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MINOT AIR FORCE BASE

FRIDAY, FEBRUARY 8, 2019



USSTRATCOM deputy commander Visits Team Minot

From left, U.S. Air Force Capt. Alexander Blue, 69th Bomb Squadron assistant

Blue, 69th Bomb Squadron assistant director of operations, gives U.S. Navy Vice Adm. Dave Kriete, USSTRATCOM deputy commander, a tour inside a B-52H Stratofortress at Minot Air Force Base, North Dakota, Jan. 29, 2019. This was Kriete's first time visiting Minot AFB.

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

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MAXWELL AIR FORCE BASE, Ala. (AFNS) --

mma Herrington became the first **Civil Air Patrol** cadet to earn her private pilot's certificate through the new Cadet Wings program January 24. The Cadet Wings Program is part of the organization's Youth Aviation Initiative, funded by the Air Force.

Herrington, a Texas Wing cadet, earned her certificate after passing her Federal Aviation Administration private pilot practical test. It's an early birthday present: flights were first mentioned, I recommend CAP to every She turns 18 Feb. 1.

She first took to the skies in childhood, with her father - a pilot, an airframe and powerplant mechanic and

fit for Herrington. She is a cadet chief master sergeant with the Texas Wing's Sulphur Springs Composite Squadron and is on her way to becoming a cadet second lieutenant.

She joined the Sulphur Springs squadron in April 2017 at age 16, drawn by the commander's enthusiasm for her aviation aspirations and the fact the unit has a Cessna 172.

"I knew CAP flew missions, but I didn't know you could train out of CAP aircraft, so when orientation was ecstatic," she said.

"I had no idea my first flight with CAP would lead to many more. O-flights are the most important part of a cadet's journey through CAP, and most importantly, they are free." Opportunity to Fly With CAP After taking advantage of all five orientation flights offered to cadets, Herrington attended the Shirley Martin Powered Flight Academy in Nacogdoches, Texas, one of CAP's national flight academies. Through the Martin academy, she received the opportunity to achieve her dream of earning her private pilot's certificate in the Cadet Wings program. An important part of Cadet Wings is acceptance is based entirely on merit and motivation, Herrington said. "It gives aviationcrazy cadets who have drive

and discipline the chance to get their license. It's the answer for those who cannot afford flight training but are desperate to fly.

"The best thing about Cadet Wings is that you're trained to fly CAP aircraft and all expenses are covered. Without the help of Cadet Wings, I would have been unable to afford my flight training sadly, this is a problem many cadets face," she said.

Cadet Wings is just one of many amazing opportunities that can be found nowhere else, Herrington added. "I

Continued on page 6

Troops to Teachersprogram helpsveterans become educators

AIRMAN 1ST CLASS EMILY WOODRING 88TH AIR BASE WING PUBLIC AFFAIRS

WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFNS) --

f you've ever considered becoming a teacher after your military career, then the Readiness Specialist said, Airman and Family Readiness "The goal ultimately is for Center has a program they can troops to teachers to help that get you connected with.

The Troops to Teachers program began in 1993 as a way to assist service members and veterans with the transition from military to beginning a career as a teacher. Troops to Teachers assists its participants by providing counseling and referral services to help them meet education and licensing requirements. This program helps lower veteran unemployment while also helping American Education by providing dedicated personnel for the nation's classrooms.

The Troops to Teachers vision is that "Every service member interested in a career in teaching will receive assistance to transition his or her leadership, training, and core values to teaching in kindergarten through grade twelve schools."

Current or former members of the Army, Air Force, Navy, Marine Corps or Coast Guard, including Reserve and Guard, that have an interest in teaching are eligible for the Troops to Teachers program.

Depending on certain education, service and application requirements, some may also be eligible for financial assistance to support the transition to the classroom.

Shonte Gonzalez, 88th Air Base Wing Community military member easily finish completing the courses they need and get the certification and by having a coordinator that you can talk to face to face, one on one in Columbus, it makes it easier to transition and smoothly go into that program."

The first step to getting involved in the program is to apply. Once accepted, then begins individual counseling to navigate state requirements. There are 31 state offices that provide this counseling or if your state doesn't have an office, services can also be provided through the Troops to Teachers program office. Once those two steps are accomplished, then begins the process of achieving a teacher certification. For a list of state offices visit www. proudtoserveagain.com/ About/Process.

Since 1993, Troops to teachers has placed more than 20,000 veterans in teaching jobs in public, charter, and Bureau of Indian Affairs schools.

To apply, get more information, or to read about Troops to Teachers success stories visit www. proudtoserveagain.com.



owner of an aircraft ignition repair station.

"Aviation is the family trade," Herrington explained. "These factors, combined with a fascination with anything that flew, nudged me in the right direction. I was 4 when I first started flying with my dad and I've been hooked ever since.

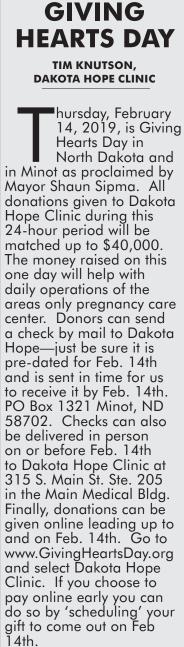
"Flying is a sensation unlike anything else I've ever experienced — I love every aspect, from rotation to the chirp of the tires on the pavement. It's my happy place. I love seeing the world from a different angle, something many people don't ever get to experience." A Passion for Flight

With this passion for flight, Civil Air Patrol was a natural



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Also on Feb. 14th, Dakota Hope will be hosting an Open House from 7:30 a.m.-7:30 p.m. with food, prizes and tours provided. There will also be entertainment at Oak Park Theater starting at 7 p.m. with Daniel Starks and Chloe Marie to close out the night. Follow our Facebookathon all day for local talent and updates www.facebook.com/ friendsofDHC

Advertorial provided by Tim Knutson, Dakota Hope Clinic. For more information contact Dakota Hope Clinic at (701)852-HÔPE.



23rdEBS deploys to Pacific

TECH. SGT. JARAD A. DENTON | MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

s part of the U.S. Indo-Pacific .Command's **Continuous Bomber** Presence mission, Airmen with the 23rd Expeditionary Bomb Squadron recently deployed from Minot Air Force Base, North Dakota, to Andersen Air Force Base, Guam.

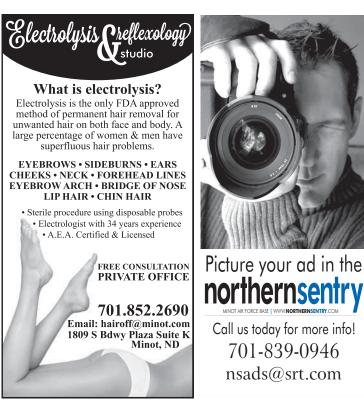
The CBP mission provides combatant commanders a global strike and extended-deterrence capability against any potential adversary. The U.S. military has maintained a deployed long-range bomber presence in the Pacific since March 2004, which has contributed significantly to regional

security and stability.

"Our job is to be ready to fight tonight, no matter what is asked of us," said Capt. Nicholas Stein, 23rd Bomb Squadron flight commander. "Our daily training out of Minot Air Force Base is what we rely on to prepare us for that. Recently, we had several home-station exercises where we trained in several aspects of what we can expect to be doing while deployed to the Pacific area of responsibility."

Following these exercises, 23rd BS B-52H Stratofortress bombers flew to Andersen AFB, where they replaced the 96th Expeditionary Bomb Squadron from Barksdale AFB, Louisiana.

"As the world's premiere long-range, strategic bomber, the B-52 excels at this mission," said Stein. "During this deployment, we people and our allies that will be conducting routine training missions in addition the world at the drop of to any higher headquarters-



B-52H Stratofortresses prepare for takeoff at Minot Air Force Base, North Dakota, Jan. 14, 2019. The 23rd Bomb Squadron recently deployed in support of continuous bomber presence operations in the Pacific.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN ALYSSA M. AKERS

directed missions in support of allies in the region – including Australia and Japan.'

These same missions will also provide 23rd EBS Airmen opportunities to advance and strengthen alliances, as well as strengthen long-standing militaryto-military partnerships in the region.

"Nobody flies the B-52 better than the worldfamous Bomber Barons," Stein said. "We want to assure the American we can be anywhere in a hat."

CONTACTUS

Beth Duchsherer Manager | Advertising Director nsgraphics@srt.com or nsads@srt.com

MINOT AIR FORCE BASE

PUBLIC AFFAIRS Chief of Public Affairs Maj. Natassia Cherne **Public Affairs Officer** Lt. Gabriel Cushing Lt. Victoria Palandech Superintendent Master Sgt. Jeremy Larlee **Civic Outreach** Mr. Gregory Boster

Staff Photojournalists

Tech. Sgt. Jarad Denton Staff Sgt. Benjamin Smith Staff Sgt. Michael Kantack Staff Sgt. Steven Adkins Senior Airman Jessica Weissman Senior Airman Jonathan McElderry Senior Airman Ashley Boster Senior Airman Alyssa Akers Senior Airman Dillon Audit Airman 1st Class Heather Ley Airman Jesse Jenny

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NEWSSUBMISSIONS Northern Sentry Office nsads@srt.com | 701.839.0946

MAFB Public Affairs Office

v35bw.pa@us.af.mil 701.723.6212

MAIL&FAX

315 South Main Street, Suite 202 Minot, ND 58701 | 701.839.1867

VIEWONLINE

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ROSSWORD Pl Across

1. _____ fide (genuine) 5. Enjoy bubble gum 9. Makes a sketch 14. Brother of Cain 15. Where you live 16. Bouquet flowers 17. Highway 18. Take a crack __ (try) 19. Keats or Shelley 20. Balance-sheet total 22. HS juniors' exams 23. "Electric" fish 24. Fruit-filled dessert 25. Walked casually 29. 100-yard dash, e.g. 34. Merchandise 35. Mouse catcher 36. Zhivago's love 37. __ now (so far) 38. Angry 39. Nest-egg accts. 40. Does not exist 41. Raucous noises 42. Ben Franklin's bill **43**. Student's reading **45**. Gave one's autograph 46. Completely 47. Nightclub performance 48. Pet protection org. **51**. Obligated, so to speak

- 57. Takes a glance
- 58. Part of an ear
- 59. Otherwise
- 60. Grown-up

3

8

6

1

61. U.S. Pacific island

SUDOKU

1

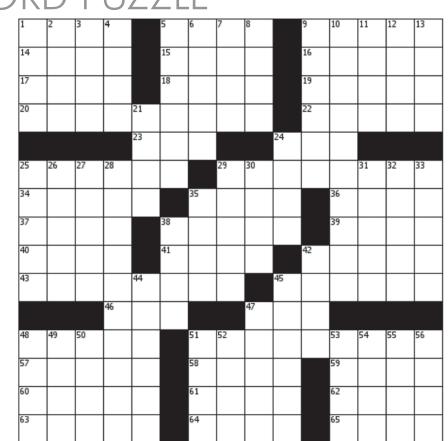
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4

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1

4



- 62. Depend
- 63. Fills completely
- 64. Penny-___ poker
- Down
- 1. Farm building
 - **2**. Woodwind instrument

7

3

9

5

- 3. In good order
- 4. Alan of "The West
- Wing"

1

9

4

6

- 7. Give off
- 8. Moistens

- 11. Where Borneo is
- 12. Toward sunset
- **13**. Former fast fliers:
- **31**. Composer Copland 32. Fruit box THE UPSIDE (PG-13)

A comedic look at the relationship between a wealthy man with quadriplegia and an unemployed man with a criminal record who's hired to help him.

21. Takes a glance at

26. En __ (as a group)

27. Borough north of

28. Football position

30. Meal for a mare

29. Candid

24. Vatican leader

25. Be patient for

A DOGS WAY HOME (PG) SATURDAY, FEB. 9 • 1400 SUNDAY, FEB. 10 1500



- 33. Made simpler
- **35**. Threesome 38. Object of worship
- 42. Refer to
- 44. Explosions
- 45. Devious plan
- 47. Facing the pitcher
- 48. Regretful word
- 50. Sulk
- **51**. Gymnast Korbut
- 52. Person, place, or
- thing 53. Basil or rosemary
- - 54. Margarine
 - 56. Locksmith's creations
- 49. Carbonated drink
- 55. Norway's largest city





Solution to last week's Crossword puzzle.



2 8 9 3

6

5

1 9

2

Medium

- 10. "Twilight Zone"
- creator
- Abbr.
- 5. Pursued 6. Travel-guide recommendation Manhattan
- 9. "Change the subject!"

- Solution to puzzle on page 10 2 FRIDAY, FEB. 8 • 1900

5

8

4

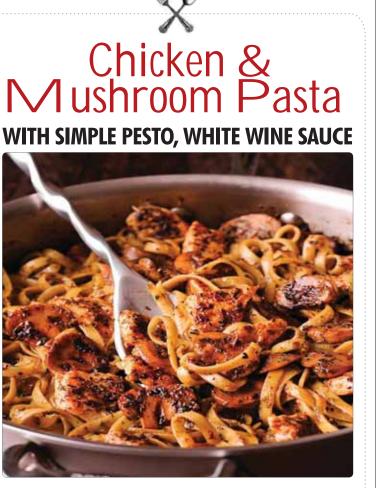
6

A	M	E	S		В	1	D	E			A	M	A	Н
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А	V	E	R	А	G	E	S		Е	L	Μ	E	R	S
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Μ	0	R	R	Ι	S		W	0	0	D		А	Ν	Ν
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Μ	А	Υ	В	E	А	Ρ	Ι	G	м	E	Ν	Т	0	F
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			G	А	В	Е		Е	S	Т	D			
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Υ	0	U	R	Ι	м	А	G	Ι	Ν	А	Т	Ι	0	Ν
Е	L	А	Μ		А	R	R	А	S		Е	L	Μ	0
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DINING, ARTS & ENTERTAINMENT

NORTHERN SENTRY FRIDAY, FEBRUARY 8, 2019 5

FOR MORE EVENTS GO TO VISITMINOT.ORG



INGREDIENTS:

Main Ingredients:

- 2 tablespoons olive oil (divided)
- 2 tablespoon butter (divided)
- 1 lb boneless, skinless thin chicken
- breasts, or tenders (cut up in 1 inch chunks)
- 10 oz white mushrooms (thickly sliced)
- 1 teaspoon Italian Seasoning
- salt and pepper
- Pesto White Wine Sauce:
- 4 garlic cloves minced

INSTRUCTIONS:

• Cooking chicken: Heat 1 tablespoon of olive oil and 1 tablespoon of butter in a large skillet over medium heat. Add chicken chunks to the hot skillet, generously season them with salt, pepper and Italian seasoning right in the skillet and cook for about 4 minutes on one side, flip once and cook for 2 additional minutes on the other side. In order to not overcrowd the pan I cooked chicken in 2 rounds (this avoids oversteaming it and ensures proper browning). Because the pan will be hotter on the second round, reduce cooking time for chicken to 2 minutes per side. Add a splash of olive oil to the second round of cooking chicken. Remove cooked chicken from skillet after each round.

• Cooking mushrooms: Add second tablespoon of olive oil and second tablespoon of butter to the now empty skillet. Once the pan is hot, add sliced mushrooms, generously season them

with salt, pepper and Italian seasoning right in the skillet. Cook the mushrooms on medium high heat without flipping for 2-3 minutes until mushrooms release liquid and get soft. Pressing down with spatula will speed up the process. Flip to the other side and cook for 1-2 minutes. Remove mushrooms from skillet.

• Pesto White Wine Parmesan Sauce:

Add minced garlic to the now empty skillet and cook until fragrant, about 1 minute. Add 1 teaspoon Italian seasoning, 1/8 teaspoon red pepper flakes, 1/2 cup wine and cook on medium for 2 minutes to reduce wine.

Now add 1/2 cup basil pesto and 1/2 cup chicken broth. On medium heat, mix everything to combine. Continue cooking for 3-4 minutes until the sauce reduces. Reduce the heat and add salt and 1/2 cup of shredded Parmesan. Slowly mix it in until it's evenly incorporated with the sauce. Taste the sauce and adjust seasoning if necessary.

• Pasta:

In the meantime bring a large pot of salty water to boil, add pasta and cook it according to instructions. Drain the pasta, but do not rinse.

• Putting it all together:

Add pasta to the skillet with the sauce, and stir until pasta is fully coated in sauce. Add chicken and mushrooms. Mix with pasta and souce. Taste and season with more salt if necessary. Garnish with fresh basil.

Great Clips

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- oregano, basil combined)
- 1/8 teaspoon red pepper flakes
- 1/2 cup sodium free chicken broth
- (adjust salt if not sodium free)
- 1/2 cup white wine
- 1/2 cup (4 oz.) basil pesto
- 1/2 cup Parmesan cheese shredded
- 1/2 teaspoon salt
- chopped fresh basil (for garnish)
- Pasta:

- 10 oz fettuccine pasta
- walk with luminaries at the Souris Valley Golf Course - 7-9p Sunday, 10:00 AM - 5:00 PM

Blues Bash is a free event !

Blues Bash! Sledding, Skating, S'mores, night Winter Walk + more! Winter

Friday, February 8 // Evening winter



Location: Staybridge Suites 3009 S Broadway, Minot.

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Location:

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tap takeover on Feb 9th!





deanmcmurray.comHurry spots are already filling. For more information check out: Facebook event/ 1 on 1 Readings - Minot

7:00 PM - 9:00 PM February 8th and 10th Location: Souris Valley Golf Course 2400 14th Sledding | Winter Walk | Ice Skating Ave SW, Minot. Wipe those winter blues away! Join Minot Parks and our friends at the 4 Minot Rec Commission for our Winter

hink.Shop.Buy



February 10 // Outdoor Music Skate Golf Course as long as condition allow. at Perkett Rink - 2-4p *Sledding is For more information check out: always available at the Souris Valley Facebook event/Winter Blues Bash

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loved one and we will provide the ambience, flowers, food, and of course the wine! Prefer to come alone? No problem! Dinner will be \$40/person. For more information check out: Facebook event/Valentines Day Dinner

A two-person team assigned to improve Air Operations Center software perform 'paired pro-gramming' at Project Kessel Run's Boston Offices Jan. 10. Kessel run offered jobs to 28 addi-tional software experts during a hiring event Jan. 23-24.

U.S. AIR FORCE PHOTO | TODD MAKI

FLYING HIGH from page 2

teen I know," she said. "CAP changed my life, and I think that's something everyone should experience. Aspiring aviators especially should take advantage of the Cadet Wings program, as the opportunity for a full paid ride is once in a lifetime."

High-Achieving Cadet Although Herrington joined CAP at 16 rather than the earliest eligible age, 12, she has more than made up the lost time. Honor Cadet of the 2017 Texas Wing summer encampment, Honor Cadet of the 2017 Southwest Region Honor Academy, Air Force Association Cadet of the Year for her squadron and a distinguished graduate of the 2018 powered flight academy, she is also her squadron's cadet commander.

"All of my greatest achievements have been through Civil Air Patrol but the most rewarding is getting my private pilot's license," Herrington said. "I've been fortunate to achieve much in the short time I've been involved, something others can do, too.

"I like the fact CAP is what you make it," she added. "The organization is overflowing with opportunities for all interests, all the while teaching important life lessons. The cadet program is geared toward the benefit of cadets and helping them find success whenever you join. CAP is a robust organization full of opportunities. It offers leadership positions no other organization does."

Herrington enjoys watching cadets grow as individuals and as a team. "My favorite activities include aviation (National Cadet Special Activities), staffing encampments and working one-on-one with cadets in my squadron," she said.

Herrington has applied to the U.S. Air Force Academy; and if that doesn't pan out, she will attend flight school at LeTourneau University in Longview, Texas.

"I want to be a pilot, either military or civilian," she said. "Flying is my passion!"

AFLCMC aids Kessel Run in recruiting new rebels

MARISA ALIA-NOVOBILSKI AND BENJAMIN NEWELL

BOSTON --

n innovative effort to speed up talent acquisition for the Air Force compressed a months-long employment process to just weeks, when 28 on-the-spot job offers were made to candidates at the Kessel Run hiring event in Boston held January 23-24.

More than 200 resumes were received and reviewed during a month-long campaign to fill positions ranging from developmental through senior level, with 57 candidates invited to on-site interviews during the two-day event. Twelve of the selectees accepted job offers immediately, exiting with on-boarding and reporting instructions. One applicant was interviewed, on-boarded and sworn in the same day in less than five hours.

"The success of the Kessel Run event confirms that teaming and collaboration amongst hiring managers and human resource experts can lead to a more agile hiring process," said Eric Dilworth, Director of Personnel, Air Force Life Cycle Management Center. "Prescreening of applicants and onsite presence of personnel experts a human capital system that meets led to the 28 on-the-spot offers."

In addition, flexibility and increased use of available hiring authorities allowed us to reach talented employees required for the Kessel Run mission, Dilworth explained. "This is clearly a revolutionary past year, significant strides way for us to attract talent," he said. More than half of those hired during the Kessel Run event had no prior military affiliation, bringing a significant injection of the rules and working within the fresh technological talent into the system," said Col. Enrique Oti Department of Defense. About 40 percent of those with job

the program's goal to continue benefitting from a diverse workforce.

"Our event model aimed to eliminate barriers created through the traditional hiring processes by leveraging on-site participation by all stakeholders necessary to recruit and hire," said Jennifer Bauer, a management analyst at AFLCMC. "Teamwork is the backbone of our success."

Led by personnel teams from AFLCMC Personnel Directorate and Hanscom Air Force Base, Massachusetts, in conjunction with Air Force Personnel Center professionals, this event was one of a series of nationwide hiring and recruitment events launched by AFLCMC in 2018 to acquire new talent for critical positions in all career fields and at all levels. The approach is part of a larger Air Force effort to better compete with the private sector for the workforce it needs as it aims to decrease the latency inherent in the traditional federal hiring process.

Air Force Materiel Command has been a leader for the Air Force of preparation, and hopefully to improve the civilian hiring process.

"Recognizing the need to build the needs of a 21st century Air Force, AFMC has aggressively pursued ways to recruit, develop and retain top civilian talent," said John W. "Bill" Snodgrass, Director, Manpower, Personnel and Services, AFMC. Over the

offers were women, aligning with Officer Digital. "Our goal and our mission is to show the larger Air Force that it's possible to scale up and deliver major software programs at the speed of private industry. This hiring event is critical for that scaling up effort, because more of the right kinds of programming projects at Kessel people on our team means more products out the door."

Staffing experts from AFLCMC and AFMC started the initial work for the hiring event in Fall 2018. Applicants were invited to submit material to Kessel Run managers in December 2018. Managers then invited the most highly qualified individuals for hour-long interviews at the two-day event where they could showcase technical skills and interpersonal behavior.

"We had five hiring professionals here for the twoday event," said Kristy Ramadan, a staffing specialist with the 66th Force Support Squadron at Hanscom. "I think this event is a success because we've done other major, on-the-spot hiring events like this. Building a largescale event like this takes a lot the applicants just see a smooth interview and onboarding process."

Teamwork is highly valued at Kessel Run, where at the most basic level, two-person teams perform 'paired-programming' and use linked workstations to build code to suit warfighters needs, like digital battle-buddies. Hiring event coordinators also relied on another time-honored military tradition: sponsorship

"We've seen in the past that bringing on people with no prior military experience, and throwing them into the onboarding process can be disastrous," said Scott Willits, a retired lieutenant colonel who leads operational Run and spearheaded the event's sponsor initiative. "We can't expect people to know the acronyms or know where to go and how to get their Common Access Cards. If they don't have someone on their side to go through the entire federal hiring process, it can be isolating, and that's the opposite of the culture we're trying to build.'

New employees will program, manage projects and work on engineering for major software programs like the global Air Operations Center and the F-35's massive Autonomous Logistics Integration System.

"All you need to do is look at the success this program has had,' said Steven Wert, PEO for Digital. "We're expanding like this on solid foundations of building and sustaining applications that Airmen in combat want, need and use every day. The Air Force pulled together to expand the program because the products work."

"We plan to expand use of this innovative hiring process to other locations and organizations," said Dilworth. "This process may not fit every situation, but we will surely take advantage of the decreased hiring timeliness to enhance the AFMC and AFLCMC missions."

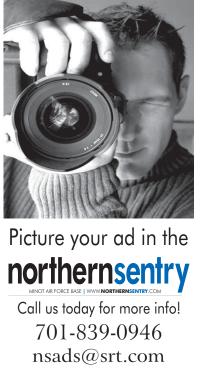
have been made to identify and implement process improvements programs. in the hiring process.

"We're doing things different in every way possible, but following who leads Kessel Run efforts in support of Program Executive

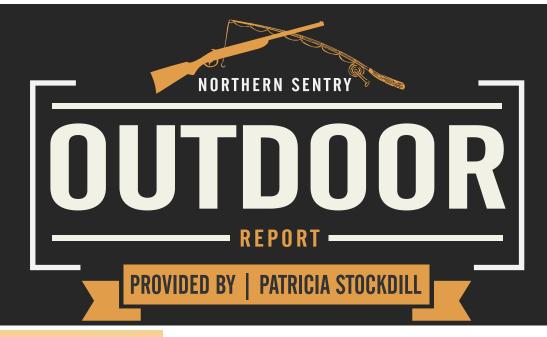
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AROUND THE AREA



Dates to Know:

• Feb. 9: Souris Valley Longbeards Nat'l. Wild Turkey Federation banquet, Minot Grand Hotel, 5 p.m. • Feb.9: Upper Souris Nat'l. Wildlife Refuge free snowshoe event, 11 a.m. • Feb. 13: Spring turkey applications

due • Feb. 16: Light goose season

opens. • Feb. 16: Little Missouri Badlands Rocky Mtn. Elk Foundation banquet, Watford City, Roughrider Center, 5

p.m. Tournaments:

• Feb. 9: North Carlson Lake. • Feb. 16: Lake Audubon, Totten Trail: Devils Lake



NUMBERS TO KNOW • N.D. GAME AND FISH **DEPT.**, MAIN BISMARCK OFFICE: (701) 328-6300

WEBSITE: (HTTP://GF.ND.GOV) • N.D. GAME AND FISH **DEPT.**, RIVERDALE OFFICE: (701) 654-7475

 REPORT ALL POACHERS: (800) 472-2121 OR (701) 328-9921

• FRIENDS OF LAKE **SAKAKAWEA, THE REGION'S ONLY** ORGANIZATION WORKING FOR **QUALITY LAKE ACCESS,** WEED CONTROL AND EFFECTIVE PARTNERSHIPS, (WWW. LAKESAKAKAWEA.COM)

*Spring turkey applications now available online, (gf.nd.gov).

*Ice is never completely safe. Avoid areas with vegetation, moving water, pressure ridges, and springs. Check

conditions as you go along on the ice. *Remember to keep any fish caught in 20 feet of water and deeper because they don't survive coming up from those depths.

*It's illegal to chase, harasses, or pursue all wildlife – including coyotes – with any motorized vehicle.

Fishing: Lake Sakakawea elevation, Feb. 4: 1,838.86 feet above mean sea level (MSL); 26,000 cubic feet per second (CFS) Garrison Dam average daily

releases Devils Lake elevation: 1,448.26 feet

above mean sea level (MSL). Stump Lake elevation: 1,448.2 MSL. *N.D. Game & Fish Dept. game vardens: No Missouri River System, Devils

Lake, or north-central area lake reports. *Devils Lake, Ed's Bait Shop, Devils Lake: Limited activity. Moving around on

Devils Lake is difficult. *Devils Lake, Woodland Resort, Devils Lake: OK success in some area of Devils Lake but slow and spotty elsewhere. Moving around on the lake becoming extremely difficult.

*Lake Darling, Karma C-Store, Ruthville: Weather permitting, anglers still heading to Lake Darling but access is challenging at best. *Lake Metigoshe, Four Seasons,

Bottineau: Not much activity but anglers heading out before the most recent storm found a mix of species although they had to work for success. Access much more difficult however, so be prepared with shovels and tow ropes.

*Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Weather permitting, anglers finding scattered walleye success on the east end of Lake Sakakawea. However, access is extremely difficult in most locations. Occasional pike spearing success from Douglas Bay with sporadic perch bite. Access challenging on Lake Audubon, at best. Try a variety of

depths for both pike and walleye. *Lake Sakakawea/Lake Audubon, 6-Mile Bait & Tackle, Garrison: No new reports.

*Lake Sakakawea, Scenic 23, New Town: Weather permitting, anglers finding nice walleye and perch in the upper end of the Van Hook Arm. Access around on the lake itself is more difficult but weather permitting, the Van Hook Arm ramps will get plowed. *Lake Sakakawea/Missouri River,

Scott's Bait & Tackle, Pick City: Limited activity on the Missouri River. Access difficult on Lake Audubon with little

*Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Heavy

with iffy access in many areas. Call ahead, if possible, for updated access information and be prepared with shovels and tow ropes in the event of becoming stuck. *North-central/central N.D. lakes,

OUTDOOR NOTES:

Towner Hdwe. Hank, Towner: Weather continues limiting activity throughout area lakes with access becoming difficult at

best. *Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: Light activity with occasional walleye. Touch traveling on the lake.

N.D. Parks & Recreation Dept. ski

trails (conditions can vary): *Fort Stevenson, Garrison: Trails in good condition and will be groomed, weather permitting. *Lake Metigoshe, Bottineau: Trails in

good condition and groomed, weather permitting

*Big Sky Resort, Big Sky, Mont.: 45-to 80-inch machine groomed, packed powder base with 34 lifts and 279 trails *Bottineau Winter Park, Bottineau:

10- to 24-inch base with beginner runs, 7 runs, 7 tubing lanes, with 2 jumps and 1 rail Terrain Park open.

*Frostfire Ski Area, Walhalla: Delayed opening for the season. *Holiday Mtn., LaRiviere, Manitoba: 12

runs and all lifts open. *Huff Hills, Mandan: 28- to 32-inch powder, packed powder base. 7 groomed runs and 2 lifts open depending on weather.

*Terry Peak, Lead, S.D.: All lifts open with 28 runs open with 84 accumulated inches of snow for the season. Snowmobile N.D. (conditions can

*East-central Valley (Cass & Richland

counties: Trails open and in good condition with 3- to 6-inch base.

*Lake Region (Nelson & Ramsey counties) Trails 1, 2 (Devils Lake to Webster), 3 (Webster to Calio), 5 (Doyon to warming house) & 6 (Doyon to Lakota) open with 3- to 9-inch base. Fair to good condition.

*Missouri Valley (Emmons & Burleigh counties): 4- to 7-inch base with Wilton, Moffit, Sterling, and Lincoln trails open.

*North-central (Benson, McHenry, Pierce, Ramsey, & Towner counties): NC 1, 2, & 3 trails closed but all other trails are open with 5- to 6-inch base. Fair to good condition but some icy areas.

*Northeast (Cavalier, Pembina, & Walsh counties): Border, Pembina, and Cavalier trails closed but all others open with 6- to 10-inch base. Many ditch trails full of

snow. *Red River South (Grand Forks & Walsh counties): 3- to 6-inch base with East Loop open. *Sno-Trails (Bottineau, McHenry,

Hunter Education Classes

NORTH DAKOTA GAME AND FISH

ndividuals interested in taking a hunter education class in 2019 are reminded to register early as most classes are held the first few months of the calendar year.

Interested students must click on the education link at the North Dakota Game and Fish Department website, gf.nd. gov. Classes are listed by city and can also be sorted by start date. Classes will be added throughout the year as they become finalized.

To register for a class, click on "enroll" next to the specific class, and follow the simple instructions. Personal information is required. Individuals interested in

receiving a notice by email when each hunter education

class is added can click on the "subscribe to news and alerts" link found below the news section on the Game and Fish home page. Check the box labeled "hunter education" under the education program updates.

In addition, SMS text notifications of new classes can be sent directly to a cell phone. Simply text "NDGF HunterClass" to 468311 to subscribe to this feature.

State law requires anyone born after December 31, 1961 to pass a certified hunter education course to hunt in the state. Hunter education is mandatory for youth who are turning 12 years old. Children who turn age 11 during the calendar year can take the class.

Nonresident Any-Deer Bow Licenses

NORTH DAKOTA GAME AND FISH

he North Dakota Game and Fish Department will have 607 any-deer bow licenses available to

nonresidents in 2019. Applicants must apply online at the Game and Fish website, gf.nd.gov. Paper applications are not available. The deadline for applying is March 1.

Up to five hunters can apply together as a party. A lottery will be held if more

applications are received than licenses available. Any remaining licenses after March 1 will be issued on a first-come, first-served basis.

The number of nonresident any-deer bow licenses available is 15 percent of the previous year's mule deer gun license allocation. The Game and Fish Department issued 4,050 mule deer licenses in the 2018 deer gun license lottery.



Downhill skiing (conditions can

 DAKOTA RECREATION **REPORT & N.D BIG GAME RECORDS** BOOK: (WWW DANCINGPRAIRIEARTS. COM)

snows limiting access but when anglers could get out there was some walleye success on the Yellowstone River. Trenton Lake producing crappie. Try Smishek for perch. Access could be difficult on all lakes, however.

*Lonetree WMA area lakes, Harvey: Activity and success slowing on area lakes

Renville, & Ward counties) 2- to 5-inch base with Kramer to Bottineau trail open. Southern Valley (Richland County):

All trails open with 4- to 7-inch base, although Trail 1 closed from Colfax to Walcott. Fair conditions.

*All other trails remain closed or are in the process of opening.

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MINOT AIR FORCE BASE,

N.D. -uring a three-day visit, United States Navy Vice Adm. David Kriete, U.S Strategic Command deputy commander, got a first-hand look at how Airmen from Minot Air Force Base, North Dakota, contribute a combat-ready force to America's global military posture, Jan. 28-30.

The admiral was able to see aspects from both the 5th Bomb Wing and 91st Missile Wing, where he praised the hard work of Team Minot.

"The men and women at Minot that are going to replace, Air Force Base are the ones actually getting [the mission] done," said Kriete. "They do it by maintaining a combat ready force. They work very hard and diligently at maintaining a very high level of readiness, in harsh environmental conditions."

Even though Team Minot Airmen have been working with Team Minot Airmen can be the B-52H Stratofortress and the Minuteman III intercontinental ballistic missile for decades, they continue to support them. continue to prove that they can work safely and efficiently.

the work that they're (Airmen) doing to sustain, maintain and continue to operate safe, secure and effectively the weapon



U.S. Air Force Master Sgt. Brian Galster, 705th Munitions Squadron re-en-try systems/ re-entry vehicle NCO in charge, briefs USSTRATCOM and 5th

Bomb Wing leadership at Minot Air Force Base, North Dakota, Jan. 29,

2019. The USSTRATCOM leadership visit included tours of the weapons storage area, B-52H Stratofortress and various 91st Missile Wing units.

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

U.S. Navy Vice Adm. Dave Kriete, USSTRATCOM deputy commander, has a discussion with 91st Missile Wing leadership at Minot Air Force Base, North Dakota, Jan. 29, 2019. During Kriete's visit, he toured the WSA, a B-52H Stratofortress and various 91st MW units. U.S. AIR FORCE PHOTO | SENIOR AIRMAN JONATHAN MCELDERRY

not only the nuclear-capable bombers and the ICBM force, but also the ballistic missile submarines that comprise the third leg of our triad," said Kriete. "Each of these programs are very early in its development, but they are moving forward."

With changes on the horizon, confident that both command and the local community will

'The commitment that the state of North Dakota and the "There is a premium today, on local community of Minot display toward the base, toward the Airmen who work here and toward the mission is really eyewatering," said Kriete. Kriete stated that the community and military partnership is a really important part of strengthening the workforce and their ability to do the mission well. Minot AFB's mission is a strategic combat force through B-52 and tactical lethality by

securing a fleet of Minuteman III missiles, which corresponds directly with the mission of USSTRATCOM.

Kriete made it clear throughout his visit just how important the Team Minot Airmen are to mission success and that their work doesn't go unnoticed.

"There are folks back home at USSTRATCOM who are watching what they (Team Minot Airmen) do, who applaud their efforts, who rely on them, and are doing what we can to advocate for the things that the workforce here on the base needs to continue do their mission so well," said Kriete.

Virtual training platformmaintains, improves military sur geons' skills SHIREEN BEDI | AIR FORCE SURGEON

GENERAL PUBLIC AFFAIRS

FALLS CHURCH, Va. (AFNS)

t is vital for medical Airmen to continuously maintain and improve their skills. To access more training opportunities, military surgeons are looking to virtual training platforms.

The Air Force is working with sister services to study a virtual training platform called Crowd-Sourced Assessment of Technical Skills, or C-SATS. C-SATS provides specialized training for surgeons to further improve their specialized skills.

According to Maj. Joshua Tyler, director of robotics at Keesler Air Force Base, Mississippi, C-SATS lets surgeons receive virtual feedback on an objective, thirdparty platform. This unbiased feedback helps improve their skills.

"Basically, a panel of expert surgeons virtually reviews a case you submit, and (then) provides feedback," said Tyler. This helps our surgeons learn the most advanced surgical techniques they would otherwise that performs the operation have less exposure to."

While C-SATS shows promising results in studies with civilian surgeons, it has not yet been studied with military surgeons.

"The Department of Defense's trained surgeons are talented and qualified, but it takes experience and time to become proficient," said Army Col. Robert Lim, chief of Minimally Invasive Surgery at Tripler Army Medical Center, Hawaii. "The C-SATS platform provides additional opportunities to ensure skills are maintained and perfected."

To assess C-SATS's use on improving the skills and capabilities of military surgeons, success in improving skills Lim and his team, including Tyler, received a grant from the Telemedicine and Advanced Technology Research Center at the U.S. Army Medical Research surgeons," said Tyler. "This and Materiel Command in December of 2017.

"The grant will look at military surgeons recently back from deployment," said Lim. "We are looking at surgeons at Keesler Air Force Base,

Naval Base San Diego, William Beaumont Army Medical Center, and Tripler Army Medical Center.'

One benefit of the C-SATS latform is that busy surgeons can use it on their schedule, instead of waiting for training opportunities.

"This is especially important for specialists who may not have as many opportunities to practice their specific skills onbase," said Tyler. "This platform provides another way to ensure they can retain their clinical currency."

Using C-SATS, surgeons submit a recording of a case they have completed, after removing any identifiable patient information. The development team at C-SATS will then edit the video file into key steps of the procedure and send it to expert reviewers familiar with the procedure.

One of those expert reviewers is Tyler.

"Not only do we take great care to ensure patient privacy, but we also ensure the surgeon and the reviewers remain anonymous," said Tyler. "The expert surgeons will then score the video on key areas such as how well the surgeon used their hands, how well they manipulated the tissue, or assess their pace. The surgeon gets feedback on a very granular level, specifying the exact second where a surgeon could improve their technique."

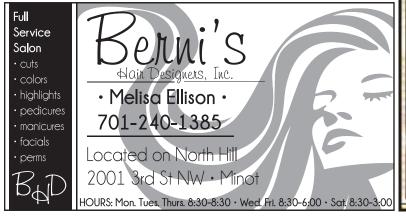
As Tyler explains, C-SATS has the potential to be an in important tool that supports full spectrum medical readiness by maintaining currency and improving skills.

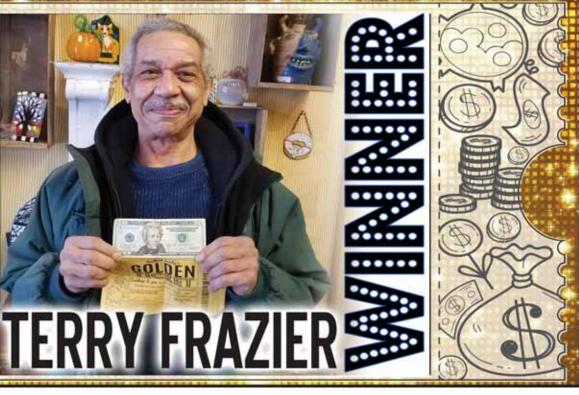
^cC-SATS has had tremendous and patient outcomes in the private sector, and we want to know how this platform can work for our military platform can provide military surgeons an additional opportunity to stay up-to-date on advanced techniques and receive additional support with new innovations like surgical robotics."

systems that have been placed under their charge," said Kriete.

While Team Minot Airmen demonstrate they can work successfully with current systems, technology is constantly changing and the military must adapt.

"The time is now to get on with the modernization programs operating, maintaining and





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BASE **ANNOUNCEMENTS**

EMBRY-RIDDLE AERONAUTICAL **UNIVERSITY** is now

registering for the Spring 2019 term (18 Mar-19 May). 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 & 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.

PARK UNIVERSITY

MINOT – Earn your degree on your terms; now enrolling for Spring 2 with classes starting March 18. At Park, we believe everyone who strives to earn a degree should have that opportunity. Earn your CCAF credits, AU-ABC, or your Bachelor degree with Park helping to maximize your prior military experience. Park University Minot AFB @ the Education Center. 844-884-8612; mino@park.edu. Park. You.

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RENTALS

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TODAY

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

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

• Right Start, 0730, held at the Jimmy Doolittle Center, hosted by A&FRC

• Run 4 Fitness, 0600, Fitness Center

• Game Day, 1000-1930, Base Library

Circuit Training, 0600, Fitness Center

• Fit to Fight, 1700, Fitness Center

• Barre, 0915, Fitness Center

• Zumba, 1800, Fitness Center

TUESDAY

WEDNESDAY

• Barre, 0600, Fitness Center

- Tactical Fitness Strength, 0600, Fitness Center
- Torch Club, 1600-1700, Youth Center
- Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill
- Gentle Yoga, 1700, Fitness Center
- Club Members \$\$\$ Drawing, 1730, Rockers Bar & Grill
- Kids Night Out 91 MW Air Force Annual Awards Banquet, 1730-2130, Child
- Development Center and Youth Center
- Texas Hold 'Em, 1800, Rockers Bar & Grill
- Zumba, 1800, Fitness Center
- Mixed Fun League, 1830, Rough Rider Lanes
- Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes

SATURDAY

- Ice Fishing Trip, 0800-1700, at Lake Metigoshe, hosted by Outdoor Rec
- Zumba, 0900, Fitness Center
- Club Member Benefit, 0900-2000, Rough Rider Lanes Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes • Baseball Camp, 0900-1100, Youth Center • Story Time, 1030, Base Library • Barre, 1000, Fitness Center • Pre-Deployment/Remote Readiness Training, 1300-1400, A&FRC • Youth Bowling League, 1000, Rough Rider Lanes • Thrift Savings Plan for Civilian Employees, 1400-1600, A&FRC **16 February** • Festivals of February, 1300, Base Library • 4-H Club, 1600-1700, Youth Center • Baseball Camp, 0900-1100, Youth Center • Fight Night UFC 234: Whittaker vs Gastelum, prelims begin at 1900, main event Mug Club Special, 1600-1800, Rockers Bar & Grill • Heart Healthy Cardio Event, 0900-1100, Fitness Center begins at 2100, Rockers Bar & Grill • Digital Literacy Club, 1630-1730, Youth Center • Youth Bowling League, 1000, Rough Rider Lanes Lights & Strikes and Saturday Unlimited Bowling, 2000-2400, Rough Rider Lanes Boss & Buddy \$1 off Draft Special, 1630-1830, Rockers Bar & Grill • Couples Scotch Doubles 9-Pin No Tap Tournament, 1300, Rough Rider Lanes Members Wind Down Wednesday Buffet, 1630-1830, Rockers Bar & Grill • Lights & Strikes and Saturday Unlimited Bowling, 2000-2400, Rough Rider Lanes Squadron Extramural League, 1730, Rough Rider Lanes SUNDAY • Hip Hop All Nighter, 2200-0300, Rockers Bar & Grill • Yoga, 1830, Fitness Center THURSDAY • Family Zumba, 1400, Fitness Center **Rough Riders Pizza** • Yoga, 1500, Fitness Center January Special – New Salad Options! Looking for something lighter? Try our NEW Chef Salad, Caesar Salad, Southwest MONDAY Last day to register for Wine & Paint dass at Arts & Crafts Salad, or Greek Salad! Tactical Fit Express, 0600, Fitness Center TAP GPS Workshop, 0730-1630, held at the Education Center, hosted by A&FRC The B-Fifty Brew Reintegration Briefing, 1300-1400, A&FRC New Specials Only S4 Chicken Salad Sandwich or Ultimate Breakfast Sandwich on Croissant or Potato Bun, Tactical Fit Express, 0600, Fitness Center • Fitness Hour, 1600-1700, Youth Center • TAP GPS Workshop, 0730-1630, held at the Education Center, hosted by A&FRC • Valentine's Day Dinner, 1700-2100, Rockers Bar & Grill Spinach Frittata, and Quiche Lorraine. • Reintegration Briefing, 1300-1400, A&FRC • Fit To Fight, 1700, Fitness Center

- 15 February TAP GPS Workshop, 0730-1630, held at the Education Center, hosted by A&FRC
- Torch Club, 1600-1700, Youth Center
- Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill
- Gentle Yoga, 1700, Fitness Center
- Club Members \$\$\$ Drawing, 1730, Rockers Bar & Grill
- Zumba, 1800, Fitness Center
- Keystone Meeting, 1800-1900, Youth Center
- Wine & Paint Class, 1800-2000, Arts & Crafts
- Sweetheart Bash, 1800-2100, Youth Center
- Give Parents a Break, 1800-2200, CDC & Youth Center
- Mixed Fun League, 1830, Rough Rider Lanes • Karaoke Night, 2100, Rockers Bar & Grill
- - Digital Literacy Club, 1630-1730, Youth Center
 - FCC New Provider Pre-Orientation, 1700-1900, Family Child Care office located inside Rough Riders Pizza
 - Yoga Strong, 1700, Fitness Center
 - Battle Rig Fitness, 1800, Fitness Center
 - Craft Club, 1800, Base Library
 - Zumba, 1800, Fitness Center

- Craft Club, 1800, Base Library
- Have a Storm Ball League, 1800, Rough Rider Lanes • Zumba, 1800, Fitness Center

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February 1-28

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MINOT AIR FORCE BASE, N.D. --

The 5th Civil Engineer Squadron won the Department of Defense 2017 National Preparedness Organization of the Year award, Jan. 24, 2019.

outstanding DoD organizations for achieving the highest degree of excellence in supporting national preparedness.

"It was a surprise, they let us know last month during the Christmas break," said Master Sgt. Misty Rodriguez, 5th CES The award recognized the most emergency management section

chief. "I think they might have

done that on purpose." Rodriguez said the squadron worked hard to prepare the community for national disasters along with foreign and domestic threats.

"It was a collaborative effort from all our different facets

our flight is involved in," said Tech. Sgt. Adam Hill, 5th CES emergency management noncommissioned officer in charge. We had an incredible 2017. From all the awards we were raking in, to all the accomplishments we achieved that were impacting the

community."

Hill said the squadron is going to step-up their community outreach this year to keep the community better informed.

"Everything that we do not only applies to the peacetime, but also the military execution," Hill said.

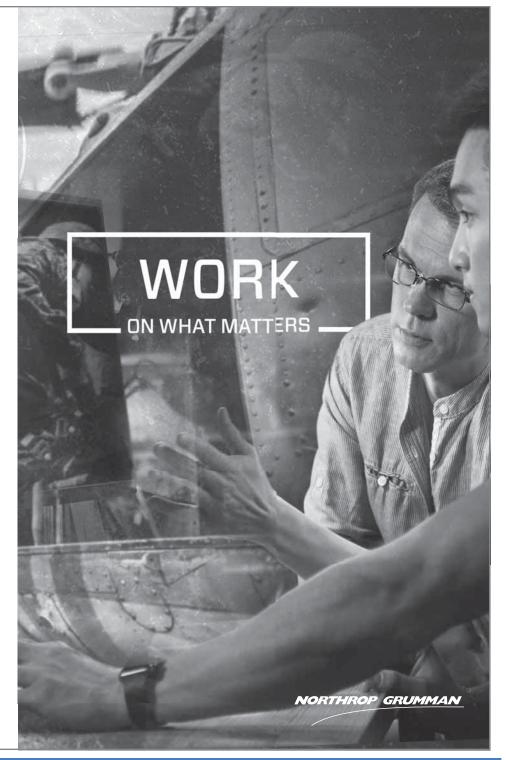
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MINOT AIR FORCE BASE NORTHERN SENTRY | follow us on