

# northern sentry

FREE | VOL. 57 • ISSUE 13 | FRIDAY, MARCH 29, 2019 | WWW.NORTHERNSENTRY.COM | MINOT AIR FORCE BASE



## snow patrol's off-season

Senior Airman Christopher Crowe, 5th Civil Engineer Squadron pavement and construction equipment journeyman, uses a K-12 saw to cut concrete at Minot Air Force Base, North Dakota, March 19, 2019. Pavement and construction equipment Airmen, also known as "dirt boyz", take care of snow removal during the winter and security fencing and pavement throughout the base and missile field buildings.

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

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Videos





# Flight Line Overseers

SENIOR AIRMAN DILLON J. AUDIT | 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --  
**S**urveying the skies and ensuring our pilots know where they're headed is an essential part of Minot Air Force Base.

Air traffic controllers watch over our helicopters and B-52h stratofortresses. Whether they're taking off, landing or in need of assistance, these controllers are active year round.

"Our mission is to get the planes up in the air so they can do their mission, training and whatever they need to do then get them back safely," said Staff Sgt. Christopher Lippolis, 5th Operations Support Squadron non-commissioned officer of training standards. In order for the pilots to take off they need the correct clearances, taxiing instructions and authorization from the tower to fly.

"Air Traffic Control starts and ends with a point on the ground," said Lippolis. "We want to ensure the pilots take off and land safely so they can see their families." Airman 1st Class Issac Lawshea, 5th Operations Support Squadron air traffic control apprentice, mentioned he's new to the job and is excited to start learning.

"Air traffic controllers are

the surgeons of the sky," said Lawshea. "There is a lot of studying and bookwork involved, but it's definitely a fun career choice."

According to Lippolis air traffic control is a constant training process and they never stop learning.

"I believe you have to have a top personality to do this job," said Lippolis. "You have to take control, be dynamic, multitask and maintain safety of the flight line and your fellow Airmen."

There are typically four positions manned in the tower cab.

Flight data coordinates communications with bases.

Ground works the ground traffic and taxiing of aircraft.

Local takes care of the airborne traffic and the departures on the runway.

The watch supervisor oversees all the other positions and ensures the rules and regulations are followed.

"Air traffic controllers are certified annually to revalidate the controller

Senior Airman Stefan Sellers, 5th Operations Support Squadron air traffic controller, updates the Auto Terminal Information Service at Minot Air Force Base, North Dakota, March 5, 2019. The ATIS tells pilots the air conditions in real-time, which helps them during emergencies.

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

based on the performance while following the rules and regulations," said Lippolis.

Lippolis says he enjoys his job and the comradery between his and the pilot's career fields.

"My favorite part about my job is the unspoken bond that controllers have with pilots," said Lippolis. "They have to trust that we know what we're doing and vice versa, otherwise someone is going to die."



## Offutt AFB personnel re-enter flooded buildings, work together to restore readiness

55TH WING PUBLIC AFFAIRS

OFFUTT AIR FORCE BASE, Neb. (AFNS) --

**O**ffutt Air Force Base personnel have regained access to buildings and facilities to begin assessing damage and recovering items which were underwater less than a week ago due to record flooding along the Missouri River.

More than 20 buildings have been cleared for initial disaster recovery efforts, with more being opened by the hour.

"The weather has really been in our favor and we are taking full advantage by moving as quickly as we can to properly clear facilities for entry," said Col. Michael Manion, 55th Wing commander. "Our bio-environmental and civil engineer teams, along with Offutt Fire and Rescue, have done an amazing job throughout this process."

The ongoing efforts are led by the newly stood-up recovery operations center. This team is made up of professionals from

across the wing focused on not only clearing facilities, but also getting displaced personnel into other facilities around the base to ensure the mission continues.

"The ROC essentially took over the recovery efforts from the emergency operations center, which had been operating since we first learned of the potential for flooding," said Lt. Col. Vance Goodfellow, ROC director. "This team is more streamlined with regard to subject-matter experts who can make things happen quickly to ensure our recovery efforts don't miss a beat."

The runway, which is now clear of water and debris, is undergoing a thorough evaluation to ensure flight operations can resume safely.

"Everything we are doing is with safety in mind," Manion said. "Obviously, our Warhawks are eager to begin flying operations from Offutt (AFB), but we want to make sure everything is safe before we start doing that."

Continued on page 8

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## Air Commando pursues dream of flying on AFSOC air frames

SENIOR AIRMAN ANDREA POSEY | 1ST SPECIAL OPERATIONS WING PUBLIC AFFAIRS

HURLBURT FIELD, Fla. (AFNS) --

As a child, she sat in front of the TV watching the "Top Gun" movie over and over again and listening to Tom Cruise proclaim, "I feel the need - the need for speed!" Watching the aircraft soar across the screen made it clear to her that she wanted to fly when she grew up.

The actor's words weren't the only reason Capt. Holly Mapel was inspired to join the military. She already had a sense of familiarity with the armed forces due to her family's deep connection to the military.

"I knew I wanted to join the Air Force for as long as I can remember," said Mapel, a combat systems officer and operational flight test director with the 18th Flight Test Squadron at Hurlburt Field. "Being an Air Force brat, I have been surrounded by the military my entire

life, it is all I've ever really known. I wanted to follow in the footsteps of my dad, and multiple other family members, (to) serve in the military and fly." Mapel joined six months after graduating high school in 2001 and began her career as an enlisted aircrew flight equipment technician at Kirtland Air Force Base, New Mexico.

"I spent seven years maintaining flight equipment that was used by Air Force Special Operations Command aircrew," she said. "It was there where my desire to do something more with my career started." This aspiration led Mapel to enroll in school to earn her degree and commission. Although attending school and working a full time job can be difficult to do at the same time, Mapel felt she had enough support and time to accomplish these goals.

"I had some very supportive supervisors, both enlisted and officers, that encouraged going to school," she said. "Being in Air Education and Training Command allowed me to have a pretty stable and consistent schedule that facilitated going to school." After receiving her degree and changing duty stations, Mapel arrived at Hurlburt Field, where she applied for Officer Training School. "OTS wasn't anything that I had expected or planned

for," she said. "There were many nights the first couple of weeks that I was second guessing my decision to commission, but you lean on those that are going through it with you and think about why you wanted to do it in the first place and persevere." After commissioning, Mapel became a combat systems officer, or CSO, with a specialization as an electronic warfare officer on the MC-130H Combat Talon II. A CSO is responsible for planning and executing low-level navigation and terrain clearance so personnel and equipment can be delivered to hostile areas. Additionally, CSOs operate and manage the aircraft's defensive systems and airborne communication systems.

"I spent two years at the 15th Special Operations Squadron where I learned a lot but also (decided) I still wanted more," Mapel said. This need to expand her knowledge led Mapel to request a change of air frames, and it was the MC-130J Commando II that she had in her sights. "I chose (the MC-130J) platform mainly because it was an easy transition of what I was already doing on the Talon IIs, but also because I love the mission of special operations forces mobility," she said.

The Commando II is flown in covert refueling missions for helicopters and tiltrotor aircraft and conducts infiltration,

U.S. AIR FORCE PHOTO | SENIOR AIRMAN ANDREA POSEY

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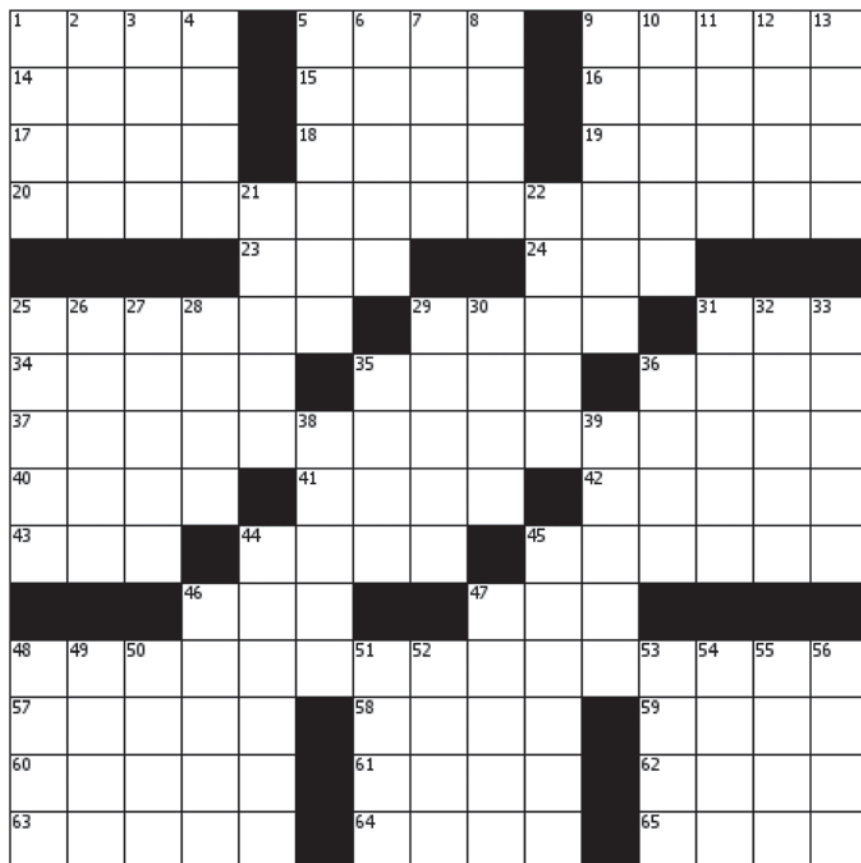
Continued on page 8



# CROSSWORD PUZZLE

**Across**

- 1. Bout rout
- 5. Size up
- 9. Minnesota's Ventura
- 14. Qatari, e.g.
- 15. Wheels support
- 16. Lump in one's throat?
- 17. First female U.S. attorney general
- 18. Exaggerated
- 19. Tattletale
- 20. Lose one's backbone?
- 23. Informer
- 24. Keg quaff
- 25. Billy Budd, for one
- 29. Court proceeding
- 31. Sheltered side
- 34. Insertion indicator
- 35. Door position
- 36. Annie, to Warbucks
- 37. Take the sycophant's way out
- 40. Potatoes partner
- 41. Clear breach
- 42. Hair-raising
- 43. Stick one's nose into
- 44. Jersey baby
- 45. Hawked one's wares
- 46. Jump shot's path
- 47. Half a sawbuck
- 48. Be much less than a hero
- 57. Abandoned ships
- 58. Shallow gully
- 59. Add up to
- 60. Ocean oasis
- 61. Agatha Christie title



- 62. Choice list
  - 63. Spring events
  - 64. Iditarod equipment
  - 65. Quizzes
- Down**
- 1. Go-\_\_\_
  - 2. Rug type
  - 3. Big jerk
  - 4. Woodwind member
  - 5. Wickerwork cane

- 6. Glorify
- 7. Treaty partner
- 8. Hero's home?
- 9. Word in a Kipling title
- 10. Duck
- 11. Sport for large athletes
- 12. Passel
- 13. Become worthy of
- 21. Fit to be tied
- 22. Bad, as weather
- 25. Bit of a rascal
- 26. Geared up
- 27. Splendid attire
- 28. Satisfy, as demands
- 29. Threshing debris
- 30. Polly, to Tom Sawyer
- 31. Scottish landowner
- 32. Bert's pal
- 33. Moved gingerly

- 35. Agronomist's concern
- 36. Reporter's word
- 38. "Boys Town" star
- 39. Itsy-bitsy
- 44. Wave parts
- 45. Took a gander
- 46. Cockeyed
- 47. Word with picture or freeze
- 48. Debt voucher
- 49. Luxuriant
- 50. Earthenware jar
- 51. Betting chances
- 52. Asian range
- 53. Austen heroine
- 54. Isn't blind to
- 55. Go down the tubes
- 56. Burden of proof

## SUDOKU Solution to puzzle on page 10

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

**Difficult**

Solution to last week's Crossword puzzle.

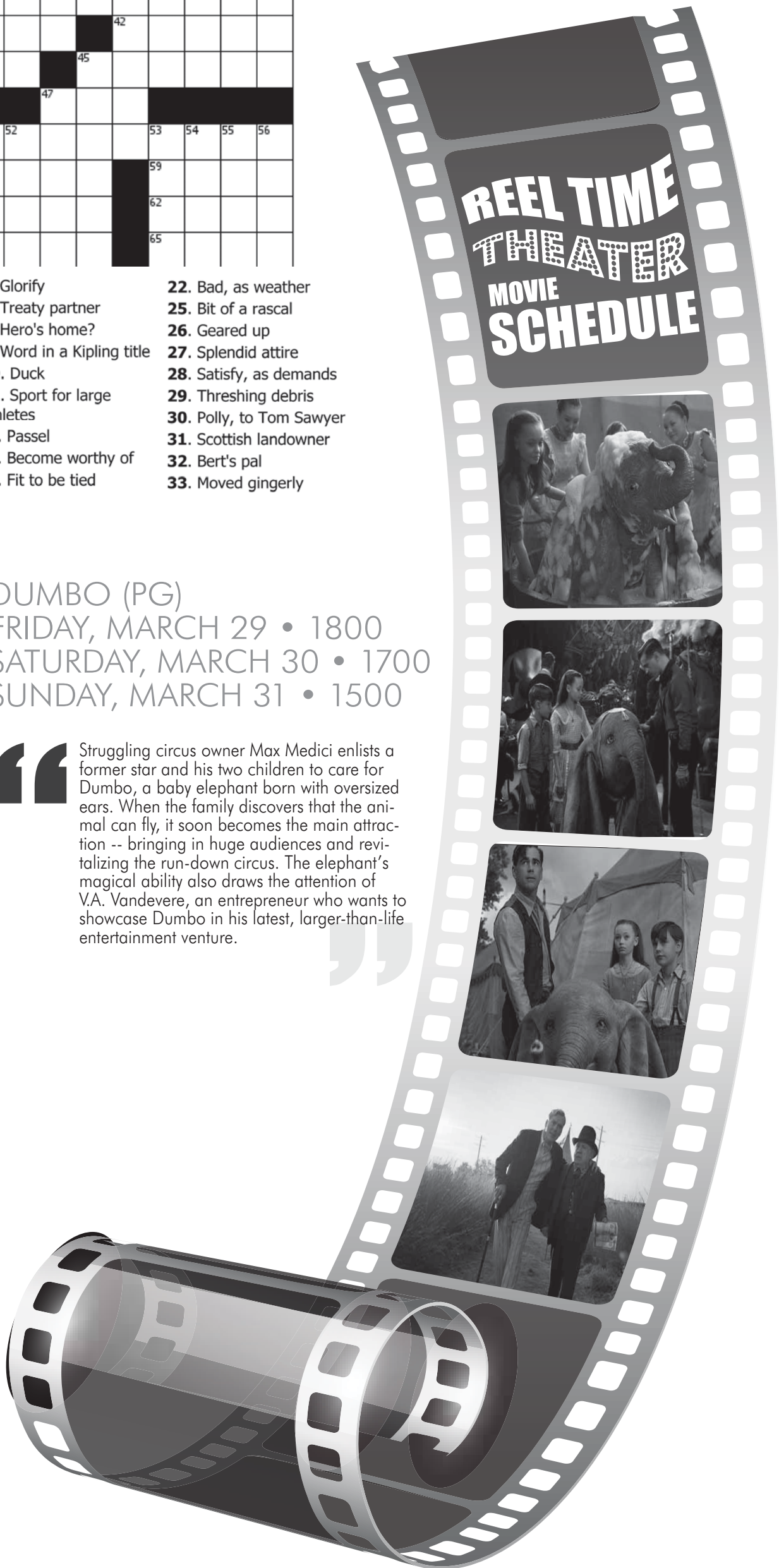
O	R	C	S		D	A	F	T		P	C	B	S		
N	O	A	H		S	I	N	A	I		A	R	I	A	
E	X	P	E	R	I	E	N	C	E		C	A	L	C	
A	I	R		O	N	S	E	T		L	I	C	K	S	
L	E	A	G	U	E					S	I	N	K		
			I	S	W	H	A	T	P	E	O	P	L	E	
C	H	I	D	E		E	T	H	A	N		O	I	L	
L	I	N	E		P	A	R	I	S		H	T	M	L	
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O	N	C	E			W	A	X	E	D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

## REEL TIME THEATER MOVIE SCHEDULE



**DUMBO (PG)**  
 FRIDAY, MARCH 29 • 1800  
 SATURDAY, MARCH 30 • 1700  
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“ Struggling circus owner Max Medici enlists a former star and his two children to care for Dumbo, a baby elephant born with oversized ears. When the family discovers that the animal can fly, it soon becomes the main attraction -- bringing in huge audiences and revitalizing the run-down circus. The elephant's magical ability also draws the attention of V.A. Vandevere, an entrepreneur who wants to showcase Dumbo in his latest, larger-than-life entertainment venture. ”





*Tuscan Butter Salmon*



Recipe courtesy of: www.delish.com/cooking/recipe-ideas/recipes/658417/tuscan-butter-salmon-recipe/

**INGREDIENTS:**

- 2 tbsp. extra-virgin olive oil
- 4 (6-oz) salmon fillets, patted dry with paper towels
- Kosher salt
- Freshly ground black pepper
- 3 tbsp. butter
- 3 cloves garlic, minced
- 1 1/2 c. halved cherry tomatoes
- 2 c. baby spinach
- 1/2 c. heavy cream
- 1/4 c. freshly grated Parmesan
- 1/4 c. chopped herbs (such as basil and parsley), plus more for garnish
- Lemon wedges, for serving (optional)

**INSTRUCTIONS:**

- In a large skillet over medium-high heat, heat oil. Season salmon all over with salt and pepper. When oil is shimmering but not smoking, add salmon skin side up and cook until deeply golden, about 6 minutes. Flip over and cook 2 minutes more. Transfer to a plate.
- Reduce heat to medium and add butter. When butter has melted, stir in garlic and cook until fragrant, about 1 minute. Add cherry tomatoes and season with salt and pepper. Cook until tomatoes are beginning to burst, then add spinach. Cook until spinach is beginning to wilt.
- Stir in heavy cream, Parmesan, and herbs and bring mixture to a simmer. Reduce heat to low and simmer until sauce is slightly reduced, about 3 minutes.
- Return salmon back to skillet and spoon over sauce. Simmer until salmon is cooked through, about 3 minutes more.
- Garnish with more herbs and squeeze lemon on top before serving.

# UPCOMING EVENTS



**28-30 MARCH**  
8:30 AM - 4:00 PM  
Location: Minot Adult Learning Center  
1609 4th Ave NW, Minot.

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community members to acquire supportive environment. For functional skills in reading, writing, speaking, and English as a non-native language in a confidential, **more information check out: Facebook event/MLV Spring Book Sale**

**29-30 MARCH**  
3/29/2019 7:35 PM - 10:00 PM  
Location: Maysa Arena  
2501 Burdick Expy W, Minot.

The Minot Minotauros host the Minnesota Wilderness on the Minotauros Nodak Speedway Weekend! Game on Friday and Saturday nights starting at 7:35! Friday March 29th - 7:35 PM vs. Minnesota Wilderness Will include a shout out recognizing each of the Minot



Wolves teams in attendance. Saturday March 30th - 7:35 PM vs. Minnesota Wilderness **For more information check out: Facebook event/ Minotauros Nodak Speedway Weekend**

**29-31 MARCH**  
3/29/2019 - 3/31/2019  
12:00 PM - 4:00 PM  
Location: North Dakota State Fair Center  
2005 Burdick Expy E, Minot.

The Famous Shirtsleeve Bonspiel will be taking place starting Friday, March 29 and running into Sunday the 31st, 2019. Each team will have a 3 game guarantee with prizes going to the winners. There will be live music both Friday & Saturday night in addition to an



all new Family Feud event on Friday. Entry per team is \$160. Sign up will be at the club for local teams. For out-of-town curlers, please email Mark Hildahl at hildahl@minot.com to register. **For more information check out: Facebook event/ 2019 Shirtsleeve Bonspiel**

**30 MARCH**  
4:00 PM - 7:00 PM  
Location: Sleep Inn & Suites  
2400 10th St SW, Minot.

Your favorite local Peddlers Market is gearing up for a Spring event! GENERAL PUBLIC: 10 A.M. - 4 P.M. Minot Municipal Auditorium \$3 Admission Adults // Kids FREE // College ID \$1 VIP TICKETS \$15 VIP ACCESS allows you to one-hour early entry to our popular



Peddlers + Vendors event! **For more information check out: Facebook event/ Spring Peddlers + Vendors Market**

**4 APRIL**  
5:30 PM - 9:00 PM  
Location: Elevation 1912 Valley Bluffs Dr, Minot.

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Lt. Gen. Jacqueline D. Van Ovost, Headquarters Air Force director of staff, gives Mae Krier, an original Rosie the Riveter a tour of the Pentagon in Arlington, Va., March 20, 2019. Krier was accompanied by Dawn Goldfein, the spouse of Air Force Chief of Staff Gen. David L. Goldfein.

U.S. AIR FORCE PHOTO | ADRIAN CADIZ

# World War II laborer champions 'Rosie the Riveter' Legacy at Pentagon, Capitol Hill

MASTER SGT. AMAANI LYLE | SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

ARLINGTON, Va. (AFNS) -- When it comes to symbolizing the influx of women in the workforce and the wave of patriotism and feminism that surge sparked during World War II, few American icons are more recognizable than "Rosie the Riveter."

Artist J. Howard Miller's 1942 poster, featuring a bandanna-wearing, blue-collared woman with the famed flex beneath the rally cry, "We Can Do It!" grew over time to represent millions of women who stepped up to fill various stateside labor-intensive jobs once held by men, now tapped to fight German and Japanese forces.

The notable efforts of the woman workforce that led to the eventual U.S. victory in 1945 inspired one of the last remaining original "Rosies," Mae Krier, to carry their story to the Pentagon March 20 to advocate for long overdue recognition on Capitol Hill March 21, with a "Rosie the Riveter Day of Remembrance," incidentally aligning with her 93rd birthday. She said she

hopes lawmakers will not only recognize the day, but award them the Congressional Gold Medal for their service.

After all, the story of her journey is, fittingly, a riveting one, decades in the making.

The world changed on a shocking Sunday Dec. 7, 1941, as 183 Japanese warplanes attacked Hickam Field, Pearl Harbor, Hawaii. In its wake, the disaster left 2,433 dead, destroyed 18 U.S. warships and 188 airplanes. President Franklin D. Roosevelt immediately responded with a call to war.

Krier recalled coming home to find her parents shaken and huddled next to the radio as news of Pearl Harbor spread, and just days later Adolf Hitler

declared war on the United States.

"We were fighting wars across two oceans and I remember thinking 'I'm not even sure I know where Pearl Harbor is; I don't think many of us did,'" she said. "In small towns the boys enlisted right way ... and America was full of holes, because so many never came back."

On a lark, Krier, a Dawson, North Dakota, native, traveled by a no-frills "troop train" to Seattle to produce the B-17 Flying Fortress and B-29 Superfortress bombers during the war. She said traversing miles was not unlike the endeavors of her grandparents, themselves hearty pioneers who didn't fear a

change of scenery.

"Now that the boys had left, we girls thought we would get into the act also," she said of the adventure she, her sister and a friend took. "I remember the train windows were open and the steam and soot would come in the windows."

The notion of steady work appealed to men and women alike, as many American families still teetered financially following the Great Depression and the Great Dust Bowl. Mothers, daughters, secretaries, wives and even schoolgirls picked up the factory duties the men had left behind.

"Before the jobs came, we struggled, we suffered, everyone did," she said. "But that was life

-- and I don't think it hurt me."

Once at Boeing, Krier said she had no idea how much larger-than-life the Rosie icon would become. "We worked because we had a job to do ... it wasn't my job, your job, it was our job -- we had to save our country."

And, she noted, it was only after the war was over that the posters skyrocketed in popularity.

Dawn Goldfein, spouse to Air Force Chief of Staff Gen. David L. Goldfein, hosted the Pentagon tour with Krier, noting her story can inspire a "We Can Do It!" attitude among new generations of young women around the world.

"Mae is an American treasure, a true iconic legacy who knows what it means to be a part of something bigger than herself and give back," Mrs. Goldfein said. "Girls and women of all ages can benefit from her extraordinary story and be inspired to change the world as she and all the Rosies did."

Today, military and civilian women hold positions of power across the globe, signaling a new and irreversible era of positive change in the women's rights and equality movement.

"It's so amazing for our generation to see this because my mother only got the right to vote when I was about 4 years old," Krier said. "I've lived through 16 presidents but never thought I'd get to see and experience the things I have today."

Now, Krier who was married to her husband, Norm for nearly 70 years, before his death, is a mother, grandmother and great-grandmother. They met during a jitterbug dance in Seattle in 1944 before they wed in 1945.

When the Air Force chief of staff and dozens of Pentagon workers surprised her with a visit and a birthday cake, Krier wasted no time reminding him of her contribution to the U.S. war effort many moons ago.

"They never lost a B-17 because of a bad rivet," Krier said over applause and laughter.

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NORTHERN SENTRY

# OUTDOOR

REPORT

PROVIDED BY | PATRICIA STOCKDILL

## Dates to Know:

- **March 30 & 31:** Minot Gun show, N.D. State Fair Center, 9 a.m. – 5 p.m.; 9 a.m. – 3 p.m.
- **March 31:** Zone 2 mountain lion season closes.
- **April 1:** New fishing and trapping licenses due.
- **April 1:** Snowmobile N.D. trails close.
- **April 6:** Badlands Toms Nat'l. Wild Turkey Federation banquet, Watford City, Outlaw Bar & Grill, 5:30 p.m.
- **April 6:** Coteau Hills Rocky Mtn. Elk Foundation banquet, Minot Moose Club, 5 p.m.

## 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.

**Fishing:** Lake Sakakawea elevation, March 25: 1,838.04 feet above mean sea level (MSL); 13,600 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,448.35 feet above mean sea level (MSL).

\*N.D. Game & Fish Dept. game wardens: Devils Lake becoming slushy on top of the ice although fishing slowly starting to improve. Overall success remains spotty, however. Travel on the lake is extremely limited, as well. Tracked vehicles needed to access the lake but watch for slush pockets. Antelope Lake slowing down but anglers still catching a few perch. Other area lakes slow with little activity as slush and water limit access. Anglers can still access Lake Metigoshe with tracked vehicles. Scattered pike and perch success. Parshall Bay fair for pike on Lake Sakakawea with White Earth Bay fair for walleye at times. Lots of slush on the lake so moving around is difficult.

## OUTDOOR NOTES:

\*Devils Lake, Ed's Bait Shop, Devils Lake: Access remains challenging with slush and water on top of the ice on warmer days. Those getting out are finding improving perch success. Try the north end of 6-Mile Bay.

\*Devils Lake, Woodland Resort, Devils Lake: Access onto the lake is limited with water on top of the ice on warmer days. Tracked vehicles still needed. A few white bass starting to show up with better perch and walleye success. Lots of small walleye. Try last light in the evening for the best walleye activity. Pike seem to be a little more finicky lately.

\*Lake Darling, Karma C-Store, Ruthville: Good numbers of anglers heading to Grano with some reports of walleye success.

\*Lake Metigoshe, Four Seasons, Bottineau: Tracked vehicles recommended with slushy snow still on top of the ice on Lake Metigoshe. Fair bluegill success on both South and North Lake Metigoshe.

\*Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Access becoming an issue on both Lake Sakakawea and Audubon with slush and water along the shoreline and ice. However, Lake Sakakawea producing pike in the back bays with a few walleye mixed in. Fair for walleye on Lake Audubon with most activity off the Totten Trail boat ramp. Missouri River tailrace producing walleye from both boat and shore.

\*Lake Sakakawea/Lake Audubon, 6-Mile Bait & Tackle, Garrison: Lake Sakakawea shorelines getting mushy but anglers finding nice pike numbers. Nothing consistent yet for success, though. Try any of the back bays, including the south shore around Wolf Creek. Herring seems to be producing better than smelt. Lake Audubon fair for walleye in 20 to 25 feet on the east end. Mixed walleye success on the Missouri River tailrace with experienced river anglers finding good success.

\*Lake Sakakawea, Scenic 23, New Town: Ice has water on top with slushy shoreline conditions so use caution when accessing and moving around in the Van Hook Arm. Generally fair walleye success in the morning or evening in 12 to

20 feet. Try jigs and minnows with a little tip-up success. Incidental pike catches mixed in with walleye. Creeks are running so look for pike to move into the mouths of bays.

\*Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace producing walleye from the wing walls when it isn't iced in. Try jigs and minnows down river for walleye with overall fair success. Look for a mix of ling, trout, and walleye with more trout numbers in the chutes. Beware of water and slushy shorelines along Lake Sakakawea.

\*Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Walk-on access only recommended onto Lake Sakakawea with slushy shorelines and water on the ice. Long Creek and Lewis & Clark State Park continue producing pike with best walleye success in 17 to 22 feet from White Earth Bay. Look for open water areas along the Little Muddy River for some open water pike activity. Limited activity on small area lakes with runoff coming in. Trenton Lake under high water with no activity. Rivers starting to break up so look for open water fishing once ice flows disappear.

\*Lonetree WMA area lakes, Harvey: A few anglers walking onto Goose Lake off Highway 3 but no reports on success. Not much activity on other lakes with runoff and slushy lake conditions.

\*North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: No new reports from area lakes with access onto the ice difficult with melting snow and runoff.

### N.D. rivers:

- \*Des Lacs River, Foxholm: River stage, 10.71 feet.
- \*Little Missouri River, Trotters: 18.68 feet.
- \*Missouri River, Washburn: River stage, 10.26 feet.
- \*Pembina River, Walhalla: River stage: 5.22 feet.
- \*Souris River, Foxholm: 5.72 feet.
- \*Souris River, Minot: 10.12 feet.
- \*Yellowstone River, Sidney, Mont.: River stage, 17.09 feet.

\*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.



## Mennem uses family history for Native American diversity, cultural training

AMANDA DUCHSHERER | DIGITAL COMMUNICATIONS SPECIALIST

MINOT, N.D. — For Annette (Grant) Mennem '00/'07, Minot State University Native American Center director and Diversity Council co-chairperson, family stories and culture aren't just a part of history; they are fluid and play a part in everyday life.

"My grandparents, my great-grandparents, my parents, they all went to a boarding school," said Mennem. "And part of what I want to teach is that what happens from that boarding school, it's a historical trauma. It moves forward, it's a generational trauma."

Beginning in the late 19th century, the U.S. government began forcing Native American children to attend boarding schools in the name of assimilation. The schools forbade children from using their own languages and names, as well as from practicing their religion and culture.

"In my family and in most families that I know from living and growing and working on reservations is that most families deal with what I deal with: when you have parents and grandparents and great-grandparents that went to boarding school, they don't know what it is to be in a family, so they don't know how to parent," Mennem said.

This piece of history and its present day ramifications are just part of what she touches on during diversity and cultural training.

Mennem is often approached to present for different groups — from the North Dakota Conference of Social Workers to PATH North Dakota to the Minot Job Corps — and she usually begins by talking about stereotypes before moving into the need for self-sovereignty and the importance of recognizing differences.

"I try to impress into them that the whole philosophy of 'I treat everyone the same,' isn't correct. I used to think that way, too, because I thought that was the

right way. Or they'll say, 'I don't see color,' and I used to think that was cool, too. But, in reality, that's not right because if you don't see my color, you don't see me," she said.

The importance of recognizing differences will be a main topic of conversation at Trinity Health on March 18. Mennem will be educating staff on Native American ceremonial protocols.

"They want to make sure that they're doing things correctly so that when they have families here, they understand why there's feathers and why there's certain blankets and why there's sage and what they can do with it," she explained.

Trinity Health's chaplain first contacted Mennem a year and a half ago in regards to a non-denominational worship area that will be built in their new facility, wanting to make sure Native American beliefs are included during the planning process.

That consideration is part of a positive cultural shift she's witnessed over the past few decades, both in the city and on the Minot State campus.

"I think that change is happening, not just because the city is growing, but because of the generation. The dynamic is changing. It feels better, even when visiting with new students. They feel that, they see the diversity, they feel the diversity. The Native American Center is being used more and more by all students," Mennem said. "They feel that home away from home."



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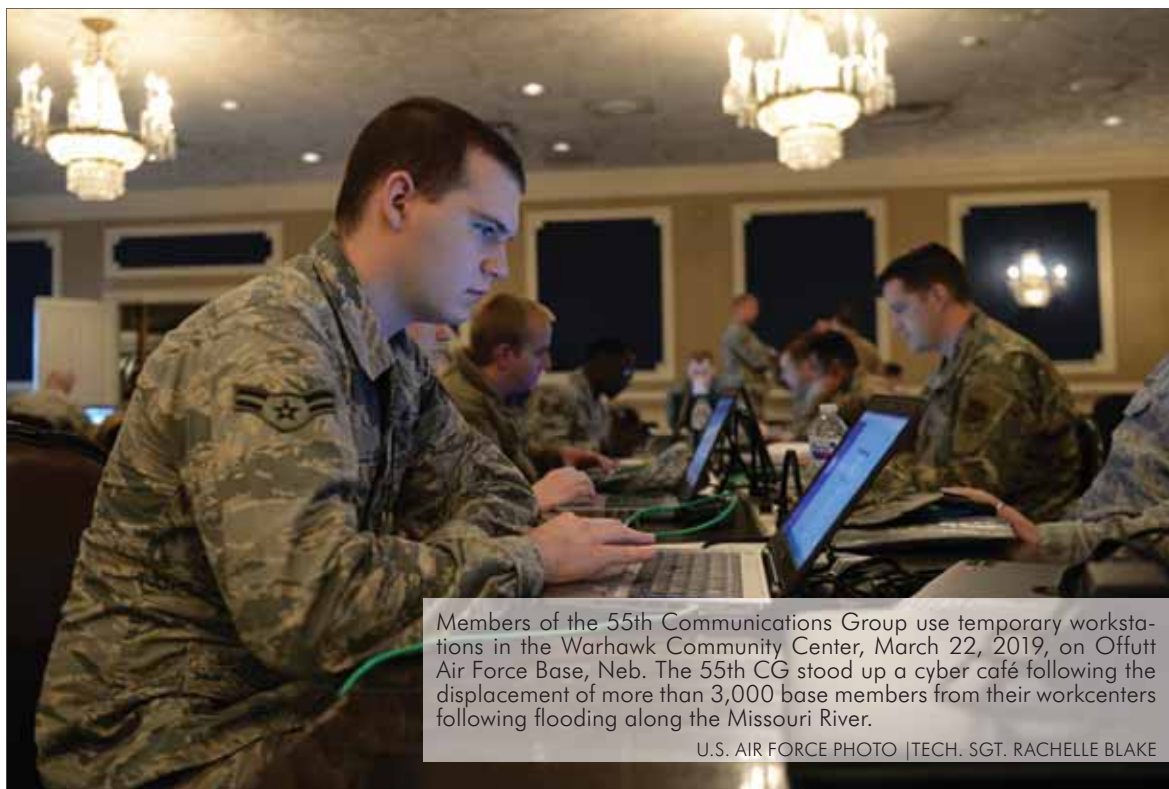


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**OFFUTT AFB RE-ENTRY** continued from page 2



Members of the 55th Communications Group use temporary workstations in the Warhawk Community Center, March 22, 2019, on Offutt Air Force Base, Neb. The 55th CG stood up a cyber café following the displacement of more than 3,000 base members from their workcenters following flooding along the Missouri River.

U.S. AIR FORCE PHOTO | TECH. SGT. RACHELLE BLAKE

The commander praised the members of the 55th Wing as well as those other units affected by the flood for their resilience.

"I've just been in awe of how everyone has responded to this natural disaster," he said. "I'm truly blessed to serve with these patriots who continue to amaze me daily with their resilience and can-do attitude."

At 11 a.m. on March 15, Offutt stood-up the first commander's action team meeting in response to impending flooding.

The base immediately went into 24-hour operations and the team agreed to meet again in three hours, giving key players an opportunity to come up with a plan of attack.

"In that time, a matter of hours, we already had a good 15-to-25 inbound trucks from various locations in the United States coming in for support," said Staff Sgt. Luis Stump, 55th Contracting Squadron commodities flight chief.

With a very small window to prepare for a flood that would eventually take over one-third of the base, the 55th CONS and the 55th Comptroller Squadron got to work purchasing preparation supplies that would help fortify key infrastructure.

Within approximately 16 hours, the team accomplished 22 contract actions totaling \$650,000. Among the purchases were 45 tons of sand, 460 barriers, 235,000 sandbags and 16 pallets of water.

What they couldn't get from inbound trucks, they went out and got themselves.

"Since a lot of companies were closed Friday evening and into Saturday morning, at 2, 3 o'clock in the morning, finance came in with cash," Stump said. "We sent a member of our team with a paying agent from finance and they were literally driving all around Omaha and parts of Iowa."

Staff Sgt. Nikkolas Tessier, 55th CPTS, said the local business were very welcoming.

"All the businesses in the community were so supportive and we had a nice contracting team that

did most of the legwork so were just driving around, loading up and paying people," he said. "It saved us a lot of time."

Stump echoes his sentiments.

"There were some stores who said we could take whatever we wanted for free," he said. "We can't do that, so they were giving it to us at bare cost to help out the base."

For many of the 55th CONS and 55th CPTS team, this was the first instance they were working together in the field.

"It was a lot different because we normally just push documents electronically to each other," Tessier said. "Now you are running around with them. It was nice."

As the water recedes and the base turns to recovery mode, the work has slowed slightly but the purchases related to flood will continue for quite a while.

"In a situation like this, money has to keep moving so we can get the base back up," said Master Sgt. Brandon Franklin, 55th CPTS, who also filled the role of paying agent during the flood preparations. "We are preparing for recovery now which will take time."

While the cleanup continues and the finances flow, more than 3,000 Offutt personnel have been removed from their workcenters resulting in a break in communication.

While displaced units wait for their new offices to be equipped, they have a location they can go to access a computer and phone.

Following the flood, to maintain mission readiness and efficiency, the 55th Communications Group immediately started to build a cyber café in the Warhawk Community Center.

"The community center was decided to be the best place to provide communications support," said Master Sgt. Kristoffer Golden, 55th CG network infrastructure section chief. "With the size of this facility, we have been able to properly prioritize where we can put a large amount of users."

The team has set up more than

160 work stations for displaced members to use.

"It is important that we provide communications support to the wing because everything requires communications across the base and providing this capability is important to mission efficiency," said Golden. "Users are able to come in and sit down at a laptop and login to their email, get work done and use phones."

During the process of setting up the cyber café, the communications team was responsible for setting up tables and identifying where to place network switches to provide network connectivity.

While the cyber café is a great resource to many, the communications team is hoping their pre-flood preparations will help many Offutt members to be reunited with their former equipment sooner than later.

Over the weekend, the 55th CG dispatched technicians out to different facilities that are now underwater to move equipment before the flood came in.

"From Friday at noon we started talking about this flood, and throughout the weekend seeing the water rise and rise we were doing equipment removal through buildings and seeing water cover an area we were at a half-hour ago," said Tech Sgt. Daniel Wyman, 55th Communications Group cyber transport NCOIC. "It's an act of nature, and I feel for those who were impacted by the flood but as far the mission goes we are going to continue operations."

**AIR COMMANDO** continued from page 3

exfiltration and resupply of Special Forces by airdrop or air-land. Its secondary mission includes the airdrop of leaflets for informational counter terrorism methods.

After completing her mission qualification training, Mapel was assigned to the 9th Special Operations Squadron at Cannon AFB, New Mexico.

"I can honestly say that my time spent at the 9th Special Operations Squadron has been the best part of my career thus far," she said. "As one of AFSOC's specialized air mobility platforms, the MC-130J executes missions directed by higher authorities to ensure the theater commander's strategic vision and objectives are accomplished."

In 2018, Mapel certified as an operational flight test director and came to the 18th FLTS to further contribute to the mission.

Mapel now leads a team of officers, enlisted Airmen and civilians through the planning, execution and reporting phases of a test. The team tests new or updated equipment on AFSOC aircraft and weapons systems, advising senior-level decision makers on a system's performance and deficiencies.

"Test directors ensure whatever gadget or software being tested is what the warfighter wants and needs," she said. "It could be something that helps them execute their job more efficiently or save their lives. By testing and fielding new technology, we are keeping AFSOC relevant on an ever-changing battlefield."

Mapel enjoys her current duties because it still allows her to fulfill her childhood dream.

"I love to fly and with both jobs, that's what I get to do," she said. "Whether I am performing crew duties as a CSO on an MC-130J or executing a test on another AFSOC platform, I get to do what I love."

Lt. Col. Rafael Bosch, 18th FLTS commander, believes Mapel embodies the three

tenets of the Air Commando mission – ready today, relevant tomorrow, resilient always.

"Capt. Mapel is at the leading edge of the AFSOC and SOF mission," Bosch said. "Her MC-130H background is absolutely invaluable as we move forward (with) the MC-130J (because) it is at the forefront of what AFSOC will be and is currently. She has been key to ensuring the squadron, as a whole, receives the correct training so we can all take care of each other when the time comes."

Bosch added that Mapel is also one of only a handful of CSOs (in the Air Force) that has training on the new MC Terrain-Following radar system, a \$480 million acquisition program.

"This new radar will make the MC-130J a viable replacement for the MC-130H," Bosch said. "Her role in the testing of this system will directly impact the future of AFSOC for generations to come."

Mapel is able to see the direct impact she has on the bigger Air Force picture and that makes the job more enjoyable for her.

"AFSOC is vital to our nation's security," she said. "(We) provide specialized airpower and ground forces that are utilized by sister service's special operations forces to conduct missions in contested environments. We work together as a team to accomplish our nation's objectives."

Mapel has a sense of pride being part of the AFSOC team because she is entrusted with carrying out some of the nation's most important global endeavors.

"Every day I'm reminded of what it took to become a part of this family, which while small in comparison to other commands, is an incredible pool of specialized talent," she said. "It is truly a commitment rather than an assignment and I'm proud to be committed to this team that is committed to me and my own family."



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 <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>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>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>1615 2nd St. SE • Minot • 839-3694</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>First Lutheran Church - ELCA</b></p>  <p>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>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>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>
 <p><b>Vincent United Methodist Church</b></p> <p><b>1024 2nd St. SE • 838-4425</b> <i>Behind Town &amp; Country Shopping Center</i></p> <p>open hearts...open minds...open doors!</p> <p>Saturday Informal Worship.. 5:00 p.m. Sunday School ..... 9:00 a.m. Sunday Worship Service ..... 10:00 a.m. Fellowship..... 11:00 a.m.</p> <p><b>Pastor Jennifer McDonald</b> <a href="http://www.vincentumc.com">www.vincentumc.com</a></p>	<p><b>OUR REDEEMER'S CHURCH</b></p> <p><i>A Church of the Lutheran Brethren</i></p> <p>Thursdays: Worship..... 6:30 p.m.</p> <p>Sundays: Worship..... 8:30 a.m. &amp; 10:45 a.m.</p> <p><b>700 16th Ave SE • 701-838-0750</b></p> <p>For more information visit us on the web at: <a href="http://www.ourredeemers.org">www.ourredeemers.org</a></p>	<div style="text-align: center;"> <p>ADVERTISE YOUR</p> <h1>Church</h1> <p>Advertise FOR ONLY \$7 PER WEEK</p> <p>Revisions MADE UPON NOTICE FROM THE CHURCH</p> <p>Deadline TUESDAYS BY NOON WEEK OF PUBLICATION</p> <p>VIEW OUR PAPER ONLINE AT <a href="http://NORTHERNSENTRY.COM">NORTHERNSENTRY.COM</a></p> </div> <div style="float: right; border: 2px solid black; padding: 10px; width: 200px;"> <p><b>CONTACT BETH</b></p> <p>call 701-839-0946</p> <p>email <a href="mailto:NSADS@SRT.COM">NSADS@SRT.COM</a></p> <p>fax 701-839-1867</p> </div>		
<p><b>First Assembly of God</b></p> <p><b>1805 2nd St. SE</b> <b>838-1111</b></p> <p>Morning Worship ..... 8:30 a.m. Sunday School ..... 10 a.m. Morning Worship ..... 11 a.m. Wednesday Family Night..... 6:30 p.m.</p>	 			

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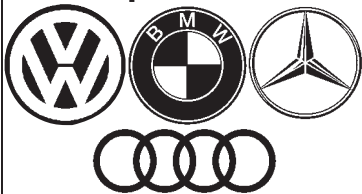
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## ANSWERS

## SUDOKU ANSWERS

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

Answers to puzzle from page 4

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 <p><b>\$169,900</b></p> <p>IN MOHALL - 2 story home with 4 bedrooms and 3 baths. Large kitchen with pantry. Fireplace in family room. Hot tub room and patio. Attached garage and large workshop.</p> <p><b>MLS #181653</b></p>	 <p><i>Welcome</i> <b>DANIELLE DELZER</b> TO OUR TEAM OF SALES PROFESSIONALS</p>	 <p><b>\$99,500</b></p> <p>GREAT STARTER - 2 story condo in convenient location close to shopping, dining and park. Full bath and 2 bedrooms in upper level. Eat-in kitchen and main level laundry. Carport parking for 2 vehicles.</p> <p><b>MLS #180884</b></p>
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# WHAT'S GOING ON MAFB

TODAY	TUESDAY	WEDNESDAY	UPCOMING EVENTS:
<ul style="list-style-type: none"> <li>Last day to register for CPR &amp; First Aid Certification Course at Outdoor Rec.</li> <li>Last day to register for YP Baseball &amp; T-Ball at Youth Center</li> <li>Barre, 0600, Fitness Center</li> <li>Senior TAPS GPS Workshop, 0730-1630, Held at the Education Center and hosted by the A&amp;FRC</li> <li>Torch Club, 1600-1700, Youth Center</li> <li>Latin Dance Night, Bar opens 1600, Salsa lesson 1900, Dance Social 2000-2400, Ground Zero Lounge in the Jimmy Doolittle 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 • March Madness, 1800-2000, 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>	<ul style="list-style-type: none"> <li>Barre, 0915, Fitness Center</li> <li>Game Day, 1000-1930, Base Library</li> <li>Cycle, 1130, Fitness Center</li> <li>Fit to Fight, 1700, Fitness Center</li> <li>Zumba, 1800, Fitness Center</li> <li>Swerk, 1900, Fitness Center</li> </ul>	<ul style="list-style-type: none"> <li>Circuit Training, 0600, Fitness Center</li> <li>Club Member Benefit, 0900-2000, Rough Rider Lanes</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="background-color: #00a0c0; color: white; padding: 5px; text-align: center; font-weight: bold; font-size: 1.2em;">5 April</div> <ul style="list-style-type: none"> <li>Barre, 0600, Fitness Center</li> <li>Month of the Military Child Bowling Event, (Open to enrolled FCC families), 1000-1130, Held at Rough Rider Lanes and hosted by Family Child Care</li> <li>First Friday, 1600-2200, Jimmy Doolittle 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>Eggstravaganza, 1800-2030, Youth Center</li> <li>Zumba, 1800, Fitness 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>
SATURDAY	THURSDAY		
<ul style="list-style-type: none"> <li>Zumba, 0900, Fitness Center • Baseball Camp, 0900-1100, Youth Center</li> <li>Barre, 1000, Fitness Center • Youth Bowling League, 1000, Rough Rider Lanes</li> <li>Swerk, 1100, Fitness Center</li> <li>Family Paint Class, 1300-1500, Arts &amp; Crafts</li> <li>Board Games at the Ground Zero Lounge, 1600, Ground Zero Lounge at the Jimmy Doolittle Center</li> <li>Canvas &amp; Paint Class, 1800-2000, Held at the Jimmy Doolittle Center and hosted by the Arts &amp; Crafts Center</li> <li>Lights &amp; Strikes and Saturday Unlimited Bowling, 2000-2400, Rough Rider Lanes</li> </ul>	<ul style="list-style-type: none"> <li>Tactical Fit Express, 0600, Fitness Center</li> <li>Barre, 0915, Fitness Center</li> <li>Cycle, 1130, Fitness Center</li> <li>Reintegration Briefing, 1300-1400, A&amp;FRC</li> <li>Trivia Registration, 1600-1845, Jimmy Doolittle Center</li> <li>Fitness Hour, 1600-1700, Youth 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>Zumba, 1800, Fitness Center</li> <li>Trivia Night, 1900, Jimmy Doolittle Center</li> </ul>		
SUNDAY	MONDAY		
<ul style="list-style-type: none"> <li>Barre, 1300, Fitness Center</li> <li>Sunday Escapes Book Club, 1330, Base Library</li> <li>Family Zumba, 1400, Fitness Center • Yoga, 1500, Fitness Center</li> </ul>	<ul style="list-style-type: none"> <li>Garden Plot Renewal for 2018 Plot Holders Begins at Outdoor Recreation</li> <li>Tactical Fit Express, 0600, Fitness Center</li> <li>Golf Season Passes Go On Sale, 0800, Rough Rider Golf Course</li> <li>Month of the Military Child Bowling Special Begins, 0900-1400, Rough Rider Lanes</li> <li>Swerk, 0915, Fitness Center</li> <li>Reintegration Briefing, 1300-1400, A&amp;FRC • Yoga Strong, 1700, Fitness Center</li> <li>Battle Rig Fitness, 1800, Fitness Center • Zumba, 1800, Fitness Center</li> <li>Key Spouse Monthly Meeting, 1800-1930, Held at the PDC and hosted by A&amp;FRC</li> </ul>		



6 April

- Get Certified: CPR & First Aid Course, 0900-1800, Outdoor Recreation
- Zumba, 0900, Fitness Center
- Family Barre, 1000, Fitness Center
- Youth Bowling League, 1000, Rough Rider Lanes
- Swerk, 1100, Fitness Center
- Board Games at the Ground Zero Lounge, 1600, Ground Zero Lounge at the Jimmy Doolittle Center
- Lights & Strikes and Saturday Unlimited Bowling, 2000-2400, Rough Rider Lanes

**Rough Riders Pizza**  
Buffalo Chicken Wrap  
Grilled chicken, lettuce, red onion, pepper jack cheese, roasted peppers, tomato, and buffalo ranch sauce combine in this delectable wrap! Try it today for \$9.25 includes chips and a drink!

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March 1-31  
Purchase your oil and filter from Auto Hobby and get one hour of stall time FREE! Ask for the March Special at the service counter to receive discount services. Offer valid 1-31 March during operating hours.





# US Air Force Astronaut Col. Nick Hague makes second launch to ISS

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

Arlington, Va. (AFNS) -- Few Airman astronauts have aborted their space flight mission after launch, and even fewer received the opportunity to relaunch just months later.

Col. Nick Hague, an astronaut, is scheduled for a second mission to the International Space Station aboard a Soyuz MS-12, March 14, 2019, from Baikonur Cosmodrome in Kazakhstan.

Hague, who is set to join the Expedition 59 crew, will conduct hundreds of research investigations and technology demonstrations to advance scientific knowledge of Earth, space, physical and biological sciences, according to NASA.

On Oct. 11, 2018, Hague and his commander, Russian astronaut Alexey Ochinin, were forced to abort their mission when their rocket booster failed to detach once they reached zero gravity.

"We (were) at the apex of our trajectory, and I'm staring out there at the curve of the Earth, and the darkness of space ... you're so close you can touch it," Hague said. "And to have that ripped out of your hands, that's devastating."

As they plummeted to Earth at 4,700 miles per hour, Hague's years of Air Force training enabled his life-saving response.

"The career I had leading up to that launch prepared me to respond to that situation," Hague said. "It wasn't my first in-flight emergency -- we had those when I was doing flight testing out at Edwards Air Force Base (California). I think what you realize as you gain these experiences is the best thing you can do in the situation to help yourself is maintain your cool and trust in your training."

Hague began training with NASA in 2013, and learned to handle maintenance activities, maintain the space station as a national laboratory for research and conduct space walks to fix issues outside the station. A sizable amount of his training also included learning to fly the Soyuz with Ochinin.

"There's this common understanding we have with each other ... that even though I may be speaking broken Russian to him, and he's

speaking broken English to me, we understand each other," Hague said. "We've been able

to sit in the simulator over the last year and a half, to the point where we know how each other

is thinking and we anticipate each other's moves and we're backing each other up ... it feels

like a well-oiled machine and no different than any crew I could put together in the U.S. -- we're in it together."

Though his arrival to the ISS was temporarily delayed, Hague knows the information gathered from this mission will be worth it.

"The mission we're doing is so important," Hague said after his initial launch. "It's a mission where we're going up there and collecting data so the scientists on the ground can better understand our world, they can better understand our bodies, they can better understand the world around us ... and that's a vital mission that's benefitting all of humanity."

"Just because there's some bumps in the road, or some obstacles, doesn't mean we give up," he continued. "We learn from our failures and we move forward."

*(Editor's Note: Quotes from this article were pulled from The Air Force Podcast with Col. Nick Hague, NASA Astronaut. The podcast in its entirety can be found under related links.)*



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patient visits (FY18)

**31,000+**

Emergency Room and Level II Trauma Center visits (FY18)

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