Image: Minimized and Minimized Allowed Allowed

team Mir Airmen with the 741st Missile Squadron explain their job to Team Minot families during the fourth annual all-female alert at Minot Air Force Base, North Dakota, March 7, 2019. The capsule crew Airmen

The responsible for safety, security and maintenance of the Minuteman III Intercontinental Ballistic Missile. U.S. AIR FORCE PHOTO | SENIOR AIRMAN DILLON J. AUDIT

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Actor Samuel L. Jackson poses with Gen. Jean-nie Leavitt after receiving a challenge coin from her during a media event for "Captain Marvel" at Edwards Air Force Base, Calif., Feb. 20, 2019. Leavitt, the first Air Force female fighter pilot, was a consultant on the movie, and Jackson reprised bia Nick Fury rela his Nick Fury role.

DOD PHOTO | SHANNON COLLINS

Higher, fur ther, faster: 'Captain Marvel' embodies the warrior ethos

STAFF SGT. JANNELLE MCRAE | SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

ARLINGTON, Va. (AFNS) -- aircraft and equipment, ess than one percent of the American population will know what it's

like to serve in the Air Force. However, major motion pictures give the global audience a glimpse into the service's history of breaking barriers and a taste of its fighting spirit.

To ensure an accurate depiction of military service, filmmakers and actors immersed with Airmen from across the Air Force during the filming of "Captain Marvel," starring Brie Larson as Carol Danvers.

Air Force pilot in the late 1980s. After graduating from the U.S. Air Force Academy, she excels in pilot training, flies the F-15 Eagle and moves quickly to the world of test flight. A flight test incident leaves Carol infused with extraordinary powers.

"When I graduated from the Air Force Academy in 1982. there were about 150 women pilots in the United States Air Force, and none of them were fighter pilots because it was actually against the law for women to fly fighters," said Secretary of the Air Force Heather Wilson during the showcase of "Captain Marvel" at the Smithsonian National Air and Space Museum in Washington, D.C., March 7. "Today, we have 850 women flying for the United States Air Force and the defense of this country, and about 80 of them are fighter pilots. "I've talked to Airmen who have helped with the technical assistance on this film and they were pleased that the co-directors had really captured what it means to be an American Airman ... that ethos of going higher, further, faster," she added. Airmen partnered with Marvel Entertainment through the Air Force Public Affairs Entertainment Liaison office, which offered direct access to resources including personnel,

technical assistance and military advice and locations. This ensured the portrayal of the Airmen and missions were plausible and realistic.

"Our mission is to project and protect the image of the U.S. Air Force through entertainment media," said Lt. Col. Nathan Broshear, Air Force Entertainment Liaison Office director. "Major motion pictures, like 'Captain Marvel', provide an incredible platform to educate and inform the American public about the people, culture and heritage of the U.S. Air Force ... inspiring the next generation of Airmen.³ Ryan Fleck, who co-directed

Larson's character is a young the movie with Anna Boden, expressed his appreciation for every Airman's professionalism Force." and respect.

"Everyone we met in the Air Force was so selfless and giving to our process, and I was really impressed," he said. "We couldn't necessarily figure out what an intergalactic space warrior was up to, but we could come to the Air Force and see what it was like to be a pilot. Every detail, every phase of the process was huge, not only for us in the writing, but for Brie character ... from how she held expenses incurred as a part of

also impacted character development and storylines. In December 2017, Larson, Boden, Fleck and producer Jonathan Schwartz visited Nellis AFB, Nevada, and spent one-on-one time with Brig. Gen. Jeannie Leavitt, Air Force Recruiting Service Commander and the Air Force's first female fighter pilot.

"We put Brie Larson in the backseat of an F-16 (Fighting Falcon) so she could experience being in a high performance fighter aircraft firsthand. I think that helped her understand what it was like," said Leavitt. "I appreciated the fact that they wanted to get the characters to be an accurate portrayal of a female fighter pilot in the Air

Continuing cooperation between the Air Force and Hollywood has resulted in support of hundreds of films and television programs to include "Sully," "Bridge of Spies," "Man of Steel," "Godzilla," "Lone Survivor" and multiple "Transformers" and "Iron Man" films.

"It's important to know these partnerships are conducted at no cost to the taxpayeras well when she is playing the studios reimburse bases for any her helmet to how she walks." the military unit's participation in selected projects-but our investment of time and energy provides an incredible return on investment for all involved," Broshear said. "Airmen are able to be a part of cinematic history, ensuring audiences see an accurate portrayal of lives dedicated to excellence, integrity and service before self.

SECAF announces resignation **SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS**

ARLINGTON, Va. (AFNS) -- annual budget of more than vote by the regents, Secretary of the Air announced her resignation March investments and human resource 8, after serving in her position as the service's top civilian since May 2017, to accept the role as president of the University of

. Texas at El Paso. Wilson will continue to serve as the 24th Secretary of the Air

Force until May 2019. "It has been a privilege to serve will continue rowing hard, our Airmen over the past two years," said Wilson in her letter of resignation to the President of the United States. "I am proud of the progress we have made to restore our nation's defense."

During her service, Wilson has was president of the South been responsible for the affairs of Dakota School of Mines and the Department of the Air Force, including organizing, training and equipping and providing for the welfare of all active-duty, Guard, Reserve and civilian forces as well as their families.

Moreover, she has been leading the way in improving the lethality and readiness of the Air Force. What was once 660,000 total force in 2017 is now 685,000 total force today – a 15 percent increase.

She oversees the Air Force's

pon a favorable final \$138 billion and directs strategy and policy development, risk management, weapons Force Heather Wilson acquisition, technology management across a global enterprise.

"We hit the lottery with Secretary Wilson," said Air Force Chief of Staff Gen. David L. Goldfein. "Under her leadership, we became a better U.S. Air Force and our Airmen becoming even faster, smarter. As she takes her talent and leadership to my home state of Texas, I wish her the very best."

Prior to assuming the secretary of the Air Force position, Wilson Technology, a member of the U.S. House of Representatives, a member of the National Security Council staff and also served in the private sector.

"My greatest appreciation and thanks to Secretary Wilson for her premier leadership of the world's greatest Airmen and Air Force," said Under Secretary of the Air Force Matthew P. Donovan. "We wish her the best at the University of Texas El Paso."



Additionally, materials collected from Airman Magazine Archives and consultations with Air Force Materiel Command, Edwards Air Force Base, California, and U.S. Air Force Academy historians resulted in periodcorrect 80s and 90s hardware, uniforms and details. The Air Force's involvement

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Inaugur al Air For ce Pitch Day: New contracts, new partners SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

NEW YORK (AFNS) --The Air Force awarded 51 companies contracts with a total initial value of \$8.75 million in a matter of minutes at the Inaugural Air Force Pitch Day event held

March 6-7, in New York City. Air Force Pitch Day is modeled after commercial investment pitch competitions to deliver a faster, smarter approach to compete for ideas in the accelerating technology ecosystem. The process is a major departure from the lengthy contractual processes typically expected of the military. It focuses on rapidly awarding Phase I Small Business Innovation Research, or SBIR, contracts to

Air Force Vice Chief of Staff Gen. Stephen W. Wilson speaks to a crowd of small businesses, venture capitalists and Airmen during the inaugural Air Force Pitch Day in New York, March 7, 2019. Air Force Pitch Day is designed as a fast-track program to put companies on one-page contracts and same-day awards with the swipe of a government credit card. The Air Force is partnering with small businesses to help further national security in air, space and cyberspace.

U.S. AIR FORCE PHOTO | TECH SGT. ANTHONY NELSON JR.

companies based on a simpler streamlined evaluation of white papers and in-person presentations. money matters. And for the

Air Force Vice Chief of Staff Gen. Stephen W. Wilson emphasized that lowering barriers to access and empowering people whether small businesses, industry, payroll." research labs or academia - allows the Air Force to deliver speed of capability to the battlefield.

"Events such as Pitch Day allow us to connect small businesses to the operator, then to a real problem Day March 7, which served as and bring those two together to build a partnership," Wilson said.

Air Force contracting officials reviewed 417 submissions received community than just the Air during the 30-day application Force. period and then invited 59 businesses to pitch their proposals in person March 6.

Of those 59 businesses, 51 received an initial award of up to \$158,000 with initial payment within minutes of their presentations.

The average amount of time to award contracts and pay companies via government credit card following a successful pitch at Air Force Pitch Day was 15 minutes. The fastest award occurred in only three minutes. Previously, the fastest award of a contract of this type was approximately 90 days – a period of time many small businesses and startups cannot survive through without funding. Developing a same-day payment method via government credit card is key to helping businesses see the Air Force as a preferred partner to growth according to Dr. Will Roper, assistant secretary of the Air Force for acquisition, technology and logistics. "The fact that these small businesses don't have to go get loans, or bridges, waiting for that 120 days to get on contract is a big deal. It means they can focus immediately on working with us, understanding our users, delivering the process, we're ready to for the warfighter," Roper said. "For those who think using a credit card is a gimmick, they

need to come down and work with companies for whom size companies we saw this week, that paycheck today means they are now focused on our mission and not making

More than 500 attendees from government, industry, academia, venture capital and investment communities also participated in Air Force Pitch an open event that delivered a broader platform for invited companies to pitch to a larger

"We are at the beginning of a big culture shift in the government. We woke up and said we are not the only funder or inventor of new technology anymore ... we are a partner with those who do," Roper said.

Roper explained that the Air Force community prepared for Pitch Day the week prior through a series of rapid contracting sprints, awarding 122 Phase I SBIR contracts totaling \$6 million. They also awarded 69 Phase II SBIR contracts totaling \$60 million, 11 of which featured government matching contributions and five contracts with private matching. During the entire week, including Pitch Day, the Air Force awarded 242 SBIR contracts valued at \$75 million.

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Roper said the next challenge for the Air Force is to organize to do this type of activity at scale.

"We have to do this across the country, across all places that do Air Force acquisition," Roper said. "Now that we've wrung all the lessons out of box it up as a tool that can be executed by the work force out in the field."

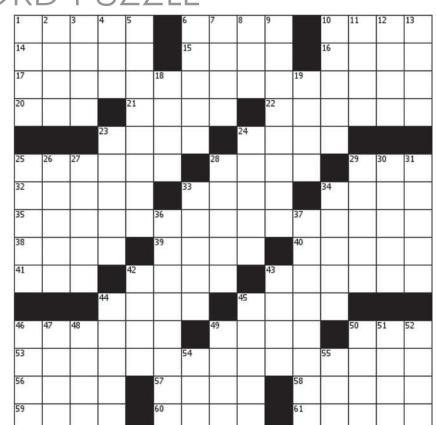
THE LIGHTER SIDE

ROSSWORD PUZZ



- 42. Brouhahas
- 43. Rat race result, often
- 44. Reach across
- 45. Anecdotal history
- 46. Pay attention
- 49. Festive fete
- 50. Bender
- 53. Blow up 56. Culinary directive
- 57. Sponsorship
- 58. Darkroom solution
- 59. Suffix for tooth
- 60. It's credited

SUD(



- 61. Sauna atmosphere Down
- 1. Like diehard rooters

 - 5. Car buyer's concern
 - 6. Tough to climb

Solution to puzzle on page 10

9. Event for Alice 10. Record inventory 11. Act opener 12. Dumpster emana 13. Just say no 18. " Wolf Too" (1987) 19. Word with bones Susan 23. Swivel

	24. What little hands
/	indicate
	25. Superior residence?
atio	26 de cacao
	27. Unspoken
	28. Weight allowances
	29. Approach to an
or	article
	30. Bait alternatives
	31. Fathomless depth

ISN'T IT ROMANTIC (PG-13) FRIDAY, MARCH 15 • 1900

finds herself trapped inside a romantic comedy.

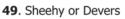
THE LEGO MOVIE 2: THE SECOND PART (PG) SATURDAY, MARCH 16 1400 & 1700

It's been five years since everything was awesome and the citizens are facing a huge new threat: Lego Duplo invaders from outer space, wrecking everything faster than they can rebuild.

CAPTAIN MARVEL (PG-13) SUNDAY, MARCH 17

Carol Danvers becomes one of the universe's most powerful heroes when Earth is caught in the middle of a galactic war between two alien races.

- 33. Parisian plane
- 34. Part of Ringo's set 36. Put at risk
- 37. Draws
- 42. Copycat
- 43. Star turns
- 44. Stop's partner
- 45. Expire, as a
 - membership
 - 46. More, in a phrase 47. Engrossed by
 - 48. Unlikely, as chances



- 50. When most Geminis
- are born
- 51. Sphere of expertise
- 52. Microbe
- 54. Freudian focus 55. Day care attendee







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

Solution to last week's Crossword puzzle.

ALMOST AMICARB

Difficult 1500

- 2. An ex of Burt 3. Longest sentence?
- 4. The works
- 7. Double-dealer 8. Crystal ball, e.g.

A young woman disenchanted with love mysteriously

DE	R
O S	E
R O	А
E L	S
R E	Т
L O	N
O N	E
A T	E
C I	L
υT	S
L E	Т
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	N S R O E L R E U O A T C I U T L E

DINING, ARTS & ENTERTAINMENT

NORTHERN SENTRY FRIDAY, MARCH 15, 2019 5





INGREDIENTS:

Chicken Marinade

- 1 and 1/2 pounds boneless skinless
- chicken breasts • $3/4 \operatorname{cup} + 1$ tablespoon freshly
- squeezed orange juice, separated
- $1/2 \operatorname{cup} + 1$ teaspoon olive oil, separated
- 1/3 cup + 2 tablespoons freshly
- squeezed lime juice, separated • 1 and 1/2 teaspoons lime zest,
- separated
- 1 tablespoon honey

• 1 teaspoon + 1/4 teaspoon cumin, separated

INSTRUCTIONS:

Whisk together all of the marinade ingredients: 3/4 cup orange juice, olive oil, 1/3 cup lime juice, 1 teaspoon lime zest, honey, 1 teaspoon cumin, soy sauce, garlic, and 1/4 cup cilantro in a medium-sized bowl. Add salt and pepper to taste (I use about 1 teaspoon salt and 1/4 teaspoon pepper, but add to personal preference and reduce depending on sodium in soy sauce). Remove about 1/2 cup (put in an airtight container in the fridge for later) and pour the rest into a large sealable bag.

Trim the chicken of fat and pound the breasts to even thickness or slice in half to get evenly sized breasts and place in the bag with marinade.

Place in the fridge for at least 2 hours making sure to flip the bag halfway through the time it is in the fridge. I recommend marinating for 6-8 hours.

Lightly oil the grill grate and then place the marinated chicken (discard marinade in bag) on the grill.

Cook for 10-12 minutes turning as needed (depending on the size of your pieces) or until chicken juices run clear and internal temperature is at 165 degrees F. As you flip and cook the chicken, brush it generously with the reserved 1/2 cup marinade occasionally.

Salsa:

For the salsa, take the remaining 1 tablespoon orange juice, remaining 2 tablespoons lime juice, remaining lime zest, and remaining 1/4 cup cilantro and toss together.

(OPTIONAL: When grilling the chicken, also grill the mango. Brush with oil and grill on one side for about 4-5 minutes at medium-high heat.)

Chop the grilled mango and avocado into small bite-sized pieces. Add to the salsa along with the finely chopped red onion, red pepper, and jalapeno. Season the salsa to taste with pepper, salt, and remaining 1/4 teaspoon cumin. Toss together and add the remaining 1 teaspoon of olive oil if desired

Serve grilled chicken over a bed of cilantro lime rice or quinoa if desired and add spoonfuls of the salsa to top. Enjoy immediately!

• 2 and 1/2 tablespoons soy sauce

- 2 teaspoons minced garlic
- 1/2 cup coarsely chopped cilantro,

separated Mango Avocado Salsa

- 1 ripe mango
- 1 ripe avocado
- 1/4 cup finely diced red onion
- 1/4 cup finely chopped red pepper
- 1 tablespoon finely chopped jalapeno, optional
- Fine sea salt and freshly cracked pepper Optional: cilantro-lime rice or guinoa (see recipe notes)

Scavenger Hunt Friday, March 15th starting at 4pm. IrishMan Challenge is being held on Sat. March 16 @ 6:00PM-1:00AM. Check in at one of the

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are

your

belóved Crawl &

4:00PM-1:00AM Who's

ready to get a little IRISH? We

-16

St. Paddy's



scavenger hunt sheet: Ebeneezer's, The Tap Room and The Spot. For more information check out: Facebook event/St. Paddy's **Day Scavenger Hunt**



Adults: \$15 Children thru age 12: \$10 Seniors (60+), Students (13 thru college), and Military: \$13.

to show time. Ticket Prices: For more information check out: Facebook event/ The **Musical Comedy Murders** of 1940

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MARCH 16 | ALL AGES | 1PM | ALL DAY (E 61 DOORS ART GALLERY AND STUDIO | year's GRIP Fest will feature touring states in 45 days, as well as, Gully

artists Pocket Vinyl (slam piano, Boys out of Minneapolis! For more painting duo out of CT) as they information check out: Facebook attempt to break a world record- 50 event/ GRIP (Gurlz Rip) Fest 2019





participating bars to get your 7:30 PM - 9:30 PM 15-16-17 Location: Mouse River

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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 15-16 at 7:30 PM March 17 at 2:00 PM House opens 30 minutes prior

PM

&

Women's day a week late, by encouraging and bettering the balance of diverse populations in our music scene! Better the

balance, better the world! Support

gurls in music creation through GRIP (Gurlz Rip) Fest 2019! This

Recipe Notes:

Cilantro Lime Rice/Quinoa:

1 cup quinoa or rice and 2 cups chicken stock, chicken broth, or water 1 tablespoon butter

1 large lime (2 tablespoons juice and 1 teaspoon zest)

1/3 cup finely chopped cilantro

Salt and pepper, to taste

Bring 2 cups of stock to a boil over medium-high heat. Stir in the butter and rice (or quinoa) and return to a boil. Reduce the heat to low, cover, and simmer until the rice (or guinoa) is cooked through and tender. Stir in the lime juice, lime zest, cilantro, and salt + pepper to taste



Celebrate the luck of the Irish March 16-17. We've got the band Revelry in the house on the 16th from 9 p.m. - 1 a.m. SPECIALS - Green beer, jello shots, corn beef and cabbage dinner, reuben nachos, reuben sandwiches

and a surprise dessert! Make sure to wear your green! FREE rides to-

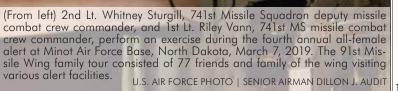
and-from bar too! For more information check out: Facebook event/ St. Patrick's Weekend

11:00 AM - 2:00 PM Location: Sleep Inn & Suites 2400 10th St SW, Minot. "Freezin' for

Reason!" Raise awareness and funds for the athletes of Special Olympics North Dakota at the Polar Plunge in Minot on Sunday, March 17. The Polar Plunge is an annual fundraiser organized by local Law Enforcement and community volunteers to raise awareness and support for Special



individuals, organizations, schools, and North Dakota waters! Olympics North Dakota. This cool businesses to support Special Olympics, For More information: Facebook event offers a great opportunity for by "Freezin' for a Reason" in the chilly event/Polar Plunge Minot



Estate cl aim

Minot Air Force Base, N.D.—Lt Hurl Millikin, from the 5th Security Forces Squadron, has been appointed the Summary Court Officer (SCO) for the estate of Senior Airman Andrew J. Leseney, 5th SFS. All claims for or against the estate of the deceased must be submitted to the SCO. For more information, call Millikin at (517) 242-3378.



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Team Minot wonder women AIRMAN 1ST CLASS HEATHER LEY | 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

ven though March is Women's History Month, the Airmen at Minot Air Force Base break barriers every day. Team Minot supported equality this month by hosting an all-women's missile alert.

"The all-women's alert is a day where all women in missile career fields come together and pull alert from top to bottom," said 1st Lt. Symantha Fry, 740th Missile Squadron nuclear missiles and operations officer.

For the fourth year in a row, these women led a 24-hour nuclear missile alert in the missile field of North Dakota on March 7, 2019.

Just a few years ago, women represented on the patch may in the career field didn't have the capacity to lead an allfemale 24-hour alert.

'There are some captains that would tell you that five or six years ago there weren't enough females to pull an all-women's alert and cover all of the missile alert facilities," said 1st Lt. Hannah role models of women in Andrick, 741st Missile our type of work can give Squadron nuclear missiles and them that positive image they operations officer. In the past, women were assigned support roles for missile wings. It wasn't until the late 1970s and early 1980s that women were allowed to train as missile crew officers. In honor of this all-female alert, each missileer wore a special patch. "Each year they make new patches," said Fry. "To signify each of the three intercontinental ballistic missile wings, this year's patch has three superhero logos with Wonder Woman being first."



A new patch representing three female superheroes is displayed on the shoulder of an Airman during the fourth annual all-female alert at Minot Air Force Base, North Dakota, March 7, 2019. The capsule crew Airmen are responsible for safety, security and maintenance of the Minuteman III Intercontinental Ballitic Missile III Intercontinental Ballistic Missile.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN DILLON J. AUDIT

Just as the superheroes

generations. "There are a lot of different theories of why getting young females involved in Science, Technology, Engineering and has included bombers, the but hopefully seeing positive

are becoming a part of history. 'There's a lot of beauty in

be role models, the missileers an all-female crew standing say they hope to inspire future together as a part of history to accomplish the mission for the three ICBM wings," said Andrick.

While the all-women's alert Math career fields are difficult, submarine counterpart has yet to have the sufficient amount of women in the field to pull off an all-female effort



our type of work can give need," said Andrick.

Andrick said, whether or not young females view these women as role models, they

"I look forward to the future to hopefully have an all-female alert for all three legs of the nuclear triad," said Andrick.



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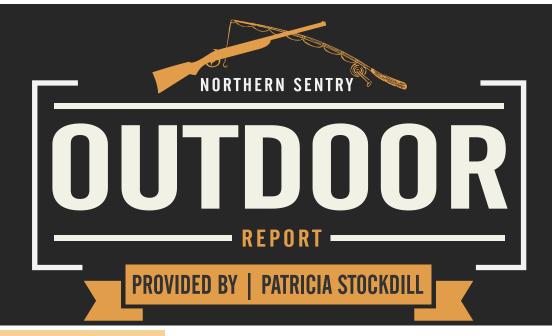
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AROUND THE AREA



Dates to Know:

• March 15: Deadline for removing fish houses from all N.D. waters • March 15: Darkhouse spearfish season closes.

 March 15: Pheasants for the Future banquet, N.D. State Fair All Seasons Arena, Minot, 5 p.m.

• March 20: First day of spring • March 23: Williston Ducks Unlimited (DU) Gran Williston Hotel,

5:30 p.m. • March 27: Elk, moose, and bighorn sheep applications due, (gf.

nd.gov) • March 27: Minot DU Waterfowl Hunters Party, Sleep Inn, 5:30 p.m.

Tournaments:

March 16: Lake Sakakawea.

OUTDOOR NOTES:

*Anglers should consider moving houses off before the March 15 with water coming up around houses and slush freezing, making it difficult to move them.

*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 11: 1,837.06 feet above mean

sea level (MSL); 17,900 cubic feet per second (CFS) Garrison Dam average daily releases

Devils Lake elevation: 1,448.36 feet above mean sea level (MSL).

Stump Lake elevation: 1,448.28 MSL. *N.D. Game & Fish Dept. game wardens: No new reports with limited

access throughout area lakes. *Devils Lake, Ed's Bait Shop, Devils Lake: Try 30 to 50 feet for perch but work shallow in 5 to 15 feet around structure for walleye. Tracked vehicles still a necessity to get around anywhere on the lake along with increasing numbers of slush pockets. Use caution. Try Black Tiger Bay, East Devils Lake, or East Bay for perch and the Golden Highway for

*Devils Lake, Woodland Resort, Devils ake: Anglers still marking fish but the perch bite is finicky. Continued pike success with occasional walleye. Best mobility throughout the lake remains with tracked vehicles *Lake Darling, Karma C-Store, Ruthville: A few more anglers out on Lake Darling but limited reports. More activity on Buffalo Lodge Lake.

THIS SPECIAL FEATURE

Largest Fishing Retaile

*Lake Metigoshe, Lake Metigoshe State Park, Bottineau: Most houses moved off

*Lake Metigoshe, Four Seasons, Bottineau: Best access remains with tracked vehicles but those going out are finding some bluegill success. Limited walleye reports. Some spearing activity

but also limited reports. *Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Fair pike success on the east end of Lake Sakakawea. Try back bays, including Steinke and Centennial bays, but access remains difficult. Lake Audubon producing small walleye and perch with overall spotty success. Be careful because it could be easy to break through hard drifts and become stuck. No Missouri River tailrace reports.

*Lake Sakakawea/Lake Audubon, 6-Mile Bait & Tackle, Garrison: Steinke and Centennial bays access available earlier in the week on the east end of Lake Sakakawea. Conditions could change depending on wind conditions. Generally slow success on Lake Sakakawea and Lake Audubon.

*Lake Sakakawea, Scenic 23, New Town: Anglers starting to get around a little more on the Van Hook Arm but it's still best to used tracked vehicles. Spotty walleye success using jigs and minnows. Access still available off the Van Hook ramp

*Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace ramp open but not much activity. Look for more boats on the open water of the tailrace with warmer weather

*Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Some nice-sized pike showing up on the west end of Lake Sakakawea. Work tip-ups with smelt or herring in 5- to 6-foot shallow water in points going into bays or back bays. Try 20 to 25 feet for walleye around White Earth Bay or Long Creek. Yellowstone and Missouri rivers continue producing walleye with best success the first hour early in the morning and evening. A few sauger mixed in. McGregor Dam fair for decent-sized perch. Trenton Lake continues producing crappie. Look for some bluegill success at Kota-

*Lonetree WMA area lakes, Harvey: Not much activity with access limited to tracked vehicles or vehicles with plows. However, Silver Lake WMA producing perch and walleye but access could be even more difficult now after last weekend's snow.

*North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Activity remains limited but look for more anglers

out as temperatures warm. *Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: Activity remains generally quiet with only a few anglers out, largely due to poor access. Parks & Recreation Dept. (conditions can vary): *Lake Metigoshe State Park, Bottineau: Warmer weather bringing more people out on cross-country and fat tire bike trails, which are in good condition. *Turtle River, Arvilla: Nice snowfall last weekend brought trails in good to

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a.m. to 5 p.m. **Downhill skiing ((conditions can** <u>vary):</u> *Big Sky Resort, Big Sky, Mont.: 55- 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

*Holiday Mtn. Ski Area, LaRiviere, Manitoba: All runs and lifts open. *Huff Hills, Mandan: 35- to 40-inch

powder, packed powder base. 16 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, machinegroomed base. All runs and lifts open

<u>Snowmobile N.D. (conditions can</u> vary): *Cattail (Barnes, Cass, Steele, & Traill counties) Trails open with 6- to 10inch base.

*East-central Valley (Cass & Richland counties: Trails open and in good condition with 11 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): All trails open with 10- to 20inch base. Good condition. *Missouri Valley (Emmons & Burleigh

counties): 11- to 15 -inch base with all trails open and in good condition with areas of large drifts.

*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, 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 pen and in good condition with 10- to 18-inch base.

*Red River North (Pembina & Walsh counties): Al 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 and

 in good condition. Ditches full.
 *Sheyenne Valley (Barnes, Dickey, LaMoure, Ransom, & Stutsman counties): 9- to 11-inch base with fair to good conditions. All trails open except L-3, L-4, M-2, & O-2.

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Minot, ND – ree through Recovery, First District Health Unit, North Central Human Service Center, Community Options, Job Service of North Dakota, Lutheran Social Services, Community are open to the public -Medical Services, Embrace 7:00 PM - Open panel ND and the Department of Corrections and Rehabilitation is proud to announce the first Recovery recovery community. Empowered event taking place on March 26, 2019 at the Clarion Hotel and featuring North Dakota's First Lady, Kathryn

Helgaas-Burgum! Recovery Empowered will feature employers, housing and behavioral health recovery and support for the Minot area.

The event is free and open to the public. - 4:00 PM to 6:30 PM – event and booths discussion with First Lady Kathryn Helgaas-Burgum and other members of the

Find us on Facebook at Recovery Empowered or contact Eric Bonness at 701-857-8597 or email at ebonness@nd.gov.



ttineau, McH Renville, & Ward counties) 10- to 16-inch base with all trails except International Trail open.

*Southern Valley (Richland County): All trails open with 12- to 16-inch base and

in good conditions. *N.D. Game and Fish Dept., main Bismarck office: (701) 328-6300,





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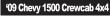




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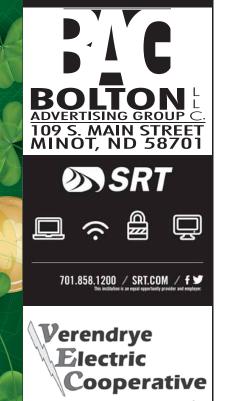
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• Barre, 0600, Fitness Center

- TAP GPS Workshop, 0730-1630, held at the Education Center, hosted by A&FRC
- 90's Music Night in the Ground Zero Lounge, 1600, Jimmy Doolittle Center
- Racquetball Tournament, 1600, Fitness Center
- Torch Club, 1600-1700, Youth Center
- St. Patrick's Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill
- Gentle Yoga, 1700, Fitness Center • Club Members \$\$\$ Drawing, 1730-1830, Rockers Bar & Grill
- Zumba, 1800, Fitness Center
- Keystone Meeting, 1800-1900, Youth Center
- Wine & Paint Class, 1800-2000, Arts & Crafts Center
- Give Parents a Break, 1800-2200, Child Development Center & Youth Center
- Mixed Fun League, 1830, Rough Rider Lanes
- Karaoke Night, 2100, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes
- - Circuit Training, 0600, Fitness Center
 - hosted by A&FRC

 - Bundles for Babies, 0900-1030, A&FRC

22 March

- Barre, 0600, Fitness Center
- 5th Annual Winter Games, 1000-1500, Fitness Center
- Torch Club, 1600-1700, Youth Center
- Dance to the DJ, Lounge opens at 1600, DJ from 1900-2300, Ground Zero Lounge at the Jimmy Doolittle Center
- Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill
- Club Members \$\$\$ Drawing, 1730-1830, Rockers Bar & Grill
- Zumba, 1800, Fitness Center

 Youth Programs Open House, Spaghetti Dinner & Passport Walk, 1800-2000, Youth Center

- Mixed Fun League, 1830, Rough Rider Lanes
- Teen Health & Wellness Party, 2000-2200, Youth Center
- Karaoke Night, 2100, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes

• Seeing Green Dance Party, 0900-1100, Fitness Center

- Registration Opens for Canvas & Paint Class at Arts & Crafts
- Registration Opens for Family Paint Class at Art & Crafts
- Barre, 0915, Fitness Center
- Game Day, 1000-1930, Base Library
- Express Cycle, 1130, Fitness Center
- Off-Base Budget Class, 1430-1600, A&FRC
- EFMP-FS Craft Series: Lil' Ceramic Flower Pot Decorating, 1700-1900, held at
- BBC Neighborhood Center on Sirocco Dr., hosted by A&FRC
- Fit to Fight, 1700, Fitness Center Zumba, 1800, Fitness Center

EDNESDAY

- Last day to complete Winter STEAM & Lego Challenges at the Base Library
- Last day to register for Creative Kids Class at the Arts & Crafts Center
- Career Exploration & Planning Workshop, 0800-1600, held at the Education Center,
- Club Member Benefit, 0900-2000, Rough Rider Lanes
- Swerk, 0915, Fitness Center
 Story Time, 1030, Base Library



- Baseball Camp, 0900-1100, fourn Cente
- Youth Bowling League, 1000, Rough Rider Lanes
- EFMP Adult Fitness Series: Aerial Yoga, 1215-1315, held at Spectrum Fitness Minot, hosted by A&FRC
- St. Patrick's Day Celebration, 1800-2100, Ground Zero Lounge at the Jimmy Doolittle Center
- Lights & Strikes and Saturday Unlimited Bowling, 2000-2400, Rough Rider Lanes
- Hip Hop All Nighter, 2200-0300, Rockers Bar & Grill

SUNDAY

SATURDAY

- St. Patrick's Day Brunch, 1100-1300, Jimmy Doolittle Center
- Barre, 1300, Fitness Center
- Family Zumba, 1400, Fitness Center
- Yoga, 1500, Fitness Center
- St. Patrick's Day Dinner, 1630-1830, Dakota Inn Dining Facility

MONDAY

- Tactical Fit Express, 0600, Fitness Center
- Swerk, 0915, Fitness Center
- Reintegration Briefing, 1300-1400, A&FRC
- Off-Base Budget Class, 1430-1600, A&FRC
- Battle Rig Fitness, 1800, Fitness Center
- Zumba, 1800, Fitness Center

- Pre-Deployment/Remote Readiness Training, 1300-1400, A&FRC
- Off-Base Budget Class, 1430-1600, A&FRC
- 4-H Club, 1600-1700, Youth Center
- Mug Club Special, 1600-1800, Rockers Bar & Grill
- Boss & Buddy \$1 off Draft Special, 1630-1830, Rockers Bar & Grill
- Members Wind Down Wednesday Buffet, 1630-1830, Rockers Bar & Grill
- Squadron Extramural League, 1730, Rough Rider Lanes
- Yoga, 1830, Fitness Center Swerk, 1930, Fitness Center

THURSDAY

- Last day to register for 5th Annual Winter Games at Fitness Center
- Last day to register for Pinterest Party at Arts & Crafts
- Tactical Fit Express, 0600, Fitness Center
- Career Exploration & Planning Workshop, 0800-1600, held at the Education Center, hosted by A&FRC
- Barre, 0915, Fitness Center
- Creative Kids Class, 1030-1100, Arts & Crafts
- Cycle, 1130, Fitness Center
- Reintegration Briefing, 1300-1400, A&FRC
- Off-Base Budget Class, 1430-1600, A&FRC
- Fitness Hour, 1600-1700, Youth Center
- Club Members' 1/2 Price Appetizers (with purchase of adult entrée), 1700-1900,
- Rockers Bar & Gri
- Olympic Weightlifting, 1730, Fitness Center
- Zumba, 1800, Fitness Center

23 March

- Zumba, 0900, Fitness Center
- Baseball Camp, 0900-1100, Youth Center
- Barre, 1000, Fitness Center
- Youth Bowling League, 1000, Rough Rider Lanes
- Board Games, 1600, Ground Zero Lounge at the Jimmy Doolittle Center
- Lights & Strikes and Saturday Unlimited Bowling, 2000-2400, Rough Rider Lanes

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XQ-58A Valkyrie demonstrator completes inaugural flight

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he XQ-58A Valkyrie demonstrator, a long-range, high subsonic unmanned air vehicle completed its inaugural flight March 5, 2019, at Yuma Proving Ground, Arizona. The Air Force Research Laboratory partnered with Kratos Unmanned Aerial Systems to develop the XQ-58A.

This joint effort falls within the Air Force Research Laboratory's Low Cost Attritable Aircraft Technology, or LCAAT, portfolio, which has the objective to break the escalating cost trajectory of tactically relevant aircraft. The objectives of the LCAAT initiative include designing and building UAS faster by developing better design tools and maturing and leveraging commercial manufacturing processes to reduce build time and cost.

Developed for runway independence, the aircraft behaved as expected and completed 76 minutes of flight time. The time to first flight took a little over 2.5 vears from contract award. The XQ-58A has a total of five planned test flights in two phases with objectives that include evaluating system functionality, aerodynamic performance and launch and recovery systems. "XQ-58A is the first example of a class of UAV that is defined by low procurement and operating costs while providing game changing combat capability," said Doug Szczublewski, AFRL's XQ-58A Program Manager.



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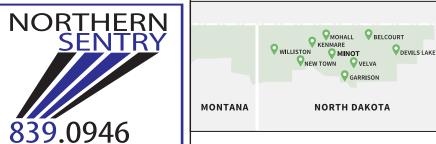
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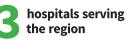
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