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MINOT AIR FORCE BASE

FRIDAY, APRIL 26, 2019



Elizabeth Smart signs books at the Jimmy Doolittle Center at Minot Air Force Base, North Dakota, April 17, 2019. Smart visited Minot AFB as part of her book tour to share her story about resiliency

U.S. AIR FORCE PHOTO | AIRMAN JESSE JENNY

Elizabeth Smart visits Team Minot

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Minot AFB



Videos

Memory Masters: Training the brain to retain!

MARIT HEIDBREDER | DIRECTOR FOR THE MINOT AREA
CLASSICAL CONVERSATIONS HOMESCHOOL PROGRAM



Minot, ND -
Seven local homeschool students from the Minot Area Classical Conversations (CC) program worked arduously in order to achieve the prestigious title of "Memory Master" this year and were recognized on Monday April 15th at Minot First Church of the Nazarene during the End of Year Celebration.

Classical Conversations combines classical learning with a biblical worldview and believes the ultimate purpose of education is to know God and to make Him known. Memory Master is the highest award bestowed by the national Classical Conversations (CC) homeschooling curriculum to students who have mastered all the memory work for a given year.

The memory work for Classical Conversations Cycle 1 covers seven subject areas: geography, Latin, math, English grammar, science, history and timeline. Classical Conversations defines mastery as the storing of information to long-term memory, which means the students do not cram for a single test and then move on, but instead they endeavor to train the brain to retain. They "pound" each fact into their brain like a "peg" through rote memorization, which later they will be able to "hang" information on as they expand their knowledge and understanding of each topic. At the end of the year, students who wish to obtain the Memory Master award must accurately recite all 24 weeks of information (for all 7 subjects) on three different occasions to three different people to assure complete mastery.

The facts they committed to memory include:

- 161 events and people in a chronological timeline
- 24 history sentences with dates to add depth to our timeline

- 45 U.S. Presidents, in order
- 120 geographic features and political locations throughout history, all around the world

- 53 prepositions along with grammar facts, including 23 helping verbs and 12 linking verbs
- 24 science facts including classifications of living things and each continent's highest mountain

- Latin Noun Endings in their singular and plural cases
- Multiplication tables/skip counting up to 15x15, common squares and cubes as well as basic geometry formulas, algebraic math laws and unit conversions

Parents who are interested in the Minot Classical Conversations programs may find out more at: www.classicalconversations.com or by emailing Foundations/Essentials Director Katie Vert (Campus #1) at reverticalinc@gmail.com or Foundations/Essentials Director Megan Sargent (Campus #2) at meganmsargent@gmail.com. Classical Conversations is also bringing their free Parent Practicum equipping event to Trinity Evangelical Free Church June 25-27th, 2019 for those interested in learning more about homeschooling classically for ages PreK-12th, register at www.parentpracticum.com.



Top Photo: From CC Campus #1, which meets Mondays at the Nazarene church, pictured left to right - Janelle Simmons; daughter of Yvette and Maj. Justin Simmons, Heath, Nigel and Josiah Clough; sons of Erinn and Lt. Col. Ron Clough, and Grace Guest; daughter of Charlotte and Lt. Col. Todd Guest.

Inset Photo: From CC Campus #2, which meets Tuesdays at Crossroads Baptist, pictured left to right - Avery Sargent; daughter of Megan and Maj. Brock Sargent and Jocelyn Bryant; daughter of Kelly and Lt. Col. Philip Bryant.

COURTESY PHOTOS

InBody: A step towards a healthier lifestyle

SENIOR AIRMAN JONATHAN MCELDERRY |
MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE,
N.D. --

Since October 2018, the 5th Medical Group Health and Wellness Center has been using a more precise way to analyze the overall fitness levels of Airmen and families at Minot Air Force Base, North Dakota.

By using an InBody machine, Team Minot members are able to receive a quick analysis of their body composition and see what specific areas they may need to work on. The InBody machine is free to use for all active duty members, dependents, retirees and GS employees.

What is InBody?

The InBody device precisely measures body composition by sending multiple electrical voltages throughout the body, resulting in up to six different impedance readings for the trunk and four limbs. The InBody also reports the amount of visceral fat as well as the BMR (basal metabolic rate) of the user.

With an analysis that takes less than two minutes, the InBody machine analyzes and breaks down the percentages of the user's body composition, muscle mass and distribution, lean body mass, body fat percentage, and metabolic rate.

Continued on page 6

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A gift of life: Mighty 70th comes together in time of need

SENIOR AIRMAN GERALD WILLIS | 70TH INTELLIGENCE, SURVEILLANCE,
AND RECONNAISSANCE WING PUBLIC AFFAIRS

FORT GEORGE G. MEADE,
Md. (AFNS) --

Every once in a while,
the stars align and
things just work out.
After battling with a
kidney disease since she was 10
years old, Amy Lynn Samulenas
found out that she would need a
transplant to save her life.

After being on several donor
registries and not finding a
match within her immediate
family, the Samulenas' expanded
their search to the next best
thing – her Air Force family.

Amy is an Air Force
spouse, married to Tech. Sgt.
Christopher Samulenas, 29th
Intelligence Squadron. In early
February 2019, the Samulenas
family began spreading the word
asking anyone willing to be a

Amy Lynn Samulenas, wife of Tech. Sgt. Christopher Samulenas, 29th
Intelligence Squadron, sits next to Tech. Sgt. Matthew Staggs, 691st Intel-
ligence, Surveillance and Reconnaissance Group, at Walter Reed Na-
tional Military Medical Center in Bethesda, Maryland. Staggs donated a
life-saving kidney to Samulenas.

COURTESY PHOTO

potential donor to reach out to a
local hospital.

Miraculously, a donor was
found.

"This is something I have
known I always wanted to do,"
said Tech. Sgt. Matthew Staggs,
691st Intelligence, Surveillance
and Reconnaissance Group. "I
first heard about the situation
through a public affairs
newsletter with a link to an
article about Amy. I was thrilled
and humbled by the opportunity
to donate an organ that would
help save someone's life."

Staggs is a voluntary living
donor and the epitome of what
the Air Force core value of
service before self encompasses.
After finding themselves in
what could only be described
as a horrible waiting game, the
Samulenas' will finally be able
to move on with their lives,
thanks to the incredible sacrifice
of Staff – a true wingman.

"I found out on a Monday
that I would need to check into
the hospital by Wednesday, so
those two days were a rush to
get everything sorted in my
office, with my leadership and at
home before then," Staggs said.
"Luckily, we have an amazing
family at the 691st ISRG and
my wonderful, supportive wife,
Becca, stepped up and was
amazing through all of this!"

The stage was set and on
March 14, Staggs successfully
completed the transplant, and is
now in the recovery stage.

"I will admit it has slowed me

down quite a bit," Staggs
said. "I am normally a very
active person between work,
the gym, the horse rescue I
volunteer at, activism in the
LGBTQI+ community and
spending time with my wife.
Now, I can barely walk a
loop around the mall but I
am optimistic and ready to
keep going forward!"

Through it all, Staggs says
he has been left with a new
perspective and unforeseen
life-long friend; referring
to Amy as a sister he is just
now meeting.

"Once in a while
(pretty often, actually)
I am humbled by an act
of incredible selflessness
within our wing. Staggs
gave a wingman's family
the gift of life, and the
rest of us a refreshed
appreciation of what it
means to take care of our
family in the Mighty 70th
ISR Wing," said Col.
Matteo Martemucci, 70th
ISRW commander. "We are
extremely proud of Matt
and hope for the best for all
involved going forward!"

Staggs asks that anyone
interested in possibly
donating reach out to the
Walter Reed transplant
office or their local
transplant organization for
more information; call 202-
390-2474 or email: usn.
bethesda.nsabethesdamd.
nsab-access@mail.mil.

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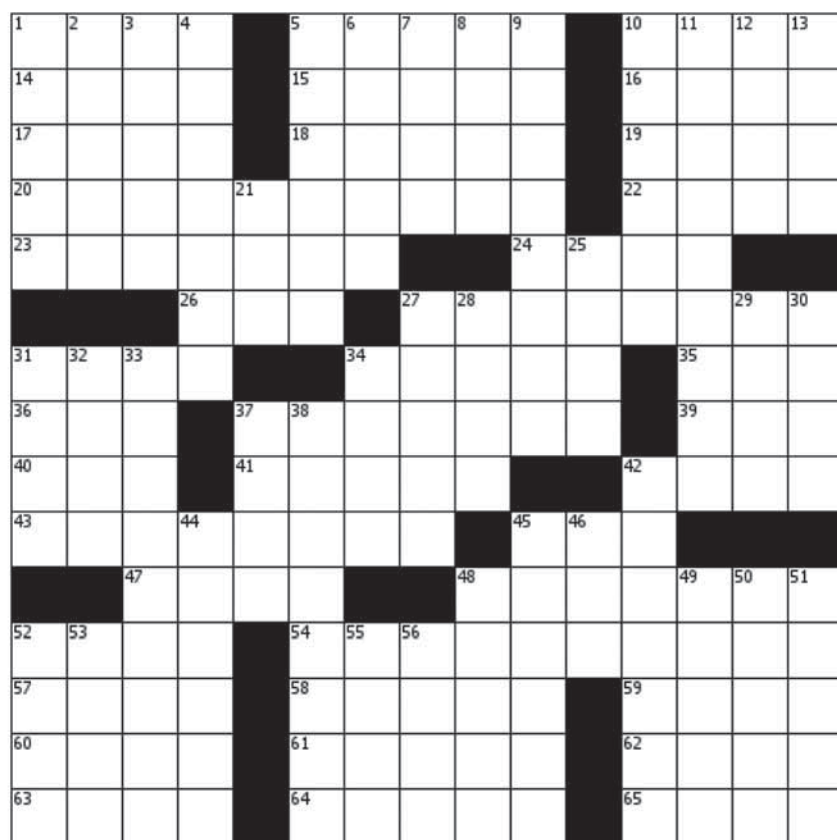
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CROSSWORD PUZZLE

Across

1. Rat-
5. Took a cut
10. Part of N.E.A.: Abbr.
14. Composer Schiffrin
15. Luckless one
16. Nick's spouse
17. Sit heavily
18. Discombobulated
19. Week-ending letters
20. Fraternity event
22. Altar site
23. Fireplace accessory
24. Nike competitor
26. Blocker of "Bonanza"
27. Announced
31. Upward grade
34. Double agents
35. Pres. when SEATO was formed
36. Clinch
37. It's next to the tub
39. Caustic potash
40. Rival
41. Rival of Sparta
42. "___ in Show": 2000 film
43. They may involve pawn promotions
45. Go out with
47. "Holy ___!"
48. Does over, as a cassette
52. A party to
54. Cerebral malfunction, facetiously
57. Corn bread
58. Indian chiefs
59. Die, for one



60. Concluded
61. Tiny type
62. ___ Bator
63. Utters
64. Birthplace of 35-Across
65. Word that can precede the first words of 20-, 37- and 54-Across, and 11- and 33-Down

Down

1. Kind of male

2. Eagle's defense
3. Audibly
4. On deck
5. Apply haphazardly
6. Odin's Germanic counterpart
7. Cold War inits.
8. Depilatory brand
9. It's not clearly define
10. Involve

11. Tot's pool stroke
12. "Exodus" author
13. Bistro
21. Time in history
25. Like the universe
27. Hostess snack cakes
28. Shade providers
29. Dreyer's ice cream, east of the Rockies
30. Off! ingredient
31. Teeming

32. Cathedral image
33. Start-up capital
34. FHA loan
37. False god
38. Child on a base
42. Den denizen
44. They're doomed
45. Has a feeling
46. List shortener: Abbr.
48. Lasso
49. Austrian Nobel physicist Wolfgang ___
50. Put in prison
51. Shell out
52. Financial pg. highlights
53. PBS science series
55. Fad
56. Comet competitor

SUDOKU Solution to puzzle on page 10

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

Difficult

Solution to last week's Crossword puzzle.

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

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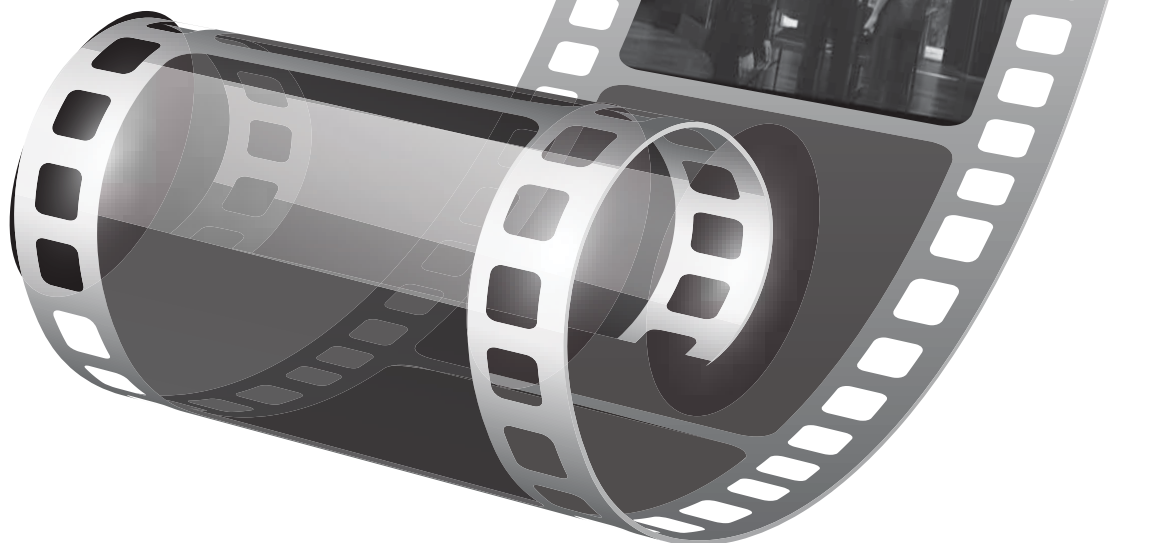
FRIDAY, APRIL 26

1800 & 2130

SATURDAY, APRIL 27 • 1700

SUNDAY, APRIL 28 • 1500

“Adrift in space with no food or water, Tony Stark sends a message to Pepper Potts as his oxygen supply starts to dwindle. Meanwhile, the remaining Avengers -- Thor, Black Widow, Captain America and Bruce Banner -- must figure out a way to bring back their vanquished allies for an epic showdown with Thanos -- the evil demi-god who decimated the planet and the universe.”



Recipe courtesy of: www.cavinghomecooked.com/creamy-parmesan-orzo-with-chicken-and-asparagus/

Creamy Parmesan Orzo WITH CHICKEN & ASPARAGUS



INGREDIENTS:

- 1 lb chicken breast, boneless and skinless (about 3)
- 1/2 tsp salt, or to taste
- 1/2 tsp pepper, or to taste
- 1 tbsp paprika
- 2 tbsp olive oil
- 1 cup asparagus, chopped
- 1 large onion, chopped
- 4 cloves garlic, minced
- 2 cups orzo, uncooked
- 2 cups half and half
- 3 cups chicken broth, low sodium, or water
- 1 1/2 cups Parmesan cheese, grated
- 2 tbsp parsley, chopped, for garnish

INSTRUCTIONS:

Season the chicken breasts with salt, pepper and paprika on both sides. In a large skillet heat the 2 tbsp of olive oil over medium-high heat. Sear the chicken for about 5 minutes per side, or until golden brown and cooked through. Depending on the thickness of your chicken you might need longer time. Transfer the chicken to a warm plate; set aside. In the same skillet add the asparagus and saute for about 3 minutes, just until it starts to soften and starts to brown a bit. Transfer to a plate; set aside. In the same skillet add the onion and garlic and saute for about 3 minutes until the onion is translucent and the garlic becomes aromatic. Add more olive oil if needed. Add the orzo to the skillet and saute for just one minute, to get it a little toasted, this will give it a nutty flavor. Add the half and half, chicken broth and stir. Bring to a boil, then turn the heat down to a medium-low, cover with lid and let it cook for 10 minutes. Remove the lid and stir in the Parmesan cheese. Taste for seasoning and adjust with salt and pepper. Add the asparagus back and stir it in. Slice the chicken into thin slices. You can either add it to the skillet and stir it in, or as seen in the photos, arrange over the orzo. Garnish with more Parmesan cheese if preferred, and parsley. Serve warm.

UPCOMING EVENTS



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**26-28
APRIL**

11:00 AM - 6:00 PM
Location:
Minot Municipal Auditorium 420 3rd Ave SW, Minot.

iMagicon is back for its 5th year in a NEW location - the Minot Municipal Auditorium! Come join us for video gaming, table top gaming, pop culture vendors, panels and more! Special guests this year include announced



Marvel comics artist Bob Hall at www.imagiconnd.com. For and professional cosplayer more information check out: BBDesign Cosplay. More to be Facebook event/iMagicon 2019 announced soon! Tickets on sale

**26
APRIL**

4:30 AM - 8:30 PM
Location:
Roosevelt Park Zoo 1219 Burdick Expy E, Minot.

Join us in combining your thirst for creativity with our mission for conservation! Roosevelt Park Zoo's Canvas, Corks & Conservation is an adult-only painting class that will inspire your love for the natural world through guided paint classes. Time: 6:30-8:30pm



Ages: Must be 21+ to attend
Fee: \$25 for zoo members \$30 for nonmembers For More information: Facebook event/ Canvas, Corks & Conservation

**27
APRIL**

10:00 AM - 1:00 PM
Location:
Oak Park 1300 4th Ave NW, Minot, ND 58703

Join Minot Center for Pediatric Therapy and the great Minot community for the 2nd Annual Minot Walk for Autism. Start a team, join a team, or come on your own. Either way, this is a fun family event, connecting and raising autism awareness. We can't wait to see you shine on April 27th!



For more information check out: Facebook event/ Minot Walk for Autism

**27
APRIL**

6:00 PM - 11:59 PM
Location:
Downtown Minot, ND

Your favorite pub crawl is back! Saturday, April 27 . 6 p.m. to 1 a.m.

Dress up in your favorite wizardly outfits and join us for a mystical time! Stop by any of the 3 bars and grab a Scavenger Sheet and your VIP wristband. When you



have finished the crawl just drop Prize at each bar at Midnight! For more information check out: Facebook event/Potions and Pubs

**2
MAY**

6:30 PM - 8:00 PM
Location:
Minot State University Wellness Center Minot.

Heard about roller derby but want to learn more? Thinking about becoming an awesome member of Minot's only roller derby team? Love derby already but want to learn how to help out as a skating or non-skating referee? Come out to the 2nd floor of the



MSU Wellness center and watch the NoDak Knockouts in a full scrimmage. You will have the chance to hear about derby as well as get all your questions answered while you watch the scrimmage. For more information check out: Facebook event/ Scrimmage and Open House

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Surviving Abuse: Elizabeth Smart's advice

AIRMAN JESSE JENNY | 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

Elizabeth Smart is a survivor, and her story has provided guidance and solace to scores of people that have lived through trauma. At the Jimmy Doolittle Center this past Wednesday, a crowd of Airmen, civilians and spouses listened as she told her own story of abuse and how she has dealt with it.

"At the age of 14, I was kidnapped," Smart said. "I was led out of my house with a blade to my throat and was held captive for nine months."

On March 12, 2003, Smart was rescued and reunited with her family.

"Since that time, I worked to become an advocate for survivors," she said.

Smart has fought extensively for victims' rights over the years. Recently, she has been trying to create a culture shift in how violence and sexual abuse is thought about.

"Some people feel like [the victims] might have asked for it or deserved it in some way," she said. "They think it might have been their fault because of a low-cut shirt, or maybe they were flirting, or somehow

they had communicated that they wanted it and then they didn't want it anymore."

The recovery process after a sexual assault may be long and arduous, but for those who have been affected, the Sexual Assault Prevention and Response team know how to help.

When it comes to sexual assault, people need to treat it with the utmost respect," said Capt. Holly Schlotfeldt, 5th Bomb Wing deputy SAPR coordinator. "When someone comes through our door, we make sure their story is heard and understood. We get them the help they need and provide options based on their specific situation."

Schlotfeldt said not everyone experiences the same trauma, so each survivor's needs have to be tailored.

"Every case is different," Schlotfeldt said. "We want to help them in any way we can based on the individual's experiences. We want to empower them and get them to back to that baseline, where they have that feeling of hope."

Schlotfeldt also said depending on the event, the aftermath could be worse.

"It's great to have people like Mrs. Smart to share her story at the JDC," said



Schlotfeldt. "She helps victims who have been struggling with internal problems, like night terrors or flashbacks. They're struggling with these normal problems in an abnormal situation."

And this is mirrored in Smart's sentiments.

Smart said. "I want the victim, first and foremost, to know that this is not their fault. I want them to know that they're not alone, there are so many other survivors

out there. These are topics that people feel scared or shameful to talk about, but that's not true. It shouldn't make you feel less like of a person."

If you or a loved one has been affected by sexual assault, the SAPR office is available to provide help at (701)-723-7272. You can also reach their 24/7 crisis line at (701)-340-8882.

INSTEP

continued from page 2

What are the health benefits of InBody?

"The InBody machine is a great way for people to stay physically fit because it gives them a baseline in order to set their own health goals and keep them on track," said Lori Halvorson, 5th Medical Operations Squadron health promotion coordinator. "With this machine you can also tell if a person is losing muscle instead of losing fat. A lot of people just look at the scale and think it's good that they lost weight, but if they're only losing muscle and storing fat then it's still not helping them."

Approximately 30 to 40 people with a wide range of fitness levels use the InBody machine on a monthly basis.

"If people can actually see what they're doing versus just a number on a scale it can help motivate them," Halvorson said. "Even if you're already fit and healthy it can help motivate you to stay that way."

How to use InBody?

To get the most accurate reading, users should not eat, drink or exercise within two hours prior to testing. Users should also remove socks, shoes and anything from their pockets or wear workout clothes for the analysis.

Each appointment lasts approximately 15 minutes, which includes a discussion about the results with a dietician or health coordinator.

Users can also come back for multiple appointments and the machine charts the history of previous tests for Airmen to see whether or not they've made progress in their overall health.

To schedule an InBody appointment, call the Health and Wellness Center at 701-723-5399.



Laura Larson, M.S., LPCC

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NORTHERN SENTRY

OUTDOOR

REPORT

PROVIDED BY | PATRICIA STOCKDILL

Dates to Know:

Upper Souris and Lostwood Nat'l. Wildlife Refuge grouse blinds available for viewing. Contact refuge headquarters for free reservations, Upper Souris, (710) 468-5467, ext. 110 or Lostwood, (701) 848-2722, ext. 17.

- **May 1: Paddlefish season opens. See N.D. Game & Fish Dept. website, (gf.nd.gov) for regulations.**
- **May 1: Lake Darling opens for boat fishing.**
- **May 4: Women's Wing-shooting Workshop, session 1, Capital City Sporting Clays, Bismarck. Contact Cayla Bendel, (cbendel@pheasantsforever.org) for information or to register.**
- Tournaments:**
- **May 11: Lake Sakakawea, New Town Marina; Lake Darling.**
- **May 12: Lake Sakakawea, 4 Bears.**

Fishing:

Lake Sakakawea elevation, April 23, 1,845.91 feet above mean sea level (MSL); 13,400 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,448.85 feet above mean sea level (MSL).

Stump Lake elevation: 1,448.71 MSL.

*N.D. Game & Fish Dept. game wardens: Devils Lake decent at times in the feeder coulees and creeks but still somewhat spotty for walleye. No Missouri River System reports.

*Devils Lake, Ed's Bait Shop, Devils Lake: Fair to good for a mix of a walleye and pike along the moving water around bridges, Channel A, and feeder coulees. Try pitching plastics.

*Devils Lake, Woodland Resort, Devils Lake: Try areas of moving water around the coulees or any of the bridges for a nice mix of walleye and pike. Main lake shorelines starting to open but no activity yet.

*Lake Darling, Karma C-Store, Ruthville: Look for improving walleye activity from shore with Lake Darling opening up.

OUTDOOR NOTES:

*Lake Metigoshe, Four Seasons, Bottineau: No activity with shorelines opening up and anglers waiting for the lake to become ice-free.

*Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Deepwater Bay fair for walleye but use caution with floating ice yet. Try jigs and minnows in shallow water in the back bays with the back ends of Douglas, de Trobriand and Garrison bays open. Try North Lake of Lake Audubon for walleye with that area also mostly open. Small boats can access from the east end embankment of Lake Audubon but, again, watch floating ice.

*Lake Sakakawea/Lake Audubon, 6-Mile Bait & Tackle, Garrison: A few boats starting to venture out on the east end of Lake Sakakawea in the open bays. Pike success slowing from shore. North Lake of Lake Audubon slow yet but small boats can access Lake Audubon from the end cabin site where there are some nice early season walleye catches. Watch floating ice on both Lake Sakakawea and Lake Audubon, however.

*Lake Sakakawea, Scenic 23, New Town: Deepwater Bay producing a nice walleye bite but use caution with floating ice. Try jigs and minnows in 8 to 20 feet. Van Hook Arm ice just starting to break up but the river portion of the lake is open around New Town.

*Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River continues producing walleye from boats and shore. However, low Garrison Dam releases creating low water conditions at times throughout the day, which influences fish activity and overall success. Try spoons or crankbaits for pike from shore in Lake Sakakawea's back bays.

*Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Upper end of Lake Sakakawea has open water down to New Town. Water is muddy yet but try jigs and minnows in 6 to 10 feet for walleye. Also try Lindy rigs. Look for large pike in

shallow water. Yellowstone River slowly clearing with some sauger success starting. Trenton Lake producing a few crappie. Little Muddy River producing a few pike and walleye.

*Lone tree WMA area lakes, Harvey: Nice weather bringing anglers out to shore-fish area lakes now that they're open or mostly open. Generally fair to good success on lakes that didn't suffer winter-kill.

*North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Some areas of the Mouse River starting to produce walleye. No reports from area lakes.

*Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: Lots of shore-fishing activity at Grano with small walleye success. Anglers also fishing the Outlet Fishing Area but overall success is slow. Grouse are still dancing on leks and auto tour route is open.

Migration:

*Some trailing bunches of light geese moving through eastern and northeastern N.D. early in the week. The smaller flocks might be easier for hunters to target.

N.D. rivers:

*Des Lacs River, Foxholm: River stage, 5.74 feet; streamflow, 10.9 CFS.

*Little Missouri River, Watford City: River stage, 0.94 feet; streamflow, 613 CFS.

*Missouri River, Washburn: River stage, 8.73 feet.

*Pembina River, Walhalla: River stage: 5.27 feet; streamflow, 1,150 CFS.

*Souris River, Foxholm: River stage, 6.97 feet; streamflow, 197 CFS.

*Souris River, Minot: River stage, 5.14 feet; streamflow, 204 CFS.

*Yellowstone River, Sidney, Mont.: River stage, 5.71 feet; streamflow, 10,600 CFS.

Numbers to know:

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

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



NORTH DAKOTA GAME AND FISH DEPARTMENT

2018 Deer Season Summarized

ND GAME & FISH DEPARTMENT | WWW.GF.ND.GOV

A total of 48,717 North Dakota deer hunters took approximately 31,350 deer during the 2018 deer gun hunting season, according to a post-season survey conducted by the state Game and Fish Department.

Game and Fish made available 55,150 deer gun licenses last year. Overall hunter success was 64 percent, with each hunter spending an average of 4.4 days in the field.

Hunter success for both antlered and antlerless white-tailed deer was 64 percent.

Mule deer buck success was 81 percent, and antlerless mule deer was 83 percent.

Hunters with any-antlered or any-antlerless licenses generally harvest white-tailed deer, as these licenses are predominantly in units with mostly whitetails. Buck hunters had a success rate of 69 percent, while doe hunters had a success rate of 65 percent.

Game and Fish issued 13,098 gratis licenses in 2018, and 10,785

hunters harvested 5,832 deer, for a success rate of 54 percent.

A total of 1,022 muzzleloader licenses were issued in 2018, and 900 hunters harvested 349 white-tailed deer (176 antlered, 173 antlerless). Hunter success was 39 percent.

A record 28,824 archery licenses (26,318 resident, 2,506 nonresident) were issued in 2018. In total, 22,666 bow hunters harvested 8,914 deer (7,927 whitetails, 987 mule deer), for a success rate of 39 percent.

The department is in the process of determining recommendations for licenses in 2019. In addition to harvest rates and winter aerial surveys, Game and Fish staff monitor other population indices to determine license numbers, including depredation reports, hunter observations, input at advisory board meetings, and comments from the public, landowners and department field staff.

Scholarships Available for Students

The North Dakota Game Wardens Association, Ray Goetz Memorial Fund and Kupper Chevrolet are together sponsoring scholarships for graduating high school seniors or current higher education students, majoring in law enforcement, wildlife management, fisheries or a related field.

Applicants must be North

Dakota residents, be in good academic standing, and have an interest in wildlife law enforcement or a related field. Scholarships will be awarded this fall upon proof of enrollment.

Applications are available by contacting the North Dakota Game Warden's Association, NDGAMEWARDENS@gmail.com. Applications must be received no later than May 31, 2019.



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Staff Sgt. Antonio Padilla, 366th Security Forces Squadron military working dog trainer, and Alf, 366th SFS military working dog, act as opposition forces and hunt down "crashed" pilots during a combat search and rescue exercise April 2, 2019, at Saylor Creek Range near Mountain Home Air Force Base, Idaho. This is one aspect of the Gunfighter Flag exercise that tests the abilities of pilots to stay hidden until rescue arrives while military working dog trainers and their dogs hone their tracking ability in an expansive environment.

U.S. AIR FORCE PHOTO | AIRMAN FIRST CLASS ANDREW KOBIALKA

Military working dog hunts down air crew

AIRMAN FIRST CLASS ANDREW KOBIALKA | 366TH FIGHTER WING

MOUNTAIN HOME AIR FORCE BASE, Idaho (AFNS) --

"Hide!"

Four crashed aircrew members scatter into knee-high desert brush searching for a spot to blend-in with the environment. There's nothing but a dying, desolate landscape as far as the eye can see. And yet, they need to disappear. These aircrew are being hunted.

Rustling through the brush downwind of the pilots is a man and his dog.

"Find them!"

The duo presses on with the hunt, despite being at a disadvantage. The dog puts his nose to the air and takes in short, quick breaths, but an unrelenting mist keeps the aircrew's scents from being carried by the wind. They traverse miles of mud and brush, stopping every-so-often to stare out into the seemingly endless tan and brown canvas

laid out before them.

No matter how this ordeal ends, both sides will be better for it.

Staff Sgt. Antonio Padilla, 336th Security Forces Squadron military working dog trainer, and Alf, 366th SFS military working dog, acting as opposition forces, hunt down pilots to enhance the combat readiness of both parties during a search and rescue operation as part of a Gunfighter Flag exercise at Saylor Creek Range Complex, Idaho.

Gunfighter Flag concentrates on preparing Airmen to be ready to overcome obstacles that may appear in a deployed environment. Padilla plays a unique role in that preparation.

"When we are at the range, scouting for pilots, we are not only testing the survival skills of our pilots, but also honing the capabilities and teamwork between MWDs and their trainers," Padilla said.

To effectively enhance

readiness this training has to be exactly like the real deal.

"Finding a way to simulate stress is important," said Staff Sgt. David H. Chorpene, 366th Operation Support Squadron noncommissioned officer in charge of survival, evasion, resistance, escape operations.

"AHHH!"

Screams riddled with anguish and anxiety filled the air as each aircrew member suffered a bite from Alf.

The aircrew was protected by a bite-suit, but the stress they experienced was almost tangible, and not easily forgotten.

Incorporating stress into these scenarios helps ingrain the survival process and

procedures into the minds of Airmen to ensure they will be able to act on it in the field, Chorpene said.

Padilla and Alf bring a dose of stressful realism to the exercise through Alf's vicious bite and undying loyalty that, consequently, often inflicts fear into whoever they pursue.

However, to be frightening is one thing, to be ready for deployment is another. That requires MWDs to be well-trained, obedient and skilled. Developing that in a MWD, like Alf, takes time and dedicated trainers.

Padilla said that there is a process of building rapport with new dogs, solidifying their commands, and exposing them to realistic situations like

bite-work and detection that has to take place before they are cleared for deployment.

Ultimately, MWDs are tested in exercises like scouting for aircrew members in a vast environment with endless hiding places. This serves as a great preparation tool for MWDs and their trainers.

As an MWD and its trainer work together, they understand each other better and are able to work cohesively, Padilla said.

"On a scout, the dog leads the way, but we are a team," Padilla said. "Alf's senses are a lot better than a human's. Alf will often see, hear or smell a potential target before I do. Then I am able to decipher whether or not it is what we are looking for or if we should move on."

It is a rigorous journey to become a MWD but in the end they are able to save lives in real-world situations and through readiness exercises like Gunfighter Flag.

"This training is so beneficial for trainers and their dogs to gain the experience of realistic training," Padilla said. "What is even better is the dualistic nature of the exercise that enables pilots to improve their survival and evasion tactics simultaneously."

The search and rescue exercise at Saylor Creek Range Complex may be a single piece of Gunfighter Flag, but is vital nonetheless because of the life saving potential it holds. Padilla and Alf continue to diligently work towards enhancing the readiness of themselves and the aircrew they hunt.



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Lori Ann Wolff, PA-C

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Lori provides the full range of primary care services to people of all ages, including annual physicals, acute care visits, treatment of chronic health conditions such as diabetes and high blood pressure, prescribing appropriate medications, and educating patients in self-care skills to prevent disease. A longtime Minot resident, she earned her Bachelor of Science in Nursing from the University of Mary, Bismarck, and in 2012 completed her Master of Physician Assistant Studies at the University of North Dakota in Grand Forks. Subsequently she served patients at CHI/St. Alexius Medical Center for six years and most recently at Sanford Health. A member of the American Academy of Physician Assistants and the North Dakota Academy of Physician Assistants, Lori and her husband, Scott, have two children, with interests that include hiking and motorcycling.

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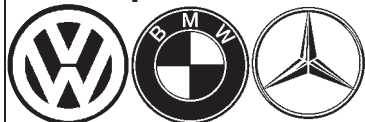
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ANSWERS

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

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Answers to puzzle from page 4

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 <p>\$217,000</p> <p>RANCH STYLE – 3 bedroom, 1 ¾ bath home in SW area. Newer carpets in living area. Kitchen with dining area. Updated bath. Lower level family room and 2 egress bedrooms. Detached double garage.</p> <p>MLS #190449</p>	 <p>\$319,900</p> <p>MULTI-LEVEL LIVING – 5 bedroom, 2 ¾ bath home. Master bedroom has private bath and walk-in closet. Deck off dining room. Walkout lower level family room with fireplace. Triple garage.</p> <p>MLS #190691</p>	 <p>\$254,900</p> <p>COUNTRY LIVING – 3 bedroom, 1 ¾ bath home on 3.38 acres near Turtle Lake. Kitchen with lots of cabinets, breakfast bar, island and walk-in pantry. Dining area has gas fireplace and French door to outside. Close to fishing and hunting. Attached triple and detached single garage</p> <p>MLS #190893</p>
 <p>\$214,000</p> <p>PRICE REDUCED! 2 bedroom, 1 ¾ bath condo with open floor plan. Large pantry in kitchen. Master suite. Main level laundry. Daylight lower level family room. Double garage.</p> <p>MLS #190897</p>	 <p><i>Welcome,</i> LENORA STEVENSON TO OUR TEAM OF SALES PROFESSIONALS</p>	 <p>\$165,800</p> <p>SPLIT FOYER – 3 bedroom, 2 bath home on 2 acres with valley views. Main floor laundry. Walkout lower level has a 1 bedroom 1 bath apartment. Front deck and rear patio. 28x28 garage.</p> <p>MLS #190735</p>
 <p>Danielle Delzer 500-3732 danielle@minothomes.com</p>	 <p>Easy as 1, 2, 3 1. We don't capture your name 2. You contact us only when you're ready 3. You search everything on the Minot MLS</p>	 <p>Gary Kramlich 721-0526 kramlich@minot.com</p>

BASE ANNOUNCEMENTS

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY is now registering for the Spring 2019 term (25 Apr-26 June). You can enroll in classes for CCAF, classes towards Undergraduate degrees such as: AS/BS Aeronautics, AS/BS Aviation Maintenance, AS/BS Technical Management and Graduate degrees: MS Aeronautics, MBA Aviation & MS Management. Please stop by the ERAU office, located inside the Minot AFB Education Center Bldg, Room 223 or email your registration request & any inquiries to minot@erau.edu. To apply to the University, please go to: <https://worldwide.erau.edu/admissions/apply/> and select Minot as the Campus location. Our course modalities include Eaglevision class onsite, online and Eaglevision home. If you have any questions, please call 701-727-9007.

PARK UNIVERSITY MINOT – Earn your degree on your terms; now enrolling for Summer with classes starting June 10th. At Park, we believe everyone who strives to earn a degree should have that opportunity. Earn your CCAF credits, AU-ABC, or your Bachelor degree with Park helping to maximize your prior military experience. Park University Minot AFB @ the Education Center. 844-884-8612; mino@park.edu. Park. You.



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WHAT'S GOING ON MAFB

TODAY

- TAP GPS Workshop, 0730-1600, Held at the Education Center and hosted by the A&FRC
- Career Exploration & Planning Workshop, 0800-1600, Held at the Education Center and hosted by the A&FRC
- Outdoor Recreation Open House & FREE National Park Annual Passes, 1100-1600, Outdoor Recreation (Park Passes valid for Active Duty Military Members and Dependents only)
- Beach Party Barbecue, 1630-2300, Rockers Bar & Grill
- Gentle Yoga, 1700, Fitness 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 • Wine & Paint Class, 1800-2000, Arts & Crafts
- 19th Annual Kids Block Party, 1800-2000, Youth Center
- Free Salsa Dance Lessons, 1900, Ground Zero Lounge in the Jimmy Doolittle Ctr.
- Salsa Dance Social, 2000-2300, Ground Zero Lounge in the Jimmy Doolittle Ctr.
- Karaoke Night, 2100, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes
- Air Force Teen Only Operation Megaphone Lock-In, 2130-0600, Youth Center

SATURDAY

- Zumba, 0900, Fitness Center
- Youth Bowling League, 1000, Rough Rider Lanes
- Swerk, 1100, Fitness Center
- EFMP Adult Fitness Series: Pilates, 1215-1315, Held at Spectrum Fitness and hosted by AFRC
- The Gls of Comedy, 1600-2200, Jimmy Doolittle Center
- Lights & Strikes and Saturday Unlimited Bowling, 2000-2400, Rough Rider Lanes

SUNDAY

- Sunday Escapes Book Club, 1330, Base Library
- Family Zumba, 1400, Fitness Center

MONDAY

- Registration Opens for Rock Climbing & Horseback Riding Trip to Custer, SD at Outdoor Recreation
- Tactical Fit Express, 0600, Fitness Center
- Swerk, 0915, Fitness Center • Reintegration Briefing, 1300-1400, A&FRC
- Yoga Strong, 1700, Fitness Center • Battle Rig Fitness, 1800, Fitness Center
- Zumba, 1800, Fitness Center

TUESDAY

- Pre-Separation Counseling, 0800-1130, A&FRC
- Last Day for the Month of the Military Child Bowling Special, 0900-1400, Rough Rider Lanes
- Game Day, 1000-1930, Base Library
- Express Cycle, 1130, Fitness Center
- Fit to Fight, 1700, Fitness Center
- Zumba, 1800, Fitness Center
- Swerk, 1900, Fitness Center

WEDNESDAY

- Military Appreciation Month Begins at Dakota Inn Dining Facility
- Youth Outdoor Soccer Registration Opens at Youth Center
- Circuit Training, 0600, Fitness Center
- Club Member Benefit, 0900-1400, Rough Rider Lanes
- Story Time, 1030, Base Library
- Brown Bag Book Talks, 1200, Base Library
- Pre-Deployment/Remote Readiness Training, 1300-1400, A&FRC
- 4-H Club, 1600-1700, Youth Center
- Mug Club Special, 1600-1800, Rockers Bar & Grill
- Drums Alive, 1600-1700, Youth Center
- Boss & Buddy \$1 off Draft Special, 1630-1830, Rockers Bar & Grill
- Members Wind Down Wednesday Buffet, 1630-1830, Rockers Bar & Grill
- Yoga, 1830, Fitness Center
- EFMP Cookie Social, 1830-1930, A&FRC • Swerk, 1930, Fitness Center

THURSDAY

- Group Fitness Class (To Be Determined), 0600, Fitness Center
- TAP GPS Accessing Higher Education, 0800-1600, Held at the Education Center and hosted by the A&FRC
- Barre, 0915, Fitness Center
- Express Cycle, 1130, Fitness Center
- Reintegration Briefing, 1300-1400, A&FRC
- Trivia Registration, 1600-1845, Ground Zero Lounge in the Jimmy Doolittle Center
- Fitness Hour, 1600-1700, Youth Center
- Cycle, 1700, Fitness Center
- Club Members' 1/2 Price Appetizers (with purchase of adult entrée), 1700-1900, Rockers Bar & Grill
- Olympic Weightlifting, 1730, Fitness Center
- Zumba, 1800, Fitness Center
- Trivia Night, 1900-2100, Ground Zero Lounge in the Jimmy Doolittle Center



UPCOMING EVENTS:

3 May

- Barre, 0600, Fitness Center • Fairy Tale 5K Run, 0630, Fitness Center
- Torch Club, 1600-1700, Youth Center
- First Friday, 1600-2200, Jimmy Doolittle Center
- Cinco de Mayo Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill
- Gentle Yoga, 1700, Fitness 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
- Karaoke Night, 2100, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes

4 May

- Zumba, 0900, Fitness Center
- Barre, 1000, Fitness Center
- EFMP Zoo Series, 1000-1200, Held at Roosevelt Park Zoo and hosted by A&FRC
- 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

April Special - Po Boy Sandwich

A tasty combination of grilled shrimp, shredded lettuce, red onion, and delicious remoulade sauce on a hoagie roll! Try it today for \$9.75 - includes chips and a drink!

May Special - Chicken Bacon Wrap

A tasty combination of grilled chicken, tomato, lettuce, Swiss cheese, bacon, red onion & regular or spicy ranch in a flour tortilla! Try it today for \$9.25 - includes chips and a drink!

The B-Fifty Brew

April Special - Spinach Frittata

Add some variety to your day and dig in with a medley of eggs, Parmesan cheese, onion, garlic, spinach, and Swiss cheese! Try it today for \$4!

May Special - Ultimate Breakfast Sandwich

You can't go wrong with this classic! Enjoy crispy bacon, tomato, egg, roasted peppers (plus avocado upon request) for only \$4

Auto Hobby May Specials

May 1-15 - Small Engine Service

Bring any small engine equipment (lawn mowers, snow blowers, etc.) to Auto Hobby and we'll change the oil, spark plugs, adjust carburetor where applicable, clean air filter, change oil filter if unit has one & grease all fittings.

27.50 +parts (walk behind) | 45.00 +parts (riding tractors)

Master Sgt. Angela Santos, Air Force Cryptologic Office, Education and Technology Branch, superintendent, 25th Air Force, began an internship in April through the Air Force Career Skills Program. The program prepares Airmen through vocational and technical training for a specific career or trade when transitioning from military to civilian employment.

U.S. AIR FORCE PHOTO | LORI BULTMAN

Career Skills Program prepares Airmen for employment after service

LORI BULTMAN | 25TH AIR FORCE PUBLIC AFFAIRS

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

The Air Force Career Skills Program, or CSP, prepares Airmen through vocational and technical training for a specific career or trade when transitioning from military to civilian employment.

Master Sgt. Angela Santos, superintendent, Education and Technology Branch, Air Force Cryptologic Office, 25th Air Force, first heard about CSP from a friend and headed to the Transition Assistance Program office here, to learn more.

"That is where I learned all I needed to about this program," Santos said. "The most important thing to know is that it is a self-initiated opportunity."

According to Jose Ontiveros, 802nd Forces Support Squadron CSP coordinator, the program is intended to assist transitioning service members by helping them find an internship, apprenticeship or certification program, which can be completed in the 180 days before the last day on active duty.

"There are no rank or term restrictions; officers or enlisted, separating or retiring are eligible, as long as the service member is expecting at least a good conduct discharge," he said.

Santos, who began her program in April, hopes to acquire additional skills she may need for her next career.

"I want to pick up new technical skills, network, and ease my transition into the civilian workforce overall," she said. "If my internship results in a job offer, that would be ideal, but even if not, I will still be appreciative for the experience."

While Santos selected her internship program, there are three options to choose from, depending on how a service member wants to benefit:

Apprenticeship: These are generally a combination of on-the-job training and related instruction that may be sponsored jointly by an employer and union groups, individual employers or employer association;

Internship: These opportunities are for entry-level job-seekers. Internships may be completed in state or local government or in the private sector and may consist of on-the-job training and work experience; or

On-the-Job Training: In this program, job skills are learned at a place of work while performing the actual job.

Another important aspect of CSP is that service members are not limited to local programs. Airmen can research any company or training program to find one that will align with their transition goal.

"The CSP has vendors who are already affiliated with the program, but members are able to seek out their own internships with any company, within legal considerations," Santos said. "There are also corporate fellowship cohorts with some outstanding companies, but most have specific course dates, so it may not necessarily line up with an Airman's timeline, as it was for my case."

Regardless of the chosen employer, there are a number of forms that must be completed and endorsed by an Airman's unit commander, the CSP provider (employer), the Airman, and the education center before the service member is approved to participate.

"Your unit also has to identify a point of contact who will be responsible for your accountability during program participation," Santos said. "Airmen can be recalled to their military assignment at any time for mission requirements."

Once an Airman is approved and begins their program, there is more to learn than just

technical job skills. The CSP is also about the transition from military to civilian life.

Santos said simple things like learning to break away from military jargon and acronyms to having to put together business casual or professional attire each day versus a uniform will help ease her transition out of the military and back into civilian life.

"Uncle Sam has been very good to me during my more than 22-year career; I have been blessed to have been able to travel the world, gain a free education through the graduate level, and learn invaluable life-long skills," she said. "As I head into the civilian work sector, I am looking forward to the challenge of leveraging this education and experience in

new and different roles. At the same time, I am excited about the 'freedoms' that come with civilian life, such as the ability to choose where to live, what jobs to do, or not, and yes, even the freedom to choose what clothes and color nail polish to wear."

To obtain more information about career skills training opportunities, contact your installation's education office.

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