned chicken, spinach, tomatoes, and red onions. Small: \$11 Med: \$15 Large: \$17- Members receive \$2 off any pizza. Panino Meal – Pesto seasoned chicken, red onions with melted provolone cheese. Topped with fresh spinach leaves and tomatoes; served with a side of sauce. \$8.50 includes a side and drink
- Auto Hobby Monthly Special. May 3rd-15th Small Engine Service. Bring in any small engine equipment and staff will change the oil& filter, spark plugs, adjust carburetor (where applicable), clean air filter, & grease all fittings. \$27.50 + parts – Walk Behind. \$45 + parts – Riding Tractors. May 17th-31st Free Stall Fee with Purchase. Buy minimum 5 quarts oil and filter, get one hour stall fee free

**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**

We meet the 2nd Thursday of each month at 10AM at the Rough Rider's Golf Course

Meeting Room. Please check our facebook page LLL of Minot for last minute meeting updates and changes. Our mission is to help mothers to breastfeed through mother-to-mother support, encouragement and education. Babies and children welcome. It's free to attend! Please contact us at (701) 409-0292, LLLofMinot@gmail.com or on Facebook at www.facebook.com/LLLofMinot.

**PARK UNIVERSITY SUMMER 2016 REGISTRATION IS NOW OPEN!!**

Park University's Summer 2016 term (6 June 2016 – 31 July 2016) registration is now open. Contact our office for more details. A variety of classes are available for CCAF and Undergraduate degrees. Classes are held onsite in the evening or online. Signing up for classes is easy: stop by 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 us!!!!

**MINOT OFFICER SPOUSES CLUB**

Are you an officer spouse? Please join the Minot Air Force Base Officer Spouses' Club (OSC)! We are an organization designated to provide and foster a welcoming environment, committed to meeting 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, Socialite, Bowling, and much more at www.minotosc.org/little-clubs.html

**MINOT ENLISTED SPOUSES CLUB**

Come and join the MESC! You can meet a lot of fun ladies. Join us for a much of different socials 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/

**EMBRY-RIDDLE AERONAUTICAL UNIVERSITY**

is now registering for the Summer 2016 term (31 May-1 Aug). To sign up for Undergraduate and Graduate courses please stop by the ERAU office, located inside the Base Education Center Bldg, Room 223 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 non-profit 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.mainstreet-booksminot.com

**MAIN STREET BOOKS 1ST SATURDAYS 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

**PINTERESTED FOR FAMILIES 4/29/2016 6:00 PM**

Grand Hotel Minot. Make it a family pinning day!

Our First Family PinterestED Event!!! "Change the look of the Wind" Wind Chimes! All supplies are provided but feel free to bring in your items to make it your own. Happy Pinning!!!

### WALK MS: SANFORD HEALTH MINOT WALK 2016 4/30/2016 9:00 AM

Roosevelt Park, 1219 E Burdick Expy, Minot, ND 58702. Walk MS is a charity walk series that takes place in 30 locations across the Upper Midwest Chapter. Walk MS in the Upper Midwest Chapter raises about \$2 million annually to help create a world free of multiple sclerosis. Walk MS brings together the passion and determination of anyone who wants to raise funds and give hope to the more than 17,000 people living with MS in Minnesota, Iowa, North Dakota and South Dakota. Funds raised at Walk MS events fuels research and provides life-changing programs. When you participate in Walk MS, you help us take one more step closer to creating a world free of MS. Our walks are one to four miles in distance, with multiple route options. If you're interested in finding out more about Walk MS or want to register for an event, visit [WalkMS.org](http://WalkMS.org).

### MINOT AFB PRESCHOOL CO-OP FUNDRAISER BUFFALO WINGS & RINGS.

May 1, 2016: 5:00pm-9:00pm. Come support Minot AFB Preschool Co-op by coming in on Sunday, May 1st from 5-9pm and BW&R will donate 10% of the check back to the co-op. Bring the Kids to meet Chef Buffalo, BW&R's mascot! Buffalo Wings & Rings, Dakota Square Mall, Next to Fairfield Inn, is a proud support of the local community.

### LOIS JONES BENEFIT-SPAGHETTI DINNER 5/01/2016 12:00 PM

Faith United Methodist Church. Benefit for Lois Jones; a long-time educator in the MPS District, to assist with medical expenses. Free will offering Spaghetti Dinner, May Day baskets and Silent Auction Items. Faith United Methodist Church 5900 Highway 83 N, Minot.

### ART ALL AROUND 05-05-2016 04:00 PM - 05-05-2016 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](mailto:taube@srt.com), visit our website at [www.taubemuseum.org](http://www.taubemuseum.org).

### CELEBRATE SOUND 5/05/2016 5:00 PM

Minot State University CELEBRATE SOUND Don't Walk in Silence is a national fund- and awareness-raising event created to help promote hearing health in our communities. We are often asked "Why hearing health?" The answer is simple, today over 36 million people in the United States alone suffer from some kind of hearing loss. With our technological life style, that number continues to grow. Our passion is to create a world where everyone who chooses, can hear us. And our passion will compel us to raise awareness of our cause, educate those willing to understand, and support those who need our support. - See more at: [http://sertom.convio.net/site/TR/CelebrateSound/General?pg=entry&fr\\_id=1181#sthash.zZBGWqOe.dpuf](http://sertom.convio.net/site/TR/CelebrateSound/General?pg=entry&fr_id=1181#sthash.zZBGWqOe.dpuf)

### MAGIC 60 5/05/2016 5:30 PM

Mouse River Players Theatre. Magic 60 Returns May 5th! In an effort to engage community members in improving Minot, the Minot Young Professionals, United Community Bank, Souris Valley United Way, and Minot Area Community Foundation have partnered to bring back Magic 60, a microgrant program, as a vehicle for residents to make an impact on our community. The premise of Magic 60 is that community members

are asked to think of projects that add to the quality of life in Minot and present them to a judging panel. The only caveat: All presentations must be made in sixty seconds or less. Community members are encouraged to submit project ideas that run the gamete, from community art and music projects to events and charity programs. A panel of community members will judge each project throughout the event and make funding decisions before the event concludes. All potential projects must be to improve the Minot community, and private business ideas will not be considered. \$10,000 has been raised for the Magic 60 grant pool to be distributed to great ideas during the event, with \$3,000 being given from Minot Area Community Foundation's Bremer Impact Fund, \$2,500 from United Community Bank, \$2,000 from Souris Valley United Way, and \$2,500 from Minot Young Professionals. "We are so grateful for the support of the Bremer Impact Fund, United Community Bank, and Souris Valley United Way and the ability to provide dollars to help better our community," remarked Gabriel Mejia, President of Minot Young Professionals. "When Magic 60 took place last fall, we were so impressed with the caliber of project ideas and the impact the event had on the community. We look forward to making another impact on Minot in May." Magic 60 will be held on Thursday, May 5th, from 5:30 p.m. to 7:30 p.m. at the Mouse River Players Theater. Individuals are encouraged to submit their project ideas by April 30th by emailing [minotndyp@gmail.com](mailto:minotndyp@gmail.com) with a brief description of their project (150-word maximum), including a budget, and their contact information. For more information, interested individuals are asked to contact Minot Young Professionals at 701-500-7960 or 701-303-0840.

### 27TH ANNUAL SPRING HONOR DANCE & POWWOW CELEBRATION 5/06/2016 10:00 AM - 5/07/2016 11:00 PM

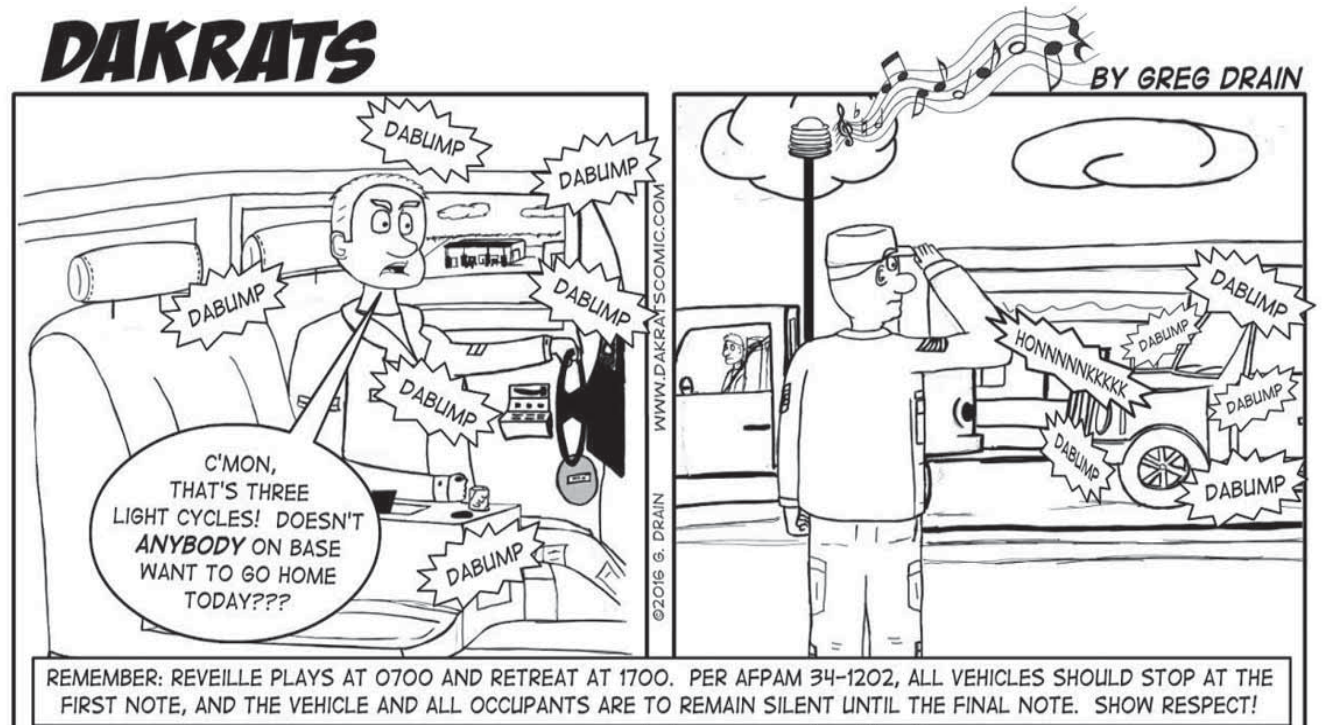
Minot State University Dome. This Spring Honor Dance & Powwow Celebration is an annual event and one of the largest student led activities on campus. It is a time where we come together to honor the 2016 graduating class. There is contest dancing, specials, vendors, and a food booth. The host drum is Western Dakota, MC is Charlie Moran, and the Arena Director is Donovan Abbey. Doors open at 10 am, food booth open at 11 am, Grand Entry (parade of participants) times are 1 pm and 7 pm each day.

### SUMMER GETAWAY DINNER 5/06/2016 6:00 PM

Knights of Columbus Club, Minot. Dinner with live entertainment, sponsored by St. Therese, Church of the Little Flower. Social hour with wine and cheese begins at 6:00 pm, dinner at 7:00 pm with Eye of Round Roast Beef and Chicken Cordon Bleu. Tickets \$50 in advance at Little Flower Parish Office, 800 University Ave W, Minot during office hours or after weekend Mass. Purchase includes a chance to win a \$1,000 Summer Getaway travel package for two to Medora including Two nights at Rough Riders Hotel, Medora Musical, gift cards, travel bag and two rounds of golf at Bully Pulpit. Other items including pewter rodeo statues will be auctioned off the night of the dinner. For more information or to order tickets, contact the Little Flower Church parish office at 838-1520.

### THE GOSPEL SIDE OF ELVIS WITH THE BLACKWOOD QUARTET 5/06/2016 7:00 PM

FFA Building at North Dakota State Fairgrounds The Gospel Side of Elvis with the Blackwood Quartet is coming to Minot, ND!!! "The Blackwood name is the best known name in gospel music worldwide" Cecil Blackwood was a childhood friend of Elvis Presley. They attended Sunday school together and formed their first gospel quartet called "The Songfellas", long before Elvis went on to become the King of Rock 'n Roll. The association between the two families was lifelong. In 1958 Elvis sent a plane to North Carolina and brought the Blackwoods to sing at his mothers funeral. James Blackwood would sing "How Great Thou Art" at Elvis' Funeral. Ron Blackwood knew Elvis Presley personally, he went to church with him and was also J.D. Sumner and The Stamps Quartet's business manager for years. He knew the personal side of Elvis, he saw him when he was off stage, he knew Elvis and Elvis idolized his family and wanted to sing with them. Elvis was given that opportunity to sing with the Blackwoods after the crash that killed RW Blackwood. Elvis had already signed a contract with Sun Records and was unable to sing with the Blackwood Brothers Quartet. Even though his life took a different turn he never stopped loving Gospel Music or the Blackwood Family. He even insisted on the Blackwood Brothers Quartet singing at his mother's funeral. Millions still love and adore the memories of Elvis Presley. Today Mark Blackwood fronts The Blackwood Quartet and continues the tradition of his family and their association with Elvis Presley. In The Gospel Side of Elvis the group performs Presleys personal favorites including the history of a legend all comes to the stage first hand in THE GOSPEL SIDE OF ELVIS Starring the BLACKWOOD QUARTET AND SHOWCASING DANNY ELVIS! The Blackwood Quartet presents the "GOSPEL SIDE OF ELVIS" using some of the top Elvis Tribute Artist in the World. Ron Blackwood and Mark Blackwood have enlisted Dan Wagner of "The Danny Elvis Show" to perform as Elvis in their show. The Blackwood's and Danny are carrying on the memory of Elvis with "The Gospel Music of Elvis Presley Celebration!" This Legendary Concert Event will feature not only the greatest gospel hits of the Blackwoods but Elvis's Greatest Hits as well! Danny is performing in the "Images of a King" Show in Las Vegas this summer. Elvis's own Tour Manager Joe Esposito has said "Danny is just Great!" You won't want to miss this once in a lifetime concert event!!! The Blackwood Quartet tours regularly and brings the word of Christ through song, to both believers and non-believers alike. The quartet has had the privilege of performing with Willie Nelson and many other great artists. The Blackwood's have performed in many "SOLD OUT" Show's. The last show with Danny Elvis sold out fast so get your tickets early!!! You can get tickets by logging on to [brownpaper-tickets.com](http://brownpaper-tickets.com) keyword Blackwood Quartet or Danny Elvis and it will take you to the ticket purchasing page. TICKETS ARE ON SALE NOW!!! Jacobsen Music and Budget Music and Video.





# Eglin pathology lab probes for answers

ILKA COLE | EGLIN AIR FORCE BASE PUBLIC AFFAIRS

**E**GLIN AIR FORCE BASE, Fla. (AFNS) -- On any given day, the pathology and histology lab professionals at Eglin Air Force Base handle about 125 patient specimens from livers, prostates to tonsils.

They evaluate, prepare and transform tissue onto microscope slides studied by pathologists. These doctors study tissues to make a diagnosis or determine the stage of a disease. This is where patient tissue and organs from the base's hospital come to be studied.

"We get everything. Our purpose is to find out what happened," said Lt. Col. Rolando Ramos, medical director of pathology and laboratory services. "When doctors or surgeons remove tissue or body parts, we determine if the disease is malignant or benign, so clinicians or surgeons can apply proper treatment."

Before doctors can accomplish their research, histology lab technicians begin the detail-oriented process of sample verification and accessioning.

"It is extremely meticulous work," Ramos said. "We check and double check names, numbers with corresponding specimens to avoid risks. We kid that to work in this lab you almost have to have obsessive compulsive disorder."

For example, if two biopsies from the same woman -- Part A from the left breast and Part

B from the right -- are inadvertently switched, doctors may remove the wrong breast, Ramos noted.

The two-day complex process preserves and dehydrates the tissue to prepare it for a complete examination. The tissue is then cut and encased into numbered cassettes. The larger organs are examined by lab pathologists, and smaller samples like pieces of skin are handled by histology technicians.

The technicians then stabilize the tissue by pouring paraffin wax in the cassettes. Once each block of tissue hardens, it is sliced with a machine that looks like a miniature deli slicer. The thin ribbons of cut tissue are immediately soaked in water to ensure they don't break apart before technicians can scoop it with tweezers and place it on a submerged slide.

Lab technicians on base are experienced and well trained. Their tissue preparation work is essential, according to Maj. Michael McFall, a pathologist. Without them to process the tissue and make the glass slides, pathologists would be unable to examine the tissue under the microscope to make a diagnosis. Although they don't interact face to face with patients, their expertise is critical to treatment and to the patient's outcome.

"Doctors look for specific things, such as the size and shape of the cells. If we mishandle or cut the tissue the wrong way, we could miss something and

the pathologists won't see what they need under the microscope," said Airman 1st Class Emily Bodden, a histology lab technician. "You have to get it right the first time."

To learn this, Airmen attend a nine-month technical school and train daily to hone their skills. At the end of the school they test for a histology certification, according to Bodden.

The final products are small glass microscope slides with patient tissue the pathologists review under a high-powered microscope.

"Pathology is recognizing tissue patterns, seeing what is different from what is normal and figuring out how to classify it," McFall said. "The human body is complex and fascinating. To be able to see all of that and combine it with book knowledge and apply is the best part."

Pathologists and a transcriptionist input the findings in the patient's electronic file and notify primary physicians.

Eglin's pathology lab is manned by four pathologists, one contractor, five active-duty histology technicians and a transcriptionist. Lab personnel are on call every day to respond to emergencies or process early morning specimens for clinicians.

"I like knowing what I do helps someone," Bodden said. "It's very interesting work and the doctors here are great at educating and exposing us to unusual samples when they can."

## AIRMAN SWIMS from page 14

Perez Castillo left Puerto Rico for the Air Force in 2013, but he did not leave swimming. He kept up his swim regimen through training and at Eglin Air Force Base, Florida, his first duty station.

As an airman first class, he was selected for the 2014 Air Force Swim Team. He was the only enlisted member on the team. At the annual competition in Germany, he earned second place in the 200-meter breaststroke and first place in the team relay event. With his help, the team won that year's competition for the first time in 10 years.

"It was stressful at first," Perez Castillo said about being a young, new Airman on a team of officers. "I didn't know what to expect, but they actually made it more informal, so we could be a team. That made it easier. It was just like being back in college again."

Even though he doesn't compete regularly, he can't give up that fitness routine he's had for three-fourths of his life. It's now a part of him.

He slowed down a bit to three to four days a week for

an hour and a half. He still completes breaststroke laps and swims at a competitive pace.

More than two and a half years into his enlistment, Perez Castillo compared his military life to that of a student athlete.

"As a student, you have to balance your school and athletic responsibilities to be successful at both ends," he said. "In the Air Force, you are responsible for so many things from training, school, fitness and its being able to balance each one that allows us to accomplish the mission."

Although Perez Castillo's Air Force future is yet to be determined, one of his long-term goals is certain. He hopes to get more involved in coaching the sport he's devoted so much of his life to.

"I used to give swimming techniques and lessons to kids growing into the sport," Perez Castillo said. "I really loved giving back what I was taught. I wanted to help them be successful not only as athletes, but in their lives as well. I would like to be able to do that again someday."

### THE GOSPEL SIDE OF ELVIS



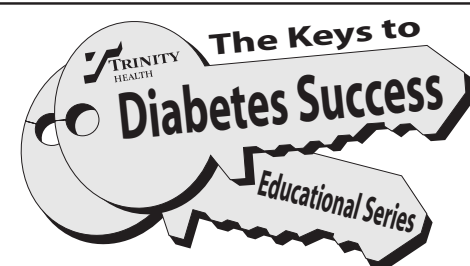
#### BLACKWOOD QUARTET WITH DANNY ELVIS!

Concert - Friday, May 6 in Minot, ND  
at The ND State Fairgrounds in The FFA Building.

Get your tickets at:

- Jacobsen's Music
- Budget Music and Video
- Gideon's Trumpet

or online at [www.brownpapertickets.com](http://www.brownpapertickets.com)  
Info at [www.dannyelvis.com](http://www.dannyelvis.com).



## Diabetes Apps and Technology

May 3 • 7 p.m.

Health Center – Riverside Education Center  
1900 8th Ave SE • Minot

Presented by

Kayla Cole, RD, LRD and Andrea Anhorn, RN, CDE  
Trinity Health

Reservations are not required, but recommended.  
Please call 857-5268.



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

**northsensentry**

Deadline: May 13  
Publishes: June 3

Advertise your business in the  
Northern Sentry's 2016 Summer  
Adventure Guide

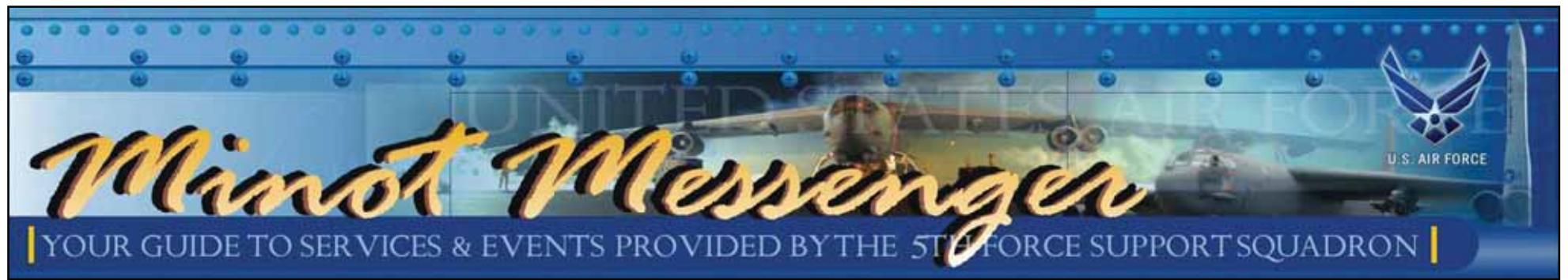
We are featuring places to go & ideas  
for those family summer vacations.

Inside this popular Summer Guide you  
will find the following information:

Biking • Hiking/Walking Trails • Premiere  
Fishing • Canoeing • Kayaking • Boating  
Golfing • Birding • Sightseeing  
as well as many ND events & attractions

**SUMMER  
ADVENTURE GUIDE 2016**

FOR MORE INFORMATION CONTACT: Beth Duchsherer at 839-0946 or [nsgraphics@srt.com](mailto:nsgraphics@srt.com)



## Annual Spring Showcase For Spouses Coming May 12th

This year's Spring Showcase for Spouses returns many of the favorite booths from past shows as well as numerous new exhibitors. The annual event provides guests an informative and fun-filled social evening. The Spring Showcase for Spouses will be held at the Jimmy Doolittle Center on Thursday, May 12th from 6-8:30 p.m.

This year's extravaganza offers over 50 booths showcasing a wide variety of products and services available on base and from exhibitors throughout Minot and the surrounding area. Among the offerings featured at this year's showcase is home décor, fashion and jewelry items, health, wellness, beauty products and services, Force Support facilities, and much more.

You can stroll through the numerous exhibitors' booths and register for a wide variety of door prizes. Guests are encouraged to visit each booth and register for their prize giveaway. This year's Spring Showcase for Spouses is sponsored in part by USAA. *No Federal Endorsement of Sponsors Intended.*

While exploring the Spring Showcase, guests



The annual Spring Showcase for Spouses event features over 50 different booths displaying a variety of products and services plus lots of prize giveaways.

can enjoy a delicious array of complimentary hors d'oeuvres and desserts. There will be a cash bar available. For additional information, contact the Jimmy Doolittle Center at 723-3731 or call the 5th Force Support Squadron Marketing office at 723-6718.

## Operation HEROES Family Deployment Event Deploys May 21st



Children at Minot AFB have a chance to deploy to an undisclosed location as part of the Operation HEROES event organized by the Youth Center. The event allows children of deploying family members a better understanding of what their military parents go through in order to deploy. However, this event is open to all military families regardless if their loved ones are deployed or not.

Operation HEROES will be activated on Saturday, May 21st beginning at 9 a.m. Children must pre-register for the event no later than Friday, May 13th by calling or visiting the Youth Center during normal business hours. The

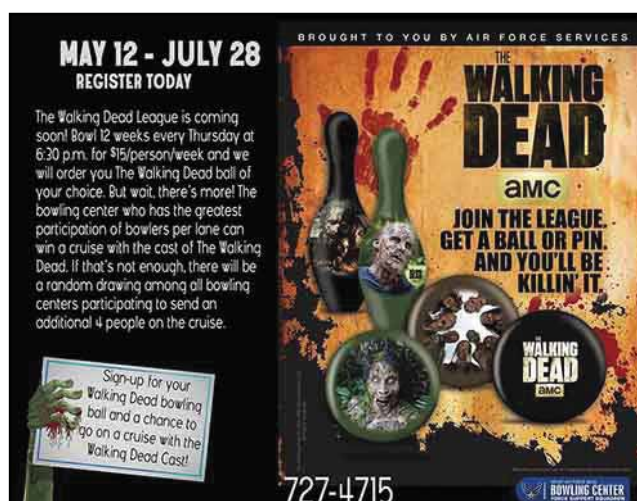
participants will receive their mobility folder and other deployment items on the day of the event.

Participants will do everything from going through a pre-deployment line to getting their backpacks, shot records, and dog tags. The young "warriors" are given briefings by various base agencies such as finance, public health, and the chapel. All registered "warriors" will be issued military orders, pre-deployment checklists, and more. Participants also receive an opportunity to participate in interactive displays plus touch and ask questions about Minot AFB equipment. All warriors will then meet up for a reunion and cookout at the Youth Center. The finale will also feature a children's obstacle course simulating a PT test and a paintball shooting range.

The Operation HEROES event is open to children of all ages however youth ages 11 and under must be accompanied by an adult. With parent's consent, warriors age 12 and up can take part in a top secret mission which will surely test their skills in a deployed setting.

Operation HEROES is sponsored by Northern Tier Federal Credit Union. *No Federal Endorsement of Sponsor Intended.* To sign-up or for more details, contact the Youth Center at 723-2838.

## Register Now For "The Walking Dead" Bowling League



Rough Rider Lanes invites you to register now for The Walking Dead Have A Ball League. This 12 week summer league begins May 12th and runs through July 28th. The league bowls each Thursday at 6:30 p.m. Cost is \$15 per person per week.

Upon completion of the league, each participant will receive The Walking Dead bowling ball of your choice. But wait, there's more! The bowling center who has the greatest participation of bowlers per lane can win a cruise with the cast of The Walking Dead.

For additional information or to sign-up for The Walking Dead Have A Ball League, visit Rough Rider Lanes or call 727-4715.

## Celebrate Month Of The Military Child During Kid's Block Party On April 29th



As the Month of the Military Child celebration continues, a number of events are scheduled that focus on the importance of military children along with their families and caregivers.

The Youth Center's extravaganza for the Month of the Military Child kicks off with the Kid's Block Party on Friday, April 29th scheduled from 5-8 p.m. The Kid's Block Party is FREE and open to the entire base community. Come out and celebrate the Month of the Military Child with fun activities, games, prizes, bouncy house, food, and more. For additional information, call the Youth Center at 723-2838.

## Register Online Now For America's Armed Forces Kids Run



The Youth Center invites Minot AFB children age 3 and older to participate in this year's 16th annual America's Armed Forces Kids Run on Saturday, May 21st at 6 p.m.

Youth age 5 and older should register online at [www.americaskidsrun.org](http://www.americaskidsrun.org). Youth ages 3 and 4, as well as participants who have not registered on-line must register on-site, May 21st at the Youth Center. Walk-in registration for youth begins at 5 p.m. All runners must check-in. Youth ages 9 and older will run two miles, youth ages 7 and 8 will run one mile, and youth ages 3-6 will run a half mile. Adults can enjoy a 5K run.

All runners will receive shirts and ribbons while supplies last. Volunteers are needed to assist in helping organize and conduct the run. Call the Youth Center at 723-2838 for additional details or to sign-up to volunteer.

**FAMILY and YOUTH EVENTS & PROGRAMS**

**May 2 Family Child Care Pre-Orientation**  
 Would you like to work in your home, make a difference on Minot AFB, and in the life of a child? Then attend the FCC Pre-Orientation at the Family Child Care office on May 2nd from 6-8 p.m. to see if it is for you! All persons providing care in their homes for more than 10 hours per week must be licensed. People who become affiliated providers living downtown have the same opportunities as base providers. For details, call the FCC office at 723-6662.

**May 7 Minot AFB Dance & Tumbling Spring Recital**  
 Minot AFB personnel are invited to the Dance & Tumbling Spring Recital at the Base Theater on Saturday, May 7th beginning at 3 p.m. Enjoy all classes performing all styles of dance including tap, jazz, tumbling, and more. Doors open at 2:30 p.m. for this FREE event. For additional information, contact the David C. Jones 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. Non-members 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.

**Youth Baseball & T-Ball Registration**  
 The Youth Center is holding Youth Baseball & T-Ball registration now through April 29th for youth 3-13 years of age. Cost is \$40. Youth Center membership is required. The season is scheduled to begin on May 24th. The Youth Center depends on volunteer coaches to help make the season a fun experience for all participating youth. If you are interested in volunteering, please stop by the Youth Center. For additional registration information, contact the Youth Center at 723-2838.

**Apr 29 Family Fiesta Bingo Night**  
 Enjoy a taco bar and play bingo during the Family Fiesta Bingo Night at the Jimmy Doolittle Center on Friday, April 29th from 5-7 p.m. Bingo games will be on the half hour. Cost is \$3 for club members and \$7 for non-members. For more information, contact the Jimmy Doolittle Center at 723-3731.

**May 2 FREE Lunch For Club Members**  
 Club membership pays and club members are sure to enjoy Members Monday on May 2nd. Club members will receive a free lunch the first Monday of each month (not to exceed \$9.50). Simply stop by the Jimmy Doolittle Center, Rockers Bar & Grill, Rough Riders, or Kelley's Place and show your club card to receive your complimentary lunch. Offer valid for lunch only. Lunch hours vary by location. One lunch per card.

**May 6 Wine & Paint Class**  
 The Arts and Crafts Center invites you to their Wine & Paint class on Friday, May 6th from 6:30-8:30 p.m. Cost is \$26 per person for a two-hour exciting painting experience. Step-by-step instruction will be provided. Sign-up at the Arts & Crafts Center May 3-6. Class is open to adults 21 years of age and up only; limited seating. Wine is not included in cost; you must provide your own if desired. For details, call 723-3640.

**May 6 Celebrate Cinco de Mayo and Enjoy Bingo at the JDC**  
 Don't miss the Cinco de Mayo Celebration at the Doolittle Center on May 6th from 5-7 p.m. You'll enjoy a fiesta in the Ground Zero Lounge featuring a delicious fajita buffet. Cost is FREE for club members and \$7 for non-members. Plus club members and their bona fide guests can participate in bingo with games at 5 p.m., 6 p.m., and 7 p.m. Cards are \$1 each or 6 for \$5. Adults only. For details, call the Doolittle Center at 723-3731.

**Mother's Day Brunch**  
 Sunday, May 8th  
 10:30am-1:30pm  
 Bring mom to brunch and enjoy our large selection of both breakfast and dinner items. Omelet bar, waffle bar, salad bar, carved prime rib, entrée line and much more! Extra special desserts for mom. First 100 moms receive a plant.

Club Members: \$15.95  
 Non-Members: \$18.95  
 Children 6-12: \$6.95  
 Children 5 & Under: FREE

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 A TOTAL OF SIX SCHOLARSHIPS WILL BE AWARDED!

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2nd Place	\$4,000	\$4,000
3rd Place	\$2,500	\$2,500

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**YOUNG AIRMEN EVENTS & PROGRAMS**

**Apr 29 Freaky FREE Friday**  
 Strike up some fun during Freaky Free Friday at Rough Rider Lanes on April 29th 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 enjoyable night of affordable fun. Call Rough Rider Lanes at 727-4715 for additional information.

**Apr 29 Friday Night Karaoke**  
 Come and show off your talent during Friday Night Karaoke at Rockers Bar & Grill on April 29th 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 727-ROCK.

**Apr 30 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, April 30th from midnight to 4 a.m. Enjoy the latest Hip Hop, Rap, and R & B music all night. Ladies are admitted free until 1 a.m. The event is free for club members and \$7 for non-members. For more details, call Rockers Bar & Grill at 727-ROCK.

**May 4 Single Airmen Slice Night**  
 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, contact Rough Riders at 727-4377.

**May 5 Single Airmen Wingman Night**  
 Calling all single Airmen! Rockers Bar & Grill is hosting Single Airmen Wingman Night every Thursday from 5-7 p.m. Stop by and enjoy some tasty wings and a cool beverage. Single Airmen can choose a basket of wings spun in their choice of sauce with one dipping sauce for only \$5; price includes drink. Plus Rockers is offering domestic drafts for \$2. For details, call 727-ROCK

**May 6 Cinco de Mayo At Rockers**  
 Rockers Bar & Grill invites you to celebrate Cinco de Mayo Minot style on Friday, May 6th from 4:30-7 p.m. Club members enjoy a free Mexican buffet and drink specials in the lounge. Buffet cost for non-members is \$7. Adults only. Call Rockers Bar & Grill at 727-ROCK for more information.



Members of the 305th Aerial Port Squadron and Federal Emergency Management Agency's Pennsylvania Task Force 1 load cargo onto pallets during training April 21, 2016, at Joint Base McGuire-Dix-Lakehurst, N.J. Mobile teams consisting of approximately 80 personnel, trained in search and rescue, extraction and triage care, as well as relief workers deploy to aid affected communities. The joint base is Pennsylvania Task Force 1's point of departure should they need to be airlifted.

U.S. AIR FORCE PHOTO | STAFF SGT. KATHERINE TEREYAMA

## McGuire hosts rapid response training with FEMA

STAFF SGT. KATHERINE TEREYAMA | JOINT BASE MCGUIRE-DIX-LAKEHURST PUBLIC AFFAIRS

**J**OINT BASE MCGUIRE-DIX-LAKEHURST, N.J. (AFNS) -- The 305th Aerial Port Squadron welcomed members of the Federal Emergency Management Agency's Pennsylvania Task Force 1 to Joint Base McGuire-Dix-Lakehurst for rapid air mobilization training April 21, as part of an ongoing partnership initiative.

FEMA are the nation's experts in rapid response in case of humanitarian crises and to maintain their qualifications in air transport, they reached out to base officials for training.

"You can talk to people on the phone, but when you get boots on the ground and you're lifting boxes

with them and you're working side by side, that really helps substantiate the relationship," said FEMA Lt. Ken Pagurek, the Pennsylvania Task Force 1 program manager. "Our cargo being packaged correctly and labeled correctly with the proper paperwork is a very important requirement. By working together, it's more easily achieved."

The training was a culmination of nearly two years of collaboration between the agencies and consisted of both lecture and practical application, all geared toward optimizing FEMA's ability to rapidly deploy in case of a natural disaster requiring airlift.

"It's like playing Tetris with big, odd shaped cargo," said Staff Sgt. Amanda

Cave, the 305th APS training instructor. "We're taking their equipment and getting them ready for rapid global mobility, showing them how to place it on the pallet so they can get where they need to go in a timely manner."

FEMA responds to natural disasters like Hurricanes Sandy and Ike, as well as earthquakes like the one that devastated Haiti in 2010. Mobile teams consisting of approximately 80 personnel, trained in search and rescue, extraction and triage care, as well as relief workers deploy to aid affected communities. The joint base is Pennsylvania Task Force 1's point of departure should they need to be airlifted.

"They have a six-hour window to get here, build their cargo up, get it joint inspected and on a plane

out of here," Cave said. "So hopefully, we've given them the tools they need to do that, if it were to ever happen."

During the training, instructors from the 305th APS and members of the task force's mobile search and rescue team went through the process from notification to departure. They discussed previous scenarios, paperwork and cargo requirements. Finally, together they built a pallet with required cargo based on aircraft specifications.

"An event like this helps us identify deficiencies that either they or we didn't think of, and then we can go back, put them down on paper and formulate a plan and move forward so that when there is a national crisis, we can execute as efficiently as

possible," Pagurek said.

"We identified some issues today -- getting onto the base was a bit of an issue for us, but if we didn't do this event, we never would have identified that," he continued. "We've already put the wheels in motion to resolve that."

According to training team members, both instructors and students gained something from the training.

"Some of them are retired military, who work as police officers, EMTs or firefighters, and also work for FEMA," Cave said. "They have to go somewhere at the drop of a dime and help people get through some devastating situations. I was just like 'wow.' I only hope that when I get to the point of retirement, that I'm as willing to help people."

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**Minot Public School's Kindergarten Enrollment For the 2016-2017 School Term**  
Kindergarten enrollment will be held at the District Enrollment Office at the Minot Public School's Administration Building located at 215 2nd St SE, **by appointment only.**  
To schedule an appointment, call 857-4444 or 857-4400, as soon as possible. [www.minot.k12.nd.us](http://www.minot.k12.nd.us) for more information and to print required enrollment forms.  
**Items you must have at your enrollment appointment even if you already have children in the district:**  
• Parent/Guardian photo ID  
• Copy of State Certified Birth Certificate  
• Copy of Immunization Record  
• Custody/Guardianship paperwork if applicable  
• Proof of Residence (e.g.: Utility Bill - current within the last 60 days, Rental/Lease Agreement, Home Mortgage Statement, Home Purchase Agreement, Homeowner's Insurance Policy, Ward County Property Tax Statement)  
**Children must be 5 years old by July 31, 2016 to enroll.**

# CHURCH DIRECTORY

<p><b>Little Flower Catholic Church</b> 800 University Avenue West 838-1520 <b>Mass Schedule</b> Saturday ..... 5:30 pm Sunday ..... 9:30 am <b>Fr. Fred Harvey, Pastor</b> <a href="http://www.littleflowerminot.com">www.littleflowerminot.com</a></p>	<p><b>St. Peter The Aleut Eastern Orthodox Church</b>  <b>109 6th St. SE Minot • 838-3094</b> Sunday Liturgy ..... 10 a.m. Saturday Vespers.... 6 p.m. The Very Reverend Father Anastassy</p>	<p><b>Heritage Baptist</b> Independent Fundamental <b>Meeting at 435 21st St. NW 833-1798</b> Sunday School ..... 9:30 a.m. Sunday Worship ..... 10:45 a.m. Sunday Evening..... 6 p.m. Wed. Prayer/Bible Study ..... 7 p.m. Wed. Children's Awana Club .. 6:45 p.m. <b>Pastor Tim Bagwell</b> <a href="http://heritagebaptistminot.com">heritagebaptistminot.com</a></p>	<p><b>GLENBURN FIRST BAPTIST CHURCH</b>  402 South Street • 701-362-7971 <b>Sundays:</b> Morning Worship..... 10:00 a.m. Sunday School ..... 11:15 a.m. <b>Wednesdays:</b> Glenburn Youth Group - interdenominational Meets September thru May - for students in grades 7-12 6:00 meal followed by singing, games, and lessons. Pastor DeVawn Beckman • <a href="mailto:revdev@srt.com">revdev@srt.com</a></p>	<p><b>Bible Fellowship Church</b>  Worship Service 10:45am Sunday Sunday School/Bible Study 9:45am <b>GRIEF SHARE</b> <b>Classes Starting November 4th, 7:00pm</b> <b>838-0916 • 1720 4th Ave NW</b> <a href="http://minotbiblefellowship.org">minotbiblefellowship.org</a></p>
<p><b>Faith United Methodist Church</b>  <b>5900 Highway 83 N, Minot</b> <a href="http://www.faithumcminot.com">www.faithumcminot.com</a> <b>Rev. Debra Ball-Kilbourne</b> Sunday School (All Ages): 9:30 a.m. Worship Services: Sunday 11 a.m. Wednesday: 5:15 p.m.</p>	<p><b>Minot Baptist Church</b>  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. <i>Independent/Fundamental/KJV</i> <b>500 46th Ave NE • 839-1351</b> Pastor David Miller</p>	<p><b>Harvest Reformed Church</b>  We are devoted to faithful preaching of God's Word. Confessionally Reformed Biblical worship. Now meeting at 1505 N Broadway, Grand International, Norse Room <b>Sunday Service 10:30 a.m. 838-0605</b> <a href="http://www.harvestreformedchurch.org">www.harvestreformedchurch.org</a></p>	<p><b>Congregational United Church of Christ</b> <b>430 N. Broadway • 839-1064</b> Sunday School ..... 11 a.m. Sunday Worship ..... 11 a.m. Tuesday Lunch Bible Study ..... 11 a.m. - 1 p.m. Wed. Youth Classes 6:30 - 8:30 p.m.</p>	<p>Welcome to the <b>Minot Church of Christ</b> 1315 1st St. NE <b>Sunday:</b> Bible Classes ..... 9:30 a.m. Worship..... 10:30 a.m. - 5 p.m. <b>Wednesday:</b> Bible Classes ..... 7 p.m. <i>"Restoring 1st Century Christianity in the 21st Century"</i></p>
<p><b>First Presbyterian Church</b>  <b>430 N Broadway</b> (Congregational Church of Christ Building) <b>701-460-6321</b> Worship..... 9:00 a.m. <a href="http://www.fpcminot.org">www.fpcminot.org</a> <i>Visitors Welcome</i></p>	<p><b>Apostolic Faith Church, UPCI</b> <b>2929 19th Ave NW • Minot</b> Located off Hwy 83 Bypass West <b>(701)838-0609</b> Saturday School..... 2:00 p.m. Sunday Worship..... 3:30 p.m. Wednesday Bible Study ..... 7:30 p.m. <b>Jesse Starr, Pastor</b></p>	<p><b>Cornerstone Presbyterian Church</b> <b>1000 NE 3rd Street 852-0315</b> <b>Sunday Schedule</b> Contemporary Worship ..... 9:30am Child/Youth Sunday School.. 11:00am Adult Sunday School.... 8:30 &amp; 11:00am Traditional Worship..... 11:00am <b>Wednesday Evening Schedule</b> Community Dinner ..... 5:30-6:30pm Contemporary Worship ..... 6:30pm Youth Group &amp; Small Groups.. 7:15pm <b>All are Welcome!</b> <a href="http://www.ecominot.org">www.ecominot.org</a></p>	<p><b>First Lutheran Church - ELCA</b>  120 - 5th Ave. NW 852-4853 Saturday Worship ..... 5:30 pm Sunday Worship .... 8:30 am &amp; 11:00 am Sunday Education ..... 9:45 am Wednesday Education ..... 6:00 pm  Services are now available online at <a href="http://firstlutheran.tv">firstlutheran.tv</a> Radio Broadcast KRRZ 1390 AM 9:30 AM Pastor Ken Nelson &amp; Pastor Brandy Gerjets</p>	<p><b>St. Mark's Lutheran Church</b> <i>Missouri Synod</i> Sunday Worship ..... 8:30 &amp; 11:00 a.m. Sunday School, Adult Bible Class &amp; Adult Choir 9:45 a.m. <b>2209 4th Avenue NW Minot, ND 839-4663</b> <b>Carlyle Roth, Pastor</b> <a href="http://www.stmarksminot.com">www.stmarksminot.com</a>  Call or check out our website for more information.</p>
<p><b>Bethany Lutheran</b> 215 3rd Ave. SE, Minot, ND Phone: 838-5196 • Fax: 852-8494 A Member of the ELCA Sunday Worship .... 8:15 am &amp; 10:45 am Sunday Fellowship ..... 9:15 am Sunday School ..... 9:30 am Wednesday Worship ..... 6:45 pm Website: <a href="http://www.bethanylutheranminot.com">www.bethanylutheranminot.com</a> Email: <a href="mailto:bethanylutheran@srt.com">bethanylutheran@srt.com</a> Live Streaming: <a href="http://bethanylutheran.tv">bethanylutheran.tv</a> <b>Pastor Janet Hernes Mathistad</b> <b>Pastor Gerald Roise</b></p>	<p><b>To Advertise your Church in this space.</b> <b>Call 839-0946</b> <b>Only \$7.00 per week</b></p>	<p><b>St. John the Apostle Catholic Church</b>  2600 West Central Ave • Minot, ND 58701 <b>839-7076</b> Daily Mass Schedule: Tuesday ..... 7 p.m. Wednesday - Friday ..... 9 a.m. Saturday ..... 5 p.m. Sunday ..... 8 &amp; 10:30 a.m. <i>Fr. Dave Zimmer, Pastor</i> Parish website: <a href="http://www.stjohnminot.com">www.stjohnminot.com</a></p>	<p><b>Calvary Alliance Church</b>  715 20th Avenue NW Minot, ND 58703 <a href="http://www.calvaryofminot.com">www.calvaryofminot.com</a> <b>701-852-0670</b> Sunday School..... 9:00 am Sunday Worship Service ..... 10:00 am Wednesday Prayer ..... 6:30 pm Wednesday Youth Group (grade 7-12) ..... 6:30 pm</p>	<p><b>Our Redeemer's Church</b> <i>A Church of the Lutheran Brethren</i> <b>Sundays:</b> Worship..... 8:30 a.m. &amp; 10:45 a.m. Interpreter services for the deaf .. 10:45 a.m. Radio Broadcast KHRT 1320 AM .... 11 a.m. <b>700 16th Ave SE • 701-838-0750</b> For more information visit us on the web at: <a href="http://www.ourredeemers.org">www.ourredeemers.org</a></p>
<p><b>BREAD OF LIFE ELCA LUTHERAN CHURCH</b>  <b>Pastor Taryn Montgomery</b> <b>Pastor Alex Hoops</b> Saturday Worship ..... 5:00 pm Sunday Worship .. 9:00 and 11:15 am Sunday Education ..... 10:00 am Wednesday Education ..... 6:30 pm <a href="http://Breadoflifeminot.com">Breadoflifeminot.com</a> <i>Everyone Welcome</i> </p>	<p><b>BELIEVERS BIBLE CHURCH of MINOT</b> <b>I John 5:13</b> <a href="http://www.bbcmint.org">www.bbcmint.org</a> Where you can find truth and love in Christ Jesus the Lord! Sunday Worship ..... 11:00 am <b>The Carnegie Center</b> 105 2nd Avenue SE</p>	<p><b>Cross Roads Baptist</b>  Sunday School (all ages) ..... 9:45 a.m. Sunday Worship ..... 11 a.m. &amp; 6:30 p.m. Wednesdays (Prayer &amp; Missions) ... 6:30 p.m. <a href="http://www.minotcrbc.org">www.minotcrbc.org</a> email: <a href="mailto:crbc@srt.com">crbc@srt.com</a> <b>415 28th Ave SE (Behind Menards) 838-1873</b></p>	<p><b>West Minot Church of God</b> <i>"A Family Worship Center"</i> <b>1105 16th St. NW • 839-1407</b> Sunday School ..... 9:30 a.m. Sunday Worship ..... 10:30 a.m. Children's Church..... 10:30 a.m. Wednesday Family Training Hour.. 6:30 p.m. Wednesday Kids on the Rock ..... 6:30 p.m. Youth Center, Friday..... 7:00 - 11:00 p.m. <b>ABC Child Care &amp; Pre-School Center</b> <b>852-6352</b></p>	<p><b>Bethel Free Lutheran AFLC</b> <i>"Building Followers of Jesus Christ!"</i> Sunday School ..... 9 a.m. Worship Service ..... 10:30 a.m. Wednesday Supper ..... 6:15 p.m. Adult/Youth Bible Study Kids Club ..... 7 p.m. <b>Pastor Shane McLoughlin</b> <b>530 22nd Ave NW • 852-6492</b> <a href="mailto:bethel@minot.com">bethel@minot.com</a></p>
<p><b>GRACE FELLOWSHIP CHURCH</b> Independent - affiliated with IMF  <b>8300 29th Ave NW Burlington, ND 58722</b> (South side of Highway 2) <b>701-839-6319</b> Sunday School ..... 9:00 am Meet and Greet ..... 10:00 am Sunday Worship ..... 10:30 am <b>Pastor Gregg S Smith</b> <a href="http://www.gracefellowshipatburlington.com">www.gracefellowshipatburlington.com</a></p>	<p><b>First Baptist Church</b>  <b>220-3rd St. S.W. • 852-4533</b> <a href="http://www.fbcmint.org">www.fbcmint.org</a> 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. <b>Rev. Kent Hinkel, Senior Pastor</b> <b>Pastor Sam Kautzmann, Student Ministries</b> <b>Elaine Carlson, Children's Ministry Director</b></p>	<p><b>Gospel Tabernacle Community Church</b>  <b>9999 27th St NE</b> <b>4 miles south of MAFB</b> <b>James W. Henderson</b> <b>Anna B. Henderson</b> <b>Church: 701-838-4492</b> <b>Home: 701-838-5759</b> <b>KHRT 1320: 9 a.m. Sunday</b> <b>Sunday School ..... 9:45 a.m.</b> <b>Adult/Children Worship.. 11 a.m.</b> <b>Family Hour ..... 6:30 p.m.</b> <b>Evening Worship ..... 7:30 p.m.</b> <b>Bible Study/Child-Adult</b> <b>Children Worship (Wed).... 7 p.m.</b> <b>Prayer (Friday) ..... 7 P.m.</b></p>	<p><b>Dakota Baptist Church</b>  <i>Teaching the Word, One Verse At a Time! KJB</i> <b>916 5th Ave, SE Minot, ND 58701</b> Sunday School..... 10:30 a.m. Sunday Evening Worship ..... 5:30 p.m. Wednesday Worship ..... 7:00 p.m. <b>(701)852-5399</b> <a href="http://www.dakotabaptistchurch.com">www.dakotabaptistchurch.com</a> Email: <a href="mailto:dbchurch@srt.com">dbchurch@srt.com</a> Pastor: <b>Jeremy Jacob</b></p>	<p><b>First Assembly of God</b> <b>1805 2nd St. SE 838-1111</b> 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.</p>
<p><b>Trinity Church</b>  <b>An Evangelical Free Church</b> <b>3500 4th St. SW • 839-5127</b> (Just North of Super Wal-Mart) Sunday School &amp; Fellowship ..... 9:00 a.m. Worship ..... 10:45 a.m. <a href="http://www.trinitychurchminot.org">www.trinitychurchminot.org</a></p>	<p><b>Immanuel Baptist Church</b>  <b>1615 2nd St. SE • Minot • 839-3694</b> <b>Sundays:</b> Sunday School ..... 9:15 a.m. Worship ..... 10:30 a.m. <b>Wednesdays:</b> Soup Kitchen .... 11:30 a.m. - 12:30 p.m. Family Supper ..... 5:45 p.m. Classes for all ages ..... 6:30 p.m. Adult Choir (as scheduled), 8:00 p.m. <b>Brian T. Skar, Pastor</b> <a href="http://www.immanuelbaptistminot.org">www.immanuelbaptistminot.org</a></p>	<p><b>ZION Lutheran ELCA</b>  <b>1800 Hiawatha St. 852-1872</b> Saturday Worship ..... 5 p.m. Sunday Worship ... 8:30 a.m. &amp; 11 a.m. <b>John Streccius, Pastor</b> <b>Nathan Mugaas, Pastor</b></p>	<p><b>Vincent United Methodist Church</b>  <b>1024 2nd St. SE • 838-4425</b> <i>Behind Town &amp; Country Shopping Center</i> <b>open hearts...open minds...open doors!</b> Saturday Informal Worship .. 5:00 p.m. Sunday School ..... 9:00 a.m. Sunday Worship Service .... 10:00 a.m. Fellowship..... 11:00 a.m. <b>Pastor Ray Baker</b> <a href="http://www.vincentumc.com">www.vincentumc.com</a></p>	

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

Answers to puzzle from page 10

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## iMagicon 2016

From costumes to late-night LARPing, iMagicon 2016 shared the wondrous world of comics and cosplay for fans everywhere. The three day event was held April 22 through the 24 at the Holiday Inn Riverside in Minot, ND. Many who attended viewed many local booths including some downtown Minot businesses such as Main Street Books, Original Comics and Collectibles and ArtMain. Ben Daggett, artist and founder of "Rulesome", was one of the featured artists on display. The three day event included guest artist such as Tom Fleming, 4-time Chesley Award nominee, DC/Marvel illustrator, Christopher Jones, DC/Marvel illustrator Dave DeVries, live artist Nick DiFabbio and Actress Margo Kidder who was best known for her role of Lois Lane in the 1978 Superman Movie opposite of Christopher Reeve and continued that role for several sequels. For more information about iMagicon please visit [www.imagiconnd.com](http://www.imagiconnd.com) for upcoming events and promotions.

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