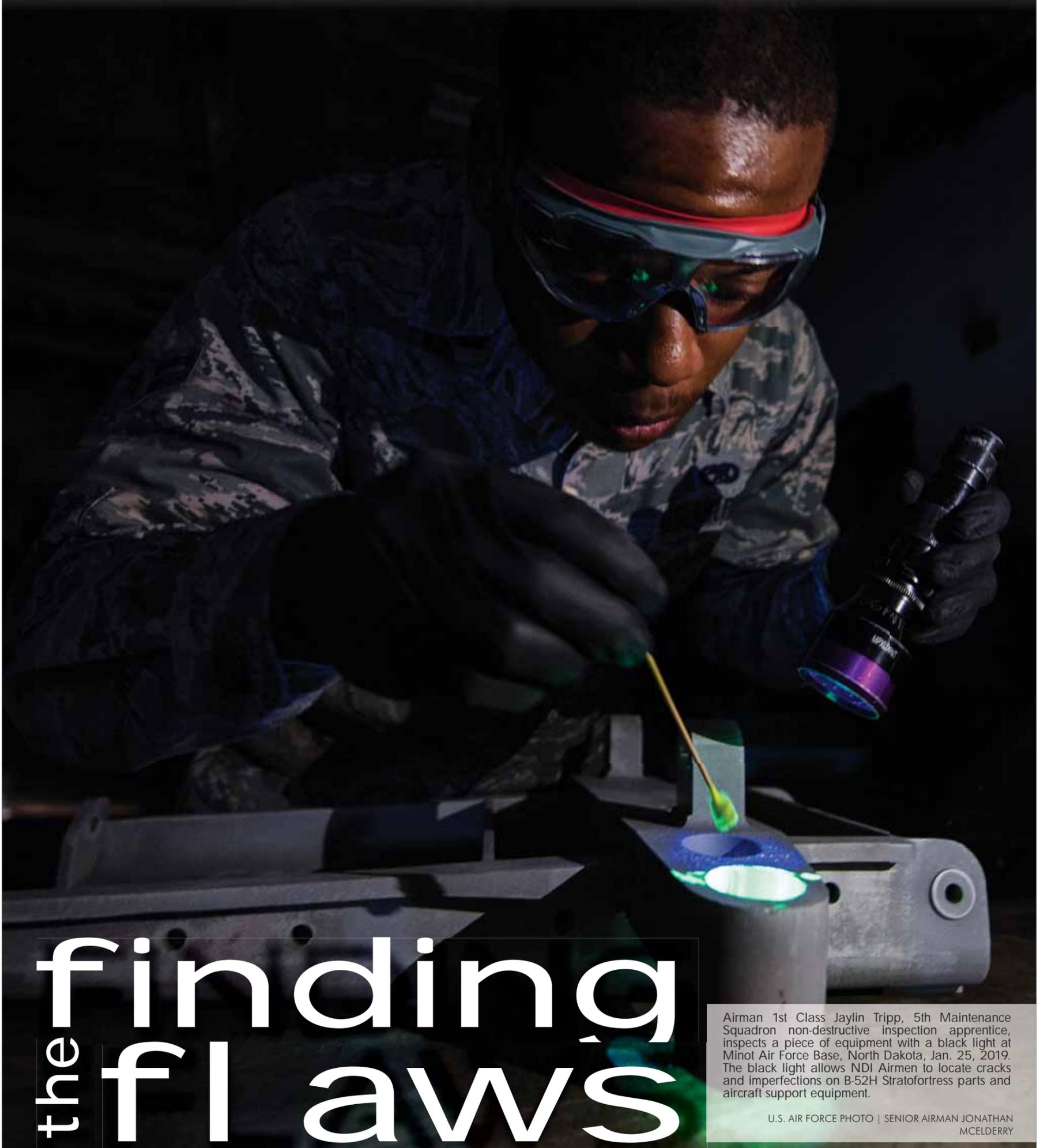


# northersentry

FREE | VOL. 57 • ISSUE 10 | WWW.NORTHERNSENTRY.COM | MINOT AIR FORCE BASE | FRIDAY, MARCH 8, 2019



## the finding flaws

Airman 1st Class Jaylin Tripp, 5th Maintenance Squadron non-destructive inspection apprentice, inspects a piece of equipment with a black light at Minot Air Force Base, North Dakota, Jan. 25, 2019. The black light allows NDI Airmen to locate cracks and imperfections on B-52H Stratofortress parts and aircraft support equipment.

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

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Videos



A group of reservists from the 315th Airlift Wing from Joint Base Charleston, S.C. delivered humanitarian aid, Feb. 22, 2019, which will benefit the people of Venezuela. The C-17 Globemaster III touched down in Cucuta, Colombia, just a mile and a half from the Venezuelan border and was met by Colombian President Ivan Duquemarquez and Vice President Marta Lucia-Ramirez.  
U.S. AIR FORCE PHOTOS | MAJ. WAYNE CAPPS

## Charleston reservists deliver humanitarian aid, met by Colombian President, VP

MAJ. WAYNE CAPPS | 315TH AIRLIFT WING PUBLIC AFFAIRS

CUCUTA, COLOMBIA (AFNS) --

A group of reservists from the 315th Airlift Wing from Joint Base Charleston, South Carolina, delivered humanitarian aid Friday, Feb. 22, which will benefit the people of Venezuela.

The C-17 Globemaster III touched down in Cucuta, just a mile and a half from the Venezuelan border and was met by Colombian President Ivan Duquemarquez and Vice President Marta Lucia-Ramirez.

"Today, you may have helped changed the world," said President Duquemarquez as he spoke to the C-17 crew from JB Charleston about international efforts to feed and provide care for the people of Venezuela. "You are helping more people than you could possibly know."

The shipment consisted of 49,580 pounds of rice and 12,100 pounds of medical equipment that will be distributed to the people of Venezuela. This is the third humanitarian aid shipment delivered to the region by JB Charleston partners, the 315th and 437th Airlift Wings.

According to the U.S. State Department, the flights contained enough rice to feed an estimated 2,000 people for one month, along with medical supplies consisting of wheelchairs, crutches, bandages and exam gloves.

"As an American, I am proud and honored to be part of this joint effort to deliver humanitarian aid to Colombia for the people of Venezuela on behalf of the United States," said Maj. Amanda Gierhart, mission commander and pilot from the 317th

Airlift Squadron. "These are some of the most rewarding missions we fly, where we see how the generous donations from our country directly impact the lives of those suffering around the world," she said.

The relief supplies are being pre-positioned in Colombia as part of a surge of U.S. humanitarian assistance that began earlier this month at the request of Interim Venezuelan President Juan Guaido.

According to a U.S. State Department release, "the United States remain committed to helping the people of Venezuela, and this assistance is not the first – and will not be the last – that the American people are sending to help those in need." The release also states, the U.S. has provided more than \$140 million in aid to the Venezuelan people and

more than 3.4 million people have fled the chaos in the impoverished nation.

On Jan. 24, Secretary of State Pompeo announced the U.S. is ready to provide more than \$20 million in additional funding to support humanitarian assistance activities in Venezuela.

A flying crew chief from the 437th AW accompanied the Reserve aircrew on the mission.

*Editor's note: Michael Dukes, 315th Airlift Wing Public Affairs contributed to this article. For more behind the scenes photos and videos from this mission, see the 315th Airlift Wing on social media @315 AW.*

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**Information & Registration  
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## 2020 academic year developmental education application window opens for civilians

ANGELINA CASAREZ | AIR FORCE'S PERSONNEL CENTER PUBLIC AFFAIRS

JOINT BASE SAN ANTONIO-RANDOLPH, Texas (AFNS) --

Eligible Air Force civilians may apply for developmental education for the 2020 academic year from March 1 through May 1 via myVECTOR.

Developmental education programs, including the Civilian Strategic Leader and the Engineer and Scientist Exchange programs prepare Air Force civilians to anticipate and successfully meet challenges across the wide range of Air Force operations and missions through unique educational and leadership opportunities.

"It's important for Air Force leaders to be proactive in the strategic development and mentorship of their civilian workforce," said Gina Banda, Air Force's Personnel Center chief, civilian leadership development and education section. "(Developmental education) prepares Air Force civilians for increased responsibility and shared leadership with the military."

This year, the Air Command and Staff College-online master's program and the Air Force Legislative Fellows program are now open to General Schedule 12 to 14 employees. Fellowships at the RAND Research Institute are open to GS-14s and 15s, while Leading with Impact is a new course offered to GS-12s and 13s.

"Talk to your supervisor, update your resume, and start thinking about short term goals and long term goals," Banda said. "Understand the benefits

from education and training – civilian development is key to enhancing one's skills and knowledge and is central to the continuum of learning that spans a civilian's professional career."

Applicants must have, at minimum, two years in federal civilian service by May 1 in order to apply and requirements and eligibility may vary for specific programs. In order to be considered, applicants must also be nominated by their local leadership and endorsed by their chain of command. Applicants should carefully review program requirements before preparing and submitting application packages.

This year, applications for CDE, CSLP and ESEP will be submitted through MyVector. Registration is required for applicants, supervisors and endorsing officials. Applicants must submit their nomination packages by April 17, with chain of command concurrence by May 1. The system uses prompts to guide applicants through the process.

The selection board will convene in September with final approval of primary and alternate candidates released later this year.

For up-to-date civilian developmental education information, visit the Civilian Force Development page on myPers, or select "Civilian Employee" from the myPers dropdown menu and search "developmental education." Required documents, application instructions, a list of developmental education opportunities and other criteria are available on the page.

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# Team Minot Airman found dead

5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

Senior Airman Andrew Leseney, from the 5th Bomb Wing Security Forces Squadron, was found dead in his residence off base on Feb. 25, 2019.

The cause of death is currently under investigation. More information will be released as it becomes available.

Any media questions should be directed to the Public Affairs Office at v35bw.pa@us.af.mil or 701-723-6212.



## Supporting war fighters: Two workforces come together with one mission in mind

DEBBIE ARAGON | AIR FORCE INSTALLATION AND MISSION SUPPORT CENTER PUBLIC AFFAIRS

JOINT BASE SAN ANTONIO-LACKLAND, Texas (AFNS) --

Child care, golf, bowling, community center, lodging operations and outdoor recreation. These operations, and many more, are designed to support the morale, welfare and recreation of Airmen and their families and rely heavily on one thing to make them tick ... nonappropriated fund, or NAF, employees.

Although paid by a different funding source than general schedule, or GS, civilian employees, NAF employees "are committed to the same thing as their GS counterparts - delivering capabilities to generate combat-ready and resilient warfighters," said Mike Hildebrandt, Air Force Services

Yoshi Nakamura, 374th Force Support Squadron outdoor recreation tour guide, left, and a Naguri Canoe Atelier member give a safety briefing to Yokota Air Base members before canoeing near the Arima Dam, Saitama Prefecture, Japan, Oct. 14, 2017. They showed personnel the basics of how to properly use a canoe.

U.S. AIR FORCE PHOTO | STAFF SGT. DAVID OWSIANKA

Activity human resources program management branch chief.

Currently, there are more than 20,000 NAF employees around the globe doing things like caring for children and youth, conducting art classes, managing outdoor recreation programs, preparing healthy meals and helping people achieve a pilot's license or repair their cars.

All of these efforts play a vital role in building resiliency, unit cohesion and readiness in our Air Force, said Col. Donna Turner, AFSVA commander.

Brian Roush, AFSVA human resources and benefits division chief, began his career as a NAF employee in 1984 at Offutt Air Force Base, Nebraska, as a busboy and general purpose clerk working Sunday brunch at the officers' club.

"Little did I realize then that my part-time job in high school for gas and fun money would be the start of a 30 plus year career as an Air Force civilian," Roush said. "By being open to new opportunities and challenges, having great mentors and bosses, access to education and tuition assistance programs and, honestly, a lot of hard work and long hours, I progressed."

NAF positions, like those filled by Roush along his journey, offer opportunity, employment and careers for spouses, other family members and the local community, Roush explained.

"Through installation morale, welfare and recreation facilities, NAF employees deliver service programs and activities to build and sustain Airmen and

their families," Hildebrandt said. "It's one way Airmen know that their families are well taken care of as they complete their mission at home station or while deployed."

"NAF employees are part of the overall team that delivers the mission of the Air Force and brings the importance of that mission home to the community," Roush said.

"After a snowstorm hits and the base needs to return to normal operations, what are the first places to re-open, if they ever closed?" Roush asked, "The child development center, lodging, restaurants and snack bars."

"Our NAF employees are right there, on installations, as part of the core of our Air Force family community," Roush added.

"NAF employees are a force multiplier and backbone of our installation MWR activities. Without them, the mission and resiliency opportunities we provide to our service members and their families would not be possible," said Turner. "They are a vital part of our Air Force mission and we appreciate their dedication and commitment to taking care of Airmen and families each and every day."

To find out more about NAF careers for you or your family members, visit the NAF careers page at <https://www.nafjobs.org/default.aspx>.

## CONTACTUS

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Manager | Advertising Director  
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Col. Glenn Harris

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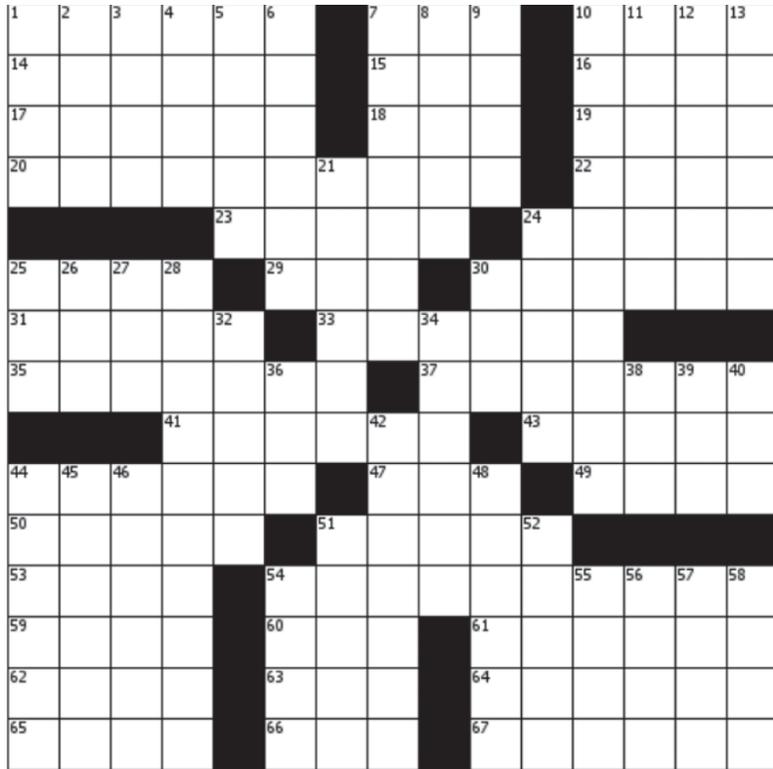


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# CROSSWORD PUZZLE

**Across**

- 1. Not quite
- 7. "What \_\_\_\_, chopped liver?"
- 10. Atkins no-no, briefly
- 14. Save specialist
- 15. What 14-Across protects
- 16. Polish border river
- 17. Corrigenda
- 18. Mil. hero's decoration
- 19. It's sometimes struck
- 20. Household pest
- 22. Malayan boat
- 23. Northern Ireland county
- 24. Isn't insensitive
- 25. Swiss psychiatrist Carl
- 29. \_\_ gratias (thanks to God)
- 30. Small tower or tower-shaped projection on a building
- 31. Indifferent
- 33. Better
- 35. French composer Louis-Hector
- 37. Level of authority
- 41. One way to kill characters?
- 43. Affluent of the Rhone
- 44. It's named Fifi, stereotypically
- 47. Kind of temper or treatment
- 49. Watch feature, perhaps
- 50. Bitterly pungent
- 51. Furtive one
- 53. Doe fancier
- 54. No. 2 is one
- 59. Did a number
- 60. Equip
- 61. Muzzles
- 62. "Bus Stop" playwright



- 63. Start for Paulo or Vicente
  - 64. Aglet's target
  - 65. Dutch artist Johannes van der \_\_\_\_
  - 66. Ft. Worth campus
  - 67. City or classic TV show
- Down**
- 1. Bronze and Iron, e.g.
  - 2. Singer of "Footloose"
  - 3. Fertile earth

- 4. Norse king
- 5. Located
- 6. Reacted to onions
- 7. Fireplace fixture
- 8. Disheveled
- 9. Sumac souvenir
- 10. Dangerous reptile
- 11. Worshipper
- 12. Do some cobbling
- 13. Chicken selection

- 21. Policeman's shout
- 24. German botanist Leonhard
- 25. Certain punch
- 26. Glob or mod attachment
- 27. Easter start
- 28. Acquisitive lady
- 30. First correct "Hollywood Squares" square

- 32. Kind of mouse or marshal
- 34. Went for a spin?
- 36. Bullfight sound
- 38. Mauna \_\_\_\_
- 39. Thunder Bay's prov.
- 40. Bridal bio word
- 42. Ostrich relative
- 44. Here and there, in references
- 45. Fuel rating
- 46. New Jersey city
- 48. Expired
- 51. Glacial mass
- 52. Nairobi location
- 54. Stand the test of time
- 55. Christmas word
- 56. Pick the pick of the litter, e.g.
- 57. Virginia willow, e.g.
- 58. WWII vessels

## SUDOKU Solution to puzzle on page 10

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

**Medium**

Solution to last week's Crossword puzzle.

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

## REEL TIME THEATER MOVIE SCHEDULE



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SUNDAY, MARCH 10  
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## INSTANT-POT Barbecue Pork

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a meal for the military family



Recipe courtesy of: dinnerdeployed.com/recipe/instant-pot-bbq-pork/#

**INGREDIENTS:**

- 1/2 cup chicken broth
- 1/2 cup apple cider vinegar
- 3 tbsp sugar
- 1/2 tsp black pepper
- 1 tsp salt
- 1 tbsp onion powder
- 2 tsp garlic powder
- 3 1/2 pounds pork roast
- 1 cup barbecue sauce

**INSTRUCTIONS:**

1. In a small bowl, combine onion powder, garlic powder, salt, black pepper and sugar.
2. Cut roast in half and coat with seasoning.
3. Put Instant Pot on saute setting and sear the 2 pieces of the roast on all sides. Turn off Saute setting.
4. In a small bowl, combine apple cider vinegar, chicken broth (or can substitute water) and barbecue sauce.
5. Pour liquid mixture over the pork. Close the lid and set it to sealed. Cook on high pressure for 45 minutes with 10 minutes Natural Pressure Release.
6. Vent the steam. When the pin drops, open the lid and shred the pork with 2 forks. Serve on buns or as is.

**8-9-10 MARCH** 1:00 PM - 7:00 PM  
Location: North Dakota State Fair Center 2005 Burdick Expy E, Minot.

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**MARCH 8, 9 & 10 2019**

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Email: tammyb@kxnet.com For more information check out: Facebook event/2019 KX Sport Show

**8-9-10 MARCH** 7:30 PM - 9:30 PM  
Location: Mouse River Players 115 1st St SE, Minot.

Set in the Golden Age of Theatre, The Musical Comedy Murders of 1940 takes audiences on a delightful romp as murder and intrigue abound! As the day progresses members of the creative team start being killed off one by one! Performances: March 8-9 and 15-16 at 7:30 PM March 10 and 17 at 2:00 PM



House opens 30 minutes prior to show time. Ticket Prices: Adults: \$15 Children thru age 12: \$10 Seniors (60+), Students (13 thru college), and Military: \$13. For more information check out: Facebook event/ The Musical Comedy Murders of 1940

**9-10 MARCH** 10:00 AM - 7:00 PM  
Location: Grand Hotel 1505 N Broadway, Minot, ND 58703

Get ready for Minot's largest motorcycle show. All kinds of beautiful bikes to look at, people to talk to and fun to be had. For more information check out: Facebook event/ Rambler's Magic City Bike Show



**9 MARCH** 2:30 PM - 4:30 PM  
Location: The Tap Room 23 Main St S, Minot. Entrance is on the South Side of Building Facing 1st Ave Look for Black Awning, Minot.

Beer + cookies returns for the second edition featuring that late winter or early spring treat: girl scout cookies! We'll be hosting a bar full of cookie lovers to sample through a selection of beer and cookies. You'll learn just a little bit about what make us a little different and how we approach beer. But mostly, you'll have a great time with cookies, beer and fun. Tickets coming soon! 21+ only, ID required to enter.



For More information: Facebook event/ Beer + cookies :the experience: take two

**14 MARCH** 10:00 AM - 10:00 PM  
Location: JL Beers Minot 2001 22nd Ave SW, Minot.

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For more information check out: Facebook event/ It's the State B!

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## Joint training strengthens Air Force, Army collaboration

TECH. SGT. CHRISTOPHER HUBENTHAL | 379TH AIR EXPEDITIONARY WING PUBLIC AFFAIRS

AL UDEID AIR BASE, Qatar (AFNS) -- Airmen and Soldiers practiced Chemical, Biological, Radiological, Nuclear, and high yield explosives training techniques and procedures Feb. 22, 2019, as part of a joint decontamination training event.

The event was the conclusion of a four phase curriculum. Participants from the 379th Expeditionary Civil Engineer Squadron and the 1st Battalion, 43rd Air Defense Artillery regiment, 11th ADA Brigade, shared CBRNE best practices and tested their response proficiency during the training.

"The goal of this is to build a relationship to know our capabilities and to train together since we're both doing the same kind of CBRNE mission," said Master Sgt. Julia Dandurand, 379th ECES emergency management flight chief. "We have equipment that the Army doesn't have, the Army has equipment that we don't have, and this puts our equipment familiarization into practice

out in the field." Airmen and Soldiers worked together during tasks including Mission Oriented Protective Posture donning and doffing drills, ground survey, and decontamination familiarization.

"The exercise is the culmination of everything we learned together," said Staff Sgt. Karl Spindler, 379th ECES emergency management training NCO in charge. "Doing things like this, gearing up, (donning) the mask, going through surveys ... that's my favorite part."

The joint training provided both military branches an opportunity to share service specific processes. Airmen shared their experience in decontamination procedures and Soldiers showcased MOPP exchange techniques.

"I'm definitely walking away with more knowledge in the CBRNE area especially in decontamination," said U.S. Army Spc. Riley Sharp, 1-43rd ADA patriot fire control enhanced operator and maintainer. "I'm definitely walking away with more friendships. I'm teaching people how to do their job

Air Force Master Sgt. Brett Sanchez, 379th Expeditionary Civil Engineer Squadron emergency management Chemical, Biological, Radiological, Nuclear, and high yield explosives response noncommissioned officer in charge, takes off Mission Oriented Protective Posture gear during a joint decontamination exercise Feb. 22, 2019, at Al Udeid Air Base, Qatar. Air Force and Army participants from the 379th ECES and the 1st Battalion, 43rd Air Defense Artillery regiment, 11th ADA Brigade, shared CBRNE best practices, and tested their response proficiency during the training.

U.S. AIR FORCE PHOTO | TECH. SGT. CHRISTOPHER HUBENTHAL

better, they're teaching me how to do my job better. That's really what it comes down to.

"Joint training is definitely beneficial specifically to equipment and our tactical techniques and procedures," said Dandurand. "We're trying to become a joint force where our procedures are the same as theirs so we're speaking the same language during a real-world situation. We're all here for the same reason. The more we know about each of the services the better we can produce, the quicker we can work, the easier our job actually becomes."

## Finding the Flaws

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



Airman 1st Class Marcus Watkins, 5th Maintenance Squadron non-destructive inspection apprentice, cleans iron particles off of a piece of equipment at Minot Air Force Base, North Dakota, Jan. 25, 2019. NDI technicians are responsible for identifying possible defects in systems and equipment before they become dangerous problems.



Airmen with the 5th Maintenance Squadron non-destructive inspection section review a maintenance technical order at Minot Air Force Base, North Dakota, Jan. 25, 2019. NDI technicians are responsible for inspecting aircraft and equipment to ensure it isn't defective.

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# WINNER

## DONNA JACOBSON'S BOYS!



NORTHERN SENTRY

# OUTDOOR

REPORT

PROVIDED BY | PATRICIA STOCKDILL

## Dates to Know:

- **March 9:** Garrison Ducks Unlimited banquet, Garrison City Auditorium, 5:30 p.m.
  - **March 15:** Deadline for removing fish houses from all N.D. waters.
  - **March 15:** Pheasants for the Future banquet, N.D. State Fair All Seasons Arena, Minot, 5 p.m.
  - **March 15 & 16:** Midwest Wild Sheep Foundation, including North Dakota, convention, Minnetonka, Minn.
- Tournaments:**
- **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, March 4: 1,837.28 feet above mean sea level (MSL); 21,900 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,448.34 feet above mean sea level (MSL).

Stump Lake elevation: 1,448.28 MSL.

\*N.D. Game & Fish Dept. game wardens: Van Hook Arm on Lake Sakakawea fair for walleye when access is available off the ramp.

Tracked vehicles needed to get around on the ice. Be prepared in the event of getting stuck with dangerous weather and snow conditions. No reports from the east end of Lake Sakakawea. Little to no Devils Lake activity. Plowed access trails possibly blew shut in the brutal weekend winds.

\*Devils Lake, Ed's Bait Shop, Devils Lake: Little to no activity on Devils Lake. Tracked vehicles needed to move around.

\*Devils Lake, Woodland Resort, Devils Lake: Brutal weather conditions making mobility difficult on Devils Lake. Be patient and look for the pre-spawn perch bite to start in a week or so.

\*Lake Darling, Karma C-Store, Ruthville: Limited access on Lake Darling and check ahead for access at Grano. Poor access onto Lake Audubon.

\*Lake Metigoshe, Four Seasons,

## OUTDOOR NOTES:

Bottineau: Bluegill activity slowed. Access remains with tracked vehicles only.

\*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.

Weather permitting, some trails plowed on Lake Audubon, though, around Velve Point and the west end. Conditions could change day-by-day, however.

\*Lake Sakakawea/Lake Audubon, 6-Mile Bait & Tackle, Garrison: Tracked vehicles only to access Lake Sakakawea and Lake Audubon. No reports on success.

\*Lake Sakakawea, Scenic 23, New Town: Weather permitting, access will try to be available off Van Hook Arm ramp. Tracked vehicles needed for moving around the ice, however. Fair to good walleye success with some numbers of small fish mixed in. Try jigs and minnows in 15 to 25 feet.

\*Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Some OK pike spearing success around Wolf Creek but anglers need tracked vehicles to move around on Lake Sakakawea.

\*Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: A mix of nice sauger and walleye success from both the Yellowstone and Missouri rivers. Lewis & Clark State Park slowed on Lake Sakakawea with better success in 10 to 12 feet around Long Creek. Van Hook Arm also producing walleye but check access with recent winds and snow.

\*Lonetree WMA area lakes, Harvey: Access on area lakes iffy at best and likely unavailable, 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: Mouse River slushy in spots with springs on top of the ice. No new lake reports with poor access and ongoing poor weather.

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

\*Fort Stevenson, Garrison: Cross-country ski trails in good condition with 3- to 4-inch base with drifting in exposed areas. Fat tire bike and snowshoe trails not groomed with wind blowing in and creating hard, crusty snow. Bike riders will struggle but conditions will provide snowshoers with opportunity to move over snowdrifts, although they're hard-packed from the wind.

\*No other updates.

**Downhill skiing (conditions can vary):**

\*Big Sky Resort, Big Sky, Mont.: 53- to 102-inch powder, packed powder base. 305 runs, all lifts, 7 Terrain Parks, 10 jumps, and 80 rails open.

\*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.

\*Huff Hills, Mandan: 30- to 32-inch powder, packed powder base. 14 groomed runs and all lifts open, depending on weather. New rhythm section, jumps, and rails in Terrain Park.

\*Terry Peak Ski Area, Lead, S.D.: 18- to 24-inch base with variable, machine-groomed base. All runs and lifts open.

**Snowmobile N.D. (conditions can vary):**

\*Cattail (Barnes, Cass, Steele, & Traill counties) Trails open with 6- to 10-inch base.

\*East-central Valley (Cass & Richland counties): Trails open and in good condition with 1 to 16-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, Trail 2 open Devils Lake to Webster, and Trail 6 open Doyon to Webster but all others open with 10- to 20-inch base. Good condition.

\*Missouri Valley (Emmons & Burleigh counties): 11- to 15-inch base with all trails open and in good condition.

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

\*Northeast (Cavalier, Pembina, & Walsh counties): Border, Pembina, Neche, NESCA, and Cavalier trails closed but all others open with 10- to 20-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 open and in good condition with 10- to 18-inch base.

\*Red River North (Pembina & Walsh counties): All 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 with ditches full.

\*Sheyenne Valley (Barnes, Dickey, LaMoure, Ransom, & Stutsman counties): 4- to 8-inch base with good conditions. All trails open except L-1, L-3, L-4, & O-2.

\*Sno-Trails (Bottineau, McHenry, Renville, & Ward counties) 10- to 16-inch base with all trails except International Trail open. Kramer Trail open Kramer to Bottineau.

\*Southern Valley (Richland County): All trails open with 6- to 12-inch base and in 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.

# Dental tips for parents

5TH MEDICAL GROUP DENTAL CLINIC

Statistics showed 20 percent of children under the age of five have at least one or more cavities from 2015 to 2016. Almost 50 percent of children ages aged six to 11 in the U.S. are affected by tooth decay. This high number percentage unfortunately has not decreased significantly in the last five years.

A majority of parents may not understand that tooth decay can delay speech development. It may also compromise the health and quality of life of children, such as eating, sleeping, self-esteem and school performance.

The Team Minot Dental team would like to provide FAQ's and answers that help educate parents in preventing early childhood cavities or, in other terms, Early Childhood Caries (ECC).

**Q: When should my kids visit the dentist for the first time?**

A: The American Academy of Pediatric Dentistry (AAPD) has recommended visiting the dentist as early as one year old, or when the first tooth comes in. The first visit helps establish dental home for the parents and the children. Parents will learn the introduction of healthy oral habits, trauma prevention and early caries prevention.

**Q: How much toothpaste should I put on my kid's toothbrush?**

A: Children at two years old can start using fluoride toothpaste no more than a smear size until they turn five, after which they can use a small pea size amount of fluoride toothpaste.

**Q: Can my baby sleep with his bottled milk at night?**

A: There's a term in the dental community called Nursing Bottle Syndrome, or

baby bottle tooth decay. This occurs when a baby is put to bed with a bottle containing sugar or when a bottle is used as a pacifier for a fussy baby. The prolonged exposure of a baby's teeth to drinks containing sugar can cause tooth decay, which mostly occurs in the upper front teeth.

**Q: How do I know if my kids have cavities?**

A: Studies have shown that parents don't realize their children have cavities until the teeth break or the pain becomes acute. Cavities are difficult to diagnose in infants and toddlers since it starts with aches that are mistaken for teething. Cavities and stains can also look alike similar except stains will not weaken the tooth structure, where cavities will weaken the enamel.

**Q: How much does it cost to visit a dentist?**

A: On average, depending on where you live, a preventive visit may cost you somewhere between \$150 and \$300 without insurance. According to an AAPD survey, preventive dental visits before age four significantly reduce expenses associated with treatments that may cost up to \$10,000. For example, extractions, fillings, crowns, sedations and hospitalizations.

Although tooth decay prevalence has decreased, the dental community is still battling continuously with the lack of access children have to pediatric dental services and lack of education parents have with the importance of early caries care prevention. Service from the 5th Medical Group Dental Clinic is available for active duty members only; however, eligible beneficiaries are welcome to contact the clinic at (701) 723-5565 to answer any questions.

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## MAFB Youth Wins Top Honors at Talent Show

LIBBY DARNELL, VELVA AREA VOICE REPORTER

**M**ake a Scene Kids Theatre recently hosted their annual talent show. For the third year, Minot's Got Talent has showcased the most gifted local people to display their unique talents. This year's competition had 15 area residents divided into two age groups, 12 and younger and 13 and older.

Myles Clough, age 13, is a homeschooled eighth grader. He also is a Northern Sentry newspaper carrier. Myles placed first in the 13 and older division after playing an energetic melody on a piano at the talent show.

Myles received great feedback from the three judges, and was encouraged to keep infusing his personal style into his music and everyday life. His artistic method of playing piano, ending with him taking a seat on the keys, was the perfect closing performance at the

Miles Clough, age 13, won first place in his age divisions at the Minot's Got Talent show. Myles, who is a carrier for Northern Sentry, put his years of piano practice into an entertaining performance. He and his family are MAFB residents.

COURTESY PHOTO | MAKE A SCENE KIDS THEATRE

Minot's Got Talent show.

Another winner was Alyssa Bergan, an eighth grader at Memorial Middle School. She placed second in the 13 and older division after performing two separate dance routines at the talent show. The first performance, which also included Addison Pringle, portrayed the emotional struggle of two girls and won the honor of audience choice. Alyssa's solo performance was a gripping piece depicted through her prowess.

Congratulations to Myles and Alyssa!



## 2019 Air Force Wounded Warrior Trials begin

BRIAN ANDERSON

NELLIS AIR FORCE BASE, Nev. (AFNS) --

**M**ore than 120 wounded warriors from the Air Force and Army gathered March 1 to officially open the sixth annual Air Force Trials at Nellis Air Force Base.

The Air Force Trials, which run through March 7, are part of an adaptive and resiliency sports program designed to promote the mental and physical well-being of the wounded, ill and injured service members who participate.

The Paralympic-style competitive event showcases the resiliency of wounded warriors and highlights the effectiveness of adaptive sports as part of their recovery. It also highlights the impact the Wounded Warrior program, or AFW2, has in helping with the restorative care of wounded warriors enrolled in the program.

The Trials are also a test of

the athletes' resiliency, strength and endurance, according to Col. Michael Flatten, Air Force Wounded Warrior Program director.

"It's vitally important for their recovery we rebuild their sense of purpose, their sense of self and their sense of confidence," said Flatten, during remarks at the ceremony. "Everybody in the world is going to tell them what they can't do, we're here to tell them what they can."

The event features 10 different adaptive sports: powerlifting, cycling, wheelchair rugby, swimming, shooting, rowing, track and field, archery, wheelchair basketball and sitting volleyball.

The Air Force Trials is the primary selection location for the 40 primary and 10 alternate members of Team Air Force at the 2019 Department of Defense Warrior Games June 21-30, in Tampa, Fla.

"It's an awesome day here at Nellis," said Air Force Personnel Center command chief Chief Master Sgt. Kenneth Lindsey. "The intent of this event is to promote the health, wellness and recovery of seriously wounded, ill and injured service members and veterans," said Lindsey. "During these trials, participants will build comradery and confidence as they continue to recover."

This year, the participants are made up of 53 active duty, 15 Air National Guard and Reserve and 72 Air Force veterans. Also attending the Trials are 32 caregivers, who play an important role in athlete care and recovery.

During the ceremony, the athletes were recognized by service, the U.S. Air Force Academy's Wings of Blue performed a parachute demonstration, two HH-60 Pave Hawks from the 66th Rescue Squadron flew a two-ship formation and the Trials torch, carried by Air Force members from the 2018 U.S. Invictus Team, was lit.

The Trials are part of the Air Force's Wounded Warrior program (AFW2), which is a congressionally mandated and federally funded organization administered by AFPC in San Antonio, Texas. The program includes recovery care coordinators, non-medical care managers and other professionals who work with wounded warriors, their families and caregivers to guide them through various day-to-day challenges.

The DoD Warrior Games is an annual event recognizing the importance adaptive sports plays in the recovery and rehabilitation of the wounded, ill and injured service members and veterans.

For more news and information, go to [www.woundedwarrior.af.mil](http://www.woundedwarrior.af.mil) or visit the Facebook page at [www.facebook.com/airforcewoundedwarrior](http://www.facebook.com/airforcewoundedwarrior).

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# CHURCH DIRECTORY

<p><b>Little Flower Catholic Church</b> 800 University Avenue West 838-1520</p> <p><b>Mass Schedule</b> Saturday ..... 5:30 pm Sunday .. 8:30am &amp; 11:00am</p> <p><b>Fr. Fred Harvey, Pastor</b> <a href="http://www.littleflowerminot.com">www.littleflowerminot.com</a></p>	<p><b>St. Peter The Aleut Eastern Orthodox Church</b></p>  <p><b>109 6th St. SE Minot • 838-3094</b></p> <p>Sunday Liturgy ..... 10 a.m. Saturday Vespers.... 6 p.m.</p> <p>The Very Reverend Father Anastassy</p>	<p><b>ALL ARE WELCOME</b></p> <p>Ahla W Sahla MIRE SE VIEN SELAMAT DATANG BENVENUTO WELKOMMEN Willkommen WELCOME BIENVENIDO Baruch Haba Aloha Bem-winds VELKOMIN YOKOSO BENVIDO Welkommen Tere Tulemast</p>	 <p><b>An Evangelical Free Church</b> 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p>Sunday School &amp; Fellowship ..... 9:00 a.m. Worship ..... 10:30 a.m.</p> <p><a href="http://www.trinitychurchminot.org">www.trinitychurchminot.org</a></p>	 <p>Worship Service at 10:45am Sundays Sunday School at 9:45am</p> <p><b>1720 4th Ave NW, Minot 838-0916</b> <a href="http://MinotBibleFellowship.org">MinotBibleFellowship.org</a></p>
 <p><b>Faith United Methodist Church</b></p> <p><b>5900 Highway 83 N, Minot</b> <a href="http://www.faithumcminot.com">www.faithumcminot.com</a></p> <p><b>Pastor Tom Sumers</b> 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><b>Minot Baptist Church</b></p> <p>Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School ..... 9:45 a.m. Morning Worship .... 11:00 a.m. Evening Worship ..... 6:00 p.m. Wednesday Evening..... 7:00 p.m.</p> <p><i>Independent/Fundamental/KJV</i> <b>500 46th Ave NE • 839-1351</b> Pastor David Miller</p>	<p><b>Cornerstone Presbyterian Church</b></p> <p><b>1000 NE 3rd Street 852-0315</b></p> <p><b>Sunday Schedule</b> Contemporary Worship ..... 9:00am Sunday School (All Ages) ..... 10:00am Traditional Worship ..... 11:00am</p> <p><b>Wednesday Evening Schedule</b> Community Dinner ..... 5:30-6:30pm Contemporary Worship ..... 6:30pm Youth Group &amp; Small Groups.. 7:15pm</p> <p><b>All are Welcome!</b> <a href="http://www.ecominot.org">www.ecominot.org</a></p>	<p><b>Congregational UCC</b> 430 N. Broadway • 839-1064</p> <p>Sunday Worship ..... 11am Sunday School ..... 11am Tuesday Bible Study ..... 12pm Saturday Noah's Breakfast ..9:30am</p> <p>Please join us, all are welcome here!</p>  <p><b>UNITED CHURCH OF CHRIST</b></p>	 <p><b>St. Mark's Lutheran Church</b> <i>Missouri Synod</i></p> <p>Sunday Worship ..... 8:30 am &amp; 11:00 am</p> <p><b>2209 4th Avenue NW Minot, ND 839-4663</b></p> <p><a href="http://www.stmarksminot.com">www.stmarksminot.com</a> Call or check out our website for more information.</p>
 <p><b>Immanuel Baptist Church</b></p> <p><b>1615 2nd St. SE • Minot • 839-3694</b></p> <p>Sundays: Sunday School ..... 9:15 a.m. Worship ..... 10:30 a.m.</p> <p>Wednesdays: Soup Kitchen .... 11:30 a.m. - 12:30 p.m. Family Supper ..... 5:45 p.m. Classes for all ages ..... 6:30 p.m. Adult Choir (as scheduled). 8:00 p.m.</p> <p><b>Brian T. Skar, Pastor</b> <a href="http://www.ibcminot.org">www.ibcminot.org</a></p>	<p><b>Apostolic Faith Church, UPCI</b></p> <p><b>2929 19th Ave NW • Minot</b> Located off Hwy 83 Bypass West <b>(701)838-0609</b></p> <p>Saturday School ..... 2:00 p.m. Sunday Worship ..... 3:30 p.m. Wednesday Bible Study ..... 7:30 p.m.</p> <p><b>Jesse Starr, Pastor</b></p>	<p><b>St. John the Apostle Catholic Church</b></p>  <p>2600 West Central Ave • Minot, ND 58701 <b>839-7076</b></p> <p>Daily Mass Schedule: Tuesday ..... 7:00 p.m. (3rd Tuesday 7:00 a.m.) Wednesday - Friday ..... 7:00 a.m. Saturday ..... 5:00 p.m. Sunday ..... 8:00 &amp; 10:30 a.m.</p> <p><i>Fr. David A. Richter, Pastor</i> Parish website: <a href="http://www.stjohnminot.com">www.stjohnminot.com</a></p>	 <p><b>First Lutheran Church - ELCA</b> 120 5th Ave. NW 852-4853</p> <p>Saturday Worship..... 5:00 pm Sunday Worship.. 8:30 am &amp; 11:00 am Sunday Education..... 9:45 am Wednesday Supper..... 5:00 pm Wednesday Education ..... 5:45 pm</p> <p><a href="http://www.firstlutheran.tv">www.firstlutheran.tv</a> (Live Stream &amp; Recorded) Radio Broadcast KRRZ 1390AM Sunday 8:30 am <a href="http://www.flcminot.com">www.flcminot.com</a> Pastor Brandy Gerjets • Associate Pastor Ellery Dykeman</p>	 <p><b>Gospel Tabernacle Community Church</b></p> <p>9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson</p> <p><b>Church: 701-838-4492</b> <b>Home: 701-838-5759</b> <b>KHRT 1320: 9 a.m. Sunday</b></p> <p>Sunday School ..... 9:45 a.m. Adult/Children Worship.. 11 a.m. Family Hour ..... 6:30 p.m. Evening Worship ..... 7:30 p.m. Bible Study/Child-Adult Children Worship (Wed).... 7 p.m. Prayer (Friday) ..... 7 P.m.</p>
<p><b>Bethany Lutheran</b></p> <p>215 3rd Ave. SE, Minot, ND Phone: 838-5196 • Fax: 852-8494 A Member of the ELCA</p> <p>Sunday Worship ..... 8:30 &amp; 10:30 am Sunday Fellowship ..... 9:30 am Wednesday School ..... 5:45 pm Wednesday Worship ..... 6:45 pm</p> <p>Website: <a href="http://www.bethanylutheranminot.com">www.bethanylutheranminot.com</a> Email: <a href="mailto:bethanylutheran@srt.com">bethanylutheran@srt.com</a> Live Streaming: <a href="http://bethanylutheran.tv">bethanylutheran.tv</a></p> <p><b>Pastor Janet Hernes Mathistad</b> <b>Pastor Gerald Roise</b></p>	<p><b>First Baptist Church</b></p>  <p><b>200 3rd St. SW • 852-4533</b> <a href="http://www.fbcminot.org">www.fbcminot.org</a></p> <p>Classic Worship Service ..... 8:30 a.m. Adult Sunday School..... 9:45 a.m. Contemporary Worship Service.. 9:50 a.m. Children's Church..... 9:50 a.m. Sunday School (All Ages) ..... 11:00 a.m. Contemporary Worship Service.. 11:05 a.m. Wed. AWANA (Sept. to May) ..... 6:30 p.m.</p> <p><b>Rev. Kent Hinkel, Senior Pastor</b> <b>Rev. Barry Seifert, Associate Pastor</b> <b>Pastor Josh Huseby, Worship Arts</b> <b>Pastor Sam Kautzmann, Student Ministries</b> <b>Elaine Carlson, Children's Ministry Director</b></p>	<p><b>Cross Roads Baptist</b></p>  <p>Sunday School (all ages) ..... 9:45 a.m. Sunday Worship ..... 11 a.m. &amp; 6:30 p.m. Wednesdays (Prayer &amp; Missions) ... 6:30 p.m.</p> <p><a href="http://www.minotcrbc.org">www.minotcrbc.org</a> email: <a href="mailto:crbc@srt.com">crbc@srt.com</a></p> <p><b>415 28th Ave SE (Behind Menards) 838-1873</b></p>	 <p><b>West Minot Church of God</b> <i>Family Worship Center</i></p> <p><b>1105 16th St. NW • 839-1407</b></p> <p>Sunday School ..... 9:30 a.m. Sunday Worship ..... 10:30 a.m. Children's Church &amp; Nursery Wednesday Family Training Hour Meal..... 5:30p.m. Classes for All Ages ..... 6:30 p.m. Youth Center, Friday ..... 7:00 - 11:00 p.m. ABC Child Care Center ..... 852-6352</p> <p><a href="http://westminot.com">westminot.com</a> <a href="https://facebook.com/westminot">facebook.com/westminot</a></p>	<p><b>Church: 701-838-4492</b> <b>Home: 701-838-5759</b> <b>KHRT 1320: 9 a.m. Sunday</b></p> <p>Sunday School ..... 9:45 a.m. Adult/Children Worship.. 11 a.m. Family Hour ..... 6:30 p.m. Evening Worship ..... 7:30 p.m. Bible Study/Child-Adult Children Worship (Wed).... 7 p.m. Prayer (Friday) ..... 7 P.m.</p>
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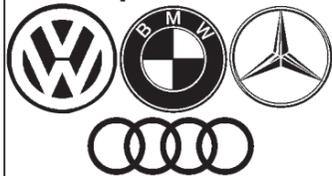
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## ANSWERS

## SUDOKU ANSWERS

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

Answers to puzzle from page 4

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 <p><b>\$239,950</b></p> <p>COMPLETELY REMODELED – 5 bedroom, 1768 sq ft home on 2 lots with 2 driveways offering easy in and out access. 12'x26' deck off dining room. Spacious kitchen. Detached triple garage.</p> <p><b>MLS #190460</b></p>	 <p><b>\$249,000</b></p> <p>JUST LISTED – Nicely updated 4 bedroom, 2 1/2 bath home. Gas fireplace in living room. Island and walk-in pantry in kitchen. Deck off dining area. Family room in finished lower level. Attached garage.</p> <p><b>MLS #190482</b></p>	 <p><b>\$208,000</b></p> <p>RANCH STYLE – 3 bedroom home with 1320 sq ft of living space. Large living room, kitchen and dining area. Daylight basement ready to finish for added living space. Double garage.</p> <p><b>MLS #182492</b></p>
 <p><b>\$219,500</b></p> <p>COMFORTABLE CONDO – 2 bedroom, 1 3/4 bath with open floor plan. Large pantry in kitchen. Master bedroom with walk-in closet and private bath. Main level laundry. Daylight lower level family room. Double garage.</p> <p><b>MLS #181236</b></p>	 <p><b>\$13,500</b></p> <p>AFFORDABLE – 2 bedroom, 1 bath mobile home. Updated bathroom. Vinyl siding and windows. Washer/dryer and yard shed stay. Concrete parking pad.</p> <p><b>MLS #182627</b></p>	 <p><b>\$58,700</b></p> <p>GREAT BUY – 2 bedroom, 1 3/4 bath Marian Heights Condo. Open living and dining area. Court yard view from the balcony. Private lower level storage. Detached garage.</p> <p><b>MLS #190387</b></p>



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# WHAT'S GOING ON MAFB

<b>TODAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>UPCOMING EVENTS:</b>
<ul style="list-style-type: none"> <li>• Registration opens for the 5th Annual Winter Games at the Fitness Center</li> <li>• Barre, 0600, Fitness Center</li> <li>• Dakota Inn Fish Fry Friday, 1030-1330, Dakota Inn Dining Facility</li> <li>• Puzzle-A-Thon Family Fun Night, 1500-2000, Youth Center</li> <li>• Racquetball Tournament, 1600, Fitness Center</li> <li>• Read Across America &amp; Dr. Seuss Birthday Celebration Week, 1600-1700, Youth Center &amp; SAC</li> <li>• Ground Zero Lounge Grand Re-Opening, 1600-2400, Jimmy Doolittle Center</li> <li>• Torch Club, 1600-1700, Youth Center</li> <li>• Friday Fun Members Buffet, 1630-1830, Rockers Bar &amp; Grill</li> <li>• Gentle Yoga, 1700, Fitness Center</li> <li>• Club Members \$\$\$ Drawing, 1730-1830, Rockers Bar &amp; Grill</li> <li>• Zumba, 1800, Fitness Center</li> <li>• Mixed Fun League, 1830, Rough Rider Lanes</li> <li>• Lights &amp; Strikes Bowling, 2100-2400, Rough Rider Lanes</li> </ul>	<ul style="list-style-type: none"> <li>• TAP GPS Workshop, 0730-1630, held at the Education, hosted by A&amp;FRC</li> <li>• Barre, 0915, Fitness Center</li> <li>• Game Day, 1000-1930, Base Library</li> <li>• Express Cycle, 1130, Fitness Center</li> <li>• Minot Public Schools – Early Release Day, 1300, Youth Center</li> <li>• Fit to Fight, 1700, Fitness Center</li> <li>• Zumba, 1800, Fitness Center</li> </ul>	<ul style="list-style-type: none"> <li>• Circuit Training, 0600, Fitness Center</li> <li>• TAP GPS Workshop, 0730-1630, held at the Education Center, hosted by A&amp;FRC</li> <li>• Right Start, 0730, held at the Jimmy Doolittle Center, hosted by A&amp;FRC</li> <li>• Club Member Benefit, 0900-2000, Rough Rider Lanes</li> <li>• Swerk, 0915, Fitness Center</li> <li>• Story Time, 1030, Base Library</li> <li>• Pre-Deployment/Remote Readiness Training, 1300-1400, A&amp;FRC</li> <li>• 4-H Club, 1600-1700, Youth Center</li> <li>• Mug Club Special, 1600-1800, Rockers Bar &amp; Grill</li> <li>• Boss &amp; Buddy \$1 off Draft Special, 1630-1830, Rockers Bar &amp; Grill</li> <li>• Members Wind Down Wednesday Buffet, 1630-1830, Rockers Bar &amp; Grill</li> <li>• Squadron Extramural League, 1730, Rough Rider Lanes</li> <li>• Yoga, 1830, Fitness Center</li> <li>• Swerk, 1930, Fitness Center</li> </ul>	<div style="text-align: center; margin-bottom: 10px;">  </div> <p><b>15 March</b></p> <ul style="list-style-type: none"> <li>• Barre, 0600, Fitness Center</li> <li>• TAP GPS Workshop, 0730-1630, held at the Education Center, hosted by A&amp;FRC</li> <li>• 90's Music Night in the Ground Zero Lounge, 1600, Jimmy Doolittle Center</li> <li>• Torch Club, 1600-1700, Youth Center</li> <li>• St. Patrick's Friday Fun Members Buffet, 1630-1830, Rockers Bar &amp; Grill</li> <li>• Gentle Yoga, 1700, Fitness Center</li> <li>• Club Members \$\$\$ Drawing, 1730-1830, Rockers Bar &amp; Grill</li> <li>• Zumba, 1800, Fitness Center</li> <li>• Keystone Meeting, 1800-1900, Youth Center</li> <li>• Wine &amp; Paint Class, 1800-2000, Arts &amp; Crafts</li> <li>• Give Parents a Break, 1800-2200, Child Development Center &amp; Youth Center</li> <li>• Mixed Fun League, 1830, Rough Rider Lanes</li> <li>• Karaoke Night, 2100, Rockers Bar &amp; Grill</li> <li>• Lights &amp; Strikes Bowling, 2100-2400, Rough Rider Lanes</li> </ul> <p><b>16 March</b></p> <ul style="list-style-type: none"> <li>• Seeing Green Dance Party, 0900-1100, Fitness Center</li> <li>• Baseball Camp, 0900-1100, Youth Center</li> <li>• Youth Bowling League, 1000, Rough Rider Lanes</li> <li>• EFMP Adult Fitness Series: Aerial Yoga, 1215-1315, held at Spectrum Fitness Minot, hosted by A&amp;FRC</li> <li>• St. Patrick's Day Celebration, 1800-2100, Ground Zero Lounge, Jimmy Doolittle Center</li> <li>• Lights &amp; Strikes and Saturday Unlimited Bowling, 2000-2400, Rough Rider Lanes</li> <li>• Hip Hop All Nighter, 2200-0300, Rockers Bar &amp; Grill</li> </ul>
<b>SATURDAY</b>	<b>THURSDAY</b>		
<ul style="list-style-type: none"> <li>• Zumba, 0900, Fitness Center</li> <li>• Baseball Camp, 0900-1100, Youth Center</li> <li>• Barre, 1000, Fitness Center</li> <li>• Youth Bowling League, 1000, Rough Rider Lanes</li> <li>• Dr. Seuss Day, 1300, Base Library</li> <li>• Lights &amp; Strikes and Saturday Unlimited Bowling, 2000-2400, Rough Rider Lanes</li> </ul>	<ul style="list-style-type: none"> <li>• Last day to register for Wine &amp; Paint Class at Arts &amp; Crafts</li> <li>• Tactical Fit Express, 0600, Fitness Center</li> <li>• TAP GPS Workshop, 0730-1630, held at the Education Center, hosted by A&amp;FRC</li> <li>• Barre, 0915, Fitness Center</li> <li>• Express Cycle, 1130, Fitness Center</li> <li>• Reintegration Briefing, 1300-1400, A&amp;FRC</li> <li>• Fitness Hour, 1600-1700, Youth Center</li> <li>• Trivia Night Registration, 1600-1845, Jimmy Doolittle Center</li> <li>• Fit To Fight, 1700, Fitness Center</li> <li>• Club Members' 1/2 Price Appetizers (with purchase of adult entrée), 1700-1900, Rockers Bar &amp; Grill</li> <li>• Olympic Weightlifting, 1730, Fitness Center</li> <li>• Craft Club, 1800, Base Library</li> <li>• Zumba, 1800, Fitness Center</li> <li>• Trivia Night, 1900, Ground Zero Lounge, Jimmy Doolittle Center</li> </ul>		
<b>SUNDAY</b>	<b>MONDAY</b>		
<ul style="list-style-type: none"> <li>• Barre, 1300, Fitness Center</li> <li>• Family Zumba, 1400, Fitness Center</li> <li>• Yoga, 1500, Fitness Center</li> </ul>	<ul style="list-style-type: none"> <li>• Tactical Fit Express, 0600, Fitness Center</li> <li>• TAP GPS Workshop, 0730-1630, held at the Education Center, hosted by A&amp;FRC</li> <li>• Swerk, 0915, Fitness Center</li> <li>• Reintegration Briefing, 1300-1400, A&amp;FRC</li> <li>• FCC New Provider Pre-Orientation, 1700-1900, Family Child Care office located inside Rough Ride Pizza</li> <li>• Yoga Strong, 1700, Fitness Center</li> <li>• Battle Rig Fitness, 1800, Fitness Center</li> <li>• Craft Club, 1800, Base Library</li> <li>• Zumba, 1800, Fitness Center</li> </ul>		



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## F-35A maintainers, special ops team up for forward refueling

388TH FIGHTER WING PUBLIC AFFAIRS

CANNON AIR FORCE BASE, N.M. (AFNS) -- America's most advanced aircraft integrated with a variant of one of its oldest and truest airframes this week to provide more combat flexibility to the Air Force.

For the first time, Airmen from the 388th Fighter Wing at Hill Air Force Base, Utah and Airmen from the 26th Special Tactics Squadron and the 27th Special Operation Logistics Readiness Squadron at Cannon AFB, trained and carried out a Forward Air Refueling Point operation from the MC-130J Commando II to the F-35A Lightning II.

During this forward refueling scenario, an MC-130J lands at a remote airfield secured and managed by Air Force combat controllers. The C-130 crew, made up of loadmasters and fuels troops quickly set up equipment and fuel lines, then transfer fuel from the MC-130J to other aircraft landing behind them – in this case, an F-35A.

The training is a building block in adaptive basing development. Adaptive basing is a key component to providing air power in highly-contested modern warfare. To succeed, Airmen from different platforms and different specialties must train to work together effectively, planners said.

"We're really experienced at FARP operations with fourth-generation aircraft like the F-16 (Fighting Falcon) and the A-10 (Thunderbolt II) but this is the first time we've done it with the F-35," said Maj. Meghan O'Rourke, an MC-130J combat systems officer with the 9th Special Operations Squadron and one of the organizers of the

exercise. The 9th SOS has refueled F-22 Raptors and is traditionally a place where new operations are given a trial run, O'Rourke said.

Expanding FARP operations with the F-35A will provide commanders more options in a near-peer

fight where other support may be limited.

"Setting up a FARP gives us flexibility in planning because we now have the capability to land in a remote location, refuel, potentially re-arm and go take the fight to the enemy, and the F-35 can bring a lot to the fight."

said Lt. Col. Matthew Olsen, director of operations for the 421st Fighter Squadron and one of the F-35 pilots who flew to Cannon AFB.

The training brought together pilots, maintainers, special operators and planners.

The maintenance footprint

for the training was adaptive too. A small group of Blended Operational Lightning Technicians from the 388th Maintenance Group traveled to Cannon AFB to provide training and support to the special operations airmen.

"It's been very valuable to interface with the refueling troops and special-ops guys," said Master Sgt. Dantorrie Herring, 388th MXG. "A lot of lessons learned and we demonstrated that we can do this with a small group of BOLT Airmen."

Instead of bringing a group of 12 F-35A maintainers, Herring brought three F-35 BOLTs who are trained in multiple aspects of maintenance. In scenarios like FARP operations, the BOLT program can reduce manpower by more than 65 percent.

"If you think about doing this 'real-world,' we want the smallest footprint we can have," Herring said. "With adaptive basing and BOLT you don't have to send the whole unit."

# Minot Medical Plaza Welcomes



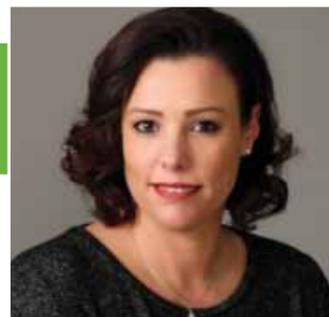
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