

northern sentry

FREE | VOL. 56 • ISSUE 16 | WWW.NORTHERNSENTRY.AFB.MIL | TUESDAY, APRIL 20, 2018



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Minot AFB



Videos

5th CES: Installation powerhouse

AIRMAN 1ST CLASS DILLON J. AUDIT | 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. -- Airmen from the 5th Civil Engineer Squadron often brave hazardous situations when accomplishing seemingly-simple tasks such as changing a light bulb, 50 feet in the air.

The 5th CES electrical shop performs these type of tasks to help maintain electrical systems for various locations around Minot Air Force base.

"There are a lot of aspects to the mission that wouldn't be able to get done without electricity," said Senior Airman Todd Pitsch, 5th CES electrical systems journeyman.

Covering a large area within the installation, the 5th CES electric shop is composed of six sections including exterior and interior lighting, fire alarm teams, cathodic and lighting protection and airfield lighting teams.

These six sections help divide and organize the work load on Airmen assigned to

the electric shop.

The exterior section maintains the buildings' and parking lot lights, head bolt heaters and the Weapons Storage Area's electrical grid. The interior section repairs electrical circuits, such as bad ballasts, malfunctioning breakers, bad wiring, and tripped circuits.

Fire alarm section, is responsible for installing and testing fire alarms around the base. The cathodic protection section prevents rust degradation to underground systems at the Missile Alert Facilities and other buildings on base.

To ensure the missile and bomber wings continue their daily mission, the shop works 24/7 and are always available to repair and electrical equipment.

The two other sections include the lighting protections and airfield maintainance. The lighting protection section prevents lightning strikes to buildings using rods to redirect electricity. While the airfield lighting maintains and repairs airfield lights, they replace

bad-light fixtures and all broken signs on the airfield, their mission helps guide the B-52H Stratofortress pilots during takeoff and landing.

These shops are major players in providing power to approximately 300 buildings on base.

"We support the mission through preventative maintenance and upgrading current electrical systems," said Staff Sgt. Zachary Smith, 5th CES electrical systems craftsman.

According to Smith, who has been stationed at Minot for eight years, one of the biggest things they accomplish are interior and exterior electrical systems. From garage doors to light fixtures, fire alarm systems, the Weapons Storage Area, the airfield and more.

"The electric shop receives job taskings from facility managers and prioritizes them based on what's mission essential," said Smith. "Additionally, teams go out to a MAF to accomplish weekly maintenance."

In addition to job taskings and weekly maintenance



U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS DILLON J. AUDIT

Senior Airman Todd Pitsch, 5th Civil Engineer Squadron electrical systems journeyman, inspects a street lamp at Minot Air Force Base N.D., March 21, 2018. The 5th CES electric shop receives about 1,200 repair requests annually.

the 5th CES electrical shop makes sure the whole base has power.

"We cover the whole base and more," said Smith.

"We supply power from the substation all the way down to your desks and everywhere in-between."

Being an electrician can be a hazardous job. To ensure safety, the 5th CES electric shop always sends out two Airmen to complete all work requests.

"The risks of this job can range from electrocution,

shocks, electrical burns and potential arc blasts," said Smith. "We follow the Wingman concept to prevent an Airman from getting hurt."

Despite the risks they face daily, Pitsch finds satisfaction in the problem solving of electrical work.

"I love being an electrician," said Pitsch. "Looking at something that other people don't understand, without prior knowledge, and being able to troubleshoot and repair it fills me with pride."

Supervision Guidelines for Children

SHELLY CARBO | FAMILY ADVOCACY OUTREACH MANAGER

How many of you are aware of the North Dakota Child Supervision Guidelines? Minot Air Force Base enforces those guidelines as set forth by the state. They provide parents, caregivers and friends with information on what types of supervision must be provided for the varying age groups.

Becoming familiar with the supervision guidelines assists in maintaining the children's safety. Child neglect is a continued failure to provide a child with needed care and protection such as, but not limited to, inadequate supervision, nutrition, clothing/hygiene, failure to protect, abandonment and medical neglect. Therefore, parents and guardians are asked to familiarize themselves with supervision guidelines for North Dakota and Minot AFB to protect children from neglect and injuries.

Supervision of children is a critical point to safety as children do not have the same understanding or concept of danger as adults do. Children are curious, and part of being curious and learning is to explore. Unfortunately, there are many dangers around children, both seen and unseen.

In the military community, the child's welfare and safety is the responsibility of the parents and guardians - NOT the child, whether you live on- or off-base. With warmer weather coming, children are much more active and likely to be outside so we need to ensure the safety of the children.

The table below presents the minimum supervision guidelines with the one

difference to note being the age a child can be left alone in a vehicle on base. While the age a child can be left alone in a car on base is 12 years, downtown is nine. The keys must be removed and emergency brake applied until they are 12.

Remember, each child

is different. In addition to the minimum supervision guidelines, consider child-specific factors such as personality, developmental progress, environment and maturity when determining if the child is ready to accomplish activities with little or no

supervision.

The mission of the Air Force Family Advocacy Program is to build healthy communities by implementing programs designed for prevention and treatment of child and adult abuse. The Child Supervision Guidelines is one of the tools utilized to provide education and awareness in an effort to help keep children safe. The program at Minot AFB offers various prevention and treatment classes such as

parenting with love and logic, stress management, anger management, DADs 101, and couples' communication classes.

For further information about supervision guidelines and prevention/treatment classes, please contact the Family Advocacy Program at 701-723-5096. Remember, ensuring child safety is the responsibility of the parents and guardians. Supervision of a child is a key to their health and safety!

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TEAM MINOT AIRMEN RETURN HOME

Team Minot Airmen return to Minot Air Force Base, North Dakota, April 16 and 17, 2018, after an eight-month deployment to Southwest Asia. Members aided the B-52H Stratofortress flying mission in support of operations Inherent Resolve and Freedom Sentinel.

U.S. AIR FORCE PHOTOS | TECH. SGT. EVELYN CHAVEZ, SENIOR AIRMAN JONATHAN MCELDERRY AND AIRMAN 1ST CLASS DILLON J. AUDIT





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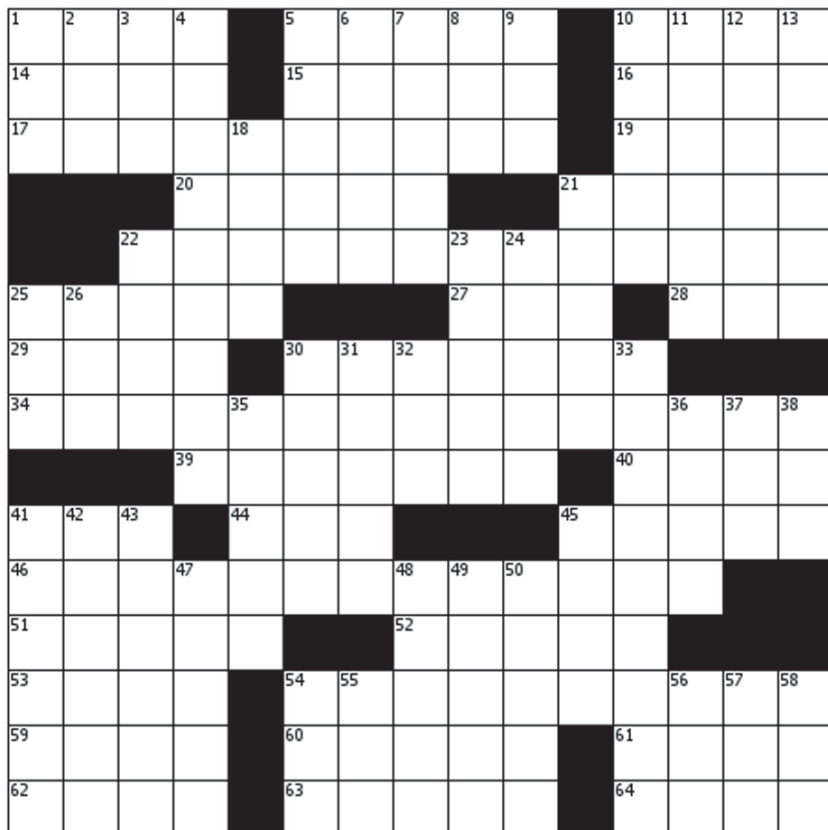
FACEBOOK

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CROSSWORD PUZZLE

Across

- 1. Dressing gown
- 5. Work through
- 10. Sail's spot
- 14. Shakespeare's stream
- 15. Lake near Carson City
- 16. Solemn ceremony
- 17. Admonish
- 19. Champagne type
- 20. Casting director's assignments
- 21. Botch
- 22. Repeatedly
- 25. Saul's successor
- 27. Comparative form of "-y"
- 28. Comic Bill, briefly
- 29. Calif. neighbor
- 30. Second first lady
- 34. Emphatic refusal
- 39. They have something to lose
- 40. Broadway Auntie
- 41. "Shoot!"
- 44. Heavy's heater
- 45. Word-guessing game
- 46. Proceeds with speed
- 51. Assumed name
- 52. Palm leaf
- 53. Tipplers
- 54. Mixed up
- 59. Gets
- 60. Garlic bulb
- 61. Jazz singer Anita
- 62. Without purpose
- 63. Hi-fi equipment
- 64. Townshend of The Who



Down

- 1. Rodent for the Pied Piper
- 2. Some gametes
- 3. ___ choy (Chinese cabbage)
- 4. Invigorated
- 5. Vodka brand, familiarly
- 6. Grainy, in a way
- 7. Tibet's capital
- 8. Columnist Marilyn ___ Savant
- 9. Comic strip cry
- 10. Underworld boss, slangily
- 11. Bird's buoyancy aid
- 12. Apartment type
- 13. Jackson Hole range
- 18. Grownup tadpole, perhaps

- 21. Sausalito's county
- 22. Tel ___
- 23. Mali neighbor
- 24. Loved ones
- 25. Veep before Al
- 26. "___ you getting this?"
- 30. Lend ___ (be willing to listen)
- 31. Midler of "The Rose"
- 32. "___ Got a Secret"
- 33. Hard yellow candy
- 35. Bobby of tennis spectacles
- 36. Fermenting tanks
- 37. Ambulance VIP
- 38. Classic auto
- 41. Graf's husband
- 42. Went alone
- 43. Harvey of "The Piano"
- 45. Hera's Roman counterpart
- 47. Impudent
- 48. "Flow gently, sweet ___"
- 49. Treasure cache
- 50. Errand runner
- 54. Columbus Day mo.
- 55. Curved Alaskan knife
- 56. HST follower
- 57. Chow down
- 58. Bar order

SUDOKU Solution to puzzle on page 10

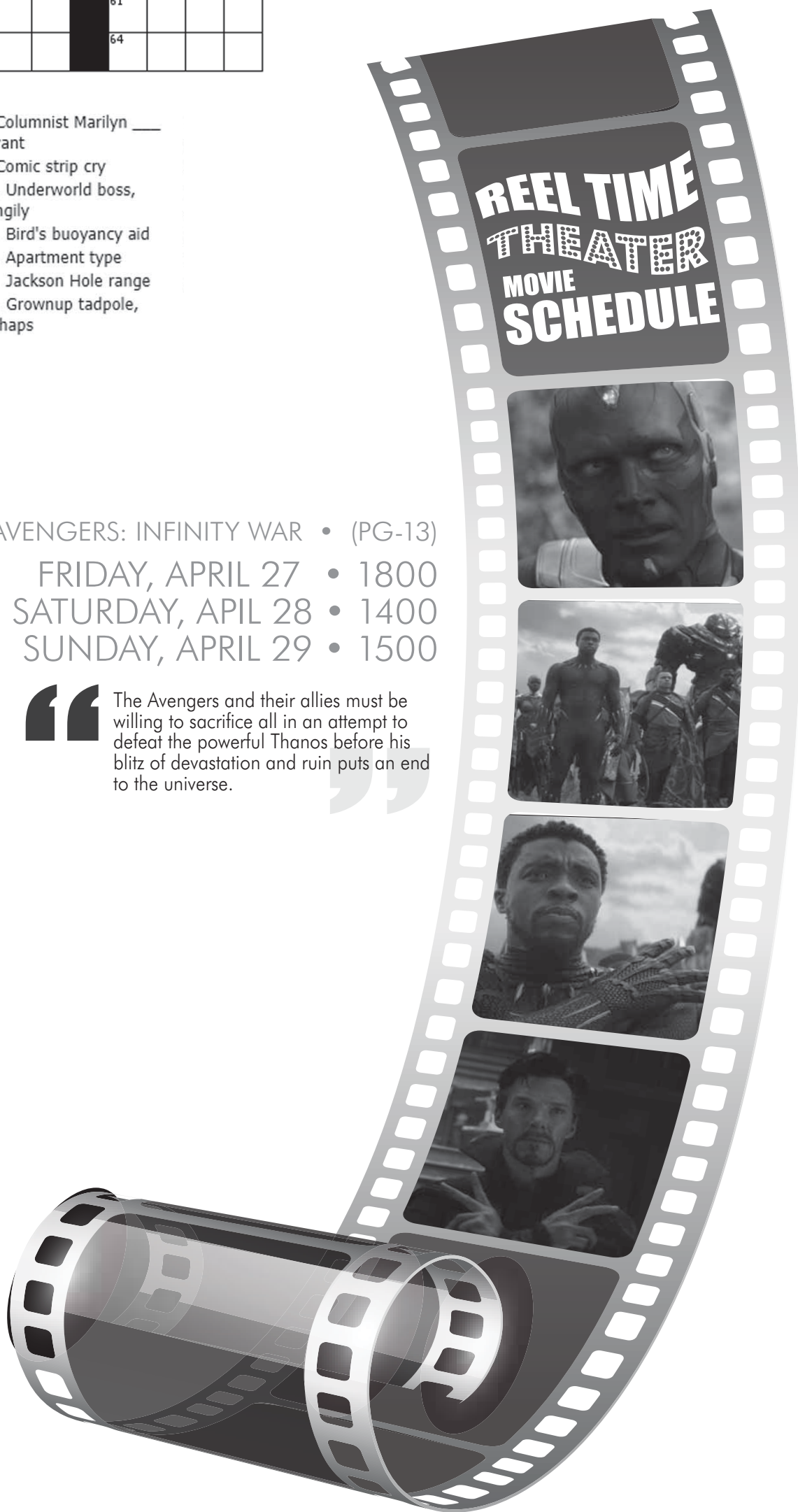
	1		2			3		4
			5				6	
		6		7				8
9			3			5		
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6				8		9		
	3				4			
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Solution to last week's Crossword puzzle.

M	A	D		T	W	E	R	P		H	E	M	A	N	
A	L	E		E	E	R	I	E		E	V	A	D	E	
N	O	M		R	I	G	O	R		R	I	C	E	D	
Y	O	U	V	E	G	O	T	M	A	I	L				
A	F	R	E	S	H			S	I	T		A	E	C	
			R	A	T	T	Y			R	A	F	F	L	E
A	S	P	S			H	O	L	Y	G	R	A	I	L	
T	H	A	I	S		E	G	O		E	A	T	A	T	
T	O	N	O	A	V	A	I	L			N	E	S	S	
A	V	E	N	U	E		S	L	A	C	K				
R	E	D		S	I	S			T	I	E	D	Y	E	
			S	A	N	T	A	F	E	T	R	A	I	L	
Z	E	L	I	G		A	D	L	A	I		L	E	V	
A	P	A	C	E		R	E	E	S	E		E	L	I	
G	A	W	K	S		K	N	E	E	S		Y	D	S	

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“The Avengers and their allies must be willing to sacrifice all in an attempt to defeat the powerful Thanos before his blitz of devastation and ruin puts an end to the universe.”





Buffalo Chicken Bowls



INGREDIENTS:

- | | |
|----------------------------------|---|
| Ingredients | 1 cup of your favorite buffalo sauce I use Franks |
| 2 cans corn | 1 TBS garlic minced |
| 2 cans black beans | 1 packet Hidden Valley Greek Yogurt Dressing |
| 3 avocados | 1 1/3 cups plain Greek yogurt |
| a pint of cherry tomatoes halved | 3 TBS milk |
| 6 chicken breasts | |

INSTRUCTIONS:

Cook chicken, garlic and hot sauce to slow cooker and cook on low for 6 hours or on high for 3 hours. When chicken is cooked through, shred it and set aside. In a separate small bowl mix together your Hidden Valley Greek Yogurt Dressing, Greek yogurt and milk and stick it in the fridge. Next, drain and rinse your corn and black beans and add them to a bowl. Rinse and half your cherry tomatoes and add them to the bowl as well. Lastly, dice your avocados and add them to the mix! Assemble your bowls by adding your veggie mixture, topping with chicken, and finishing them off with some healthy Greek yogurt ranch dressing!



Outdoor adventurers look to get outdoors

NORTH DAKOTA LEGENDARY

Longer days and warmer temperatures are on the way, making weekends perfect for outdoor activities and getaways. Abundant opportunities for hiking, biking and kayaking beckon outdoor adventurers. So get busy planning your North Dakota summer adventure.

The splendor of America's national parks never gets old. In fact, according to the National Park Service, America's national parks witnessed record-breaking visitation in 2016 and interest has remained high. Experience the rugged majesty of North Dakota's own Theodore Roosevelt National Park, which has captivated visitors for 40 years. Spend a day crisscrossing one of the park's many trails for exceptional vantage points of the awe-inspiring Badlands. Follow the paved

scenic drives in the north or south units for views of prairie dogs, bison and wild horses. Don't miss beloved attractions near the park, like Bully Pulpit Golf Course, the Maah Daah Hey Trail and the Medora Musical. <http://www.ndtourism.com/content/theodore-roosevelt-national-park>

A range of fishing, camping and boating adventures are easily accessible via North Dakota's state parks. Visitors enjoy the natural and historical aspects of life on the prairie at parks near Lake Sakakawea, Pembina Gorge, the Missouri River or Devils Lake. Check park listings for fun, family-friendly and educational events occurring throughout the summer. <http://www.parkrec.nd.gov/>

With more golf courses per capita than any other state, North Dakota is the perfect destination for your golf getaway. Craggy landscapes and lovely summer weather

provide an ideal backdrop to a day on the golf course with family and friends. <http://www.ndtourism.com/golf>

According to a recent report by Living Outdoors, paddle sports are one of the fastest growing outdoor activities at a rate of 26% per year. North Dakota's quiet and nature-rich waterways provide perfect options to get out and try it this summer. Rent a kayak, canoe or paddleboard at one of these legendary outfitters. <http://www.ndtourism.com/articles/paddle-north-dakotas-rivers-and-lakes>

Download our "Legendary" Adventure Video at https://ndtourism.photoshelter.com/download-page/D00001_7iPcpX5UY.

These are just a few of North Dakota's outdoor adventures. For more information, go to NDtourism.com or phone 701-328-2525 or 800-435-5663.

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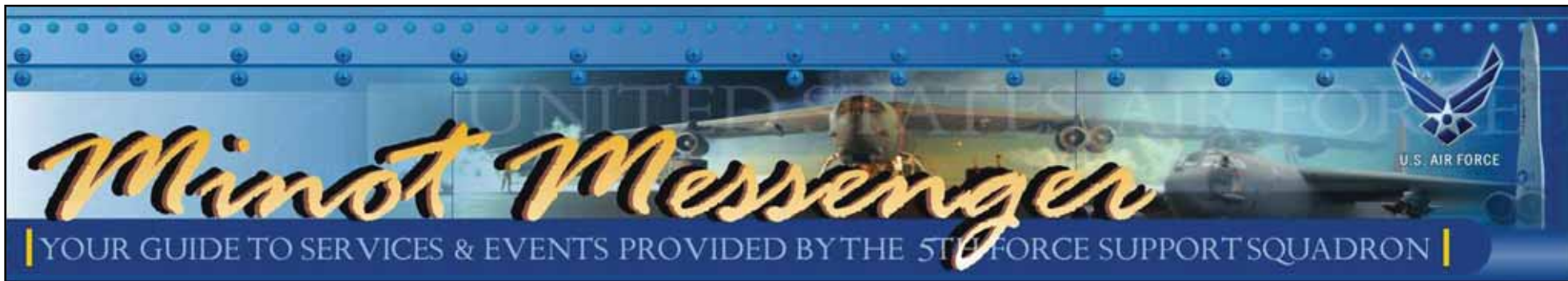
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Make Your Reservations Now For Mother's Day Brunch

Mother's Day Brunch
 Sunday, May 13th
 10:30am - 1:30pm

Treat Mom to the Jimmy Doolittle Center's delicious brunch and enjoy our wide array of selections to fit any craving! Begin with our hand-carved Herb Crusted Prime Rib with Au Jus, and don't miss out on our delectable Chicken Cordon Bleu, Roast Pork Loin, Roasted Potatoes, Pasta Fresca, and Chef Veggies.

Adults:	Teens (13-17):
Club Members: \$20.95	Club Members: \$18.95
Non-Members: \$22.95	Non-Members: \$20.95
Children (6-12):	Kids 5 & Under:
Club Members: \$9.95	Club Members: FREE
Non-Members: \$11.95	Non-Members: \$3.00

Make your Reservation starting April 2nd!
 Seating is limited, pre-paid reservations required.

723-3731

The Jimmy Doolittle Center is hosting a special Mother's Day Sunday Brunch on May 13 from

10:30 a.m. to 1:30 p.m. Come enjoy the delicious menu featuring hand-carved Herb Crusted Prime Rib with Au Jus, delectable Chicken Cordon Bleu, Roast Pork Loin, Roasted Potatoes, Pasta Fresca, Chef Veggies, and more.

Cost for the Mother's Day Brunch is \$20.95 for adult Club Members and \$22.95 for adult non-members. Teens of Club Members ages 13-17 are \$18.95 and teens of non-members are \$20.95. Children of Club Members ages 6-12 are \$9.95 and children of non-members ages 6-12 are \$11.95. Kids age 5 and under are FREE for Club Members and \$3 for non-members.

Seating is limited. Pre-paid reservations are required. For more information, call the Jimmy Doolittle Center at 723-3731.

"Has Spring Sprung?" First Friday Coming To Jimmy Doolittle Center

Has Spring Sprung?
 May 4th First Friday
 4:00pm - 10:00pm

Price:
 FREE for Club Members and their family
 Non-member Adult (Ages 13+) \$7
 Non-member Child (Ages 6-12) \$3
 FREE for all children 5 and under

Bring the whole family to celebrate the season's late arrival with corn hole, games, door prizes, and a bounce house! Plus, dig in with a Spring themed dinner buffet, served from 4pm to 7pm!
 For more info, contact the JDC at 723-3731

The Jimmy Doolittle Center invites you to enjoy a special Has Spring Sprung? First Friday event on Friday, May 4 from 4-10 p.m.

Bring the whole family to celebrate the season's late arrival with corn hole, games, door prizes, and a bounce house. Plus savor a Spring themed dinner buffet from 4-7 p.m. Cost is FREE for Club Members and their family, \$7 for adult non-members (13 years & older), \$3 for children of non-members 6-12 years of age, and FREE for children of non-members age 5 and under. For more details, call the Jimmy Doolittle Center at 723-3731.

Don't Miss ODR Open House and FREE National Park Passes

Outdoor Recreation Open House
 APRIL 27TH
 11:00AM - 4:00PM

Come see what Outdoor Recreation and the North Dakota area has to offer for all your summer adventures! Theodore Roosevelt National Park staff will be on hand to issue Annual Park Passes to Active Duty and Dependents. Swing by for a FREE bite to eat, and find your adventure at Outdoor Rec!

America the Beautiful
 National Parks and Federal Recreation Lands Passes
Free Annual Pass
 for Active Duty Military Members and Dependents

Park Rangers will issue passes at Outdoor Recreation Friday, April 27th 1100-1600

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

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

723-3648

federal lands including Theodore Roosevelt National Park for active duty military members and their dependents.

On Friday, April 27 from 11 a.m. to 4 p.m. at Outdoor Recreation, active duty members and their dependents can visit with representatives from the Theodore Roosevelt National Park and pick up their free pass. To obtain the pass, you must present your valid Common Access Card (CAC) or military dependent ID (DoD Form 1173). This Interagency Annual-Military Pass also permits free entrance for military personnel and their families to sites managed by the U.S. Fish & Wildlife Service, the Bureau of Land Management, the Bureau of Reclamation, and the U.S. Forest Service. Passes are limited to those on hand so be sure to come early.

Also on April 27, Outdoor Recreation is hosting an Open House from 11 a.m. to 4 p.m. Come see what Outdoor Recreation has to offer for your summer adventures including boats, campers, and more. Swing by for a FREE bite to eat while supplies last. For more information, call Outdoor Recreation at 723-3648.

Mark your calendar for Friday, April 27 so you don't miss the fun when Outdoor Recreation holds their annual Open House. Plus the facility will also host Park Rangers from Theodore Roosevelt National Park who will be on hand to distribute free annual passes to qualified personnel.

To show appreciation for those who serve in the U.S. Military, the National Park Service and other land management agencies began issuing an annual pass offering free entrance to over 2000

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 CHEESE + CRACKER SELECTION
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Ron is an Air Force Veteran, a Minneapolis native and has been featured in several comedy festivals!

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5TH FORCE SUPPORT SQUADRON

CLUB MEMBER DRAWING ON FRIDAY, APRIL 27 WILL BE FOR \$1,600.

You must be present to win. Become a club member today to qualify. Simply visit Rockers Bar & Grill or the Jimmy Doolittle Center to obtain your application. The next weekly club member drawing will be held on Friday, April 27 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

Youth Outdoor Soccer Registration

The Youth Center is holding Youth Outdoor Soccer registration from May 1-31 for youth 3-12 years of age. Cost for Smart Start (ages 3-4 years old) is \$30. The cost for youth ages 5-12 years old is \$40. Current immunization record with current physical must be on file to register. Youth Center membership is required. The season is scheduled to begin on August 1. For additional registration information, please contact the Youth Center at 723-2838.

Family Fun Night

Looking for an opportunity to take the whole family out for a delicious and affordable 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. Plus children are sure to enjoy spending time and burning off some energy in the Lil' Riders Indoor Playland. For additional information, please contact Rough Riders Pizza at 727-4377.

May 12 Superhero Saturday

Celebrate Superhero Saturday at the base library on Saturday, May 12 beginning at 1 p.m. Children of all ages can listen to stories about their favorite superheroes and enjoy a variety of superhero crafts and activities. Costume wearers welcome - not required. Kids won't want to miss this FREE event. For more details, call the base library at 723-3344.

May 4 Cinco de Mayo Celebration

Rockers Bar & Grill invites you to celebrate Cinco de Mayo Minot style on Friday, May 4 from 4:30-7 p.m. Enjoy a flavorful buffet of house-made enchiladas, refried beans, Spanish rice, mini tacos, and delicious churros. Plus don't miss the \$3 margarita specials. Cost for the buffet is FREE for Club members and \$7 for non-members. Adults only. Call Rockers Bar & Grill at 727-ROCK for more information.

Register Starting April 30 For Horseback Riding & Rock Climbing Trip

Outdoor Recreation invites you to enjoy their Horseback Riding and Rock Climbing trip on May 25-28 to Custer State Park in Custer, South Dakota. Experience a thrilling rock climbing excursion at Sylvan Lake, followed by a beautiful horseback ride and breathtaking Jeep tour. Stay in cabins in Custer and discover the heart of the park while encountering all kinds of animals and historical sites.

Costs for active duty and dependents are \$105/person quad room, \$125/person triple room, \$160/person double room, and \$275/person single room. Costs for all other DoD ID card holders are \$288/person quad room, \$308/person triple room, \$343/person double room, and \$458/person single room. Registration is from April 30 to May 18. Space is limited, so sign up today. The trip is part of the Recharge For Resiliency initiative. For more details, call Outdoor Recreation at 723-3648.

Arts & Crafts Center Offering Picture Framing Class

The Arts & Crafts Center is holding a Picture Framing Class on Saturday, May 12 at 10 a.m. Register at the Arts & Crafts Center from April 24 through May 4. Cost is \$25 plus materials. Adults only.

Learn the basics of matting and framing. You'll cut your own double mat, assemble your frame, and leave with a completed picture ready for hanging.

Bring in your picture to frame between April 24 and May 4 so the Arts & Crafts Center can assist in mat and frame choices and order materials before the class date. For additional details, call the Arts & Crafts Center at 723-3640.

YOUNG AIRMEN EVENTS & PROGRAMS

Apr 27 Friday Night Karaoke

Come and show off your talent during Friday Night Karaoke at Rockers Bar & Grill on April 27 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.

May 14-17 Off-Base Budget Classes

Planning to move off base? Are you ready to manage the costs? The Airman & Family Readiness Center is hosting Off-Base Budget Classes on May 14, 15, 16 & 17 from 2:30-4 p.m. Airmen will obtain important information on leases, military clauses, renters insurance, complete a budget worksheet, and determine an affordable rental price range. Attendees should bring their latest end-of-month LES and have knowledge of their current bills. Pick a date and sign up today! There are four classes to choose from to help fit your busy schedule. Please contact the Airman & Family Readiness Center at 723-3950 for additional information or to sign-up for a class.

May 4 First Friday 5K Fun Run

The Fitness Center is starting a Summer Series 5K Fun Run. Every First Friday from May through September, you're invited to participate in a 5K Fun Run. The first event is scheduled for Friday, May 4 with the run beginning at 7:30 a.m. at the Fitness Center. The events feature awards for the fastest male and female at each run. The May event will feature a medieval theme. For more details on this FREE event, call the Fitness Center at 723-2145.

Cute Pets from Minot AFB Can Cash in Exchange Online Photo Contest

Minot AFB – Cute canines, cats, canaries and other beloved pets can finally make their adorable looks pay off.

Minot AFB Exchange shoppers can compete to show off their furry, feathered or fuzzy friends during the worldwide Patriot Pet Just Say “Treat” Photo Contest.

The Army & Air Force Exchange Service is partnering with Blue Buffalo and Hills Science Diet to award the cutest animal members of the military community. The grand-prize winner will receive a \$1,000 Exchange gift card, while \$500 gift cards will be awarded to two first-place winners. Eight runner-ups will win \$250 gift cards.

“Pets are an important part of our families,” said Minot AFB Exchange General Manager Kyle Omler. “The Exchange enjoys being a part of this contest every year to appreciate the role pets play in the lives of our service members and their families. I encourage Airmen at Minot AFB to show off their pets. It would be terrific to have a winner from Minot AFB

in this worldwide contest.”

Photo entries can be submitted from May 4 to June 1 at ShopMyExchange.com/ sweepstakes, where shoppers can also find the complete rules of the contest. Winners will be selected at the end of June.

Facebook-friendly version: Smile and say “treat”! Minot AFB Airmen and their families can enter the Exchange’s worldwide Patriot Pet Just Say “Treat” Photo Contest from May 4 to June 1 for a chance at \$4,000 in prizes.

Since 1895, the Army & Air Force Exchange Service (Exchange) has gone where Soldiers, Airmen and their families go to improve the quality of their lives by providing valued goods and services at exclusive military pricing. The Exchange is the 56th-largest retailer in the United States. Its earnings provided \$2.4 billion in dividends to support military morale, welfare and

recreation programs over the last 10 years. The Exchange is a non-appropriated fund entity of the Department of Defense and is directed by a Board of Directors. To find out more about the Exchange history and mission or to view recent press releases please visit our Web site at <http://www.shopmyexchange.com> or follow us on Twitter at <https://twitter.com/ExchangePAO>.



Airman to attend medical degree prep

AIRMAN 1ST CLASS MICHAEL X. BEYER
355TH FIGHTER WING PUBLIC AFFAIRS

DAVIS-MONTHAN AIR FORCE BASE, Ariz. (AFNS) -- Staff Sgt. Shane Berger, airborne linguist with the 755th Operational Support Squadron, was one of nine enlisted Airmen selected to attend a medical degree preparatory course.

The Enlisted to Medical Degree Preparatory Program gives selected Airmen an opportunity to complete the preparatory coursework for admission to medical school while maintaining active duty status.

Berger found out about the program just over a year ago when he overheard other Airmen discussing it. He instantly knew this is what he wanted to pursue.

“Prior to enlisting, the medical path was kind of an unrealistic goal for me as

somebody that has always had to support themselves,” Berger said. “This program has opened up a path that I never really thought was possible.”

The lengthy application process took Berger approximately a year to complete, and included gathering required documents as well as collecting letters of recommendation and personal statements.

Additionally after 12 years, Berger had to prepare for and retake the ACT test.

“It’s funny you forget how to divide fractions, those simple things you haven’t done since you’ve taken the class,” Berger said.

The two-year EMDP2 program will transfer Berger on permanent change of

See medical on page 12

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GRANVILLE JUNK AHOLICS

CHURCH DIRECTORY

<p>Little Flower Catholic Church 800 University Avenue West 838-1520 Mass Schedule Saturday 5:30 pm Sunday 8:30 & 11:00 am Fr. Fred Harvey, Pastor www.littleflowerminot.com</p>	<p>St. Peter The Aleut Eastern Orthodox Church  109 6th St. SE Minot • 838-3094 Sunday Liturgy 10 a.m. Saturday Vespers.... 6 p.m. The Very Reverend Father Anastassy</p>	<p>Harvest Reformed Church  We are devoted to faithful preaching of God's Word. Confessionally Reformed Biblical worship. Now meeting at 1505 N Broadway, Grand International, Norse Room Sunday Service 10:30 a.m. 838-0605 www.harvestreformedchurch.org</p>	<p>Trinity Church  An Evangelical Free Church 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart) Sunday School & Fellowship 9:00 a.m. Worship 10:45 a.m. www.trinitychurchminot.org</p>	<p>Bible Fellowship Church  Worship Service at 10:45am Sundays Sunday School at 9:45am 1720 4th Ave NW, Minot 838-0916 MinotBibleFellowship.org</p>
<p>Faith United Methodist Church  5900 Highway 83 N, Minot www.faithumcminot.com Pastor Tom Sumers 701-838-1540 Sunday School (All Ages): 10 a.m. Sunday Coffee Fellowship: 10:30 a.m. Worship Services: Sunday 11 a.m.</p>	<p>Minot Baptist Church  Sending the Glorious Light of Jesus Christ to a Dark and Needy World Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Evening Worship 6:00 p.m. Wednesday Evening..... 7:00 p.m. <i>Independent/Fundamental/KJV</i> 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p>Cornerstone Presbyterian Church 1000 NE 3rd Street 852-0315 Sunday Schedule Contemporary Worship 9:00am Sunday School (All Ages) 10:00am Traditional Worship..... 11:00am Wednesday Evening Schedule Community Dinner 5:30-6:30pm Contemporary Worship 6:30pm Youth Group & Small Groups.. 7:15pm All are Welcome! www.ecominot.org</p>	<p>Congregational UCC 430 N. Broadway • 839-1064 Sunday Worship 11am Sunday School 11am Tuesday Bible Study 12pm Saturday Noah's Breakfast .. 9:30am Please join us, all are welcome here!  UNITED CHURCH OF CHRIST</p>	<p>St. Mark's Lutheran Church <i>Missouri Synod</i>  Sunday Worship. 8:30 & 11:00 am Adult Bible Study, Adult Choir, Youth Sunday School 9:45 am 2209 4th Avenue NW Minot, ND 839-4663 Carllyle Roth, Pastor www.stmarksminot.com Call or check out our website for more information.</p>
<p>Immanuel Baptist Church  1615 2nd St. SE • Minot • 839-3694 Sundays: Sunday School 9:15 a.m. Worship 10:30 a.m. Wednesdays: 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. Brian T. Skar, Pastor www.ibcminot.org</p>	<p>Apostolic Faith Church, UPCI 2929 19th Ave NW • Minot Located off Hwy 83 Bypass West (701)838-0609 Saturday School..... 2:00 p.m. Sunday Worship..... 3:30 p.m. Wednesday Bible Study 7:30 p.m. Jesse Starr, Pastor</p>	<p>St. John the Apostle Catholic Church  2600 West Central Ave • Minot, ND 58701 839-7076 Daily Mass Schedule: Tuesday 7:00 p.m. (3rd Tuesday 7:00 a.m.) Wednesday - Friday 7:00 a.m. Saturday 5:00 p.m. Sunday 8:00 & 10:30 a.m. <i>Fr. David A. Richter, Pastor</i> Parish website: www.stjohnminot.com</p>	<p>First Lutheran Church - ELCA  120 - 5th Ave. NW 852-4853 Saturday Worship 5:30 pm Sunday Worship .. 8:30 am and 11:00 am Wednesday Supper..... 5:15 pm Wednesday Education 6:00 pm Wednesday Worship..... 7:00 pm Services are now available online at firstlutheran.tv Radio Broadcast KRRZ 1390 AM 8:30 AM Pastor Brandy Gerjets Associate Pastor Ellery Dykeman www.flcminot.com</p>	<p>Gospel Tabernacle Community Church  9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday Sunday School 9:45 a.m. Adult/Children Worship.. 11 a.m. Family Hour 6:30 p.m. Evening Worship 7:30 p.m. Bible Study/Child-Adult Children Worship (Wed).... 7 p.m. Prayer (Friday) 7 P.m.</p>
<p>Bethany Lutheran 215 3rd Ave. SE, Minot, ND Phone: 838-5196 • Fax: 852-8494 A Member of the ELCA Sunday Worship 8:30 am & 10:30 am Sunday Fellowship 9:30 am Wednesday Worship 6:45 pm Church School Wednesday 5:45 pm Website: www.bethanylutheranminot.com Email: bethanylutheran@srt.com Live Streaming: bethanylutheran.tv Pastor Janet Hernes Mathistad Pastor Gerald Roise</p>	<p>First Baptist Church  200 3rd St. SW • 852-4533 www.fbcminot.org Classic Worship Service 8:30 a.m. Adult Sunday School..... 9:45 a.m. Contemporary Worship Service .. 9:50 a.m. Children's Church..... 9:50 a.m. Sunday School (All Ages) 11:00 a.m. Contemporary Worship Service.. 11:05 a.m. Wed. AWANA (Sept. to May) 6:30 p.m. Rev. Kent Hinkel, Senior Pastor Rev. Barry Seifert, Associate Pastor Pastor Sam Kautzmann, Student Ministries Elaine Carlson, Children's Ministry Director</p>	<p>Calvary Alliance Church  715 20th Avenue NW Minot, ND 58703 www.calvaryofminot.com 701-852-0670 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>West Minot Church of God  <i>Family Worship Center</i> 1105 16th St. NW • 839-1407 Sunday School..... 9:30 a.m. Sunday Worship 10:30 a.m. Children's Church & Nursery Wednesday Family Training Hour Meal..... 5:30p.m. Classes for All Ages 6:30 p.m. Youth Center, Friday..... 7:00 - 11:00 p.m. ABC Child Care Center..... 852-6352 westminot.com facebook.com/westminot</p>	<p>Vincent United Methodist Church  1024 2nd St. SE • 838-4425 <i>Behind Town & Country Shopping Center</i> open hearts...open minds...open doors! 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. Pastor Mary Johnson www.vincentumc.com</p>
<p>To Advertise your Church in this space. Call 839-0946 Only \$7.00 a space / per week</p>	<p>OUR REDEEMER'S CHURCH  <i>A Church of the Lutheran Brethren</i> Thursdays: Worship..... 6:30 p.m. Sundays: Worship..... 8:30 a.m. & 10:45 a.m. 700 16th Ave SE • 701-838-0750 For more information visit us on the web at: www.ourredeemers.org</p>	<p>Cross Roads Baptist  Sunday School (all ages) 9:45 a.m. Sunday Worship 11 a.m. & 6:30 p.m. Wednesdays (Prayer & Missions) ... 6:30 p.m. www.minotcrbc.org email: crbc@srt.com 415 28th Ave SE (Behind Menards) 838-1873</p>	<p>First Assembly of God 1805 2nd St. SE 838-1111 Morning Worship 8:30 a.m. Sunday School 10 a.m. Morning Worship 11 a.m. Evening Worship 6:30 p.m. Wednesday Family Night..... 7 p.m.</p>	<p>Vincent United Methodist Church  1024 2nd St. SE • 838-4425 <i>Behind Town & Country Shopping Center</i> open hearts...open minds...open doors! 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. Pastor Mary Johnson www.vincentumc.com</p>

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

Answers to puzzle from page 4

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 <p>\$204,900</p> <p>RANCH STYLE - Updated kitchen and dining room. 3 main floor bedrooms and full bath. Master suite with deluxe bath, laundry and workshop in walkout basement. Large lot and great views.</p> <p>MLS #180493</p>	 <p>\$139,000</p> <p>PERFECT STARTER - 3 bedroom home. Kitchen has new flooring, cabinets, countertops and window. Bath has new flooring and plumbing. Restored hardwood in bedrooms. Egress bedroom in basement. Garage, patio and nice yard.</p> <p>MLS #180197</p>	 <p>\$122,000</p> <p>AFFORDABLE - Totally updated 5 bedroom, 2 bath home in SE Minot. Main level has 3 bedrooms and the lower level has 2 egress bedrooms. Vinyl siding. Deck. Central air. Parking off the alley.</p> <p>MLS #172321</p>
 <p>Judy Hoskin 721-3837 judyh@minothomes.com</p>	<p>Easy as 1, 2, 3</p> <ol style="list-style-type: none"> 1. We don't capture your name 2. You contact us only when you're ready 3. You search everything on the Minot MLS <p>Minot's easiest Home buying website!!!</p>	 <p>Leigh Ann Perdue 641-0150 LeighAnn@minothomes.com</p>

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BASE ANNOUNCEMENTS

<p>TODAY</p> <ul style="list-style-type: none"> • TAP GPS Workshop, 0730-1630, A&FRC, held at the Education Center • Month of the Military Child Bowling Special, 0900-1900, Bowling Center • Outdoor Recreation Open House & FREE National Park Passes, 1100-1600, Outdoor Recreation • Fit to Fight, 1100, Fitness Center • Olympic Lift Training, 1230, Fitness Center • Torch Club, 1600, Youth Center • Keystone Club Meeting, 1600, Youth Center • Friday Fun Member's Buffet, 1630-1830, Rockers Bar & Grill • Yoga, 1700, Fitness Center • Club Member Cash Drawing, 1730-1830, Rockers Bar & Grill and Jimmy Doolittle Center • 19th Annual Kid's Block Party & EGGsplosion!, 1800-2030, Youth Center • Zumba, 1800, Fitness Center • Mixed Fun League, 1830, Bowling Center • Karaoke Night, 2000, Rockers Bar & Grill • Operation Megaphone Lock-In (Teens Only), 2100-0600, Youth Center • Lights & Strikes Bowling, 2100-2400, Bowling Center <p>SATURDAY</p> <ul style="list-style-type: none"> • Tactical Strength & Fitness, 0900, Fitness Center • Yoga, 1000, Fitness Center • Youth Bowling League, 1000, Bowling Center • Bowl the Night Away with "Lights & Strikes", 2000-2400, Bowling Center • Comedy Night with Ron Lamprecht, Doors open at 1800, Dinner served at 1900, Show begins at 2000, Rockers Bar & Grill 	<p>SUNDAY</p> <ul style="list-style-type: none"> • Family Zumba, 1400, Fitness Center <p>MONDAY</p> <ul style="list-style-type: none"> • Registration Opens for Horseback Riding & Rock Climbing Trip at Outdoor Rec • Tactical Fitness, 0630, Fitness Center • Month of the Military Child Bowling Special, 0900-1400, Bowling Center • Reintegration Briefing, 1300-1400, A&FRC • Zumba, 1730, Fitness Center • Yoga, 1830, Fitness Center <p>TUESDAY</p> <ul style="list-style-type: none"> • Youth Outdoor Soccer Registration Open 1-31 May at the Youth Center • Pre-Separation Counseling, 0800-1130, A&FRC • Kids Bowl Free, 0900-1400, Bowling Center • Game Day, 1000-1930, Base Library • Fitness & Sports Advisory Council, 1300, Fitness Center • Olympic Lift Training, 1300, Fitness Center • Family Fun Night, 1700-2100, Rough Riders Pizza • Urban Boot Camp, 1830, Fitness Center <p>WEDNESDAY</p> <ul style="list-style-type: none"> • Club Member Benefit, Every Wed, 0900-1400, Bowling Center • Kids Bowl Free, 0900-1400, Bowling Center • Parent & Tot Fit Kids, 0930, Fitness Center • Story Time, Every Wed, 1030, Base Library • Fit to Fight, 1100, Fitness Center • Brown Bag Book Talks, 1200, Base Library • Cycle, 1200, Fitness Center 	<ul style="list-style-type: none"> • Pre-Deployment/ Remote Readiness Training, 1300-1400, A&FRC • 4-H Club, 1600, Youth Center • Mug Club Special, 1600-1800, Rockers Bar & Grill • Boss & Buddy \$1 off Draft Special, 1630-1830, Rockers Bar & Grill • Members Wind Down Wednesday Buffet, 1630-1830, Rockers Bar & Grill • Zumba, 1730, Fitness Center • Yoga, 1830, Fitness Center <p>THURSDAY</p> <ul style="list-style-type: none"> • Accessing Higher Education, 0800-1600, A&FRC, held at the Education Center • Kids Bowl Free, 0900-2100, Bowling Center • Parent & Tot Fit Kids, 0930, Fitness Center • Yoga, 1000, Fitness Center • Olympic Lift Training, 1100, Fitness Center • Muscle Pump, 1130, Fitness Center • Reintegration Briefing, 1300-1400, A&FRC • Fitness Hour, 1600-1700, Youth Center • Members 2 for 1 Appetizers, 1700-1900, Rockers Bar & Grill • Olympic Lift Training, 1730, Fitness Center <p>4 MAY</p> <ul style="list-style-type: none"> • Today is the last day to register for the Picture Framing Class at Arts & Crafts • First Friday 5K - Medieval Run, 0730, Fitness Center • Kids Bowl Free, 0900-2100, Bowling Center • Fit to Fight, 1100, Fitness Center • Cycle, 1200, Fitness Center • Olympic Lift Training, 1230, Fitness Center • Has Spring Sprung? First Friday,
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1600-2200, Jimmy Doolittle Center

- Torch Club, 1600, Youth Center
- Keystone Club Meeting, 1600, Youth Center
- Cinco de Mayo Celebration, 1630-1900, Rockers Bar & Grill
- Yoga, 1700, Fitness Center
- Club Member Cash Drawing, 1730-1830, Rockers Bar & Grill and Jimmy Doolittle Center
- Zumba, 1800, Fitness Center
- Karaoke Night, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2400, Bowling Center

5 MAY

- Tactical Strength & Fitness, 0900, Fitness Center
- Yoga, 1000, Fitness Center
- Youth Bowling League, 1000, Bowling Center
- Cinco de Mayo Lunch Event, 1030-1330, Dakota Inn Dining Facility
- Give Parents a Break, 1300-1700, CDC & SAC
- Bowl the Night Away with "Lights & Strikes", 2000-2400, Bowling Center

ONGOING EVENTS

- B-Fifty Brew Drink Special April Special -- Piña Colada Frappuccino Coconut milk meets the delightful combination of pineapple, classic, & vanilla syrup mixed with a hint of vanilla bean powder & fresh pineapple. Topped with our homemade whipped cream! May Special - Peaches 'n Cream
- Get your taste buds ready for summer with May's drink special! Whole milk & peach syrup create a delicious blend with vanilla bean powder & frozen peaches. B-50 Brew's home-made vanilla whipped cream adds the perfect finishing touch!
- Auto Hobby May Specials May

1-12 Small Engine Service Bring any small engine equipment to Auto Hobby and we'll change the oil, spark plugs, adjust carburetor, clean air filter, change oil filter & grease all fittings. May 15-31 Free stall for one hour with purchase of oil & filter from Auto Hobby! *minimum 5 quarts

- Kids Bowl Free Bowling Special - May 1st through August 31st
- Don't miss out on this year's Kids Bowl Free program! Just go to www.kidsbowlfree.com/airforce to register children 15 and under! Then, receive each child's passes by email for 2 FREE GAMES A DAY! Offer Valid: Monday-Wednesday: 9am-2pm Thursday-Friday: 9am-7pm For more information, call 727-4715
- Registration for Mother's Day Brunch at the JDC Celebrate the Mothers in your life with a fabulous brunch on Sunday, May 13th from 10:30am - 1:30pm! Starting April 2nd, the JDC will begin taking reservations. Enjoy a delicious herb crusted prime rib with au jus, and lunch items including chicken cordon bleu, roast pork loin, roasted potatoes, pasta fresca, and chef veggies. Make your reservations by calling 701-723-3731

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY is now registering for the Spring 2018 term (25 Apr-26 June). To sign up for Undergraduate and Graduate courses, please stop by the ERAU office, located inside the Minot AFB Education Center Bldg, Room 223 or email your request to minot@erau.edu. If you have any questions, please call 701-727-9007.

MEDICAL from page 8

station orders to Bethesda, Maryland. This is where he will attend school full-time at the Uniformed Services University of Health Sciences. Through the program all tuition and associated academic costs are funded by the Air Force. Following successful completion of the program, graduates will apply for acceptance to the USUHS medical school as well as civilian medical schools.

While daunting, Berger has a strong passion for learning and education.

"I've always felt that school is a comfortable, safe and enjoyable environment for me, and I'm prepared to sacrifice myself for the benefit of not only personal growth but also for the amount of investment that the Air Force has and will continue to put into me," Berger said.

Berger's enlisted AFSC's



U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS MICHAEL X. BEYER

U.S. Air Force Staff Sgt. Shane Berger, 755th Operational Support Squadron airborne linguist, poses for a photo at Davis-Monthan Air Force Base, Ariz., April 19, 2018. Berger was accepted into a program that will give him the opportunity to complete the preparatory coursework for admission to medical school while maintaining active duty status.

strong focus on education has prepared him for the challenge to come.

"Learning a foreign language over the course of a year was a big challenge for me however, I was able to successfully complete it and it will prepare me for the workload that is soon to follow," Berger said.

At a crossroad in his career field, and with his contract almost up, Berger took the plunge and accepted the challenge to train to become a doctor.

"It's time for me to move onto a position with more responsibility and maybe have a little bit more overarching viewpoint of the Air Force in general," Berger said.

Berger's passion for learning and his core principals of goodwill to others and civic duty drove him to apply to the program and will continue to drive him to successfully complete it.

"I've always been somebody to discover new things, and the alluring thing about

the medical program in a military sense is an altruistic endeavor," Berger said.

Upon successfully completing EMDP2 and becoming an Air Force doctor, Berger will be able to provide medical treatment to Airmen in need. In addition to being able to help his fellow Airmen in a physical capacity, Berger also hopes he can inspire them in a broader, holistic sense, so ultimately, they will aspire to materialize their highest ambitions.



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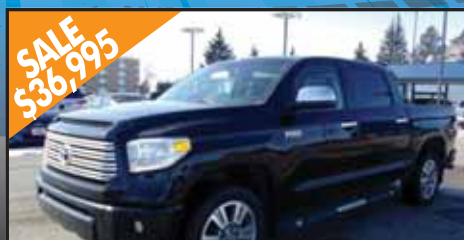
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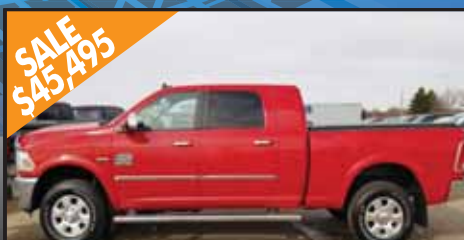
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