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Recovery operations under way at Wright-Patterson AFB

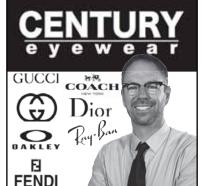
88TH AIR BASE WING PUBLIC AFFAIRS

total of 12 houses were deemed uninhabitable after a tornado swept

Working with the privatized

Workers, including an

property damage.



Air Force announces ar tificial intel ligence research with MIT

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

ARLINGTON, Va. (AFNS)

Secretary of the Air Force Heather Wilson announced a contract with Massachusetts Institute of Technology, May 20, focused on accelerating artificial intelligence technologies through fundamental research in computational intelligence, reasoning, decision-making, autonomy and relevant societal implications. The agreement includes selecting eleven Airmen for a research and development collaboration team designed to field practical AI solutions for real-world, national security challenges.

Beginning this summer, the combined officer and enlisted team representing various Air Force career fields, is expected to work with researchers at MIT to harness the university's student talent, renowned faculty and state-of-the art facilities and laboratories.

"MIT is a leading institution for AI research, education and application, making this a huge opportunity for the Air Force as we deepen and expand our scientific and technical enterprise. Drawing from one of the best of American research universities is vital,"

Wilson said. The partnership will address a broad range of AI projects such as decision support, maintenance and logistics, talent management, medical readiness, situational awareness, business operations

and disaster relief. "This collaboration is very much in line with MIT's core value of service to the nation," said Maria Zuber, MIT's vice president for research and the E.A. Griswold professor of geophysics. "MIT researchers who choose to participate will bring state-of-the-art expertise in AI to advance Air Force mission areas and help train Air Force personnel in applications of AI.

As part of its Science and Technology Strategy, the Air Force launched a number of similar partnerships with higher education institutions around the U.S., each with a different focus area underscoring the Air Force's emphasis on driving innovation through government, academic and private sector partnerships.

The Air Force plans to invest approximately \$15 million per year as it builds upon its fivedecade long relationship with MIT.



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- Obituaries

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Chief Master Sgt. Eric Corvin, 49th Maintenance Group Quality Assur-ance superintendent, sought PTSD treatment with the 49th Medical Group at Holloman Air Force Base, N.M. He enrolled in a 12-week pro-gram, which focused on the many as-pects of PTSD and ways of coming to terms with the issues it causes. terms with the issues it causes.

> U.S. AIR FORCE PHOTO | STAFF SGT. CHRISTINE GROENING

Seeking mental health treatment: Chief shares his experience with PTSD STAFF SGT. CHRISTINE GROENING | 49TH WING PUBLIC AFFAIRS

HOLLOMAN AFB, N.M. (AFNS) --

"Dealing with a traumatic event from 2011 in Afghanistan, I realize now that I probably needed help long before 2018, but at the time I felt like I'd figured out how to control the ghosts in my head. I forced myself to keep them at bay, and instead of dealing with my problems, I just let them fester," recalled





Chief Master Sgt. Eric Corvin, 49th Maintenance Group Quality Assurance superintendent, as he opened up about his posttraumatic stress disorder.

Many service members struggle Medical Group Mental with the thought of seeking mental health treatment, thinking on the many aspects of of it as a career ender, or possibly that others may think they are weak for seeking help. Corvin said he wrestled with the thought of whether or not to get help, and eventually decided he needed to make a change – not only for himself, but for his family.

The stresses and strains Corvin Group licensed clinical was undergoing didn't just affect him personally, but also his family.

He described how his wife and daughter noticed the change in his It comes out at times when demeanor, and they tried to talk to we don't want it to, but him about it on several occasions, (the practice of) cognitive even offering to look into getting a PTSD dog for him. But, Corvin refused to take a dog he thought would be more beneficial for someone else.

'Once we got home, my daughter sat down with me and told me in no uncertain terms that I needed to get help," Corvin analyze the meaning of the said. "She told me that although event or trauma they went might not seem to be suffering as much as some others, or physically injured, I still needed help. I tried explaining to her about everything going on in my head and my body was starting to life, such as safety, trust, suffer as a result of that stress. She power and control, esteem just told me, 'that's even more reason to go get help.' It soon reached a point when his wife told him she wanted back counselling was to get back to the man she married. She told him the way I was when my wife his PTSD was affecting him to the point they couldn't even walk down the street or go out to eat as explained that prior to getting a normal couple. "I'm currently geographically separated from them, so I finally have time to think on my own, contemplate things and determine situation and hiding what he how I need to react," he said. "My was really feeling and seeing wife and daughter deserve to have inside, both at work and at the old me back."

after coming to the realization of how much it was affecting his family and faith.

He enrolled in a 12-week program with the 49th Health Clinic, which focuses PTSD and ways of coming to terms with the issues it brings, along with coping mechanisms.

"We view PTSD as something that you can resolve," said Capt. Kyra Santiago, 49th Medical social worker. "When we go through trauma, we kind of shove it all into a filing cabinet and just push it away. processing has you open up that drawer, pull everything out and reorganize it to make better sense of something that was probably illogical."

During the program, individuals go through learning what PTSD is, through learn to identify thoughts and feelings relating to PTSD and determine where they got stuck. Issues that impact the individual's and intimacy are also addressed. "One of my goals in married me," Corvin said. The QA superintendent treatment, his way of dealing with PTSD only resulted in him feeling isolated, being afraid to lose control of a home.

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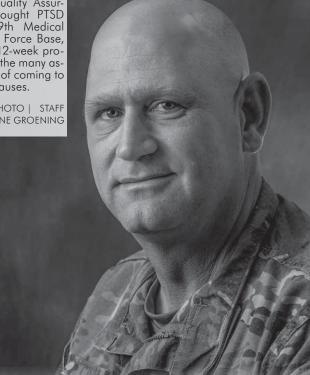
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In October 2018, Corvin finally found the courage to seek help,

Continued on page 6

THE LIGHTER SIDE

19

P SSWOR



- 67. Flat-topped elevation **68**. TV sports playback effect 69. Like hand-me-downs 70. Popular cable channel **71**. Improved an edge
- **72**. The sun does it every day 73. Eye ailment (Var.)
- 1. Coddle 2. Snack since 1912
- 64. Sesame Street name 65. Bowling green?
- 29 69 3. Plane-testing chamber

4. Not now

7. Negligible amount

8. Henley or Frey

9. Billowy boomer

cut the mustard?

10. Unwanted coat?

11. Circle components

12. Where the workers

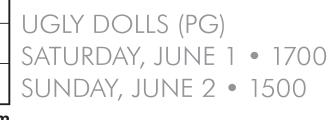
18

- 13. Setting in Haydn's "The Creation" 5. Marble type 6. Couple's pronoun
 - 21. Conductor, but not of music
 - 23. Celebrated twin
 - 25. Certain mergansers
 - 27. Vandalize 28. Can't help but
 - 30. Feeds the pigs
 - 32. "What a view!"

Solution to last week's Crossword puzzle.

ALADDIN (PG-13) FRIDAY, MAY 31 • 1800

A kindhearted street urchin and a powerhungry Grand Vizier vie for a magic lamp that has the power to make their deepest wishes come true.



An animated adventure in which the freespirited UglyDolls confront what it means to be different, struggle with a desire to be loved, and ultimately discover who you truly are is what matters most.

- 33. Endangered tropical
- region **34**. Twist into a knot
- 35. "How I Spent My
- Summer Vacation,"
- maybe
- 38. Hawk's maneuver
- 41. Former California fort
- 46. Oahu and Maui, e.g.
- 49. Crumpets go-with
- 53. One barely passes with it
- 55. Heavy volumes
- 56. More than "hmmm!"

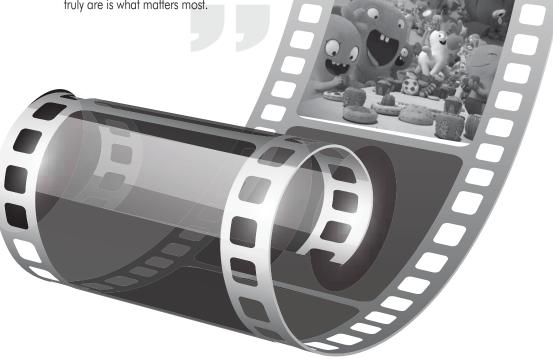
- 57. Peace Prize city
- 58. Desktop image
- 59. Sobriquet
- 60. Cushiness
- 62. Catch sight of
- 63. Denmark native

A CLASSIC

UND

66. Just painted

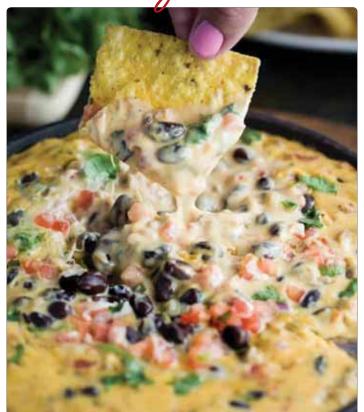
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R	А	Т		Ι	S	0		Ι	S	Μ		Ρ	Е	А
Ι	R	E		Ρ	E	Ν	А	L	Т	Υ	К	Ι	Ν	К
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Т	U	Ν	E		S	W	А	Т		С	А	Ν	D	0



DINING, ARTS & ENTERTAINMENT

NORTHERN SENTRY FRIDAY, MAY 31, 2019 5





This easy Homemade Queso Dip is loaded with warm, melty velveeta, pepper jack, beef, pale ale, Rotel Tomatoes, black beans, and fresh cilantro. It's a Cowboy's dream!

INGREDIENTS:

- 1/2 lb. ground beef
 Salt and pepper, to taste
 Pinch of Red Pepper Flakes

- optional
- 3/4 cup Pale Ale or your favor-
- ite kind of beer • 1 16 oz. block Velveeta
- cheese, cut into 1 inch cubes • 1/2 cup Shredded Pepper Jack
- cheese

INSTRUCTIONS:

In a large, high-walled skillet over medium heat, brown and crumble the ground meat, adding in desired amounts of salt and pepper.

Once it's nice and brown, drain any excess grease, toss in the crushed red pepper flakes and add the beer. Let the beer reduce for about 4-5minutes.

Add in the cheese and let it melt and simmer, stirring occasionally.

Once the cheese is melted, stir in the beans, red onions, and cilantro. Add the tomatoes and some of the juice from the can, only if you want it to be a little thinner in consistency. If you've already reached your desired level of thickness, don't add any juice.







Location: Minot Country Club 1912 Valley Bluffs Dr, Minot, ND PXG Demo Day

By appointment only. Demo Day open to the public. Call 7018523591 to schedule appointment. More information: For Facebook event/ PXG Demo Day



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10:00 AM - 4:00 PM Location: Oak Park 1300 4th Ave NW,

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For more information check out: Facebook event/ El Zagal Shriners Downtown Minot Parade







• 1 14.5 oz. can Rotel Tomatoes

partially drained 1 cup black beans drained and rinsed

- 1/4 cup red onion finely diced
 1/4 cup fresh cilantro chopped

.

Minot, ND



5:30-9 pm

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U.S. AIR FORCE PHOTO | WAYNE CLARK

Wil son praises Airmen, expresses gratitude in far ewel remarks reflecting on her tenure as Air Force secretary

CHARLES POPE | SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

JOINT BASE ANDREWS, Md. (AFNS) --

wo years and nine days since becoming the 24th Secretary of the Air Force, Heather Wilson bid a formal farewell, May 21, to the institution and its Airmen, expressing gratitude for the Aggressive efforts to streamline the opportunity to serve and declaring, 'I will always be an Airman."

"I lived a blessed life," Wilson said in a 15-minute speech which reflected on her tenure as the Air Force's highest-ranking civilian official.

She praised the skill and dedication of Airmen while comparing lessons learned from gardening as a corollary for the qualities that make for good leaders and an effective Air Force secretary. You need a plan, she said; you need friends to help, meaning allies, and "as long as it's safe, let people tinker with the tools.

"Our Airmen...tinker and fix things in new ways," she said, extending the reference. "Let your people tinker with the tools. ... As a leader, you have to think about the long term and strengthen the positive culture.'

"Every one of you in this hanger, more than \$138 billion and was an every single one of you, is a leader," influential voice directing strategy Wilson said, speaking at Joint Base and policy development, risk Andrews in Hanger 3, surrounded by her family, senior Air Force leaders, including three former secretaries, approximately 900 Airmen and a B-2 bomber.

Wilson's comments came at the end of the two-hour ceremony in which she was praised for her service and her achievements. Wilson announced her resignation in March after she was selected to

Under her direction and in partnership with Goldfein, the Air Force became both more prepared and nimble in the last two years. A shortage of more than 4,000 active duty maintainers that greeted Wilson when she arrived in 2017 has been closed to zero. procurement process has shaved 100 years off traditional timelines while a series of major contracts approved in recent years saved more Force's ability to fulfill any mission than \$17 billion.

Wilson has been a catalyst as well driving innovation. She spearheaded the analysis which said the "Air Force we need" must increase to 386 squadrons from 312 to confront threats in an era of great power competition. Wilson was also a key architect of an ambitious upgrade for the service's science and technology strategy released in April. That document will serve as a blueprint to better identify, develop and deploy breakthrough technologies in the future.

Wilson is leaving a considerable mark on the institution and its total She helped develop and manage the Air Force's annual budget of

management, weapons acquisition, technology investments and talent management of Airmen across a global enterprise.

She was a central figure in efforts to strengthen and build the Air Force to meet new global threats, particularly those posed by Russia and China. She was a strong advocate for increasing overall readiness and addressing personnel shortages that affected the Air at any time.

Overall, the Air Force is 17% more ready today than it was when she was confirmed.

Wilson was a strong advocate for streamlining the contracting process when possible and injecting a more entrepreneurial approach.

In his remarks, Goldfein said Wilson will be remembered for "setting the conditions to build a more lethal and ready force we need for the future fight" while also paving the way "for the future Airmen who will follow in our footsteps.

And while hardware is important, force of 685,000 Airmen worldwide. Goldfein said Wilson, "understood the priority is with the people and improving the quality of service and quality of life for our uniformed volunteers and their families is where it starts."

RELAY

FOR LIFE

PTSD EXPERIENCE continued from page 3

"I turned everything into a mission," he said. "My day-to-day through their job, by witnessing life was literally task oriented. There was no real friendship making, no personal interactions; everything was something I 'had' to do. Whether it was going to work or attending meetings, I just focused on getting through it. But, the minute I didn't have anything to do, that's when the ghosts would come out and play."

Corvin's PTSD began to manifest after events during his deployment in Afghanistan. The events took a major toll on him, and as a result he began suffering both physically and mentally.

"During the beginning of my counselling I realized I had become responsibilities to someone else. As paranoid; I thought everyone was out to get me," he exclaimed. "That was hard to deal with, because you're fighting with yourself you're not fighting facts but with made-up stuff that's in your head."

The Mental Health Clinic at Holloman Air Force Base worked with him on getting past the irrational thoughts of not trusting his own personal decisions or trusting others. The providers helped him realize the decisions he made during his deployment were good.

"But I realized this was not all manufactured in my own head people do want to hear about the experiences I went through -- to help them figure out how they can be resilient and get the hard stuff done."

The development of PTSD can be brought on by the exposure to death, serious injury, sexual violence or some other traumatic or stressful experience. Individuals

may be exposed to these traumas them or by experiencing them firsthand.

According to Santiago, while there is still a stigma to get help, more individuals are seeking the support they need than when they were 20 years ago.

"If I have an Airman approach me with a concern, I now encourage them to go and seek help and not to be afraid of the unknown," Corvin said. "The outcome of my 12-step program was greater than I anticipated.

Now recently retired, the time has finally come for him to let go of the reins and hand over the a side-effect of his PTSD, Corvin said he had also been dealing with control issues, and described how letting go and having faith in another person's ability to take care of the unit has been difficult -- but he's coming to terms with it.

"In all of this, faith and family are the two things that have kept me going," he said. "While I tried to be strong, back then I wasn't able to seek the help I needed. But, my faith was stronger – when I was asking for help, the Lord stepped in and became my sword and my shield. He made me realize I needed the help of a team – my family was that team, and they pushed me to seek the professional help I so badly needed. I'm much stronger now, thanks to my wife and daughter and now I get to spend the time with them that they deserve. We can finally look forward to the future as a family, now that I've received the strength and clarity after the 12-step program."



be president of the University of Texas, El Paso. Her last day as Air Force secretary is May 31.

In a clear reference to what she sees as her legacy, Wilson told the crowd that a good gardener is someone who "accepts with confidence you won't be able to be able to harvest all the fruits of your labor" and embraces the "beauty of work well done on something good."

While Wilson reflected on two years as secretary by highlighting the achievements and contributions of Airmen across the Air Force's global enterprise, other speakers focused squarely on Wilson herself. "You have been the leader we needed at this exact time in our Air Force," Air Force Chief of Staff Gen. David L. Goldfein said. praising Wilson. "As an Airman's Airman, you have served as a driving force for positive change."



HOPE on the RUN & WALK



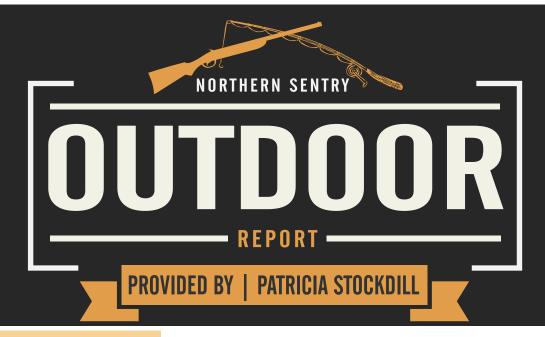
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AROUND THE AREA



Dates to Know:

*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. at Grahams Island,

Povils Lake. *June 1: Children's Dakota Explorers 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). *June 8: Nat'l. Marina Day Kid's events, Fort Stevenson State Park, Garrison.

Tournaments: *June 1: Devils Lake, East Bay; Lake Sakakawea; Tobacco Garden; Missouri River tailrace. June 7: Devils Lake, **Grahams Island** *June 7 & 8: Lake Sakakawea, Indian Hills Resort; Lake Sakakawea, Van Hook Arm. *June 8: Devils Lake, Spirit Lake Casino. *June 8 & 9: Devils Lake.

<u>Fishing:</u>

Lake Sakakawea elevation, May 27, 1,847.16 feet above mean sea level (MSL); 19,600 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.18 feet above mean sea level (MSL). Stump Lake elevation: 1,448.98 MSL

*N.D. Game & Fish Dept. game wardens: Lake Sakakawea slow on the east end, although look for improving walleye activity around Douglas Bay. Most success remains west of the New Town bridge. North-central area lakes a little slow yet although Lake Upsilon and Lake Metigoshe producing scattered pike success. Devils Lake starting to produce some walleve but

*Devils Lake, Ed's Bait Shop, Devils Lake: Steady walleye success around the bridges using leeches or plastics. Look for a mix of walleye, pike, and white bass. Look for activity along shorelines in areas with slack water.

*Devils Lake, Woodland Resort, Devils Lake: Improving walleye and white bass success but it's a late evening and after dark bite. Work shallow along rocky dikes. Continued good pike success.

*Lake Darling, Karma C-Store, Ruthville: Weather permitting, anglers are starting to head out more, including the Souris River in Minot, Lake Darling, and Grano. Look for more and better activity with improving weather.

*Lake Metigoshe, Four Seasons, Bottineau: Fair to good bluegill success with anglers finding some nice ones mixed with numbers of small fish. Continued good pike success with occasional nice walleve.

*Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: East end of Lake Sakakawea remains slow for walleye with best success still farther west around New Town. Lake Audubon hit-and-miss for walleye.

*Lake Sakakawea/Lake Audubon, 6-Mile Bait & Tackle, Garrison: Weather permitting, anglers finding improving walleye success from Douglas Bay to the east. Work gravelly, rocky shorelines pitching jigs and minnows in 2 to 15 feet. Try the same depths and presentations for walleye on Lake Audubon. The key is fish more active on warm, sunny days. *Lake Sakakawea, Indian Hills

Resort, Garrison: Cool water temperatures continue limiting walleye activity with anglers heading west around New Town.

*Lake Sakakawea, Van Hook Resort, New Town: Van Hook Arm remains slow for walleye with anglers heading to the river portion around New Town. Continued good pike success, however. Look for walleye activity to improve as water and air temperatures warm. *Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River producing some walleye from boats. A few trout and salmon mixed in. Try spillway

inlet and down river with jigs and minnows or plastics. Some success from shore by the boat ramp using crankbaits. Also try the wing walls but overall activity is light on the river. Move around on the east end of Lake Sakakawea to find scattered walleye success. Work a variety of depths with most activity in Douglas Bay using jigs and minnows.

OUTDOOR NOTES:

*Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Increasing walleye success using nightcrawlers on Lake Sakakawea. Improving walleye bite starting east around Little Beaver Bay but good success continues farther west yet. Continued good pike success from shore. Rivers on the rise with generally most success for catfish.

*North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Activity remains limited and light on area lakes and the river. Look for more anglers out with better success as water and air temperatures warm.

*Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: Warmer weather bringing out lots of anglers with some walleye success. Still somewhat slow but some of the walleye were nice sized. Occasional perch from the Outlet Fishing Area. N.D. rivers:

*Des Lacs River, Foxholm: River stage, 5.54 feet; streamflow, 6.91 CFŠ.

*Little Missouri River, Watford City: River stage, 6.61 feet; streamflow, 7,730 CFS.

*Missouri River, Washburn: River stage, 9.81 feet.

*Pembina River, Walhalla: River stage: 2.83 feet; streamflow, 272 CFS.

*Souris River, Foxholm: River stage, 5.21 feet; streamflow, 5.59 CFS.

*Souris River, Minot: River stage, 4.18 feet; streamflow, 13 CFS.

*Yellowstone River, Sidney, Mont.: River stage, 8.83 feet; streamflow, 24,900 ČFS.

Numbers to know:



MICHAEL LINNELL | DIRECTOR OF UNIVERSITY COMMUNICATIONS

MINOT, N.D. – As the 54th season of Minot State University seats are \$20. More information Summer Theatre approaches, two constants remain over the past half century.

One, Summer Theatre's lineup is jam-packed with exciting shows patrons from across Northwest North Dakota will enjoy.

And second, individuals who have played a part of the company return to the iconic amphitheater on the hill.

For nine of the past 10 summers, actor and director Brett John Olson has been involved in Minot State Summer Theatre in one way or another.

This summer, getting back on the stage will be especially gratifying for Olson.

"Summer Theatre has really been my theater home since 2008," he said. "In one way or another, I've contributed through set design from afar or shorter term carpentry work. I'm excited to get back on the stage though, it has been a few years since I've in the same time frame will dug into a challenging role and Edward Bloom in 'Big Fish' is a dream role. Plus, 'Beauty and the brains - honest acting is so Beast,' is going to be so much fun, it's so iconic and Summer Theatre's first adventure into a 10-performance run, I can't wait to share it."

Olson will direct "Beauty and the Beast," the 54th season's final performance set for July 24 through 28 and July 30 through Aug. 3. He doesn't plan to stray away from the traditional story line, but is excited to see the production unfold each night.

"We are hoping to play homage to a very iconic play, our Morris," Gifford said. "She has version won't be wildly different been working with the university from others," he said. "The real draw is the fact that it's LIVE – not two performances will be exactly the same, and the art is fleeting. You won't want to miss it.'

The opening performance is set for June 12 and the company will begin its work on the season, building costumes, and rehearse this week.

"Putting together four full productions in two months is a real challenge," said Summer Theatre Artistic Director Chad Gifford. "Our company members will hit the ground running Memorial Day weekend with rehearsals twice a day and costumers designing and building costumes for over a 100 different characters, as well as hanging lights, setting up sound, and building and painting the sets. Beauty and the Beast highlights an exciting lineup of all-new-to-Minot shows, beginning with "Mamma Mia," June 12-17, "Cash on Delivery," set for June 26-July 1, and "Big Fish," slated for July 10-15. Tickets for each show are \$16 for adults, \$11 for seniors, active active learning environments, military, MSU faculty, staff, and students with current I.D., and

\$5 for youth 18 and under. Deck is available ONLINE or by calling 701-858-3228.

"This summer we have four shows that have never been seen at Summer Theatre, which is pretty exciting," said Summer Theatre Artistic Director Chad Gifford. "One thing that is always exciting about starting a new season is bringing together many talented creative individuals and seeing those talents work together to create beautiful and entertaining theatre. We will have several states represented this summer with performers coming from Indiana, Illinois and California to work on our stage.'

Olson is equally excited to be able to both act and direct during the final two productions of the summer.

"My passion is acting, it always will be," Olson said. "But I find directing incredibly gratifying as well. Doing both require significant balance. They are two different creative reactive, lovely directing is about producing moments — so the two are seemingly in conflict. I'm looking forward to it."

The all-new show lineup is just one of the new feature at Summer Theatre in 2019. Tickets sales, which start May 30 at 9 a.m., will feature a new online system.

"Rolling out the new online ticketing system wouldn't be possible without the hard work of our Business Manager, Peg to make this possible for months and we are finally about to see it in action."

While Gifford knows just how much work goes into a successful season, he wouldn't want it to be any other way.

"Many of our company members start work at 9 in the morning and don't finish until rehearsal wraps up at 11 that evening," he said. "This kind of dedication just shows the absolute love we have for bringing theatre to the community of Minot each

overall success somewhat spotty. Anglers willing to spend time on the water are finding success, though. Continued good pike success. Improving white bass activity, including Channel A.

"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.

summer.

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TODAY

- 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 Center
- Salsa Dance Social, 2000-2300, Ground Zero Lounge in the Jimmy Doolittle Center
- Karaoke Night, 2100, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes

SATURDAY

- Operation Heroes Family Deployment Line event, 0900-1400, Held at Base Theater and Dock 9 and hosted by A&FRC Zumba 0900 Fitness Center
 - Barre, 1000, Fitness Center

TUESDAY

- Registration Opens for June Family Paint Class at Arts & Crafts
- Run 4 Fitness, 0600, Fitness Center

- Barre, 0915, Fitness Center
- Game Day, 1000-1930, Base Library
- Family Night, 1700-2000, Rockers Bar & Grill
- Cycle, 1700, Fitness Center
- Fit to Fight, 1800, Fitness Center

WEDNESDAY

- Circuit Training, 0600, Fitness Center
- Club Member Benefit, 0900-1400, Rough Rider Lanes
- Story Time, 1030. Base Library
- Boot Camp, 1145, Fitness Center
- Brown Bag Book Talks, 1200, Base Library
- 4-H Club. 1600-1700. Youth Center

07 June

- Barre, 0600, Fitness Center • Camouflage 5k Run, 0630, Fitness Center
- National Physical Fitness & Sports Month Health Fair, 0900-1400, Fitness Center
- Swerk, 0915, Fitness Center • Boot Camp, 1145, Fitness Center First Friday, 1600-2200, Buffet served 1600-1900, Jimmy Doolittle Center
- Torch Club, 1600-1700, Youth Center

Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill • 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

08 June

• Last Day to Register for Pride of America Golf Scramble at Rough Rider Golf Course Registration Opens at 1300 for Summer Reading Program at Base Library Registration Opens for Summer Reading Program Squadron Contest at Base Library

- Swerk, 1100, Fitness Center
- Operation Heroes Reintegration Party, 1215-1415, Held at Bud Ebert Park and hosted by Youth Center
- Game Night at the Ground Zero Lounge, 1600, Ground Zero Lounge at the Jimmy Doolittle Center
- Mother & Son Game Night, 1700-2000, Rockers Bar & Grill
- Lights & Strikes and Saturday Unlimited Bowling, 2000-2400, Rough Rider Lanes
- Mug Club Special, 1600-1800, Rockers Bar & Grill
- Boss & Buddy \$1 off Draft Special, 1630-1830, Rockers Bar & Grill
- Members Wind Down Wednesday Buffet, 1630-1830, Rockers Bar & Grill
- Jump -n- Fly presented by Minot AFB EFMP, 1730-1930, held at High Air Ground and hosted by A&FRC

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

THURSDAY

- Cycle, 0600, Fitness Center
 - Barre, 0915, Fitness Center
 - Fitness Hour, 1600-1700, Youth Center
 - Trivia Registration, 1600-1845, Ground Zero Lounge in the Jimmy Doolittle 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
 - Fit to Fight, 1800, Fitness Center
 - Trivia Night, 1900-2100, Ground Zero Lounge in the Jimmy Doolittle Center

- Zumba, 0900, Fitness Center Barre, 1000, Fitness Center
- Swerk, 1100, Fitness Center
- Summer Reading Program Kick-Off Party, 1300, Base Library
- Game Night at the Ground Zero Lounge, 1600, Ground Zero Lounge at the Jimmy Doolittle Center
- Fight Night UFC 238: Cejudo vs Moraes, prelims begin at 1900, main event begins at 2100, Rockers Bar & Grill
- Lights & Strikes and Saturday Unlimited Bowling, 2000-2400, Rough Rider Lanes

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• Family Zumba, 1400, Fitness Center

• Barre, 1300, Fitness Center

• Yoga, 1500, Fitness Center

MONDAY

SUNDAY

- Last Day to Register for June Youth Golf Lessons at Rough Rider Golf Course
- Tactical Fit Express, 0600, Fitness Center
- Kids Summer Bowling Begins, 0900-1400, Rough Rider Lanes
- Swerk, 0915, Fitness Center
- Boot Camp, 1145, Fitness Center • Battle Rig Fitness, 1800, Fitness Center
- Yoga Strong, 1700, Fitness Center
- Zumba, 1800, Fitness Center



KIRTLAND AIR FORCE BASE, N.M.(AFNS) --

hile June 21st is the official beginning of summer, Memorial Day weekend acts as the unofficial kickoff to the summer season for many Air Force families. The weather is in that sweet spot between not too hot, and not too cold. Many families are enjoying an extended weekend together. Friends gather to barbeque and Over the past decade, take time to honor those who died while serving the United States. Simply put, it is a great jump-start for the season to come.

As Airmen approach and plan for summer activities, leadership at all levels should take the time to discuss risk management and highlight hazards Airmen may encounter the mission done," said Maj. during the upcoming months. The Air Force's top three leaders began that conversation it's so important for Airmen

in a tri-signature memorandum recently sent to all Airmen.

"As you execute our Air Force mission or participate in summer activities with your family and friends, please use what you have learned about risk management," the memo read. "Plan for the unexpected, make wise choices and avoid unnecessary risks."

The memo also emphasized how personal safety directly ties to Air Force readiness. preventable accidents on and off duty have tragically claimed 16 Airmen lives on average per year during the summer months.

"A loss of life to a preventable accident impacts not only the Airmen and their families, but the entire Air Force and how we get Gen. John T. Rauch, Air Force chief of safety. "That's why

and leaders to understand risk management isn't something that you simply focus on part time. It is a method of understanding what your hazards are, mitigating those risks where possible, and accepting risk at the appropriate levels, both on and off duty."

Rising temperatures lead to more time spent outdoors, traveling to enjoy family vacations and increased chances of dehydration, exposing Airmen to more risk during the summer months. While Airmen commonly acknowledge these risks, they do not always register risks in the moment.

"Many of us tend to want to turn our brains off and relax when summer hits, however the opposite needs to happen," said Bill Parsons, Air Force Safety Center's Occupation Safety division chief. "Don't let your guard down in the summer."

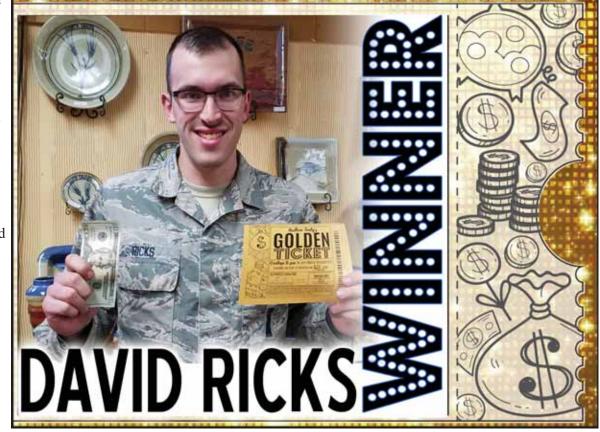
Parsons continued that one hazard in particular stands out as often overlooked.

"Every year we lose Airmen to water-related activities and many times it's simply due to lack of preparation," Parsons said. "Airmen must intimately understand the hazards presented by water, whether it is temperature, depth, currents, or adding alcohol and sleep deprivation into the mix."

Alcohol is another major hazard that often impairs good risk management. Over the last five years, 66 Airmen deaths occurred throughout the summer. At least 22 of those deaths involved alcohol.

"It's not that Airmen don't know that alcohol impairs their decision making ability, because I'm confident the Air Force takes every opportunity to emphasize and re-emphasize that message," Rauch said. "What's missing is a well thought out plan before engaging in their chosen activities. Excessive alcohol, poor judgement and summer activities with the lack of a plan simply don't mix."

Summer is a time that every Airman should rejoice. The beautiful weather is cause to explore the corners of not only the United States, but also countries across the globe, as Airmen are engaging in worldwide operations. With those adventures come risks. Airmen are encouraged to have a plan, understand their local hazards, and practice good risk management.



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