



# NATIONAL POLICE WEEK 2017



#### U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS ALYSSA AKERS

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AIRMAN 1ST CLASS AUSTIN M. THOMAS | 5TH BW PUBLIC AFFAIRS

INOT AIR FORCE BASE, N.D., -- Most Airmen spend their first few years living in base dormitories, and with living standards constantly changing, facilities are often improved or remodeled.

Dorm 276 at Minot Air Force Base, N.D. has undergone remodeling since July 2016 and is scheduled for completion in July 2017. The goal of the project is to improve the living standards of the Airmen living in dormitories. "When the living

standards go up, the dorms need to be replaced or, in this case, completely remodeled," said Ted Cadell, 5th Civil Engineer Squadron project manager.

The building will have new electrical components, insulation, carpet, fixtures, outlets and a fire sprinkler system, added Cadell. "The dorm was demoed

from wall-to-wall," said

Cadell. "This will basically be a new dormitory once the remodel is done."

A common area will be added for every two to three dorms, and will include a small kitchen with a fridge, stovetop and sink.

With the improvements taking up more space, the dorms maximum capacity will be 55 rather than the previous 70.

Cadell also mentioned another new aspect of the remodel; each dorm's room will have individual thermostat control.

"Dorm 276 was the last dorm with no air conditioning," said Timothy Knickerbocker, Minot Air Force Base Homes housing manager. "With a new heating, ventilation and air conditioning system, it will have effective cooling and heating."

As living standards change, dorms are torn down, built or improved upon, said Knickerbocker. As of right now, no new dorms are scheduled for building, but Dorm 331 and 330 are next for remodeling.

The environment of a recently remodeled dorm provides Airmen with a good place to pursue opportunities, added Knickerbocker.

Dorm 276 is boarded up while it's in the process of being remodeled at Minot Air Force Base, N.D., May. 5, 2017. The Remodel is scheduled for complete in July, 2017.



Asian/Pacific American Heritage Month: Diversity Day

AIRMAN 1ST CLASS ALYSSA M. AKERS | MINOT AIR FORCE BASE PUBLIC AFFAIRS

INOT AIR FORCE BASE, N.D. --In honor of Asian/Pacific American Heritage Month, Minot Air Force Base brought a small group together to help celebrate the culture of our Asian Americans and Pacific Islanders. the Combined Community Complex parking lot May 25 from 11 a.m. to 2 p.m. During the event, there

will be food sampling,

performances, a fashion

show and kids activities.

plan to have come from

many different cultures,"

Fuimaono, 5th Security

Forces Squadron NCO-

said Tech. Sgt. Faleolealofa

"The food options we

in-charge of standard evaluations and event coplanner for AAPI. "This may include Samoan, Hawaiian, Filipino and Korean cuisine. Our food is donated to us for the event, but we will also have pizza." The performances will be cultural dances put on by the newly-formed group, as well as one by a private organization from Minot. "We have a Filipino group coming from off base," said Staff Sgt. Kathleen Tupuola, 5th Civil Engineer Squadron engineering journeyman and event co-planner for AAPI. "They'll be performing a Filipino dance and providing the fashion show.' 'We will also have kid activities," added Fuimaono. "We want this event to be family friendly, especially since a lot of the kids don't

have the same cultural influences we did growing up."

While speaking to coworkers and the people in Minot, Fuimaono and Tupuola realized that there are plenty of people uninformed of the month. "Every culture has a recognized month to share their heritage," said Fuimaono. "We wanted to share ours, even though we didn't have a lot of time to plan everything we wanted to do." "Hopefully for years to come, future committees will be more aware of all the work it takes to pull off this event and the others that have already passed," added Tupuola. "If we could do it in a month, then they should be more prepared with the foundation we are laying."

Weekend May 27-29 10 a.m. - 4 p.m. Ft. Stevenson State Park, Garrison Free Admission to Park with Military ID on Monday, May 29 Call 1-800-799-4242 or visit <u>www.skyfestnd.com</u> for more info Sponsors: CVB, BHG, Ye Olde Malt Shoppe RTC, BLFG & Fort Stevenson State Park

A free event, Diversity Day, is scheduled to occur at

COPPEOUNE VEHICLES 701-857-9210 3520 S. Broadway Minot, ND 58701 www.cartivaofminot.com

# **AF showcases game**changing technologies at **DOD Lab Day**

BRYAN RIPPLE | 88TH AIR BASE WING PUBLIC AFFAIRS

 $W^{ASHINGTON}_{(AFNS)}$ -- Scientists and engineers from the Air Force Research Laboratory presented 16 technology research projects in various stages of maturity during the second biennial Department of Defense Lab Day May 18, 2017, in the Pentagon center courtyard.

AFRL scientists and engineers from across the country joined more than 60 Army, Navy, and medical labs and engineering centers at the event which featured more than 100 exhibits.

The DOD Lab Day was hosted by Mary J. Miller, the acting assistant secretary of defense for research and engineering, with a theme of "DOD Labs and Warfare Centers: Solving Problems Today – **Designing Solutions** for Tomorrow."

Air Force scientists and engineers are advancing technologies and designing solutions for tomorrow through game-changing technologies such as autonomy, unmanned systems, hypersonics, directed energy, and nano-science, all in an effort to ensure Airmen and offer a counter

never enter a fight without an advantage.

"Our Airmen have been leaders in innovation for more than a century," said Jeff H. Stanley, the deputy assistant secretary of the Air Force for science, technology, and engineering. "Today we had the great opportunity to showcase many of our science and technology efforts. AFRL is truly at the forefront of helping ensure our nation maintains technological superiority."

One AFRL exhibit, called Military Applications of Gene Editing Technology, highlighted research into how geneticists and medical researchers edit parts of the genome by removing, adding or altering sections of the DNA sequence in order to remove a virus or disease caused by harmful chemical, biological or environmental agents a warfighter may have contact with.

Another, known as the Ninja CountersUAS System, is developing solutions to identify drones. determine the source.



measure when necessary. The Ninja solution has been developed to match the pace of commercial drone development and keep warfighters safe.

The Low Cost Attritable Aircraft Technology Program (LCAAT) is a research area that seeks to introduce an unmanned aerial vehicle system to support warfighters with a lower cost than traditional manned aircraft, while meeting capability requirements for support in contested areas. Lower productions costs associated with the LCAAT program will allow different classes of UAVs to augment manned weapon systems and have highly optimized roles for specific missions including weapons delivery, locating targets, or communications.

"The basic problem that we're trying to work is to address the continued escalation of costs associated with exquisite aircraft systems and when we look to the future, that trend is not going to change," said Bill Baron, from AFRL's Aerospace Systems Directorate at Wright-Patterson Air Force Base, Ohio, and program manager for the LCAAT initiative. According to Stanley, "Combining low cost attritable unmanned aircraft systems with autonomy high schools with will provide a game changing capability that transforms the way we build and buy and the way we fly and fight. The design, logistics, and operations philosophy of an attritable system with autonomy is revolutionary." Advancements in the area of directed energy were also on display, including one that will eventually add to the self-defense capabilities of Air Force tactical aircraft. The goal of the Self-

Protect High Energy Laser Demonstrator Advanced Technology Demonstrator (SHiELD), is to combine an agile, small, high-power laser system on a tactical aircraft to demonstrate an advanced selfdefense capability to defend against missile threats and enhance survivability. "Aircraft have been working to maintain air superiority since aircraft were invented and we've been trying to shoot down aircraft since then, so there's an ever-present need to improve the survivability of our airframes,' said 2nd Lt. Tyler Brewer, a laser defense physicist from AFRL's **Directed Energy** Directorate at Kirtland AFB, New Mexico. "In that interest, we are trying to supplement the defensive measures that aircraft already

have such as flares and chaff. With SHiELD, they will have active laser systems." Exhibits were

open to members of Congress, STEM programs, Pentagon employees, media and special guests. AFRL is the service's only organization solely dedicated to leading the discovery, development, and integration of warfighting technologies for the nation's air, space, and cyberspace forces.

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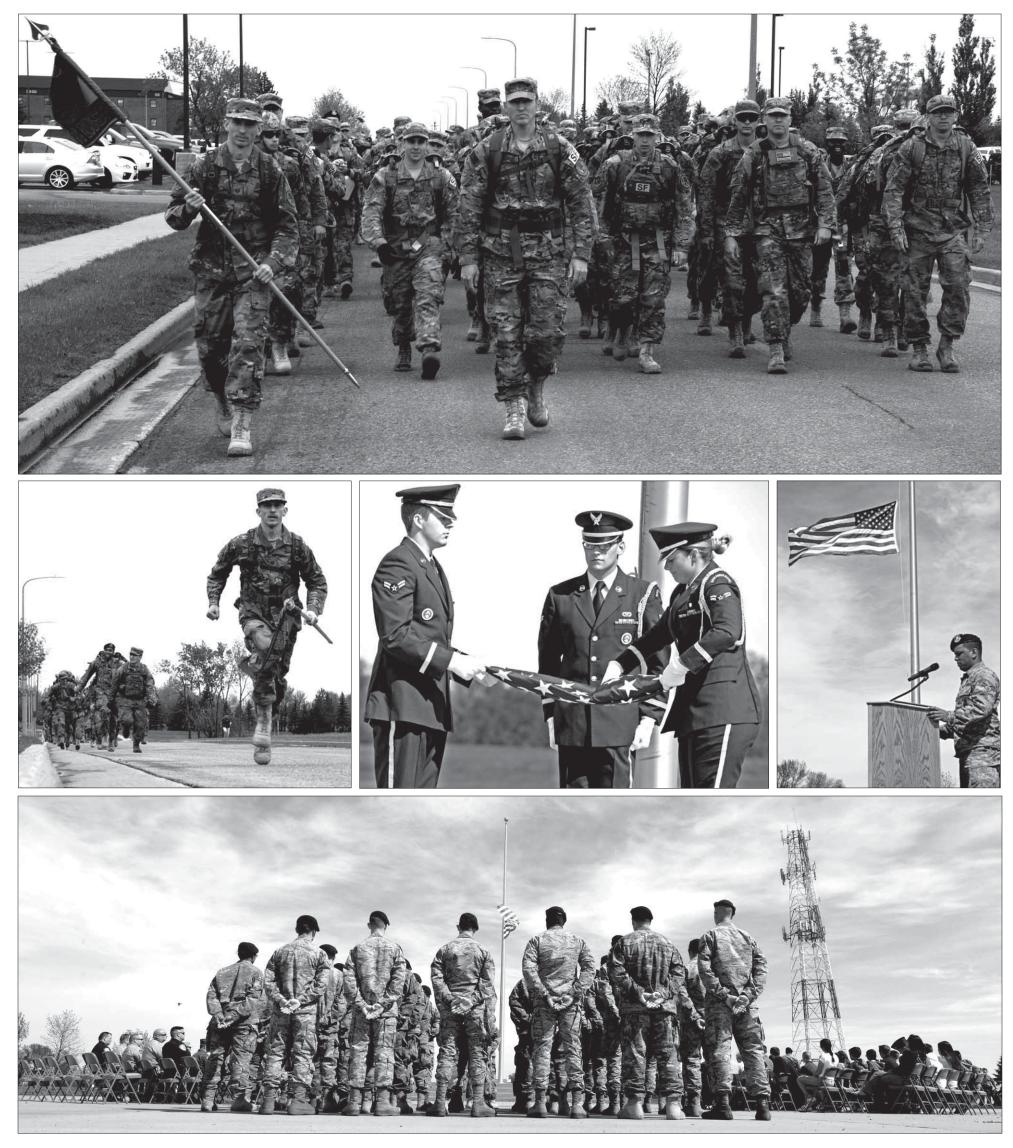
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# TEAM MINOT CELEBRATES NATIONAL POLICE WEEK

Minot Air Force Base celebrated National Police Week 2017, May 14-19. National Police Week is a congressionally honored week celebrating law enforcement personnel across the nation and around the world who have made the ultimate sacrifice in the line of duty. During the week, Minot AFB security forces personnel planned a parade, weapon and vehicle display, 5K Remembrance Ruck March, 5K Memorial Run, and a retreat ceremony to end the week.

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS ALYSSA M. AKERS AND AIRMAN 1ST CLASS AUSTIN M. THOMAS





### Historical church gets historical donation

**VERENDRYE ELECTRIC COOPERATIVE** 

Verendrye Electric Cooperative held a special event on May 18 to celebrate the millionth dollar granted by Operation Round Up, a program where Verendrye members voluntarily round their bills to the nearest dollar. The funds donated are given as grants to various charitable causes in Verendrye's service area. The program started in 1996, and about 90 percent of its members participate.

The event was held at Norway Lutheran Church, a 110-year old church between Karlsruhe and Denbigh, ND. Listed on the National Register of Historic places, the church no longer holds weekly In addition to Nelson, about 50 people attended the event, including former members of the church, Verendrye board members, and members of the media.

"We had a great turnout. The church is off of the beaten path, so it was our delight to see so many people come and visit with us about how important this church is to them. It was a special day for a lot of people, and \$1,700 will go a long way toward fixing up this local landmark," said Tom Rafferty, member services manager of Verendrye Electric.

In the 21 years since it gave its first grant, Verendrye has supported several programs dealing with children, education, the arts, and healthcare. "This program fits perfectly with the cooperative philosophy," Rafferty said. "Everyone pitches in a little to have a big impact on the community."

# My Lt. is a cat

AIRMAN 1ST CLASS DILLON AUDIT | PUBLIC AFFAIRS

#### MINOT AIR FORCE BASE, N.D. --

A three-legged, greyhaired, feline greets members and watches for tardy Airmen as she lounges in sunspots in the long 5th Aircraft Maintenance Squadron hallway.

1st Lt. Buffe (buh-fee) Stratofortress Grey, the 5th AMXS mascot, is more than just a cat. She assists Airmen by improving their overall mental and social fitness.

Buffe was found at a privately owned animal rescue shelter in Minot N.D., where several 5th AMXS Airmen volunteered on Oct. 14, 2014.

The Airmen grew attached to Buffe and introduced her to Lt. Col. Randy Schwinler, 5th AMXS commander. After Schwinler carefully considered the process of caring for an animal at the squadron, Buffe was adopted into the family.

"She's family, just like any other member of our 5th AMXS," said Schwinler. "She is valued, treated with respect and dignity, and we're thankful to have her." According to drafted and approved 5th AMXS operating instructions, some of Buffe's roles and responsibilities are to serve as the 5th AMXS emissary and provide increased morale and esprit-de-corps for all unit members.

"There are multiple times I've seen young Airmen and NCOs who are having a hard day and come over and say 'hi', to Buffe," said Schwinler.

The 5th AMXS maintainers work long hours and are tasked for last minute deployments but regardless of these challenges, they accomplish their daily mission.

"Buffe can relate to the maintainers," said Schwinler. "Despite being ostracized by other cats due to her undeveloped leg, she continues to inspire Airmen, push on strongly and emulate the strength and courage to move forward."

Senior Airman Samantha Rak, 5th AMXS commander's support staff and Buffe's primary caregiver, sees her lift

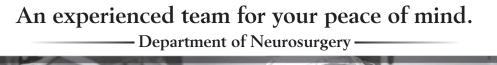
Airmen's morale every day. "She's like a little bit of

a mental break," said Rak. "I always called it a 'Buffe break' because I would stop what I was doing and hang out with her for a little bit. It helped me center myself and get ready to charge forward with whatever else I had to do at work."

Buffe was commissioned by Maj. Oscar the black cat, the mascot for the 5th Reconnaissance Squadron at Osan Air Base, Republic of Korea. Buffe and Oscar are two of several ranked mascots in other Air Force squadrons who are given official titles and duties to help keep spirits high and morale strong.

Lt. Col. Randy Schwinler, the 5th Aircraft Maintenance Squadron commander, holds 1st Lt. Buffe Stratofortress Grey, the 5th AMXS mascot, at Minot Air Force Base, N.D., May 3, 2017. Buffe was found at a privately owned animal rescue shelter in Minot N.D., which several 5th AMXS Airmen volunteered on Oct. 14, 2014.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN SAHARA FALES





services, but it does hold a few each year, including a special service during the Norsk Hostfest.

The church received the millionth dollar in the form of a \$1,700 check to assist with refurbishing its steeple. "It's a great honor for Norway Church to be chosen for this because it's something that's historical," said Vera Nelson, the church's secretary/treasurer. Nelson has been involved in the church for most of her life – and she turned 100 years old earlier this month. She attended the event and accepted the check on behalf of the church.

Verendrye Electric Cooperative presented the 110-year-old Norway Lutheran Church with a check for \$1,700 to help fix the church steeple. A special celebration was held at the church because the grant was the millionth dollar granted from the cooperative's Operation Round Up program, which started in 1996. Pictured from left are Keith Reinowski and Steve Peterson, both Operation Round Up board members, Blaine Bruner, chairman of Verendrye Electric, Vera Nelson, a 100-year old secretary/treasurer of the church, and Randy Hauck, manager of Verendrye Electric.

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# Heritage to Horizons celebrates 70 years of AF dominance

ASHINGTON (AFNS) -- As the sun set across the Arlington, Virginia, skyline May 18, 2017, the Air Force kicked off its Heritage to Horizons summer concert series at the Air Force Memorial in honor of the service's 70th anniversary.

The event took the crowd through a musical tour of the Air Forces' history, featuring the United States Air Force Band, with performances and numbered over 2.6 by Airmen of Note, Max

Impact, Celtic Aire, and Strolling Strings, as well as an aerial flyover and special appearance by the U. S. Air Force Honor Guard Drill Team. "Tonight, we honor the millions of Airmen who have served this nation," said Secretary of the Air Force Heather Wilson. "This concert has been about our heritage and the price we have [paid]." The Air Force grew out

of the Army Air Corps, million personnel with

nearly 80,000 aircraft in 1944. Air Force Chief of Staff Gen. David L. Goldfein said he was proud of the heritage on which the Air Force is built.

"Ladies and gentlemen, if you say something can't be done, there's a good chance an Airman is doing it," Goldfein said. "If our motto wasn't 'Aim High!' and somebody hadn't already grabbed it – it might be "Bring It!"

There was a time when no one believed manned

flight was achievable. However, in 1903, as those thoughts were published in the New York Times, the Wright brothers were securing their legacy and the nation's legacy in powered flight.

"We embrace a culture of innovation and dare to break barriers," Goldfein said. "It should come as no surprise that Airmen are known for taking challenges and turning them into opportunities ... quite simply, it's in our

#### DNA."

The concert was the first of four scheduled Heritage to Horizons performances at the memorial. Future concert dates include June 9, July 7 and Aug. 4.

Air Force birthday celebration con-tinues as the Air Force Honor Guard Drill Team performs at the Air Force Memorial during the Air Force Band's summer series, Heritage to Horizons, in Arlington, Va., May 17, 2017.

> U.S. AIRFORCE PHOTOS ANDY MORATAYA

# May is Osteoporosis Awareness Month

### JULIE GARDEN ROBINSON | NDSU EXTENSION SERVICE FOOD AND NUTRITION SPECIALIST

id you know that bones can become so weak that a sneeze can lead to a break? Osteoporosis is a disease that causes bones to become brittle. It can occur in men and women.

We can't feel our bones weakening, so we need to eat a healthful diet and get weight-bearing exercise (such as walking, hiking, jogging, dancing) to keep our bones strong. Building strong bones begins in childhood. Maintaining our bone strength continues throughout our life.

May, Osteoporosis Awareness Month, is a good time to renew our commitment to protecting our bones.

**Bone Builders** 

Calcium and vitamin D are the main bone-building nutrients. Other vitamins and minerals such as vitamin C, potassium and magnesium also help build strong bones.

Eat a variety of foods every day to get the vitamins and minerals your body needs.

Where Do I Get Calcium and Vitamin D?

Nutrition labels show the percent of the Daily Value of calcium provided by a serving of the food.

Some nutrition labels also show how much vitamin D is present.

- Calcium is found in:
- Yogurt
- Broccoli

• Calcium-fortified juices, breads and cereals, soy milk, almond milk, and tofu

- Milk
- Kale
- Cheese
- Figs
- Collard greens
- Vitamin D is found in:
- Fatty fish such as salmon
- Some types of 100
- percent juice\* • Vitamin D-fortified milk
  - Some types of cereal\*

  - Some brands of yogurt\* \* Read the label on foods

to learn whether the food has vitamin D added.

Note: Vitamin D can be made when our skin is exposed to sunlight; during winter months, we may be lacking in vitamin D. According to some research, 10 minutes of sun exposure provides 10.000 International Units of vitamin D. (But, remember to wear sunscreen to protect yourself from skin cancer!).

How Much Calcium and Vitamin D Do You Need?

- Calcium
- Women, 19 to 70, and men, 19 to 50: 1,000 milligrams
- Women, 51 and older, men, 71 and older: 1,200 mg
- Children/teens, 9 to 18:
- 1,300 mg
- Children 4 to 8: 1,000 mg Children 1 to 3: 700 mg Vitamin D

Children and adults, ages 1 to 70: 600 International Units (IU)

Adults, 71 and older: 800 IU

### **PRAIRIE ADVENT**



"Those two young girls painted their hearts out for all of the kids who wanted their faces painted."

– Toni Ganje

Memorial Day weekend in North Dakota draws families outside, camping, and to lakes and rivers.

But let's face it – Memorial Day weekend weather usually doesn't offer up oodles of warm summer sunshine.

With visions of yet another typical Memorial Day weather on tap last year, Toni Ganje decided families should have another "Fun Day" opportunity – and that's how Garrison Dam National Fish Hatchery Fun Day was born.

The second annual Hatchery Fun Day is May 27 from 9 a.m. to 1 p.m. The free event is open to people of all ages, Ganje described. Little tykes as small as 1 or 2 years of age will be entertained at the "Little Tyke's Pond".

There is face painting and a variety of programs, including learning about life stages of a monarch but-terfly and how to count fry (newly hatched fish).

It's not "one fishy, two fishy" when it comes to trying to figure out how many small fish - the young fry are darting around in the water. Instead, "it's kind of scientific calculations," Ganje explained.

Hatchery tours take place every one-half hour beginning at 9:30 a.m. People can come and go at their leisure throughout the 4-hour event.

Last year's inaugural event drew at least 480 people. "It was heartwarming," Ganje smiled, thinking about all of the children wanting to have their faces painted by two volunteer girls from Underwood.

If it truly is typical North Dakota Memorial Day weekend weather, the

be placed in a special area at the hatchery so attendees can come back in the future to find their special rock "planting."

The Fun Day is an opportunity to introduce or remind people what the hatchery does – everything from raise fish stocked in North Dakota lakes and elsewhere to specialized endangered species work.

No pre-registration is necessary, Ganje said. Simply come and have a "fun day."

Something else will be at the May 25 Fun Day: Adult sturgeon are in the hatchery for spawning, which occurs later in June. They can weigh up to 80 pound live to the age of 70.

Last year's success shows how important it is for families to have fun, educational outdoor opportunities and activities available, Ganje said. The goal is to have Fun Day become an annual event.

Even though the next Fun Day is only days away, Ganje is already looking towards the third annual event. With work underway extending the hatchery ground's hiking trail, next year Ganje envisions guided trail hikes as a possible activity.

In the meantime, the approximately 1.6-mile hiking trail, complete with viewing areas and kiosks, is open and available at no charge to the public.

Other public opportunities at the hatchery include aquarium viewing from 8 a.m. to 8 p.m. daily from Memorial Day through Labor Day weekend. Guided tours are held at 11 a.m. and 1 p.m.

Ganje suggests larger groups contact the hatchery

### North Dakota to Observe Public Works Week NORTH DAKOTA DEPARTMENT OF HEALTH

ISMARCK, N.D. -North Dakota will observe Public Works Week May 21-27, 2017, to celebrate the contributions of public works professionals to communities throughout the state.

Public Works Week is observed annually to recognize the

professionals who manage community water, sewer, public transportation, and refuse removal systems, as well as those who are responsible for maintaining public buildings and grounds. "We value our

communities and the role public works professionals play in keeping them safe and functioning smoothly," said Chuck Abel, executive secretary for the North Dakota Chapter of the American Public Works Association. "Public works professionals maintain and improve the systems and services vital to a community's health, safety and comfort." For more information about Public Works Week, contact Chuck Abel at 701.328.5207.



# **Raffle to Benefit CancerCare Patients**

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- 3. 4 Disney World 1 Day Park Hopper Passes (\$620.00)
- 4. Medora Vacation Package (\$600.00)
- 5. 4 Bears Stay & Play Packages (\$500.00)
- 6. 4 Minnesota Vikings Preseason Tickets (\$240.00)
- 7. Aussie Outdoor Living Electric Grill (\$200.00)
- 8. Pandora Earrings (\$180.00)
- 9. FitBit Blaze (\$150.00)

Autographed UND Hockey Jersey (\$125.00)

### Get Your Tickets Today!

Drawing will be held at the conclusion of Building Hope Women's Golf Tournament. Monday, June 19, 2017, 6:00 p.m., Souris Valley Golf Course, Minot. Need not be present to win. You must be at least 18 years of age to purchase a ticket or win a prize.

**To Purchase Tickets Call Trinity Health Foundation** Al Evon 857-5432 or Cody McManigal 857-2430

hatchery has ample indoor space available to accommodate Fun Day guests. And given last year's huge success, Ganje said more volunteers will be on hand this year. More tours were also added.

Participants can help the hatchery grow a "rock garden" by writing their names on rocks, which will

for tour information so volunteers can accommodate more people.

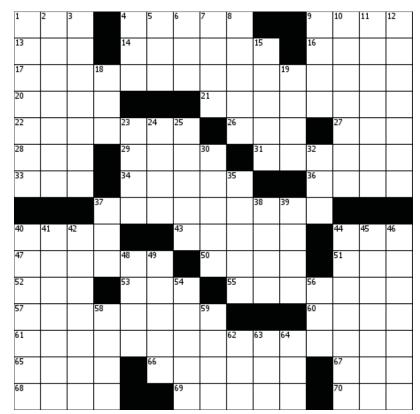
Self-guided tours are available weekdays, 8 a.m. to 3:30 p.m.

The hatchery is located downstream of Garrison Dam. Rain or shine, simply follow the signs to the hatchery complex east of the Missouri River.



# CROSSWORD PUZZLE





19. Artist Paul

38. Thought

encouragement

### Down

1. Olympic spear 2. Inelastic rubber 3. Pledge drive incentive, maybe 4. Needle bearer 5. Security guard's requests 6. Spinning toy 7. "That's the way \_\_\_" 8. Dark time in Durango 9. Critic Pauline 10. On the way **11**. Arctic gale **12**. Adventurous trip

15. Green lights

- 18. Before, poetically 42. Arm of the Pacific Ocean 44. Ardent supporter 23. \_\_ land: unreality 24. "Good golly!" 45. Unborn 46. 1945 conference site 25. Taken to the cleaners 48. Actor Morales 30. Time for fools 49. Soprano Tetrazzini **32**. Hosp. room fixtures 54. How some losses are **35**. Attack like an eagle printed **37**. Dogpatch denial 56. Brief moment 58. Whaler's direction 39. Rather report 59. Utah state flower 40. Parent's words of 62. Slogan ending? 63. Escape 41. Chicago paper
  - 64. USCG rank

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### SUDOKU Solution to puzzle on page 18

### Solution to last week's Crossword puzzle.

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NORTHERN SENTRY FRIDAY, MAY 26, 2017 9



### Baked Cinnamon Cream Cheese Roll-Ups

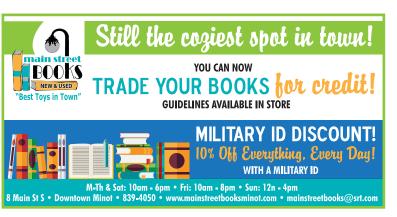


### INGREDIENTS:

10-12 slices bread (any kind) 4 oz cream cheese , softened 3 Tbs powdered sugar 1/2 cup sugar 1 tsp cinnamon  $^{1\!/_{\!2}} \dot{cup}$  butter , melted

### **INSTRUCTIONS:**

Preheat the oven to 350F. Slice the crusts off the bread Using a rolling pin, flatten the bread out. Combine the cream cheese and powdered sugar until smooth. Lay out 2 shallow dishes (I use pie plates sometimes) Combine the sugar and cinnamon until well combined and add to one of the shallow dishes. In the other, add the melted butter. Spread each slice of bread thickly with the cream cheese mixture. Roll up tightly, dip in the butter, then the sugar and place on a baking sheet. Bake for 20 minutes until lightly browned. Devour.



# **Creative Night Out JUNE 1 FIRST THURSDAYS** Showcasing diverse local talent 5:30 - 9:00 PM

reative Night

Out brings

DOWNTOWN MINOT

### HOT SPOT **CREATIVE STOPS**

In-store specials: studio tours, & more!

• Artspace Suite 1 Gallery Demo by member artist Susana Amundarain

- Art Main
- Budget Music & Video
- Oliver's Attic • Rick's Jewelry
- 62 Doors Gallery &
- **Studios**
- Taube Museum of Art
- 3 Little Pigs Food Truck

### 6:00 PM:

**Featured Visual Artist** Studio Tour: Andrea Donovan 110 1st St SE (across from Mouse River Players)

### 7:00 PM:

Frank Reardon, Author and Poet, at Main Street Books 8 South Main

8:00 PM: Music by Ten 63 Studio at Off the Vine 15 South Main

### **Events are FREE to** attend!

Contact us for info or to get involved! facebook/Minotcr eativenightoutfirstthrusdays Email: creativenightout@ yahoo.com

the diverse talents of the community to downtown Minot. running on the first Thursday of each month through September. Each month will feature three creative types whether its music, poetry, dance, storytelling or visual arts this event has something for everyone. The events will start at 5:30 where locals will stop in at our creative participating retail "hot spots" where you will enjoy music, snacks, sale specials, and artist demonstrations. Hot Spots: Art Main (Sales, punch/hor d'oeuvres), Artspace Suite 1 Gallery (Artist demo by Susana Amundarain, sweets and coffee), Budget Music and Video (in store specials), Oliver's Attic (Sales, wine/ hor d'oeuvres), Rick's Jewelry (Bracelet Demo, in sort specials and tour), Taube Museum of Art Opening Art reception, 3 Little Pigs Food Truck, 62 Doors(Open Studio Tours). Artist Booths and Street Musicians!

• Our June 1st Creative Night Out events 6:00 featured Visual Artist Studio Tour will be with Dr. Andrea Donovan P.H.D., an Exhibiting Gallery Member at the local Artspace Suite 1 Gallery and Minot State University Professor. Her studio is located at 110 1st St. SE across from the

Mouse River Players. "I love to travel and look at the land, the mountains, the water, and the skies. Every place has such unique characteristics. Through my use of imagery, color, and paint application, I try to bring this spirit to viewers."

• Local Poet and Author Frank Reardon will do readings at 7:00 hosted at Main Street Books. Frank Reardon was born in 1974 in Boston, Massachusetts, and currently lives in Minot, North Dakota. Frank has published poetry and short stories in many different reviews, journals and online zines. Frank is currently working on a novel, short fiction, and poetry.

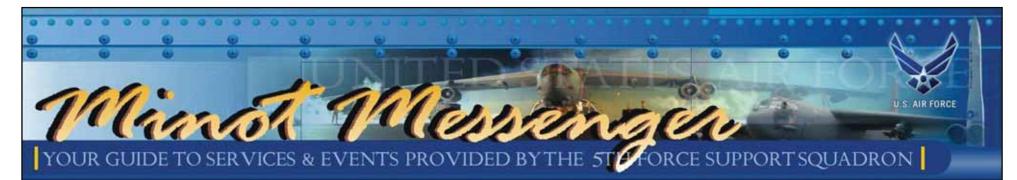
• Off the Vine will host our music feature for the evening at 8:00. The lyrical poetry sounds of Ten 63 Studio will get your spirit moving. Ten 63 Studio is a creative group of friends come together through photography, music and cinematography. They unite and express themselves in many forms. A must see to end our creative night out!

Need a snack while on your Creative Night Out stop by local food truck 3 Little Pigs for some kicked up tasty treats!

For more information or to get involved contact us on Facebook at Creative Night Out or email us at creativenightout@yahoo. com.







### **Operation HEROES Family Deployment Event Deploys June 3rd**



Children at Minot AFB have a chance to deploy to an undisclosed location as part of the Operation HEROES event organized by the Airman & Family Readiness Center. The event provides 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, June 3 beginning at 9 a.m. at the Youth Center. Children must pre-register for the event no later than 12 p.m. on Tuesday, May 30 by calling or visiting the Airman & Family Readiness 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 Operation HEROES Reintegration Party at the Youth Center. The finale will feature a cookout, bouncy castles, 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. Children must be dressed for outdoor activities.

The Operation HEROES Reintegration Party is sponsored by AT&T and Northern Tier Federal Credit Union. *No Federal Endorsement of Sponsors Intended.* To sign-up or for more details, call the Airman & Family Readiness Center at 723-3950.

### FREE Admission For Club Members To UFC Fight Night



Club members receive FREE admission to the UFC 212 pay-per-view event at Rockers Bar & Grill on Saturday, June 3. Non-members price is only \$7.

The action features the UFC Featherweight Championship unification bout between current two-time champion José Aldo and current interim champion Max Holloway. In the co-main event, Claudia Gadelha faces Karolina Kowalkiewicz in a women's Strawweight match-up.

Preliminaries begin at 7 p.m. with the main card starting at 9 p.m. The UFC Fight Night is an adults only event - no children. For more information, call Rockers Bar & Grill at 727-ROCK.

### Summer Reading Program Kicks Off June 10th At Base Library

It's almost time for Summer Reading. The Base Library's Summer Reading Program will run from Saturday, June 10 to Saturday, August 12 and is open to all ages from infants to adults. This year's theme is "Read by Design," so get ready for Science, Technology, Engineering, Arts, and Mathematics.

The Summer Reading Program starts with a Kick-off Party at 1:00 PM on Saturday, June 10 featuring games, crafts, and a puppet show as well as an opportunity to register for the Summer Reading Program.

Participants can register for the Summer Reading Program at the Library between June 10 and July 31 or register themselves online at http:// tinyurl.com/MinotLibrary from June 10 to July 31. While supplies last, everyone who registers at the



There will be programs all summer long for all age groups. Highlights include: a weekly STEM program for older kids and teens on Tuesdays, a "Bad Art Night" program for adults and teens on July 6th, a Board Game Making Camp for older kids and teens in July, a Story Walk on July 8th, and more. Check out the Library's Facebook page (Minot Air Force Base Library) for program details. The Base Library is challenging the base's squadrons to a competition to see which squadron participates the most in the Summer Reading Program. The squadron with the most active duty members participating in the Base Library's Summer Reading Program will receive an award certificate and the right to display the Summer Reading Program Squadron Trophy for a year. 705 MUNS won the competition in both 2014 and 2015, and 742 MS won the competition in 2016. The Summer Reading Program will end with a wrap-up party at 1:00 PM on Saturday, August 12. Last year, Minot AFB logged more reading time than any other base in the Air Force (1.9 Million minutes). For more information, call the Base Library at 723-3344.





UPGRADE OUR SIGNATURE CRUST WITH FRESH MOZZARELLA FOR \$1/MEDIUM, \$1.50/LARGE

Library will receive a t-shirt.

It doesn't matter what you read or how quickly you can read it; what matters is the amount of time you spend reading. Any reading improves literacy and studies show that children who read recreationally out-perform those who don't.

There are a lot of prizes available for readers to earn including prizes for reading a particular number of hours and opportunities to win grand prizes. Participants can earn grand prize drawing slips by reading or by earning badges by participating in particular activities like attending library programs, making things, participating in a variety of competitions at the library, and more. Each age group has its own badge-book that specifies which and how many badges can be earned for each activity. Prizes have been provided by the DoD and through sponsorship from the Minot AFB Officers' Spouses' Club. *No Federal Endorsement of Sponsors Intended.* 



### CLUB MEMBER DRAWING ON FRIDAY, JUNE 2nd WILL BE FOR \$2,000.

You must be present to win. Become a club member today to qualify. Simply visit Rockers Bar & Grill or the Jimmy Doolittle Center to obtain your application. The next weekly club member drawing will be held on Friday, June 2 at Rockers Bar & Grill and the Jimmy Doolittle Center. Drawing time varies each week between 5:30-6:30 p.m.

### FAMILY and YOUTH EVENTS & PROGRAMS

### Kids Bowl Free Program

Children 15 years of age and under at Minot AFB can now sign-up for 2 FREE games of bowling per day from now - September 4, 2017. Rough Rider Lanes is participating in the Kids Bowl Free program which allows children to sign up at no charge to receive the free games. Simply visit the www.kidsbowlfree.com website to register your child. Then you will receive your free bowling passes each week via email. Members may use the coupon on any electronic device or print the coupon for presentation to the center. Shoe rental is not included. Each family will have the opportunity to purchase a "Family Pass" directly from the website for \$28.95 that allows 4 additional family members over the age of 15 to receive coupons for 2 free games of bowling per day all summer. For additional details, call Rough Rider Lanes at 727-4715.

### Youth Outdoor Soccer Registration

The Youth Center is holding Youth Outdoor Soccer registration for Youth Center members 3-12 years of age from May 1-31. Cost is \$30 for Smart Start ages 3 & 4 and \$40 for youth ages 5-12. Youth Center membership and a current immunization record and sports physical must be on file to register. The Youth Outdoor Soccer season begins August 1. For more information, please call the Youth Center at 723-2838.

# Jun 1 Kids Summer Bowling

Enjoy the summer fun at Rough Rider Lanes during the Kids Summer Bowling special from June 1 through July 31. Children ages 17 and under can bowl for \$2 per game and receive FREE shoe rental. The offer is valid Monday though Friday from 9 a.m. to 2 p.m. For more details, call Rough Rider Lanes at 727-4715.

### Jun 5 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 New Provider Pre-Orientation at the Family Child Care office on June 5 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 more details, please call the Family Child Care office at 723-6662.

### Every Tues 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. Call 727-4377 for more information.



### May 27 Memorial Day Golf Scramble

The Rough Rider Golf Course is hosting the Memorial Day Scramble on May 27 beginning at 9 a.m. This 18 hole, four person scramble is sponsored by Minot Automotive Center. Entry fee is \$30; green fees and cart rental not included. The tournament is limited to the first 20 teams to sign up. Call 723-3164 for more details. *No Federal Endorsement of Sponsor Intended.* 



Come and show off your talent during Friday Night Karaoke at Rockers Bar & Grill on June 2 from 8 p.m. to close. Sing solo, do a duet, or grab a group! Rockers has a great karaoke selection for your enjoyment. Gather up your friends and enjoy all of the fun. For additional information, contact Rockers Bar & Grill at 727-ROCK.

### Jun 5 Off-Base Budget Classes

Planning to move off base? Are you ready to manage the costs? The Airman & Family Readiness Center is hosting an Off-Base Budget Classes on June 5 from 2:30-4 p.m. Airmen will obtain important information on leases, military clauses, renters insurance, and complete a budget worksheet. Attendees should bring their current LESs and have knowledge of their bills. Call the Airman & Family Readiness Center at 723-3950 to register or for additional information. Outdoor Recreation is hosting a 3D Outdoor Archery Tournament at the Outdoor Archery Range on Saturday, June 17. Registration and California start is scheduled from 9-11 a.m. Come shoot our 15 - 3D Rinehart target range and see how you stack up against the competition. Non-competitive categories include Cubs, Youth, Men's, Women's, and Traditional. Entry cost per shooter is \$5. For more details, call Outdoor Recreation at 723-3648. Jun 23 *Whitewater/Zip-Line Trip* 

Enjoy some adventure during the Whitewater/Zip-Line Trip to Montana with Outdoor Recreation on June 23-26. Price includes bus ride to and from Bozeman, MT, a full day of rafting, a night of camping in the mountains, zip-lining over the Gallatin River, and two nights lodging at the Western Heritage Inn. Registration deadline is June 16. For costs, call Outdoor Recreation at 723-3648. May 29, 2017 Dakota Inn Dining Facility 1030-1330

FLY

Honey BBQ Chicken Sesame Ginger Pork Chop Texas BBQ Beef Brisket

Savory Baked Beans Corn on the Cob Sautéed Green Beans Farmhouse Potato Salad Watermelon AND MUCH MORE!

Visit our website at www.5thforcesupport.com



# Articles 15

MINOT AIR FORCE BASE LEGAL OFFICE | MINOT AIR FORCE BASE PUBLIC AFFAIRS

INOT AIR FORCE BASE, N.D. A vast majority of members of Team Minot will never have to experience the nonjudicial punishment process pursuant to Article 15 of the Uniform Code of Military Justice (UCMJ). However, it is important for members to understand the different types of misconduct that can warrant non-judicial punishment and how commanders can punish offenders.

Under Article 15 of the UCMJ, all commanders may initiate non-judicial punishment. A member offered non-judicial punishment has the right to accept the punishment or demand trial by courtmartial. If the member accepts the Article 15 process they are provided an opportunity to respond before guilt and punishment are determined by the Commander.

After the Commander reviews the member's response, the circumstances of the offense, any factors in mitigation or extenuation and the member's history of misconduct (if any), the Commander will then determine guilt or innocence and if found guilty an appropriate punishment.

The maximum punishment for an Article 15 action depends on the rank of the member being punished and the rank of the officer imposing punishment. Typical punishments include, but are not limited to, reduction in rank, forfeitures of pay, extra duties, restriction to base, and a reprimand. Officers cannot be demoted in rank.

The Commander can also choose to suspend a

A Staff Sergeant from the 5th Maintenance Group received a reduction to the grade of Senior Airman, suspended, 14 days of extra duty, and a reprimand for one specification in violation of Article 134, Drunk and disorderly.

A Staff Sergeant from the 5th Maintenance Squadron received a reduction to the grade of Senior Airman, forfeiture of \$1,216.00 pay per month for two months suspended, 45 days of extra duty suspended, and a reprimand for one specification in violation of Article 134, Adultery.

A Staff Sergeant from the 5th Maintenance Squadron received a reduction to the grade of Senior Airman, suspended, 45 days of extra duty, and a reprimand for one specification in violation of Article 134, Drunk and disorderly.

An Airman First Class from the 5th Logistics Readiness Squadron received a reduction to the grade of Airman, forfeiture of \$896.00 pay per month for two months with one month suspended, 30 days of restriction to the limits of Minot Air Force Base with 15 days suspended, and a reprimand for one specification in violation of Article 86, Failure to go and one specification in violation of Article 107, False official statement.

An Airman First Class from the 5th Maintenance Squadron received a reduction to the grade of Airman, forfeiture of \$896.00 pay per month for two months suspended, 45 days of extra duty suspended, and a reprimand for one specification in violation of Article 86, Failure to go and one specification in violation of Article 134, Drunk and disorderly.

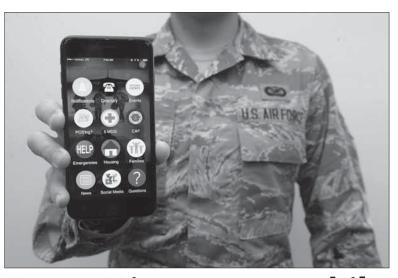
An Airman First Class from the 5th Security Forces Squadron received a reduction to the grade of Airman Basic suspended, forfeiture of \$799.00 pay per month for two months suspended, and a reprimand for one specification in violation of Article 92, Dereliction of duty.

An Airman First Class from the 5th Security Forces Squadron received a reduction to the grade of Airman, forfeiture of \$896.00 pay per month for two months suspended, and a reprimand for one specification in violation of Article 92, Dereliction of duty.

An Airman First Class from the 91st Missile Maintenance Squadron received a reduction to the grade of Airman, suspended, forfeiture of \$896.00 pay per month for two months, and a reprimand for one specification in violation of Article 80, Attempt to photograph the private area of another person, and one specification of Article 107, False official statement.

An Airman First Class from the 91st Missile Security Forces Squadron received a reduction to the grade of Airman, forfeiture of \$896.00 pay for one month, suspended, and a reprimand for one specification in violation of Article 121, Larceny.

An Airman from the 705th Munitions Squadron received reduction to the grade of Airman Basic, suspended, forfeiture of \$799.00 pay for one month, suspended, 30 days of extra duty, and a reprimand for one specification in violation of Article 86, Failure to go.



# Team Minot goes mobile

MINOT AIR FORCE BASE PUBLIC AFFAIRS

INOT AIR FORCE BASE, N.D., -- The Public Affairs team here has developed a free mobile application to provide real-time updates and resources to Minot Air Force Base personnel, their families and community members.

Team Minot Mobile was officially released to the public on Apple and Android markets May 1, 2017.

If you are sponsoring a new troop to your unit, this app is great for providing information and resources about families, Comprehensive Airman Fitness, the 5th Medical Group and permanent change of station information, not only for incoming but outbound Airmen too.

The app features an updated directory with frequently contacted organizations, to include: emergency services, the Airman and Family Readiness center and various eating establishments.

To keep Team Minot informed on ongoing events, an events tab is continuously updated by RSS feeds with information from organizations such as the 5th Force Support Squadron, Outdoor Recreation, and Information, Tickets and Travel.

The news tab also provides readers with links to current Minot AFB, Air Force Global Strike Command, and Air Force stories.

In addition to those resources, the app offers push notifications for road condition changes, weather delays and other important operational updates.

To download the free app on the Apple App Store or Android Google Play Store, search "Team Minot Mobile" and install the application with the Team Minot logo.

For questions, email v35bw.pa@us.af.mil.

The Team Minot Mobile application is now available for download for Apple and Android devices. This application provides real-time updates and resources for Minot Air Force Base personnel, their families and community members.

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





North Dakota RV Dealer

portion of the punishment. The suspended punishment acts as a probation period for no more than six months. If the member commits further misconduct, the suspended punishment can be vacated, meaning the suspended punishment will immediately take effect.

For the month of April, the Minot AFB Legal Office processed ten Article 15s. Listed below are short summaries of the cases to inform the base community of the types of conducts which can be appropriate for nonjudicial punishment and the potential severity of punishment.



#1 Motor Home, Towable & Toy Hauler RV Sales

**3000 14th Ave SW • Minot, ND** Hours: Monday - Friday 8:00 am - 5:00 pm Saturday 8:00 am - 2:00 pm **701-838-4343 • 800-488-7896** www.capitalrv.com



### TODAY

• Memorial Day Holiday Weekend Hours of Operation, Federal Holiday, For detailed 5th Force Support Squadron facility hours for the Memorial Day holiday weekend period of May 26-29, visit www.5thforcesupport.com

- Body Shred, 0645, Fitness Center
- Fit Family Boot Camp, 0930, Fitness Center
- Fit to Fight, 1100, Fitness Center
- Climbing 101, 1200, Fitness Center

### SATURDAY

 Memorial Day Golf Scramble, 0900-1500, Golf Course

- Jiu Jitsu Training, 1100, Fitness Center
- Chess Club, 1100, Base Library

• Warrior High Intensity Cardio, 1130, Fitness Center

### SUNDAY

- Zumba, 1400, Fitness Center
- Yoga, 1500, Fitness Center

### MONDAY

 Memorial Day, Federal Holiday, For detailed facility hours, visit www.5thforcesupport.com

• Dakota Inn Lunch Special, 1030-1330, Dakota Inn Dining Facility

### **TUESDAY**

• Last day to register for Operation HEROES at Airman & Family Readiness

• Strength 101, 0800, Fitness Center

 Career Technical Training Workshop, 0800-1600, A&FRC, Held at the Education Center

• Jump Up! Youth Camp, 0900-1115, Youth Center

- Game Day, Every Tues, 1000-1930, Library
- Cycle/Yoga, 1130, Fitness Center
- TFL 101, 1130, Fitness Center
- Family Fun Night, Every Tues, 1700-2100, Rough Riders Pizza
- Jiu Jitsu Training, 1800, Fitness Center (18 & Older)
  - Urban Boot Camp, 1830, Fitness Center
- Cycle, 1930, Fitness Center

### WEDNESDAY

· Last day to register for Youth Outdoor Soccer at the Youth Center

• Last day to submit photos for the 2017 Air Force Photo Contest

• Last day to register for the June US Kids Golf Session at Rough Rider Golf Course

- Youth Center Karate Classes, Various Times, Youth Center
- Warrior High Intensity Cardio, 0800, Fitness Center

 Career Technical Training Workshop, 0800-1600, A&FRC, Held at the Education Center

- Club Member Benefit, Every Wed, 0900-1400, **Bowling Center** 
  - Story Time, Every Wed, 1030, Base Library
  - Cycle & Core, 1100, Fitness Center
- Pre-Deployment Readiness Training, Every Wed, 1300-1400, A&FRC



- 4-H Club, 1600-1700, Youth Center
- Members Wind Down Wednesday, Every Wed, 1630, Rockers Bar & Grill
- Boss and Buddy Draft Special, 1630, Rockers Bar & Grill
- H2O Fitness, 1645, Indoor Pool (located at Fitness Center)
- Cize, 1730, Fitness Center
- Jiu Jitsu Training, 1800, Fitness Center (18 &
- Older)
  - Yoga, 1830, Fitness Center

### THURSDAY

• Kids Summer Bowling Special begins at Rough Rider Lanes

• Hard Core Strength Muscle Pump, 1130, **Fitness Center** 

- Strength 101, 1230, Fitness Center
- Reintegration Briefing, Every Thurs, 1300-1400, A&FRC
- Members 2 for 1 Appetizers, 1700-1900,

Rockers Bar & Grill

• Zumba, 1730, Fitness Center

- Jiu Jitsu Training, 1800, Fitness Center (18 & Older)
- WWE Summer Bowling League, 1830, Bowling Center

• Hard Core Strength/Muscle Pump, 1830, Fitness Center

### **UPCOMING EVENTS - JUNE 2**

· Last day to register for Base Camp at Outdoor Rec

- Fit Family Boot Camp, 0930, Fitness Center
- Torch Club, 1600-1700, Youth Center

• Friday Friday, 1600-2100, Buffet served 1600-1800, Jimmy Doolittle Center

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

• Club Member Cash Drawing, 1730-1830, Rockers Bar & Grill and the Jimmy Doolittle Center

• Give Parents A Break, 1800-2200, Child Development Center/School Age Program

- Youth Cooking Classes, 1830, Youth Center
- Keystone Club, 1830-1930, Youth Center
- Karaoke, 2000, Rockers Bar & Grill

• Lights & Strikes Bowling, Every Fri, 2100-2400, Bowling Center

### **UPOMING EVENTS - JUNE 3**

• Operation HEROES 2017, 0900, Hosted by A&FRC, Held at the Youth Center

• Operation HEROES Reintegration Party, 1215, Youth Center

• Get up. Get out. Get Fit Together Bowling, 1700-2000, Bowling Center

• Fight Night: UFC 212 – Aldo vs Holloway, Prelims 1900, Main Card 2100, Rockers Bar & Grill

• Saturday "Bowl the Night Away" with Lights & Strikes, 2000-2400, Bowling Center

### ONGOING EVENTS

• Operation HEROES Registration is Open NOW, Spouses & children can experience firsthand the deployment process their Active Duty member goes through. There will be FREE backpacks, dog tags and food at the Reintegration party following the mock deployment. Register at Airman & Family Readiness Center or call 723-3950.

 Summer Reading Program, Looking for Sumer fun? This year's "Read by Design" Summer Reading Program is a Minot AFB favorite! Readers can log books read between June 10th-Augst 12th to win prizes. It is open to all ages and kicks off on June 10th at the Base Library. • US Kids Golf, Get your child on the green with US Kids Golf. Students will receive a set of golf clubs, instruction by an experience golf instructor and on-course experience. Sessions are June 12-23 (Register by May 31), July 10-21 (Register by June 30) & August 7-18 (Register by July 27). For more information or to register contact the Golf Course at 723-3164. • Rough Riders Monthly Pizza Special May Special - Philly Cheesesteak Pizza Alfredo based pizza topped with steak meat, green peppers, onions, mushrooms, provolone & mozzarella cheese and finished with a touch of garlic salt. June Special – Spicy BBQ Chicken Pizza Chopped chicken marinated in our tangy BBQ sauce and seasoned with Cajun & red pepper flakes on a BBQ base & loaded with chopped onion, pineapple, & green pepper. Finished off with cheddar & mozzarella cheese – this one is sure to please! Small: \$11 Med: \$15 Large:

### September 27-30, 2017 Norsk Høstfest

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TRINITY Minot Daily News **OKX**News **D**SRT **D**AKOTA **M**ARKETPLACE.COM

\$17- Members receive \$2 off any pizza Try it on a Panino! \$8.25 meal – includes side & drink B-Fifty Brew Drink Special Strawberry & Mango Blended Lemonade May Special – Grab yourself or a friend the thirst quenching blended lemonade with strawberry & mango syrup! Tall \$4.50 Grande \$5.00 Venti \$5.50 Orange Creamsicle June Special – Take a trip back to your childhood with this blended drink! Orange Juice, Milk & Crème blended with orange syrup and vanilla bean then topped with whipped cream – it's to die for! Tall \$4.50 Grande \$5.00 Venti \$5.50

### PARK UNIVERSITY SUMMER 2017 REGISTRATION IS NOW OPEN!!

Park University's Summer term (June 5, 2017-July 30, 2017) 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!!!!

### CENTRAL MICHIGAN UNIVERSITY AT MINOT AFB

CMU specializes in master level degrees. CMU offers a military discount to active duty, spouses, and federal employees. The Spring I term for face-to-face at Minot AFB, starts January 13 to February 25, 2017 (only meeting two weekends) Classes will meet Fridays, 5-10pm and Saturdays 8:00am-3:30pm. Online classes starts January 9 to March 3, 2017. We are always looking for local instructors in the Minot area. The candidates must have a Ph.D. or a terminal degree. If you have any questions or want more information about our programs or faculty opportunities, please stop by the office M-F: 8am-4:30pm located at the Education Building, 156 Missile Ave. #219, or call us at 701-727-5535 or email minot.afb@cmich.edu .

### EMBRY-RIDDLE AERONAUTICAL UNIVERSITY IS NOW REGISTERING FOR THE SUMMER 2017 term (29 May-30

Jul). 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.

### STORY TIME 05/25/2017 10:00 AM

Main Street Books; 8 Main Street South. Come and enjoy Storytime at Main Street Books on Wednesdays. We will be singing and reading and rhyming with your children during the 10:00 AM storytime for ages birth - 4yrs. and the 11:00AM storytime for ages 4+. All ages are welcome to both half hour story sessions. See you here!

### STORY TIME THURSDAYS@10:00 AM

Ward County Public Library. Come enjoy story time and activities at the Ward County Public Library on Thursdays at 10 am. For more information, please contact the library at (701)852-5388.

### MAGIC 60 5/25/2017 5:30 PM

Central Campus Auditorium. In an effort to engage community members in improving Minot, the Minot Young Professionals and United Community Bank have partnered to provide \$7,500 for 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 able to be completed within sixty days of funding and must benefit the community.

Playdough and fun toys will be set up for the kids. A parent or guardian must be present the entire time. For more information, please contact the library at (701) 852-5388.

# GAME ON! FRIDAYS @ 4:30 PM & SATURDAYS @ 10:00AM

Ward County Public Library. The Ward County Public Library will be offering gaming systems every Friday from 4:30 pm to 6:30 pm and Saturdays from 10 am to 1 pm starting April 21st. The last day will be June 3rd. We will have a Wii and an Xbox 360 with Kinect. Bring your friends because we are sure to have a fun time! For more information, please contact the library at 701-852-5388.

### STORY TIME AND CRAFT WITH BECCA SATURDAYS @ 10:30 AM

Main Street Books 8 Main Street South. Come and enjoy Themed Stories and Crafts at Main Street Books on Saturdays. We will be reading with your child at 10:30 am, followed by a matching craft! Don't miss the fun! Children of all ages welcome!

#### MINOT AREA TEAM WELLNESS -WALK MINOT MONDAY 5/29/2017 6:30 PM

In honor or Memorial Day, Minot Area Team Wellness encourages you and your family to take a walk on this day; take pictures; and upload a picture of your family walk to our facebook page.

### YOUTH CONNECT MINOT 5/31/2017 10:00 AM

Hyatt House. Connect Minot is a free monthly meet-up designed to educate, inspire, and connect entrepreneurs in the Minot area. The month of May we are encouraging youth to come and be part of the audience! As a service to our community, we believe firmly that when passionate business managers, owners, entrepreneurs and people who invest in our community build strong connections with one another, positive connections will drive growth.

### PATH FOSTER CARE MEET N' GREET & SUMMER SAFETY EVENT 5/31/2017 10:00 AM

Minot PATH Office: 1425 21st Ave NW Suite A. PATH Inc. of ND, a treatment foster care and family service agency, will be hosting a "Meet and Greet" on Wednesday, May 31st, 2017 from 10 am- 3 pm at 1425 21st Ave. NW in Minot. This is a kid friendly event in collaboration with local law enforcement agencies and the rural fire department that will provide information to children regarding summer safety. PATH staff and foster parents will be on hand to discuss the need for foster parents in the state and answer questions you may have about becoming a foster parent. Refreshments and food will be provided. We hope to see you there!

### STORY TIME WEDNESDAYS @ 10:00 AM

Main Street Books; 8 Main Street South. Come and enjoy Storytime at Main Street Books on Wednesdays. We will be singing and reading and rhyming with your children during the 10:00 AM storytime for ages birth - 4yrs. and the 11:00AM storytime for ages 4+. All ages are welcome to both half hour story sessions. See you here!

### TECH ED AT THE PARKER 6/01/2017

**10:30 AM** Parker Senior Center. Come get all your technology questions answered by the knowledgeable staff of the Minot Public Library. Classes are held at the Parker Senior Center from 10:30 am - 12:00 pm the first Thursday of each month. Please contact either Brendan or Josh at 701-852-1045 with any questions.

### **CREATIVE NIGHT OUT 6/01/2017**

**5:30 PM** Downtown Minot. Creative Night Out brings the diverse talents of the community to downtown Minot, running on the first Thursday of each month through September. Each month will feature three creative types whether its music, poetry, dance, storytelling or visual arts this event has something for everyone. The events will start at 5:30 PM where locals will stop in at our creative participating retail "hot spots" where you will enjoy music, snacks, sale specials, and artist demonstrations.

Nationally approved, medically accurate training program designed for 11 years old and older.



# 2017 Summer Class Schedule May 31 • June 12 • June 27 • June 29 July 10 • July 13 • July 17 • July 20 • August 3

Safe Sitter<sup>®</sup> teaches adolescent babysitters how to handle crises, how to keep their charges secure, and how to nurture and guide a young child. Safe Sitter<sup>®</sup> babysitters help children stay safe and sound while their parents are away. In the process, these 11 years old and older emerge as more confident, responsible and compassionate teens and adults.

# PRESCHOOL PLAYDOUGH CLUB 5/26/2017 10:30 AM

Ward County Public Library. Come and enjoy playdough at the Ward County Public Library.

During this one-day course, students listen, practice, role-play—and learn an array of topics including:

• Choking and CPR

• The business of babysitting

• Safety for the sitter • Accident management

HEALTH

• Child development • CPR

All classes are held 8:30 am to 3:30 pm

Trinity's Health Center – Riverside, Education Center, 1900 8th Avenue SE

Due to the high demand for this class, the course fee of \$50 must be paid in advance. Please register by calling the Trinity Health Community Education Department at 857-5099 and then mail your check (payable to Trinity Health) to Trinity Health Community Education, P.O. Box 5020, Minot, ND 58702. Payment must be received in advance to confirm your participation in the course.

## **The Souris Valley Animal Shelter** announces \$150,000 in matching funds

SOURIS VALLEY ANIMAL SHELTER

inot, ND, May 18, 2017 – A month after their success with An Evening to Paws and their announcement of a Capital Campaign to expand and rebuild the shelter, the Souris Valley Animal Shelter has received a guaranteed \$150,000 to be used to match future donations.

The Souris Valley Animal Shelter is seeking donations to help provide a much needed expansion and remodel of the shelter. Phase 1 of the project will expand the shelter by nearly 7,000 square feet and include an almost 1,500 square foot multipurpose room, a doggie daycare and groomer, expanded kenneling space separating cats and dogs, a cat patio, and a special overflow room. The total cost for the first phase will be \$1,487,475 of which we have raised \$388,000.

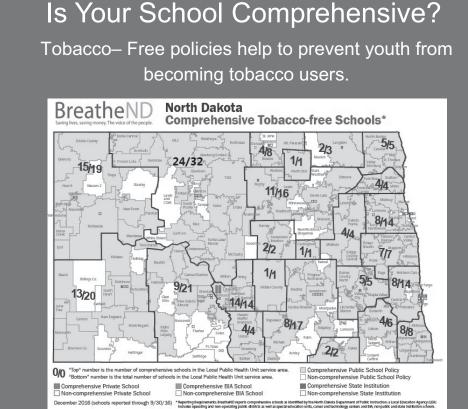
With the generous matching funds from a contributor who wishes to remain anonymous, every dollar you donate to SVAS will be matched turning every \$1 into a \$2 donation



to our campaign. Thanks to this contribution we can boost our campaign funds an additional \$300,000, but we need your help to get there! Please "help us... help them" and donate to this important cause, knowing that your donation will be doubled to help the Souris Valley Animal Shelter achieve its goals and expand its impact as a

community resource for Ward County and beyond.

To donate, visit our website, www.svaspets. com, and click on the Capital Campaign tab. You can also text the amount of your donation to (701) 402-3002 (always include area code) and follow the instructions. Please contact Randy at (701) 852-6133 with any questions.













Congratulations to the following school in the First District Unit Area for protecting the students with a comprehensive tobacco-free policy:

Anamoose • Bottineau • Bowbells • Kenmare • Max • McClusky • MLS • Nedrose • Newburg • Powers Lake • South Prairie • Surrey United DLB • Velva • Washburn • Westhope •

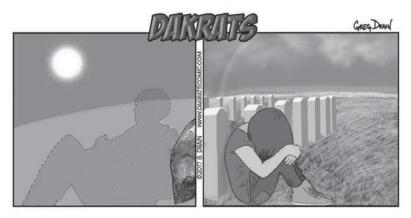
For more information on how your school can adopt a comprehensive tobacco-free school policy, contact First District Health Unit

701-852-1376

### 91SFG trains for Global **Strike Challenge**

MINOT AIR FORCE BASE, N.D., -- Members of the 91st Security Forces Group trained for Global Strike Challenge April 1-May 15, 2017 at Minot Air Force Base and Camp Grafton South, Devil's Lake, North Dakota. The 91st SFG GSC team trained in preparation for the upcoming competition which challenges security forces tactics, job knowledge and weapons firing. The team also practiced physical fitness with buddy and litter carries and a Humvee push.

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



## CHURCHDIRECTORY











# **CLASSIFIEDS**

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#### THE CHAPEL IS SEEKING A **"PROTESTANT HOSPITALITY** COORDINATOR" to

coordinate fellowship meals for the Protestant Parish. A two or four year degree in a field related to church ministry or two years of work experience (paid or volunteer) as a Fellowship Coordinator, Hospitality Coordinator, Parish Coordinator or related field is preferred. No demonstration of skill is required. If interested, please obtain a copy of bid documents at the Northern Lights Chapel. Resumes and sealed bids are due NLT 9 June 2017 by 1630 and can be submitted to SrA Gamble at the Northern Lights Chapel (723-2456). Basis of the Contract Award is "Best Value" to the government. Contractor must complete a background check in accordance with DoDI 1402.5.

22W

22W

THE CHAPEL IS SEEKING **A "PROTESTANT PARISH** COORDINATOR" to oversee coordination of Protestant community ministries. A two or four year degree in a field related to church ministry or two years of work experience (paid or volunteer) as a Fellowship Coordinator, Hospitality Coordinator, Parish Coordinator or related field is preferred. No demonstration of skill is required. If interested, please obtain a copy of bid documents at the Northern Lights Chapel. Resumes and sealed bids are due NLT 9 June 2017 by 1630 and can be submitted to SrA Gamble at the Northern Lights Chapel (723-2456). Basis of the Contract Award is "Best Value" to the government. Contractor must complete a background check in accordance with DoDI 1402.5.



Basin Electric and its subsidiary, Dakota Gasification Company, making careers out of jobs. Not only do we offer competitive salaries, we also offer an incredible benefits package.

**Basin Electric Power Cooperative** 

**HELP WANTED** 

- · Enterprise Database Administrator I, II, or III Bismarck, ND
- · Sales Executive Chemical Markets Bismarck, ND
- · Sales Account Associate Bismarck, ND

For job details, go to jobs.basinelectric.com Questions? Call 701-557-5603 or 701-557-5402

Dakota Gasification Company - Beulah, ND · Environmental Specialist

· Protection Services Specialist

For job details, go to jobs.dakotagas.com Questions? Call 701-873-6896

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

Tribune

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

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31w

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



NOW TAKING ORDERS FOR PRE-PAID GARDEN SHARES. ENJOY 10-12 WEEKS OF chemical free, fresh, locally grown vegetables delivered to MAFB. Full share \$325; Half Share \$163. Call or text Vera at 833-1432 for more details. 21w

23w

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UTILITY TRACTOR 2014 **COYOTE** (made by Bobcat) 73hp. Front end loader with grab fork, 3pt. hitch, extra hydralics, cab with heat & AC and many other features. Call 701-391-7954 for price and more information.

LOT FOR SALE Nedrose township - easy access to Minot - paved street - school bus route. Call 721-8389.





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MANAGEMENT OF RENTAL

HOMES & APARTMENTS.



#### -3 BDRMS, 2 1/2 BATHS, DOUBLE ATT.

-Beauty of a yard in Westhope! -Priced to sell! \$109,900 MLS #162052 Call Holly Nelson, 701-833-2185 Century 21 Action Realtors

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### HOUSE FSBO

#### FOR SALE BY OWNER

3 bedroom, 2 1/2 baths, family home near school. 1250 sq ft on main floor. Partially finished basement. 1718 5th Ave SW. \$219, 900 or make an offer.

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Place a display ad in the Northern Sentry For more information call 839-0946 or visit us at 315 S Main St. Suite 202 (inside the front doors of the Main Medical building) or email nsads@srt.com.



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Lansford. The home has 3 bedroom 1.5 baths, laundry 2 stall garage shon



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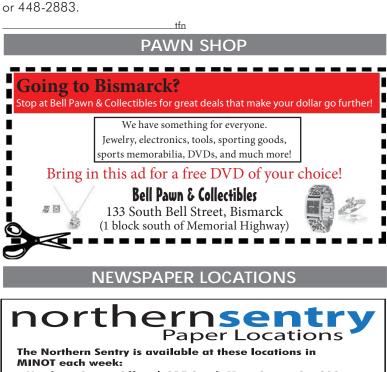
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\$114,500 - Velva

"Small Town Living". A look at this neat 3 bedroom, single bath, remodeled home with new floorings wil have you convinced! Across from the school and



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  - Gas Station **25 Burdick Express**



# Such sacrifice through valor made,

A debt too deep to be repaid,

From their courage freedom born,

To remember them the poppy worn.



Memorial Day 2017

#PoppyInMemory

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