

# northernsentry

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U.S. AIR FORCE PHOTO | SENIOR AIRMAN JONATHAN MCELDERRY

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## Minot AFB



## Videos

# We all play a part

SHELLY CARBO | FAMILY ADVOCACY OUTREACH MANAGER

April is National Child Abuse Prevention Month. This month, and throughout the year, the Family Advocacy Program encourages all individuals and organizations to play a role in making Minot Air Force Base a better place for children and families. By ensuring that parents have the knowledge, skills and resources they need to care for their children, we can help promote children's social and emotional well-being and prevent child maltreatment within families and communities.

When raising children, parents will often do their best to give them the proper care and attention needed to ensure they grow into healthy adults. Many parents would never dream of or think about abusing or neglecting their children. However, the definitions of abuse and neglect in the civilian sector do not necessarily carry over to the military, which can result in military parents being found guilty of abusing or neglecting their children.

According to the Air Force's maltreatment definitions, there are four basic types of maltreatment: emotional abuse, physical abuse, sexual abuse, and neglect.

Emotional abuse of a child includes, but is not limited to, berating, disparaging, degrading, or humiliating a child; threatening, harming, abandoning or indicating they will harm people or things the child cares about; or coercing a child to inflict pain on themselves.

Physical abuse is the non-accidental use of physical force on the part of a caregiver. This includes, but is not limited to, hitting with an open hand, slapping, spanking, dropping, pushing, shoving, shaking, scratching, pinching, hair pulling, grabbing, yanking body parts and strangulation.

However, acts committed to protect a child from immediate physical harm, such as grabbing a child to prevent them from being struck by a car, are not classified as abuse.

Sexual abuse of a child is defined as a sexual activity by an alleged abuser with a child for the purpose of sexual gratification of the child, the alleged abuser or any other person. This includes, but is not limited to, forcing, tricking, enticing, threatening or pressuring a child to participate in acts for anyone's sexual gratification with or without direct physical contact between the child and the alleged abuser.

Neglect is defined as egregious act or omission on the part of the caregiver that deprives the child of needed age-appropriate care. Examples of neglect include,

but are not limited to, lack of supervision; exposure to physical hazards such as illegal drugs, driving while intoxicated, unhygienic living conditions; education or health care neglect, deprivation of necessities such as food, water, shelter, clothing; and abandonment.

Research shows that when parents possess protective factors (skills and/or support to help individuals deal with stressful events) the risk for neglect and abuse diminish and optimal outcomes for children, youth, and families are promoted.

The protective factors are:

- Strong connections with children
- Good parenting skills
- Good coping skills to help deal with the stress of parenting
- Good supportive relationships with family, friends or other supports in the community
- Knowledge of where to find resources (e.g. basic necessities, medical care, etc.)
- Ability to express and communicate emotions effectively
- Ability to build and maintain healthy relationships

Focusing on ways to build and promote the protective factors in every interaction with children and families is the best thing our community can do to prevent child maltreatment and promote optimal child development.

For more information about child abuse prevention programs and activities, contact the Family Advocacy Program at 701-723-5096.

# ODR Summer Activities

STAFF SGT. SAHARA L. FALES | MINOT AIR FORCE BASE PUBLIC AFFAIRS

**M**INOT AIR FORCE BASE, N.D. -- April 27th - Outdoor Recreation Open House: 11 a.m.-4 p.m.

See what ODR has to offer for all of your summer needs. During the open house, ODR staff members will showcase their offers to help make your summer adventures better

and answer any questions. In addition, Theodore Roosevelt National Park staff will issue Annual Park Passes to

Continued on page 8

# Career Intermission Program gives Airmen a break

1ST LT VERONICA PEREZ | 20TH AIR FORCE

**F**.E. WARREN AIR FORCE BASE, Wyo.

The Air Force's Career Intermission Program allows Total Force Airmen the opportunity to temporarily transition out of the service for a minimum of one year and maximum of three years in order to pursue personal or professional endeavors.

Eligible participants receive a monthly stipend and retain full active-duty medical and dental benefits for themselves and eligible dependents. For every month in CIP, participants agree to serve two months upon re-entering the service. For example, if a participant is in CIP for 24 months they must serve four years once they return to the Air Force.

Maj. Sandra Walker, ICBM Center of Excellence professional development section chief, will transition from active duty to the Individual Ready Reserve through CIP at the beginning of May. She and her daughter will move to Germany where her husband will be stationed as an Air Force German exchange officer.

"I believe that the first few years of a child's life are the most influential and this program allows me the opportunity to spend more time with my daughter," said Walker. A native of Germany, she is also looking forward to spending time with friends and family in the area.

The decision to enter CIP was not clear cut or easy for Walker, who is the Air Force's first 13N in the program. She said while the choice was difficult, she is thankful the Air Force has afforded Airmen the opportunity to focus on goals outside of the military.

Walker first heard about the program from a colleague of her husband at the 582nd Helicopter Group. Maj. Nicole Handy left active duty as a helicopter pilot in October of 2016 to spend more time with her son and to continue to grow her family via CIP.

Handy is currently taking Spanish classes in Peru with her two sons and is thankful for the opportunities being in CIP has given her.

"I have truly loved my time off and have been able

to thoroughly enjoy it since I know I have a career to go back to at the end of the day," she said. "It's great to be able to focus on my family for a couple of years because they will be there long after I have retired from the Air Force."

Upon returning to active duty, Handy is looking forward to attending ACSC and moving to Montgomery with her husband who is an Air Force developmental engineer.

Both Walker and Handy believe the program is important for Air Force retention and look forward to being a resource for other Airmen interested in CIP.

"I see it as a commitment the Air Force is making to me as well," said Walker. "It is an opportunity provided to every Airman to grow and further develop as a person, spouse, parent, or professional."

For more information on the program and eligibility requirements log on to myPers and search for CIP or visit the AFPC website. Regular Air Force applications are due by May 13 for the year's first cycle.

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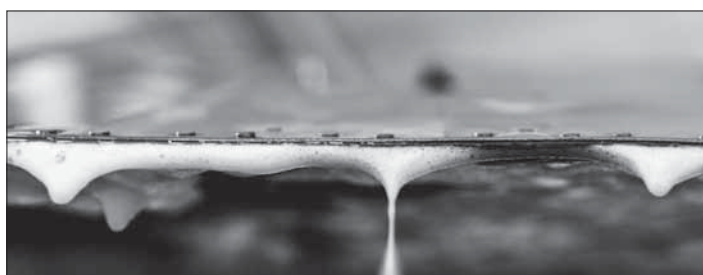
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# 5TH MXS AIRMEN WASH THE WARBIIRD

Airmen with the 5th Maintenance Squadron wash a B-52H Stratofortress at Minot Air Force Base, North Dakota. Every 450 flying hours, 5th MXS Airmen wash and inspect the B-52. Due to its gigantic size, a BUFF wash can take several hours to complete. These maintainers thoroughly clean various parts to ensure the aircraft remains serviceable.

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN JONATHAN MCELDERRY



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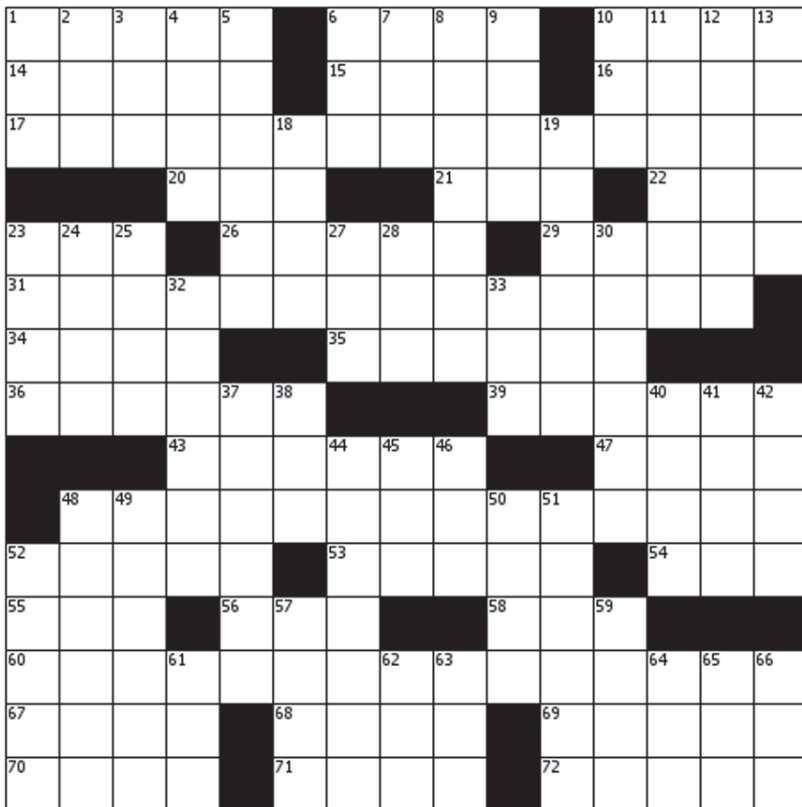
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# CROSSWORD PUZZLE

**Across**

- 1. Sarah's boy
- 6. Locomotive fuel
- 10. Catch a glimpse of
- 14. Chest wood
- 15. Lady Bird Johnson's middle name
- 16. Be king over
- 17. Sheep was auditorily aware of antelopes
- 20. "Casablanca" role
- 21. Escort's offering
- 22. Classy ride
- 23. Home of the Braves, briefly
- 26. Issue
- 29. "\_\_\_ so for your sake!"
- 31. Editor's order to the sheep tender at the daily paper?
- 34. First name in mysteries
- 35. Invariably
- 36. Reporter's need
- 39. Key with four sharps
- 43. Soft sound
- 47. Swag
- 48. Stupor from undoing a do?
- 52. Sheds
- 53. Extreme severity
- 54. Super \_\_\_ (video game machine)
- 55. Broke a fast
- 56. Select
- 58. Voluminous ref. work
- 60. Era of bringing up rabbits?
- 67. Run rampant
- 68. Jethro portrayed Max
- 69. Western flick
- 70. Highlander's tongue



- 71. Out of the wind
- 72. "\_\_\_ Hope" (soap opera)

**Down**

- 1. Word with cream or box
- 2. Stitch up
- 3. Summer quaff
- 4. Expressions of relief
- 5. Invent

- 6. Company perk, perhaps
- 7. Done to death
- 8. Case for a lawyer?
- 9. Bert who played a lion
- 10. Work unit
- 11. Arc seen in waterfalls
- 12. Fluffs (up), as a pillow
- 13. "\_\_\_ Have No Bananas"
- 18. Love figure
- 19. 2002 Oscar winner for the song "Lose Yourself"

- 23. One side of a vote
- 24. Matador's opponent
- 25. Lollapalooza
- 27. Handheld gadget
- 28. Word with a mistaken apostrophe, often
- 30. Miami daily
- 32. Crab type
- 33. Holiday cusp
- 37. Desktop arrow
- 38. Blunder
- 40. Saint \_\_\_ of Arc
- 41. Seep out slowly
- 42. Numbered rds.
- 44. Type of law or arts
- 45. Israeli machine gun
- 46. 18-wheeler
- 48. Windbag's output
- 49. Midsize Oldsmobiles
- 50. High time
- 51. "The Metamorphosis" hero
- 52. Olympic skier Phil
- 57. Sunscreen label abbr.
- 59. '40s turning point
- 61. Sorbonne summer
- 62. "Get it?"
- 63. Indignant anger
- 64. One-time bridge
- 65. It's tender to the Japanese
- 66. Last year's jrs.

## SUDOKU Solution to puzzle on page 10

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

Solution to last week's Crossword puzzle.

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

AVENGERS: INFINITY WAR • (PG-13)  
FRIDAY, MAY 4 • 1800

“ Set in Japan, *Isle of Dogs* follows a boy's odyssey in search of his lost dog. ”

ISLE OF DOGS • (PG-13)  
SATURDAY, MAY 5 • 1700

“ Jake Pentecost, son of Stacker Pentecost, reunites with Mako Mori to lead a new generation of Jaeger pilots, including rival Lambert and 15-year-old hacker Amara, against a new Kaiju threat. ”

BLOCKERS • (R)  
SUNDAY, MAY 6 • 1500

“ Three parents try to stop their daughters from losing their virginity on prom night. ”





## Five Cheese Ziti Al Forno



### INGREDIENTS:

- |                                  |                                    |
|----------------------------------|------------------------------------|
| 1 pound ziti pasta               | <b>TOPPING</b>                     |
| 4 cups marinara sauce            | 2 cups mozzarella cheese, shredded |
| 2 cups alfredo sauce             | 1/2 cup panko breadcrumbs          |
| 1/2 cup ricotta cheese           | 1/4 cup romano cheese, grated      |
| 1/2 cup Fontina cheese, shredded | 1/4 cup parmesan cheese, grated    |
|                                  | 2 cloves garlic, minced            |

### INSTRUCTIONS:

Preheat the oven to 375 degrees. Cook the pasta one minute shy of the directions on the box and drain. In a large metal bowl add the pasta, marinara sauce, alfredo sauce, ricotta cheese and fontina cheese and mix well. Add to a large oven safe skillet or 9x13 pan. Mix the mozzarella, panko, romano, parmesan and garlic together and add the topping over the pasta. Bake for 30-35 minutes uncovered until golden brown and bubbly.

# Plan for Fun and Sun in North Dakota this May

## NORTH DAKOTA LEGENDARY

May starts summer off right in North Dakota, where you can have your say of outdoor adventure, live entertainment or quiet retreats. Theodore Roosevelt National Park turns 40 this year, so carve out some time to experience this spectacular national treasure. A range of musical talent travels through the area this month, so don't miss out on fun, lively performances. Hit the hiking and biking trails around the state or run Fargo's streets in one of several race events at the Fargo Marathon. To learn more about these events, and for a complete list of things to see and do, go to [NDtourism.com](http://NDtourism.com) or call 800-435-5663 or 701-328-2525

Thomas Rhett Life Changes Tour  
 Grand Forks: May 3  
 Bismarck: May 4  
 Thomas Rhett brings his Life Changes Tour to North Dakota. Don't miss out on this country crooner known for mixing country with pop, R & B and soul. Rhett scored his first No. 1 hit – "It Goes Like This" – in 2013 and he's been on a roll ever since with eight chart-topping singles. Brett Young and Russell Dickerson also will be featured at the show.

Hugo's Third Street Dance 2018  
 Grand Forks: May 5  
 Come out for an evening of free entertainment in downtown Grand Forks. The popular cover band Hairball will headline the musical entertainment at the street dance on Third Street, which is open to all ages. Enjoy food and beverages at this event.

Bismarck Bucks  
 The Bismarck Bucks are a Champions Indoor Football (CIF) team playing home games in the Bismarck Event Center. The Bucks are playoff contenders in the North Conference.

Bismarck Bucks vs. Quad Cities Steamwheelers – May 5, Bismarck  
 Bismarck Bucks vs. Omaha Beef – May 12, Bismarck  
 Northern Plains Ballet: Peter Pan  
 Bismarck: May 11–13  
 Follow Wendy, John and Michael on their adventure to Neverland, where they discover Peter Pan's world of mermaids, pirates, lost boys and fairies. This whimsical production is sure to delight audiences as

this crew of characters flies, twirls and dances against a backdrop of incredible sets. [www.facebook.com/northernplainsdance](http://www.facebook.com/northernplainsdance); 701-530-0986.

Fargo Marathon  
 Fargo: May 14-19  
 Back for its 14th year, the Fargo Marathon unites runners from all over the upper Midwest. Enjoy a week of fun leading up to the big event, including a Fargo dog run and a youth run. This year's race visits all three university campuses in the Fargo-Moorhead area. City Rock Fest Tour  
 Jamestown: May 12

Connect with fellow music lovers at the Jamestown Civic Center for a concert featuring five Christian rock bands in one show: Disciple, Seventh Day Slumber, Random Hero, Spoken and As We Ascend.

Wynonna and the Big Noise  
 Fort Yates: May 19  
 Join Wynonna Judd and her band The Big Noise for a night of "root-sy" work that encompasses music genres from country, Americana, blues, soul and rock. The band will perform at the Prairie Knights Casino.

Extreme North Dakota Spring Primer Adventure Race (END-SPAR)  
 Walhalla: May 20

Looking for some grueling – but rewarding – adventure this May? Check out END-SPAR. The event is designed for newbies to adventure racing and is intended to allow them to get their feet wet (and surely muddy) without the full commitment to a longer race.

And for the veteran adventure racers, it's a great way to start getting back into 'race shape' after the long winter.

Art Olson Car Show and Swap Meet  
 West Fargo: May 20

View the nearly 100 cars on display at the Art Olson Car Show and Swap Meet at West Fargo's Bonanzaville. Visit with like-minded car lovers and enjoy the crafts and collectibles on display. Food and drink will be available.

Sky Fest over Fort Stevenson Garrison: May 26–28

Take full advantage of North Dakota's gusty weather and paint the sky with kites of all shapes, colors and sizes at Fort Stevenson's annual Sky Fest. Kites of all ages and skills are welcome. Participants can build a kite to fly at the festival or bring their own.

Badlands Gravel Battle 100+ Medora: May 27

If you love mountain biking on single track, you won't want to miss the opportunity to race across it in North Dakota's incredible Badlands. The Badlands Gravel Battle is a 120-mile bicycle competition through the state's gravel and scoria backroads that pushes participants to their physical limits. The race route begins and ends in charming Medora and crosses the Little Missouri River.

These are just a few of North Dakota's activities and events taking place in May. For more information, go to [NDtourism.com](http://NDtourism.com) or phone 701-328-2525 or 800-435-5663.

## Print Day in May brings magic of printmaking to Minot

### MINOT STATE UNIVERSITY

MINOT, N.D. – On Friday, May 4 and Saturday, May 5, Minot State University's Flat Tail Press will be hosting a celebration of printmaking. Minot State University students, faculty, alumni, and community members will be joining an event that printmakers from around the world participate in known as Print Day in May. The MSU contingent will be making prints using a variety of processes on paper sized 11"x15".

This is the fourth consecutive year Flat Tail Press and Minot State University have participated in the event. In 2007, the Printmakers at Monterey Peninsula College in California began devoting the first Saturday in May creating prints. It has since become a worldwide event, with people joining in from countries on five continents. The printmakers

of Minot are excited for the opportunity to unite with other artists and share the experience with community members.

"It can be hard to find time to make art. Print Day gives us a fun excuse to get together with others and make art," assistant professor of art and co-director of Flat Tail Press Ryan Stander said. "It's a great opportunity to reconnect the MSU art community."

Print Day shares the spotlight with BFA student Hannah Streccius' exhibition opening in the Hartnett Gallery on May 4. Streccius' exhibit, "Mise-En-Scene: Stories in Stills," opens at 6:30 p.m.

"Hannah has been instrumental in past Print Day events, so it will be fun to celebrate her hard work that night," Stander said

Beginning Friday afternoon, May 4, and running through Saturday, May 5, the students, faculty, and community members will be printing using many processes often including woodcuts, screen prints, lithographs, and alternative photographic processes to make their editions. Printing is expected to take place from 1 p.m. to 9 p.m. on Friday and 8 a.m. to 6 p.m. on Saturday in Room 215E on the second floor of Hartnett Hall. This event is open to the community. For more information, contact Stander at [ryan.stander@minotstate.edu](mailto:ryan.stander@minotstate.edu).

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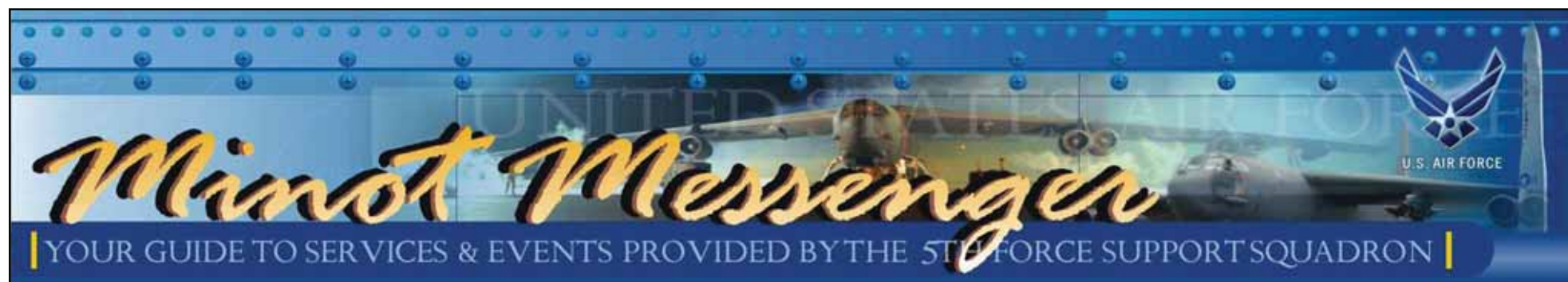
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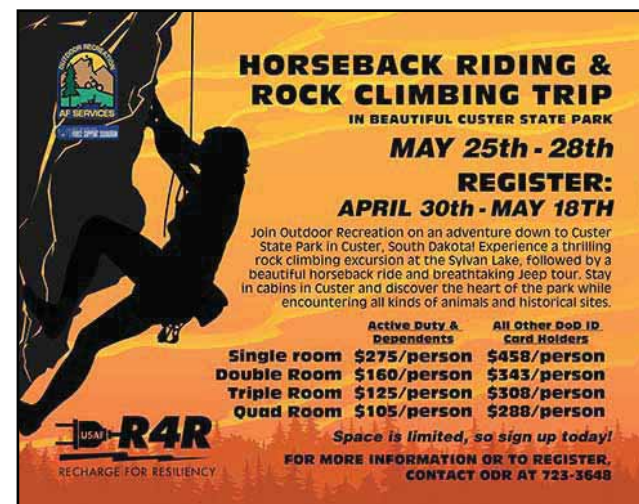
### “Has Spring Sprung?” First Friday Coming To Jimmy Doolittle Center



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 Doolittle Center at 723-3731.

### Outdoor Rec Offering 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.

### Celebrate Mother's Day With A Variety Of 5 FSS Events

You'll find a variety of Mother's Day events at 5th Force Support Squadron facilities this year. Enjoy a delicious Sunday Brunch or fun events for Mom and the entire family.

#### MOTHER'S DAY BOWLING SPECIAL

**May 12 - Rough Rider Lanes**  
Celebrate Mother's Day a little early by enjoying the Mother's Day bowling special at Rough Rider Lanes on Saturday, May 12. Mom's can bowl up to 3 games FREE and receive a FREE shoe rental. Family members bowl for \$2.75 per game and \$2 a shoe rental. Call Rough Rider Lanes at 727-4715 for more details.

#### MOTHER'S DAY GOLF SPECIAL

**May 13 - Rough Rider Golf Course**  
Bring mom to the Rough Rider Golf Course on Sunday, May 13 from 9 a.m. to 2 p.m. for a FREE 15 minute lesson with FREE range balls. Register now through May 11. Also, If accompanied by family members, Mom can play 9 holes of golf for FREE if accompanied by family members. Family members will pay regular cost. For additional information, call the Rough Rider Golf Course at 723-3164.

#### MOTHER'S DAY SUNDAY BRUNCH

**May 13 - Jimmy Doolittle Center**  
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 723-3731.

### Annual Spring Showcase For Spouses Set For May 17



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

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

on Thursday, May 17 from 6-8:30 p.m.

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

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

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



### CLUB MEMBER DRAWING ON FRIDAY, MAY 4 WILL BE FOR \$1,650.

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, May 4 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.

**May 5 Cinco de Mayo Lunch**

The Dakota Inn Dining Facility invites you to celebrate Cinco de Mayo on Saturday, May 5. Enjoy a special delicious lunch menu from 10:30 a.m. to 1:30 p.m. For additional information, call the Dakota Inn Dining Facility at 723-2359.

**Free Admission For Club Members To UFC Fight Night**

Club members receive FREE admission to the UFC 224 pay-per-view event at Rockers Bar & Grill on Saturday, May 12. Non-members price is only \$7. The action features UFC Women's Bantamweight title fight between current champion Amanda Nunes and #2 ranked Raquel Pennington. Other main event action will feature a UFC Middleweight bout between Ronaldo Souza and Kelvin Gastelum and a UFC Women's Strawweight battle featuring Mackenzie Dern versus Amanda Cooper. Preliminaries begin at 7 p.m. with the main card starting at 9 p.m. This is an adults only event - no children. For more details, call 727-ROCK.

**Lifeguard Certification Course Offered By Outdoor Rec**

Get certified at the Lifeguard Certification Course offered by Outdoor Recreation from May 18 - June 3. There will be a skills test on May 18 at 6 p.m. The online course will take place from May 19 - June 1 with the practice skills and final test scheduled for June 2 & 3 from 9 a.m. to 6 p.m.

Cost for the Lifeguard Certification Course is \$200. Registration deadline is May 14. Class size is limited so sign up today! If you have ever wanted to become a lifeguard you don't want to miss this great opportunity. Get prepared for a summer job! For more information, please call Outdoor Recreation at 723-3648.

**YOUNG AIRMEN EVENTS & PROGRAMS**

**May 4 Friday Night Karaoke**

Come and show off your talent during Friday Night Karaoke at Rockers Bar & Grill on May 4 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 18 Wine & Paint Class**

The Arts and Crafts Center invites you to their Wine & Paint class on Friday, May 18 from 6-8 p.m. Cost \$26 per person for a two-hour exciting painting experience. Step-by-step instruction will be provided. Pre-registration is required at the Arts & Crafts Center from May 8-17. Class is open to adults 17 years of age and older only. Wine is not included in cost. You must provide your own wine if desired. For additional information, call 723-3640.

# 5 MDOS Dental flight: A bite out of the fight

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

MINOT AIR FORCE BASE, N.D. --

The main mission of the 5th Medical Operations Squadron dental flight is to support a healthy population of warfighters primed for contingency operations across the globe. Dental flight also consists of 40 personnel who provide Airmen with dental care.

The 5th MDOS dental flight performs routine check-ups, limited specialty care, oral surgeries, endodontics, prosthodontics and periodontics.

"We take care of the readiness mission and provide care for our warfighters so they are primed to deploy any time," said Master Sgt. Rachel Knight, 5th Medical Operations Squadron flight chief.

Dental flight sees an average of 1,400 patients, performs about 4,000 clinical procedures and fabricates an estimated 900 dental prosthesis a month.

"We provide dental support to the 5,500 active duty beneficiaries of Team Minot," said Knight. "As the dental flight chief I ensure the clinic has all it needs to support our patient population."

Dental flight is comprised of three main sections: the dental laboratory, clinic and administration.

The dental lab fabricates dental applicants such as night guards, implants and crowns. The clinic side conduct exams, general dentistry, surgeries and fillings. The administrative section orders supplies, man the front desk, in and out-process Airmen and keep track of records.

One Airmen from the dental lab said that he loves creating dental applicants.

"I believe that when you can create a smile for someone with these dental applicants it makes that person feel good," said Tech. Sgt. Christopher Casey, 5th MDOS NCO in charge of dental lab. "It makes me feel good that I made something to help someone show off their smile."

Knight said that active duty Airmen are required to visit annually for check-ups and cleaning.

"Our active duty patients are required to be seen at the clinic," said Knight. "We want it to be somewhere Airmen would want to go if a choice was given. We strive to provide trusted, safe and comfortable care for our beneficiaries."

Knight stated that dental flight supports the active duty, guard and reserve members of Team Minot around the clock.

"Tooth pain can be very distracting for personnel as they carry out the mission," said Knight. "We offer daily sick call appointments and an after-hours on call service to meet the emergent needs of our warfighters."

Knight said that dental care is essential for Airmen to have good hygiene and to be mission ready.

"We do a lot of education during our dental appointments to stress the criticality of dental hygiene," said Knight. "Most dental issues are preventative and could be staved off by proper oral hygiene and diet."

Knight said the dental flight cares for their Airmen as well



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

as they care for themselves and is there top priority.

"My favorite part about dental is our people," said Knight. "Everyone here cares about not only our patients, but each other. We are mission focused, patient centered and blessed with many hard working individuals."

Capt. Andrew Thomasson, 5th Medical Operations Squadron general dentist, is in charge of patient care and is one of nine general dentists in the squadron.

"If you can change somebody's smile it definitely makes an impact on their lives," said Thomasson. "Just to see them happy and having the teeth to show it."

(From left) Capt. Andrew Thomasson, 5th Medical Operations Squadron general dentist, and Senior Airman Shaquille Bartley, 5th MDOS dental assistant, performs dental work on a patient at Minot Air Force Base, North Dakota, April 19, 2018. Dentists see Airmen annually for check-ups and cleaning.

## Little guy, big fixed heart: part 1

AIRMAN 1ST CLASS KATHRYN R.C. REAVES | 20TH FIGHTER WING PUBLIC AFFAIRS

SHAW AIR FORCE BASE, S.C. (AFNS) -- When Ashley and Tech. Sgt. Ben Mockovciak learned they would soon be parents, they

were overwhelmed with the exciting idea of welcoming a healthy, beautiful child into their family.

"It was the best feeling in

the world," said Ashley, tears in her eyes as she remembered the moment she held the positive pregnancy test. "It was just incredible joy. We were like, 'Maybe this time we can finally have a baby.'"

When Noah James was born months later, the new mother wept with happiness in the hospital room as she held him in her arms with her husband by her side.

"It was pretty amazing," said Ben, 372nd Training Squadron Detachment 202 F-16 tactical aircraft maintenance instructor. "It was just awesome to see him after all the complications we had in the previous pregnancies. Once he was here, we kind of took a deep breath and everything was good to go. Unfortunately, that was just the beginning."

Following a short stay in the neonatal intensive care unit, the Mockovciaks were able to take their newborn home shortly before Ben departed

## ODR from page 2

Active Duty members and dependents.

May 25-28th – Rock Climbing and Horseback Riding:

Join ODR on an adventure to Custer State Park, South Dakota, for a rock climbing excursion at Sylvan Lake followed by a horseback ride and jeep tour of the park. Stay in the cabins and discover the heart of the park while encountering wild animals and historical sites. (Register April 30th- May 18th)

June 22nd-25th – Whitewater Rafting and Zip Lining:

Enjoy a whitewater rafting and zip line adventure in Bozeman, Montana. Spend the first day rafting on the Gallatin River, and the

second day on a zip-line tour of the Gallatin. Trip includes transportation, rafting and zip lining, one night camping and two nights stay at the hotel. (Register May 29th-June 15th)

July 13th-16th – Whitewater Rafting and Horseback Riding:

Come along on an exciting weekend to Gallatin Mountain Range for a full day of whitewater rafting on the Gallatin River, a night of camping, followed by a horseback ride in the mountains. Trip includes transportation, hotel, and rafting and horseback riding. (Register June 18th-July 16th)

For more information call Outdoor Recreation at 701-723-3648

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## Grocery Store Tour

### Celiac Disease/ Gluten Intolerance

Join a Registered Dietitian  
for a small group grocery store tour!

The Original Marketplace Foods  
1930 South Broadway, Minot  
May 8 • 6:00-7:00 p.m.

Meet at the entrance near the deli.

RSVP by May 7.  
Space is limited!  
Please reserve your spot today!  
Call 857-5268

See Little Guy on page 12



# CHURCH DIRECTORY

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

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## FLEA MARKET

**MOVING NEED CASH?** Sell your used/unwanted items at MINOT FLEA MARKET, May 5 and 6, State Fairgrounds. Info 701-340-7930. tfn

## CARRIERS NEEDED!

The Northern Sentry is now hiring carriers to deliver papers at the MAFB. Call 701-838-5937 for more info.



## REAL ESTATE

Find **ALL** listed homes for sale in Minot and the surrounding areas at [www.brokers12.com](http://www.brokers12.com). tfn

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## ANSWERS

### SUDOKU ANSWERS

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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\$359,000

JUST LISTED! Move in ready 5 bedroom, 3 bath home. Kitchen has center island, 2 pantries, ceramic tile floor. Nice deck off dining room. Large master suite and 2 bedrooms on main level. Daylight lower level has 2 bedrooms, full bath and family room. Triple garage.

MLS #180907



\$199,900

PRICE REDUCED - Nicely updated ranch style home in NW Minot. 3 bedrooms, 1 3/4 baths. Remodeled bath, family room and 2 non-egress rooms on basement. New furnace and carpets. Detached garage

MLS #172503



\$72,000

START HERE - 3 bedroom, 1 1/2 story home in Berthold. Main level has 2 bedrooms, laundry and 3/4 bath. Upper level has 1 bedroom. Deck, storage shed and detached, oversized 2 car garage.

MLS #172301



\$265,000

TOTALLY UPDATED - 3 bedroom, 3 bath ranch style in SW Minot. Vaulted, beamed ceilings and sky lights. Each level has a fireplace with electric inserts. Master bedroom with 1/2 bath. Formal dining. Fenced backyard, corner lot with sprinklers. Double garage.

MLS #180176



\$126,900

IN NORWICH - 2 bedroom home on over 1/2 acre lot. Covered front porch and roomy living, dining and kitchen. Carpet and laminate flooring. Steel siding and rural water. Minutes from Minot!

MLS #180469



\$47,500

ENJOY SMALL TOWN LIVING - 2 bedroom, 1040 sq ft home on 4 lots in Donnybrook. Good size kitchen with newer appliances. New laminate. Wood burning stove. 12x16 storage. Adequate room to build a garage.

MLS #180149



**Matt Watne**  
720-5700  
mwatne@minot.com



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**Mel Bartsch**  
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SO I JUST WANT TO THANK EVERYONE FOR ALL THE HARD WORK THEY'VE DONE OVERALL... AND I'LL HAND IT BACK TO THE CHIEF FOR THE CLOSING COMMENTS.

THANKS BOSS... I KNOW EVERYONE IS PRETTY READY TO GET OUT OF HERE, SO I'LL KEEP THIS REAL SHORT AND RELEASE EVERYONE...

BUT FIRST, I JUST WANNA PREGAME OFF OF WHAT THE COMMANDER WAS SAYING A MINUTE AGO...

BASE ANNOUNCEMENTS

TODAY

- 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, 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

SATURDAY

- 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

SUNDAY

- Family Zumba, 1400, Fitness Center

MONDAY

- Tactical Fitness, 0630, Fitness

- Center
- TAP GPS Workshop, 0730-1630, A&FRC, held at the Education Center
- Kids Bowl Free, 0900-1400, Bowling Center
- Federal Résumé Workshop, 1000-1130, A&FRC
- Cycle, 1200, Fitness Center
- Reintegration Briefing, 1300-1400, A&FRC
- Zumba, 1730, Fitness Center
- Key Spouse Monthly Meeting, 1800, A&FRC, held at the PDC
- Yoga, 1830, Fitness Center
- Tactical Strength & Fitness, 1930, Fitness Center

TUESDAY

- Registration Opens for Wine & Paints Class at the Arts & Crafts Center
- TAP GPS Workshop, 0730-1630, A&FRC, held at the Education Center
- Kids Bowl Free, 0900-1400, Bowling Center
- Game Day, 1000-1930, Base Library
- Olympic Lift Training, 1300, Fitness Center
- Family Fun Night, 1700-2100, Rough Riders Pizza
- Urban Boot Camp, 1830, Fitness Center

WEDNESDAY

- TAP GPS Workshop, 0730-1630, A&FRC, held at the Education Center
- Right Start, 0730, A&FRC, held at the Jimmy Doolittle Center
- Club Member Benefit, Every Wed, 0900-1400, Bowling Center
- Kids Bowl Free, 0900-1400, Bowling Center
- Heartlink/New Spouse Orientation, 0930-1230, A&FRC, held at the Jimmy Doolittle Center
- Parent & Tot Fit Kids, 0930,

- Fitness Center
- Story Time, Every Wed, 1030, Base Library
- Fit to Fight, 1100, Fitness Center
- Cycle, 1200, Fitness Center
- 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

THURSDAY

- TAP GPS Workshop, 0730-1630, 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

11 MAY

- TAP GPS Workshop, 0730-1630, A&FRC, held at the Education Center
- Kids Bowl Free, 0900-2100, Bowling Center
- Fit to Fight, 1100, Fitness Center
- Cycle, 1200, Fitness Center

- Olympic Lift Training, 1230, Fitness Center
- Muffins with Mom, 1430, Child Development Center
- Torch Club, 1600, Youth Center
- Keystone Club Meeting, 1600, Youth Center
- Friday Fun Members Buffet, 1630-1830, 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

12 MAY

- Last day for Small Engine Service Special at Auto Hobby
- Tactical Strength & Fitness, 0900, Fitness Center
- Picture Framing Class, 1000, Arts & Crafts Center
- Yoga, 1000, Fitness Center
- EFMP-FS Sensory Friendly Movie, 1100, A&FRC, held at the Base Theater
- Superhero Saturday, 1300, Base Library
- Mother's Day Bowling Special, 1700-2230, Bowling Center
- Bowl the Night Away with "Lights & Strikes", 2000-2400, Bowling Center
- Fight Night UFC 224: Nunes Vs Pennington, Preliminaries at 1900 and Main Card at 2100, Rockers Bar & Grill

ONGOING EVENTS

- 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](http://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! 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
- 2018 Air Force Photo Contest

Participate in the 2018 Air Force Photo Contest! This year's theme is FREEDOM, so get those cameras shooting! Submissions for photos open today and run through May 31. Categories include Adult: Novice & Accomplished, and Youth: Teens, Pre-teens, & Children. Prizes will be awarded in each category! For more information, check out [MyAirForceLife.com/Photo-Contest](http://MyAirForceLife.com/Photo-Contest)

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](mailto:minot@erau.edu). If you have any questions, please call 701-727-9007.

## LITTLE GUY from page 8

to attend noncommissioned officer academy.

“I only got to spend a few hours with him at home, but it was just awesome knowing he was at home with Ashley and they weren’t at the hospital and we got everything handled,” said Ben. “It was a big weight lifted off my shoulders when they were here and comfortable and settled in.”

Though they were overwhelmed with excitement to have their child home, they were also overcome with other emotions.

“Bringing him home after the seven days (in the hospital) was nerve-racking, because it’s different working with children than it is when you’re the parent,” said Ashley, referencing her time as a child caregiver. “It’s totally different...you’re like, ‘Where do I start?’”

From sudden illness and accidents to their child refusing to eat, the couple worried about the things many parents fear, compounded by Ben’s absence due to training.

“You get full of worry,” Ashley said. “That’s the first thing: fear of failing as a parent and then worrying. You’re going to worry as a parent forever, because you want to do it right.”

Unfortunately, the Mockovciaks’ fears would soon be realized during an appointment with their son’s pediatrician at Fort Jackson, South Carolina.

“The first person to notice the difference was our doctor,” said Ashley. “She listened to his heart and said, ‘It’s something more than a murmur,’ so she recommended we go to a cardiologist.”

Two weeks later, Noah’s growth began to slow and it became difficult for him to eat.

At approximately 4 a.m. on Jan. 29, 2017, during one of Ben’s weekend trips home from the academy, the couple worked to comfort their crying son, feeding and rocking him in their arms to no avail.

The parents’ nightmare soon became reality.

“(Ben) tried to walk Noah around, comfort him, and it just wasn’t calming him down, so I asked for (Noah),” said Ashley, voice falling to a near whisper as she recalled the night. “Once my husband put him in my arms, he was coughing and he just stopped completely. There was no movement, he wasn’t responsive, so I kept calling his name.”

Calling to the newborn in her arms, she made a horrible realization: Noah was unresponsive.

“I heard her yell, ‘Oh my God, he’s not breathing,’ so I ran into the bedroom and you could see Noah’s face was blue and he wasn’t breathing,” said Ben. “I had no idea what to do, so I called 911. They said they were sending an ambulance, which would be

about 15 minutes, but it felt like 15 hours just waiting for the ambulance to come.”

Years of training guided Ashley. As calm washed over her, she placed her baby on the floor, tilted his delicate head back and started performing CPR.

To the Mockovciaks’ relief, Noah responded, regaining consciousness with a cough before the ambulance arrived.

As the family arrived at the hospital, they realized their difficult journey was just beginning.

When the Palmetto Health Children’s Hospital physicians tended to Noah, they discovered the truth of what happened: he had a heart attack.

Sitting in a hospital room, the family was faced with an uncertain future.

(To be continued.)



COURTESY PHOTO

Ashley Mockovciak kisses her son Noah Mockovciak in a hospital at Charleston, S.C., circa February 2017. Physicians discovered Noah had heart defects after he experienced a heart attack.

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THOMAS FRIMPONG, DO, AND CHARLES WOOD, MD, NEUROSURGEONS

U.S. AIR FORCE Staff Sgt. Shane Berger, 755th Operational Support Squadron at Davis-Monthan Air Force Base, Ariz., April 19, 2018. Berger was an opportunity to complete the preparatory coursework for admission to status.

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