

General

Gen. Stephen W. Wilson, Vice Chief of Staff of the U.S. Air Force, visits Airmen at Minot Air Force Base, North Dakota, March 29, 2019. During his visit, Wilson toured a Missile Alert Facility, a Launch Facility and the Weapons Storage Area. He talked about the essentialness of Airmen and rewarded some with a commanders coin.

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



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# Virginia ANG Airmenrecognized for saving lives

STAFF SGT. JOHNISA B. ROBERTS | 192ND WING PUBLIC AFFAIRS

JOINT BASE LANGLEY-EUSTIS, Va.(AFNS)

arch is Women's History Month, a time when many \_aim to highlight and recognize women who have made significant contributions at various points in time. The 192nd Wing, Virginia Air National Guard, is not an exception when it comes to service and excellence among female leaders and service members. Women in the Virginia ANG work hard with their teams to fulfill their missions and understand that they are Airmen both on and off duty.

Tech. Sgt. Keona Newsom, 192nd Operations Group commander's support staff, did not hesitate to react while shopping at a Target with her noncommissioned officer academy classmates in Maryville, Tennessee. She heard the panicked Instruction 36-2644, "Selfcries of a child coming from one of the public restrooms in the store and immediately sprang into action.

"We heard a little girl scream from the bathroom, and at first we didn't know what was going on ... so we dropped everything and ran to the bathroom," said Newsom. "When we got there, we saw a woman lying on the ground."

Newsom and her classmates stumbled on to a scene they did not expect. The woman on the ground was bleeding from her head. Thinking quickly, they worked together to clear out an secure the bathroom, call 911 and administer first aid for the woman until paramedics arrived. "When we arrived, there was so much blood that there was really nothing else we could use but our jackets, so we took them off and put them under her head and secured them," Newsom said. "We kept her stable until paramedics arrived." Newsom said that although it was mostly instinct that compelled her and her classmates to react and intervene in the situation, she

MINOT

APRIL 6 & 7

GOODS. & MORE

Tech. Sgt. Keona Newsom, 192nd Operations Group Commander's Support Staff noncommissioned officer in charge, poses for a portrait in front of a han-gar, March 26, 2019, at Joint Base Langley-Eustis, Va. She received recognition from Command Chief Master Sgt. Christopher Amburn, 192nd Wing Command Chief, for providing lifesaving care in a situation that occurred while she was off duty.

Senior Airman Noel Cullen is promoted to staff sergeant on October 13th, 2018, at Joint Base Langley-Eustis, Va. Her new rank was "sewed" on by her son and mother.

U.S. AIR NATIONAL GUARD PHOTO | SENIOR AIRMAN BRYAN MYHR

could not deny that her military background also played a factor in knowing what to do in a crisis.

"My military background helped a lot with the (Self-Aid and Buddy Care) training we receive," Newsom said. "I was able to utilize those principles in the situation as well as (remaining) calm under that pressure. The training that we get when we deploy, mobilize, everything like that - it really played a role and was crucial to us helping that woman in Target.'

According to Air Force Aid and Buddy Care training fulfills an Expeditionary Skills Training requirement to produce deployment-ready Airman; it provides knowledge and skills to minimize injury and prevent death or disability in deployed environments or home station emergencies."

"When something happens off duty and you realize you have to take action and put your military skills to work, that's when it hits home," said Newsom. "You're on duty 24/7, and you're here to protect people and do everything you can, so that's our job. In addition to human instinct and utilizing military training, Staff Sgt. Noel Cullen, 192nd Support Squadron Base Services, said it was also her maternal instinct that ensured she did not hesitate when she rescued a young boy while white-water rafting during the summer of 2018. The young boy had found himself trapped upside-down in rough

waters when his raft flipped over.

Without a second thought, Cullen rushed to the boy and pulled him out of the water by his feet, hit his back a couple of times until he coughed up water, and tied him to a rope she had in order to take him safely to his father.

"My decision to go into the water was more of a maternal instinct, but coming from a military standpoint, I just couldn't leave anybody behind," Cullen said. "If it were my kids, I would want somebody to do [the same].

Newsom and Cullen received recognition Jan. 9, 2019, during a ceremony at Joint Base Langley-Eustis, Virginia, for their efforts.

There are many sacrifices that all Airmen perform day to day, on and off duty. Newsom and Cullen were both surprised to receive recognition for the incredible deeds they accomplished in rescuing the injured woman and the boy in danger.

"I was very appreciative of the award, [although] the woman's safety and well-being was my main concern," Newsom said. "I was very shocked to receive an award because I felt we did what any decent (person) should do; if a little girl is screaming and a woman is in trouble, you go help." "The award was completely unexpected (for me)," Cullen said. "It was a great feeling to be recognized by people you don't even think always necessarily see you. It was really nice to have my peers know that it's more than just the uniform every day, the mission, and then go home."

### RAF partners with PTN to innovate pil ot training pipel ine

### DAN HAWKINS | AIR EDUCATION AND TRAINING COMMAND

AUSTIN, Texas (AFNS) -t's been said that "seeing is believing" and after a visit last May to the Pilot Training Next facility in Austin and facing a pilot shortage, the United Kingdom's Royal Air Force is taking innovation to the next level with the inclusion of a student and an instructor pilot in the second iteration of the class.

Pilot Training Next 2.0 is the continuation of the Air Force's experimental training environment that integrates various technologies to produce aviators in an accelerated, cost efficient and learning-focused manner.

"The RAF needs to reduce the time it takes to train a pilot, as well as increase our overall pilot numbers because we have pilots leaving faster than we can produce them," said British Army Col. Paddy Logan, assistant director for flying training of the Headquarters 22 Group. "Our (RAF) chief of the air staff has given us the go-ahead to push the envelope and innovate our pilot-training pipeline. We don't have the capacity to experiment this way, so having this partnership and having people here to learn what the (U.S. Air Force) is doing is invaluable."

As the RAF transitions from the A-29 Super Tucano to the T-6 Texan II as their primary trainer aircraft, their goal is to incorporate PTN lessons learned into their undergraduate pilot training program almost immediately as they transition this fall.

"We are just now about to introduce the Texan II into our flying training program, so this is the ideal opportunity to begin weaving things learned here

at PTN into the curriculum at the same time we are standing up vice incorporating them in later on," said RAF Wing Commander Christopher Pote, Headquarters 22 Group. "We are looking at what we can do with the resources we have and use lessons from PTN to fill in the gaps that allow us to accomplish milestones like earlier solo flights, or fewer sorties to achieve competencies, while at the same time maintaining our standards and quality."

Another aspect of the PTN program that has stood out to the RAF is the human performance element.

"The integrated approach to sleep, fitness, health, and diet together is what we should be doing," Logan said. "We are treating them like highend athletes, which shows our Airmen how much we value what they are doing and in turn can help with retention."

For the PTN 2.0 team, the opportunity to have an international student and instructor pilot in the class has opened the aperture on learning even further as both countries face some of the same challenges in terms of pilot production and retention.

"We're excited to have RAF participation in this class," said Lt. Col. Paul Vicars, PTN director. "This strengthens the partnership with one of our closest allies by continuing to share best practices, and tackling difficult problems together."





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# New direction for femalespecific flight equipment

Nev. (AFNS) -he Air Force is working to redesign the gear used by female pilots across the force after facing challenges

with current flight equipment.

"We have women performing in every combat mission, and we owe it to them to have gear that fits, is suited for a woman's frame and (one) can be in for hours on end," said Air Force Chief of Staff Gen. David L. Goldfein at a Defense Writers Group breakfast, March 2018 in Washington, D.C.

The majority of the equipment G-suit need to be modified," currently worn by pilots was built off anthropometric data from the 1960s, a time when only men were in aviator roles.

The lack of variety and representation in the current designs have caused multiple issues for women, said Col. Samantha Weeks, the 14th Flying Training Wing commander, assigned to Columbus Air Force Base, Mississippi.

Many of the uniform issues circulate around G-suits, flight suits, urinary devices and survival vests.

"The challenges other female aviators and I face are the fit



NELLIS AIR FORCE BASE, Iev. (AFNS) --Vegas, Jan. 30, 2019. Female Airmen stationed across the globe traveled to attend the workshop to explore areas of opportunity and come up with solutions for their issues.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS BAILEE A. DARBASIE

and availability of our flight equipment," said Capt. Lauren Ellis, 57th Adversary Tactics Group executive officer.

AIRMAN 1ST CLASS BAILEE A. DARBASIE | 99TH AIR BASE WING PUBLIC AFFAIRS

Limited sizes and accessibility as harnesses and survival often force aircrew to order the wrong size and have it extensively altered to fit properly, taking time and money away from the mission, Ellis said.

"All of the bladders on my Ellis said. "It's a lot of work for Combat Command are the Aircrew Flight Equipment, or working to find a feasible AFE, Airmen. Even after they're solution for aircrew modified, the proportions don't fit."

G-suits are vital anti-gravity gear for aviators. The bladders in the suit fill with air and apply pressure to the pilot's body to prevent a loss of consciousness during high levels Airmen stationed across of acceleration. Not having a properly fitted G-suit could lead to hypoxia followed by unconsciousness.

Ellis said ill-fitting flight suits are a common problem for men and women. Aircrew who are significantly above or below average height have a hard time finding suits that fit their body type.

Even if a woman found a flight suit close to her size, the flight-suit zipper is designed for men-not women. Female aircrew struggle with relieving themselves during flights because the flight-suit zipper isn't designed low enough for them to properly use their urinary devices. 'There are flight suits that were designed with longer zippers for women, but they're almost never available." Ellis said. "It's common for females to have to wait months to receive sustains all equipment for the flight suit they've ordered which causes them to have to wear the male one." Along with the possibility of injury and discomfort associated with G-suits and flight suits, women struggle to get their lifesaving gear to fit accordingly. The process of ejecting is so powerful, even pilots with well-fitting gear are at a serious risk of injury. It's important for aviators to be heard and the modernization of equipment for

everyone continues, Ellis said.

"In certain situations, having ill-fitting gear, such vests, can result in a loss of life," Ellis said. "If an aircrew member ejects from the aircraft with equipment that doesn't fit, they can be severely injured or lose their life."

The Air Force and Air members.

Part of the strategy to correct the uniform problem was to take part in several collaborative Female Flight Equipment Workshops at AFWERX Vegas. Female the globe traveled to the innovation hub and attended the workshops to explore areas of opportunity and come up with proposed solutions.

"The purpose of the workshops is to bring together female aviators, Aircrew Flight Equipment, Human Systems Program Office personnel and subject matter experts to understand the current products, the acquisition process and the actual needs from the field," Weeks said. Throughout the workshops, aviators participated in briefings, as well as discussions and exercises with the agencies involved in the design and distribution of their gear. "The Human Systems Program Office acquires and male and female Airmen," said Lt. Col. Elaine Bryant Human Systems Program Office deputy chief, assigned to Wright-Patterson Air Force Base, Ohio. "We are committed to hearing our consumers' voices, and we will make the changes necessary to our current process to meet their needs." The workshops established

### **CONTACTUS**

**Beth Duchsherer** Manager | Advertising & Design nsgraphics@srt.com or nsads@srt.com

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### **MAFB** Public Affairs Office

v35bw.pa@us.af.mil 701.723.6212

### MAIL&FAX

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

### VIEWONLINE

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### **Continued on page 7**

### THE LIGHTER SIDE

### ROSSWORD PUZZ

4. Anchor position

Solution to puzzle on page 10

5

6

4

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- 60. "Here comes trouble!" 61. Oscar nominee for "The
- Aviator"
- 63. Unsophisticated
- 64. Java neighbor

SUDOK

1

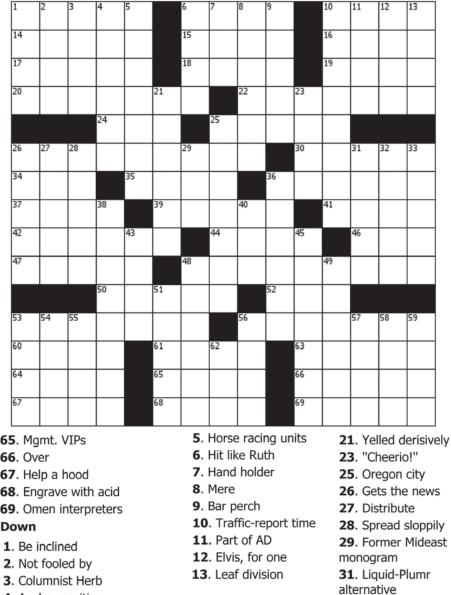
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CAPTAIN MARVEL (PG-13) FRIDAY, APRIL 5 • 1800

> 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.

### DUMBO (PG) SATURDAY, ÁPRIL 6 • 1700

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.





55. Portrayal

57. Hole up

character

58. At any time

59. Beatty film

62. "Gunsmoke"

wear

56. Pageant entrant's

32. Joshua in "The Ten

Commandments"

33. Big bunches

36. "\_\_ Weapon"

38. Big success

48. Debone

53. Big brass

(Gibson/Glover film)

40. German article

43. Olympic weapon

45. Hallowed places

49. Number on the pump

51. Inner contentment

54. Great white hunter?







Medium Solution to last week's Crossword puzzle.

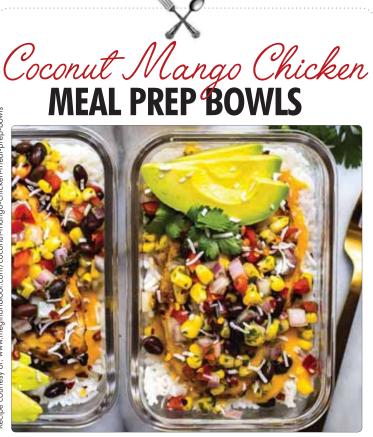
K A Y O R E A D J E S S E Carol Danvers becomes one of the

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

### **DINING, ARTS & ENTERTAINMENT**

NORTHERN SENTRY FRIDAY, APRIL 5, 2019 5



### INGREDIENTS:

- 4 chicken breasts, sliced in half
- Indication broadily br
- 1 avocado, sliced
  1/4 cup shredded sweetened
- coconut
- Extra cilantro, for garnish Mango marinade
- 1 mango2 tbsp olive oil
- 2 tbsp lime juice

### INSTRUCTIONS:

Preheat BBQ to med-high heat (alternatively, preheat oven to 425 F). Cook rice in a

rice cooker according to package directions. Blend ingredients for mango sauce together, then marinate chicken (each breast sliced in half lengthwise) in half of mixture for 10 min.

IMPORTANT: when saving half your marinade, you want to make sure to mix the marinade ingredients in a bowl separate from the chicken FIRST so as to avoid contamination. Divide the mixture in half, save the uncontaminated version for after you're done cooking everything, and the other half for marinading the chicken. Safety first!

Meanwhile, mix together ingredients for corn salsa.

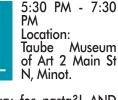
Add chicken to grill and cook for 4 min per side. Remove from heat. Divide rice among four glass meal prep bowls. Add 2 pieces of chicken to each bowl (there should have been 8 slices total) and top with extra reserved mango sauce, corn salsa, shredded coconut and extra cilantro. Add slices of avocado and refridgerate up to 5 days in the fridge





- 2 cloves garlic minced
- 1 tsp salt Corn salsa

- 1 cups Corn
  1/2 can black beans, drained
  1/2 red pepper, diced
- 1 small red onion, diced
- 1 tbsp lime juice 1/4 cup chopped cilantro
- 3/4 tsp salt



Who's hungry for pasta?! AND a night out to help raise funds for the Taube Museum of Art? Join us for a Buffet Style Lasagna Dinner prepared by the Board of Directors and volunteers!

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For information more check out: Facebook event/ Sneak Peek Art Show & Dinner



The 31st Annual International Military Ball will be an enjoyable evening for everyone! The event features the Bagpipers from the 26th Field Regiment RCA Pipes and Drums, the Minot Air Force Base



course meal. This evening is set of Minot and our military. For aside to recognize the outstanding more information check out: relationship between the U.S. and Canada and between the City Military Ball



for our third annual Beavers and Brew event. National Beaver Day and National Beer day just happen to fall on the same day and we feel its cause to celebrate! Ticket Price includes 2 delicious meat choices, sides, a beer, trivia,

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BBQ

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Location: Bones

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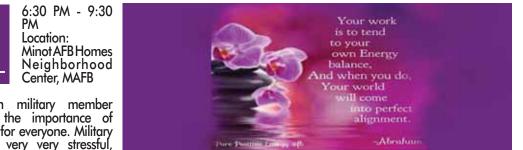
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Location: Main Street

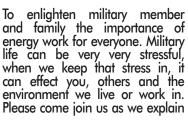
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around unicorns! Please For more information check out: Facebook event/ join us as we celebrate National Unicorn Day



life can be very very stressful, when we keep that stress in, it can effect you, others and the environment we live or work in. Please come join us as we explain



Magicon

AROUND THE AREA

# **RETURNS TO THE MAGIC CITY** ACADEMY AWARD FINALIST DAVID BARCLAY TO APPEAR

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iMagicon will also see the

return of other fan favorite events

such as Draw Offs Competitions,

LARPing (live action role playing)

and JellyBean Street kids painting

workshops. No matter your interest,

iMagicon has a bit of something for

MORE INFORMATION

VOLUNTEER: iMagicon is

seeking volunteers to help make the

event happen. To learn more, visit

HOTEL: The Hampton Inn &

TICKETS: Tickets to iMagicon

imagiconnd.com/volunteer.html.

- Comic and gaming convention iMagicon is back for its 5th year in the Magic City (April 26-28, 2019) with a new location – the Minot Municipal Auditorium. Featuring icons like Star Wars' David Barclay and Marvel Comics' Bob Hall in attendance, it is gearing up to be a spectacular event. From video gaming to fresh new talent like BBDesigns Cosplay, iMagicon celebrates all fandoms. In honor of our incredible

military volunteers, the event will kick off Friday, April 26, with Military Day. Active Duty and Retired Military will receive \$5 off Friday adult general admission for themselves and dependents by showing military ID.

### SPECIAL GUESTS

This year's special guests have decades of experience in the pop culture industry. Master puppeteer and animatronic designer David Barclay will be visiting the upper Midwest for his first time. One

of the most sought-after puppeteers in Hollywood and England, Barclay has worked on the Star Wars build crew for Yoda and had the opportunity to fully operate the puppet. He later was chosen as chief puppeteer for Star Wars' Jabba The Hutt. An Academy Award Finalist for his work in Cats and Dogs, Barclay has also worked on dozens of other films including The Muppets, Snow Dogs, and Where The Wild Things Are. "We are extremely excited

to bring

feature a Rave party for guests 18 bringing Yoda and Jabba the Hutt to and older, and Saturday night will life will be sessions you'll want to be a 21 and older fansuite event be sure to attend." at iMagicon's official hotel - The

Another special guest in attendance is Marvel comics artist Bob Hall. At one time or another, Hall drew most of the major books and characters such as Spiderman, Dr. Doom, Thor, The Fantastic Four, Captain America, and The Avengers. Other guests include professional cosplayers and costume makers Jem Kadetchy and BBDesign Cosplay. Special Guests will host booths showcasing their work and conduct informational panels for guests.

### ATTRACTIONS

One of the many attractions at Suites (Minot) is hosting iMagicon iMagicon is cosplay – the chance guests this year with special room to dress and portray your favorite blocks set aside for fans. To reserve characters. Widely popular, cosplay a room, call 701-838-1400 and contests are held every day of the mention "iMagicon". convention. Friday will feature a store-bought and handmade cosplay run \$20/day Friday & Saturday contest for adults that focuses on and \$15 Sunday for adults; kids are acting abilities. Saturday brings \$5/day. Guests looking to attend the Youth Cosplay Contest where the full weekend can get major children under the age of 14 can discounts by purchasing tickets compete with their handmade and store-bought creations; later in the night is the Individual Adult Handcrafted Cosplay Contest. Finally, Sunday will feature a Group Handcrafted Cosplay Contest.

While cosplay may be one of the main features of the event, gaming is a close competition in popularity. Video and table top tournaments will dominate the gaming experience. Tournaments throughout the weekend will feature Magic The Gathering War On The Spark Pre-Release, Dungeons & Dragons, Smash Ultimate, Hearthstone, Ultimate Marvel vs Capcom, Tekken and Mortal Combat II, to name a few. Not only is the event in a new

animatronics location this year, but it has many

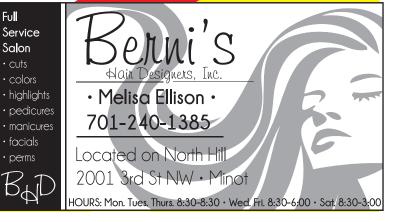
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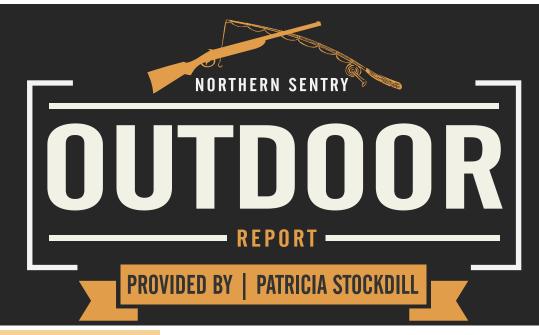
in advance of the event. 3-Day Convention Passes are being sold for \$35 and 3-Day Family Passes for two individuals (14 and older) and two youth (13 and younger) are being sold for \$50. Advanced

Tickets can be purchased at www. imagiconnd.com or by visiting participating ticket outlets at Original Comics & Collectibles, Budget Music, Chaos Games, Visit Minot and Papa Johns in Minot and on Base.

iMagicon is made possible through the support of sponsors like KMOT, SRT Communications, Hampton Inn & Suites, Papa Johns (Minot), Dakota Outdoor Advertising, Dirty Girls Car Wash (Bottineau) and Northwest Projector.

### COSPLAY - COMICS - GAMING - PANELS APRIL 26-28, 2019 IMAGICONND.COM





### **Dates to Know:**

Fort Stevenson State Park Flickertail and North Pine Loop fat tire bike trails open with bike rentals available at the park. • April 6: Coteau Hills

Rocky Mtn. Elk Foundation Banquet, Minot Moose Club, 5 p.m.

• April 6: Badlands Toms Nat'l. Wild Turkey Federation banquet, Outlaw Bar & Grill, Watford City,

5:30 p.m. • April 8: N.D. Game & Fish Dept. public advisory meeting, Game & Fish Dept. office, 100 N. Bismarck Expressway, Bismarck, 7

p.m. • April 9: N.D. Game & Fish Dept. public advisory meeting, Velva, Verendrye Elect. Coop., 615 Hwy. 52 W, 7 p.m

• April 13: Spring turkey season opens.

• April 13: Fort Stevenson State Park Maple Sugaring Day, 10 a.m., Garrison.

### 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. \*3 grouse observation blinds

available at Upper Souris Nat'l. Wildlife Refuge. Call headquarters, (701) 468-5467, for free reservations.

**Fishing:** Lake Sakakawea elevation, April 2, 1,842.62 feet above mean sea level (MSL); 13,100 cubic feet per second (CFS) Garrison Dam average daily releases. Devils Lake elevation: 1,448.40 feet above mean sea level (MSL). Stump Lake elevation:

1,448.36 MSL. \*N.D. Game & Fish Dept. game wardens: Little activity on area lakes with anglers generally waiting for open water fishing. No Devils Lake or

Missouri River System reports. \*Devils Lake, Ed's Bait Shop, Devils Lake: Improving perch success with continued pike and walleye activity. Try Lake Alice or Lake Irvine for pike and walleye.

\*Dévils Lake, Woodland Resort, Devils Lake: Improving late ice walleye, pike, and perch success. Access and mobility on the ice varies throughout the lake so check conditions in advance and use caution. Try jigging spoons with minnow heads for walleye and small jigs for perch.

\*Lake Darling, Karma C-Store, Ruthville: Not much activity on Lake Darling or other area lakes.

\*Lake Metigoshe, Four Seasons, Bottineau: Not many pike or walleye reports but anglers finding nice bluegill success. Ice remains OK for accessing with tracked vehicles.

\*Lake Šakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Shorelines opening up along Lake Sakakawea with ice rapidly deteriorating. Look for some open water shore-fishing for pike soon. Missouri River tailrace continues producing walleye from shore, honey hole and chutes from boats, and wing walls. Moving around down river is tricky with low water due to low Garrison Dam releases

\*Lake Sakakawea/Lake Audubon, 6-Mile Bait & Tackle, Garrison: Lake Sakakawea doesn't have enough shoreline yet for open water pike fishing but look for activity soon. Lake Audubon producing nice walleye bite with fair access. Try 20 to 25 feet with jigs and minnows. Missouri River spoffy but anglers can still launch boats even with low releases. Occasional walleve. \*Lake Sakakawea, Scenic 23, New Town: No activity with

plains runoff coming in and no access onto the ice with water along the shoreline.

**OUTDOOR NOTES:** 

\*Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River continues producing walleye down river using jigs and minnows. Use caution, however, with low releases creating low water situations. Try 3-way swivels in the chutes. Also try the wing walls or from shore.

\*Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Little Muddy River producing walleye. Try minnows and jigs or plastics. Missouri and Yellowstone rivers dropped and back within their banks but muddy and unfishable. Lake Sakakawea has open water shorelines with no activity. Try local rivers.

\*Lonetree WMA area lakes, Harvey: Some anglers walking onto Goose Lake off the highway but no reports on success. Look for open water shorelines on area lakes and water on top of the ice.

\*North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: No new reports with anglers waiting for open water shorelines.

\*Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: Ice conditions extremely questionable and marginal.

\*Des Lace River, Foxholm: River stage, 6.67 feet. \*Little Missouri River, Watford

City: 8.8 feet. \*Missouri River, Washburn: River stage, 8.51 feet.

\*Pembina River, Walhalla: River stage: 2.41 feet.

\*Souris River, Foxholm: 6.68 feet.

\*Souris River, Minot: 4.87 feet.

\*Yellowstone River, Sidney, Mont.: River stage, 7.24 feet.

N.D. Game and Fish Dept.,

### **NEW DIRECTION** continued from page 3

the communication needed between the consumer, designers Airmen Rapid Resource and suppliers to reach a mutual goal of understanding and development.

"We now have some pretty clear actions coming out of the Female Flight Equipment Workshops," Bryant said. "We've heard the feedback, and we want to make sure we have actionable things we're accomplishing within specific time frames for our consumers."

The Human Systems Program Office will strive to make progressive changes within their operations and better their acquisition process, explained Bryant.

"We will take the field up on their offers of coming out to the units and meeting the aircrew for whom we supply," Bryant said. now will not have the same "We'll ensure we maintain the lines of communication needed to better our program."

Another major improvement for female aviators is the

adoption of the Battlefield Replenishment System, a centrally managed equipment facility. BARS is capable of shipping needed resources directly to female aircrew. Using this system will allow women to acquire the proper fitting equipment they need within an acceptable timeline.

"BARS is a step in the right direction," Ellis said. "Everyone deserves to have equipment that fits them. There are certain things we have to adapt to, but as long as we're trying to improve and modernize our gear, we can be a more ready and lethal force."

"The Air Force has evolved over the years and continues to evolve," Weeks echoed. "Female issues I had over the last 21 years."

Information from an ACC news feature was used in this story.



main Bismarck office: (701) 328-6300, website: (http://

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### North Dakota State Fair Announces **Concert Lineup for 2019**

#### **STEPHANIE SCHOENROCK | NDSF MEDIA RELATIONS**

Minot, ND eezer, Justin Rick Springfield with Eddie Money and Greg Kihn, Midland, and Ned LeDoux will join the already announced

concerts, Tim McGraw and Rascal Flatts. Tickets go on sale April 10th at 8am. July 19th – Rascal Flatts

One band. Ten albums. Sixteen and their current single "Burn Number One hits. Over 23 million records and 10 million tickets sold. With statistics like that, the numbers pile up so high it's easy to get lost on top of the heap and forget why you wanted to be there in the first place. But not Rascal Flatts. Time and success have only put them closer of the esteemed 2018 CRS New to their core on Back to Us, their Faces. Midland is currently on tenth LP that's both a return to form and a proclamation of everything that this trio has come a full list of tour dates and more, to represent over nearly two decades.

July 20th - Justin Moore with special guest Chase Rice.

Justin Moore landed his first country #1 with "Small Town USA," the breakout single off his band Western Underground 2009 self- titled debut. Following since 1998, Ned knew from an his debut, Justin's other hit singles include 'Outlaws Like Me,' and "If Heaven Wasn't So Far Away." Justin Moore will have his new album, "Late Nights and Longnecks" available everywhere April 26.

Chase Rice has become one of country music's most exciting figures since arriving in Nashville, with his hit songs "Eyes On You", "Ready Set Roll", and "Three Chords and the Truth

July 21st - Midland

Hailing from Dripping Springs, TX lead vocalist Mark Wystrach fronts Midland's rich sound that is rounded out with lead guitarist Jess Carson and bass player Cameron Duddy. Rooted in tradition in both sound and style, the trio initially garnered attention playing clubs in the region. Their critically acclaimed freshman album, ON THE ROCKS (Big Machine Records), features 13 tracks with songwriting credits from each member longside hitmakers Shane McAnally and Josh Osborne. Launching to rave reviews from notable outlets such as the Los Angeles Times and Rolling Stone Country, ON

upon release. Their debut No. Moore with special 1 single "Drinkin' Problem," Guest Chase Rice, which offers an intentional n which offers an intentional nod to Country music reminiscent of the 1970s and 80s, earned the band their first GRAMMY® Awards nominations for Best Country Song and Best Country Duo/ Group Performance. Midland was Home Tonight," "Shakin'," also named New Vocal Group of "Think I'm In Love," "Baby the Year at the 2018 ACM Awards Hold On," and many more. and their current single "Burn Greg Kihn has toured the also named New Vocal Group of Out" is Top 10 at Country Radio. The band released a video for the song, which was inspired by the vintage style of Urban Cowboy and filmed at the legendary Billy Bob's Honky Tonk in Fort Worth, released in 2017. TX. In 2018 Country Radio Broadcasters voted the trio as one the road headlining dates for their and countless industry awards ELECTRIC RODEO TOUR. For and accolades. His unique chart

visit MidlandOfficial.com

July 24th – Ned LeDoux In country music, a last name like LeDoux casts a big, storied and bittersweet shadow. Having been a drummer in his dad Chris' early age that he had "no plan b" but to play music. On tour, you're guaranteed to hear "This Cowboy's Hat" the song most requested by his fans and a request Ned is honored to oblige. His personal favorite song to sing though is one called "We Ain't Got It All."

#### July 25th - Rick Springfield Presents Best In Show with **Eddie Money and Greg Kihn**

Rick Springfield has worn many hats as an entertainer and performer over the past four decades. The creator of some of the finest power-pop of the '80s, a Grammy winning singer, songwriter, and musician who has sold 25 million albums and scored 17 U.S. Top 40 hits, including "Jessie's Girl," "Don't Talk to Strangers," "An Affair of the Heart," I've Done Everything for You," "Love Somebody," and "Human Touch."

Eddie Money has had a legendary career spanning over 40 years and has long-established himself as one of rock's most beloved entertainers. This artist's slew of successful albums and Top 40 hits include "Take Me

world, had hit records, and has recent album "ReKihndled" was

July 26th - Tim McGraw McGraw's unparalleled career includes 43 number one radio singles, 16 number one albums achievements include having three singles in the Top 20 of the radio charts on multiple occasions, as well as having two singles spend over 10 weeks at number one. His last solo project spawned one of the biggest hit singles of all time, "Humble and Kind," whose message continues to impact fans around the world including a Spanish version sung by McGraw. He has routinely been cited as one of the biggest touring artists in the history of country music. His latest single, "Thought About You" will be the feature televised performance on the NFL Tailgate Party for Super Bowl LIII.

### July 27th - Weezer

Weezer is an American rock band that has sold 9.2 million albums in the U.S., and over 17 million records worldwide since 1992. Their catalogue has included such megahits as

"Buddy Holly," "Undone (The Sweater Song)," "Say It Ain't So," "El Scorcho," "Hash Pipe," "Island In The Sun," "Beverly Hills," "Pork and Beans," and more. Weezer has won Grammys, MTV Video Music Awards, and more throughout their career. Weezer recently released a cover of Toto's Africa which shot to #1 and went viral with the following release of "The Black Album" on March 1.

All five country concerts plus two auto events are on the Grandstand Showpass for one price, \$110.

Friday, July 19th - Rascal Flatts

Saturday, July 20th-Justin Moore with special guest Chase Rice

Sunday, July 21st – Midland Monday, July 22nd – Enduro Auto Race

Tuesday, July 23rd – Outlaw Enduro Auto Race

Wednesday, July 24th – Ned LeDoux

Friday – July 26th - Tim McGraw

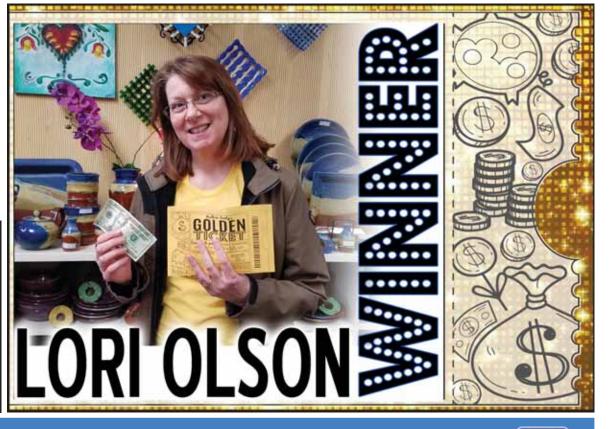
Rock Concerts -

Thursday, July 25th - Rick Springfield Presents Best In Show with Eddie Money and Greg Kihn - \$25

Saturday, July 27th - Weezer - \$50

The North Dakota State Fair is the largest annual event in North Dakota. The nine day event is host to over 300,000 people and is held the third week of July. This year's dates are July 19-27, 2019.







THE ROCKS was declared "the year's best Country album" by Washington Post. The Dann-Huff produced album earned the No. 1 position on Billboard's Top Country Album Sales chart

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- Zumba, 1800, Fitness Center
- Mixed Fun League, 1830, Rough Rider Lanes
- Karaoke Night, 2100, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes

### SATURDAY

- Zumba, 0900, Fitness Center
- Family Barre, 1000, Fitness Center

### WEDNESDAY

- Circuit Training, 0600, Fitness Center
- Right Start, 0730, held at the Jimmy Doolittle Center and hosted by the A&FRC
- TAP GPS Workshop, 0730-1600, held at the Education Center & hosted by the A&FRC
- Club Member Benefit, 0900-2000, Rough Rider Lanes Story Time, 1030, Base Library

• 4-H Club, 1600-1700, Youth Center

Mug Club Special, 1600-1800, Rockers Bar & Grill

Squadron Extramural League, 1730, Rough Rider Lanes

• Yoga, 1830, Fitness Center • Swerk, 1930, Fitness Center

- National Library Week Open House, 1100-1900, Base Library
- Minot Public School Early Release, 1300, Youth Center

Boss & Buddy \$1 off Draft Special, 1630-1830, Rockers Bar & Grill

Members Wind Down Wednesday Buffet, 1630-1830, Rockers Bar & Grill

• Jump -n- Fly presented by Minot AFB EFMP, 1730-1930, held at High Air Ground

- Pre-Deployment/Remote Readiness Training, 1300-1400, A&FRC
- Gentle Yoga, 1700, Fitness Center
- Tumbling Showcase, 1700-1900, Youth Center

• Club Members \$\$\$ Drawing, 1730-1830, Rockers Bar & Grill (name of Club Member drawn also announced at the Jimmy Doolittle Center and Rough Riders Pizza)

- Zumba, 1800, Fitness Center Keystone Meeting, 1800, Youth Center • Texas Hold 'Em, 1800, Rockers Bar & Grill
- Mixed Fun League, 1830, Rough Rider Lanes
- Live Music by Justin Herman, 1900, Ground Zero Lounge inside the Jimmy Doolittle Center
- Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes

- 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

### **SUNDAY**

### • Barre, 1300, Fitness Center

- Family Zumba, 1400, Fitness Center
- Yoga, 1500, Fitness Center

### MONDAY

- Tactical Fit Express, 0600, Fitness Center
- TAP GPS Workshop, 0730-1600, Held at the Education Center and hosted by the A&FRC
- Swerk, 0915, Fitness Center
- Reintegration Briefing, 1300-1400, A&FRC
- Yoga Strong, 1700, Fitness Center
- Family Child Care New Provider Pre-Orientation, 1700-1900, Family Child Care
- Battle Rig Fitness, 1800, Fitness Center
- Craft Club, 1800, Base Library
- Zumba, 1800, Fitness Center

### **THURSDAY**

- Tactical Fit Express, 0600, Fitness Center
- TAP GPS Workshop, 0730-1600, Held at the Education Center & hosted by the A&FRC
- Cycle, 1130, Fitness Center

and hosted by A&FRC

- Reintegration Briefing, 1300-1400, A&FRC
- Trivia Registration, 1600-1845, Ground Zero Lounge inside the Jimmy Doolittle Center
- Fitness Hour, 1600-1700. Youth Center
- Fit to Fight, 1700, Fitness Center
- Club Members' 1/2 Price Appetizers (with purchase of adult entrée), 1700-1900, Rockers Bar & Gri
- Olympic Weightlifting, 1730, Fitness Center Craft Club, 1800, Base Library
- Zumba, 1800, Fitness Center
- Trivia Night, 1900, Ground Zero Lounge inside the Jimmy Doolittle Center

### 13 April

- Spring Aero-Ba-Thon Fitness Sampler Event, 0900-1100, Fitness Center
- Youth Bowling League, 1000, Rough Rider Lanes
- For the Love of Green, 1300, Base Library
- 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
- Fight Night UFC 236: Holloway vs Poirier 2, Preliminaries begin at 1900 and Main Card at 2100, Rockers Bar & Grill

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## Air man trains for Alpha Warrior competition

Randolph, Texas (AFNS) -arenting three a spouse in pilot training, teaching crossfit classes and serving as an executive officer for a flying training squadron is a lot to manage for one person. But Capt.

Jennifer Trewett of the 43rd Flying Training Squadron is still able to squeeze in time to train and compete in a demanding, world-class sport - the Alpha Warrior competition.

After the Fort Leonard Wood, Missouri, native graduated from the University of Missouri, she married her high school sweetheart, Domenic (also an Air Force captain) and they embarked on their journey, committed to each other and to serving their country

Jennifer, with support and guidance from her father, who retired from the Army military

### DEBBIE GILDEA | 340TH FLYING TRAINING GROUP PUBLIC AFFAIRS

JOINT-BASE SAN ANTONIO- police, pursued a military law enforcement career, accepting an Air Force Office of Special preschoolers, supporting Investigation opportunity, while Domenic developed his skills as a special operations weather team officer and Army weather support as an airborne qualified weather officer. Things got busy, though, after

Domenic was selected for pilot training, and the Trewetts could see that raising a family while engaged in two high-stress, demanding career fields would take a toll.

It was while Jennifer was teaching Reserve Officer Training pluck in unexpected ways. Corps in Fayetteville, North Carolina, that a possible solution to their challenge presented itself. "My commander at the time,

Col. Jay Miller, was (Voluntary Limited Period of Active Duty program) - a reservist on temporary active duty - and he suggested I consider the Reserves," she explained.

With six years of active duty under her belt, Jennifer faced a difficult decision. The only Reserve option that would help her family remain together was traditional Reserve, or TR, but there are no OSI TR positions. She could stay on active duty and hope for the best, accept another career field and hope for job satisfaction, or separate from service and hope she didn't regret it.

It isn't in her nature to quit, though, so she forged ahead, accepting a Reserve position. Fortunately, fate often rewards

For Jennifer, whose husband is a flying training student at Columbus Air Force Base, Mississippi, an open executive officer position with the 43rd Flying Training Squadron was providence. Those positions don't to teach crossfit classes at the require specific career fields, so serving as a 43rd executive officer Reserve, she suddenly had the would give her time to develop a time and flexibility to pursue

long-term plan.

"The transition from active duty to Reserve couldn't have been any smoother thanks to the hard work of the 43rd (FTS) staff,' Jennifer said. "I've also gained a whole new perspective for how important executive officers are to a squadron functioning appropriately. (Maj. Kelly Hook) and (Maj. Kristine Brunshidle) did an amazing job teaching me the ropes and being patient with me as I asked a slew of questions."

Jennifer has enjoyed other unanticipated benefits in the Reserve.

Active and athletic, Jennifer played sports in junior high, high school and college. Her bachelor's degree was in nutrition and fitness. As a military member and crossfit enthusiast/certified instructor, she even volunteered base gym. When she joined the

other dreams, such as her dream of being a private fitness trainer.

With a full gym in the garage, she now guides clients on their health and fitness journey - a career that fits well with her other roles of wife, mom and Airman.

That would be plenty for many, but Jennifer was compelled to take on one more challenge - she would be an Alpha Warrior.

It's not about a couple of hours a week at the gym doing some cardio and a few free weights. Alpha Warrior is a state-of-theart obstacle course, similar to the equipment seen on NBC's American Ninja Warrior, designed to test competitors' abilities, strength, mental determination and tenacity.

Competitors, like Jennifer, train aggressively for months - even years - to develop the strength, balance, speed and mental discipline necessary just to qualify to compete. And that's when it gets really hard. For Jennifer, who taught CrossFit and started training for Alpha Warrior while she was pregnant, that's when it gets awesome.

"Becoming a reservist gave me the freedom to balance pursuing my fitness goals and being an officer," she said.

Things will soon change, again, for the Trewetts. Domenic will finish pilot training this summer and then it will be time for a permanent change of station.

"PCS moves are always stressful," Jennifer said. "You leave friends and favorite places behind, and it's sad. But, it's exciting too, and we look forward to new adventures. Wherever the Air Force takes us, there will be new active duty and Reserve friends, and new challenges. I'll miss the people and the atmosphere of the 43rd (FTS) the most."

Whatever their next assignment brings, rest assured this part-time Airman/part-time ninja will continue to thrive.

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