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MINOT AIR FORCE BASE

FRIDAY, MAY 24, 2019



## Team Minot hosted National Police Week events

Airmen assigned to the 91st Missile Security Force Squadron flip a tire during the National Police Week defender challenge at Minot Air Force Base, North Dakota, May 14, 2019. Each obstacle in the defender challenge required every member of the team to participate in.

U.S. AIR FORCE PHOTO | AIRMAN JESSE JENNY

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## Team Minot hosted National Police Week events

AIRMAN 1ST CLASS HEATHER LEVEILLE | 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

“Woop-woop, that’s the sound of da police,” KRS-One sings in his 1993 song “Sound of da Police.”

While the sound and flashing lights of police cars may send nervous jitters down some people’s spine, they also serve as a reminder of the care law enforcement has for the community they work in.

“The men and women of security forces are out there day-in and day-out for long hours,” said Staff Sgt. Dominic Cicchirillo, 5th Security Forces Squadron, area supervisor. “They stay up late and wake up early doing everything they can to make sure this base is secure and everybody is safe.”

That dedication does come with risks, and National Police Week recognizes law enforcement professionals who put themselves in harm’s way, and have paid the ultimate price in the line of duty. This year, Police Week ran from May 12 to May 18.

“It’s important to remember all of those who have given their lives and made the ultimate sacrifice in the line of duty,” said Senior Airman Michael Slankard, 891st Missile Security Forces Squadron, flight security controller.

In honor of National Police Week, Minot Air Force Base hosted a parade, family day, ruck march, defender challenge, softball tournament and a golf tournament with trophies and prizes for some of the events

A Team Minot security forces Airman high fives a family member during the National Police Week parade at Minot Air Force Base, North Dakota, May 12, 2019. The parade went through base housing and participants handed out candy to bystanders.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS HEATHER LEVEILLE

winners.

“The events were held to bring together people from different squadrons and to incorporate family members into what we do,” said Cicchirillo.

Cicchirillo and Slankard both participated in the Defender challenge in different ways, with one competing and the other coordinating the event, respectively.

“The Defender challenge was a physical and mental contest in which participants had 20 seconds to memorize a set of items that cops use on a daily basis, then immediately take a lap around the track and do 20 pull-ups,” said Slankard. “If a member of the team couldn’t do one pull-up then the entire team had to assist that member in completing their set.”

“The remainder of the challenge included more laps, pushing a Humvee, a tire flip, and carrying a dummy on a stretcher. After those additional laps and challenges, the team had one minute to write down as many items they could remember from the item set in the beginning.”

The challenge was timed and the winners were announced two days later, during the Police Retreat Ceremony, adding to the suspense for those that competed.

“The coolest event for me personally was the Defender challenge,” said Cicchirillo. “It’s like an obstacle course where teams competed against one another with the fastest team being the winner.”

Like many service members, Cicchirillo has a competitive personality, but the events highlighted the importance of teamwork.

“The idea behind many of the events was to emphasize teamwork, for Airmen to work together and support each other,” said Slankard.

The emphasis on teamwork, during this week, was especially uplifting, said Slankard. It reminded Airmen that while law enforcement may, at times, seem a difficult job - it is not a thankless one.

“You get to work with some amazing people, who motivate and inspire you, and to work for something bigger than yourself,” said Slankard.

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## Air Force to pay up to \$500 for spouse occupational license transfer during PCS

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

ARLINGTON, Va. (AFNS)

The Air Force announced the spouse relicensure reimbursement program, May 15, which would provide financial relief up to \$500 to Airmen whose spouses must obtain state occupational relicensures or recertifications during a permanent change of station or assignment across state lines.

The Air Force will reimburse qualifying relicensure and recertification fees incurred during PCS/PCAs authenticated on or after Dec. 12, 2017.

“Part of taking care of Airmen and families means making it easier for spouses to continue their careers after a military move,” said Secretary of the Air Force Heather Wilson. “This policy reduces financial burdens and makes the professional careers of our Air Force spouses more portable.”

The 2018 National Defense Authorization Act authorized the military services to reimburse service members for occupational state relicensing and recertification costs their spouses incur due to a PCS/PCA. While some states authorize reciprocity for certain types of occupational licenses, not all states do, resulting in the spouse needing to update a license or certification according to the new state’s requirements.

“The strength of the nation’s Air Force is not the platforms we operate or the technologies we employ; it is our Airmen and their families. Family readiness is Airman readiness,” said Air Force Chief of Staff Gen. David L. Goldfein.

The new policy will allow for reimbursement of relicensing fees including exams, certifications and registration, and will cover occupations such as teaching, cosmetology, real estate and nursing. Qualifying relicensing costs must be incurred and paid after and within 24 months of the date the member’s PCS/PCA orders are authenticated.

“We can’t do enough to support Air Force families. This is a positive step in the right direction to support our spouses as they pursue their own careers,” said Shon Manasco, assistant secretary of the Air Force for manpower and reserve affairs.

Airmen and spouses can find more information about this program at [www.afpc.af.mil/Benefits-and-Entitlements/Employment-Resources/](http://www.afpc.af.mil/Benefits-and-Entitlements/Employment-Resources/).

General information about career and education programs for spouses is available from an installation’s airman & family readiness center, the Department of Labor website at <https://www.veterans.gov/milspouses>, and the Department of Defense Spouse Education and Career Opportunities Program at <https://myseco.militaryonesource.mil>.

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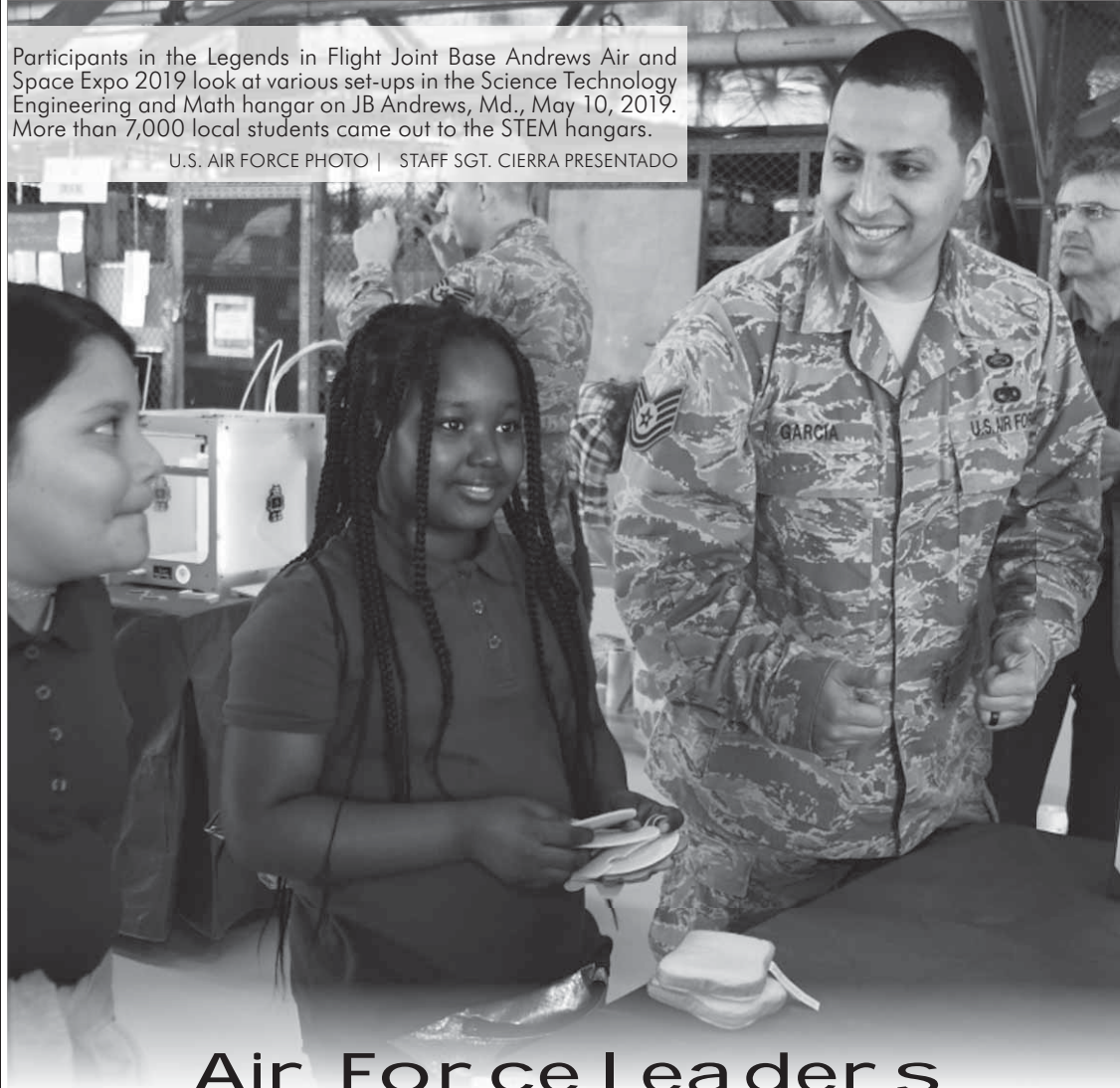
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Participants in the Legends in Flight Joint Base Andrews Air and Space Expo 2019 look at various set-ups in the Science Technology Engineering and Math hangar on JB Andrews, Md., May 10, 2019. More than 7,000 local students came out to the STEM hangars.

U.S. AIR FORCE PHOTO | STAFF SGT. CIERRA PRESENTADO

## Air Force Leaders strengthen community ties, engage students at JB Andrews Air & Space Expo

MASTER SGT. AMAANI LYLE | AIR FORCE DISTRICT OF WASHINGTON PUBLIC AFFAIRS

JOINT BASE ANDREWS, Md. (AFNS) --

**T**o bolster the long-standing bond between Joint Base Andrews and the

local community, Air Force senior leaders interacted with local science, technology, engineering and mathematics students at the JB Andrews Air & Space Expo May 10.

Secretary of the Air Force Heather Wilson delivered opening remarks for this year's biennial three-day event, which focused on JB Andrews' partnership and mentorship with local schools against a backdrop of more than 30 STEM exhibits designed to engage and inspire some 7,000 students.

Air Force Chief of Staff Gen. David L. Goldfein also attended the event to meet with performers, presenters, students and family members who gathered along the flight line to view and participate in expo activities.

"You will see the entire history of the United States Air Force, from World War II to the present," Wilson said. "Static displays and performances from all military services demonstrate the full range of missions for the United States military, and will be showcased here at the home of America's airlift wing."

Among student attendees was aspiring astronomer and pint-sized YouTube sensation, JoJo the Scientist, who in 2018 appeared on the television variety series Little Big Shots, which features exceptionally gifted and talented elementary school-aged children who chat with the program's host and producer, Steve Harvey.

In an interview during the expo, 8-year-old JoJo candidly discussed what sparked his interest in science, particularly the cosmos. "My dad saw

how good I was at video games, so he thought I was smart enough to do science experiments on YouTube," he said. "STEM careers are important because we need smart scientists to solve the world's problems."

The jam-packed day of hands-on STEM activities included a balloon rocket experiment and race, designed to demonstrate thrust, action and reaction – which, on a larger scale, are the same principles and mechanics that can propel a rocket into space.

JoJo had quite a spirited recollection of the event as he giggled and cheered himself on.

"I have two parts that I like about the race: one is that I learned how to tie a knot...and two, is that my balloon won the race – yeah!!"

For students and adults alike, the expo also offered a variety of static displays and aerial demonstrations, notably that of the U.S. Air Force Thunderbirds and the U.S. Navy Blue Angels, who conducted their first dual performance in more than 12 years.

Star attractions also included the U.S. Army Golden Knights, among a variety of air and ground presentations from military services and other organizations with awe-striking aircraft such as the B-52 Stratofortress, F-16 Fighting Falcon, UH-1N Iroquois, C-5 Galaxy, C-17 Globemaster III and KC-135 Stratotanker.

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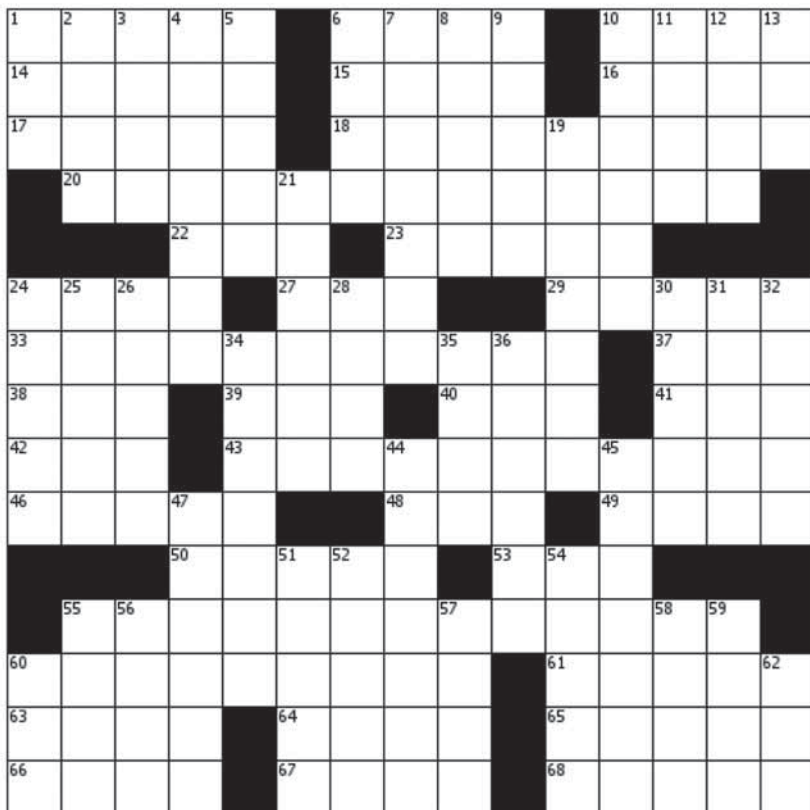
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# CROSSWORD PUZZLE

**Across**

- 1. Mean old woman
- 6. "Carmina Burana" composer Carl
- 10. Calculating sorts
- 14. Where to find Hells Canyon
- 15. Emeril's restaurant in New Orleans' French Quarter
- 16. Roughly
- 17. Antibody producer
- 18. Policy of segregation
- 20. Entangle braces while kissing?
- 22. Dungeons & Dragons game co.
- 23. Diaphanous
- 24. The whole enchilada
- 27. Wallach of "Cinderella Liberty"
- 29. Book of legends?
- 33. Urban alley cat?
- 37. "Eeww!"
- 38. Templeton in "Charlotte's Web"
- 39. Bar opener?
- 40. An end to alcohol and sex?
- 41. Shade of green
- 42. Dander
- 43. Punishing twist?
- 46. Luke's dad
- 48. Part of a Big Island volcano
- 49. Penny-\_\_\_ (rinky-dink)
- 50. Cook one's goose
- 53. Game center?
- 55. Behave like a bunch of skunks?
- 60. Builds oneself up
- 61. "Save the \_\_\_" (Jack Lemmon film)



- 63. "Raid on Entebbe" carrier
- 64. Mama's mama
- 65. Cockamamie
- 66. Fiddle with a fiddle
- 67. Bat a 57-Down
- 68. Gung-ho

**Down**

- 1. Good humor man?
- 2. Heartthrob
- 3. Hotel idler

- 4. Cheap, inferior, or gaudy
- 5. Responds to a bumper sticker, perhaps
- 6. "\_\_\_ Island With You" (1948 Esther Williams film)
- 7. Corrals
- 8. Twinkling
- 9. Burlesque
- 10. Partner in crime

- 11. Warm-up
- 12. "Take it or leave it"
- 13. Patch of lawn
- 19. "You're in \_\_\_ now!"
- 21. Menacing remark
- 24. Sharply stinging
- 25. Prom queen prop
- 26. It has kittens
- 28. It has cubs
- 30. Maurice Leblanc's "Prince of Thieves" Arsene

- 31. Catalyst
- 32. Thick drink
- 34. Suction devices
- 35. Unit of contraband
- 36. High-priced spread
- 44. Pennsylvania city near Horseshoe Curve
- 45. Hopi Indian doll
- 47. Almost make it home
- 51. "The Old Maid" Pulitzer-winning playwright Zoë
- 52. It's for suckers

- 54. Web site?
- 55. Chief navigator of the Enterprise
- 56. Revenuer
- 57. Biting bug
- 58. Popeye Doyle's prototype Eddie
- 59. Tear to pieces
- 60. Furry friend
- 62. Old Olds

## SUDOKU Solution to puzzle on page 10

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

**Difficult**

Solution to last week's Crossword puzzle.

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



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# Memorial Day BUNDT CAKE



Recipe courtesy of: www.themccallumshomestead.com/2015/05/21/memorial-day-bundt-cake/

**INGREDIENTS:**

- 1 box of Duncan Hines classic white cake mix
- a pinch of salt
- zest of 1 lemon
- 1/2 tsp of pure vanilla
- 1 cup water
- 1/4 cup oil
- 3 large egg whites
- 1 pint of fresh organic blueberries
- 1 quart of fresh organic strawberries
- 1 Tbsp all-purpose flour, to coat berries
- 1 Container of Duncan Hines Cream Cheese Icing
- Cooking spray, optional
- Fresh mint to garnish

**INSTRUCTIONS:**

Preheat oven to 350 degrees.  
 Spray bundt pans evenly with a little cooking spray, dust with a bit of flour. Dice up about 6-7 large strawberries, place in a glass bowl, add 1 Tbsp all-purpose flour to the glass bowl and toss berries to evenly coat them.  
 In a large glass mixing bowl add cake mix, a pinch of salt, zest of 1 lem, 1/2 tsp pure vanilla, 1 cup of water, 1/4 cup oil and 3 large egg whites.  
 Add lightly coated, dices strawberries to cake batter, and gently stir the strawberries and white cake batter with a wooden spoon to evenly mix.  
 Bake in a preheated oven at 350F for 33-36 minutes or until a toothpick inserted in center of cake comes out clean. Let cake cool completely before decorating.  
 Slice rest of strawberries in half. Place 90% of the container of cream cheese icing in a small glass bowl, reserve the 10%, place the 90% portion in the microwave for about 45 seconds to 1 minute. Stir icing, icing should be a glaze consistency. If not, microwave 10 seconds more and stir-repeat if necessary.  
 Drizzle icing over your bundt cake, letting it flow over the sides evenly, using halved strawberries decorate the sides by strategically placing with about 1 inch of space between strawberries while icing is still sticky. In the 1-inch spaces dip blueberry bottoms in the reserved cream cheese icing, careful to only get the bottom side of the berry. Adhere berries in the spaces towards the bottom of the cake completely around the white cake. May place leftover strawberries and blueberries in the center of the cake to decorate and top slices of cake. Serve cake with more berries & a sprig of fresh mint.

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 7:05 PM - 10:00 PM  
 Location: Corbett Field 1124 E Burdick Expy, Minot.

7:05PM - FRIDAY, MAY 24, 2019

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7:05PM - SATURDAY, MAY 25, 2019

**25 MAY**  
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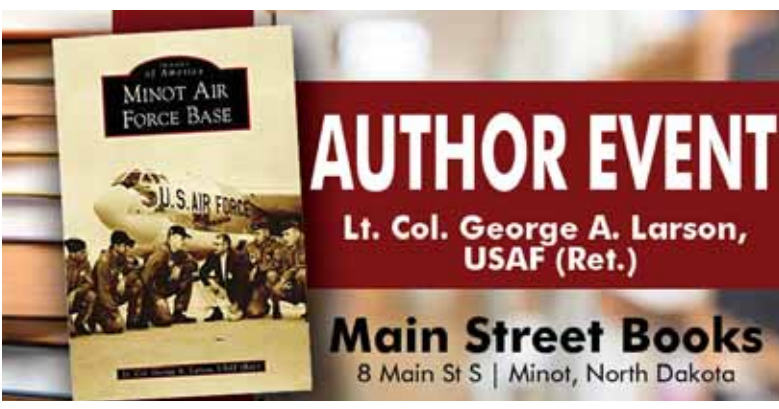


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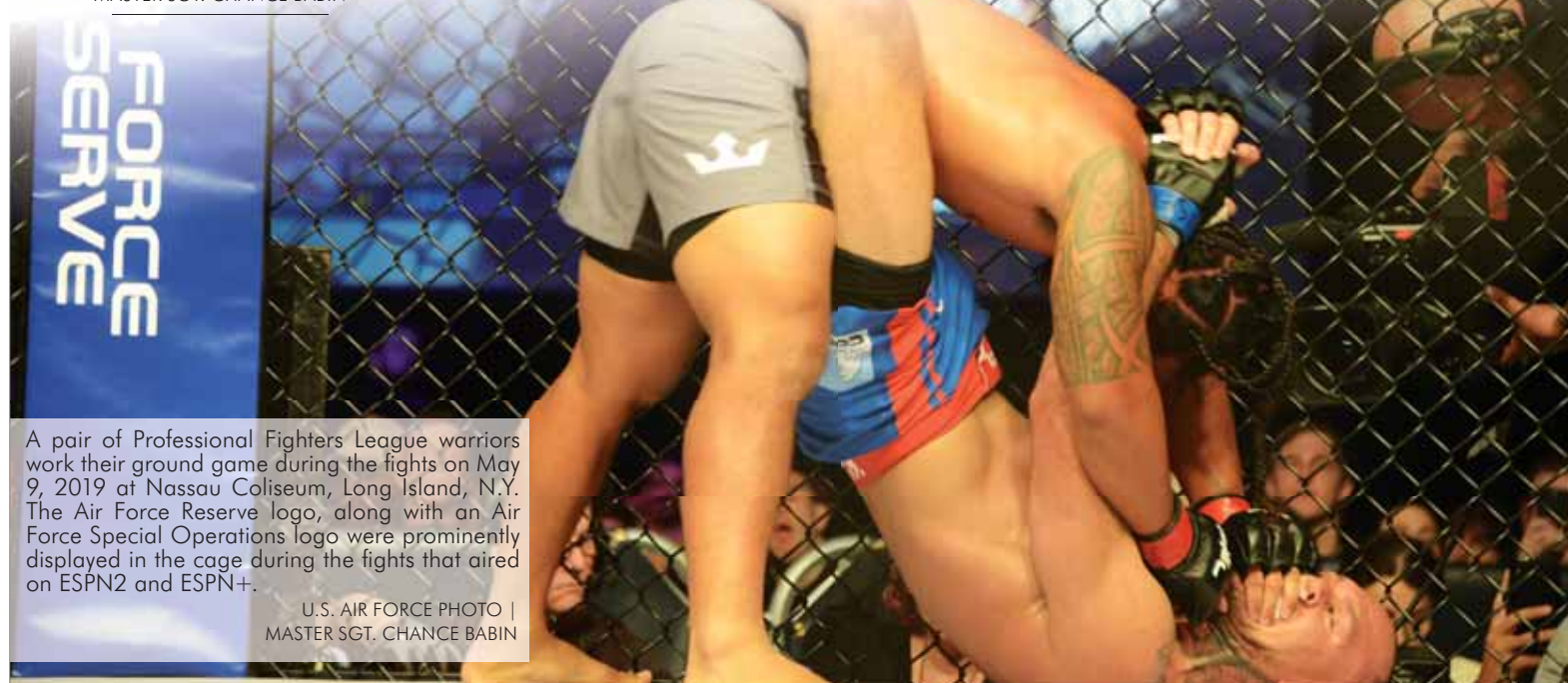
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# Total Force Recruiting scores knockout with Professional Fighters League

MASTER SGT. CHANCE BABIN



A pair of Professional Fighters League warriors work their ground game during the fights on May 9, 2019 at Nassau Coliseum, Long Island, N.Y. The Air Force Reserve logo, along with an Air Force Special Operations logo were prominently displayed in the cage during the fights that aired on ESPN2 and ESPN+.

U.S. AIR FORCE PHOTO | MASTER SGT. CHANCE BABIN

LONG ISLAND, N.Y. (AFNS)

In a combined recruiting effort, Air Force Reserve Command and Air Force Special Operations recruiting teamed up and scored a knockout at the Professional Fighters League season debut at the Nassau Coliseum, May 9.

The tag-team effort is something that will become the norm in the future as Air Force Recruiting Service integrates into one team, combining active duty and Reserve recruiting functions.

The PFL, which features both men and women fighters, is the first mixed martial arts organization to present the sport through a regular season, playoffs and championship format. The fights were broadcast on ESPN2 and ESPN+.

The Air Force Reserve and Air Force Special Operations logos were featured prominently in the ring. Reserve and Special Ops commercials aired on the ESPN channels during the fights and digital advertising was displayed at the show.

“We couldn’t be more excited to be partnered with the Air Force Reserve,” said Peter Murray, PFL chief executive officer. “One of our primary causes with the PFL is supporting the military, both active and retired. We believe in the Air Force Reserve’s mission and we believe we can help the Reserve recruit and get its messaging out. We are deeply dedicated to supporting our military and veterans and we look forward to strengthening our relationship with the Air Force Reserve by providing the ability to reach millions of MMA fans here in the U.S.”

“We have many athletes who are former military and we recognize them and celebrate that fact,” he said. “The PFL will work with the Reserve to raise awareness of the incredible work our servicemen and women are doing through events, digital and social platforms, and broadcasts.”

AFRS sees the PFL as a great avenue to reach a large demographic of men and women with a propensity to serve.

“The league’s commitment to supporting military personnel and

the growing MMA fan base of strong, passionate young people makes this partnership ideal,” said Chief Master Sgt. Michael Johnson, AFRS, chief of strategic marketing at Joint Base San Antonio-Randolph, Texas. “The PFL’s relationship with ESPN provides an incredible platform for us to communicate our mission and the benefits of serving to an engaged national audience. We’re thrilled to be part of the 2019 season.”

Recruiters at the event said they embraced the Total Force recruiting effort.

“Having our active-duty counterparts at the event side by side makes absolute sense,” said Senior Master Sgt. Kenneth Bachman, a Reserve senior recruiter at JB McGuire-Dix-Lakehurst, New Jersey. “When there is an applicant interested in the Air Force, we want to make sure we have the right opportunity to offer, whether that be active or Reserve. Sharing the event is a great way to better utilize our resources.”

While the integration is leading

to more shared marketing events like the PFL, the ultimate goal is to get the word out about opportunities in the Air Force.

“This concept is long overdue,” said Senior Master Sgt. Michael Lear, 313th Recruiting Squadron, active-duty recruiter, Syracuse, New York. “It just didn’t make sense for us to be going in different directions and not utilize each other’s talents. If we can come together and work as one team, one fight, this is going to be something very good for the Air Force. In the end, we are trying to build a total force and we are all trying to obtain the same goal – defending this country.”

The recruiters said there is a great fit for Air Force recruiting at an MMA event because there are many shared values between the two organizations.

“Having both the Reserve and active components in one location is a great way to provide customer service to those looking to get information or make an informed decision,” said Master Sgt. Jared Lacovara, a Reserve recruiter stationed in Philadelphia. “The

MMA aspect allowed us to offer some fun physical activities and gauge the fitness level of the prospects who seemed interested. Assessing the fitness level is a good tool for the active-duty special operations guys, as well as the line and enlisted accession recruiters from both components. It’s a win all around.”

MMA legend and former Army soldier, Randy Couture, is one of the television personalities for the league. He talked about some of the traits he thinks are shared by the military and MMA.

“We share a warrior spirit and discipline is a characteristic this sport breeds,” he said. “If you want to be the best fighter, you’re going to have to make sacrifices and do a lot of things the average person doesn’t want to do. I think the same thing is true about people who wear the military uniform. That’s why they are the one percent. They have done things the rest of the population doesn’t want to do.”

Couture said he was happy to have military organizations be part of the PFL.

“I think it’s awesome the Air Force is behind us,” he said. “As someone who signed that contract, made that oath, I think any exposure we can get you guys is great. We appreciate the support for sure.”

Before becoming a three-time heavyweight and two-time lightweight MMA champion, Couture was a sergeant in the Army. He talked about how his days in the military made him who he is today.

“It was during those six years I spent in uniform where I learned I could compete at that level on an international stage,” he said. “I wrestled for the Army while I was in and competed in the inter-service championships a few times and ultimately ended up being an Olympic alternate as a soldier in 1988. It was a pretty formative time in my life and I look at the world now in a particular way because of that experience. There were definitely a lot of lessons there that I carried down the road into fighting and everything else I do.”

The PFL will have six regular-season, bi-weekly events leading to the playoffs in October and championship on New Year’s Eve. Winning fighters can take home \$1 million.



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**Dates to Know:**

- \*Area ponds stocked with catchable trout or catfish: Custer Mine, McLean County; Glenburn, Renville County; State Fair, Ward County, and East and West Spring Lake ponds, Williams County.
- \*Area lakes with total winter fish kill: Coal Lake, McLean County.
- \*Area lakes with significant winter fish kill: Buffalo Lake, Pierce County and Cottonwood Lake and McGregor and Tioga dams, Williams County.
- \*May 25: Free Garrison Dam Nat'l. Fish Hatchery Family Fun Day, 9 a.m. - 1 p.m.
- \*May 25 - 27: Sky Fest over Fort Stevenson Kite Festival, Fort Stevenson State Park, Garrison.
- \*May 27: Memorial Day.
- \*May 31: Nat'l. Trails Day Hike, Lake Metigoshe State Park, 7 p.m.
- \*May 31: Night Geo-cache, Turtle River State Park, Arvilla, 8 p.m.
- \*June 1: Special Needs Fishing Day, Upper Souris Nat'l. Wildlife Refuge Outlet Fishing Area, 10 a.m. Area closed to public use until 3 p.m.
- \*June 1: Nat'l. Trails Day. State park hikes at 2 p.m., Fort Stevenson State Park, Garrison; 10 a.m. & Grahams Island, Devils Lake.
- \*June 1: Children's Dakota Explorer's Program, 2 p.m., Lake Metigoshe State Park with 10 p.m. Night Hike.
- \*June 1: Demo Bike Day, Turtle River State Park, Arvilla, 10 a.m.
- \*June 1 & 2: Free Fishing Weekend.
- \*June 5: Deer gun and muzzleloader applications due. Order online, (gf.nd.gov).

- Tournaments:**
- \*June 1: Devils Lake, East Bay; Lake Sakakawea; Tobacco Garden; Missouri River tailrace.
  - \*June 1 & 2: Lake Sakakawea, Indian Hills Resort.

**Fishing:**  
 Lake Sakakawea elevation, May 20, 1,846.32 feet above mean sea level (MSL); 29,800 cubic feet per second (CFS) Garrison Dam average daily releases.  
 Devils Lake elevation: 1,449.13 feet above mean sea level (MSL).  
 Stump Lake elevation: 1,448.89 MSL.  
 \*N.D. Game & Fish Dept. game wardens: No reports from Devils

**OUTDOOR NOTES:**

Lake or north-central area lakes. East end of Lake Sakakawea, including Deepwater Bay, remain slow with cool water temperatures. Not many anglers out, however.

\*Devils Lake, Ed's Bait Shop, Devils Lake: Fair to good walleye success on the west, shallow end of Devils Lake. Good around the bridges, 6-Mile Bay, and Channel A for a nice mix of white bass and walleye. Try slip bobbers with leeches from boat or pitching jigs from shore for walleye. Pike remain good.

\*Devils Lake, Woodland Resort, Devils Lake: Warmer weather improving walleye and white bass activity. Try slip bobbers along roadway rocks from shore. Look for increasingly better success as water and air temperatures warm.

\*Lake Darling, Karma C-Store, Ruthville: A few more anglers out on Lake Darling and Grano but limited reports. Also try the Souris River in Minot.

\*Lake Metigoshe, Four Seasons, Bottineau: Work shallow, warm water for bluegill with good pike success throughout the lake.

\*Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: East end of Lake Sakakawea still quiet for walleye as the spawn wraps up. Spotty walleye success on the east end of Lake Audubon using jigs and minnows. Missouri River tailrace fair for walleye from boats.

\*Lake Sakakawea/Lake Audubon, 6-Mile Bait & Tackle, Garrison: East end of Lake Sakakawea remains generally slow for walleye. Better success north of the New Town bridge, although Douglas Bay starting to produce occasional walleye using jigs and minnows. Try east end islands and bays for walleye and some nice bass on Lake Audubon. Work shallow in 3 to 10 feet pitching jigs with a slow retrieve. Also try sitting with floating jigs and minnows. Try casting for bass with occasional nice walleye mixed in.

\*Lake Sakakawea, Van Hook Resort, New Town: Van Hook Arm remains quiet but improving activity in the river portion of the lake farther upstream where there's warmer, shallow water. Try minnows and jigs. Water

temperatures in the Arm still cool but look for improving success as temperatures warm. Continued good pike success using smelt.

\*Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Water temperatures continue limiting activity and success on both Lake Sakakawea and Missouri River. Look for more walleye activity, especially on the river, when temperatures warm.

\*Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Continued good walleye success from Lewis & Clark State Park east to White Earth Bay. Work deeper in 15 to 20 feet with a 50-50 mix of minnows and nightcrawlers. Missouri and Yellowstone rivers still producing a few walleye but water is muddying up with recent rains. Trenton Lake producing a bit of a crappie bite. Increasing bow-fishing activity for carp.

\*Lonetree WMA area lakes, Harvey: No new reports.

\*North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Cool weather limiting activity on the Mouse River and area lakes.

\*Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: Not much activity with only an occasional walleye.

**N.D. rivers:**

\*Des Lacs River, Foxholm: River stage, 5.78 feet; streamflow, 11.9 CFS.

\*Little Missouri River, Watford City: River stage, 1.67 feet; streamflow, 1,420 CFS.

\*Missouri River, Washburn: River stage, 11.70 feet.

\*Pembina River, Walhalla: River stage: 2.93 feet; streamflow, 220 CFS.

\*Souris River, Foxholm: River stage, 6.57 feet; streamflow, 116 CFS.

\*Souris River, Minot: River stage, 4.85 feet; streamflow, 129 CFS.

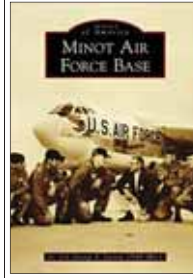
\*Yellowstone River, Sidney, Mont.: River stage, 10.42 feet; streamflow, 34,300 CFS.

**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.

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**L**t. Col. George A. Larson, author of "Minot Air Force Base,"

will be talking and signing copies of his book at Main Street Books on May 30, 2019 at 5-7pm.

"Minot Air Force Base" is the story of the Cold War-era construction of Minot Air Force Base and its continued operation as an Air Force Strike Command B-52H bomber and Minuteman III intercontinental ballistic missile base. With new nuclear threats arising from

countries in Asia and the Middle East, Minot once again assumes an important role in the nation's defense.

Lt. Col. George A. Larson, USAF (Ret.), graduated from Iowa State University with a bachelor of science degree in history and a commission as a second lieutenant in the US Air Force in May 1969. He is the author of Arcadia's Images of America: Whiteman Air Force Base, as well as numerous other military aviation and history books and hundreds of magazine articles.

The event is free to attend and refreshments will be available. For more info call Main Street Books at 701-839-4050.

**Special Fishing Day Planned on Refuge**

U.S. FISH & WILDLIFE SERVICE | REGION 6

**T**he Upper Souris National Wildlife Refuge in cooperation with the North Dakota Game & Fish Department and local volunteers will sponsor a fishing day for individuals with special needs from Minot and the surrounding area.

The event, planned for June 1, 2019 from 10:00 AM to 3:00 PM, will take place at the Outlet Fishing Area below Lake Darling Dam and will include a picnic lunch at noon. The event will be funded in part by the Kenmare Veterans Club, Kenmare Goosefest Committee and The Souris River Basin Longbeards (affiliate of The National Wild Turkey Federation).

Because of the large number of people planning to attend this event and the limited parking spaces available, the

Outlet Fishing Area will be closed Saturday to Refuge visitors from 5:00 AM to 3:00 PM.

Individuals attending the event will be assisted by Fish and Wildlife Service employees, staff from the North Dakota Game and Fish Department and local volunteers. Rods, reels, tackle and bait will be supplied for those individuals who do not have equipment.

Parents and guardians of individuals with special needs should contact the refuge at 468-5467, ext. 110 with the number of participants planning to attend.

The weekend of June 1st and 2nd are free fishing days; residents of North Dakota may fish without a resident license during the free fishing days. However, all other state and federal regulations apply.



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U.S. service members perform postoperative checks on the last ophthalmology center patient during New Horizons exercise 2019 at Port Mourant, Guyana, May 16, 2019. The ophthalmology clinic was established to provide aid to the Guyanese population by screening and selecting patients to receive cataract surgery in support of New Horizons 2019. The New Horizons exercise 2019 provides U.S. military members an opportunity to train for an overseas deployment and the logistical requirements it entails. The exercise promotes bilateral cooperation by providing opportunities for U.S. and partner nation military engineers, medical personnel and support staff to work and train side by side.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN DEREK SEIFERT

# Ophthalmology teams give Guyanese the gift of sight

SENIOR AIRMAN DERRICK SEIFERT | 12TH AIR FORCE (AIR FORCES SOUTHERN)

PORT MOURANT, Guyana (AFNS) --

U.S. military ophthalmology teams deployed in support of New Horizons training exercise 2019 and partnered with Guyanese doctors at the Port Mourant Hospital in Port Mourant, Guyana, May 6-16. The ophthalmology center at the Port Mourant Hospital was established to provide aid to the Guyanese population by screening and selecting patients to receive cataract and pterygium surgery in support of NH19.

Many of the Guyanese patients have been waiting years to receive either cataract or pterygium surgery to regain their vision.

"Normally, we see over 1,500 patients a month and we have a backlog of over 800 patients who have been waiting for surgery, some over five years," said Dr. Devendra Radhy, Port Mourant Hospital doctor in charge.

"Unfortunately, the ophthalmology clinic was unable to perform cataract surgeries until last week when we had a team partnered with a Guyana doctor who was able to do 22 surgeries. That was a kick start and hopefully we can continue this flow and get through our backlog."

According to Radhy, cataract and pterygium surgery can cost between 80,000 to 100,000 Guyanese dollars, which is close to 500 U.S. dollars. Many of the patients range between the ages of 50 to 80 and are poor, with an average annual household income of less than \$4,000 U.S. dollars.

With the support of the U.S. military and NH19, Radhy has seen a dramatic change in his patients.

"Having the Americans here at this moment changes everything in the sense of how people look at the ophthalmology center," Radhy said. "They can readily say that we are providing the service they have been waiting for a long time for. With this, you can see a different look in the patients, it's more positive. Even from last Monday, when we started calling the patients, you see more smiles,

laughing and joy knowing they will have the surgery done."

This exercise provides U.S. military members an opportunity to train for an overseas deployment. It promotes bilateral cooperation by providing opportunities for U.S. and partner nation military engineers, medical personnel and support staff to work and train side by side.

"Our primary purpose is to train our (U.S. service members) on combat relevant eye care," said Army Col. Darrel Carlton, Brooke Army Medical Center, San Antonio, regional health command central consultant for ophthalmology. "Our component of the exercise is the ophthalmology side where we will be conducting cataract and pterygium surgeries, while at the same time training our Airmen and Soldiers to take care of cataracts because the techniques we use in this setting are similar to what we can expect to see in places like Iraq and Syria without seeing the

trauma."

The ophthalmology component of New Horizons exercise 2019 came to an end on May 16th, with a closing ceremony and remarks from a Guyanese patient.

"I want to say that you have done an excellent job for us Guyanese, whichever part of Guyana they came from looking for a service that they badly in need of," said Joyce Marks, Guyanese patient. "I want to let you know, on behalf of all the Guyanese that you attended to, that we are very, very, very grateful for that service. And I ask that God continues to bless you all with the gift and knowledge that he has imparted in all of you for the benefit of not only yourself, but for all of mankind that comes in contact with you."

Another team of U.S. military medical professionals will replace the ophthalmology team to conduct a two week surgical readiness training exercise at a women's health clinic.



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For more information, visit us at [www.chasecountyhospital.com](http://www.chasecountyhospital.com)



# CHURCH DIRECTORY

<p><b>Little Flower Catholic Church</b> 800 University Avenue West 838-1520</p> <p><b>Mass Schedule</b> Saturday ..... 5:30 pm Sunday .. 8:30am &amp; 11:00am</p> <p>Fr. Fred Harvey, Pastor <a href="http://www.littleflowerminot.com">www.littleflowerminot.com</a></p>	<p><b>St. Peter The Aleut Eastern Orthodox Church</b></p> <p> <b>109 6th St. SE</b> <b>Minot • 838-3094</b></p> <p>Sunday Liturgy ..... 10 a.m. Saturday Vespers.... 6 p.m.</p> <p>The Very Reverend Father Anastassy</p>	<p><b>ALL ARE WELCOME</b></p> <p>Aloha W Sahlia MIRE SE VJEN SELAMAT DATANG BENVENUTO VÄLKOMMEN Willkommen <b>WELCOME</b> BIENVENIDO Baruch Haba Aloha Bem-windo VELKOMIN BENVIDO Willkommen Tere Tulemast</p>	<p> <b>An Evangelical Free Church</b> 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p>Sunday School &amp; Fellowship .....9:00 a.m. Worship ..... 10:30 a.m.</p> <p><a href="http://www.trinitychurchminot.org">www.trinitychurchminot.org</a></p>	<p> Worship Service at 10:45am Sundays Sunday School at 9:45am</p> <p><b>1720 4th Ave NW, Minot</b> <b>838-0916</b> <a href="http://MinotBibleFellowship.org">MinotBibleFellowship.org</a></p>
<p> <b>Faith United Methodist Church</b></p> <p><b>5900 Highway 83 N, Minot</b> <a href="http://www.faithumcminot.com">www.faithumcminot.com</a></p> <p>Pastor Tom Sumers 701-838-1540</p> <p>Sunday School (All Ages): 9:45 a.m. Sunday Coffee Fellowship: 10:30 a.m. Worship Services: Sunday 11 a.m.</p>	<p><b>Minot Baptist Church</b></p> <p><i>Sending the Glorious Light of Jesus Christ to a Dark and Needy World</i></p> <p>Sunday School ..... 9:45 a.m. Morning Worship .... 11:00 a.m. Evening Worship .....6:00 p.m. Wednesday Evening.....7:00 p.m.</p> <p><i>Independent/Fundamental/KJV</i> <b>500 46th Ave NE • 839-1351</b> Pastor David Miller</p>	<p><b>Cornerstone Presbyterian Church</b></p> <p><b>1000 NE 3rd Street</b> <b>852-0315</b></p> <p><b>Sunday Schedule</b> Contemporary Worship ..... 9:00am Sunday School (All Ages) ..... 10:00am Traditional Worship ..... 11:00am</p> <p><b>Wednesday Evening Schedule</b> Community Dinner ..... 5:30-6:30pm Contemporary Worship ..... 6:30pm Youth Group &amp; Small Groups.. 7:15pm</p> <p><b>All are Welcome!</b> <a href="http://www.ecominot.org">www.ecominot.org</a></p>	<p><b>Congregational UCC</b> 430 N. Broadway • 839-1064</p> <p>Sunday Worship ..... 11am Sunday School ..... 11am Tuesday Bible Study ..... 12pm Saturday Noah's Breakfast ..9:30am</p> <p>Please join us, all are welcome here!</p> <p><b>UNITED CHURCH OF CHRIST</b></p>	<p> <b>St. Mark's Lutheran Church</b> <i>Missouri Synod</i></p> <p>Sunday Worship .....8:30 am &amp; 11:00 am</p> <p><b>2209 4th Avenue NW Minot, ND</b> <b>839-4663</b></p> <p><a href="http://www.stmarksminot.com">www.stmarksminot.com</a> Call or check out our website for more information.</p>
<p> <b>Immanuel Baptist Church</b></p> <p><b>1615 2nd St. SE</b> <b>Minot • 839-3694</b></p> <p>Sundays: Worship ..... 10:00 a.m.</p> <p>Wednesdays: Soup Kitchen .... 11:30 a.m. - 12:30 p.m.</p> <p><b>Brian T. Skar, Pastor</b> <a href="http://www.ibcminot.org">www.ibcminot.org</a></p>	<p><b>Apostolic Faith Church, UPCI</b></p> <p><b>2929 19th Ave NW • Minot</b> Located off Hwy 83 Bypass West <b>(701)838-0609</b></p> <p>Saturday School ..... 2:00 p.m. Sunday Worship ..... 3:30 p.m. Wednesday Bible Study .....7:30 p.m.</p> <p><b>Jesse Starr, Pastor</b></p>	<p><b>St. John the Apostle Catholic Church</b></p> <p>2600 West Central Ave • Minot, ND 58701 <b>839-7076</b></p> <p>Daily Mass Schedule: Tuesday ..... 7:00 p.m. (3rd Tuesday 7:00 a.m.) Wednesday - Friday ..... 7:00 a.m. Saturday .....5:00 p.m. Sunday ..... 8:00 &amp; 10:30 a.m.</p> <p>Fr. David A. Richter, Pastor Parish website: <a href="http://www.stjohnminot.com">www.stjohnminot.com</a></p>	<p> <b>First Lutheran Church - ELCA</b> 120 5th Ave. NW 852-4853</p> <p>Saturday Worship..... 5:00 pm Sunday Worship.. 8:30 am &amp; 11:00 am Sunday Education..... 9:45 am Wednesday Supper..... 5:00 pm Wednesday Education ..... 5:45 pm</p> <p><a href="http://www.firstlutheran.tv">www.firstlutheran.tv</a> (Live Stream &amp; Recorded) Radio Broadcast KRRZ 1390AM Sunday 8:30 am <a href="http://www.flcminot.com">www.flcminot.com</a> Pastor Brandy Gerjets • Associate Pastor Ellery Dykeman</p>	<p></p> <p><b>Gospel Tabernacle Community Church</b></p> <p>9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson</p> <p><b>Church: 701-838-4492</b> <b>Home: 701-838-5759</b> <b>KHRT 1320: 9 a.m. Sunday</b></p> <p>Sunday School ..... 9:45 a.m. Adult/Children Worship.. 11 a.m. Family Hour .....6:30 p.m. Evening Worship .....7:30 p.m. Bible Study/Child-Adult Children Worship (Wed).... 7 p.m. Prayer (Friday) .....7 P.m.</p>
<p><b>Bethany Lutheran</b></p> <p>215 3rd Ave. SE, Minot, ND Phone: 838-5196 A Member of the ELCA</p> <p>Sunday Worship.....9:00 am Sunday Fellowship.....10:00am Wednesday Worship.....6:45 pm</p> <p>Website: <a href="http://www.bethanylutheranminot.com">www.bethanylutheranminot.com</a> Email: <a href="mailto:bethanylutheran@srt.com">bethanylutheran@srt.com</a> Live Streaming: <a href="http://bethanylutheran.tv">bethanylutheran.tv</a></p> <p><b>Pastor Janet Hernes Mathistad</b> <b>Pastor Gerald Roise</b></p>	<p><b>First Baptist Church</b></p> <p> <b>200 3rd St. SW • 852-4533</b> <a href="http://www.fbcminot.org">www.fbcminot.org</a></p> <p>Classic Worship Service ..... 8:30 a.m. Adult Sunday School.....9:45 a.m. Contemporary Worship Service . 9:50 a.m. Children's Church.....9:50 a.m. Sunday School (All Ages) ..... 11:00 a.m. Contemporary Worship Service.. 11:05 a.m. Wed. AWANA (Sept. to May) ..... 6:30 p.m.</p> <p>Rev. Kent Hinkel, Senior Pastor Rev. Barry Seifert, Associate Pastor Pastor Josh Huseby, Worship Arts Pastor Sam Kautzmann, Student Ministries Elaine Carlson, Children's Ministry Director</p>	<p> <b>Cross Roads Baptist</b></p> <p>Sunday School (all ages) ..... 9:45 a.m. Sunday Worship ..... 11 a.m. &amp; 6:30 p.m. Wednesdays (Prayer &amp; Missions) ...6:30 p.m.</p> <p><a href="http://www.minotcrbc.org">www.minotcrbc.org</a> email: <a href="mailto:crbc@srt.com">crbc@srt.com</a></p> <p><b>415 28th Ave SE (Behind Menards)</b> <b>838-1873</b></p>	<p> <b>West Minot Church of God</b> <i>Family Worship Center</i></p> <p><b>1105 16th St. NW • 839-1407</b></p> <p>Sunday School..... 9:30 a.m. Sunday Worship ..... 10:30 a.m. Children's Church &amp; Nursery Wednesday Family Training Hour Meal..... 5:30p.m. Classes for All Ages ..... 6:30 p.m. Youth Center, Friday..... 7:00 - 11:00 p.m. ABC Child Care Center .....852-6352</p> <p><a href="http://westminot.com">westminot.com</a> <a href="https://facebook.com/westminot">facebook.com/westminot</a></p>	<p><b>Church: 701-838-4492</b> <b>Home: 701-838-5759</b> <b>KHRT 1320: 9 a.m. Sunday</b></p> <p>Sunday School ..... 9:45 a.m. Adult/Children Worship.. 11 a.m. Family Hour .....6:30 p.m. Evening Worship .....7:30 p.m. Bible Study/Child-Adult Children Worship (Wed).... 7 p.m. Prayer (Friday) .....7 P.m.</p>
<p> <b>Vincent United Methodist Church</b></p> <p><b>1024 2nd St. SE • 838-4425</b> <i>Behind Town &amp; Country Shopping Center</i></p> <p>open hearts...open minds...open doors!</p> <p>Saturday Informal Worship.. 5:00 p.m. Sunday School .....9:00 a.m. Sunday Worship Service .....10:00 a.m. Fellowship..... 11:00 a.m.</p> <p><b>Pastor Jennifer McDonald</b> <a href="http://www.vincentumc.com">www.vincentumc.com</a></p>	<p> <b>OUR REDEEMER'S CHURCH</b> <i>A Church of the Lutheran Brethren</i></p> <p>Thursdays: Worship.....6:30 p.m.</p> <p>Sundays: Worship..... 8:30 a.m. &amp; 10:45 a.m.</p> <p><b>700 16th Ave SE • 701-838-0750</b></p> <p>For more information visit us on the web at: <a href="http://www.ourredeemers.org">www.ourredeemers.org</a></p>	<p>ADVERTISE YOUR</p> <h1>Church</h1> <p>Advertise FOR ONLY \$7 PER WEEK</p> <p>Revisions MADE UPON NOTICE FROM THE CHURCH</p> <p>Deadline TUESDAYS BY NOON WEEK OF PUBLICATION</p> <p>VIEW OUR PAPER ONLINE AT <a href="http://NORTHERNSENTRY.COM">NORTHERNSENTRY.COM</a></p> <div data-bbox="1354 2003 1848 2469" style="border: 2px solid black; padding: 10px; text-align: center;"> <p><b>CONTACT BETH</b></p> <p>call 701-839-0946</p> <p>email <a href="mailto:NSADS@SRT.COM">NSADS@SRT.COM</a></p> <p>fax 701-839-1867</p> </div>		
<p><b>First Assembly of God</b></p> <p><b>1805 2nd St. SE</b> <b>838-1111</b></p> <p>Morning Worship ..... 8:30 a.m. Sunday School ..... 10 a.m. Morning Worship ..... 11 a.m. Wednesday Family Night..... 6:30 p.m.</p>	<p> <b>KNIGHTS</b></p> <p></p>			

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gpeterson@kalixnd.org  
(701)833-6559

**THE NORTH DAKOTA NATIONAL GUARD** have openings available in a variety of career fields across the state and in Minot. Continue your military career on a part-time basis. For more information call 420-5903 or 420-5904 in Minot.

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## ANSWERS

### SUDOKU ANSWERS

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

Answers to puzzle from page 4

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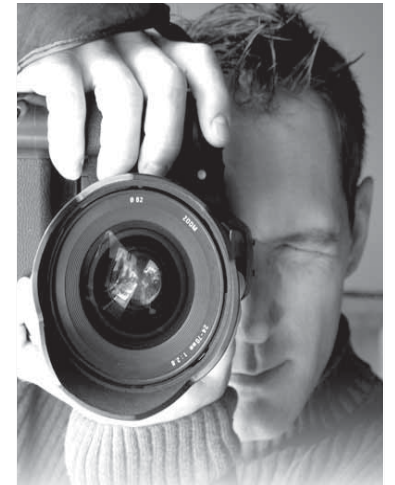



 <p><b>\$279,000</b></p> <p>IN BERTHOLD – 5 bedroom, 2 ¾ bath home with open floor plan. Kitchen has tile backsplash, breakfast bar and pantry. Master suite. Finished lower level has family room with wet bar. Triple garage.</p> <p><b>MLS #190865</b></p>	 <p><b>\$204,000</b></p> <p>PRICE REDUCED! 3 bedroom ranch style home with 1320 sq ft of living space. Large living room, kitchen and dining area. Daylight basement is ready to finish for added living space. Double garage.</p> <p><b>MLS #182492</b></p>	 <p><b>\$55,000</b></p> <p>IN BOTTINEAU – 4 bedroom, 1 ½ bath, 1 ½ story home. Great location, next to school and downtown. Deck in back. Detached single garage. Selling "as is".</p> <p><b>MLS #191148</b></p>
 <p><b>\$74,900</b></p> <p>MOTIVATED SELLER – Comfortable 2 story condo. Upper level has 2 bedrooms and a full bath. Eat-in kitchen with nice cabinets. Main level laundry with ½ bath. Close to Oak Park, shopping, walking path and tennis court. Covered parking for 2 vehicles.</p> <p><b>MLS #191030</b></p>	 <p><i>Welcome!</i> <b>GRACIA EMAN</b> TO OUR TEAM OF SALES PROFESSIONALS</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><b>Minot's easiest Home buying website!!!</b></p>	 <p><b>\$142,500</b></p> <p>IN KENMARE – Charming 3 bedroom, 2 bath, 1 ½ story home. Formal dining room. Chef's kitchen. Fireplace in study. French doors and original woodwork. Updated heating and electrical. Double garage.</p> <p><b>MLS #181558</b></p>
 <p><b>Matt Watne</b> 720-5700 mwatne@minot.com</p>	 <p><b>Ric Montoya</b> 240-0749 grigio92@aol.com</p>	

BASE ANNOUNCEMENTS

**EMBRY-RIDDLE AERONAUTICAL UNIVERSITY** is now registering for the Summer 2019 term (27 May-28 July). 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](mailto: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](mailto:mino@park.edu). Park. You.



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# WHAT'S GOING ON MAFB

TODAY	TUESDAY	WEDNESDAY	THURSDAY
<ul style="list-style-type: none"> <li>AFGSC Family Day – for full listing of Memorial Day holiday weekend facility hours, visit <a href="http://5thforcesupport.com">5thforcesupport.com</a></li> <li>Last Day of School at Minot Public Schools</li> <li>Last Day to Register for Operation Heroes Family Deployment Line event at A&amp;FRC</li> <li>Friday Fun Members Buffet, 1630-1830, Rockers Bar &amp; Grill</li> <li>Club Members \$\$\$ Drawing, 1730-1830, Rockers Bar &amp; Grill (name of Club Member drawn also announced at Rough Riders Pizza)</li> </ul>	<ul style="list-style-type: none"> <li>Registration Opens for Whitewater Rafting &amp; Zip-Lining Trip to Bozeman, MT at Outdoor Recreation</li> <li>Run 4 Fitness, 0600, Fitness Center</li> <li>Barre, 0915, Fitness Center</li> <li>Game Day, 1000-1930, Base Library</li> <li>Cycle, 1130, Fitness Center</li> <li>Cycle, 1700, Fitness Center</li> <li>Zumba, 1800, Fitness Center</li> <li>Swerk, 1900, Fitness Center</li> </ul>	<ul style="list-style-type: none"> <li>Last Day to Register for Extramural Golf League at Rough Rider Golf Course</li> <li>Circuit Training, 0600, Fitness Center</li> <li>Club Member Benefit, 0900-1400, Rough Rider Lanes</li> <li>Story Time, 1030, Base Library</li> <li>Pre-Deployment/Remote Readiness Training, 1300-1400, A&amp;FRC</li> <li>4-H Club, 1600-1700, Youth Center</li> <li>Mug Club Special, 1600-1800, Rockers Bar &amp; Grill</li> <li>Boss &amp; Buddy \$1 off Draft Special, 1630-1830, Rockers Bar &amp; Grill</li> <li>Members Wind Down Wednesday Buffet, 1630-1830, Rockers Bar &amp; Grill</li> <li>Yoga, 1830, Fitness Center</li> <li>Swerk, 1930, Fitness Center</li> </ul>	<ul style="list-style-type: none"> <li>Last Day to Register for Youth Programs Residential Camps – Aviation Camp at Youth Center</li> <li>Pre-Separation Counseling, 0800-1130, A&amp;FRC</li> <li>Barre, 0915, Fitness Center</li> <li>Cycle, 1130, Fitness Center</li> <li>Reintegration Briefing, 1300-1400, A&amp;FRC</li> <li>Fitness Hour, 1600-1700, Youth Center</li> <li>Trivia Registration, 1600-1845, Ground Zero Lounge in the Jimmy Doolittle Center</li> <li>Cycle, 1700, Fitness Center</li> <li>Club Members' 1/2 Price Appetizers (with purchase of adult entrée), 1700-1900, Rockers Bar &amp; Grill</li> <li>Olympic Weightlifting, 1730, Fitness Center</li> <li>Zumba, 1800, Fitness Center</li> <li>Trivia Night, 1900-2100, Ground Zero Lounge in the Jimmy Doolittle Center</li> </ul>
SATURDAY			
<ul style="list-style-type: none"> <li>For full listing of Memorial Day holiday weekend facility hours, visit <a href="http://5thforcesupport.com">5thforcesupport.com</a></li> <li>Memorial Day Golf Scramble, 0900, Rough Rider Golf Course</li> <li>Zumba, 0900, Fitness Center</li> <li>Barre, 1000, Fitness Center</li> <li>Swerk, 1100, Fitness Center</li> <li>Memorial Day Weekend Hip Hop All Nighter, 2200-0300, Rockers Bar &amp; Grill</li> </ul>			
SUNDAY			
<ul style="list-style-type: none"> <li>For full listing of Memorial Day holiday weekend facility hours, visit <a href="http://5thforcesupport.com">5thforcesupport.com</a></li> <li>Barre, 1300, Fitness Center</li> <li>Sunday Escapes Book Club, 1330, Base Library</li> <li>Family Zumba, 1400, Fitness Center</li> <li>Yoga, 1500, Fitness Center</li> </ul>			
MONDAY			
<ul style="list-style-type: none"> <li>For full listing of Memorial Day holiday weekend facility hours, visit <a href="http://5thforcesupport.com">5thforcesupport.com</a></li> <li>Memorial Day Lunch Special, 1030-1330, Dakota Inn Dining Facility</li> </ul>			



**UPCOMING EVENTS:**

**31 May**

- Last Day to Enter the Air Force Photo Contest
- Last Day to Register for Youth Outdoor Soccer at Youth Center
- Barre, 0600, Fitness Center • Swerk, 0915, Fitness Center
- Torch Club, 1600-1700, Youth Center
- Base Heritage Night, 1630-1830, Base Library
- 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
- 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

**01 June**

- Operation Heroes Family Deployment Line event, 0900-1400, Held at Base Theater and Dock 9 and hosted by A&FRC
- Operation Heroes Reintegration Party, 1215-1415, Held at Bud Ebert Park and hosted by Youth Center
- Mother & Son Game Night, 1700-2000, Rockers Bar & Grill
- Lights & Strikes and Saturday Unlimited Bowling, 2000-2400, Rough Rider Lanes

**Rough Riders Pizza**  
**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!

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

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Free stall for one hour with purchase of oil & filter from Auto Hobby!  
\*Minimum purchase of 5 quarts of oil and filter required\*



Such sacrifice  
through valor made,  
A debt too deep  
to be repaid,  
From their courage  
freedom born,  
To remember them  
the poppy worn.



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Visit the USAA Poppy Wall of Honor - Memorial Day Weekend on the National Mall in D.C.

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