

northersentry

FREE | VOL. 56 • ISSUE 35 | WWW.NORTHERNSENTRY.COM | MINOT AIR FORCE BASE | FRIDAY, AUGUST 31, 2018



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

Air traffic control: eyes in the sky

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Videos



Medal of Honor presented to Tech Sgt John Chapman's family

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

WASHINGTON (AFNS) -- On what would have been their 26th wedding anniversary, Tech. Sgt. John Chapman's widow, Valerie Nessel, accepted his Medal of Honor from President Donald Trump during a ceremony at the White House Aug. 22.

"We are gathered together this afternoon to pay tribute to a fallen warrior, a great warrior... and to award him with our nation's highest and most revered military honor," Trump said.

Fighting in the early morning hours through brisk air and deep snow, Chapman sacrificed his own life to preserve the lives of his teammates during the Battle of Taku Ghar, Afghanistan, on March 4, 2002.

"[John] would want to recognize the other men who lost their lives," Valerie said in a previous interview. "Even though he did something he was awarded the Medal of Honor for, he would not want the other guys to be forgotten -- they were part of the team together. I think he would say his Medal of Honor was not just for him, but for all of the guys who were lost."

Chapman was originally awarded the Air Force Cross for his actions; however, following a review of the Air Force Cross and Silver Star recipients directed by then-Secretary of Defense Ash Carter, Deborah James, then-Secretary of the Air Force, recommended Chapman's Air Force Cross be upgraded to the Medal of Honor.

"John was always selfless -- it didn't just emerge at Taku Ghar -- he had always been selfless and highly competent, and thank God for all those qualities," retired Air Force Col. Ken Rodriguez, Chapman's commander at the

time of the battle, said in a previous interview. "He could have hunkered down in the bunker and waited for the (Quick Reaction Force) and (Combat Search and Rescue) team to come in, but he assessed the situation and selflessly gave his life for them."

Chapman enlisted in the Air Force Sept. 27, 1985, as an information systems operator, but felt called to be part of Air Force special operations. In 1989, he cross-trained to become an Air Force combat controller.

According to friends and family, Chapman had a tendency to make the difficult look effortless and consistently sought new challenges. Dating back to his high school days, he made the varsity soccer squad as a freshman. In his high school

yearbook, Chapman quoted these words: "Give of yourself before taking of someone else."

Chapman looked for a new challenge, which he found in combat control. This special operations training is more than two years long and amongst the most rigorous in the U.S. military; only about one in 10 Airmen who start the program graduate. From months of intense training to multiple joint schools -- including

military SCUBA, Army static-line and freefall, air traffic control, and combat control schools -- Chapman is remembered as someone who could overcome any adversity.

"One remembers two types of students -- the sharp ones and the really dull ones -- and Chapman was in the sharp category," said

Continued on page 10

PHOTO: Valerie Nessel, the spouse of Tech. Sgt. John Chapman, stands as the citation is read before receiving the Medal of Honor from President Donald J. Trump during a ceremony at the White House in Washington, D.C., Aug. 22, 2018. Chapman was posthumously awarded the Medal of Honor for actions on Taku Ghar mountain in Afghanistan on March 4, 2002, when his elite special operations team was ambushed by the enemy and came under heavy fire from multiple directions. Chapman immediately charged an enemy bunker through thigh-deep snow and killed all enemy occupants. Courageously moving from cover to assault a second machine gun bunker, he was injured by enemy fire. Despite severe wounds, he fought relentlessly, sustaining a violent engagement with multiple enemy personnel before making the ultimate sacrifice. With his last actions, he saved the lives of his teammates.

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Estate Claims for Senior Airman Jacob Ellis

MINOT AIR FORCE BASE
PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

Minot Air Force Base, N.D.-- Lt Joshua Trosen, from the 5th Maintenance Squadron, has been appointed the Summary Courts Officer (SCO) for the estate of Senior Airman Jacob Ellis, 5th Aircraft Maintenance Squadron. All claims for or against the estate of the deceased must be submitted to the SCO. For more information, call Trosen at (218) 536-0189

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5th CES Fire Emergency Services: From the flames

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

MINOT AIR FORCE BASE, N.D. --

Airmen from the 5th Civil Engineer Squadron rush by each other as they don their gear and sprint to their assigned trucks armed with water cannons, hoses and all essential equipment they need.

With a maximum of seven minutes to get to a structural

emergency, these Airmen have no room for mistakes. They work hard every day to ensure mission readiness.

"We cover the safety of the base whether its, structural, medical, aircraft or any other

housing we will be there."

Montano said that they spend a lot of time training because he believes that if you don't train on something regularly you might forget how to accomplish that task.

Airman 1st Class Wilciguss Wimbish, 5th Civil Engineer Squadron Firefighter, said that they utilize many different types of equipment for every situation they are presented with.

"We have an A Shift and B Shift which switch off every other day which are on call 24/7," said Wimbish. "Firefighter Airmen eat, sleep and train at the station."

When on scene firefighters figure out what the problem is and implement tactics to mitigate the situation.

"After every emergency we head back to the fire station and resupply," said Montano. "We do an inventory check and have a briefing about what was good, bad and what we can improve."

"During an emergency people are usually looking for comfort and we are that comfort," said Montano. "We're here when no one else is."

Airmen from the 5th Civil Engineer Squadron test equipment at Minot Air Force Base Aug. 14, 2018. Fire fighters utilize various equipment including axes, ladders, water hoses, the Jaws of Life and other tools.

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

"WHEN EVERYBODY GOES HOME FOR THE DAY, WE'RE STILL HERE WAITING FOR THAT CALL."

-TECH. SGT. ANTHONY MONTANO,
5TH CIVIL ENGINEER SQUADRON
STATION CHIEF

emergencies," said Tech. Sgt. Anthony Montano 5th Civil Engineer Squadron Station Chief. "When everybody goes home for the day we're still here waiting for that call."

The 5th CES Firefighter's main concern is that the airfield and aircraft are secure.

"Our main mission here is making sure the airfield is safe," said Montano. "Any incident that happens on the airfield we'll be there in a moment's notice."

Montano said the 5th CES will respond and be at a structural emergency in under seven minutes, five minutes for an aircraft emergency and one minute for dispatch. Fire emergency services also have one minute to suit up and hop in their trucks, and the next three or five minutes to get to their destination.

"As soon as someone calls our dispatch center and we receive that information we're already suiting up and getting out of the station," said Montano. "Whether it's on the flight line or base

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FACEBOOK

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BREAKING BARRIERS: Miller nominated as AF Reserve's first 4-star

HEADQUARTERS AIR FORCE RESERVE COMMAND PUBLIC AFFAIRS

ROBINS AIR FORCE BASE, Ga. (AFNS) -- Lt. Gen. Maryanne Miller was nominated by President Donald Trump and confirmed by the U.S. Senate for promotion to the rank of general Aug. 20. Miller will become the first Airman in the history of the Air Force Reserve to pin on a fourth star while actively serving. In 2016, she became the first female chief of the Air Force Reserve and commander of the Air Force Reserve Command.

She joined the Air Force in

1981, a distinguished graduate of the ROTC program at Ohio State University. She is a command pilot with more than 4,800 flying hours in numerous aircraft. Prior to her current assignment, she was the deputy to the chief of the Air Force Reserve in Washington, D.C., commanded two wings and held numerous staff positions at the unit, Air Staff and Joint Staff levels.

Miller will become the first reservist to lead Air Mobility Command, a total force mission supported by the Air National Guard and Air Force Reserve.

Above: Lt. Gen. Maryanne Miller, chief of Air Force Reserve, and commander, Air Force Reserve Command, testifies with fellow Guard and Reserve component chiefs during the U.S. Senate Committee on Appropriations hearing at the Dirksen Senate Office Building, Washington D.C., April 17, 2018. The chiefs met with the committee to discuss fiscal year 2019 budgeting for the Guard and Reserve.

U.S. AIR FORCE PHOTO | TECH. SGT. KAT JUSTEN

USDA net system reduces aviation bird strikes

STAFF SGT. JOSHUA KING | 386TH AIR EXPEDITIONARY WING
PUBLIC AFFAIRS

SOUTHWEST ASIA (AFNS) --

The U.S. Department of Agriculture works with safety teams around the Air Force to limit the presence of birds on and around airfields to protect aircraft from bird strikes, an issue that costs the Air Force millions of dollars every year in damages.

At an undisclosed location in Southwest Asia, the USDA team has taken a system for catching birds used at a few stateside installations in the Air Force and created one fitted for use at the busiest aerial port in U.S. Air Forces Central Command.

Ted Pepps, USDA wildlife biologist, designed a drop net system for this area of operations and worked with the base's combat metals shop to build it in-house.

"The drop net is a mass capture device," said Pepps. "It allows us to

catch more birds in a shorter amount of time. It is more efficient and effective. Back home we use it for bird control and wildlife research, and we hope to do the same here."

The simple design horizontally suspends a 15-by-15 foot net between electromagnets powered by a car battery. The operator drops the net flat to the ground on unsuspecting birds using a remote similar to a garage door opener with a range up to about a football field.

"This is a big deal in the AOR because there are a lot of sensitive areas," said Pepps. "Areas that we can't shoot guns or pyrotechnics, so this [system] will fill that void."

Most birds are skeptical of changes in their environments, so USDA members do not drop the net daily. Once the birds have acclimated to the

Continued on page 12

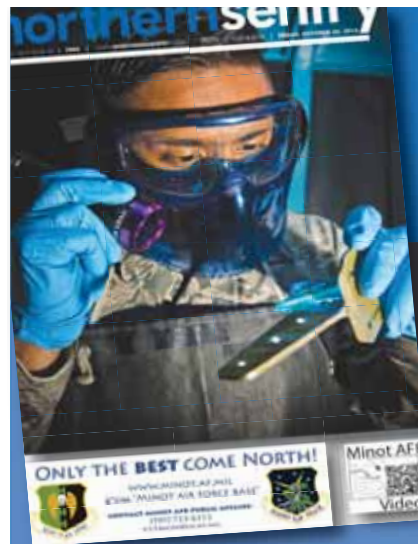
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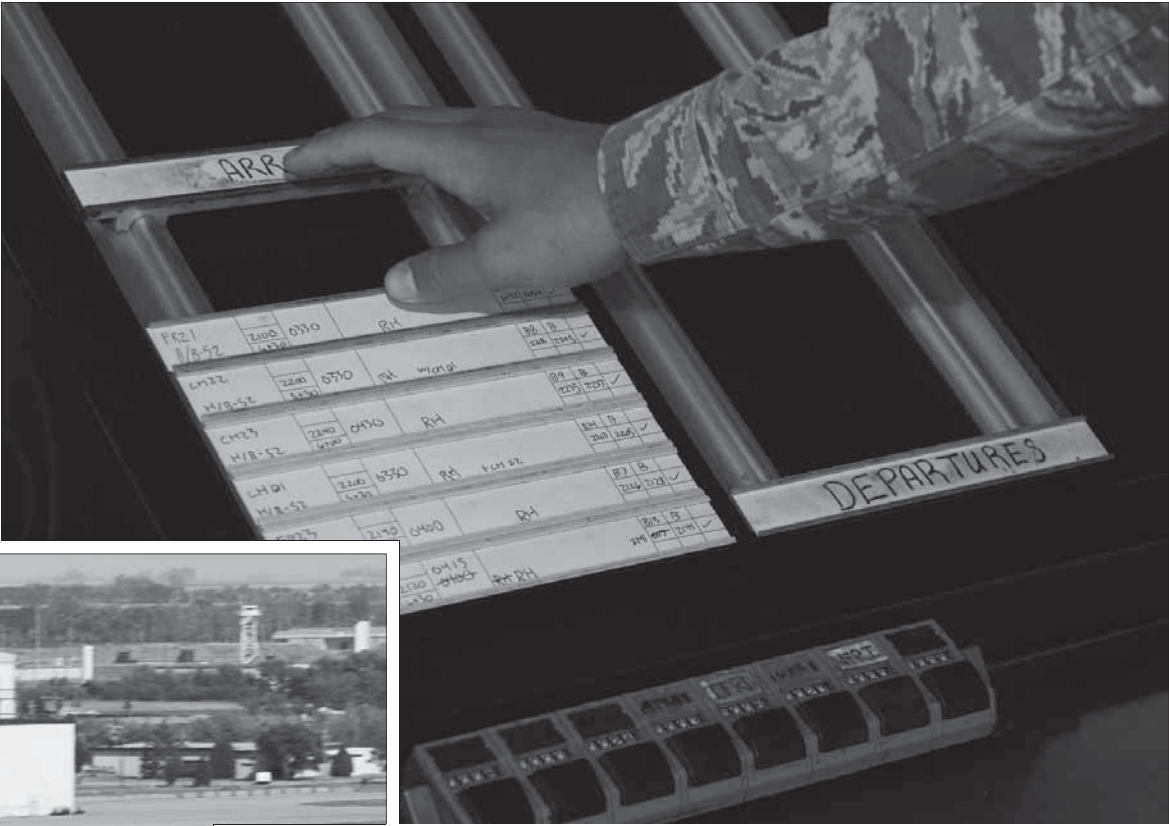
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Air traffic control: eyes in the sky

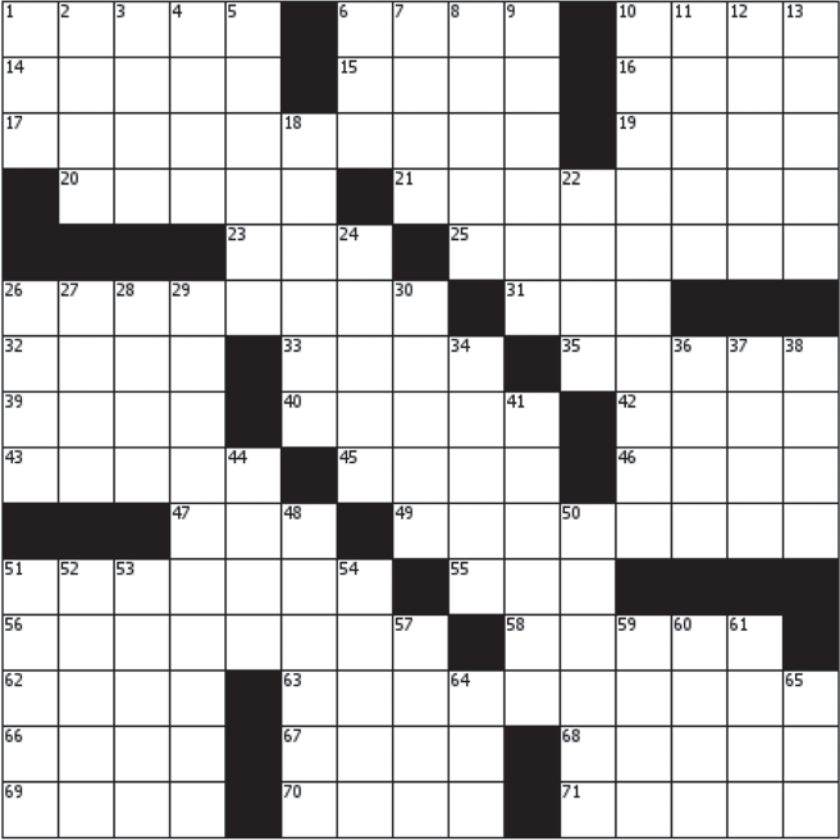
The Air Traffic Control Tower watches over the flight line and up to 5.6 nautical miles above and around Minot Air Force Base, North Dakota. With just under 10K operations a year, the tower ensures the safety of all military and civilian aircraft as well as helicopters surrounding the base. The Air Traffic Control Tower is manned by at least four positions for workers: flight data, ground control, local control and watch supervisor.

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



CROSSWORD PUZZLE

- Across**
- 1. Home to many commuters, slangily
 - 6. Poolside shades?
 - 10. Word before or after "over"
 - 14. Took great pleasure in
 - 15. Flapjack franchise
 - 16. Potent prefix
 - 17. Mealtime spread
 - 19. Children's classic "Frog and ____ Are Friends"
 - 20. More healthy
 - 21. Cherish
 - 23. "Gloria in excelsis ____"
 - 25. Nation independent of Ethiopia since 1993
 - 26. Where land and ocean meet
 - 31. Well-known Whitney
 - 32. Of all time
 - 33. More than suspect
 - 35. Gauzy theatrical drop
 - 39. Retired Italian cabbage
 - 40. Kind of boom
 - 42. Citizen of renown
 - 43. Moving holiday display?
 - 45. Commotion
 - 46. It begins "Now in the first year of Cyrus"
 - 47. Sephia maker
 - 49. Arbitrated
 - 51. Mohs scale meaning of 10
 - 55. Org. of two conferences
 - 56. Discovers
 - 58. It landed in July, 1969
 - 62. Wis. neighbor
 - 63. Leaves inside?
 - 66. Apple variety



- 67. "Famous" talker of '60s TV
 - 68. ____ Domingo (Caribbean capital)
 - 69. Strike-out notation
 - 70. Opposed
 - 71. Board type
- Down**
- 1. Take one's cuts
 - 2. Recent Olympic locale
 - 3. Country singer and sitcom star
 - 4. China hazard, proverbially
 - 5. Big name in swimwear
 - 6. Up to, briefly
 - 7. "Cat on ____ Tin Roof"
 - 8. Dame's introduction?
 - 9. Area of influence
 - 10. Chinese dumpling
 - 11. Love, in a Stevie Wonder title
 - 12. Catch
 - 13. Cassette half
 - 18. Floorboard sounds
 - 22. Troubles
 - 24. Ripley's last words?
 - 26. Common portrait subject
 - 27. Like a twin in horror films
 - 28. Nautical prefix?
 - 29. Perform spinning acrobatics to music

- 30. Source of blood
- 34. Expand, as a road
- 36. Bring down the house
- 37. About, in memo-speak
- 38. Margaret the anthropologist
- 41. Hint to starts of 17, 63-Across and 10, 29-Down
- 44. Level
- 48. Intake problem?
- 50. Go by
- 51. Steamy
- 52. Japanese cartoon style
- 53. Kidney-related
- 54. Bush defense?
- 57. It's for the birds
- 59. One-time David Bowie rock genre
- 60. Tony-winner Nathan
- 61. ____'acte
- 64. Reagan defense prog.
- 65. Buzz Lightyear, e.g.

SUDOKU Solution to puzzle on page 14

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

Solution to last week's Crossword puzzle.

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

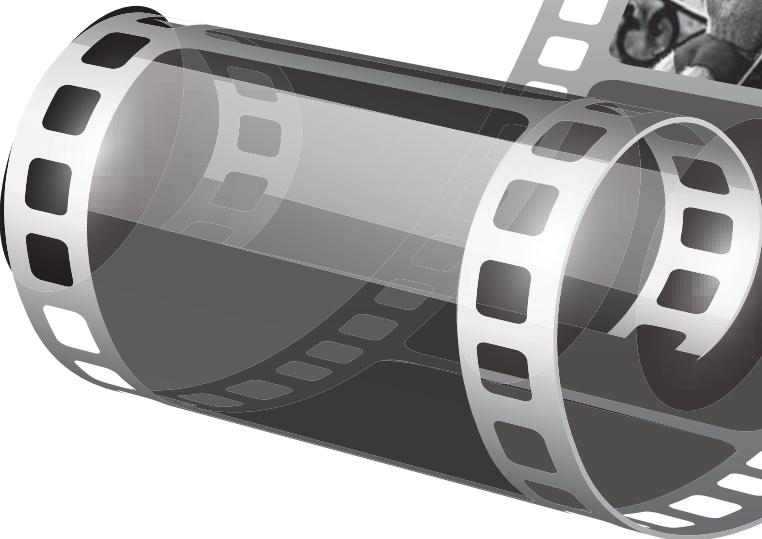
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Cheeseburger Burritos



This easy recipe combines two alltime favorites. Perfect for a quick weeknight meal or your next tailgate!

INGREDIENTS:

1 1/2 lbs. ground beef	1/2 cup dill pickle relish [or
1/2 cup FRENCH'S® Mustard	chopped dill pickle]
(any flavor)	1 cup chopped tomato
1/2 cup FRENCH'S™ Tomato	1 cup shredded cheddar cheese
Ketchup	6 flour tortillas (10-inch)

INSTRUCTIONS:

BROWN ground beef in large skillet; drain. Stir in Mustard, Ketchup and relish and bring to a boil over medium-high heat. Reduce heat to low and simmer 5 minutes.

STIR in tomato and cheese.

Divide mixture evenly among tortillas.

Garnish with lettuce and additional tomato and cheese, if desired.

Fold in ends and roll up tortillas.

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**1
SEPT**

Pointe of View Winery. 2018 Grape Harvest. We will be doing are annual grape harvest. Donuts, juice and coffee will be served starting at 9am and harvest will start at 10 am. Lunch will be served after the harvest which usually takes about 2 hours. We're doing a pig roast again this year. Hope to have the jump castle again also. Located at 8413 19th Ave NW Burlington, ND. For more information: Facebook/2018 Grape Harvest.



**3
SEPT**

Roosevelt Pool 1215 Burdick Expy E, Minot, ND 58701. Roosevelt Park Pool will be open to the Dogs 6:30PM to 8:30PM! The Soggy Doggy Pool Parw-y is a free event, goodwill donations will be collected & all proceeds will be given to the Souris Valley Animal Shelter. Please note that you are required to show proof of rabies vaccination for your dog. Leashes are mandatory when dog is not in the pool. You must maintain full control over you pet at ALL times. For More Information: Facebook/SoggyDoggyPoolPaw-ty



**6
SEPT**

Community Organizations, businesses, dreamers and doers are joining together with a deep desire to create that atmosphere again for our generation and for generations to come. We want our fellow Minot residents and visitors to truly experience and immerse themselves into a culture of creativity, inclusion, and fun, all while building a robust economy for our future! So, what do you say, Minot? Are you down? To experience and envision what could be, get down to the free, all ages Gathering 1.0h! on September 6th. Bring your imaginations. For more information: Facebook/Gathering 1.0h!



**7
SEPT**

Have you been Missing Street Dances as much as us?? WELL...Frankly Scarlett will be joining us on September 7th for Little Chicago Pub District's 1st EVER Street Dance! Gates open at 6 pm. The location will be on 2nd Street NE on the Street in front of The Spot Pool Hall! This event is 21+ with a beer gardens full of Beer and mixed drinks! Part of the proceeds will be donated to Minot Area Men's Winter Refuge & Salvation Army! For more information check out: Facebook/Fall Fest Street Dance.



**8
SEPT**

LeeWok IV Music & Arts Festival - OpenMind 7401 County Road 19 S, Minot, ND 58701. LeeWok is the 4th annual fundraiser for Openmind. The goal of LeeWok is to bring family and friends together to enjoy a day of music, art, food, and fun. Openmind is a local 501 (c)(3) organization dedicated to changing the stigma of mental health and growing mindfulness within our community. Kids 12 and under are FREE! For more information: Facebook/LeeWok IV or www.brownpapertickets.com/event/3560194



Going strong: Airman reflects on getting fit to serve

STAFF SGT. DELANO SCOTT | 11TH WING PUBLIC AFFAIRS

JOINT BASE ANDREWS, Md. (AFNS) --

At 5 feet 4 inches tall, Staff Sgt. Jennifer Thacker, 811th Security Forces Squadron, Vice Presidential Aircraft Security team leader at Joint Base Andrews, Maryland, stood in the middle of a large steel frame. The mass on her shoulders – the weight equivalent of an NFL offensive lineman – looked like it might just be too much for her. The crowd and competitors of Maryland's 2017 Powerlifting Championship Competition all watched intently. With her feet planted and hands gripping the bar, Thacker took a deep breath, mobilized

more than a dozen major and minor muscles, and squatted down. Then, slowly but surely, she began to rise as the applause grew louder. Years ago, such a feat was unthinkable for the powerlifting state champion. Thacker recalls a particularly chilly autumn day nearly five years ago on the Santiago Canyon College campus in California where she made her way to her final lecture of the day. Acknowledging the steady rise in cost of her education and a longing for a more stable and fulfilling path, she paused to make a phone call that changed her life.

Thacker, who had been

grappling with the decision to join the military for a while, told the recruiter on the other end of the line that joining the Air Force would be best choice for her future.

She met with the recruiter a week later, where he explained the application process and checked her measurements.

She weighed 200 pounds, which was 30 pounds over the limit for her height.

"I wasn't shocked to hear

or accept a future without serving in the Air Force.

"When I decide that I'm going to do something, I do it," Thacker said. "I've always been that way."

With that state of mind, she

Continued on page 9



Staff Sgt. Jennifer Thacker, 811th Security Forces Squadron, Vice Presidential Aircraft Security team leader at Joint Base Andrews, Md., prepares to perform a squat in Silver Spring, Md., Aug. 18, 2018. Thacker has begun training for this year's Maryland Powerlifting State Championship in November.

U.S. AIR FORCE PHOTOS | STAFF SGT. DELANO SCOTT

"IT MAKES ME FEEL GOOD BY CHANGING THE WAY I VIEW MY BODY. I DON'T NEED TO BE 115 POUNDS TO BE HAPPY. I CAN BE WHO I AM AND BE STRONG."

-JENNIFER THACKER,
811TH SECURITY FORCES
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that I had to lose weight," Thacker said, admitting that compared to her family, she always considered herself 'big.' I remember breaking down in tears, not having the slightest clue as to how I'd drop the weight. I didn't know where to start."

Thacker said she never considered herself unhealthy, noting that she had always maintained an active lifestyle.

"I grew up playing sports and being active, but I never had a grasp on self-control in terms of eating," Thacker said. "That's something I still struggle with to this day."

She was faced with two choices— either work to drop the necessary weight

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GOING STRONG

from page 8

dedicated herself to losing weight with serving her country as her motivation.

"I didn't know where to start," Thacker exclaimed. "I got a gym membership and started doing things. I forced myself to make a complete lifestyle change and dedicated myself to it."

But the results of her efforts were not coming fast enough for her, so she decided to jump onto quick fix diets.

"I did anything I could do to see fast results," Thacker said. "Looking back, each quick result diet I tried was extremely unhealthy and I would not recommend them to anyone. In 2013, I weighed in at 132 pounds, the smallest I had ever been in my adult life. I was finally able to enlist in the Air Force, and I truly thought I was happy."

Although Thacker had achieved her initial goal of losing enough weight to join the Air Force, she admitted she still wasn't satisfied. She realized she had become obsessed with the numbers on the scale, weighing herself daily, fearing the number would rise.

This mindset would eventually change after she arrived at her first duty station, JB Andrews. It was here, while working out in the base gym, she noticed a group of individuals who'd routinely work out together performing squats, bench press and deadlifts, all with noticeably heavy weights.

After watching their workouts, she became inspired to try their routine herself. Not yet confident enough to attempt the lifts in front of others, Thacker would instead perform them at night when the gym was less busy. Over time, she felt stronger and began focusing less on how much she weighed and more on how strong she was becoming.

Without realizing it, she was powerlifting, a strength sport showcasing the maximum amount of weight a person can lift during squats, bench press and deadlifts.

"Powerlifting gave me a whole new perspective

on the idea of being 'big' and 'strong,'" Thacker said. "While my struggles were far from over, I knew I was on the right track."

With her newfound passion, she sought out other power lifters on base to learn more about the sport.

"I met someone who eventually became my powerlifting coach here at (JB Andrews)," Thacker said. "He said he saw something that I didn't see in myself – natural ability."

Her new coach insisted she begin training for an event that was only a few months away, the Joint Base Myer-Henderson Hall Inaugural Powerlifting Meet in Arlington, Virginia.

"I didn't even know powerlifting competitions were a thing, and now I was being asked to be a part of one," Thacker said. "For a while, I was just lifting and trying to get stronger, but I didn't have a set goal. Competing would give me a chance to create goals for myself."

Over the next few months, she dedicated herself to a powerlifting and took first place in her first-ever competition.

For the next two years, she would go on to find success in each competition she entered, including earning second in her weight class at both the 26th Military National Championships and Drug Tested Free State Open in 2016, and a first place finish in her weight class at the 2017 USA Powerlifting Maryland State Championship. With no plans on stopping anytime soon, she has already begun training for this year's Maryland Powerlifting State Championship in November with the goal of taking another first place finish.

"My life changed when I found my passion for powerlifting," Thacker said. "I quickly realized how empowering this sport really is. It makes me feel good by changing the way I view my body. I don't need to be 115 pounds to be happy. I can be who I am and be strong."



USAF supports premier RAF exercise

TECH. SGT. MATTHEW PLEW | 48TH FIGHTER WING PUBLIC AFFAIRS

RAF LAKENHEATH, England (AFNS) --

The U.S. Air Force's 492nd Fighter Squadron sent several F-15E Strike Eagles to support the Royal Air Force's premier air combat training exercise, Typhoon Warrior, Aug. 14-23, at RAF Coningsby, England.

The squadron's participation provided a valuable training experience for RAF personnel, allowing them to study best practices integrating with U.S. platforms, officials said.

"As long-standing allies on operations, it is critical for the RAF to understand how best to work together with U.S. assets," said RAF Squadron Leader James Fordham, 29 Squadron. "Working with the 492nd Fighter Squadron is a fantastic opportunity for

the Typhoon Qualified Weapons Instructor Course and wider Typhoon force."

The RAF's Typhoon QWIC served as the cornerstone of the training, with a focus on defensive and offensive counter-air operations, dynamic targeting, air interdiction, close air support and joint personnel recovery. Exercise staff at RAF Coningsby coordinate annual fighter, tanker and various support participation from RAF Lakenheath, Mildenhall, Cobham, Spadeadam and Scampton, to provide Typhoon FGR4 aircrews with the best training available.

"With the Typhoon Force expanding, integrating new weapons and developing new capabilities, QWICs have to be at the top of their game; working with our U.S. allies is one of the ways we reach, and

An F-15E Strike Eagle assigned to the 492nd Fighter Squadron flies over RAF Lakenheath, England, Aug. 17, 2018. The squadron sent F-15E Strike Eagles to support Typhoon Warrior, the Royal Air Force's premier air combat training exercise.

U.S. AIR FORCE PHOTO | TECH. SGT. MATTHEW PLEW

maintain that standard," Fordham said.

For the 48th Fighter Wing, Typhoon Warrior allowed F-15E aircrews an opportunity to leverage their skill and knowledge with RAF aviators, while sharpening air interoperability tactics for potential contingencies.

"It is a huge honor to participate in the Typhoon Warrior," said U.S. Air Force Maj. Eric Joachim, 48th Operations Support Squadron chief of wing weapons. "As threats to the security of our two nations continue to morph, it is vitally important that we advance our techniques, tactics and procedures to counter them."

Integrated exercises such as Typhoon Warrior increase the level of camaraderie within the fighter community, serving as just one example of the U.S. and England's unwavering commitment to collective defense, a unique and enduring principle that binds U.S. and British airmen together.

"RAF and United States Air Force fighter pilots are kindred spirits," Fordham said. "The camaraderie between RAF and U.S. fighter pilots pre-dates the formation of the (U.S. Air Force), and is as strong as ever today."

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MEDAL OF HONOR

from page 2

Ron Childress, a former Combat Control School instructor. “During one of his first days at Combat Control School, I noticed a slight smirk on his face like [the training] was too simple for him...and it was.”

Following Combat Control School, Chapman served with the 1721st Combat Control Squadron at Pope Air Force Base, North Carolina, where he met Valerie in 1992. They had two daughters, who were the center of Chapman’s world even when he was away from home – which was common in special operations.

“He would come home from a long trip and immediately have on his father hat – feeding,

bathing, reading and getting his girls ready for bed,” said Chief Master Sgt. Michael West, who served with Chapman through Combat Control School, a three-year tour in

Okinawa, Japan, and at Pope AFB. “They were his life and he was proud of them. To the Air Force he was a great hero...what I saw was a great father.”

The Battle of Takur Ghar

In conjunction with Operation Anaconda in March 2002, small reconnaissance teams were tasked to establish observation posts in strategic locations in Afghanistan, and when able, direct U.S. airpower to destroy enemy targets. The mountain of Takur Ghar was an ideal spot for such an observation post, with excellent visibility to key locations.

For Chapman and his joint special operations teammates, the mission on the night of March 3 was to establish a reconnaissance position on Takur Ghar and report al-Qaida movement in the Sahi-Kowt area.

“This was a very high profile, no-fail job, and we picked John,” said retired Air Force Col. Ken Rodriguez, Chapman’s commander at the time. “In a very high-caliber career field, with the

highest quality of men – even then – John stood out as our guy.”

During the initial insertion onto Afghanistan’s Takur Ghar mountaintop on March 4, the MH-47 Chinook helicopter carrying Chapman and the joint special operations reconnaissance team was ambushed. A rocket-propelled grenade struck the helicopter and bullets ripped through the fuselage. The blast ripped through the left side of the Chinook, throwing Navy Petty Officer 1st Class Neil Roberts off the ramp of the helicopter onto the enemy-infested mountaintop below.

The severely damaged aircraft was unable to return for Roberts,

“EVEN THOUGH HE DID SOMETHING HE WAS AWARDED THE MEDAL OF HONOR FOR, HE WOULD NOT WANT THE OTHER GUYS TO BE FORGOTTEN – THEY WERE PART OF THE TEAM TOGETHER. I THINK HE WOULD SAY HIS MEDAL OF HONOR WAS NOT JUST FOR HIM, BUT FOR ALL OF THE GUYS WHO WERE LOST.”

—VALERIE CHAPMAN

and performed a controlled crash landing a few miles from the mountaintop. Thus began the chain of events that led to unparalleled acts of valor by numerous joint special operations forces, the deaths of seven

U.S. servicemen and now, 16 years later, the posthumous award of the Medal of Honor to Chapman.

Alone, against the elements and separated from his team with enemy personnel closing in,



U.S. AIR FORCE PHOTOS | WAYNE A. CLARK

Roberts was in desperate need of support. The remaining joint special operations team members, fully aware of his precarious situation, immediately began planning a daring rescue attempt that included returning to the top of Takur Ghar where they had just taken heavy enemy fire.

As the team returned to Roberts’ last-known position, now on a second MH-47, the entrenched enemy forces immediately engaged the approaching helicopter with heavy fire.

The helicopter, although heavily damaged, was able to successfully offload the remaining special operations team members and return to base. Chapman, upon exiting the helicopter, immediately charged uphill through the snow toward enemy positions while under heavy fire from three directions.

Once on the ground, the team assessed the situation and moved quickly to the high ground. The most prominent cover and concealment on the hilltop were a large rock and tree. As they approached the tree, Chapman received fire from two enemy personnel in a fortified position. He returned fire, charged the enemy position and took out the enemy combatants within.

Almost immediately, the team encountered machine gun fire from another fortified enemy position only 12 meters away. Chapman deliberately moved into the open to engage the new enemy position. As he engaged the enemy, he was struck by a burst of gunfire and became critically injured.

Chapman regained his faculties

and continued to fight despite his severe wounds. He sustained a violent engagement with multiple enemy fighters for over an hour before paying the ultimate sacrifice. Due to his remarkably heroic actions, Chapman is credited with saving the lives of his teammates.

(Staff Sgt. Ryan Conroy contributed to this story.)

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AVIATION BIRD STRIKE from page 4



device, which normally takes a few days, they go out and drop it early in the morning while the birds are eating seed placed under the net.

Once captured, the birds are humanely removed from the area.

"A system like this demonstrates the potential that our Airmen from all components of the total force—civilian, Guard or Reserve, or active duty—have to make a difference through their ingenuity and creativity," said Lt. Col. Edmund Harrington, AFCENT deputy director of safety. "Mr. Pepps' drop net presents a simple solution to a variety of challenges with mitigating the wildlife strike risk in the [area]."

This solution will not

completely phase out other cages and traps that require the constant attention of USDA personnel. Those methods

"THIS IS A BIG DEAL IN THE AOR BECAUSE THERE ARE A LOT OF SENSITIVE AREAS," SAID PEPPS. "AREAS THAT WE CAN'T SHOOT GUNS OR PYROTECHNICS, SO THIS [SYSTEM] WILL FILL THAT VOID."

- TED PEPPS,
USDA WILDLIFE BIOLOGIST

still require the team to replenish the food and water, and they can't leave the birds exposed to the elements. The traps must be checked often to ensure that when a bird is captured, it remains alive.

"With most traps, you use a lot of man-hours for a minimal result," added Pepps. "With the drop net, where you pull the birds out immediately, there is not a huge time commitment with catching 50 to 100 birds."

The entire system is mobile and can be easily placed in a variety of locations, ensuring that it can be used wherever the birds relocate, said Pepps.

The drop net system is placed away from the airfield and attracts the birds that would normally fly in the vicinity of the flight line, as well as other important areas around base.

"We hope to see devices like this one in broader use throughout the [area], and I encourage our safety teams to look for other innovative ways to reduce mishap risks for our Airmen and joint and coalition partners," said Harrington.

Minot State Opens Cadaver Lab

MICHAEL LINNELL | DIRECTOR OF UNIVERSITY COMMUNICATIONS

MINOT, N.D. —

Minot State University students will have a unique opportunity to study the human body as the university officially opened a cadaver lab to enhance its Biology 220 and 221 Anatomy and Physiology I and II classes.

The cadaver lab — one of only two such labs at public institutions in North Dakota — has two stations for dissection and an observation room. The lab was built in response to a request from Minot State students for hands-on learning experiences.

"We would be in class and teaching a topic and I would say it would be really nice to show you this, but we just don't have the facility. Instead we would use plastic models or dissected animals," said Minot State biology instructor and cadaver lab supervisor Dr. Aaron Ament. "It was really frustrating at times; we could lecture, but not observe. The students came to me and said maybe we should write a letter to the president or express our concerns to student government. I told them I would support that, and it basically started from there."

Minot State partnered with the University of North Dakota School of Medicine & Health Sciences to receive the cadavers. The lab will consist of one male and one female cadaver each academic year.

"Each year, we see students graduate from Minot State who move on to advanced professional schooling such as medical school," said Minot State President Steven Shirley. "The installation of this new lab at MSU will enhance our curriculum and further prepare our students for the next steps in their educational and career endeavors."

There are strict rules and regulations that accompany the new cadaver lab.

"There are a lot of rules that we will need to follow from certain types of clothing that can be worn, to no video or photography, to what we do with the tissue," Ament said. "Everything is supervised. There is a long list of procedures. A lot of what we are working on right now is implementing those procedures."

According to Ament, the experience gained through

working with cadavers as opposed to plastic models is immeasurable.

"My first opportunity to work on a cadaver was as an undergrad, and there is real benefit to being able to touch and feel actual tissue," he said. "But it goes beyond that. It's a little metaphysical. The experience is so vivid, it's something you will remember and appreciate as you continue on in biology. It's humans dissecting a human. It's one of those big picture items; you can take in account how they died. In our case, one of the individuals had heart disease. Once we are to that point in the dissection, we can actually see what caused that event."

While Ament believes his biology students will leave Minot State better prepared for their next level of school, he also feels other disciplines within the university will benefit from the class.

"I really think this can be applied in multiple areas," he said. "In a lot of places, nursing students don't get the opportunity to work on cadavers. Individuals who are studying art, for another example, if they are thinking of becoming a medical illustrator, can actually see the bones and muscles. Even the athletes on campus can see and understand why certain injuries happen. It will give everyone a better understanding of the human body, in whatever subject they are studying."

And, for the biology students — especially the individuals interested in a pre-medical field — there are real advantages to working in Minot State's smaller classes.

"We will offer the lab experience of a medical school, but at a much smaller undergraduate class size," Ament said. "We will really be able to teach the subject."



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<p> Faith United Methodist Church</p> <p>5900 Highway 83 N, Minot www.faithumcminot.com</p> <p>Pastor Tom Sumers 701-838-1540</p> <p>Sunday School (All Ages): 10 a.m. Sunday Coffee Fellowship: 10:30 a.m. Worship Services: Sunday 11 a.m.</p>	<p>Minot Baptist Church</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> 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p>Cornerstone Presbyterian Church</p> <p>1000 NE 3rd Street 852-0315</p> <p>Sunday Schedule Contemporary Worship 9:00am Sunday School (All Ages) 10:00am Traditional Worship 11:00am</p> <p>Wednesday Evening Schedule Community Dinner 5:30-6:30pm Contemporary Worship 6:30pm Youth Group & Small Groups.. 7:15pm</p> <p>All are Welcome! www.ecominot.org</p>	<p>Congregational UCC 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>UNITED CHURCH OF CHRIST </p>	<p> St. Mark's Lutheran Church <i>Missouri Synod</i></p> <p>Sunday Worship 9:30 am Bible Study 8:45 am</p> <p>2209 4th Avenue NW Minot, ND 839-4663</p> <p>Carlyle Roth, Pastor www.stmarksminot.com</p> <p>Call or check out our website for more information.</p> <p></p>
<p> Immanuel Baptist Church</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>Brian T. Skar, Pastor www.ibcminot.org</p>	<p>Apostolic Faith Church, UPCI</p> <p>2929 19th Ave NW • Minot Located off Hwy 83 Bypass West (701)838-0609</p> <p>Saturday School 2:00 p.m. Sunday Worship 3:30 p.m. Wednesday Bible Study 7:30 p.m.</p> <p>Jesse Starr, Pastor</p>	<p>St. John the Apostle Catholic Church </p> <p>2600 West Central Ave • Minot, ND 58701 839-7076</p> <p>Daily Mass Schedule:</p> <p>Tuesday 7:00 p.m. (3rd Tuesday 7:00 a.m.) Wednesday - Friday 7:00 a.m. Saturday 5:00 p.m. Sunday 8:00 & 10:30 a.m.</p> <p><i>Fr. David A. Richter, Pastor</i> Parish website: www.stjohnminot.com</p>	<p> First Lutheran Church - ELCA 120 5th Ave. NW 852-4853</p> <p>Saturday Worship 5:30 pm Sunday Worship 9:30 am</p> <p></p> <p>www.firstlutheran.tv (Live Stream & Recorded) Radio Broadcast KRRZ 1390AM Sunday 9:30 am www.flcminot.com Pastor Brandy Gerjets Associate Pastor Ellery Dykeman</p>	<p></p> <p>Gospel Tabernacle Community Church</p> <p>9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson</p> <p>Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday</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>Bethany Lutheran</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>Pastor Janet Hernes Mathistad Pastor Gerald Roise</p>	<p>First Baptist Church</p> <p> 200 3rd St. SW • 852-4533 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>Rev. Kent Hinkel, Senior Pastor Rev. Barry Seifert, Associate Pastor Pastor Josh Huseby, Worship Arts Pastor Sam Kautzmann, Student Ministries Elaine Carlson, Children's Ministry Director</p>	<p> Calvary Alliance Church</p> <p>715 20th Avenue NW Minot, ND 58703</p> <p>www.calvaryofminot.com 701-852-0670</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> West Minot Church of God <i>Family Worship Center</i></p> <p>1105 16th St. NW • 839-1407</p> <p>Sunday School 9:30 a.m. Sunday Worship 10:30 a.m. Children's Church & Nursery Wednesday Family Training Hour Meal 5:30p.m. Classes for All Ages 6:30 p.m. Youth Center, Friday 7:00 - 11:00 p.m. ABC Child Care Center 852-6352</p> <p>westminot.com facebook.com/westminot</p>	<p> Vincent United Methodist Church</p> <p>1024 2nd St. SE • 838-4425 <i>Behind Town & Country Shopping Center</i></p> <p>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>Pastor Mary Johnson www.vincentumc.com</p>
<p>To Advertise your Church in this space.</p> <p>Call 839-0946</p> <p>Only \$7.00 a space / per week</p>	<p> OUR REDEEMER'S CHURCH <i>A Church of the Lutheran Brethren</i></p> <p>Thursdays: Worship..... 6:30 p.m.</p> <p>Sundays: Worship..... 8:30 a.m. & 10:45 a.m.</p> <p>700 16th Ave SE • 701-838-0750</p> <p>For more information visit us on the web at: www.ourredeemers.org</p>	<p> Cross Roads Baptist</p> <p>Sunday School (all ages) 9:45 a.m. Sunday Worship 11 a.m. & 6:30 p.m. Wednesdays (Prayer & Missions) ... 6:30 p.m.</p> <p>www.minotcrbc.org email: crbc@srt.com</p> <p>415 28th Ave SE (Behind Menards) 838-1873</p>	<p>First Assembly of God</p> <p>1805 2nd St. SE 838-1111</p> <p>Morning Worship 8:30 a.m. Sunday School 10 a.m. Morning Worship 11 a.m. Wednesday Family Night..... 6:30 p.m.</p>	<p> Vincent United Methodist Church</p> <p>1024 2nd St. SE • 838-4425 <i>Behind Town & Country Shopping Center</i></p> <p>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>Pastor Mary Johnson www.vincentumc.com</p>
<p>To Advertise your Church in this space.</p> <p>Call 839-0946</p> <p>Only \$7.00 a space / per week</p>	<p>To Advertise your Church in this space.</p> <p>Call 839-0946</p> <p>Only \$14.00 a space / per week</p>			

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36w

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ANNOUNCEMENT

6th Annual Minot Coin Club Show, September 29-30, Saturday 10-6, Sunday 10-4 at Sleep Inn Minot, Door Prizes, Free Gifts for Kids, DAILY GOLD COIN GIVEAWAY, 25 Dealer tables buying and selling coins, currency, tokens, precious metals and more, 701-833-7979.

39w

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w35

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

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2 BEDROOM APARTMENT FOR RENT AVAILABLE SEPTEMBER 1, Fully furnished and all utilities included. 2 car garage, cable/wifi & fishing dock. No lease required. \$900 per month. Call 833-9943.

38w

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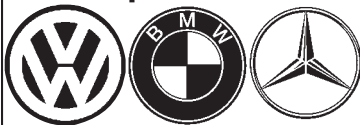
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ANSWERS

SUDOKU ANSWERS

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

Answers to puzzle from page 6

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Minot, ND
701-852-1156**



\$320,000

IN KENMARE – Gorgeous 4 bedroom, 2 ½ bath, 1 ½ story home on 2 lots. Fireplace and built-ins in living room. Large breakfast bar, granite counters and tile backsplash in kitchen. French doors to covered deck. Open staircase to upper level. Large 24x28 garage.

MLS #181972



\$246,500

A MUST SEE! Updated 3 bedroom, 3 bath home. Formal dining room. Vaulted beamed ceilings with 3 skylights. 2 fireplaces with electric inserts. Finished lower level. Storage shed with loft and concrete floor. Double garage.

MLS #180176



\$45,900

AFFORDABLE LIVING – 2 bedroom home in Mohall. Hardwood floors on main level. Deck off dining room. Lower level has non-egress multi-purpose room. Well cared for home. Nice yard with mature trees and a storage shed.

MLS #181559



\$329,900

GORGEOUS - 5 bedroom, 3 bath home. Granite in kitchen. Master bedroom has a ¾ bath. Finished lower level with family room. Covered patio and maintenance free fencing. Triple garage.

MLS #181565



\$66,500

COZY – 3 bedroom, 2 bath mobile home. Beautiful kitchen with stainless steel appliances. Recently painted inside and out. Large deck in front with canopy. Picket fence side yard and recycled asphalt driveway.

MLS #181553



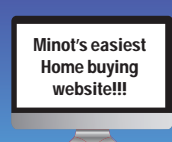
\$74,500

CHARACTER – 5 bedroom, 1 ½ bath, 2 story home in Kenmare. Upper level has 4 bedrooms and full bath. Main level family room and living room, 1 bedroom, laundry, ½ bath and kitchen with pantry. Enclosed front porch.

MLS #180575



Ric Montoya
240-0749
grigio92@aol.com



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35w

BASE ANNOUNCEMENTS

1730-1830, Jimmy Doolittle Center and Rockers Bar & Grill

• **Zumba**, 1800, Fitness Center

• **Karaoke Night**, 2000, Rockers Bar & Grill

• **Lights & Strikes Bowling**, 2100-2400, Rough Rider Lanes

8 SEPTEMBER

• **Air Force Retiree 4-Person Scramble**, 0900, Rough Rider Golf Course

• **Fall Fitness Sampler**, 0900-1100, Fitness Center

• **Olympic Weight Lifting** 101, 1300-1500, Fitness Center

• **Zoo Time!**, 1300, Base Library

• **Bowl the Night Away with**

“**Lights & Strikes**”, 2000-2400, Rough Rider Lanes

• **Fight Night** – UFC 228: Woodley vs Till, Preliminaries begin at 1900 and Main Card at 2100, Rockers Bar & Grill

ONGOING EVENTS:
ROUGH RIDERS
PIZZA SPECIAL

August Special – Green Chili Enchilada

Try our mouth-watering basil butter crusted dough covered with a delicious base of green chili sauce, followed by chopped chicken and a blend of delicious cheeses. Finished with dollops of cream cheese and crisp jalapenos then cooked to perfection.

Small: \$11 Med: \$15 Large: \$17- Members receive \$2 off any pizza

Try it on a Panino! \$8.25 meal – includes side & drink

September Special – Roasted Red Pepper

This month's special is our delicious basil butter crusted dough covered with a classic base of marinara sauce, followed by a layer of pepper jack cheese, and topped with Italian sausage, chopped roasted red peppers, and mozzarella cheese before being cooked to perfection. A drizzle of Sriracha sauce completes this scrumptious pizza!

Small: \$11 Med: \$15 Large: \$17- Members receive \$2 off any pizza

Try it on a Panino! \$8.25 meal – includes side & drink

B-FIFTY BREW
DRINK SPECIAL

August Special – Apple Pie Frappuccino

Take a sip of a classic American dessert! Enjoy apple juice and milk blended with cinnamon dolce and caramel syrups, topped off with our delicious vanilla whipped cream, a drizzle of caramel, and a sprinkle of cinnamon!

Grande \$5.00, Venti \$5.50

September Special – Mexican Mocha

This month's drink special starts when delicious mocha syrup is mixed with steamed soy milk. Next, espresso, white mocha syrup, and cinnamon dolce syrup are blended before this treat is topped with fluffy whipped cream and a sprinkle of cinnamon. Get it hot or iced! Grande \$5.00, Venti \$5.50

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SEPTEMBER
SPECIALS

September 1-15

Pay for 2 hours of stall use and receive 1 hour stall use FREE!

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SPECIAL

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15 and under! Then, receive each child's passes by email for 2 FREE GAMES A DAY!

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Thursday-Friday: 9am-7pm

For more information, call Rough Rider Lanes at 727-4715

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is now registering for the Fall 2018 term (8 Sept-9 Nov). You can enroll in classes for CCAF, classes towards Undergraduate degrees such as: AS/BS Aeronautics, AS/BS Aviation Maintenance, AS/BS Technical Management and Graduate degrees: MS Aeronautics, MBA Aviation & MS Management. Please stop by the ERAU office, located inside the Minot AFB Education Center Bldg, Room 223 or email your registration request or any inquiries to minot@erau.edu. To apply to the University, please go to <https://worldwide.erau.edu/admissions/apply/> and select Minot as the Campus location. Our course modalities include Eaglevision class onsite, online and Eaglevision home. If you have any questions, please call 701-727-9007.

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BASE ANNOUNCEMENTS

TODAY

• **AFGSC Family Day** – For the full listing of 5th Force Support Squadron facility hours for the Labor Day holiday weekend period of August 31 – September 3, visit 5thforcesupport.com

• **Last day for Free Range Balls** for Juniors at Rough Rider Golf Course

• **TAP GPS Workshop**, 0730-1630, held at the Education Center, hosted by A&FRC

• **Free Range Balls for Juniors**, 1200-2100, Rough Rider Golf Course

• **Club Members \$\$\$ Drawing**, 1730-1830, Jimmy Doolittle Center

SATURDAY

• **For the full listing of 5th Force Support Squadron facility hours for the Labor Day holiday weekend period of August 31 – September 3, visit 5thforcesupport.com**

• **Banned & Challenged Books Challenge** begins at the Base Library

• **Zumba Dance Party!**, 0900-1100, Fitness Center

SUNDAY

• **For the full listing of 5th Force Support Squadron facility hours for the Labor Day holiday weekend period of August 31 – September 3, visit 5thforcesupport.com**

• **Family Zumba**, 1400, Fitness Center

• **Yoga**, 1500, Fitness Center

MONDAY
LABOR DAY

• **Labor Day - For the full listing of 5th Force Support Squadron facility hours for the Labor Day holiday weekend period of August 31 – September 3, visit 5thforcesupport.com**

• **Dakota Inn Labor Day Lunch**, 1030-1330, Dakota Inn Dining Facility

TUESDAY

• **Coach applications due for Armed Forces Marathon Championship Run 4 Fitness**, 0600, Fitness Center

• **Fit Family Boot Camp**, 0900, Fitness Center

• **Game Day**, 1000-1930, Base Library

• **Fit To Fight**, 1130, Fitness Center

• **EFMP-FS Peer Support Group**, 1630-1730, A&FRC

• **Fit to Fight**, 1700, Fitness Center

• **Family Fun Night**, 1700-2100, Rough Riders Pizza

• **Zumba**, 1830, Fitness Center

WEDNESDAY

• **Tactical Fitness**, 0600, Fitness Center

• **Story Time**, 1030, Base Library

• **Run 4 Fitness**, 1145, Fitness Center

• **Brown Bag Book Talks**, 1200, Base Library

• **Pre-Deployment/Remote Readiness Training**, 1300-1400, A&FRC

• **4-H Club**, 1600-1700, 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

• **Yoga**, 1830, Fitness Center

• **Tactical Fitness**, 1930, Fitness Center

THURSDAY

• **Pre-Separation Counseling**, 0800-1130, A&FRC

• **Fit to Fight**, 1130, Fitness Center

• **Reintegration Briefing**, 1300, A&FRC

• **Fitness Hour**, 1600-1700, Youth Center

• **Fit to Fight**, 1700, Fitness Center

• **Members 2 for 1 Appetizers**, 1700-1900, Rockers Bar & Grill

• **Olympic Weight Lifting**, 1730, Fitness Center

• **Zumba**, 1830, Fitness Center

• **NFL Thursday Night Football Frenzy**, 1900, Rockers Bar & Grill

UPCOMING EVENTS
7 SEPTEMBER

• **Last day to register for Air Force Retiree 4-Person Scramble at Rough Rider Golf Course**

• **First Friday 5K – ‘RUN DMC’** Run, 0730, Fitness Center

• **Keystone Meeting**, 1600-1700, Youth Center

• **Torch Club Meeting**, 1600-1700, Youth Center

• **Grecian Summer Night First Friday**, 1600-2200, Jimmy Doolittle Center

• **Friday Fun Members Buffet**, 1630-1830, Rockers Bar & Grill

• **Yoga**, 1700, Fitness Center

• **Club Members \$\$\$ Drawing**,

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