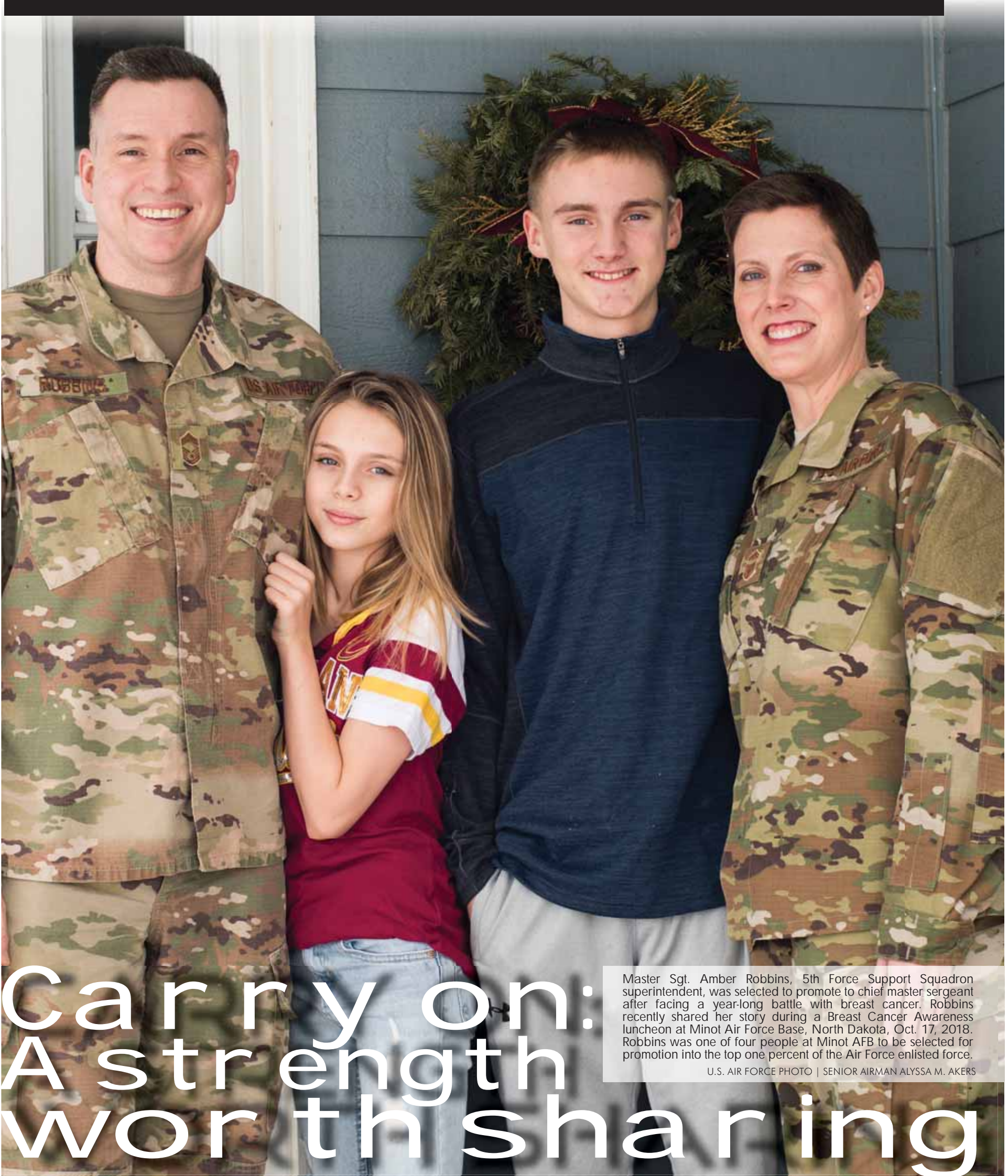


northersentry

FREE | VOL. 57 • ISSUE 09 | WWW.NORTHERNSENTRY.COM | MINOT AIR FORCE BASE | FRIDAY, MARCH 1, 2019



Carry on: A strength worth sharing

Master Sgt. Amber Robbins, 5th Force Support Squadron superintendent, was selected to promote to chief master sergeant after facing a year-long battle with breast cancer. Robbins recently shared her story during a Breast Cancer Awareness luncheon at Minot Air Force Base, North Dakota, Oct. 17, 2018. Robbins was one of four people at Minot AFB to be selected for promotion into the top one percent of the Air Force enlisted force.

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

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Videos



Carry On: A strength worth sharing

SENIOR AIRMAN ALYSSA M. AKERS | MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

She walked into the room, not expecting much – but finding everything.

Airmen from all over her squadron were there, cheering her on. Ready to shave her head.

Senior Master Sgt. Amber Robbins had breast cancer. It was diagnosed October 27, 2017 after she first discovered a lump that May.

Robbins knew it could have been cancer, but refused to accept the idea.

“I kept putting off [seeing someone] because it just had to be something else,” said Robbins. “I let months go by, but it was still there.”

Once her husband returned from deployment, he convinced her to be seen by a specialist.

After initially receiving her diagnosis, she planned to not tell her children until she and her husband felt they had more information.

“We walked through the garage door and were greeted by my daughter,” said Robbins. “I don’t know if it was because of her big blue eyes, but I looked at her and just started crying.”

That look made Robbins and her husband change their minds. “I couldn’t keep it in,” Robbins said. “She immediately knew something was wrong.”

The next few months hit Robbins hard. She weighed her options before ultimately having the lump removed, then starting chemotherapy and radiation treatment.

Her children stepped up. Since Robbins spent a lot of time at home, her children both handled the chores and took care of her.

“The kids would bring me breakfast, lunch, dinner, anything I needed when I couldn’t muster the strength to get off the couch or out of bed,” said Robbins. “The one thing I really enjoyed was seeing my kids come home from school every day. I wouldn’t change anything from what I experienced the past year.”

Her family wasn’t her only support system. Her Airmen also stepped up after

her diagnosis, showing their support a number of different ways. However, one moment stood out to Robbins.

“An Airman walked into my office and told me she only had one request,” said Robbins. “She said, ‘you take care of us, so let us take care of you. We got you.’ When she said that, it was like a lightbulb went off in my head and the walls came down. The one thing I realized through my journey is that people who want to be there for you will be, and it’s not always the people you expect.”

Four months after her diagnosis, Robbins sent out an email to almost every 5th FSS Airmen, inviting them to shave her head.

“I wanted my Airmen to be a part of this,” said Robbins. “Just like my family, they’re also going to see me at my lowest. I wanted them to have an intimate relationship with this journey, which meant hands-on. I wanted their strength to go through me just as my strength goes through them and make them feel like they’re here with me and we’ll fight together.”

Unsured how many Airmen would show up, Robbins walked into her work center on a Saturday morning with no expectations.

The room was packed when she arrived. After placing a trash bag over her clothes, each Airman took their turn shaving a strip of hair.

“Holy smokes, they were there for me,” said Robbins, with excitement. “They weren’t there because I told them to, they came because they wanted to. As much as this [line of work] is professional, I had to share a lot of my personal life with my Airmen.”

Even with all the support from her Airmen, her journey was made even more successful with her husband by her side.

“I’d like to think we complement each other and motivate each other to be better,” said Robbins. “We decided to fight as a family.”

Even though she was the one diagnosed, he took it hard and faced his own challenges through her journey with cancer.

“It probably hit him harder than anyone,” said Robbins. “He’s a fixer, but this was something he could not fix.

We reached out to people and created a support team for him too.”

Through the treatments, she stayed strong and was even selected to promote to chief master sergeant, the top one percent of Air Force enlisted Airmen.

Robbins dedicated as much time to studying as she could both during and after chemotherapy appointments.

“There were times I would forget what chapter I read, so I didn’t think I was going to do very good,” said Robbins. “When I found out I made it, I felt overwhelmed and excited.”

Robbins realized that speaking about her experiences helped keep herself together emotionally.

“With a diverse amount of experiences across the Air Force, you never know what someone has gone through,” said Robbins. “Just talking about it lets so many emotions out. There are so many people who knew about the medical side of my condition, but the emotional side was different.”

After 13 months of traveling

Continued on page 8



Laura Larson, M.S., LPCC

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Please call for more information or to schedule an appointment. 852-4600. Northland Community Health Center is located in the Arrowhead Mall in Minot.



TMO Town Hall Meetings

5TH LOGISTICS
READINESS SQUADRON

MINOT AIR FORCE
BASE, N.D. --

The 5th Logistics Readiness Squadron, Traffic Management Office will host town hall meetings at 10 a.m. and 3 p.m. inside the base theater on Minot Air Force Base, N.D., March 6 and 22.

Airmen and families scheduled to PCS, separate or retire between April and October 2019 are highly encouraged to attend.

Each briefing is designed to ease transition and help Airmen save money. Topics include:

- Government assisted household goods.
- Personally procured moves (formerly known as DITY moves)
- Things you can do to ensure a SMOOTH MOVE during this “peak season.”
- Finance, Balfour Beatty, and Military Personnel Flight representatives will be there to answer questions.

Please direct any questions to Minot Personal Property at personal.property2@us.af.mil or (701)723-2545/1848.

Munitions Storage Area Closed March 4-15

5TH BOMB WING
PUBLIC AFFAIRS

MINOT AIR FORCE
BASE, ND --

The Munitions Storage Area will be closed from 4-15 March 2019 to perform the 100% Semi-Annual Munitions Stockpile Inventory. During this time, only emergency issue requests submitted in writing and approved by the group commander (or equivalent) will be processed.

We remind all Munitions Custodians that the last day to pick-up munitions is February 28 and the last day to turn-in munitions is February 25.

Custody assets will not be affected during the Semi-Annual Stockpile Inventory. Direct any questions or concerns to Munitions Operations at DSN 453-6741 or via e-mail at minot.fv4528@us.af.mil.



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Drone Restrictions

5TH BOMB WING
PUBLIC AFFAIRS

MINOT AIR FORCE BASE,
ND --

Commercial, off-the-shelf remotely piloted aircraft, or drones, continue to be an item of interest.

As a result, a policy has been established to ensure the public is aware of Federal Aviation Administration (FAA) and Department of Defense (DoD) regulations regarding the safety and security of resources and personnel on military installations.

Drones, which are designated as small unmanned aircraft systems (sUAS) by the DoD and the FAA, are unmanned aircraft weighing less than 55 pounds.

Anyone who operate commercial sUAS must meet certain requirements. This includes certifying and registering the sUAS as well as following the federal requirements referenced at the FAA's website.

Airspace Restrictions. Minot Air Force Base, off-base missile alert facilities and launch facilities are identified as Department of Defense facilities and fall under the Security Sensitive Airspace Restrictions which state, "Drones are prohibited from flying over designated national security sensitive facilities. Operations are prohibited from the ground up to 400 feet above ground level, and apply to all types and purposes of UAS flight operations."

Additionally, by law, anyone who wishes to operate a sUAS within 5 miles of the Minot Air Force Base perimeter boundary must notify the airport operator and the air traffic control tower (if one is present) of your flight.

"If you see a sUAS flying in restricted airspace, just remember the acronym DRONE - Detect, Report, Observe, Notice features, Execute appropriate reporting, as this will help 5th SFS members keep our base, assets, personnel and their families safe."

Any questions or concerns may be directed to the 5th SFS at (701) 723-3096.



Combat metals: The modern-day blacksmiths

STAFF SGT. JEREMY L. MOSIER | 386TH AIR EXPEDITIONARY WING PUBLIC AFFAIRS

SOUTHWEST ASIA
(AFNS) --

While there are a lot of precautionary measures in place to prevent bird strikes and other aircraft incidents, they are not 100 percent preventable.

When these incidents occur, there's a small group of Airmen who are called upon to do patchwork to get the aircraft back to base and to fix the damage as quickly as possible to mitigate ground time for the aircraft.

These Airmen and what they do is not completely well known. But, their impact on the flying mission is felt across the maintenance world.

They are the combat metals flight, the modern-day

Master Sgt. Andrew Liederbach, 386th Expeditionary Maintenance Squadron combat metals flight chief, inserts temporary placeholders where rivets will be placed after a permanent patch is complete at an undisclosed location in Southwest Asia, Feb. 6, 2019. When the damage first occurred, Liederbach and his team got their tools and materials together to fly to the aircraft to place a temporary patch on the wing to get it back to base for a permanent repair.

U.S. AIR FORCE PHOTO | STAFF SGT. JEREMY L. MOSIER

blacksmiths.

"Most maintenance people change parts but we have to make our own parts, from raw materials and then install them," explained Master Sgt. Andrew Liederbach, 386th Expeditionary Maintenance Squadron combat metals flight chief.

In a deployed environment they are responsible for anything and everything fabrication.

Whether it's putting a part together or creating the part from scratch, The combat metals flight supports units stationed with the 386th Air Expeditionary Wing and those passing through.

In a recent mishap their capabilities were showcased when a bird struck the leading edge of a wing on a C-130 Hercules. The small bird left a softball-sized hole in the wing and grounded the aircraft until it could be repaired.

Shortly after this occurred Liederbach and his team jumped into action to get the aircraft fitted for a one-time flight patch so it could make the trip back to base.

Due to the aircraft being grounded at an airfield with little to no ability to support the patching of a wing, Liederbach explained they had to pack all their tools to take with them.

"We took some metal with us and made the patch on site by hand," he said.

In just five hours they were able to get the aircraft patched and cleared for flight. Once the aircraft was back

to base, the wing leading edge panel was removed and taken to the metal shop where the extensive work would begin.

Because the aircraft is a valuable asset to the 386 AEW's mission, there was no time to wait for a new leading edge to be shipped.

They were going to have to repair it by creating every part and piece by hand from sheets of metal.

Liederbach explained that the damage had extended into the inner skin of the wing and had actually crushed one of the rib supports. The creation of the new rib was one of the most time consuming and frustrating parts of the project.

After it was all said and done, the combat metals section worked 144 total hours and created more than 30 parts from scratch.

With the shop creating all the parts in house it cut nearly three weeks off the downtime of the aircraft.

"We would have potentially lost the ability to fly at least four missions, and it would have put even more strain on the remaining aircraft and crews," explained Chief Master Sgt. Bryan Ford, 386th Expeditionary Maintenance Squadron superintendent.

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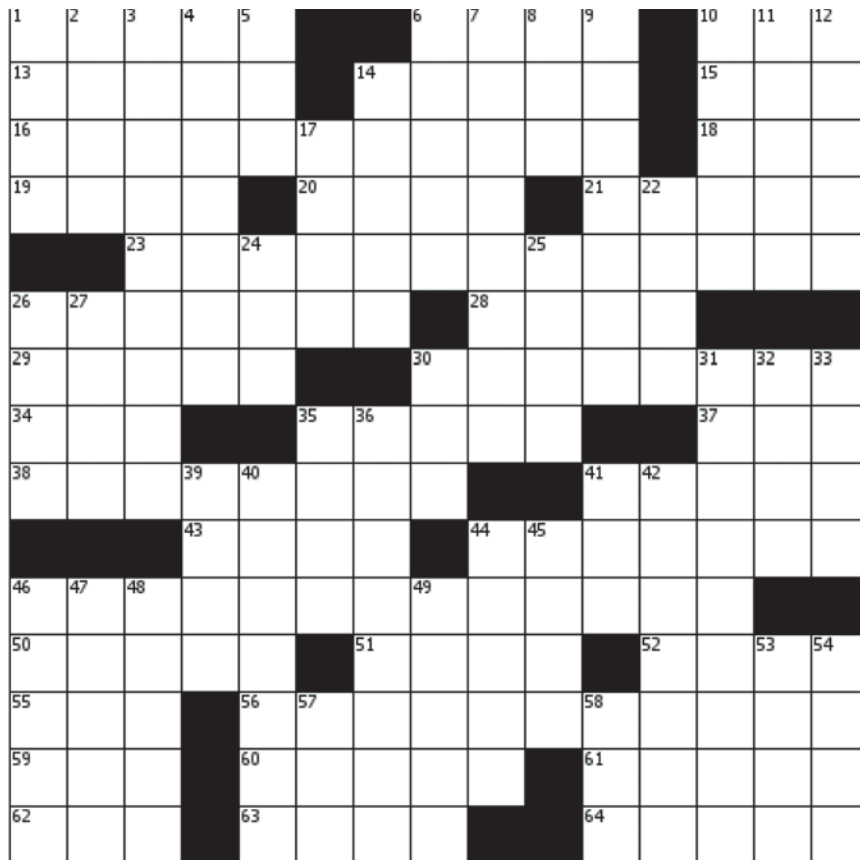
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CROSSWORD PUZZLE

Across

- 1. 1978 Nobel Peace Prize recipient
- 6. "Iron Chef" output
- 10. Spa product
- 13. Lock of hair
- 14. Actress Berger
- 15. Fidel's compadre
- 16. Proverbial prescription for health
- 18. Painter Vermeer
- 19. Portend
- 20. Shoppe description
- 21. Folder's comment
- 23. Expandable furniture
- 26. Shows embarrassment
- 28. Sidesplitter
- 29. Presses through a sieve
- 30. Jeff Foxworthy subject
- 34. Press coverage, so to speak
- 35. Glove material
- 37. Draft choice?
- 38. Hardly in a hurry
- 41. Just say yes
- 43. "A Suitable Boy" author Vikram ___
- 44. Fairly loaded?
- 46. Indicator of excellent quality
- 50. Seasonal song
- 51. Defaulter's punishment
- 52. Art Deco illustrator
- 55. Funny Philips
- 56. Elementary
- 59. Architect Maya
- 60. Fred's dancing sister
- 61. Washington of song



- 62. "___ Miz"
- 63. Neat
- 64. Houston player

Down

- 1. Attempt
- 2. River under the Pont Vecchio
- 3. They're doomed
- 4. Denigrate through insinuation

- 5. Cooking meas.
- 6. Gettysburg general
- 7. Made lovable
- 8. One-time connection
- 9. Exaggerate
- 10. Unstimulating work, in lingo
- 11. Self-mover's rental
- 12. Al ___ (firm)
- 14. Cuts one's losses
- 17. Easy gait
- 22. Other half
- 24. Cries of surprise
- 25. Bona ___
- 26. Top hat feature
- 27. Prefix with type
- 30. Gas pump choice (abbr.)
- 31. "North by Northwest" star

- 32. Swiss artist Paul
- 33. Ranked player
- 35. Web destination
- 36. Safe and sound
- 39. Former Bruin Phil, to fans
- 40. Laces into
- 41. "Wheel of Fortune" purchase
- 42. "Misunderstanding" group
- 44. Syrup flavor
- 45. Siouan speaker
- 46. Part of the immune system
- 47. Flaxlike fiber
- 48. Clubs numbered one to nine
- 49. Answer a query
- 53. Snow bunny's ride
- 54. She loved Narcissus
- 57. First name in former tyrants
- 58. Boise's county

SUDOKU Solution to puzzle on page 10

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

Difficult

Solution to last week's Crossword puzzle.

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



THE AVENGERS (PG-13) FRIDAY, MARCH 1 • 1800

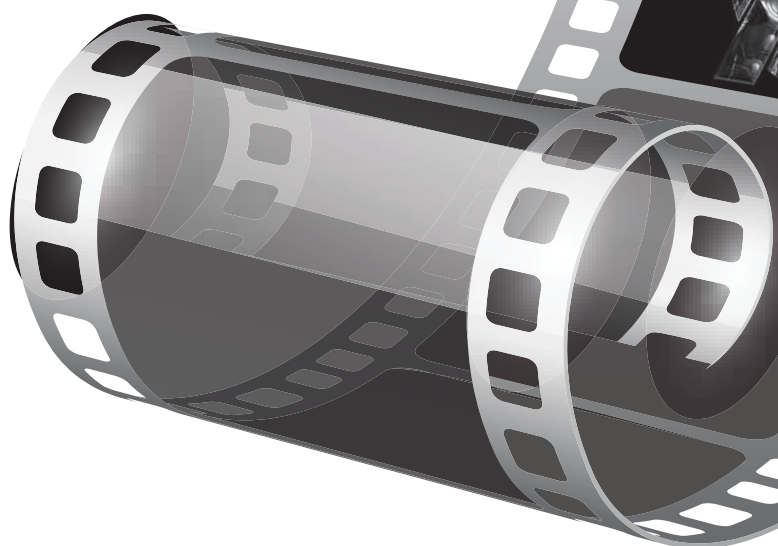
“ Earth’s mightiest heroes must come together and learn to fight as a team if they are going to stop the mischievous Loki and his alien army from enslaving humanity. ”

AVENGERS: AGE OF ULTRON (PG-13) SATURDAY, MARCH 2 • 1700

“ When Tony Stark and Bruce Banner try to jump-start a dormant peacekeeping program called Ultron, things go horribly wrong and it’s up to Earth’s mightiest heroes to stop the villainous Ultron from enacting his terrible plan. ”

AVENGERS: INFINITY WAR (PG-13) SUNDAY, MARCH 3 • 1500

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





CROCK-POT Tuscan Garlic Chicken



Recipe courtesy of: www.eatwell101.com/crock-pot-tuscan-garlic-chicken

INGREDIENTS:

- 6 – 8 skinless, bone-in chicken thighs
- 1 tablespoon olive oil or butter
- 6 cloves garlic, minced
- 1 cup heavy cream
- 1/3 cup (80ml) chicken broth
- 3/4 cup grated parmesan cheese
- 1 tablespoon Italian seasoning
- 1 teaspoon crushed red chili pepper flakes, optional
- Sea salt and fresh cracked black pepper
- 1/2 cup Sun-dried tomatoes (chopped)
- 2 cup Spinach (chopped, packed)

INSTRUCTIONS:

1. Heat oil or butter in a medium saucepan over medium heat. Add garlic and saute for about a minute, until fragrant.
 2. Add the cream and chicken broth. Bring to a gentle simmer, then set heat to low and simmer for about 10 minutes. The sauce should thicken enough to coat the back of a spoon.
 3. Meanwhile, place the chicken at the bottom of your slow cooker. Season lightly with Italian seasoning, crushed red chili pepper flakes, sea salt, and black pepper. Top with sun-dried tomatoes.
 4. When the cream sauce is ready, lower the heat and whisk in the Parmesan cheese, little by little until smooth. Adjust seasoning if as needed.
 5. Pour the cream sauce evenly over the chicken thighs in the slow cooker. Try to get as much sauce as possible on top of the chicken and less on the bottom.
 6. Cook for 3-4 hours on HIGH or 6-8 hours on LOW. When cooking time is over, remove gently the chicken from the slow cooker and set aside.
 7. Turn the slow cooker on HIGH, if it isn't already. Add the chopped spinach and stir for a few minutes, until the spinach wilts.
 8. Return the chicken to the slow cooker, and spoon the liquid, spinach and sun-dried tomatoes on top, or just pour them over the chicken when serving. Serve the slow cooker Tuscan chicken over zucchini noodles or cauliflower rice for Keto and low carb diet, or rice, couscous, or pasta for non-Keto. Enjoy!
- Note: Cooking garlic, cream, broth, and parmesan in the pan ensure the cream is well infused with garlic and stays smooth. If you don't want to prepare the cream sauce on the side, you can put everything into the slow cooker and give it a quick stir before cooking.

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UPCOMING EVENTS



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1-10 MARCH 8:00 AM - 5:00 PM
Location: Downtown Minot, ND
The Minot Public School's Gifted Learners Organization (GLO) presents its "Art for the Future" event. It's a "Photographer versus Artist" display with artwork displayed March 1-10 inside downtown Minot businesses. Purchase a raffle ticket for only \$10.00 at any of the display businesses listed or at The Spot and then you decide which piece of art



you would like to win. Drawings for local students, will kickoff on Saturday, the art pieces will be held on "pi March 2, at the new Artspace 1 Gallery. day," March 14. In addition, a student show, featuring amazing artwork of **For more information check out: Facebook event/ArtfortheFuture**

1-2 MARCH 6:12:00 PM - 7:00 PM
Location: North Dakota State Fair Center 2005 Burdick Expy E, Minot.
Be prepared to be awed by a large showcase of beautiful landscape & interior designs, specialty companies, remodeling specialists, manufacturers, retail stores and contractors. The Home and Garden Show brings the best of the best in the region altogether in one place. The doors will be open on Friday,

HOME & GARDEN SHOW
March 1st from 12 PM to 7 PM and Saturday, March 2nd from 10 AM to 5 PM. Tickets are available at the door the day of the event only!

MARCH 1 & 2, 2019 • WWW.MINOTAB.COM/HOMESHOW

\$4.00 for adults, 12 and under are free! **For more information check out: Facebook event/ 2019 Home and Garden Show**

1-2 MARCH 5:00 PM - 9:00 PM
Location: Sleep Inn & Suites 2400 10th St SW, Minot.
The tickets for our annual Variety Show will go on sale Saturday Jan 26 at 8 am at the Minot Council of Arts office at #3 South Main. Phone orders will start at 9 am 701-852-2787. There will be no online sales this year. The LAST CHANCE dates of this fantastically funny, extremely entertaining and absolutely amazing display of talent

Join with us in the celebration!

The Heritage Singers have provided the Minot, North Dakota and surrounding region with choral excellence for over forty years.

(ok maybe part of it is embellished) are fast so it's time to make your plans with friends and family!!!! **For more information check out: Facebook event/ Heritage Singers Annual Variety Show**

2 MARCH 11:00 AM - 11:59 PM
Location: Pinks Bar & Grill 102 128th Ave NW, Minot, ND 58703
Come dressed up on March 2nd for Mardi Gras. Best Costume wins a \$50 gift card! We will also be serving a Hurricane drink special and a Jambalaya dinner! Open from 11:00 a.m. - 1 a.m., dinner is served from 5 p.m. - 9 p.m., and winner of the Best Costume will be announced

MARCH 2ND Masquerade MARDI GRAS Theme Party

at 12:30 a.m. **For More information: Facebook event/ Masquerade Mardi Gras Party**

3 MARCH 12:00 PM - 4:00 PM
Location: Minot Municipal Auditorium 420 3rd Ave SW, Minot.
Join Minot Parks and the Minot Rec Commission - For a beach party! The snow and cold can't stop us from having a hula good time! The party will include a showing of the { movie Moana } as well as fun and games!
- Sunday, March 3rd from noon - 4p
- Movie starts at 1pm

MINOT PARK DISTRICT • MINOT REC COMMISSION

BEACH PARTY!

SUNDAY, MARCH 3 / NOON - 4P

- Bring your beach chairs and blankets purchase
- There will be free play during the duration the the party
- Concessions will be available for
- This is a free event
For more information check out: Facebook event/ Beach Party!



Team Minot keeps animals at safe distance

AIRMAN 1ST CLASS HEATHER LEY | MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

Recently, a pair of moose wandered onto Minot Air Force Base, North Dakota, reminding Airmen and their families of the animals who coexist in the local area.

"While fun to see and sometimes interact with, wildlife is just that, wild," said Lt. Col. Brian Tileston, 5th Bomb Wing chief of safety.

Living in a rural area can make occurrences of seeing wildlife more common.

"We have a plethora of wildlife in the local area and they pose a harmful risk to the people and operations at Minot Air Force Base," said Tileston.

Minot AFB works with U.S. Department of Agriculture to deter wildlife away from base operations.

"Because of the complexity and sensitivity involved in managing wildlife hazards, Minot AFB contracts a USDA Wildlife Services Airport Biologist trained in wildlife hazard management at airports," said Nicholas Suzda, USDA safety representative.

"We evaluate hazards, provide training, and assist in the development, implementation and evaluation of a Bird and

wildlife Aircraft Strike Hazard (BASH) Plan."

Suzda said, the primary focus of the BASH program is to manage habitats by altering vegetation and water, while also creating barriers to make the airfield and surrounding areas unappealing to species that pose a hazard to aircraft, as well as human health and safety.

Safety of the people and the mission are the main concerns for the impact wildlife has around Minot AFB.

"In the last five years at Minot AFB alone there have been 106 reported wildlife strikes resulting in \$129,497 in damages to aircraft," said Suzda.

The safety office works to peacefully keep animals away from the base.

"In the end, we must remember that they were here first and now we are doing what we can to cohabitate peacefully and enjoy them at the appropriate distance while still conducting the functions and missions required of us in defense of our nation," said Tileston.

If a wild animal is spotted on base, personnel should call Suzda at (701)723-7771.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS HEATHER LEY



Davis-Monthan AFB exercise balances flexibility, survivability, lethality

SENIOR AIRMAN GIOVANNI SIMS | 355 WING PUBLIC AFFAIRS

DAVIS-MONTHAN AIR FORCE BASE, Ariz. (AFNS)

Landing in an austere location, a small number of Airmen move at a rapid pace to accomplish a very specific mission. With only the supplies needed to survive for a week, they begin to unload food, shelter and equipment. After unloading, they set up a campsite as home base for their operations.

During this joint-force readiness exercise, known as Pegasus Forge, the 355th Wing's dynamic forward adaptive basing team deployed a small number of A-10 Thunderbolt IIs and a team of hybrid Airmen from squadrons throughout the

wing. The Airmen's mission was to wield rapid combat power from a position of advantage with minimal footprint.

"We have a handful of Airmen who are all working outside of their normal [air force specialty codes]," said Maj. Gary Glojek, 354th Fighter Squadron A-10 pilot. "Our goal is to balance flexibility, survivability and lethality to provide options for combatant commanders."

Ready at a moment's notice, these teams are equipped with cross-functional Airmen and an adequate amount of supplies in order to provide close air support at a forward off ground location.

"We need to have the ability to fly effective sorties from

a location where we have minimal assets and still be efficient and lethal," said Staff Sgt. Anmoledeep Sandhu, 354th FS crew chief.

While the exercise tested effectiveness and efficiency, sustaining Davis-Monthan AFB's ability to demolish adversaries is no trivial charge. Because this exercise was the first of its kind, it also served as a learning experience for many of the Airmen and their supervisors.

"We realized there were a few stumbling blocks with equipment and needing spare parts," Sandhu said. "This didn't hinder our performance for the mission. We adapted fairly quickly and were able still be effective in completing our tasks."

Welcome Nicole Gress, MSN, CNM



Nicole Gress, MSN, CNM

Trinity Health is pleased to announce that Nicole Gress, MSN, CNM, has joined our team of women's health providers at Health Center - Medical Arts.

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A certified nurse midwife, Nicole Gress, MSN, CNM, provides primary care to women of all ages, including obstetric and gynecological care. Born and reared in Nebraska, she earned her Bachelor of Science in Nursing from Montana State University and her Master of Science in Nurse Midwifery from Frontier Nursing University, Hyden, KY. A member of the American College of Nurse Midwives, Nicole and her husband, Master Sergeant Mark Gress, have two daughters and enjoy being involved in their gymnastics and soccer activities.

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trinityhealth.org



Dates to Know:

- **March 2:** Souris Valley Mule Deer Foundation banquet, Minot Grand Hotel, 5 p.m.
 - **March 9:** Garrison Ducks Unlimited banquet, Garrison City Auditorium, 5:30 p.m.
 - **March 15:** Pheasants for the Future, N.D. State Fair Center All Seasons Arena, Minot, 5 p.m.
 - **March 15 & 16:** Midwest Wild Sheep Foundation convention, Minnetonka, Minn.
- Tournaments:**
- **March 2:** Lake Metigoshe.
 - **March 16:** Lake Sakakawea.

OUTDOOR NOTES:

*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. 25: 1,837.52 feet above mean sea level (MSL); 26,100 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,448.31 feet above mean sea level (MSL).

Stump Lake elevation: 1,448.29 MSL.

*N.D. Game & Fish Dept. game wardens: No new reports.

*Devils Lake, Ed's Bait Shop, Devils Lake: Limited activity. Some trails plowed but wind and snow make it difficult to maintain them open. Stay on trails unless using a tracked vehicle. The limited number of anglers out are catching a few walleye.

*Devils Lake, Woodland Resort, Devils Lake: Anglers marking perch but the bite is minimal. Tracked vehicles needed if considering getting off trails with snowdrifts now extremely hard.

Some trails plowed in East Bay but winds making it difficult to keep them open.

*Lake Darling, Karma C-Store, Ruthville: Weather permitting, anglers continue heading to Lake Darling but reports are limited on success.

*Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: No new reports.

*Lake Metigoshe, Four Seasons, Bottineau: Difficult access with walk-on or tracked vehicle access only. No reports from those going out, however.

*Lake Metigoshe, Lake Metigoshe State

OUTDOOR NOTES:

Park, Bottineau: Not much activity with difficult access.

*Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Limited reports with moving around on Lake Sakakawea and Lake Audubon still difficult, along with tough access. Some trails plowed on Lake Audubon, though, around Velva Point and the west end. Conditions could change day-by-day, however.

*Lake Sakakawea/Lake Audubon, 6-Mile Bait & Tackle, Garrison: Access remains difficult on Lake Audubon and Lake Sakakawea with drifts becoming extremely hard. Bring a shovel and tow rope if using pickups but best mobility with tracked vehicles.

*Lake Sakakawea, Scenic 23, New Town: Wind made extremely hard snowdrifts on the Van Hook Arm and trails blew shut. Access will try to be plowed off the boat ramp, weather and wind permitting.

*Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Minimal activity at best with poor access and difficulty moving around on the ice on Lake Audubon. No Missouri River activity.

*Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Increasing pike success on Lake Sakakawea. Try shallow water in as little as 5 to 6 feet. Best walleye success remains in 30 to 35 feet around Tobacco Garden and White Earth Bay. Yellowstone River getting dirty with rising water. Ice is still OK but there's water and slush along river shorelines.

*Lonetree WMA area lakes, Harvey: Access on area lakes iffy, depending on if and when trails plowed to and around lakes. Anglers who can get on and around are finding fair walleye and perch success.

*North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Weather and access permitting, a few anglers venturing to Antelope Lake with occasional perch success.

*Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: Limited activity, generally slow success for the few anglers out, and poor access. Wind also created extremely hard snowdrifts so high clearance vehicles even having difficulty moving around on the ice.

N.D. Parks & Recreation Dept. ski trails (conditions can vary):

*Fort Stevenson, Garrison: Trails in good condition but high winds created drifting in open areas. 3- to 4-inch base with light snow over the past weekend. Trails groomed, weather permitting.

*Lake Metigoshe, Bottineau: Trails in good condition.

Downhill skiing ((conditions can vary):

*Big Sky Resort, Big Sky, Mont.: 49- to 90 -inch powder, packed powder base with all lifts and 305 trails open. 7 Terrain Parks open with 10 jumps and 80 rails.

*Bottineau Winter Park, Bottineau: 14- to 24-inch base with beginner runs, 7 runs, 7 tubing lanes, with several jumps and rails with 1 box Terrain Park feature open.

*Holiday Mtn. Ski Area, LaRiviere, Manitoba: 12 runs and 3 lifts open,

weather permitting.

*Huff Hills, Mandan: 30- to 32-inch powder, packed powder base. 9 groomed runs open, depending on weather.

*Terry Peak, Lead, S.D.: 18- to 24-inch packed powder, machine groomed base. All lifts and runs open.

Snowmobile N.D. (conditions can vary):

*Cattail (Barnes, Cass, Steele, & Traill counties): Trails open with 4- to 8-inch base.

*East-central Valley (Cass & Richland counties): Trails open and in good condition with 8- to 12-inch base. West side of Rural Cass South Trail closed on the west side from Davenport to Casselton.

*Lake Region (Nelson & Ramsey counties): Trail 4 closed 10- to 20-inch base Trail 1 completely open, Trail 2 open Devils Lake to Webster, Trail 3 open Starkweather to Calio back to Hampden with plans to go from Nekoma to Edmore, Trail 5 open to Doyon and south to warming house, and Trail 6 open Doyon to Lakota. Trails in good condition.

*Missouri Valley (Emmons & Burleigh counties): 10- to 20 -inch base with all trails open.

*North-central (Benson, McHenry, Pierce, Ramsey, & Towner counties): Rush Lake, NC 1, 2, & 3 trails closed but all other trails are open with 6- to 16-inch base. Good condition.

*Northeast (Cavalier, Pembina, & Walsh counties): Border, Pembina, Neche, and Cavalier trails closed but all others open with 6- to 10-inch base. Many ditch trails full of snow. North Nekoma Trail open from Langdon to Nekoma to Milton.

*Peace Garden (Bottineau & Rolette counties): All trails pen and in good condition with 10- to 18-inch base.

*Red River North (Pembina & Walsh counties): Trails open except Cavalier Trail and in good condition with 10- to 18-inch base.

*Red River South (Grand Forks & Walsh counties): 6- to 12-inch base with all trails open and in good condition.

*Sargent (Richland & Sargent counties): 6- to 10-inch base with all trails open.

*Sheyenne Valley (Barnes, Dickey, LaMoure, Ransom, & Stutsman counties): 8- to 10-inch base with good conditions. All trails open except L-3, L-4, & O-2. Trail L-2 open from Fort Ransom to Verona.

*Sno-Trails (Bottineau, McHenry, Renville, & Ward counties): 10- to 16-inch base with all trails except International Trail open and in good condition.

*Southern Valley (Richland County): All trails open with 8- to 12-inch base. Good conditions.

Numbers to know:

*N.D. Game and Fish Dept., main Bismarck office: (701) 328-6300, website: (http://gf.nd.gov).

*Report All Poachers: (800) 472-2121 or (701) 328-9921.

Ongoing Commitment to Service Earns Local CENTURY 21 Sales Affiliate 2018 Quality Service Pinnacle Award

PETER L. MOSCA | DIRECTOR, CENTURY 21 PUBLIC RELATIONS

Minot, ND (Grassroots Newswire) -- Century 21 Real Estate LLC recently recognized the following sales affiliates with the CENTURY 21 Quality Service Pinnacle Producer Award. These affiliates provide their clients with knowledge and advice related to their real estate transaction and offers them confidence during what may be the most significant purchase of a lifetime.

For more information, please contact Dorothy Martwick at (701) 839-0021 or dorothym@minot.com. CENTURY 21 Action Realtors is a full-service brokerage located at 500 20th Ave SW, Minot.

"The Quality Service Pinnacle Producer Award is an integral part of our brand's commitment to excellence and recognizes their dedication to making each and every client interaction a positive one," said Michael Miedler, president and chief executive officer, Century 21 Real Estate LLC.

Dorothy Martwick, broker/owner of CENTURY 21 Action Realtors is pleased to recognize Jodee Heimdal. For more information, please contact Dorothy Martwick at (701) 839-0021 or dorothym@minot.com. CENTURY 21 Action Realtors is a full-service brokerage located at 500 20th Ave SW, Minot.



The annual award is based on results from the CENTURY 21 Quality Service Survey (QSS) which is e-mailed to consumers immediately after the purchase or sale of a home. To earn the CENTURY 21 Quality Service Pinnacle Producer Award, an agent must receive completed customer surveys for at least 50 percent of their transactions surveyed from January 1 - December 31, with an average survey score of at least 95 percent or better for 2 consecutive years.

About CENTURY 21 Real Estate LLC.

Century 21 Real Estate LLC is comprised of approximately 9,400 independently owned and operated franchised broker offices in 80 countries and territories worldwide with more than 127,000 independent sales professionals who live their mission everyday: to defy mediocrity and deliver extraordinary experiences. By consistently chasing excellence, giving 121% and always elevating, the CENTURY 21 brand is helping its affiliated brokers/agents to be the first choice for real estate consumers and industry professionals worldwide.

They will receive a customized glass trophy, in addition to being recognized at the CENTURY 21 Global Conference.

Century 21 Real Estate has numerous websites to help answer specific consumer needs. They are century21.com, century21.com/global, century21.com/commercial, century21.com/finehomes, and espanol.century21.com.

Dorothy Martwick, broker/owner of CENTURY 21 Action Realtors is pleased to recognize Tracy Dachs.



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Wide area detection is one of eight ideas selected to compete at the Air Force Installation and Mission Support Center's inaugural 'Innovation Rodeo' March 1, 2019. The top three ideas will each receive \$200,000 in funding for research and prototyping.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS DENNIS SPAIN

Wide area detection among eight finalists for AFIMSC's inaugural 'Innovation Rodeo'

STEVE WARNS | AIR FORCE INSTALLATION AND MISSION SUPPORT CENTER PUBLIC AFFAIRS

JOINT BASE SAN ANTONIO-LACKLAND, Texas --

John Shackell, a force protection business consultant with the Air Force Security Forces Center at JBSA-Lackland, once had an idea "before its time."

"Over a decade ago, I worked in the Force Protection Battlelab and developed an initiative called REDCAR (Remote Detection Challenge and Response) using unmanned ground vehicles in support of the security forces mission," Shackell said. "It was not taken up by the career field."

Last year, Shackell attended the AFWERX Las Vegas workshop on perimeter site security and led the sub-workshop on temporary perimeter security. A small start-up approached Shackell and asked him to develop a viable product. The result was the Perimeter Control Operations Suite, which established a virtual perimeter using a mesh network supported by UGV-carrying sensors.

Shackell started to wonder. "What if we could deploy a virtual perimeter and look beyond it using sensors," Shackell said.

Shackell's submission to the Air Force Installation and Mission Support Center's Innovation Office as part of its "Call for Innovation" campaign is a culmination of several concepts, and his idea is one of eight finalists to participate in AFIMSC's inaugural "Innovation Rodeo" March 1 in San Antonio.

The campaign ran Jan. 1-31 and received 122 submissions and more than 2,000 online votes. Eight ideas advanced to the "Innovation Rodeo," where competitors with the top three ideas will receive \$200,000 each to get their ideas to prototype via AFWERX and tech accelerators.

"Our senior leaders have committed to participating in weeklong events, where it's all about the Airmen and their ideas," said Marc Vandever,

ecosystem and AFWERX challenges so we can get those ideas into prototype and then the implementation phase across the I&MS enterprise.

Shackell said innovation might be this year's buzz word, but it's exciting and motivating.

"We need good equipment much more quickly and current acquisition processes fall behind technology development," Shackell said. "The idea must be to keep pace with change. To succeed, we need senior level buy-in and an enthusiasm to get things done quickly, but properly. We need a puppet master to work behind the scenes. I think we have it in the Innovations and Analysis Branch of AFIMSC."

CARRY ON continued from page 2

thousands of miles back and forth for appointments and chemotherapy, she was declared cancer-free and had her final appointment December 2018.

"I got to finish 2018 with a bang, and I can start this year fresh with no chemo and no radiation," Robbins exclaimed. "Bye cancer! You did nothing to hold me down; I rose above you and will continue to rise above you."

Even with the higher odds after going through cancer, Robbins said she will never stop fighting.

"When the chief master sergeant of the Air Force names you as one of his heroes, you have to take on a superhero persona," said Robbins. "Those are big shoes to fill, so I took it very seriously. One of his priorities is self-care. If we can't take care of ourselves, then we can't take care of anybody else."

She also felt that cancer, as devastating as it was, molded her into the person she is today.

"I am definitely not the same person I was two years ago, and

I'm never going to be that person again," said Robbins. "I have to figure out my new normal, and get over the challenges I still face from treatment and all the appointments. So many things hinder my day, but I press forward and move on."

Anybody can develop cancer. Robbins said she wants to ensure people are aware and have the proper tools to rise above a diagnosis. Her main focus was to make sure her Airmen saw what cancer really looked like.

To Robbins, it was important for Airmen to see her with no hair while in uniform, because in the military it's uncommon to see that side of people who have experienced cancer.

"If an Airman down the road is diagnosed with cancer, I hope they can think back to that senior master sergeant who rocked a bald head at Minot Air Force Base," said Robbins. "Maybe I can be their hope."

Editor's Note: If you or a loved one are worried about how cancer may affect you, please reach out to the 5th Medical Group at (701) 723-5633.

Minot Medical Plaza Welcomes



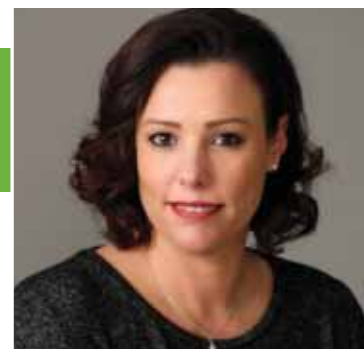
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 <p>Faith United Methodist Church</p> <p>5900 Highway 83 N, Minot www.faithumcminot.com</p> <p>Pastor Tom Sumers 701-838-1540</p> <p>Sunday School (All Ages): 9:45 a.m. Sunday Coffee Fellowship: 10:30 a.m. Worship Services: Sunday 11 a.m.</p>	<p>Minot 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>St. John the Apostle Catholic Church</p>  <p>2600 West Central Ave • Minot, ND 58701 839-7076</p> <p>Daily Mass Schedule: Tuesday 7:00 p.m. (3rd Tuesday 7:00 a.m.) Wednesday - Friday 7:00 a.m. Saturday 5:00 p.m. Sunday 8:00 & 10:30 a.m.</p> <p><i>Fr. David A. Richter, Pastor</i> Parish website: www.stjohnminot.com</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 8:30 am & 11:00 am</p> <p>2209 4th Avenue NW Minot, ND 839-4663</p> <p>www.stmarksminot.com Call or check out our website for more information.</p>
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<p>Vincent United Methodist Church</p>  <p>1024 2nd St. SE • 838-4425 <i>Behind Town & Country Shopping Center</i> 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 Jennifer McDonald www.vincentumc.com</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>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>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>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>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>	 	<div style="text-align: center;"> <p>ADVERTISE YOUR</p> <h1>Church</h1> <p>FOR ONLY \$7 PER WEEK</p> <p>Revisions MADE UPON NOTICE FROM THE CHURCH</p> <p>Deadline TUESDAYS BY NOON WEEK OF PUBLICATION</p> <p>VIEW OUR PAPER ONLINE AT NORTHERNSENTRY.COM</p> </div> <div style="float: right; border: 2px solid black; padding: 10px; width: 200px;"> <p>CONTACT BETH</p> <p>call 701-839-0946</p> <p>email NSADS@SRT.COM</p> <p>fax 701-839-1867</p> </div>		

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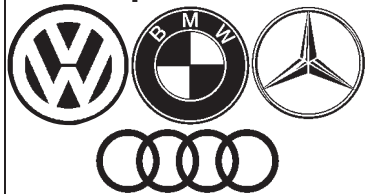
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ANSWERS

SUDOKU ANSWERS

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

Answers to puzzle from page 4

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 <p>\$429,900</p> <p>NEAR MOHALL – Elegant home on 9.37 acres. 4 bedrooms, 4 baths. Great room has gas fireplace. Deluxe master suite. Gourmet kitchen, breakfast nook and formal dining with doors to covered wrap around deck. Finished lower level. Attached triple and detached double garage.</p> <p>MLS #190439</p>	 <p>\$217,000</p> <p>WELL CARED FOR – 3 bedroom, 1 3/4 bath home in convenient SW location. Kitchen with dining area, newer carpets in living area and updated bath. Professionally finished lower level has family room and 2 egress bedrooms. Detached double garage.</p> <p>MLS #190449</p>	 <p>\$84,000</p> <p>CONVENIENT CONDO – 2 bedroom, 1 3/4 bath condo close to mall, banking and entertainment. 1024 sq ft with new carpet throughout. Gas fireplace in living room and doors to a deck. Oak cabinets in kitchen. 2 indoor parking spaces and storage.</p> <p>MLS #190436</p>
 <p>\$236,500</p> <p>FAMILY LIVING – 3 bedroom, 3 bath ranch style in SW area. Formal dining room. 2 fireplaces. Vaulted, beamed ceilings with skylights. Finished lower level with family room, 1/2 bath and laundry. Double garage.</p> <p>MLS #190136</p>	 <p>CONGRATULATIONS MATT WATNE SALES PROFESSIONAL, JANUARY 2019</p>	 <p>\$149,900</p> <p>READY TO GO – Move this modular home to your own lot. 3 bedroom, 2 bath, 2016 with 2088 sq ft. Never been lived in. Open kitchen, dining and living room. Master suite.</p> <p>MLS #190080</p>
 <p>Danielle Delzer 500-3732 danielle@minohomes.com</p>	 <p>Easy as 1, 2, 3 1. We don't capture your name 2. You contact us only when you're ready 3. You search everything on the Minot MLS</p>	 <p>Gary Kramlich 721-0526 kramlich@minot.com</p>

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WHAT'S GOING ON MAFB

TODAY	TUESDAY	WEDNESDAY	THURSDAY
<ul style="list-style-type: none"> Last day for the Winter Reading Program at the Base Library Registration for Youth Baseball & T-Ball begins at the Youth Center Winter Challenges continue through March 20 at the Base Library Barre, 0600, Fitness Center TAP GPS Workshop, 0730-1630, held at the Education Center, hosted by A&FRC Torch Club, 1600-1700, Youth Center Mardi Gras Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill Gentle Yoga, 1700, Fitness Center Club Members \$\$\$ Drawing, 1730-1830, Rockers Bar & Grill Texas Hold 'Em, 1800, Rockers Bar & Grill Zumba, 1800, Fitness Center Keystone Meeting, 1800-1900, Youth Center Mixed Fun League, 1830, Rough Rider Lanes Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes YP BGCA Smart Lock-In, 2130-0600, Youth Center 	<ul style="list-style-type: none"> Registration opens for Wine & Paint Class at Arts & Crafts Pre-Separation Counseling, 0800-1130, A&FRC Barre, 0915, Fitness Center Game Day, 1000-1930, Base Library Dakota Inn Mardi Gras Special, 1030-1330, Dakota Inn Dining Facility Cycle, 1130, Fitness Center Read Across America & Dr. Seuss Birthday Celebration Week, 1600-1700, Youth Center & SAC Fit to Fight, 1700, Fitness Center Zumba, 1800, Fitness Center 	<ul style="list-style-type: none"> Circuit Training, 0600, Fitness Center Club Member Benefit, 0900-2000, Rough Rider Lanes Swerk, 0915, Fitness Center Story Time, 1030, Base Library Brown Bag Book Talks, 1200, Base Library Pre-Deployment/Remote Readiness Training, 1300-1400, A&FRC 4-H Club, 1600-1700, Youth Center Read Across America & Dr. Seuss Birthday Celebration Week, 1600-1700, Youth Center & SAC Mug Club Special, 1600-1800, Rockers Bar & Grill EFMP-FS Peer Support & Respite Care Information Session, 1630-1730, A&FRC Boss & Buddy \$1 off Draft Special, 1630-1830, Rockers Bar & Grill Members Wind Down Wednesday Buffet, 1630-1830, Rockers Bar & Grill Squadron Extramural League, 1730, Rough Rider Lanes Yoga, 1830, Fitness Center Swerk, 1930, Fitness Center 	<ul style="list-style-type: none"> Last day to register for Intramural Volleyball at the Fitness Center Last day to register for Racquetball Tournament at the Fitness Center Tactical Fit Express, 0600, Fitness Center Barre, 0915, Fitness Center Cycle, 1130, Fitness Center Reintegration Briefing, 1300-1400, A&FRC Thrift Savings Plan for Civilian Employees, 1400-1600, A&FRC Read Across America & Dr. Seuss Birthday Celebration Week, 1600-1700, Youth Center & SAC Fitness Hour, 1600-1700, Youth Center Fit To Fight, 1700, Fitness Center Half Price Appetizers (per each adult entrée purchased), 1700-1900, Rockers Bar & Grill Olympic Weightlifting, 1730, Fitness Center Zumba, 1800, Fitness Center
SATURDAY	UPCOMING EVENTS:		
<ul style="list-style-type: none"> Zumba, 0900, Fitness Center Baseball Camp, 0900-1100, Youth Center Barre, 1000, Fitness Center Youth Bowling League, 1000, Rough Rider Lanes Fight Night UFC 235 – Jones vs Smith, prelims begin at 1900, main event begins at 2100, Rockers Bar & Grill Lights & Strikes and Saturday Unlimited Bowling, 2000-2400, Rough Rider Lanes 			
SUNDAY	UPCOMING EVENTS:		
<ul style="list-style-type: none"> Barre, 1300, Fitness Center Family Zumba, 1400, Fitness Center Yoga, 1500, Fitness Center 			
MONDAY	UPCOMING EVENTS:		
<ul style="list-style-type: none"> Tactical Fit Express, 0600, Fitness Center Swerk, 0915, Fitness Center Reintegration Briefing, 1300-1400, A&FRC Read Across America & Dr. Seuss Birthday Celebration Week, 1600-1700, Youth Center & SAC Yoga Strong, 1700, Fitness Center Battle Rig Fitness, 1800, Fitness Center Zumba, 1800, Fitness Center Key Spouse Monthly Meeting, 1800-1930, held at the PDC, hosted by A&FRC 			



8 March

- Registration opens for the 5th Annual Winter Games at the Fitness Center
- Barre, 0600, Fitness Center
- Dakota Inn Fish Fry Friday, 1030-1330, Dakota Inn Dining Facility
- Puzzle-A-Thon Family Fun Night, 1500-2000, Youth Center
- Racquetball Tournament, 1600, Fitness Center
- Read Across America & Dr. Seuss Birthday Celebration Week, 1600-1700, Youth Center & SAC
- Ground Zero Lounge Grand Re-Opening, 1600-2400, Jimmy Doolittle Center
- Torch Club, 1600-1700, Youth Center
- Gentle Yoga, 1700, Fitness Center
- Club Members \$\$\$ Drawing, 1730-1830, Rockers Bar & Grill
- Zumba, 1800, Fitness Center
- Mixed Fun League, 1830, Rough Rider Lanes
- Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes

9 March

- Zumba, 0900, Fitness Center
- Baseball Camp, 0900-1100, Youth Center
- Barre, 1000, Fitness Center
- Youth Bowling League, 1000, Rough Rider Lanes
- Dr. Seuss Day, 1300, Base Library
- Lights & Strikes and Saturday Unlimited Bowling, 2000-2400, Rough Rider Lanes

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Staff Sgt. Keith Keiffer, 921st Contingency Response Squadron security forces, fires the M240B machine gun in response to a simulated gunfire attack at the Geronimo Landing Zone during a mission in support of Green Flag Little Rock exercise, Feb. 14, 2019, Fort Polk, La. The primary objective of the exercise is to support the Joint Readiness Training Center and provide the maximum number of airlift crews, mission planners and ground support elements to a simulated combat environment with emphasis on joint force integration.

U.S. AIR FORCE PHOTO | TECH. SGT. LILIANA MORENO



CRW delivers agile mobility expertise during exercise Green Flag Little Rock

TECH. SGT. LILIANA MORENO | 621ST CONTINGENCY RESPONSE WING PUBLIC AFFAIRS

FORT POLK, La. (AFNS) -- The sound of gunfire echoed across the open field at the Geronimo Landing Zone as Airmen from the 621st Contingency Response Wing based out of Travis Air Force Base, California, responded to a simulated base attack during a training mission in support of Green Flag Little Rock exercise, Feb. 6-17.

The primary objective for all participants of the exercise was to support the Joint Readiness Training Center and provide the maximum number of airlift crews, mission planners and ground support elements to a simulated combat environment with emphasis on joint force integration.

To support the wing priorities, contingency response Airmen tested a few capabilities to accomplish operations in contested, degraded and operationally limiting environments.

"During the exercise, we tested having the smallest footprint possible and brought enough equipment to open a second location as we transitioned from our initial airfield to a forward deployed location," said Capt. Jonathan Van Pinxteren, contingency response element commander. "There are a lot of moving parts involved and this trial run gave us good insight into the difficulty but plausibility of the agile basing concept. Additionally, getting the opportunity to do field training is necessary practice for us all, from setting up tents to directing cargo and airflow."

Lt. Col. Taylor Johnston, 921st Contingency Response Squadron commander, said agile basing is essential to contingency response operations within the full spectrum of operations from humanitarian aid to combat operations.

"Agile basing enhances our viability as it provides combatant commanders with the capability to open an air base anytime, anywhere, without having to worry about significant logistical constraints," Johnston said. "We provide combatant commanders with near immediate basing solutions based on the ever-evolving scheme of maneuver. In humanitarian scenario, it ensures that the contingency response is capable of moving quickly to emerging disasters, and in combat operations it allows us to be as close to the front lines of conflict as possible."

Once on the ground at the Geronimo Landing Zone, the contingency response team had to quickly establish security around the perimeter, build defensive fighting positions and place concertina wire around the area, all while maintaining communication and airflow operations.

"This type of training allows CR Airmen to train together to develop a unified security-centric mindset. As members of a contingency response group we have the potential to deploy as a small and lean force to austere environments with little to no support and it may come down to only having ourselves to rely on," said Tech. Sgt. Elizabeth Berreles, 921st CRS security forces assistant flight chief.

"The realistic training has allowed us to hone our skills as a team to better defend ourselves, our resources and our base."

The CRT's strategic defense plan was put to the ultimate test Feb. 14, when simulated enemy forces threatened to overrun the compound.

"During the attack, my team was off shift when we were suddenly awakened to the sound of multiple weapons firing. Without hesitation,

my team woke up, kitted up and tactically moved from their tents to predetermined defensive fighting positions," Berreles said. "The entire team, to include non-security forces members, quickly jumped into action and engaged the threat. As a leader, I was pumped to see members from various job specialties work together to defend the base. We have drastically improved our defense capabilities on a daily basis while

out here and I am extremely proud of everyone."

While JRTC provides tactical-level training, the joint training received during the exercise was also invaluable to participants.

"Working with our allies is always a great idea, as we would be together in any global operation," Van Pinxteren said. "Having the Royal Canadian Air Force here gives us the opportunities to see each other at

work and learn from each other."

Johnston agreed, and said the ability to operate in a joint environment is more crucial today than ever in the past.

"JRTC exercises allow us to work hand in hand with deploying army units and integrate our tactics, techniques and procedures with them," he said. "Each side is learning from each other and fostering relationships between services. The learning and relationship building provides greater synchronicity during operations in everything from humanitarian aid to combat ops."

Col. Ryan Marshall, 621st CRW commander, emphasized how it is essential the CRW is ready to deliver at the speed of war because the defense of our nation rests on each team's ability to integrate while trying to meet and maintain the pace of the future.

"In order to remain relevant warfighters, we must look at ways to ensure continuous capability in the face of adversaries employing technological advances to create contested and reduced or denied access environments across all operating domains," he added. "CRW Airmen will overcome this friction by employing agility and innovation, while providing cornerstones to create difficult dilemmas for our adversaries."



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* Trinity on Track in 2017 with New Medical Complex Plans, Minot Daily News, 1/1/2018