

# northern sentry

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

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## Minot AFB



## Videos

# Missed Police Week? Here are the top six events that happened!

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

MINOT AIR FORCE BASE, N.D. --

Minot Air Force Base personnel and families celebrated National Police Week 2018, May 14-18. National Police Week is a congressionally honored week celebrating law enforcement personnel across the nation and around the world who have made the ultimate sacrifice in the line of duty.

Here are the six highlights throughout the week!

1. Hosted a Parade:



Members of the Minot Police Department, U.S. Customs and Border Patrol and Team Minot security forces, including McGruff the Crime Dog, marched and drove through base housing during the parade.

2. Visited Schools:



The 5th Security Forces Squadron and 91st Security Forces Group members held school visits at North Plains Elementary, Dakota Elementary and Memorial Middle School.

During these visits, a full range of vehicles were on display for base occupants to tour, including law enforcement patrol vehicles and BearCats, or wheeled armored personnel carriers. Military Working Dog handlers and the Security Forces

Tactical Response Team performed several demonstrations.

3. Pistol Match:



The Combat Arms Training and Maintenance range personnel held an Excellence-In-Competition Elementary Pistol Match. Competitors fired 10 rounds three times, giving them the chance to fire one-handed, two-handed and double-action two-handed.

4. Relay Challenge:



During the relay challenge, five teams competed in a 400 meter dash, Humvee push, pull-up challenge, dummy carry across the track, sit-up challenge, tire flips and a 400-meter dash to end. Several squadrons participated in the event in which the 5th Force Support Squadron team was victorious.

5. Softball Tournament:



Base residents and local law enforcement were invited to a softball tournament. Five squadron teams competed in single-elimination brackets with the 791st Missile Security Forces Squadron team coming out on top.

6. Retreat Ceremony:

All base residents, families and local law enforcement personnel were invited to a retreat ceremony to pay tribute to all military and law enforcement officers who have paid the ultimate sacrifice throughout the years.

Members of the Minot Police Department, U.S. Customs and Border Patrol, Air Force National Guard and other local law enforcement officers shared biographies of military and law enforcement officers who have lost their life in the line of duty.



“Police Week is important not only to the Peace Officers but to the families of them and the community,” said Staff Sgt. Erica Radcliff, 5th Security Forces Squadron law enforcement desk sergeant. “The most important part of Police Week is when we as a community come together to pay our respects and honor those that have paid the ultimate sacrifice.”

For more photos from Police Week 2018 events, please view our Flickr album at <https://www.flickr.com/photos/mafba/albums/72157696347749884>.

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# 5TH AMXS CREW CHIEFS: THE CARETAKERS

Crew chiefs from the 5th Aircraft Maintenance Squadron work on a B-52H Stratofortress at Minot Air Force Base, North Dakota. A crew chief's responsibilities include performing detailed inspections, servicing, pre-flight recovery, launches and landings of a B-52 in addition to many other duties.

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





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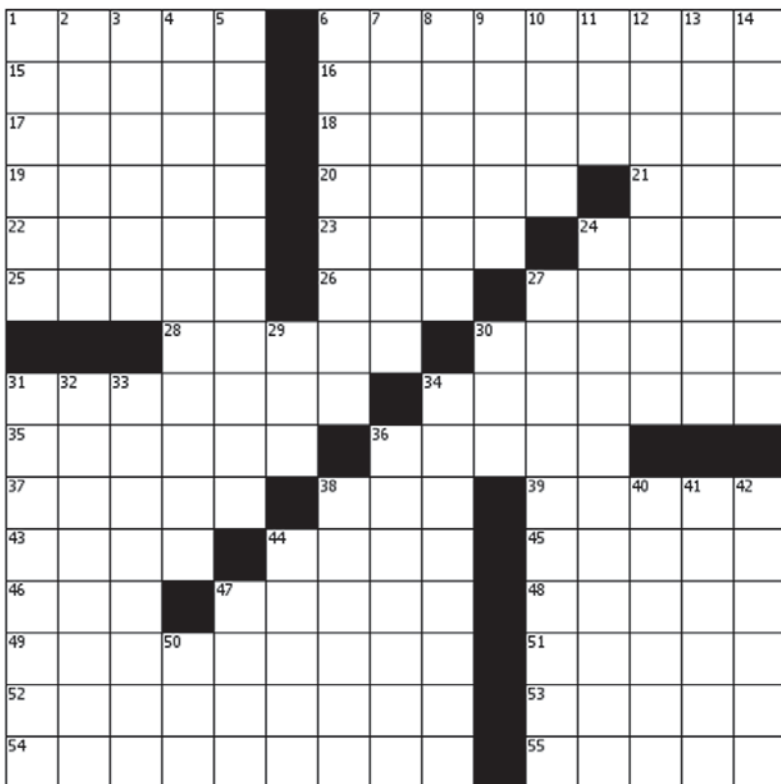
### FACEBOOK

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# CROSSWORD PUZZLE

**Across**

- 1. Dramatist Connelly et al.
- 6. Wrong, in a way
- 15. "A Passage to India" role
- 16. Like an epiphany
- 17. Immigrant's hurdle
- 18. They're supported by floats
- 19. Aunt overseas
- 20. Rubbish
- 21. Channel through shoals
- 22. Menotti title lad
- 23. "Judith" composer
- 24. Acidity-correcting fertilizer
- 25. NBA Hall of Famer Dan
- 26. Ring endings
- 27. 1930 Triple Crown-winning jockey Earl
- 28. Atlantic Division NBAer
- 30. One who gets things together
- 31. Uses
- 34. Fancy fasteners
- 35. St. \_\_: Swiss resort
- 36. Popeye's creator
- 37. Bush adviser Scowcroft
- 38. Hardly a user gp.?
- 39. Fishhooks
- 43. Choir neighbor
- 44. Southern Africa feature
- 45. Have \_\_: be concerned
- 46. With 12-Down, "Shall We Dance?" musical
- 47. River under the Pons Aemilius
- 48. "\_\_ your hands"
- 49. Court expert
- 51. Casual evenings
- 52. Some string players



- 53. Crime squad area
  - 54. You can't really guess on one
  - 55. Is inclined
- Down**
- 1. Fruity cocktail
  - 2. Hull House founder
  - 3. Isabella et al.
  - 4. It might hold up your pants

- 11. Taxonomic suffix
- 12. See 46-Across
- 13. "Our Miss Brooks" star
- 14. Lovers, at times
- 24. Kind of insurance
- 27. Words after "dead"
- 29. Ending string
- 30. Greeting of a kind
- 31. Prepare for conflict
- 32. Dream god

- 33. Things kept under wraps?
- 34. Auto safety feature
- 36. Goes for
- 38. Cheapen
- 40. Secure
- 41. Bud
- 42. Touch and such
- 44. Stop by
- 47. Wee
- 50. Teachers' gp.

## SUDOKU Solution to puzzle on page 10

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

Solution to last week's Crossword puzzle.

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



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### 5-Minute Mediterranean Bowl



**INGREDIENTS:**

- |                                   |   |
|-----------------------------------|---|
| Salad                             | For the bowl                                |
| 1 small cucumber, cubed           | 7-8 olives                                  |
| 1/2 cup cherry tomatoes, halved   | 1/3 cup chickpeas, canned, rinsed & drained |
| small bunch of parsley, chopped   | 2 tbsp hummus                               |
| 1-2 spring onions, thinly chopped | 1 tbsp tzatziki                             |
| olive oil                         | 2-3 tbsp quinoa, cooked                     |
|                                   | black pepper, freshly ground                |

**INSTRUCTIONS:**

Salad: Wash the vegetables, chop them, place in a mixing bowl. Add olive oil, vinegar, and salt to taste. Assemble your bowl: Salad, rinsed and drained chickpeas, the olives, quinoa. In the middle/on top: 2 tbsp hummus and 1 tbsp tzatziki + freshly ground black pepper. Ready.

### Herby Cream Cheese Dip

**INGREDIENTS:**

- |                         |                          |
|-------------------------|--------------------------|
| 4-5 mint leaves         | 1 garlic clove           |
| 1 tbsp capers           | 1/2 tsp vinegar          |
| 1/4 cup sunflower seeds | some black pepper        |
| 1/4 cup walnuts         | 1/2 tsp cumin (optional) |
| 1 tbsp lemon juice      | a cucumber               |
| water                   |                          |

**INSTRUCTIONS:**

I used my hand blender for this, might also work with a normal blender Put capers, walnuts, sunflower seeds, lemon juice, vinegar and 4 tsp water and blend together. If not smooth enough add more water. For me it took around 6-7 tsp water. Add black pepper, garlic, mint, cumin (optional) and blend again. Slice the cucumber into slices (not too thick, not too thin) and top with a tsp of the dip. Otherwise use the dip in wraps like this one Enjoy!



## The Northwest Art Center: Art from a Female Perspective

NORTHWEST ART CENTER | MINOT STATE UNIVERSITY

Summer exhibits at the Northwest Arts Center showcase art with a female perspective, with photographs by Williston artist Jamie Azevedo plus a selection of 25 works by women represented in the Minot State University Permanent Art Collection. The exhibits will hang in the Walter Piehl Gallery in the lower level of the Gordon B. Olson Library.

The group exhibit, "Women's Point of View," will open June 18; Azevedo's solo offering, "The Female Gaze," will open June 28 with a public reception with the artist from 4:30 to 6:00 p.m. Both exhibits run through August 3.

"Women's Point of View" ranges greatly in medium and style, but is unified by groupings of common themes: portraits, scenes from nature, pop art, and abstract works. "The MSU Art Department began a focused effort to develop a Permanent Art Collection in the early 1970's," said Northwest Arts Center Director Avis Veikley, and

the center now manages a collection of over 1000 pieces. Works from the collection are used as a teaching resource, are displayed in offices around campus, and are occasionally toured to other galleries.

Acquisition dates for the works in the current exhibit range from 1971 ("Prophets Still, if Bird or Devil!" a relief print by Judith Jadinger) to 2017 (Jessica Christy's screen-printed quilt, "When the Water").

Jamie Azevedo's "The Female Gaze" treats viewers to wispy, ephemeral images of the female form in motion. "I hope these portraits remind you that we are resilient, creative energies capable of brilliance, transcendence, and grace," writes Azevedo.

Azevedo says her work "explores what it feels like to inhabit the female form. All of us are wrapped up in fragile bodies subjected to abuse and annihilation. But we also possess creative minds which can empower and enlighten others."

"As we females stand on the shoulders of the countless brave women who have helped pave the path

towards our own insight and successes, let us remember that we are much more than our bodies. And we will not be contained," states Azevedo. For each piece sold from the exhibit, the artist will contribute \$50 to an educational scholarship through the Williston State College Foundation to assist in funding a young woman's studies.

Azevedo grew up in rural North Carolina. Her work has been shown in galleries throughout the United States. Currently, she lives North Dakota with her husband and chocolate lab, ZuZu.

The exhibits and reception are free and open to the public. Gallery hours are 9 a.m. to 4 p.m., Monday through Friday. Parking and visitor entrance are on the south side of the library. A visitor parking pass is available at the gallery office; parking in campus lots is unrestricted after 5 p.m.

This program is funded in part by a grant from the North Dakota Council on the Arts, which receives funding from the state legislature and the National Endowment for the Arts.

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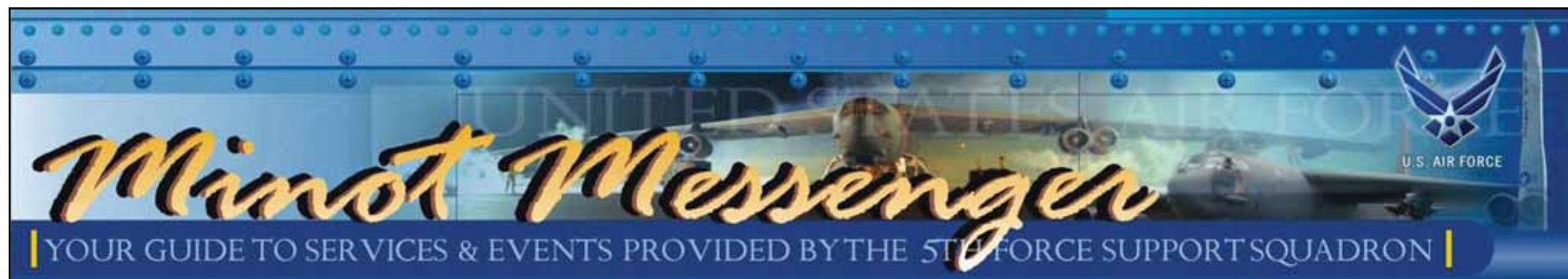
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## Summer Reading Program Kicks Off June 9 At Base Library



It's almost time for Summer Reading. The Base Library's Summer Reading Program will run from Saturday, June 9 to Saturday, August 18 and is open to all ages from infants to adults. This year's theme is "Reading Takes You Everywhere".

The Summer Reading Program starts with a Kick-off Party at 1:00 p.m. on Saturday, June 9 featuring a variety of travel themed activities including a puppet show as well as an opportunity to register for the Summer Reading Program.

Participants can register for the Summer Reading Program at the Library between June 9 and August 9 or register themselves online at <http://tinyurl.com/MinotLibrary>. While supplies last, everyone who registers at the Library will receive a t-shirt and gift bag.

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

There are a lot of prizes available for participants to earn including prizes for reaching their reading goals and enter their names into a grand

prize drawing. Prizes have been provided by the DoD and through sponsorship from the Minot Spouses' Club. Thanks to Air Force Libraries partnership with USAA, Air Force eligible readers will be randomly selected to win tablets, eReaders, gift cards, and more. *No Federal Endorsement of Sponsors Intended.*

There will be programs all summer long for all age groups. Highlights include: a weekly STEAM program for older kids and teens on Thursdays from June 14 to August 16 at 3 p.m., an around-the-world themed "Library Mini-Golf" program for all ages on June 30, a Board Game Making Camp for older kids and teens from June 18-30, a Story Walk on July 14, and more. Check out the Library's Facebook page (Minot Air Force Base Library) for program details.

The Base Library is challenging the base's squadrons to a competition to see which squadron participates the most in the Summer Reading Program. The squadron with the most active duty members participating in the Base Library's Summer Reading Program will receive an award certificate and the right to display the Summer Reading Program Squadron Trophy for a year. The 5 BW Staff won the competition in 2017 while 742 MS took home the trophy in 2016. 705 MUNS won the competition in both 2014 and 2015.

The Summer Reading Program will end with a wrap-up party at 1:00 PM on Saturday, August 18. Grand prizes for all age categories will be awarded at that time.

Last year, Minot AFB had 805 total registrations for the Summer Reading Program and logged 1,354,443 minutes read.

For more information, call the Base Library at 723-3344.

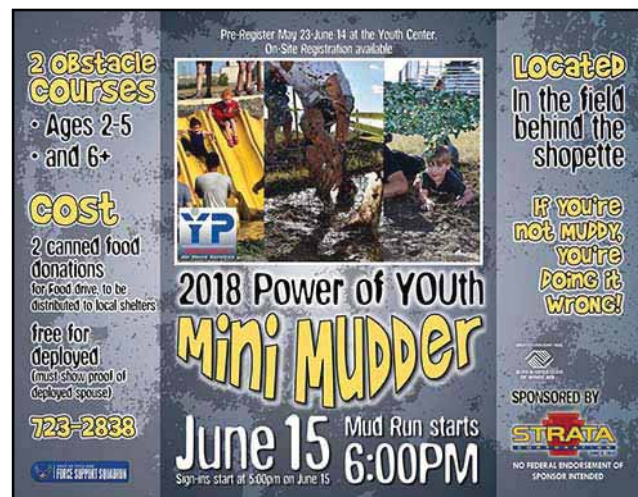
## 2018 Mini Mudder Event Takes To The Course On June 15

Minot AFB youth have an opportunity to experience the ultimate obstacle course during the 6th annual Mini Mudder event scheduled for Friday, June 15 at 6 p.m. at the field located adjacent to the Pride Building, North Star Credit Union, and Shoppette. This Youth Center event provides family members a chance to test their toughness on the kid size obstacle course.

Cost for the event for both Youth Center members and non-members is 2 cans of food donation that will be distributed to local food pantries. The event is FREE to families of deployed members (must show proof of deployed spouse).

Pre-registration is scheduled now through June 14. Registration forms are available at the Youth Center. On site registration and sign-in begins at 5 p.m. on June 15 at the Mini Mudder site.

The event features 2 obstacle courses, one for children 2-5 years of age and the other for children



and families 6 years of age and older.

The Mini Mudder community event is sponsored in part by Strata Corporation. *No Federal Endorsement of Sponsor Intended.* For more details and registration information, call 723-2838.

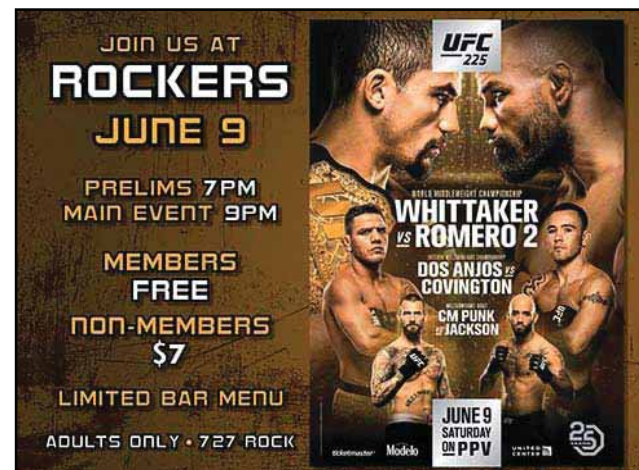
## Beach Party Barbecue First Friday Coming To Doolittle Center



The Jimmy Doolittle Center invites you to enjoy a special Beach Party Barbecue First Friday event on Friday, June 1 from 4-10 p.m.

Bring the whole family for the delicious buffet along with a bounce house, corn hole, toys, a variety of games, water guns, scavenger hunt, and a live DJ. Buffet hours are 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 723-3731.

## Free Admission For Club Members To UFC Fight Night



Club members receive FREE admission to the UFC 225 pay-per-view event at Rockers Bar & Grill on Saturday, June 9. Non-members price is only \$7. The action features UFC Middleweight Championship title fight between current champion Robert Whittaker and former interim title challenger Yoel Romero. 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 Rockers Bar & Grill at 727-ROCK.

**CLUB MEMBER DRAWING ON FRIDAY, JUNE 1 WILL BE FOR \$1,800.**

You must be present to win. Become a club member today to qualify. Simply visit Rockers Bar & Grill or the Jimmy Doolittle Center to obtain your application. The next weekly club member drawing will be held on Friday, June 1 at Rockers Bar & Grill and the Jimmy Doolittle Center. Drawing time varies each week between 5:30-6:30 p.m.



**FAMILY and YOUTH EVENTS & PROGRAMS**

**Kids Bowl Free Program**

Children 15 years of age and under at Minot AFB can now sign-up for **2 FREE games of bowling per day from now - August 31, 2018**. Rough Rider Lanes is participating in the Kids Bowl Free program which allows children to sign up at no charge to receive the free games. Simply visit [www.kidsbowlfree.com/AirForce](http://www.kidsbowlfree.com/AirForce) website to register your child. Then you will receive your free bowling passes each week via email. Members may use the coupon on any electronic device or print the coupon for presentation to the center. Shoe rental is not included. Each family will have the opportunity to purchase a "Family Pass" directly from the website for \$29.95 that allows 4 additional family members over the age of 15 to receive coupons for 2 free games of bowling per day all summer. For additional details, call Rough Rider Lanes at 727-4715.

**Kids Summer Bowling**

Children ages 17 and under can bowl for \$2/game and free shoe rental at Rough Rider Lanes. Offer valid now to July 31, Mon. - Fri., 9 a.m. to 2 p.m.

**Free Range Balls for Juniors**

The Rough Rider Golf Course is excited to offer the Free Range Balls for Juniors program on their driving range. Bring your child to the golf course now through August 31 from 12 p.m. to 9 p.m. daily to practice on the range. Range balls are FREE for kids under 18 years of age for the summer! For more details, call the Rough Rider Golf Course at 723-3164. The Free Range Balls for Juniors program is brought to you by Air Force Services.

**PAINTBALL CAMP**

<b>PAINTBALL 101</b> June 4-8 9:00-11:30	<b>PAINTBALL 102</b> July 9-13 9:00-11:30	<b>PAINTBALL 103</b> July 30-Aug 3 9:00-12:00
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All camps are for ages 9+

<b>Members</b> \$20 per camp \$50 for all 3 camps	<b>Non-Members</b> \$40 per camp \$100 for all 3 camps
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TRIP DATES: JUNE 22-25  
REGISTER: MAY 25-JUNE 15

Kick off summer with a whitewater rafting and zip line adventure in Bozeman, Montana! Spend the 23rd rafting on the Gallatin River, followed by a breathtaking zip-line tour of the Gallatin on the 24th. Price includes transportation, rafting & zip-lining experiences, one night camping in the great outdoors, and two nights stay at the hotel.

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Outdoor Recreation invites you to enjoy their Zip-Lining and Whitewater Rafting trip on June 22-25 to Bozeman, Montana. Spend June 23rd rafting on the Gallatin River, followed by a breathtaking zip-line tour of the Gallatin on June 24th. Price includes transportation, rafting & zip-lining experiences, one night camping in the great outdoors, and two nights hotel stay.

Costs for active duty and dependents are \$80/person quad room, \$95/person triple room, \$115/person double room, and \$185/person single room. Costs for all other DoD ID card holders are \$340/person quad room, \$352/person triple room, \$375/person double room, and \$441/person single room. Registration is from May 25 to June 15. 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.

**YOUNG AIRMEN EVENTS & PROGRAMS**

**Jun 1 Friday Night Karaoke**

Come and show off your talent during Friday Night Karaoke at Rockers Bar & Grill on June 1 from 8 p.m. to close. Sing solo, do a duet, or grab a group! Rockers has a great karaoke selection for your enjoyment. Gather up your friends and enjoy all of the fun. For additional information, contact Rockers Bar & Grill at 727-ROCK.

**Jun 18-21 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 June 18, 19, 20 & 21 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.

**Summer LUAU**  
Aloha! Join us for a fun filled lunch at our 2nd Annual Summer Luau  
June 13, 2018  
1030-1330  
Dakota Inn Dining Facility

Limbo Contest  
Music  
Special Lunch Menu  
FLY

**Jun 28 Pasta-Rama**

The Dakota Inn Dining Facility is hosting Pasta-Rama on Thursday, June 28 from 1 p.m. to 2:30 p.m. This pasta themed cookoff is for base Airmen to showcase their cooking skills and build morale. There will be 3 judges to determine who has the best pasta on base. Register your 2-person team at the Dakota Inn Dining Facility by June 21. Event is limited to the first 5 teams to sign up. For more information, call the Dakota Inn at 723-2359.

**Operation HEROES REINTEGRATION Party**  
Sponsored By: at&t, North Star Community Center  
JOIN US  
2 JUNE 12:15PM  
AFTER THE MISSION AT BUD EBERT PARK FOR A FREE COOKOUT K-9 DEMONSTRATION & FAMILY FUN!  
FREE-OPEN TO ATTENDEES  
YP 723.2838

**U.S. Kids Golf Provides Great Opportunity For Minot AFB Youth**

Learning to play golf is a tremendous challenge for every beginner. For kids, the challenge is even greater. The length of the golf course and the complexities of instruction can be discouraging and possibly turn them away from golf forever. The Rough Rider Golf Course has just the program you need to teach your child the game of golf which they can enjoy for a lifetime.

The U.S. Kids Golf Program features three different sessions spread throughout the spring and summer allowing youth ages 6 and older to choose the clinic that best fits their schedule. Sessions will be held June 11-22 (register by June 4), July 9-20 (register by July 2), and August 6-17 (register by July 30); session times are 5-6 p.m. or 6-7 p.m., Monday, Wednesday, and Friday. Space is limited; first come first served. At the end of each session, a golf outing for the junior golfers will be held with food and refreshments.

The program focuses on teaching youth how to golf using clubs fitted especially for them. For only \$125.00, each child receives their very own set of starter golf clubs, golf instruction by a experienced golf instructor, and on course playing time. For additional information, contact the Rough Rider Golf Course at 723-3164.

**PRIDE OF AMERICA**  
4 PERSON SCRAMBLE & HOLE-IN-ONE CONTEST  
723-3164  
SUNDAY, JUNE 10TH  
SHOTGUN START: 9AM  
CHECK-IN STARTS AT 8AM  
\$30 PER PERSON, GREEN FEES AND CART NOT INCLUDED  
TEAM SLOT RESERVATIONS MUST BE MADE BEFORE 8 JUNE AT 5PM. TOURNAMENT LIMITED TO THE FIRST 18 TEAMS.  
SPONSORED BY Ryan FAMILY DEALERSHIPS  
WIN A 2018 CHEVY EQUINOX  
\*ACTUAL CAR MAY DIFFER FROM PHOTO MUST WIN HOLE-IN-ONE CONTEST  
Like Us on Facebook MAFB Rough Rider Golf Course



U.S. AIR FORCE PHOTO | SENIOR AIRMAN JONATHAN MCELDERRY  
Members of the First Sergeant's Council pose for a photo at Minot Air Force Base, North Dakota, April 24, 2018. The First Sergeant's Council is a professional organization that's focused on supporting Airmen.

# First sergeant's council: For Airmen, by Airmen

SENIOR AIRMAN JONATHAN MCELDERRY | MINOT AIR FORCE BASE PUBLIC AFFAIRS

**M**INOT AIR FORCE BASE, N.D. -- The First Sergeant's Council plays an integral role in servicing thousands of Airmen and families and ensuring people at Minot Air Force Base are always taken care of.

It's a professional organization whose main focus is on supporting Airmen.

"Our primary responsibility is taking care of Airmen through health, morale, welfare and discipline, which ultimately has a positive effect on mission readiness," said Senior Master Sgt. Wayne Sharp, 5th Maintenance Squadron first sergeant.

While fulfilling their responsibilities, first sergeants (shirts) provide Team Minot with various outlets that have a positive

impact on Airmen.

"We're a great medium for resources," said Master Sgt. Kevin Feeney, 5th Force Support Squadron first sergeant. "We support emergency time of need with family members and assist with Officer Training School packages, enlisted performance reports, decorations, reenlistments and debt. From a personnel standpoint, there's no area that we don't come in contact with."

Feeney also noted how instead of being seen as representing discipline, they're more synonymous with reduction of punishment and are dedicated to helping Airmen.

"A lot of people get wrapped up in the discipline aspect of our job, but there's so much more than that," Feeney said. "For instance, we advertise professional development courses and

quarterly birthday meals for Airmen at the Dakota Inn dining facility and work with Airmen who are having housing issues."

Feeney added that if an Airman runs into an obstacle, the council doesn't hesitate to help solve the problem. These include issues with dorms, finances and overall stress management.

"We're the roadblock destroyers," Feeney said. "If someone is running into roadblocks at work, we have

the bulldozer to get through any obstacle in order to help them."

Not only does the council provide various resources, but they also host events for Team Minot.

"One of the main programs we support is Operation Warmheart, an annual Air Force program that's used to financially aid Airmen in need by providing emergency travel and donating goods, food and gift cards," Sharp said. "We also have

Operation Angel Tree where we help donate Christmas toys to families in need."

Sharp mentioned how the shirts are willing to assist Airmen at any time.

"We're always approachable and here to help no matter what," Sharp said. "If there's an issue an Airman feel needs to be addressed by their first sergeant, we're okay with them coming to us. It's not hard to reach us by any means; we're always a phone call away."

## PRESS RELEASE: 91st Security Forces Group leadership relieved of duty

MINOT AIR FORCE BASE PUBLIC AFFAIRS

**M**INOT AIR FORCE BASE, N.D. --

The 91st Missile Wing commander, Col. Colin Connor, relieved Col. Jason Beers, 91st Security Forces Group commander May 23, due to a loss of trust and confidence after a series of events under the scope of his leadership, including a recent

loss of ammunition and weapons.

Beers was responsible for ensuring the 91st SFG was trained, organized and equipped to secure 15 Minuteman III missiles and launch facilities and 15 missile alert facilities geographically separated throughout 8,500 square miles of the missile complex.



**5** Raffle Tickets for **\$20** or **\$5** each

Only 2000 tickets will be sold!

## Raffle to Benefit CancerCare Patients

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3. Mini Minneapolis Getaway (\$615.00)
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5. Glosco Wine Cabinet (\$398.00)
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8. NDSU Autographed Football (\$150.00)
9. Bennington Golf Golf Bag (\$150.00)
10. Sterling Silver Beaded Yellow Bangle (\$135.00)
11. 2 Norsk Hostfest Great Hall Concert Tickets (\$134.00)
12. Autographed UND Hockey Jersey (\$125.00)
13. Radio Flyer Wagon (\$100.00)

City of Minot Permit # M-3622

**Get Your Tickets Today!**

Drawing will be held at the conclusion of Building Hope Women's Golf Tournament. Monday, June 18, 2018, 6:00 p.m., Souris Valley Golf Course, Minot. Need not be present to win. You must be at least 18 years of age to purchase a ticket or win a prize.

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



# CHURCH DIRECTORY

<p><b>Little Flower Catholic Church</b> 800 University Avenue West 838-1520</p> <p><b>Summer Mass Schedule</b> Saturday ..... 5:30 pm Sunday ..... 9:30 am</p> <p><b>Fr. Fred Harvey, Pastor</b> www.littleflowerminot.com</p>	<p><b>St. Peter The Aleut Eastern Orthodox Church</b></p>  <p><b>109 6th St. SE Minot • 838-3094</b></p> <p>Sunday Liturgy ..... 10 a.m. Saturday Vespers.... 6 p.m.</p> <p>The Very Reverend Father Anastassy</p>	<p><b>Harvest Reformed Church</b></p>  <p>We are devoted to faithful preaching of God's Word. Confessionally Reformed Biblical worship.</p> <p>Now meeting at 1505 N Broadway, Grand International, Norse Room</p> <p><b>Sunday Service 10:30 a.m. 838-0605</b> www.harvestreformedchurch.org</p>	<p><b>Trinity Church</b></p>  <p><b>An Evangelical Free Church</b> 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p>Sunday School &amp; Fellowship ..... 9:00 a.m. Worship ..... 10:45 a.m.</p> <p>www.trinitychurchminot.org</p>	<p><b>Bible Fellowship Church</b></p>  <p>Worship Service at 10:45am Sundays Sunday School at 9:45am</p> <p><b>1720 4th Ave NW, Minot 838-0916</b> MinotBibleFellowship.org</p>
<p><b>Faith United Methodist Church</b></p>  <p><b>5900 Highway 83 N, Minot</b> www.faithumcminot.com</p> <p><b>Pastor Tom Sumers 701-838-1540</b></p> <p>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></p> <p>Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School ..... 9:45 a.m. Morning Worship .... 11:00 a.m. Evening Worship ..... 6:00 p.m. Wednesday Evening..... 7:00 p.m.</p> <p><i>Independent/Fundamental/KJV</i> <b>500 46th Ave NE • 839-1351</b> Pastor David Miller</p>	<p><b>Cornerstone Presbyterian Church</b></p> <p><b>1000 NE 3rd Street 852-0315</b></p> <p><b>Sunday Schedule</b> Contemporary Worship ..... 9:00am Sunday School (All Ages) ..... 10:00am Traditional Worship ..... 11:00am</p> <p><b>Wednesday Evening Schedule</b> Community Dinner ..... 5:30-6:30pm Contemporary Worship ..... 6:30pm Youth Group &amp; Small Groups.. 7:15pm</p> <p><b>All are Welcome!</b> www.ecominot.org</p>	<p><b>Congregational UCC</b> 430 N. Broadway • 839-1064</p> <p>Sunday Worship ..... 11am Sunday School ..... 11am Tuesday Bible Study ..... 12pm Saturday Noah's Breakfast .. 9:30am</p> <p>Please join us, all are welcome here!</p> <p><b>UNITED CHURCH OF CHRIST</b></p> 	<p><b>St. Mark's Lutheran Church</b> Missouri Synod</p>  <p>Sunday Worship ..... 9:30 am Bible Study ..... 8:45 am</p> <p><b>2209 4th Avenue NW Minot, ND 839-4663</b> <b>Carlyle Roth, Pastor</b> www.stmarksminot.com Call or check out our website for more information.</p> 
<p><b>Immanuel Baptist Church</b></p>  <p>1615 2nd St. SE • Minot • 839-3694</p> <p>Sundays: Worship ..... 10:00 a.m. Wednesdays: Soup Kitchen .... 11:30 a.m. - 12:30 p.m.</p> <p><b>Brian T. Skar, Pastor</b> www.ibcminot.org</p>	<p><b>Apostolic Faith Church, UPCI</b></p> <p><b>2929 19th Ave NW • Minot</b> Located off Hwy 83 Bypass West <b>(701)838-0609</b></p> <p>Saturday School ..... 2:00 p.m. Sunday Worship ..... 3:30 p.m. Wednesday Bible Study ..... 7:30 p.m.</p> <p><b>Jesse Starr, Pastor</b></p>	<p><b>St. John the Apostle Catholic Church</b></p>  <p>2600 West Central Ave • Minot, ND 58701 <b>839-7076</b></p> <p>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.</p> <p>Fr. David A. Richter, Pastor Parish website: www.stjohnminot.com</p>	<p><b>First Lutheran Church - ELCA</b></p>  <p>120 5th Ave. NW 852-4853</p> <p>Saturday Worship ..... 5:30 pm Sunday Worship ..... 9:30 am</p> <p>www.firstlutheran.tv (Live Stream &amp; Recorded) Radio Broadcast KRRZ 1390AM Sunday 9:30 am www.flcminot.com Pastor Brandy Gerjets Associate Pastor Ellery Dykeman</p>	 <p><b>Gospel Tabernacle Community Church</b></p> <p>9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson</p> <p><b>Church: 701-838-4492</b> <b>Home: 701-838-5759</b> <b>KHRT 1320: 9 a.m. Sunday</b></p> <p>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></p> <p>215 3rd Ave. SE, Minot, ND Phone: 838-5196 • Fax: 852-8494 A Member of the ELCA</p> <p>Sunday Worship ..... 9:00 am Sunday Fellowship ..... 10:00 am Wednesday Worship ..... 6:45 pm</p> <p>Website: www.bethanylutheranminot.com Email: bethanylutheran@srt.com Live Streaming: bethanylutheran.tv</p> <p><b>Pastor Janet Hernes Mathistad</b> <b>Pastor Gerald Roise</b></p>	<p><b>First Baptist Church</b></p>  <p><b>200 3rd St. SW • 852-4533</b> www.fbcminot.org</p> <p>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.</p> <p><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></p>  <p>715 20th Avenue NW Minot, ND 58703</p> <p>www.calvaryofminot.com <b>701-852-0670</b></p> <p>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 Family Worship Center</b></p>  <p><b>1105 16th St. NW • 839-1407</b></p> <p>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</p> <p>westminot.com facebook.com/westminot</p>	<p><b>Vincent United Methodist Church</b></p>  <p><b>1024 2nd St. SE • 838-4425</b> Behind Town &amp; Country Shopping Center open hearts...open minds...open doors!</p> <p>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.</p> <p><b>Pastor Mary Johnson</b> www.vincentumc.com</p>
<p><b>To Advertise your Church in this space.</b></p> <p><b>Call 839-0946</b></p> <p><b>Only \$7.00 a space / per week</b></p>	<p><b>OUR REDEEMER'S CHURCH</b> A Church of the Lutheran Brethren</p> <p>Thursdays: Worship..... 6:30 p.m.</p> <p>Sundays: Worship..... 8:30 a.m. &amp; 10:45 a.m.</p> <p><b>700 16th Ave SE • 701-838-0750</b></p> <p>For more information visit us on the web at: www.ourredeemers.org</p>	<p><b>Cross Roads Baptist</b></p>  <p>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.</p> <p>www.minotcrbc.org email: crbc@srt.com</p> <p><b>415 28th Ave SE (Behind Menards) 838-1873</b></p>	<p><b>First Assembly of God</b></p> <p><b>1805 2nd St. SE 838-1111</b></p> <p>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></p> <p><b>Call 839-0946</b></p> <p><b>Only \$7.00 a space / per week</b></p>
<p><b>To Advertise your Church in this space.</b></p> <p><b>Call 839-0946</b></p> <p><b>Only \$7.00 a space / per week</b></p>	<p><b>To Advertise your Church in this space.</b></p> <p><b>Call 839-0946</b></p> <p><b>Only \$14.00 a space / per week</b></p>	<p>ADVERTISE YOUR</p> <h1>Church</h1> <p>Advertise FOR ONLY \$7 PER WEEK</p> <p>Revisions MADE UPON NOTICE FROM THE CHURCH</p> <p>Deadline TUESDAYS BY NOON WEEK OF PUBLICATION</p> <p>VIEW OUR PAPER ONLINE AT <b>NORTHERNSENTRY.COM</b></p> <div data-bbox="1522 2389 1858 2834" style="border: 2px solid black; padding: 5px;"> <p><b>CONTACT TONYA</b></p> <p>call 701-839-0946</p> <p>email NSADS@SRT.COM</p> <p>fax 701-839-1867</p> </div>		

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## ANSWERS

### SUDOKU ANSWERS

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

Answers to puzzle from page 4

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<p><b>JUST LISTED!</b> 4 bedroom, 3 bath end unit condo. Spacious living/dining area with doors to covered deck. Large master bedroom with walk-in closet and private bath. Daylight lower level has family room with gas fireplace, 2 bedrooms and bath. Attached double garage.</p> <p><b>MLS #181248</b></p>	<p><b>MOVE IN READY!</b> - 5 bedroom, 3 bath home. Kitchen has island and 2 pantries. Deck off dining room. Large master suite. Daylight lower level has family room, 2 bedrooms and full bath. Triple garage.</p> <p><b>MLS #180907</b></p>	<p><b>PRICE REDUCED!</b> - 3 bedroom, 2 bath, 1360 sq ft manufactured home on 1.78 acre lot at Douglas Bay near Garrison. Block foundation, nice deck and mature trees. Shed, bunk house and 32x32 garage.</p> <p><b>MLS #180465</b></p>
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 <p><b>\$244,900</b></p>	 <p><b>\$458,000</b></p>	 <p><b>\$59,900</b></p>
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<p><b>SPACIOUS LIVING</b> - 5 bedroom, 1 1/2 story home on 2 lots with 2 driveways for easy access. Large kitchen, 12x26 deck off dining room. Finished lower level has the master bedroom. Triple garage. Reduced price.</p> <p><b>MLS #180020</b></p>	<p><b>MINOT'S WEST EDGE</b> - Remodeled 5 bedroom, 4 1/2 bath, 4103 sq ft home. Nearly 2 acres with mature trees. New roof, siding, windows. Open living space. Triple garage/shop.</p> <p><b>MLS #180785</b></p>	<p><b>IN BERTHOLD</b> - 14x70 manufactured home with a 24x26 addition. 3 bedrooms, 3/4 bath and a bonus room. 10x10 deck in front, 8x6 deck in back. Detached garage, shed and includes the lot.</p> <p><b>MLS #181237</b></p>
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 <p><b>Carrie Montoya</b> 240-0709 carriecornhusker@aol.com</p>	<p>Check our site for weekly dates and times of <b>Open Houses</b></p> <p>one click printout of weekly open houses</p>	 <p><b>Colleen Johnson</b> 721-4536 crowjohnson@min.midco.net</p>
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 <p><b>04 Honda Accord EX</b> 140K, Remote Start <b>\$5,995</b></p>	 <p><b>09 Chevy 1500 LT Ext Cab</b> 149K, Runs Great! <b>\$12,995</b></p>	<p>See the rest of our inventory at <a href="http://www.Karz4-U.com">www.Karz4-U.com</a></p>

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BASE ANNOUNCEMENTS

<p><b>TODAY</b></p> <ul style="list-style-type: none"> <li>• First Friday 5K - Caesar Run, 0730, Fitness Center</li> <li>• Kids Bowl Free, 0900-2100, Rough Rider Lanes</li> <li>• Kids Summer Bowling begins, 0900-1400, Rough Rider Lanes</li> <li>• Free Range Balls for Juniors begins, 1200-2100, Rough Rider Golf</li> <li>• Beach Party Barbecue First Friday, 1600-2200, Jimmy Doolittle Center</li> <li>• Keystone Meeting, 1600, Youth Center</li> <li>• Torch Club, 1600, Youth Center</li> <li>• Friday Fun Members Buffet, 1630-1830, Rockers Bar &amp; Grill</li> <li>• Yoga, 1700, Fitness Center</li> <li>• Club Members \$\$\$ Drawing, 1730-1830, Rockers Bar &amp; Grill and the Jimmy Doolittle Center</li> <li>• Zumba, 1800, Fitness Center</li> <li>• Karaoke Night, 2000, Rockers Bar &amp; Grill</li> <li>• Lights &amp; Strikes Bowling, 2100-2400, Rough Rider Lanes</li> </ul>	<p><b>MONDAY</b></p> <ul style="list-style-type: none"> <li>• Last Day to register for June US Kids Golf Session</li> <li>• Last Day to register for the MAFB Extramural Golf League</li> <li>• Tactical Fitness, 0600, Fitness Center</li> <li>• Kids Bowl Free, 0900-1400, Rough Rider Lanes</li> <li>• Kids Summer Bowling, 0900-1400, Rough Rider Lanes</li> <li>• Paintball 101 Camp, 0900-1130, Youth Center</li> <li>• Power Zumba &amp; Core, 1100, Fitness Center</li> <li>• Free Range Balls for Juniors, 1200-2100, Rough Rider Golf</li> <li>• Reintegration Briefing, 1300, A&amp;FRC</li> <li>• Zumba, 1730, Fitness Center</li> <li>• Key Spouse Monthly Meeting, 1800-1930, held at PDC, hosted by the A&amp;FRC</li> <li>• Knitting Club, 1800, Base Library</li> <li>• Yoga, 1830, Fitness Center</li> <li>• Tactical Strength &amp; Fitness, 1930, Fitness Center</li> </ul>	<p><b>WEDNESDAY</b></p> <ul style="list-style-type: none"> <li>• Tactical Fitness, 0600, Fitness Center</li> <li>• Club Member Benefit, Every Wed, 0900-1400, Rough Rider Lanes</li> <li>• Kids Bowl Free Program, 0900-1400, Rough Rider Lanes</li> <li>• Kids Summer Bowling, 0900-1400, Rough Rider Lanes</li> <li>• Paintball 101 Camp, 0900-1130, Youth Center</li> <li>• Spouse Focus Group, 0900-1100, A&amp;FRC</li> <li>• Kids Yoga, 0930, Fitness Center</li> <li>• Story Time, Every Wed, 1030, Base Library</li> <li>• Power Zumba &amp; Core, 1100, Fitness Center</li> <li>• Free Range Balls for Juniors, 1200-2100, Rough Rider Golf</li> <li>• Brown Bag Book Talks, 1200, Base Library</li> <li>• Pre-Deployment/ Remote Readiness Training, 1300, A&amp;FRC</li> <li>• Mug Club Special, 1600-1800, Rockers Bar &amp; Grill</li> <li>• 4-H Club, 1600, Youth Center</li> <li>• Boss &amp; Buddy \$1 off Draft Special, 1630-1830, Rockers Bar &amp; Grill</li> <li>• Members Wind Down Wednesday Buffet, 1630-1830, Rockers Bar &amp; Grill</li> <li>• Zumba, 1730, Fitness Center</li> <li>• Yoga, 1830, Fitness Center</li> <li>• Tactical Fitness, 1930, Fitness Center</li> </ul>	<ul style="list-style-type: none"> <li>• Reintegration Briefing, 1300, A&amp;FRC</li> <li>• Fitness Hour, 1600-1700, Youth Center</li> <li>• Members 2 for 1 Appetizers, 1700-1900, Rockers Bar &amp; Grill</li> <li>• Olympic Weight Lifting, 1730, Fitness Center</li> <li>• "Have a Ball" Summer Bowling League, 1830, Rough Rider Lanes</li> </ul> <p><b>8 JUNE</b></p> <ul style="list-style-type: none"> <li>• Last Day to Register for Pride of America Golf Scramble</li> <li>• Paintball 101 Camp, 0900-1130, Youth Center</li> <li>• Kids Summer Bowling, 0900-1400, Rough Rider Lanes</li> <li>• Kids Bowl Free Program, 0900-2100, Rough Rider Lanes</li> <li>• Free Range Balls for Juniors, 1200-2100, Rough Rider Golf</li> <li>• Root Beer Floats with Dad, 1430, CDC</li> <li>• Keystone Meeting, 1600, Youth Center</li> <li>• Torch Club, 1600, Youth Center</li> <li>• Friday Fun Members Buffet, 1630-1830, Rockers Bar &amp; Grill</li> <li>• Yoga, 1700, Fitness Center</li> <li>• Club Members \$\$\$ Drawing, 1730-1830, Rockers Bar &amp; Grill and the Jimmy Doolittle Center</li> <li>• Give Parents A Break, 1800-2200, CDC and Youth Center</li> <li>• Zumba, 1800, Fitness Center</li> <li>• Karaoke Night, 2000, Rockers Bar &amp; Grill</li> <li>• Lights &amp; Strikes Bowling, 2100-2400, Rough Rider Lanes</li> </ul>	<ul style="list-style-type: none"> <li>• "Lights &amp; Strikes", 2000-2400, Rough Rider Lanes</li> <li>• Fight Night UFC 225: WHITTAKER vs ROMERO 2, Preliminaries at 1900 and Main Card at 2100, Rockers Bar &amp; Grill</li> </ul> <p><b>ONGOING EVENTS</b></p> <ul style="list-style-type: none"> <li>• Rough Riders Pizza Special June Special - Chicken Caesar Pizza A delectable twist on the classic Caesar salad! This pizza begins with a Caesar dressing base layered with crispy bacon, diced chicken, and topped with shredded parmesan and mozzarella cheese. A sprinkle of Italian seasoning completes this delicious dish.</li> <li>• B-Fifty Brew Drink Special June Special - Mocha Almond Coconut Protein Frappuccino Get energized with June's drink special! This delicious blend begins with a coconut milk base combined with almond &amp; mocha syrups, scoops of protein, and is topped off with tasty whipped cream and chocolate shavings!</li> <li>• Auto Hobby June Specials June 1-16 Lift Stall Special. Receive \$1 off Lift Stalls* Regular price \$6/hr. Now only \$5/hr. Must mention ad to get special price! *Does not include lifts used for oil changes</li> <li>• 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 <a href="http://www.kidsbowlfree.com/airforce">www.kidsbowlfree.com/airforce</a> 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</li> </ul>
<p><b>SATURDAY</b></p> <ul style="list-style-type: none"> <li>• Operation Heroes Family Deployment Event, 0900, Base Theater, hosted by the A&amp;FRC</li> <li>• Tactical Strength &amp; Fitness, 0900, Fitness Center</li> <li>• Yoga, 1000, Fitness Center</li> <li>• Free Range Balls for Juniors, 1200-2100, Rough Rider Golf</li> <li>• Operation Heroes Reintegration Party, 1215, Bud Ebert Park, hosted by the Youth Center</li> <li>• Bowl the Night Away with "Lights &amp; Strikes", 2000-2400, Rough Rider Lanes</li> </ul> <p><b>SUNDAY</b></p> <ul style="list-style-type: none"> <li>• Free Range Balls for Juniors, 1200-2100, Rough Rider Golf</li> <li>• Family Zumba, 1400, Fitness Center</li> </ul>	<p><b>TUESDAY</b></p> <ul style="list-style-type: none"> <li>• Pre-Separation Counseling, 0800-1130, A&amp;FRC</li> <li>• Kids Bowl Free Program, 0900-1400, Rough Rider Lanes</li> <li>• Kids Summer Bowling, 0900-1400, Rough Rider Lanes</li> <li>• Paintball 101 Camp, 0900-1130, Youth Center</li> <li>• Fit Family Bootcamp, 0900, Fitness Center</li> <li>• Game Day, 1000-1930, Base Library</li> <li>• Free Range Balls for Juniors, 1200-2100, Rough Rider Golf</li> <li>• Family Fun Night, 1700-2100, Rough Riders Pizza</li> <li>• EFMP - FS Focus Group, 1700-1800, A&amp;FRC</li> <li>• Urban Boot Camp, 1830, Fitness Center</li> </ul>	<p><b>THURSDAY</b></p> <ul style="list-style-type: none"> <li>• MAFB Extramural Golf League Begins</li> <li>• Paintball 101 Camp, 0900-1130, Youth Center</li> <li>• Kids Summer Bowling, 0900-1400, Rough Rider Lanes</li> <li>• Kids Bowl Free Program, 0900-2100, Rough Rider Lanes</li> <li>• Free Range Balls for Juniors, 1200-2100, Rough Rider Golf</li> </ul>	<p><b>9 JUNE</b></p> <ul style="list-style-type: none"> <li>• Tactical Strength &amp; Fitness, 0900, Fitness Center</li> <li>• Yoga, 1000, Fitness Center</li> <li>• Free Range Balls for Juniors, 1200-2100, Rough Rider Golf</li> <li>• Summer Reading Program Kick-Off Party, 1300, Base Library</li> <li>• Bowl the Night Away with</li> </ul>	

# Instructor pilot shares experience in AFW2 program before competing in Warrior Games

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COLUMBUS AIR FORCE BASE, Miss. (AFNS) -- The end of an Easter egg hunt in 2017 brought Capt. Hunter Barnhill, 37th Flying Training Squadron instructor pilot, down to the ground as his body was trapped in a seizure.

The seizure was a result of the brain cancer that doctors would soon discover. Within days and through the following months his family, friends and co-workers were helping Barnhill through one of the most difficult times in his life, but there was another helping hand already looking to grab hold of the pilot.

"There was an email chain between my commander at the time and somebody at the Air Force Wounded Warrior program (AFW2)," Barnhill said. "They had said something along the lines of 'Capt. Barnhill just went under some serious brain surgery and we'd recommend him as a member of the AFW2 program.'"

He recalled going through physical therapy the summer after his surgery and he would watch the Invictus Games, an international adaptive multi-sport event, on his computer as he stretched and did his workouts.

"I was impressed," he said. "If they could go through the traumas they went through and find their healing through different sports, I mean that got them this far then why couldn't I do it? That's kind of where my interest in the Warrior Games began."

He competed in a handful of adaptive sports during an AFW2 camp at Joint Base Andrews, Maryland, which only motivated him further to try out for the Warrior Games team.

"When you get down to it, the real motivation is competing alongside other resilient Airmen," Barnhill said. "I wanted to compete alongside them. These people at the Warrior Games know, in a way, what I've gone through. That's a bond we all share."

After the tryouts, Barnhill qualified for shooting, cycling and indoor rowing events and will be competing in all three events at the 2018 Warrior Games from June 1 to 9 at the U.S. Air Force Academy in Colorado Springs, Colorado.

"I grew up deer hunting and shooting, so I was immediately drawn to the air pistol and air rifle shooting," he said. "I was never much of a cyclist before I started training, honestly. I have never done any competitive cycling, but I used to bike everywhere as a kid and in college. I used rowing predominantly as a warm up before workouts, but the indoor rowing in particular is one of those sports I have fallen in love with because of its introduction to me through the AFW2 program."

The teams for each of the sports have Facebook groups where they can communicate with teammates, have live videos of workouts for instant feedback from their coaches, and review new workout routines or receive tips to help improve.

A lot of coaches, like Col. Todd Benson, one of AFW2's shooting coaches, are active-duty members in the Air Force and have a large background in the sport they are involved with.

"Our warriors have taught me that two of the most important tools to recovery are humor and patience," Benson said. "Lending an ear or igniting a smile can mean more to our warriors than you will ever know."

Benson said from his experience coaching the marksmen over the years, helping the athletes overcome their different obstacles is a very rewarding experience.

"If you want to be inspired and humbled, meet a wounded warrior and ask them to tell you their story," Benson said. "You will discover a renewed sense of patriotism and become energized to contribute to this great nation. It is an honor to coach an amazing Airman such as Capt. Barnhill. His drive, positive attitude, and amazing family has been an inspiration. I have no doubt he will inspire anyone who has the privilege to shake his hand."

The shared experiences and sacrifices of the athletes builds

strong bonds between everyone involved, Barnhill explained. Everyone knows in a way what the person next to them has gone through and the team concept is what allows the program to work as a recovery tool.

"All through training, my wife, Crystal, has been really patient with me," Barnhill said. "There's been a lot of time I've had to spend training. Her and my son have put up with me and my schedule because they know how much it means to me and it's been really great. I really appreciate them for that."

Barnhill said this supportive family dynamic is evident with other members of the team as well, and their families are willing to support the team by any means possible.

"All of the families are very integrated into the teams," Barnhill said. "Athletes and caregivers, athletes and immediate family members, everyone's on the team together and it's a one-team fight."

When the games or AFW2 camps are over, the families work with the athletes continuously to help them recover and progress personally and professionally. They are the heroes behind the scenes, Barnhill said.

"Everybody at the Warrior Games has one goal," he said. "The goal is healing. There are second and third order effects that come from that healing such as comradery and friendship. It's those kinds of things keep me coming back."

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