



After overcoming surges of COVID 19 and the challenges that came with it, Col. Christopher Menuey, commander of the 91st Missile Wing at Minot Air Force Base, N.D., is now focused on rebuilding connections amongst families and Airmen. Check out page A4-A5 for a look inside the mind of the commander and to see more about his plans for Team Minot.

U.S. AIR FORCE PHOTOS | NORTHERN SENTRY ILLUSTRATION



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Army & Air Force Exchange Service Honors Vietnam Veterans in Ceremonies Worldwide

ARMY & AIR FORCE EXCHANGE SERVICE PUBLIC AFFAIRS

DALLAS – The Army & Air Force Exchange Service honored Vietnam Veterans for their distinguished service during pinning ceremonies worldwide for National Vietnam War Veterans Day.

Veterans received free lapel pins, provided in partnership with the United States of America Vietnam War Commemoration, on March 29, as lasting mementos of our Nation's appreciation for these heroes whose service was often underappreciated.

"Many of the Veterans who served during the Vietnam War did not receive the homecoming they deserved," said Exchange Director CEO/Tom Shull. "While serving in the Army as a platoon leader during the Vietnam era, I saw many Soldiers return home broken. These heroes served honorably and made tremendous sacrifices. The lapel pin is a small token of our Nation's appreciation, reminding Vietnam Veterans that we honor their service."

The Department of Defense's largest retailer has hosted pinning events for National Vietnam War Veterans Day since 2018, except for 2020, when the recognition

was canceled because of the COVID-19 pandemic. The 2021 ceremonies followed Centers for Disease Control and DoD guidelines to ensure safety for the Veterans and their families. The ceremonies were contactless, with Veterans taking the pins from a tray or table.

"It's great to see any Veteran being recognized," said Air Force Master Sgt. (Retired) Stanley Richardson, who received his pin at the U.S. Army Garrison Exchange in Wiesbaden, Germany. "Especially for those of us who served in such difficult times and didn't get the same welcome home that our troops now get when they return from a deployment."

At Camp Foster in Okinawa, the Exchange gave out the commemoration pin and other mementos at the customer service desk with contactless interactions.

"I am very proud of the nation's commemoration that honors Vietnam Veterans who served and supported our country during a critical time in our history," said U.S. Marine Corps Chief Warrant Officer 5 (retired) Curtis J. Kozlesky, who

received his pin at the Camp Foster store. "During the war, we gave so much; some gave the ultimate sacrifice and we are very proud to be Vietnam Veterans."

The message "A Grateful Nation Thanks and Honors You" is engraved on the back of each pin – the side closest to the wearer's heart.

The ceremonies honored Veterans who served on active duty from Nov. 1, 1955, to May 15, 1975, regardless of location.

"Even though I was drafted, it was an honor to serve," said Army Veteran Armando Enriquez, a combat engineer who survived a tour in the war during his 20 years of service and received his pin at the Wiesbaden Exchange. "I think this is great that we are being recognized because we didn't receive the greatest reception coming home back then."

The Exchange is a 50th Anniversary Vietnam War Commemorative Partner, planning and conducting events and activities that recognize Vietnam Veterans and their families for service, valor and sacrifice in conjunction with the Commemoration.



NATIONAL VIETNAM WAR VETERAN'S DAY

On March 29, 2021, a pinning ceremony was held at the Base Exchange to celebrate National Vietnam War Veteran's Day. The ceremony began with a proclamation to honor the sacrifices of Vietnam veterans. Afterwards, each veteran was given a pin, a carnation, and a goodie bag as a small token of gratitude for their service. The pinning ceremony has been an annual tradition for three years, and while the event was not as large as it was in past years due to COVID-19, it was still an important reminder to pay tribute to our nation's Vietnam veterans. "Throughout this commemoration of the anniversary of the Vietnam War and every March 29 thereafter, we will honor all those who answer our nation's call to duty. We vow to never again confuse personal disapproval of war with prejudice against those who honorably wear the uniform of our armed forces. With conviction, our nation pledges our enduring respect, our continuing care, and our everlasting commitment to all Vietnam veterans."

NORTHERN SENTRY PHOTOS | ABIGAIL KINDER



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STRIKEWERX project aims to revolutionize B-52 air refueling

SEAN GREEN, STRIKEWERX

BOSSIER CITY, La. -- Training for B-52 pilots is moving into the future via a new innovation effort by Air Force Global Strike Command and STRIKEWERX. STRIKEWERX, the command's innovation hub, is aiding Global Strike's effort to build a state-of-the-art training capability for training pilots to accomplish air refueling in the B-52 bomber via the Mixed Reality Air Refueling Training Challenge.

The difficulty of inflight refueling is the primary driver behind the requirement for many additional training sorties. Maintenance and weather issues compound the ability to accomplish training, and no current simulation contributes to a pilot learning the fine motor skills and visual perception of movement necessary to accomplish air refueling.

RUSS MATHERS,
STRIKEWERX DIRECTOR

“

STRIKEWERX is facilitating a Challenge event that brings together the best solutions from industry and academia that will develop a trainer which allows pilots to learn this essential skill more quickly. “The B-52 Aerial Refueling Trainer represents a completely new approach to flight simulators, pushing the envelope for realism

and educational efficiency while retaining the low cost of AR/VR flight training,” said Dr. Donna Senft, AFGSC chief scientist. The Challenge, initiated with AFWERX, is open to industry solutions from March 16 to April 13. The Showcase event for selected industry solutions will be held in early June. It is open to all industry, government, academia, and individual contributors. The Air Force will then evaluate solution submissions with the intent of funding all, some or none of those ideas for further development. “This challenge brings together virtual reality, physical components the pilots can touch and get feedback from, biometric sensors such as eye tracking, and artificial intelligence to replace an in-person instructor pilot that provides a complete solution for

training pilots,” explained Russ Mathers, STRIKEWERX director. “We are honored to help develop a unique solution that strengthens AFGSC and the B-52 mission.” The challenge will combine Artificial Intelligence, Augmented Reality and a physical model of the flight deck to make pilots safer and more efficient. The challenge is seeking to solve four parts: The human-machine interface, which is the replication of control on the flight deck. An automated virtual instructor in order to allow for students to practice by themselves. Biometrics to provide accurate feedback in the training program. Making the model reconfigurable for other aircraft by the swapping out of controls. Maj. Mark Budgeon is project champion for this innovative

refueling trainer. Having previously lead innovation projects at the 307th Bomb Wing, it was a no-brainer to have him lead this effort. “Our Commander Gen. (Timothy) Ray has interest in how far we can go with technology for this type of training. The beauty in this particular innovation project is that were focused on one particular task, which is very complex,” Budgeon explained. “There is no doubt that STRIKEWERX allows us to get to a solution at a much faster rate. STRIKEWERX has afforded us the flexibility in changing execution plans to innovate, which is directly in line with the Chief of Staff's call to accelerate ‘change or die,’” he added. For more information, visit afwerxchallenge.com/strikerwerx.



STRIKEWERX, the command's innovation hub, is aiding Global Strike's effort to build a state-of-the-art training capability for training pilots to accomplish air refueling in the B-52 bomber via the Mixed Reality Air Refueling Training Challenge.

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This is a great base, with a great mission

An Interview with Col Christopher Menuey,
Commander, 91st Missile Wing

ROD WILSON, NORTHERN SENTRY



The old saying goes “there are 2 things for sure, death and taxes.” When Col Christopher Menuey took command of the 91st Missile Wing last summer, there were 2 other “for sures”. 1) That transfer of the command would take place and 2) COVID 19 would make the mission difficult, but as Col Menuey relates “There is no denying that it was hard to continue to operate through COVID 19, but we did. Their (Airmen of the 91 MW) personal lives took the hardest hit. But they maintained a determination to work through it.”

Col Menuey arrived at Minot Air Force Base in July, and COVID 19 numbers were somewhat under control. Soon after, however, the numbers would climb and base personnel would learn the meaning of HPCON (Health Protection Condition Level) Bravo, Bravo +, and ultimately Charlie. “We tried to focus on the family. During COVID 19 Airmen and families felt isolated...not much they could do. Many normal things were cancelled, so we tried to make things work. For example, Halloween took place, but we needed to have social distancing as you went through the lines. Now we are concentrating on building trust, unity and connectiveness and continuing General Ray’s Striker culture initiative. We were able to roll out new on-boarding and really work on welcoming new Airmen and families to Minot. We also made an effort to reach down to the spouses and ask what we could do to stay connected with them during COVID.”

Originally from Iowa, Col Menuey says “I spent my whole life there, all the way through High School.” He then went to the Air Force Academy. “My first day visiting there was the day before I entered, so I didn’t know what I was getting into, other than what was in the catalogue. I joined hoping to be a pilot, but my stomach just didn’t agree

with me.”

At the end of his time at the Air Force Academy, “I still wanted to do something operational, so working missiles was it, being I couldn’t be in an airplane.

I have done 2 tours at Malmstrom Air Force Base, I started there, and I just came from there.

After the academy I finished my training out at Vandenberg Air Force Base, went to Malmstrom in 1997. Returned back there as a group commander. I’ve done one tour also down at F.E. Warren, so when I came here it finished off the trifecta” Col Menuey says with a smile.

MINOT GIVES A UNIQUE CHALLENGE

Minot is unique in having the bomb wing as a mission partner, according to Menuey, “the teamwork between the wings is outstanding.”

“The base is very close to the community here. There is a different vibe here” continues Col Menuey, “it’s the friendliest of the communities we’ve been in. The business partners have taken time to build the relationship with the base, and make it better.”

OTHER QUESTIONS & RESPONSES

THE MISSION OF THE 91 MW

Having Inter-Continental Ballistic Missiles (ICBMs) and the nuclear triad is foundational to our national security. Maintaining a combat-ready nuclear force is critical to that national defense. So, for this base, and the fact that we are down to 3 bases, we have come down to a pretty low number of nuclear weapons since the height of the cold war. In accordance with the START treaty, this nuclear force structure creates stability for the world and has helped prevent a great power war since the end of World War II. If we continue to move from those numbers, it would take a

lot of interaction and discussions on many levels. But it’s critical that we maintain what we have, right now, and that is why we see all of the new modernization programs that are coming on line. Our military and government leadership understands the critical importance of these weapons and these systems and why we need to continue to update them and maintain the capability that we have as a deterrent in the future.

MODERNIZATION OF THE ICBM

On the horizon Minot will transition from the Minuteman III ICBM to the GBSD (Ground Based Strategic Deterrent) weapon system which will require new facilities and infrastructure to support the weapon system, on base and across the missile complex. We are modernizing everything about the weapon (ICBM). The Minuteman III that we have right now has had a lot of modifications made to it, but it’s definitely had its’ time serving as a deterrent and now the time has come to modernize and upgrade.

We’ll be installing a modern new missile, along with that, all of the command and control consoles. The reason we need to modernize is that the Minuteman III system will face component age out and supportability challenges. We must modernize to assure continued ICBM readiness for our nation and allies.

CHALLENGES IN SECURING FUNDING

Minot receives outstanding support from our military and government leaders. We compete well for funding to support our base and its missions. Some of the other projects underway or scheduled to start soon include an indoor firing range and new helicopter and tactical response force facility.

Our national leaders know

“

It’s been inspiring to be a part of the 91st Missile Wing and Team Minot...

COL CHRISTOPHER MENUHEY,
COMMANDER, 91ST MISSILE WING

”

how critical the nuclear missile and bomber missions are for the defense of our nation, so it isn’t difficult to secure funding or explain the relevance of these missions. Providing nuclear combat power is foundational to our national security. Just like Teddy Roosevelt said, speak softly, but carry a big stick. We are America’s big stick!

THE OMAHA TROPHY

Awards recognize the hard work and precision that goes on in the ICBM mission day in and day out. It’s motivating and rewarding to see our hard work recognized. It’s a testament to the character, commitment and credibility of our Airmen. To know that the 91 MW was recognized by USSTRATCOM as the #1 ICBM wing means a lot. This mission is an around the clock alert mission; 24/7/365. The Rough Riders never get to take a break or a down day.

When there’s a holiday or directed down day, the whole wing doesn’t take a knee...the mission continues. The personnel who work here are highly motivated, and they do a great job. And it’s a mission that is executed with incredible precision and professionalism, without a lot of attention or fanfare. So, to see their quiet pursuit of excellence that provides incredible combat readiness and lethality awarded from the Combatant Command means a great deal.

It was exciting when so many of our civic leaders were here for the Trophy presentation.

There’s a community aspect to this award. The close ties and partnership the Minot AFB has with the community is incredible and like none other I’ve been a part of.

QUALITY OF THE AIRMEN

As far as Airmen, year by year the caliber of the young Airmen is better.

I enjoy my routine interaction with the Airmen that maintain and protect our nuclear inventory. It’s a tough mission...in a tough location. But, they have professionalism and grit that is second to none.

And retaining those Airmen?

Yes, we absolutely retain incredible talent in the Air Force, and based on the talent I see here in Minot, it’s not a challenge. Our Airmen feel a sense of purpose as they provide combat power in defense of our nation. They feel a sense of family surrounded by a team that’s looking out for each other. A team that strives to empower each other to lead, innovate and get after the mission. We do an excellent job of developing Airmen and caring for their families.

I get to interact on a regular basis with intelligent, motivated and hard-working young women and men that have joined the Air Force and our team here at Minot. I hear numerous reasons for why they join: some want to follow in a family member’s footsteps, others are looking for a fresh start, some for the education benefits...but the underlying reason I often hear for choosing





the Air Force is how we take care of our Airmen and families. Our culture, our values and our leadership draw talented men and women into the Air Force.

WHAT WE'VE ACCOMPLISHED

I try to use the word family a lot. We try to help out Airmen and address family issues.

We've launched the diversity and inclusion task force, and we focus on making everyone feel welcome.

In addition, we've made great strides improving life for Minot personnel and their families.

A new welcome center was created to improve onboarding for all Airmen and families joining Team Minot. It provides a one-stop shop for all base in-processing needs.

We have a new Housing Resident Advocate and a neighborhood council with representatives from each neighborhood to bring up and address issues.

A new ESC (Entertainment Social Center) that includes incredible video gaming with computers, Xbox, and Play

Station consoles, a movie theater room, and a table game room; a virtual reality game area and a broadcast area to stream video game competitions. This facility is leading the Air Force for e-gaming capability.

We are filling more True North positions that provide chaplains and mental health providers, which has drastically increased resiliency and caring for Airmen.

There are lots of activities to connect spouses and families from the wing down to the squadrons with meet ups at The Turf, spouse all-calls covering helpful info on various topics, and events to increase connectiveness and boost morale.

We also stood up a Diversity and Inclusion working group that is raising awareness, educating, and building unity for our minority Airmen. This includes partnering with civic leaders to explore opportunities for meeting the unique product and service needs of minority Airmen.

We have maintained high levels of advocacy to capture and maintain Department of Defense support initiatives such as

funding for the Minot Discovery Center, and adding a temperature-controlled dome over the fitness center sports fields- a long term effort that requires constant advocacy.

We brought online shopping and contactless delivery to the base commissary with a "Click to Go" program and tailored a guidance to maximize opportunities to enjoy North Dakota's outdoor areas.

FINAL THOUGHTS

Col Menuet and his family are enjoying their time in Minot. "The bad stories you hear about Minot are from people who have never been here. It's been inspiring to be a part of the 91st Missile Wing and Team Minot. To see the incredible pride and dedication in the Rough Riders, who are operating and supporting our ICBM force and providing combat power for the United States every single day. We have a phenomenal partnership with the 5th Bomb Wing and the community of Minot. This is a great base, with a great mission."



U.S. AIR FORCE PHOTOS

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Airman Leadership School Class 21-C



Airman Leadership School is a program designed to teach Airmen the principles of leadership and prepare them to become supervisors of other Airmen in the future.

There are approximately six to eight ALS classes held each year with 48 to 60 students in each class. The students are then divided into three separate flights until the end of the course.

There are four main lessons Airmen are taught during the course: professional Airmen, supervisor of Airmen, supervisory communicator and expeditionary Airmen.

These sections teach Airmen drill, ceremony and retreat

procedures, team leadership skills, how to perform tasks that involve both verbal and written communication, and the rules of engagement when deployed.

Throughout the six week course, Airmen go through peer

assessments, enlisted performance reports, problem solving and team building exercises in order to strengthen their bonds with one another as well as their leadership capabilities.



U.S. AIR FORCE PHOTOS



A LOOK BACK THIS WEEK IN USAF HISTORY

**PAUL W. AIREY BECOMES THE FIRST CHIEF
MASTER SERGEANT OF THE AIR FORCE
APRIL 3, 1967**



CMSAF Paul W. Airey (USAF Photo)

Paul Airey was born in 1923 and raised in Quincy, Massachusetts. He joined the Army Air Forces on November 16, 1942 and spent his more than 27 years in service as an aerial gunner, radio operator, first sergeant, personnel sergeant major, and as the first Chief Master Sergeant of the Air Force. During World War II, Airey was a crew member on a B-24 bomber that was downed by anti-aircraft fire over Vienna, Austria. The crew of that bomber were immediately captured and kept as prisoners of war until May 2, 1945. In 1967, he was promoted to the new position of CMSAF, making Airey the highest ranking enlisted Airman. He aided and advised the secretary of the Air Force and the chief of staff on matters pertaining to enlisted airmen, such as assignments and promotions. He was also a strong advocate for enlisted professional military education and pushed the Air Force to give more training to Senior Noncommissioned Officers. After his time as CMSAF, Airey returned to Tyndall AFB, Florida where he became a first sergeant. Paul Airey retired on August 1, 1970 and moved to Florida with his wife, Shirley. He became an active part of the Air Force Sergeants Association, Air University Foundation, Airmen Memorial Museum, and Airmen Memorial Foundation. He passed away on March 11, 2009.

Information static.dma.mil / media.defense.gov

ACHA Women's Division 1 National Championship

VISIT MINOT

Minot is the host for the 2021 American Collegiate Hockey Association Women's Division 1 National Championship. This is the first national collegiate tournament that Minot will host. The tournament will be held April 15-19th, 2021 at the Maysa Arena.

"We are excited to bring the ACHA W1 Nationals to the Magic City," said ACHA Executive Director Craig Barnett. "We know that Minot is a special place and that it supports ACHA Hockey like few other communities in the U.S. We are thrilled to bring the premier event of the ACHA W1 season to Minot and look forward to having a great event at the Maysa Arena. Visit Minot will be a great host for our ACHA W1 Nationals."

The tournament will be hosting a variety of teams from across the US. From 1st to 6th seed, the rankings are as follows: #1 Liberty University (Lynchburg, VA), #2 Minot State University (Minot, ND), #3 Midland University (Fremont, NE), #4 Lindenwood University (St. Charles, MO), #5 Adrian College (Adrian, MI), and #6 McKendree University (O'Fallon, IL).

Interested in attending the tournament? Tickets are now live at tickets.visitminot.org. Game tickets, day passes, and tournament passes will also be available for purchase on game

day at the Pepsi rink. Active military will receive 20% off their tickets when using promo code 'MAFB' at checkout.



Upcoming Events

2-3
APR

EGG MY YARD, OR EGG MY FRIEND'S YARD!
9:00 AM - 8:30 PM
First Lutheran Church
120 5th Ave NW, Minot

Would you like all of the fun of an at home Easter egg hunt without the prep work? Let our youth group stuff your eggs for you! Eggs will be a mix of candy, and other fun toys. Eggs can be picked up, dropped off, or dropped off and hidden during the week of March 29th-April 3rd. You get to pick your day, and time.

Are you kids grown but you don't want to miss out on the fun? You can send eggs to your friend's yard as well! Here is the link to sign up, and pay on line! <https://thrivent.cotribute.co/events/492675/detail>

All of the money raised will go towards our youth attending the 2022 National Youth Gathering



For more information:
Facebook Event / Egg My Yard, or Egg My Friend's Yard!

3
APR

52 PINES PRINCESS BALL
5:30 PM - 8:30 PM
The Barn at 52 Pines
3220 Grayson Drive, Burlington, ND

An evening of magical fun to dance, sing, play games and meet your favorite Princess characters!

This event is open to any parent/guardian and their daughter(s) ages 3-14. Package Includes - Event Entry, Event Activities, Buffet Dinner, Princess Crowning with Tiara and Photo downloadable after the event.

* Additional Princess and (1) Additional adult tickets can be purchased within the same transaction as original purchase. If add-on's are purchased individually, your order will be CANCELLED! *

Visit www.eventbrite.com/e/136911430775 to purchase tickets!



For more information:
Facebook Event / 52 Pines Princess Ball

5
APR

SPRING FEVER GARDEN FORUMS
6:30 PM
Ward County Administration Building or
Online Participation
225 3rd St. SE, Minot

North Dakota State University is offering a series of forums to help you care for your yard and garden.

Live presentations from NDSU will be delivered on the internet. Viewers can ask questions to the speakers. All sessions are free and recorded for future viewing.

Viewers can participate at home or at selected Extension offices across the state.

Registration is requested. Please register at <http://www.og.ndsu.edu/springfever/> or at your local Extension Office.



For more information:
Facebook Event / Spring Fever Garden Forums

9-10
APR

SPRING BIG ONE ART & CRAFT FAIR
10 AM/9 AM - 8 PM/5 PM
North Dakota State Fair Center
2005 Burdick Expy E, Minot

Mark your calendars for April 9th and April 10th so you don't miss out on the 30th Annual Minot Spring Big One Art & Craft Fair! The doors are open on Friday, April 9th from 10am-8pm and on Saturday, April 10th from 9am-5pm! Come out and support the amazing talent of local North Dakota crafters and artists as well as those from several different states! There is something for everyone! For more information on THE BIG ONE Art & Craft Fairs, please visit our website www.thebigone.biz or send us an email at info@thebigone.biz. Tickets: Ticket admission is available at the door the day of the event only. \$5.00 for adults, 12 and under are free!



For more information:
Facebook Event / 30th Annual Minot Spring BIG ONE...

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Airmen of Minot



STAFF SERGEANT RACHAEL BROWN
AVIATION RESOURCE MANAGER

Staff Sergeant Rachael Brown is an Aviation Resource Manager for the 23rd Bomb Squadron. Originally from Greenwood, Wisconsin, Brown became a member of Team Minot in May 2018.

What does she like most about Minot?

"The community of Minot and the effort we all put in to make the most of what we have," said Brown. "My favorite part of the unit is when I'm preparing mission packages and later on I get to see what the B-52 did in the news, such as the Superbowl flyover."

Her duties include tracking over 100 aviators in the 23rd Bomb Squadron, recording daily flying hours, training task requirements, and medical forms using the database ARMs. Brown also in-processes and out-processes flyers

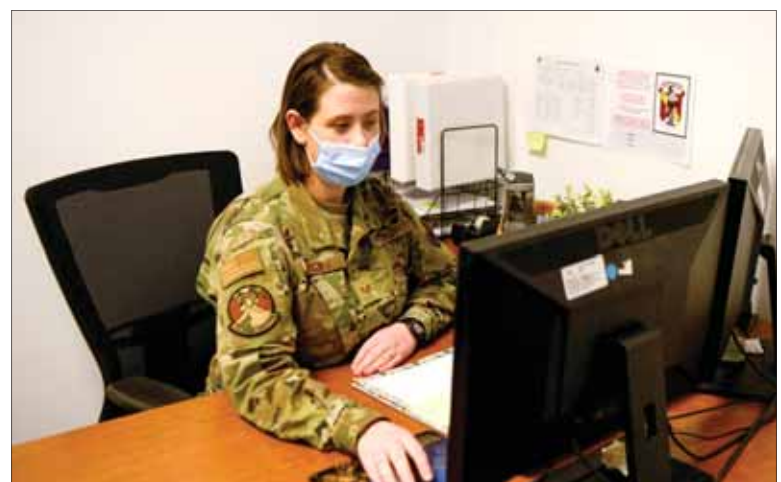
and prepares mission packages by verifying aircrew are qualified to fly the B-52.

"We are able to deter our adversaries and keep our nation safe," said Brown. "It's an honor to be a part of the mission."

Brown's favorite part of the mission at Team Minot is the impact the Bombers have on a global level.

"What motivates me is doing a good job and knowing I'm making a difference in my Airmen's lives," said Brown.

Brown spends her free time hanging out with her family, spending time outdoors, and going for walks or playing tennis. She plans on deploying again and attaining her bachelor's degree in business management through the Community College of the Air Force.



U.S. AIR FORCE PHOTOS | MINOT AFB PA



28th SFS defenders receive new female body armor

TECH. SGT. HAILEY STAKER, 28TH BOMB WING PUBLIC AFFAIRS

ELLSWORTH AIR FORCE BASE, S.D. -- Female Airmen assigned to the 28th Security Forces Squadron received the Aspetto Mach V Female Body Armor (FBA) system at Ellsworth Air Force Base on March 2.

Previously, female defenders wore the same body armor specifically designed for their male counterparts.

"The old vests and armor didn't promote ease of movement or comfortability for women, but the new gear does as it is designed specifically for them," said Maj. Cory Cook, the 28th SFS operations officer.

The new gear has an adjustable back corset that tightens to fit, and also features a design that is not one-size-fits-all. This allows the

vest to conform to the female torso and provide better coverage.

"The differences between the plate carriers are the sizes and fit," said Master Sgt. Jennifer Osborn, a 28th SFS flight chief. "Most of the male sizes are too large for smaller female frames, and the weight distribution differs between males and females."

This addition of female body armor came as part of the Reconstitute Defender Initiative, a comprehensive effort for the Air Force launched by former Air Force Chief of Staff Gen. David Goldfein to revitalize and reconfigure security forces squadrons.

"The Reconstitute Defender Initiative centers around making us more lethal and capable, meaning

better training, better equipment, better weapons, improved technology, and updated policies," Cook said. "The FBA is just one more step forward for increasing lethality for all Defenders."

Osborn touched on how this armor assists female defenders in accomplishing their mission.

"The more an Airman can move freely in her gear, the more agile she will be in carrying out her duties as a law enforcement officer," Osborn said.

In all, the security forces career field will receive approximately 7,000 units of the Aspetto Mach V Female Body Armor system, ensuring all female security forces Airmen will have properly-fitting, life-saving armor while accomplishing their mission.



Airman Grace Bailey, a 28th Security Forces Squadron response force leader, clips on the Aspetto Mach V Female Body Armor (FBA) system for the first time at Ellsworth Air Force Base, S.D., March 2, 2021. The new armor aids in reducing injury and allows more flexibility with equipment carriage during combat operations.



FEDERAL VACCINE RESPONSE

U.S. Army Maj. Gen. Pablo Estrada, Task Force 46 Commanding General (center), speaks with U.S. Air Force medical personnel with the 5th Medical Group from Minot Air Force Base, North Dakota, and Harris County Emergency Corps Emergency Medical Technicians (EMTs) at the NRG Community Vaccination Center (CVC) in Houston, March 24, 2021. Estrada thanked the U.S. Air Force Airmen and the Harris County EMTs for their service and contribution to the CVC, and to the COVID-19 vaccination relief efforts. U.S. Northern Command, through U.S. Army North, remains committed to providing continued, flexible Department of Defense support to the Federal Emergency Management Agency as part of the whole-of-government response to COVID-19.

U.S. ARMY PHOTO | SPC. MICHAEL YBARRA, 5TH MOBILE PUBLIC AFFAIRS DETACHMENT



Airman 1st Class Rodaysha Canton, a 28th Security Forces Squadron response force leader, places protective plates inside the Aspetto Mach V Female Body Armor (FBA) system she was issued at Ellsworth Air Force Base, S.D., March 2, 2021. This addition of female body armor came as part of the Reconstitute Defender Initiative, a comprehensive effort for the Air Force launched by former Air Force Chief of Staff Gen. David Goldfein to revitalize and reconfigure security forces squadrons.

U.S. AIR FORCE PHOTOS | STAFF SGT. HANNAH MALONE

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- Black-Footed Penguins have evolved to both survive in cooler water and the heat of the sun. Their body is covered by 70 - 80 waterproof feathers per square inch and a subcutaneous layer of fat helps fend off cold in the water. On land, they raise their feathers and hold their wings away from their bodies to release heat. The bare patch above their eyes also allows heat to escape.

| Fact File | |
|--------------------|---------------------------------------|
| Life Span | 10 - 11 years |
| Weight | 5 - 9 pounds |
| Height | 24 - 28 inches |
| Top Swimming Speed | 3 - 5 mph |
| Wild Diet | Crustaceans, Fish, Crustaceans, Squid |

CAT WORD FIND

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

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Provider of the Month

LA'TAYA BROWN

La'Taya Brown has been married to her active-duty spouse, TSgt Stevie Brown II TRF Flight Sergeant, for thirteen years and have three children; Stevie (11), Zaria (7) and Trinity (3). La'Taya is originally from San Antonio, Texas. La'Taya and her family PCSed from Joint Base San Antonio Lackland to Minot AFB in May of 2017. La'Taya was a Family Child Care at Lackland AFB from 2013-2017 and reopened her Family Child Care Program here in Minot in January of 2018. Since reopening in 2018, La'Taya has had over 180 children enrolled in her program. Along with being named Provider of the Month for April 2021, she was nominated Provider of the Year for 2018. She will be graduating from Minot State University in May with her Bachelor of Science degree in Early Childhood Education. She has received numerous honorary scholastic recognitions since she decided to continue her education, in the summer of 2019. La'Taya and her family will be PCSing to Joint Base Andrews in May. She plans to continue her Family Child Care Program and hopes to one day use her degree to become



a Family Child Care Coordinator. Her long-term goal is to become an Air Force Headquarters Inspector. When asked, what she enjoys most about being an FCC Provider, her response was

"I love the fact that I am able to help so many families per day / week / month. On an average week, I usually have 15-20 different kids in care. I've been able to successfully juggle being Mommy to my own kids, Mrs. La'Taya to my Little Rising Stars and also a fulltime student taking my last 9 college classes. I've been a Provider since 2013 and have loved every minute of it. I've had hundreds of children in care and have built long lasting relationships."



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OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Devils Lake elevation: 1,448.64 feet above mean sea level (MSL).

Stump Lake elevation: 1,448.41 MSL.

•N.D. Game & Fish Dept. game wardens: Some pike activity along the open water shorelines on the east end of Lake Sakakawea. Anglers reminded not to drive on soft and muddy shorelines. Little to no activity around the midsection although shorelines are opening up. Boats can get in at New Town. Open water fishing around the Devils Lake bridges for pike with some walleye mixed in. No reports from north-central area lakes.

•Devils Lake, Ed's Bait Shop, Devils Lake: No activity with anglers waiting for ice-out with rapid ice movement after recent winds.

•Devils Lake, Woodland Resort, Devils Lake: Try the open water areas along the bridges but no activity on Devils Lake yet.

•Lake Darling, Karma C-Store, Ruthville: Grano area producing some pike success. No reports from Lake Darling or Lake Audubon.

•Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: Lake Darling is ice-free with shore-fishing access only until boats can launch beginning May 1. Some activity but limited success. Landing 3 handicap-accessible fishing pier damaged after an unattended BBQ grill fire caused a grass fire. Pier is inoperable until repairs can be made.

•Lake Metigoshe, Four Seasons, Bottineau: Shorelines are deteriorating with little activity.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: North Lake open on the east end of Lake Audubon with some activity. East end of Lake Sakakawea has open water shorelines and main lake opening with recent winds. Look for pike activity using frozen smelt or herring on the east end of Lake Sakakawea. Missouri River improving from Wilton to Washburn for walleye. Look for fish to continue moving closer to the tailrace.

•Lake Sakakawea, Scenic 23, New Town: No activity yet with

- New 2021 fishing, fishing, and trapping licenses now needed.
- Spring turkey hunters need new 2021 hunting licenses prior to receiving their turkey license and tag.
- Upper Souris Nat'l. Wildlife Refuge Prairie-Marsh Scenic Drive auto route now open. Sharp-tailed grouse lek viewing blinds available. Call the refuge, (701) 468-5467, to reserve a free viewing date.

•April 2 – 10: North Country Trail (NCT) Central Flyway Chapter sponsoring "A Different Kind of Egg Hunt" at Audubon Nat'l. Wildlife Refuge south of Lake Audubon. Hike the NCT trail on the refuge anytime during those days to be part of the "group" hike.

•April 9: Badlands Toms Nat'l. Wild Turkey Federation banquet, Outlaws Bar & Grill, Watford City, 5:30 p.m.

•April 10: Maple Sugaring Day, Fort Stevenson State Park, Garrison. Contact the park, (701) 337-5576, for details.



anglers waiting for open water.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace remains slow for walleye with scattered boat and shore success.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Lake Sakakawea had open water as far east as Lund's Landing early in the week with shore-fishing opportunities. Look for bays and shallow water areas for pike using smelt. Try Little Muddy or Skunk Hollow. Missouri and Yellowstone rivers continue producing walleye with jigs or floaters and minnows. Most small northwest lakes have open water shore-fishing opportunities but limited boat access yet.

•Lonetree WMA area lakes, Harvey: A few anglers trying shore-fishing but limited success so far on area lakes.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: No activity on area lakes or the Souris River, which is low with minimal runoff moving through.

N.D. Parks & Recreation Dept. trails (conditions can vary):

•North Dakota state parks open with trails usable for hiking. Check with individual parks for amenities now open. New park passes now available.

Migration:

•Light geese: Lots of birds moving through east-central N.D. with good numbers of birds moved into the Devils Lake area over the last weekend and early in the week. Birds also moving into and through north-central areas, including around Towner, and up along the Canadian border. Some birds lingering and feeding in fields in the Lonetree WMA area but most are flying high and heading north. Look for the possibility of rapid migration once they push through.

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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Inside iMagicon 2021: Eric Stevens

ABIGAIL KINDER, NORTHERN SENTRY

Eric Stevens, owner and creator of ByCats4Cats, has a passion for creating. His business targets a very specific demographic: animal mascot (also known as fursuit) enthusiasts. Fursuits come in a variety of styles, giving each person the ability to become an entirely new character, even if only for a moment.

Stevens' journey with fursuits began in 1999, when he took a camping trip with some of his friends from online. He never could have imagined the trajectory that the trip would send his life on. "One guy had a tiger mascot costume. I figured I'd try it on, and it was so much fun. You're not you anymore, you're a tiger," said Stevens. "I went home and I researched what these things cost, because I had to get one, and I actually bought one but decided I didn't like it. So, I decided I'm going to try to make one. I taught myself how to sew and I did it as a hobby."

In 2009, Stevens began selling his fursuits and by 2012, he took a leap of faith and quit his job at Paypal.com to pursue his business full-time. ByCats4Cats has taken off, and Stevens has sold over 350 fursuits to customers in 16 different countries across the world. "What's really cool is that I've accomplished everything I've ever wanted to do out of

my business. Right now, I hope that the demand stays high and I can continue putting out a product that people want. That's something I want to do until I retire."

The process of making a fursuit begins with a commission request, where a customer will bring photos or drawings of ideas to Stevens. He will then send a quote and begin creating the suit, which can take anywhere from days to weeks to make. Stevens runs a one-man show and does all of the design and production of the fursuits on his own in his studio in White Bear Lake, Minn.

Each customer has his or her own reasons for wearing fursuits. Some people do it to escape reality for a while, some use it as a way to come out of their shell and show off a different side of their personality, and some want to just have fun! "It's something that somebody personally creates for themselves. It's like roleplaying or cosplaying but a lot more personal. When you put on the suit, you just lose all your inhibitions, and you're not yourself anymore. The simplest way to put it is that you just do it for fun," said Stevens.

Eric Stevens will be a guest of honor at iMagicon from April 23-25, 2021. For more information, visit www.imagiconnd.com



Eric Stevens is the owner of ByCats4Cats located in White Bear Lake, Minn. Stevens hand makes cat character mascots for fursuit enthusiasts and has sold over 350 suits since opening his business in 2012.

ERIC STEVENS PHOTOS



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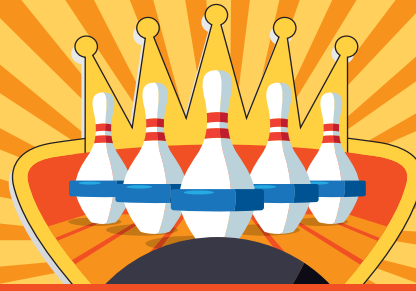
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BOWLING

Wednesday March 24, 2021

TEAM STANDINGS

| PLACE/TEAM NAME | POINTS WON/LOST |
|-----------------|-----------------|
| 1 5th OSS | 118/58 |
| 2 5th CES #1 | 116/60 |
| 3 5th AMXS | 106/70 |
| 4 5th FSS | 104/72 |
| 5 AAFES | 99/77 |
| 6 5th BW | 90/86 |
| 7 Air Force | 76/100 |
| 8 91st MSFS #1 | 39/137 |

SEASON HIGH SCORES

HANDICAP SERIES
Mike Froman - 806
Jason Jordan - 794
Kris Lenhardt - 767
Charline Monty - 666
Stacy Hanshaw - 655

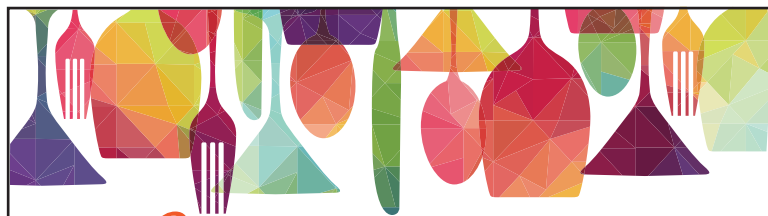
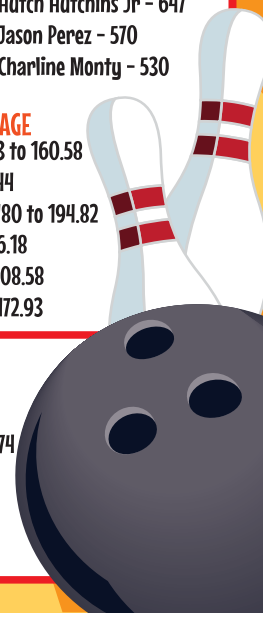
HANDICAP GAME
Kyle Hanshaw - 347
Andre Gonzalez - 306
Jason Perez - 287
Blake Goodlett - 287
Jenna Stewart - 253

SCRATCH SERIES
Scotty Botkin - 765
Duder McGough - 727
Christopher Johnston - 689
Samantha Siebe - 407
Kristen Mireles - 298

SCRATCH GAME
Justin Monty - 290
Hutch Hutchins Jr - 274
Trevor Spears - 267
Alyssa Jordan - 156

REVIEW OF LAST WEEK'S BOWLING & TOP SCORES

| TEAM | HDCP TOTAL | HANDICAP GAME | HANDICAP SERIES |
|--------------|------------|---|--|
| 5th AMXS | 2643 | Leon Morrison - 269 Kyle Hanshaw - 269 Justin Monty - 249 Daniel Stewart - 249 Blake Goodlett - 243 | Christopher Johnston - 734 Bryson Entendencia - 690 Jason Jordan - 670 Stacy Hanshaw - 655 |
| 91st MSFS #1 | -- | SCRATCH GAME Mike Froman - 246 JB Butler - 246 Duder McGough - 211 Trevor Spears - 194 | SCRATCH SERIES Scotty Botkin - 686 Hutch Hutchins Jr - 647 Jason Perez - 570 Charline Monty - 530 |
| 5th OSS | 2481 | MOST IMPROVED AVERAGE Bryson Entendencia - 143 to 160.58 Jason Perez - 159 to 174.44 Christopher Johnston - 180 to 194.82 Kristen Mireles - 82 to 86.18 Stacy Hanshaw - 105 to 108.58 Charline Monty - 170 to 172.93 | |
| AAFES | 2565 | | |
| 5th FSS | 2565 | | |
| 5th BW | -- | | |
| 5th CES #1 | 2595 | | |
| Air Force | 2429 | | |



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Month of the Military Child



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CHILD AND YOUTH EDUCATION SERVICES



There are over two thousand military-connected children in our area and nearly six thousand in the state of North Dakota. "Military children make up a very special part of our nation's population. Although young, these brave sons and daughters stand in steadfast support of their military parents through moves and deployments. To honor their unique contributions and sacrifices on behalf of our country, each April is designated the Month of the Military Child (US Department of Defense)." Colonel Walters and Colonel Menuey recognized the contributions of our military children and acknowledged the Month of the Military Child by signing a proclamation for Minot Air Force Base. Minot Air

Force base is proud to honor our military-connected children; our leadership, schools, and families understand the struggle of the youngest in our community who serve through sacrifice. In the coming weeks we will distinguish and honor our military youth in unique ways and through a number of special events. Beginning next week, the Air Force School Liaison Program will begin their annual Virtual Spirit Day each Wednesday of April, visit the Minot School Liaison Facebook page @minotslo for details. Our schools, along with some of our on-base helping agencies, will celebrate our military youth via Dress-Up Week, beginning April 12th and culminating on April 16th with North Dakota's Purple

Up Day! We ask everyone in our community to don something purple on Friday, April 16th to show support of military children. Also on April 16th is the Youth Center's Month of the Military Child celebration, FAMAGANZA, held from 6-8pm at the Youth Center and at the Turf. This event will feature on-base agencies and off-base partners, along with carnival games, prizes, and family fun! For our homeschool community, the Library will be hosting Purple STEAM on April 15th beginning at 4:30pm; the library staff will conduct a chemistry lab for students of all ages and the School Liaison will have homeschool resources and information on hand. As we wrap up the month, our military teens

will have a special event held at the Youth Center, We Own Fridays, on April 30th beginning at 6pm. This will be both a recruitment event for the Keystone Club and open house for teen programs with guest speakers from the Honor Guard, the SLO, and youth program mentors. Expect

to see even more special activities within Child & Youth Programs, throughout the 5th Force Support Squadron, and keep a lookout in town for recognition by our local businesses. For more information contact the School Liaison at 701-723-1447, visit minot.af.mil or check out 5thforcesupport.com.



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Col. Michael Walters and Col. Christopher Menuey sign the proclamation.

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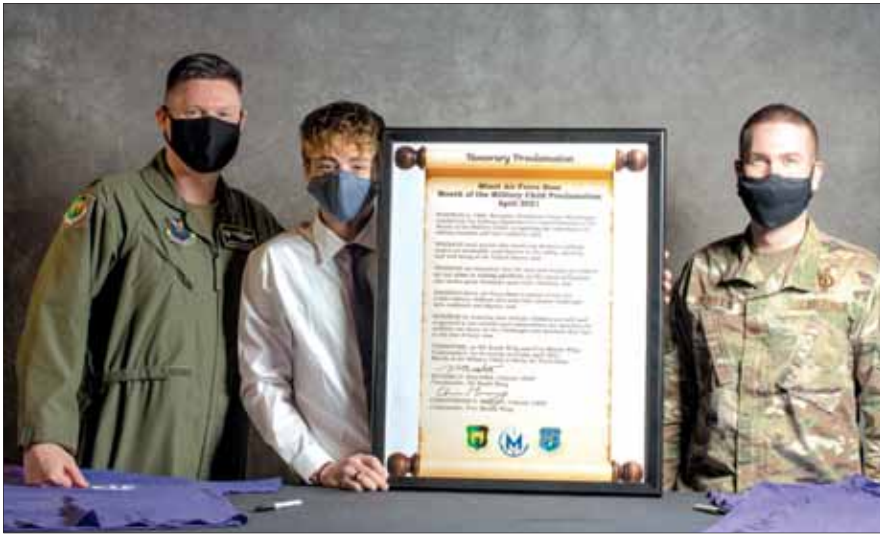


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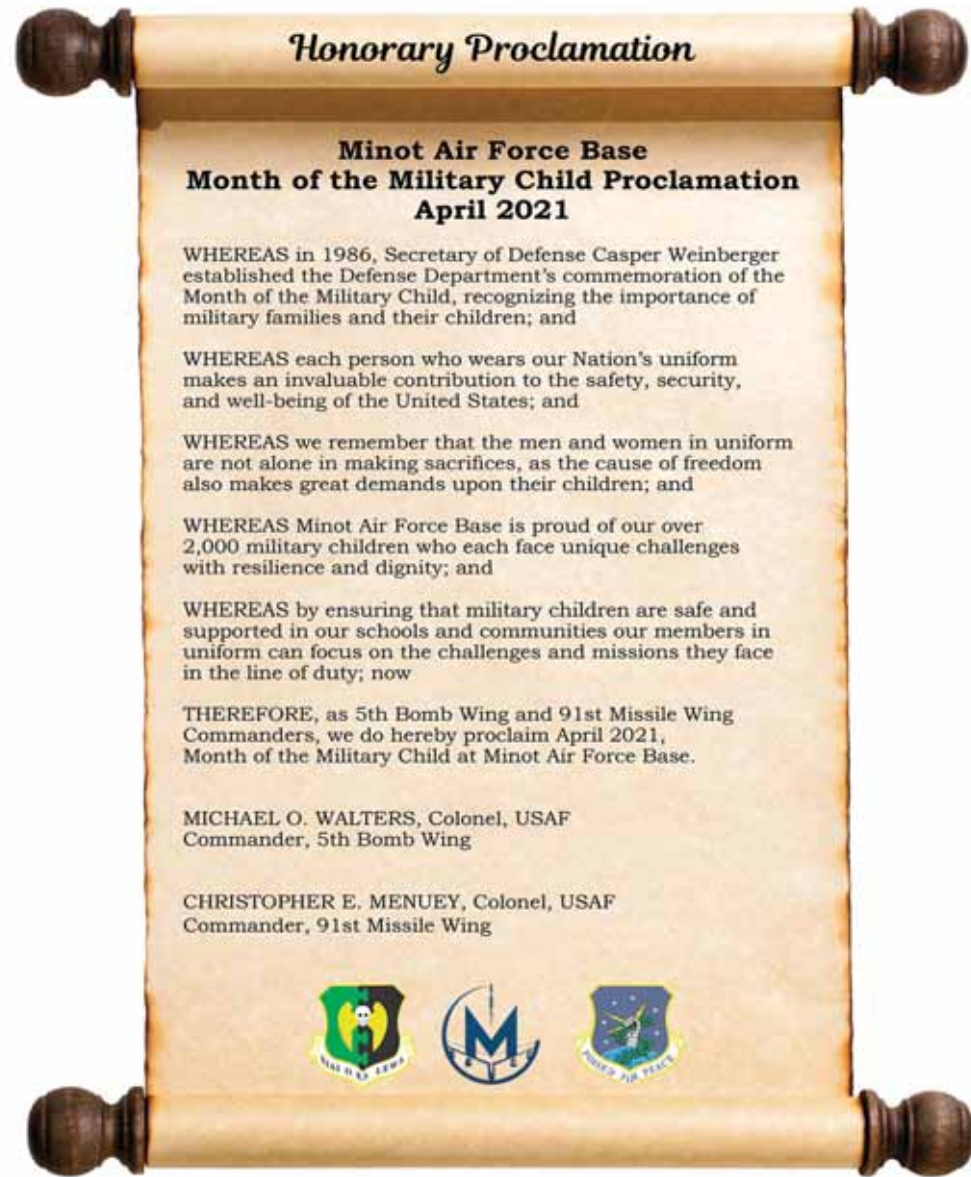
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Col. Michael Walters and Col. Christopher Menuey receive Month of the Military Child shirts designed by the Keystone Club from Youth of the Year Winner, Ryan Weed.



Col. Michael Walters, Col. Christopher Menuey, and Youth of the Year Ryan Weed with proclamation.



Unsigned digital copy of honorary proclamation

U.S. AIR FORCE PHOTOS

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International Women's Day

March 8

SRA MADISON KENNON TEAM CHIEF OF AN ELECTRO-MECHANICAL TEAM (EMT)

SrA Madison Kennon is a Team Chief of an Electro-Mechanical Team (EMT). She directs and mentors teams of Airmen that perform operational troubleshooting, maintenance, coding operations, maintaining command and control systems and ensures the security of 150 Intercontinental Ballistic Missiles (ICBMs) and 15 Launch Control Centers (LCCs) throughout the Minot AFB missile complex.

SrA Kennon loves her current career field and finds her work to be rewarding. Less than 1% of the population can say that they have worked on, or even seen an ICBM. Her biggest milestone so far in her career is earning the



coveted position of Team Chief. She is one of only four EMT Team Chiefs and the only female EMT Team Chief at Minot AFB.

SrA Kennon views International Women's Day as important because it gives us a chance to celebrate the women who have not only come before us but also those that we work side by

side with every day. Her female mentors that came before her helped her in making difficult decisions and helped guide her in what direction to go in her career. SrA Kennon believes that the military has empowered her in life to be better than she was yesterday.

U.S. AIR FORCE PHOTO | MINOT AFB PA

MSGT MEGAN PETERSON 5TH AIRCRAFT MAINTENANCE SQUADRON FIRST SERGEANT

MSgt Megan Peterson is the 5th Aircraft Maintenance Squadron First Sergeant. She is in charge of ensuring that 644 Airmen are provided with the resources and help that they need for their health, morale, discipline and welfare. MSgt Peterson has met every work goal she has set for herself to include making rank by certain points in her life. She accomplished all of her work goals while simultaneously earning her bachelor's degree in Criminal Justice.

She has had several female mentors that have helped guide and support her in not only her career but by passing on the knowledge of how to balance work and home life. Her mentors not only showed their confidence and drive for success but helped those around them to succeed in their own journeys. MSgt Peterson has weathered many trying storms in her life and by overcoming these challenges and applying the guidance from her mentors, she is able to apply these experiences to better help and guide the airmen of her squadron.



To MSgt Peterson, International Women's Day means reflecting on our equality in the world and using the day to share stories of courage, inspiration, and support. She feels that we can share our accomplishments while simultaneously talking about the work that still needs to be done to create equality for the women and girls around the world.

When asked about how the military has empowered her and others throughout her career MSgt Peterson said, "The Air Force tells you what you can do to be successful, you just have to listen and do it. We have opportunities at our fingertips that we just have to take advantage of in order to

progress in our careers. Learning how to balance your personal life with work is important so that you can take care of yourself and take care of your Airman, and you can do that through talking and listening to other people who have been through similar situations before. You have to be deliberate in making time for people, whether it be your family or your work family. You have to put effort in spending time with your family and friends. Connects and friendships with people will help empower you to be a better version of yourself and to be successful in anything that you set your mind to."

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Women's HISTORY month



MINOT RED TABLE TALK 2021

Team Minot Airmen attend a Red Table Talk event for Women's History Month on Minot Air Force Base, North Dakota, March 19, 2021. The discussion's goal was to have an open dialogue to identify gender disparities.

U.S. AIR FORCE PHOTOS | AIRMAN ALLISON MARTIN

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LAW TALK

LLCs and Commingling

Setting up a Limited Liability Company (LLC) for your business can be a wise decision. One of the major benefits of forming an LLC is that it helps shield your personal finances from difficulties your business may endure. If your LLC is faced with judgments for some reason, your creditors would be unable to make you personally pay that judgment. However, if you commingle your personal and business finances, this protection could be lost.

What is commingling?

Commingling is essentially mixing your business and personal funds. You might do this by taking money for personal use from your business account without proper documentation, only having one bank account for personal and business use, or even using personal funds to pay business expenses. Anytime you perform one of these acts, you blur what should be a very distinct line between you and the LLC—this line can be referred to as the corporate veil and if you commingle, it can be pierced.

What does it mean to pierce the corporate veil?

The corporate veil is the separation between your personal finances and your business. It is essentially what you create when you set up a business entity. For that reason, you don't want to do anything that might compromise it. When you commingle funds you make it possible for creditors to reach through—or pierce—the veil and access your personal funds. For example, if you use your personal funds for business expenses, a creditor could argue that your business and personal finances are one and the same and should not be kept separate or protected.

How can you avoid commingling and keep your corporate veil intact?

Retain an attorney to help you set up your business entity and continue to manage your business throughout its duration. It's also crucial to enlist an accountant who understands corporate entities and will help ensure your books are kept in order. Both of these professionals can fully educate you on commingling and quickly answer any questions you might have.

Although it may be convenient to use your personal debit card when you're running a bit low in your business account, without proper documentation, the repercussions could be very inconvenient. If you want to ensure your LLC is protecting you, please give us a call!



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ZSOLTI'S ROOT CANAL

Captain Derek Cluff and Captain Nicole Searcey, both dentists with the 5th Operational Medical Readiness Squadron, begin a root canal on Zsolti, a military working dog at Minot Air Force Base, North Dakota March 23, 2021. Cluff and Searcey assisted the base veterinarian in the procedure.


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The wonder of the whooper

Patricia Stockdill

They fly with grace and grandeur, perhaps one of the most – if not the most – stately North American birds.

Yet the whooping crane, standing about 5 feet tall with a wingspan of 6 to 7 feet, is a treasure few people ever have an opportunity to observe.

Even though they're the largest North American bird, they are also one of the rarest. While never believed to be abundant, scientists estimate about 500 to 700 whooping cranes existed across their historic range in 1870. By 1941, their migratory population plummeted to a mere 16 birds.

They were placed on the U.S. Fish and Wildlife Service Endangered Species list in 1967. Although the population of wild whooping cranes has fluctuated, it has increased in recent decades and is now back to about 500 birds.

And every one of them flies over North Dakota.

While researchers are working with experimental populations in various regions of the United States, the wild population nests in one place and one place only – Canada's Wood Buffalo National Park in far northern Alberta. They winter in one place and one place only – Aransas National Wildlife Refuge along the southeastern coast of Texas.

The two locations are about 2,500 miles apart and North Dakota is beneath their direct flight path.

Whooping cranes are snowy white with the exception of black wing tips, which are visible only when spreading their wings. They have a red crown on their head, yellow eyes, and an olive-gray bill.

In flight, whooping cranes extend their long necks forward and their long, slender legs backward behind its tail. They tend to migrate alone, in groups of two or three birds, or can accompany their cousin, the sandhill crane.

It could be easy to mistake a whooping crane for a sandhill crane under certain light conditions, but look for their distinctive white body and black wing tips.

However, their coloration could also lead an observer to mistake them for similar white birds, including snow geese, swans, egrets, or pelicans. Whooping cranes, though, are much larger than snow geese

and their neck and leg extensions help differentiate them from other white birds.

Whooping cranes somewhat resemble pelicans in flight because both species have a long wingspan and black wing tips. One difference is the pelican's undulating series of several flaps of its wings followed by a long, graceful glide.

The U.S. Fish and Wildlife Service and Canadian Wildlife Service track whooping crane migration to help monitor and aid in population recovery. Because North Dakota is so important in their migration with birds stopping to rest and feed, anyone with the honor of observing a whooping crane is asked to report it. They may rest and feed on and around shallow wetlands along the central portion of the state.

The birds are on the move back north to nest and will be over North Dakota in the coming weeks of April.

Never disturb whooping cranes and, instead, note the date, time, location, and the bird's activity. If possible, note any leg bands, which could be on one or both legs.

Sightings can be reported to Lostwood National Wildlife (NWR) Refuge, (701) 848-2466, Audubon NWR, (701) 442-5474, or the N.D. Game and Fish Department, (701) 328-6300, as well as any area game warden.

By reporting a sighting people are assisting in research and recovery of the stately whooping crane. The information is used to identify critical migratory habitat areas, monitor status of birds with leg bands, identify migration routes and timing, and help determine survival and population numbers.

Just the opportunity to potentially observe the majestic whooping crane is yet another reason to get outdoors this spring – and again next fall when they return to Aransas. Grab a pair of binoculars, a bird identification field guide, and simply explore. Look up and listen. Pay attention to what is around and on wetlands and adjacent prairie or cropland.

And maybe, just maybe, someone will experience the rare and treasured opportunity of seeing a whooping crane.

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20 AF staff augment missile alert force at all three missile wings

CAPT. IEVA BYTAUTAITE, 20TH AIR FORCE PUBLIC AFFAIRS

F. E. WARREN AIR FORCE BASE, Wyo. --

20th Air Force headquarters staff, in an effort to support 20 AF missile wings with combat mission ready (CMR) missile operators, are beginning to pull regular alerts at all three missile wings. This effort is not only helping relieve some of the scheduling pressures at the wings but also serves as a professional opportunity for both the HQ staff and the operators in the field.

"It's important for us as a staff to be connected to the field directly," said Col. Cathy Barrington, 20 AF operations and communications director. "We need to know what's going on and be there with the Airmen who are performing alert duties. This helps us know conditions first hand, so we can make good decisions that support our Airmen in the fight."

Besides providing an opportunity for the staff to stay connected to Airmen in the field, the alerts serve as a professional development opportunity. For example, for an upcoming software test happening in several months at Hill AFB, Utah, missileers from the missile wings will go to perform those tests, while 20 AF staff officers will cover the alert load at the missile wings. This opportunity will allow the missileers to

see how the testing process works and understand a little bit more about weapon system development. It will also allow them to offer up their expertise and field experience to highlight any issues or problems, or things that can be done differently.

Last month, Col. Matthew Dillow, 20 AF vice commander, travelled to Minot AFB to pull a week-long alert tour.

"I enjoy alert duty as a change of pace from the headquarters tempo," said Dillow. "It is interesting to experience the different field cultures at each wing. Interacting with Airmen in the field over a seven-day period helps with ensuring frank communication and feedback—I feel I can really become a member of the team at that MAF."

Maj. Jeremy Greever, ICBM codes branch chief, returned from alert at Malmstrom AFB, Montana just a few weeks ago.

"It amazes me how seamlessly our Airmen get the job done, especially in such a large area of responsibility as Malmstrom," said Greever. "It is extra impressive especially when you consider the relative young age of the Airmen from Security Forces, maintenance and Missileers. It's such a fun thing to be able to pull alerts with the next generation of Missileers. On my last two alerts I learned so much from my crew partners,

and I hope they got some useful information from me."

1st Lt. Sierra Hunewill-Brown, 490th Missile Squadron crew commander at Malmstrom AFB, was on alert with Greever. She said that being on alert with Greever served as a great professional development perspective and learned a lot from asking him questions and their valuable conversations.

"Maj. Greever and I had a great week together pulling alert," said Hunewill-Brown. "He had great insight into many things far beyond just pulling alert, which was very beneficial to me. I learned a lot about what options there are for us following our first two crew tours, and how much the career field opens up, which is not something that I think we talk about enough. Also, he made great coffee!"

The initiative is set to continue for the foreseeable future and reap many benefits.

"What we are seeing with our missileers, is that this engagement is building better relationships," said Barrington. "We are starting to understand each other's roles and responsibilities better and we are building a better team. The more we work together, the better relationships that we build, and that enhances the force across the board."

TRAEGER TALK



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Ham is a traditional Easter dinner for many families. Already cooked, it is easy to serve, just heat to 140°F, slice, and serve. Today, we will spice and glaze our ham while adding more smokey deliciousness with the Traeger Wood Fired Grill.

Our glaze consists of honey, orange juice and zest and some lemon zest for additional brightness. Cloves go wonderfully with ham and we will add some ground cloves and cinnamon to the glaze, along with whole cloves inserted into the ham surface and infused over night. A teaspoon of corn starch will thicken the glaze and make it stick better so we don't have to constantly baste trying to build up a thickness of glaze.

INGREDIENTS

- 8lb bone-in ham
- 2 tbsp whole cloves

GLAZE

- Juice from 2 oranges
- Zest from 1 orange
- Zest from ½ lemon
- 1 tsp cornstarch
- ¾ tsp ground cloves
- ½ tsp ground cinnamon
- 1 cup honey

Mix the cornstarch with about 1 ounce of cold water before pouring into the mixture. Heat the glaze over medium low heat reducing by half. Allow the glaze to cool before Applying it to the cold ham with a brush. Save any extra glaze for basting.



Smoke the ham at 225°F for about six hours, until the internal temperature is at least 140°F in all parts. Slice and serve.

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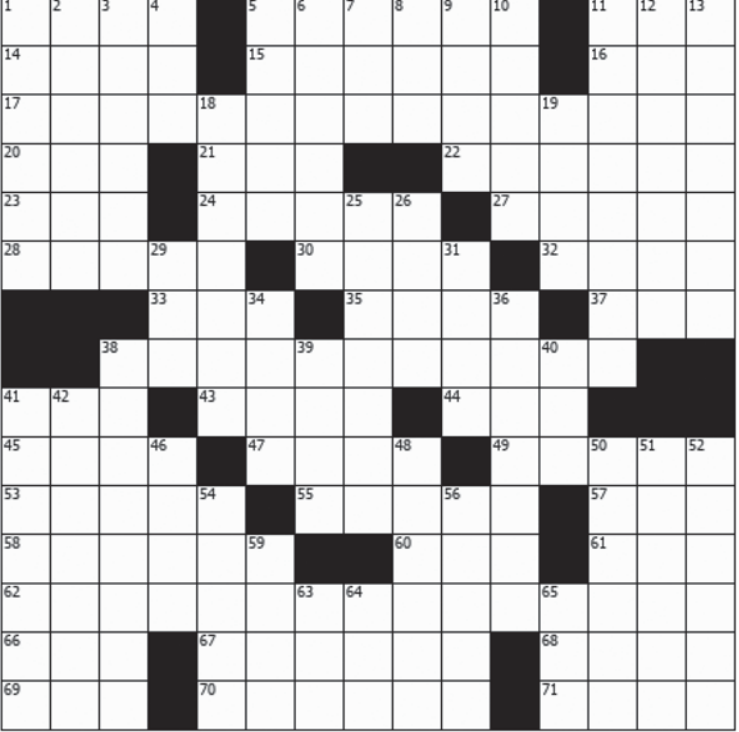


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CROSSWORD PUZZLE

- Across**
- 1. State unequivocally
 - 5. Deck suit
 - 11. Come ___ head (culminate)
 - 14. 1953 Leslie Caron classic
 - 15. Grueling experience
 - 16. Mo. when DST begins
 - 17. Grace Stafford supplied his voice
 - 20. 2001 Will Smith biopic
 - 21. Tot up
 - 22. Greek moon goddess
 - 23. "You got that right!"
 - 24. Mike who plays Austin Powers
 - 27. Acclaim
 - 28. Fulton's energy source
 - 30. Word before freeze or fry
 - 32. Event arranged by Don King
 - 33. "Caroline in the City" star Thompson
 - 35. Like a circus high wire
 - 37. Lbs. and mgs., e.g.
 - 38. Nancy Cartwright supplies his voice
 - 41. "___ Lazy River"
 - 43. Mouth-puckering
 - 44. Heavenly body in the "Today Show" logo
 - 45. Standard
 - 47. Nest noise
 - 49. Towards the top of the atlas
 - 53. Car seat attachment
 - 55. Continental competitor
 - 57. Have a balance
 - 58. Some cop show scenes
 - 60. Escort's offering
 - 61. Maude portrayer Arthur
 - 62. June Foray supplies his voice
 - 66. Benevolent order member
 - 67. Bowlers' group
 - 68. Flow slowly
 - 69. Fright film auteur Craven
 - 70. Dealt with maliciously
 - 71. Turned blue, perhaps



- Down**
- 1. Without exception
 - 2. One end of the spectrum
 - 3. Kay Thompson brat
 - 4. Relieve (of)
 - 5. Dude ranch greeting
 - 6. Wore away
 - 7. "Much ___ About Nothing"
 - 8. Traffic-stopping hue
 - 9. 38-Down "lullaby"
 - 10. Leopard-like
 - 11. Wrestling move that drops an opponent
 - 12. Flare, as nostrils
 - 13. Takes in for booking
 - 18. Complains
 - 19. Shillelagh or cudgel
 - 25. One who's glad to be out of work, perhaps
 - 26. Clothing closure
 - 29. In the manner of, on a menu
 - 31. Suckling seals
 - 34. Perched on
 - 36. It's often wrongly called a "tidal wave"
 - 38. "Gomer Pyle" setting
 - 39. Sought damages from
 - 40. Inspiration for Lennon's "Woman"
 - 41. Remove a bottle cap
 - 42. It can make a Buick bounce
 - 46. Superhero's secret identity preserver
 - 48. Honor suitable for hanging
 - 50. Manhattan with Scotch
 - 51. Pluck eyebrow hairs
 - 52. Made sound again
 - 54. Does a K.P. chore
 - 56. Brought into alignment
 - 59. Recipe segment
 - 63. ___ Alai
 - 64. Pepper or Snorkel (abbr.)
 - 65. Shower curtain suspender

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

| | | | | | | | | | | | | | | |
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| S | C | A | M | P | | A | N | T | I | | S | I | P | S |
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| C | E | N | T | E | R | O | F | G | R | A | V | I | T | Y |
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| S | E | A | U | | U | T | N | E | | G | I | J | O | E |
| M | I | D | D | L | E | O | F | T | H | E | R | O | A | D |
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SUDOKU

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

Solution to puzzle on page B14

FRIDAY, APRIL 2 1900
SATURDAY, APRIL 3 1700
CHAOS WALKING (PG-13)

SATURDAY, APRIL 3 1300
RAYA AND THE
LAST DRAGON (PG)



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CHAOS



WALKING



**RAYA
AND THE
LAST DRAGON**

CHURCH DIRECTORY

Because of the uncertainty of the COVID-19 virus effects, the Northern Sentry will continue to post future events as advertised by area groups. However, we highly encourage you to check in advance on the current status of your church service.

| | | | | | |
|---|--|--|---|---|--|
| <p>Chapel Services at MAFB <i>Protestant</i> (North Plains Chapel in Base Housing) Sunday Community Service 1030 a.m. (Holy Communion 1st Sunday) Children's Church during school year</p> <p><i>Catholic Mass (Northern Lights Chapel across from Rockers)</i> Sunday 1000 Daily Monday-Thursday at 1200</p> | <p>St. Peter The Aleut Eastern Orthodox Church</p> <p> 109 6th St. SE Minot • 838-3094</p> <p>Saturday, April 3 5 PM, No Vespers</p> <p>Sunday, April 4 10 AM, Congregational Prayer Service</p> | <p> Break Forth BIBLE CHURCH</p> <p>Thursdays 7:00pm and Sundays 10:30am</p> <p>1821 W Burdick Expressway For More Information: 701.353.9337 www.bfbc.tv</p> | <p> An Evangelical Free Church 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p>Sunday School & Fellowship 9:00 a.m. Worship 10:30 a.m.</p> <p>www.trinitychurchminot.org</p> | <p> Worship Service at 10:45am Sundays Sunday School at 9:45am</p> <p>1720 4th Ave NW, Minot 838-0916 MinotBibleFellowship.org</p> | |
| <p> Faith United Methodist Church</p> <p>5900 Highway 83 N, Minot www.faithumcminot.com</p> <p>Pastor Ken Mund 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>Minot Baptist Church</p> <p>Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Evening Worship 6:00 p.m. Wednesday Evening 7:00 p.m.</p> <p><i>Independent/Fundamental/KJV</i> 500 46th Ave NE • 839-1351 Pastor David Miller</p> | <p>Cornerstone Presbyterian Church</p> <p>1000 NE 3rd Street 852-0315</p> <p>Sunday Schedule Contemporary Worship 9:00am Sunday School (All Ages) 10:00am Traditional Worship 11:00am</p> <p>Wednesday Evening Schedule Community Dinner 5:30-6:30pm Contemporary Worship 6:30pm Youth Group & Small Groups .. 7:15pm</p> <p>All are Welcome! www.ecominot.org</p> | <p> Vincent United Methodist Church</p> <p>1024 2nd St. SE • 838-4425 <i>Behind Town & Country Shopping Center</i> open hearts...open minds...open doors!</p> <p>Traditional Service 9:00 am Contemporary Service 10:30 am Kid's Church 10:30 am</p> <p>Pastor Matt Scherbenske www.vincentumc.com</p> | <p> St. Mark's Lutheran Church <i>Missouri Synod</i></p> <p>Sunday Worship 9:30 AM</p> <p>2209 4th Avenue NW Minot, ND 839-4663</p> <p>Reverend Philip Beyersdorf www.minotstmarks.com <i>Join us on facebook</i></p> | |
| <p> Immanuel Baptist Church</p> <p>1615 2nd St. SE • Minot • 839-3694</p> <p>Sundays: Fellowship 9:00 am Sunday School 9:15 am Worship 10:30 am</p> <p>Wednesdays: Soup Kitchen 11:30 am Family Supper 5:30 pm Preschool/Kids' Club/ABY ... 6:30 pm Adult Bible Study 6:30 pm</p> <p>Brian T. Skar, Pastor www.ibcminot.org</p> | <p>Apostolic Faith Church, UPCI</p> <p>2929 19th Ave NW • Minot Located off Hwy 83 Bypass West (701)838-0609</p> <p>Saturday School 2:00 p.m. Sunday Worship 3:30 p.m. Wednesday Bible Study 7:30 p.m.</p> <p>Jesse Starr, Pastor</p> | <p>St. John the Apostle Catholic Church</p> <p> 2600 West Central Ave • Minot, ND 58701 839-7076</p> <p>Daily Mass Schedule: Tuesday 5:15 p.m. Wednesday - Friday 7:00 a.m. Saturday 5:00 p.m. Sunday 8:00 & 10:30 a.m.</p> <p><i>Fr. David A. Richter, Pastor</i> Parish website: www.stjohnminot.com</p> | <p>To Advertise your Church on this page,</p> <p>Call 839-0946</p> <p>Only \$7.00 a space / per week</p> | <p></p> <p>Gospel Tabernacle Community Church</p> <p>9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson</p> <p>Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday</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>First Assembly of God</p> <p>1805 2nd St. SE 838-1111</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>First Baptist Church</p> <p> 200 3rd St. SW • 852-4533 www.fbcminot.org</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 Sam Kautzmann, Student Ministries Elaine Carlson, Children's Ministry Director</p> | <p> Cross Roads Baptist</p> <p>Southern Baptist Convention</p> <p>Sunday School (all ages) 9:45 a.m. Sunday Worship 11 a.m. & 6:30 p.m. Wednesdays (Prayer & Missions) ... 6:30 p.m.</p> <p>www.minotcrbc.org email: minotcrbc@gmail.com Dr. Bob Farmer- Pastor</p> <p>415 28th Ave SE (Behind Menards) 838-1873</p> | <p> West Minot Church of God <i>Family Worship Center</i></p> <p>1105 16th St. NW • 839-1407</p> <p>Sunday School 9:30 a.m. Sunday Worship 10:30 a.m. Children's Church & Nursery Wednesday Family Training Hour Meal 5:30 p.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>westminot.com facebook.com/westminot</p> | <p>Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday</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>First Lutheran Church</p> <p>ELCA 120 5th Ave. NW • 852-4853</p> <p></p> <p>Maundy Thursday April 1st Worship 12 PM and 6 PM - A soup meal will be provided during both services.</p> <p>Good Friday April 2nd Worship 8 PM (no Communion)</p> <p>Easter Sunday April 4th Worship 9:30 AM and 11 AM Easter Breakfast 8:30 -11:00am (Parish Hall)</p> <p>Pastor Brandy Gerjets • Pastor Ellery Dykeman Face masks are required</p> | <p> OUR REDEEMER'S CHURCH <i>A Church of the Lutheran Brethren</i></p> <p>Thursdays: Worship 6:30 p.m.</p> <p>Sundays: Worship 8:30 a.m. & 10:45 a.m.</p> <p>700 16th Ave SE • 701-838-0750</p> <p>For more information visit us on the web at: www.ourredeemers.org</p> <p></p> | <p>ORCS Preschool</p> <p>Our Redeemer's Christian School's Preschool Program will be starting it's 33rd year the fall of 2020 and we would love to have your child be a part of it!</p> <p>NOW ACCEPTING REGISTRATIONS FOR THE 2021-2022 SCHOOL YEAR</p> <p>HIGHLIGHTS OF OUR PROGRAM</p> <ul style="list-style-type: none"> Time-tested curriculum including STEM and Language Arts activities as well as Free Play 2 and 3 day options available Kindergarten readiness skills practiced each session All teachers hold a North Dakota Professional Educator's License Christ-centered environment <p>Please contact our school office or visit our website for more information. 701.839.0772 Email: jschultz@orcsknights.org Website: www.orcsknights.org</p> <p></p> | | | |
| <p>ADVERTISE YOUR Church</p> <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 NORTHERNSENTRY.COM</p> | | <p>CONTACT US</p> <p>call 701-839-0946</p> <p>email NSADS@SRT.COM</p> <p>fax 701-839-1867</p> | | | <p>we've got the church you've been looking for</p> <p><i>Your life matters to God!</i></p> <p></p> |

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weekend work. Nights 5p-finish.
Apply in person at: 605 27th St
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or 420-5904 in Minot.

SUDOKU SOLUTION

Puzzle on page B12

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

CARRIERS
NEEDED

The Northern Sentry is now
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papers on the MAFB.

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sentry



BASE ANNOUNCEMENTS

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

Embry-Riddle Aeronautical University is the world's pre-eminent university for aviation and aerospace education. However, our dynamic, hands-on programs will prepare you for careers well beyond the limits of the sky. Our Worldwide Campus has been working with U.S. military service members since 1970, helping them to earn a degree while on active duty or as veterans. And we do it at more than 90 military installations around the globe. The Embry-Riddle Minot Campus — located at Minot Air Force Base — offers associate, bachelor's, and master's degrees, as well as undergraduate and graduate certifications, that will help you whether you are an active-duty military service member, a veteran, or a civilian working at or around Minot Air Force Base, Embry-Riddle Worldwide is here to help you earn your college degree. A degree from Embry-Riddle Worldwide will help service members to become commissioned officers, will make veterans more desirable job candidates as they enter the civilian workforce, and will assist civilians with job advancement or career changes. Our modes of instruction are: Online, Eaglevision Home and Eaglevision Classroom. Our next upcoming term is: 19 April-20 June. For more information, please email: minot@erau.edu or call us via our teleworking phone number: 904-513-9734.

COLUMBIA COLLEGE

For nearly fifty years Columbia College has offered educational opportunities to the military and is proud to establish our newest location here, at Minot AFB. Founded in 1851, Columbia College is a private, nonprofit liberal arts and sciences college that serves approximately 18,000 students annually and is proudly recognize by numerous organizations as a Military Friendly institution of higher education. Check out our website (ccis.edu) for the list of organizations that recognize the hard work the college puts in to serve those who serve our country and their families. With 29 online degrees the college is working to offer classes this summer on the installation. In the meantime you can choose your mode of education from strictly online classes to in-person ZOOM synchronous classes. Chose from the many associate, bachelor, or master's degree programs available and know your degree can be completed at Minot or anywhere you have internet connectivity or explore in-seat opportunities if you re-locate near one of our 30 locations nationwide. Fully accredited by the Higher Learning Commission (HLC) we are delighted to establish this location at Minot. Come talk to us at the education center and explore your options for your next step down the path to your educational goal. We are located in Room 219 or call (701) 727-8386.

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MINOT AFB FIRING RANGE NOTICE

The base firing range is located at 106 Range Road. It is illegal as well as dangerous to trespass in this area due to live weapons fire. For approved access to this area during weekdays contact Technical Sergeant William Delphia or Technical Sergeant Adam Worcester at 701-723-7597. For all other times coordinate with the base law enforcement desk at 701-723-3096/3097.

MINOT AFB OPPORTUNITIES

ADULT & TEEN BAGGERS NEEDED AT THE MINOT AFB COMMISSARY Baggers Work for Tips Only • Adult Hours Tuesday-Friday 7am-4pm • Later start times available but must be able to stay until 4pm & Sunday 11am-6pm • Teen Hours Tuesdays-Friday 4pm-7pm & Saturday 7am-6pm • Morning start times rotate & vary. Please speak to Charlie at the commissary if interested or leave contact information with customer service.

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BASE ANNOUNCEMENTS

Survivor's Experience Ruck March

Can you carry the weight?

April is Sexual Assault Awareness and Prevention Month. The Minot AFB SAPR Office invites you to come out for this SAPR sponsored You Matter Event. The purpose of this event is to bring awareness to the weight that a victim (survivor) feels once they have been sexually assaulted.

We will have stations representing services on base set-up on the turf area that you will walk 7 laps, carrying the 45.5lbs of weight in an A-bag and each lap you will receive help from the services and leave a weight at the station.

Sign-up deadline is Friday 19 April 2021



WHO: All Minot AFB Personnel

WHERE: Indoor Turf Area

(220 Missile Ave)

WHEN: Monday, April 26th, 2021

@ 0900-1200: Fun ruck (10 slots per 30 min wave)

@1230-1330: Competitive ruck (2 waves-5 slots per wave)

@1330-1400: Top 2 from each wave face off

For questions and sign up, please contact :

Event POC: Donita Theiler @ 723-6138 (donita.theiler.1@us.af.mil)

SAPR Office- Bldg 168 (FSS Marketing Door)/723-7272

SCHOOL BOARD MINUTES

MINOT AIR FORCE BASE SCHOOL DISTRICT #160 REGULAR SCHOOL BOARD MEETING FEBRUARY 9, 2021

(conducted on line due to the Covid-19 emergency and streamed on YouTube)

Members Present

Kristyn Kuehn, Mark Nemish, Ellen Reed, Branda Tanner, Lauren Vengels

The meeting was called to order by Board President Kuehn at 5:00 P.M.

MAFB School Liaison Officer Racquel Labadie reported to the board on the following:

- A "Use of Masks" memo was issued by the Secretary of Defense on 4 Feb 2021 detailing the requirement for all individuals on military installations performing official duties to wear masks and maintain social distancing. Due to the current HPCON guidance of Minot AFB and the Reintegration Plan for Minot Public, the base schools already align with the stated requirements.

- Last day of on-base 'Yellowfin' bussing for the 3 base schools is 2 April 21.

- April is Month of the Military Child- Wear purple on 16 April and requesting both MAFB and Minot #1 Boards to mention the commemorative month during their meetings in April.

Superintendent Mark Vollmer gave the board a COVID-19 update and report from the reintegration committee. Vollmer noted that, present plans are to continue the use of masks.

Moved by Vengels, seconded by Nemish, to approve the MAFB PSD#160 school board meeting minutes of January 12, 2021.

Roll Call: All members voted "Yes."

Moved by Tanner, seconded by Vengels, to approve the December, 2020 Financial Reports to include the Accounts Payable of \$47,562.91.

Roll Call: All members voted "Yes."

The board was informed of the following resignations in school buildings which serve military connected students: Jesse Cook (MCC), Charles Kranz (CC), William McCann (CC), Susan Packulak (Memorial), Lacey Eckmann (MCC), Angelina Edison (MCC), James Ritchie (CC/MCC) and Nolan Spooner (CC).

Moved by Nemish, seconded by Vengels, to approve 2021-2022 Service Agreement (with addendums #1 & #2) between the Minot Air Force School District #160 and Minot Public School District #1.

Roll Call: All members voted "Yes."

Business Manager Scott Moun presented the 2019-2020 school district audit report from Brady, Martz & Associates, P.C. Moun noted that it was a clean audit. Moved by Tanner, seconded by Vengels, to approve June 30, 2020 MAFB PSD#160 audit.

Roll Call: All members voted "Yes."

Dr. Vollmer noted that the Spring NAFIS conference will be virtual.

The next MAFB School Board meeting is scheduled for March 9, 2021.

The meeting adjourned at 5:26 P.M.

Scott Moun, Business Manager

Kristyn Kuehn, President

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WHAT'S GOING ON MAFB

FRIDAY 02

- HIIT Strength and Conditioning, 0545, Fitness Center
- Spouses Corner, 0900-1000, A&FRC, In-Person and Zoom Meeting
- Team Minot's EGG-celent Adventure, 1000-1530, Jimmy Doolittle Event Center, Bud Ebert Park
- Fit to Fight, 1030, Fitness Center
- Teen Day Friday, 1500-2200, Youth Center
- First Friday, 1630-1830, Rockers Bar & Grill
- Friday Fun Member Snacks, 1630-1830, Rockers Bar & Grill
- Club Member Benefit, 1700-1900, Rough Rider Lanes
- Month of the Military Child Bowling Special, 1700-1900, Rough Rider Lanes
- Zumba, 1730, Fitness Center
- Mixed Fun League, 1830, Rough Rider Lanes
- Karaoke Night, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

SATURDAY 03

- Cycle, 0900, Fitness Center
- Kids Bowl Free, 1000-1400, Rough Rider Lanes
- Rough Rider Lanes Youth Bowling League, 1000, Rough Rider Lanes
- Fit to Fight, 1030, Fitness Center
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

SUNDAY 04

- Easter Bowl Special, 1000-1600, Rough Rider Lanes
- Easter Sunday Special Lunch, 1030-1330, Dakota Inn Dining Facility
- Magic the Gathering Commander Night, 1800, ESC inside Bomber Bistro

APRIL SPECIALS

Bomber Bistro • Chicken Alfredo Pasta

Grilled chicken and penne noodles in alfredo sauce topped with Italian seasoning and parmesan cheese. Only \$9.95, served with garlic bread!

The B-Fifty Brew • Frappuccino

Treat yourself with one of our tasty Frappuccinos! With a wide variety of flavor options, you'll need to try them all! Get a Tall for \$4.50, Grande for \$5.00, or Venti for \$5.50.

Rockers Bar & Grill • Sandwich of the Month — Cajun Chicken Sandwich

Cajun grilled chicken on a bed of lettuce and tomato served on a toasted bun! Served with fries for only \$9.75!

MONDAY 05

- HIIT Strength and Conditioning, 0545, Fitness Center
- TAP GPS Workshop, 0730-1600, A&FRC
- Reintegration Briefing, 1000-1100, A&FRC
- Yoga/Swim, 1130, Fitness Center
- Zumba, 1730, Fitness Center
- Swerk, 1930, Fitness Center

TUESDAY 06

- Cycle, 0530, Fitness Center
- TAP (VA), 0800-1600, A&FRC
- Game Day, 1000-1930, Minot AFB Library Facebook Page
- Fit to Fight, 1030, Fitness Center
- Barre, 1800, Fitness Center
- Swerk, 1930, Fitness Center

WEDNESDAY 07

- HIIT Strength and Conditioning, 0545, Fitness Center
- TAP (DoL) - Overview, 0730-1600, A&FRC
- National Library Week Open House, 1000-1900, Minot AFB Library
- Pre-Deployment/Remote Readiness Training, 1000-1100, A&FRC, Zoom Meeting
- Story Time, 1030, Minot AFB Storytime Club Facebook Group
- Cycle/Strength, 1130, Fitness Center
- Brown Bag Book Talks, 1200, Minot AFB Library
- Squadron Extramural League, 1700, Rough Rider Lanes
- Swerk, 1730, Fitness Center

THURSDAY 08

- Registration Closes for Sealed Draft Tournament at ESC
- Cycle, 0530, Fitness Center
- TAP (DoL) — Employment Workshop, 0800-1600, A&FRC
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Fit to Fight, 1030, Fitness Center
- Reverse Sprint Triathlon, 1130, Fitness Center
- Kids' Night, 1530-2030, Bomber Bistro
- Month of the Military Child Bowling Special, 1700-1900, Rough Rider Lanes
- Cycle, 1930, Fitness Center

FRIDAY 09

- HIIT Strength and Conditioning, 0545, Fitness Center
- TAP (DoL) — Employment Workshop, 0800-1600, A&FRC
- Spouses Corner, 0900-1000, A&FRC, In-Person and Zoom Meeting
- Fit to Fight, 1030, Fitness Center
- Teen Day Friday, 1500-2200, Youth Center
- Friday Fun Member Snacks, 1630-1830, Rockers Bar & Grill
- Club Member Benefit, 1700-1900, Rough Rider Lanes
- Month of the Military Child Bowling Special, 1700-1900, Rough Rider Lanes
- Family Skate Night, 1800-2000, Youth Center
- Movie Night, 1800-2100, ESC — inside Bomber Bistro
- Mixed Fun League, 1830, Rough Rider Lanes
- Karaoke Night, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

SATURDAY 10

- Registration Closes for Lifeguard Certification Class at Outdoor Recreation
- Magic the Gathering Sealed Draft Tournament, 1000-1900, ESC inside Bomber Bistro
- Kids Bowl Free, 1000-1400, Rough Rider Lanes
- Fit to Fight, 1030, Fitness Center
- Books, Cooks, Food, and Fun!, 1300, Minot AFB Library
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

ONGOING

- Escape Room: 29 March — 16 April, 1000-1700, Outdoor Recreation — Call to reserve a time slot
- FCC Pre-Orientation: One-on-One Appointments: Family Child Care — Call to schedule an appointment.
- DELIVERY OPTIONS (Hours subject to change)
Bomber Bistro: Monday-Friday 1630-2030

ESCAPE ROOM
AT MINOT AFB OUTDOOR RECREATION
MARCH 29TH - APRIL 16TH
COST \$15.00 PER PERSON
DURING OPERATING HOURS
TRY TO ESCAPE THE GRASP OF THE MAD SCIENTIST WITH YOUR FRIENDS OR FAMILY! CALL US TO MAKE A RESERVATION FOR YOUR 45 MIN TIME SLOT! DUE TO COVID RESTRICTIONS, WE WILL BE LIMITING PARTIES TO EITHER ONE HOUSEHOLD UP TO 5 PEOPLE OR UP TO 4 FRIENDS.
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QUALITY HEALTHCARE FOR ALL

Non-emergency walk-ins welcome Monday-Friday 1-4 p.m.

- Ob/Gyn Care
- Newborn Care
- Well Child Visits
- Pediatrics
- Free Pregnancy Tests
- Geriatric Care
- Preventive Healthcare
- Full Service Pharmacy

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