

northern sentry

FREE | WWW.NORTHERNSENTRY.COM | VOL. 59 • ISSUE 15 | MINOT AIR FORCE BASE | FRIDAY, APRIL 9, 2021



To celebrate the last day of Women's History Month, women from the 5th Bomb Wing at Minot Air Force Base, N.D., gathered for a photo with a B-52 Stratofortress. Women make up about 21% of active duty Air Force members, and they play a vital role in every aspect of Team Minot's mission from performing maintenance and support to flying the bombers.

U.S. AIR FORCE PHOTO | MINOT AFB PA

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5 BW/CC 2020 INNOVATION AWARD



Members of the 5th Civil Engineer Squadron Heavy equipment shop pose for a group photo on Mar. 9, 2021 at Minot Air Force Base, N.D. The heavy equipment shop won the 5th Bomb Wing Commander's Innovation award for 2020.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN JOSH W. STRICKLAND



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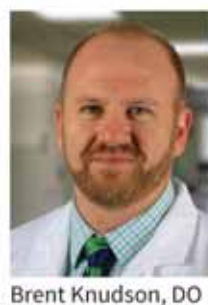
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Hollyanne Milley, the wife of Joint Chiefs of Staff Chairman Mark Milley, visits Minot Air Force Base



Hollyanne Milley, the wife of Joint Chiefs of Staff Chairman Mark Milley, is briefed by members of the medical group March 26, 2021, at Minot Air Force Base, North Dakota. Milley toured all the quality-of-life facilities and initiatives at Minot AFB.



Hollyanne Milley, the wife of Joint Chiefs of Staff Chairman Mark Milley, speaks to a civilian at one of the base's middle schools March 26, 2021, at Minot Air Force Base, North Dakota. Milley toured all the quality-of-life facilities and initiatives at Minot AFB.



Hollyanne Milley, the wife of Joint Chiefs of Staff Chairman Mark Milley, poses for a group photo at the youth center March 26, 2021. Milley toured all the quality-of-life facilities and initiatives at Minot AFB.



Hollyanne Milley, the wife of Joint Chiefs of Staff Chairman Mark Milley, speaks to a member of the base's welcome center March 26, 2021, at Minot Air Force Base, North Dakota. Milley toured all the quality-of-life facilities and initiatives at Minot AFB.

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS JESSE JENNY

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Women's HISTORY month

Team Minot Airmen attend the Women's History Month finale event on Minot Air Force Base, North Dakota, March 31, 2021. Airmen participated in learning about women's history and had the option to buy handmade art in a silent auction.

U.S. AIR FORCE PHOTOS | AIRMAN ALLISON MARTIN



Minot AFB Women's History Month Finale Event



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Girl Scout Resource Boxes

As a part of a sustainable community service project to earn the Bronze Award, Girl Scout Troop 10682 placed "art resource boxes" at the elementary schools of Minot Air Force Base, N.D. The boxes, which were handcrafted by the scouts and their parents, are a place for people to drop off art supplies for students to use in school projects. Students are encouraged to take what they need and donate what they don't. In the future, the troop hopes to add poster board tubes to the boxes so that students can take and donate more of a variety of project materials. The resource boxes are available for donations from anyone, so if you have extra art supplies lying around the house, drop by North Plains Elementary or Dakota Elementary to donate to students in need!

NORTHERN SENTRY PHOTOS | ABIGAIL KINDER

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Back Talk

Chiropractic Provides an Answer to Migraines

Thousands of migraine headache sufferers find relief with chiropractic. Most medical practitioners do not understand or remain uneducated about the benefits of recommending chiropractic care to patients suffering with migraines. Chiropractors and researchers continue to see results and trends that other healthcare providers need to understand in order to effectively bring relief to hurting people. Research confirms that chiropractic spinal adjustments help relieve tension and reduce stress in the nervous system, giving migraine sufferers a unique advantage to tackling such a disabling condition.

Migraine headaches diagnose as being a severe, painful headache lasting for hours or days, often accompanied by flashes of light, blind spots, tingling in the arms and legs, nausea, vomiting, and increased sensitivity to light and sound. Migraines leave over 90% of sufferers unable to work or function normally during an episode.

Many factors contribute to the cause of a migraine headache. The plight of a migraine sufferer typically becomes agonizing and hopeless. The pain of a migraine represents one of the worst types of pain a person can endure. The pressure builds up from the base of the skull through the back of the eyes and makes the most menial tasks seem impossible. Migraine sufferers often succumb to any hope of relief prescribed by a medical doctor. The relentless pain usually leads to the consumption of powerful pharmaceutical drugs that bring a few hours relief but never solve the cause of the problem. The pain returns and the drugs often bring damaging side effects that prove just as damaging and harmful as the migraine pain.

Studies continue to produce priceless new recommendations, strategies, clinics, and procedures that provide relief and genuine healing. Chiropractic spinal adjustments provide relief to millions of migraine sufferers by releasing pressuring and stress from the spine and nervous system. Research shows that those who receive chiropractic spinal adjustments experienced less frequency, duration, disability and medication use stemming from migraines. Twenty percent of the subjects in the study actually experienced a 90% reduction in migraine symptoms from just two months of nervous system care.

Chiropractors assess and address specific areas of function in the nervous system through appropriate care of the spine. Every adjustment improves communication between the brain and body, reducing stress from the central nervous system. All migraine sufferers deserve to know about and experience the benefits achieved through chiropractic adjustments. Offer these five lifestyle implementations to anyone suffering from migraines.

5 health tips that address the cause of migraine headaches:

- 1) Check and correct spinal alignment by a chiropractor (specifically in the upper neck)
- 2) Remove neurotoxins from the diet (artificial colors, sweeteners, and preservatives)
- 3) Increase daily water intake
- 4) Get more quality sleep
- 5) Move the body regularly (exercise to regularly increase heart rate)

All the best to you and yours in great health,
Dr. Willy Fielhaber

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Airmen of Minot



SENIOR AIRMAN JANIE MAITLAND
AIR TERMINAL OPERATION SPECIALIST

Senior Airman Janie Maitland is an Air Terminal Operation Specialist for the 5th Logistics Readiness Squadron. She is originally from Eglin Air Force Base, Florida, and became a member of Team Minot in December 2020.

"I'm still getting used to Minot but I really like it so far," said Maitland. "Coming from a joint base where nobody really knows what you do, to be here where we're a small but a really important part of this team. So, our mission is more visible here, despite it being smaller. I like feeling more like I have a significant role here. It feels good to be part of a team where you're needed, and people appreciate that a little bit more."

At most bases, her job is to transport cargo and passengers safely and legally but here missions are a little bit different.

"I myself am an increment monitor trainer for the entire base, so basically my job is to prepare units to deploy with their cargo and we don't so much touch the people side of things but mainly just helping the units," said Maitland.

"I make sure that their cargo is safely and legally processed before the joint inspection, and cargo is loaded onto the aircraft."

With her short experience here, Maitland already has a sense of pride being at Minot.

"My favorite part of the mission is really getting to help other people and getting to help other units because it really feels like a team effort, rather than us against them," said Maitland.

Maitland mentioned that her family is a motivating factor for her as well as other accomplishments.

"The most motivating thing to me is when you see the mission complete like a takeoff," said Maitland. "When you see the mission happening and it's successful, and you know that you had a part in that, that's really motivating to me and really inspiring to me."

In her free time, she is pursuing her Master's degree in Environmental Management.

"Usually I just hang out with my husband and our animals. We bought an old house so we've been fixing that up" said Maitland.



U.S. AIR FORCE PHOTOS | MINOT AFB PA

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Upcoming Events

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!

30th Annual Minot Spring BIG ONE Art & Craft Fair

April 9th & 10th, 2021
Friday 10am - 8pm
Saturday 9am - 5pm

ND State Fair Center

For more information:
[Facebook Event / 30th Annual Minot Spring BIG ONE...](#)

10 APR **ATYPICAL YOGA**
12:00 PM - 1:00 PM
Atypical Brewery & Barrelworks
510 Central Ave East, Minot

An hour of yoga and a pint of beer!
Sign up at www.eventbrite.com/e/atypical-yoga-tickets-145331479367

For more information:
[Facebook Event / Atypical Yoga](#)

13 APR **2021 PARTICIPANT REGISTRATION OPENS**
8:00 AM
Virtual
www.biogirls.org/register

Program ages: girls in grades 2-6 who are willing to make the 12 week commitment to the program. Each week, girls will meet for a large group lesson, small group lesson and physical activity in preparation to participate in a 5K. Questions, contact: minot.nd@biogirls.org

For more information:
[Facebook Event / BIO Girls / 2021 Participant Registration...](#)

14 APR **YP MINOT HEADSHOT POP-UP EVENT**
11:00 AM - 1:00 PM
The Foundry
1407 South Broadway Suite C, Minot

Are you in need of a business headshot or to update your current headshot? Come visit with us at the Foundry on April 14th between 11am and 1pm. Cost is \$35 and slots are available every 15 minutes. Send a message or post in the Facebook event to book your time. Walk-ins are also available. Young Professionals believes in making Minot a fun place to work and live. So stop by to find out how you can get involved in YP and make an impact in our community. See you there!

Young Professionals Headshot Pop-Up Event

For more information:
[Facebook Event / YP Minot Headshot Pop-Up Event](#)

15-19 APR **ACHA WOMEN'S DIVISION 1 NATIONAL TOURNAMENT**
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To purchase tickets, please go to: tickets.visitminot.org

For more information:
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On Base

Acrylic Pouring for Beginners
at Minot AFB Arts & Crafts
April 19th
6:00pm - 8:00pm

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Space is limited so call or come into the Arts & Crafts Center between the 1st - 16th to register.
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Center celebrates 15 years ensuring nuclear weapons are 'never doubted, always feared'

LEAH BRYANT, AFNWC PUBLIC AFFAIRS, AIR FORCE NUCLEAR WEAPONS CENTER

The Air Force Nuclear Weapons Center celebrated a major anniversary, 15 years after its activation.

The center stood up officially on March 31, 2006. The Air Force activated the center to consolidate and unify nuclear weapons and their related support systems into a single organization.

Today, it is responsible for synchronizing all aspects of nuclear materiel management on behalf of Air Force Materiel Command in direct support of Air Force Global Strike Command.

"You were formed at a time when we'd kind of taken our eye off the nuclear ball, and where systems weren't kind of doing what we needed them to, we didn't have the rigor and the discipline. You've instilled that back into the system over the last 15 years," said Gen. Arnold W. Bunch Jr., AFMC commander, in a congratulatory video to the center's members.

"You are on the cutting-edge of this nation's deterrence and you've raised our awareness of the nuclear mission to all new levels. Today, you are ensuring the systems we have online, even though they are long past their shelf life that we anticipated, are ready to go at a moment's notice and you're modernizing, so that we will have that nuclear deterrent capability far, far out into the future," Bunch said.

The center now manages modernization programs for the

future Ground Based Strategic Deterrent intercontinental ballistic missile (ICBM) and Long-Range Standoff Weapon; sustainment programs for the current Minuteman III ICBM and Air-Launched Cruise Missile; and key programs and integration activities related to nuclear command-and-control communications, nuclear gravity bombs, and nuclear certification.

"For the past 15 years, the center has ensured our nation's most powerful weapon systems are never doubted and always feared. It is no secret that we have a lot of modernization and sustainment programs in the works" said Gen. Timothy M. Ray, AFGSC commander, in a recent video. "Our nation is in a competition with great powers and we need the best and brightest working to help us stay ahead of our adversaries, and that's exactly what we have with the Nuclear Weapons Center. You are an amazing team of Airmen, civilian, officers and enlisted, all working together to help us bring nuclear capabilities to our next generation of ICBMs and bombers."

Center members marked the occasion virtually with cake and toasts at several of its locations. Headquartered at Kirtland AFB, the center has about 1,800 personnel assigned to 18 locations worldwide.

"This is an incredibly celebratory time for us," said Brig. Gen. Anthony W. Genatempo,

AFNWC commander and Air Force program executive officer for strategic systems. "I am very happy to be here at really what we could consider to be the rebirth of the importance of the nuclear mission and I am looking forward to...bringing us into that modernized and innovative future."

"It's not just the legacy that these 15 years represent, it's the legacy that started 75 years ago at a little place called Los Alamos, New Mexico," Genatempo said. "Just to the west of Santa Fe, a group of incredibly dedicated individuals led by General Leslie Groves and Dr. Robert Oppenheimer set out to do the impossible. They knew what innovation was all about 75 years ago."

Throughout its history, the center has been responsible for the entire scope of nuclear weapon systems, including responsibility for synchronizing Air Force delivery systems with bomb assemblies and warheads provided by the Department of Energy's National Nuclear Security Administration.

At the time of its activation in March 2006, AFNWC's first commander, Col. Greg Foraker, said, "Kirtland is a natural place to locate the newest member of the nuclear community, the Nuclear Weapons Center. The base has been at the heart of nuclear activities for over [then] 60 years. We have the history here and already have the important players and experts in place."



See our History page for more on the anniversary and visit www.facebook.com/AFNWC for our "15 Days of AFNWC" playlist on Facebook with congratulatory videos from current and former senior leaders.

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Do you need COVID-19 test results before traveling or attending an event? Trinity Health offers rapid antigen testing. It's simple and quick, giving you results in-hand within 15 minutes.

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Masks are required at all Trinity Health facilities.

A LOOK BACK THIS WEEK IN USAF HISTORY

YB-52 STRATOFORTRESS FLIES ITS MAIDEN VOYAGE
APRIL 15, 1952



The YB-52 Stratofortress was the first B-52 prototype to take flight, marking a new chapter in US nuclear deterrence. (Robert F. Dorr Collection)

On April 15, 1952, the Boeing YB-52 Stratofortress prototype became the first of its kind to take flight. While the XB-52 was actually the first prototype that Boeing created, it was not operational until October of 1952 due to ground testing damage, making the YB-52 the first Stratofortress in the sky. The prototype, which was piloted by Alvin 'Tex' Johnston and Lt. Col. Guy Townsend, took off from Boeing Field in Seattle, Washington. After 2 hours and 51 minutes of in-flight system checks and flying at 25,000 feet, the Y-B52 successfully landed at Larson Air Force Base, Washington. At the time, this set the record for the longest first flight in Boeing's history. A long line of bomber models came after the X and Y-B52s, eventually landing on the last and most current model: the B-52H. The first flight of the B-52 was the beginning of a new generation of bombers that would aid the USAF in nuclear deterrence for over 60 years.

Information courtesy of: Air Force Nuclear Weapons Center / historylink.org

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

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Provider of the Month Feature
JANUARY 2021

GABRIELLA LUMPKIN

Hello, my name is Gabriella Lumpkin, but everyone calls me Gabby. I am 26 years old, I am married and have two beautiful children. I am originally from Jacksonville, Florida and have lived in Minot for 2 and a half years. I have been working with children for over 8 years, helping several military families out when my husband was in the Marine Corps, and close friends throughout those 8 years. When I moved to Minot, I came across FCC and I knew this was the perfect job for me. I wanted to stay home with my kids for as long as I could but I also wanted to provide for my family, so the opportunity to be a Family Child Care provider has been a huge blessing and I am loving it! I enjoy baking chocolate chip cookies from scratch, it has taken me several years to get the recipe perfect, and I have finally



mastered it. I also enjoy being outside. I am a Florida girl so I love the beach and soaking in the sun. I love to stay active. Walking or going to the gym is therapeutic to me. I am also a huge dog lover, especially Golden Retrievers! One day I hope to continue school to become a Dental Hygienist, but right now in my life, I am happy doing FCC and being a full time mom. Thank you for taking the time to read a little about myself!

ROASTED JALAPENO CHEDDAR DEVILED EGGS

Home of
ECONOMY

INGREDIENTS
 7 EGGS, HARD BOILED
 3 TABLESPOON MAYONNAISE
 1 TEASPOON BROWN MUSTARD
 1 TEASPOON APPLE CIDER VINEGAR
 1 DASH HOT SAUCE
 1 JALAPEÑO PEPPER, SEEDED AND MINCED
 SALT AND PEPPER
 1/2 CUP SHREDDED CHEDDAR CHEESE
 PAPRIKA

Start your Traeger and set the temperature to 180° F (80°C). Preheat, lid closed for 10-15 minutes.

Place your eggs directly on the grill grate and smoke for 30 minutes. Remove from the grill and allow the eggs to cool.

Smoking the eggs will give them a slightly yellowed color, but an intense smoky flavor. If a classic white egg is your preference, then skip this step.

Slice the eggs lengthwise and scoop the egg yolks directly into a gallon zip top bag. Add the mayo, mustard, vinegar, hot sauce, roasted jalapeños and salt and pepper to the bag.

Zip the bag closed and, using your hands, knead all of the ingredients together in the bag until completely smooth.

Squeeze the yolk mixture into one corner of the bag and then cut the corner off. Pipe the yolk mixture into the whites.

Sprinkle with the finely shredded cheddar or paprika and chill until you are ready to serve.

Enjoy!

Ryan Davy - GM
Minot

www.HofE.com/BBQHQ

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SPRING

CAR CARE

Why is tire rotation so important?

Vehicle owners need to keep maintenance on the mind to ensure their cars and trucks are operating at peak capacity. Various components should be checked and serviced at key intervals. Oil changes and fluid top-offs are part of routine maintenance, but it can be easy to forget about other important parts of the vehicle, including tires.

Rotating tires is vital to their upkeep. Bridgestone Tires advises that tire rotation involves routinely repositioning a vehicle's tires in specific patterns from front to back and side to side. According to Big O Tires, the front tires tend to wear on the outside edges because the tire leans over when a driver turns a corner. The rear tires just follow the front ones, so they usually wear more evenly. By leaving tires in place, the outside edges on the front tires will wear down much faster than the rest and those tires will need to be replaced sooner. Rotation may be required by tire warranties. Rotation also keeps the tires working properly.

Experts generally advise tire rotation every 6,000 to 8,000 miles, even if they do not show any signs of wear. It is challenging to determine if weather treads are uneven or how much wear has been sustained just by looking at them. Rotating tires can prolong the life of tires and decrease how frequently they need to be replaced.

Rotating tires keeps the tread depth uniform and helps maintain traction and consistent handling across all four tires. Bridgestone says the tire rotation pattern that is best for a particular vehicle depends on the type of tire being used. Patterns are recommended by the standardizing body of the tire industry, called The Tire and Rim Association, Inc. Individuals can consult with professional mechanics about the proper way to rotate tires. Many tire manufacturers or automotive stores that have sold customers tires also will do tire rotations - some free of charge.

In addition to proper traction, minimizing uneven tire treads causes the vehicle to be more balanced, advises Wrench, a mobile auto repair and maintenance company. This enables the driver to have more control even when roads are slippery. Many auto service centers will then align and balance tires after they have been rotated. At this time the mechanic will likely check brakes as well, since it is easy to see and reach them when the tires are off.

Tire rotation is an important component of vehicle maintenance. Check with a qualified automotive professional to see if it's time to have your vehicle's tires rotated.

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Your vehicle counts on new oil and oil filters to keep it operating efficiently. Oil should be kept full, clean from particles and not burnt. Oil lubes crucial engine parts. Moving components create rubbing, and over time that heat wears the parts down. Oil or a synthetic lubricating substance can minimize the damage from the rubbing by those moving components. By performing a regular oil change schedule you will effectively increase your engine's efficiency as well as maintain the life of your car's engine.

WHEN TO CHANGE/CHECK YOUR OIL

- Check Oil Light is on
- Check Engine Light is illuminated
- Oil is dirty
- Pinging, knocking, or additional sounds coming from the engine

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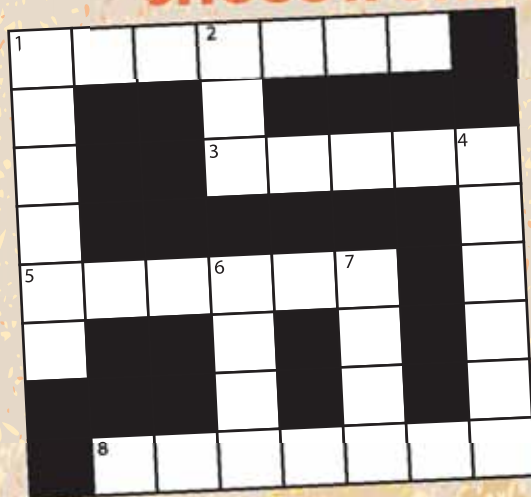


RING-TAILED LEMUR

CREATURE FEATURES

- Ring-Tailed Lemurs move about quadrupedally (using all 4 limbs). They will spend about 40% of their time on the forest floor foraging for food.
- The Ring-Tailed Lemur holds its tail vertically as it moves to serve as a flag to help keep the troop together while traveling or foraging.
- Their "sunning" posture is part of a behavior called *Thermoregulation*. Ring-Tailed Lemurs will sit upright with their forearms on their knees exposing their underside to the sun to rewarm themselves from the chilly nights.

CROSSWORD PUZZLE



- ACROSS**
- Living organisms
 - Loose garment
 - Shelters for dogs or cats
 - Being with others
- DOWN**
- Foolish behaviors
 - Small rug
 - Pleasant to snuggle together
 - People working together
 - Long story

Answers:
Across: 1. Organisms, 2. Tunic, 3. Crates, 4. Company
Down: 1. Cuddly, 2. Mar, 3. Cuddly, 4. Team, 5. Saga

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Vandenberg AFB chosen as preferred location for GBSD FTU

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

WASHINGTON (AFNS) -- Acting Secretary of the Air Force John Roth selected Vandenberg Air Force Base, California, as the preferred location for the Ground Based Strategic Deterrent, a new intercontinental ballistic missile, Formal Training Unit.

The FTU for the current ICBM is located at Vandenberg AFB.

The GBSD is expected to replace all operational Minuteman III missiles by 2036 and is being designed to maximize the use of existing infrastructure.

"The Minuteman III weapon system has been a bedrock of U.S. national security for more than five decades, but if one looks ahead to the next 50 years, the question of investing in nuclear

modernization is as relevant as ever," said Air Force Chief of Staff Gen. Charles Q. Brown, Jr. "We are fully committed to the GBSD Program of Record, which will ensure our nation's nuclear force is ready to meet the warfighting needs of today and tomorrow."

GBSD will have increased performance, extended range, enhanced security and improved reliability to provide the United States with an upgraded and broader array of options to maintain a robust, flexible, tailorable and responsive nuclear deterrent.

A final basing decision will be made after a required environmental impact analysis.



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NODAK ARMS

OUTDOOR

REPORT

OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, April 5: 1,836.58 feet above mean sea level (MSL); 18,300 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,448.5 feet above mean sea level (MSL).

Stump Lake elevation: 1,448.39 MSL.

•N.D. Game & Fish Dept. game wardens: Deepwater Bay producing a few scattered walleye on Lake Sakakawea. Anglers reminded to keep vehicles, include ATVs and UTVs off the shoreline. Most lakes open south of U.S. Highway 2 in central N.D. have open water with some activity but limited success yet.

•Devils Lake, Ed's Bait Shop, Devils Lake: Devils Lake shorelines opening up. Minimal runoff coming into feeder coulees.

•Devils Lake, Woodland Resort, Devils Lake: Lake Alice, Mike's Lake, and Lake Irvine have open water. Look for Devils Lake to open soon. Some activity around the N.D. Highway 21 bridge.

•Lake Darling, Karma C-Store, Ruthville: Some shore-fishing activity around Grano but no reports on success. No reports from Lake Darling or Lake Audubon.

•Lake Metigoshe, Four Seasons, Bottineau: Shorelines opening up but no activity.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: East end of Lake Sakakawea producing walleye with access at Steinke and Douglas bays. Try jigs and minnows. Some pike mixed in. Missouri River tailrace improving for walleye. No reports from Lake Audubon.

•Lake Sakakawea, Scenic 23, New Town: Lake Sakakawea midsection open with boats accessing from the Van Hook Arm and New Town. Try jigs and minnows with scattered pre-spawn walleye success. Pike slow yet.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace remains somewhat slow but look for improving success as spawn gets

- Minot Air Force Base Hunter Education home study course begins April 20, 5:30 p.m. at Building 897. Go to the N.D. Game & Fish Dept. website, (gf.nd.gov) for more information and to register. Click "Education" on the home page, "Programs", and "Hunter Education". Limited to 20 people.
- 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 9 - 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.
- April 10: Spring turkey season opens.
- April 17: Sakakawea Pheasants Forever free "Spring Hatch" chili feed, Garrison City Auditorium, Garrison, 5 p.m.

underway. Try jigs and minnows in deep water for walleye on Lake Sakakawea on the south side of the east end of the lake. Some nice-sized pike from shore using smelt or herring.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Missouri and Yellowstone rivers continue producing good walleye success using jigs and minnows or minnows with smelt rigs. Lake Sakakawea opening on the west end, including around Lewis & Clark State Park where there is some shore success for walleye in shallow water, less than 5 feet. Small area lakes generally ice-free with Trenton Lake producing a few crappie.

•Lonetree WMA area lakes, Harvey: Increasing shore-fishing activity along several area lakes.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Antelope Lake open with some activity but limited reports of success. No reports from other area lakes. Souris River remains low with little spring runoff.

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.

Turkey hunting:

•Look for birds to start getting active with warm weather.

Migration:

•Light geese: Most birds moved through northern N.D. along the border. A few birds still around the Devils Lake area but most have moved through or aren't staying for any length of time. Some birds still field-feeding around the Lonetree WMA region in central N.D. but they likely won't stay much longer. Hunttable numbers lingered around Barnes and Cass counties last weekend but look for them to move quickly, as well.

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: Bob Hall

ABIGAIL KINDER, NORTHERN SENTRY

Bob Hall is an American comic artist, playwright, and freelance artist. He has worked with many notable companies in his 45 plus year career, including Marvel and DC.

Hall's passion for comics began at an early age under some unfortunate circumstances. "When I was four years old, it seemed that I was seriously ill. I was taken to the hospital, and it calmed down a little bit. I still had a fever and they thought there was something wrong with me but they didn't know what it was. I was a four year old kid going stir-crazy in a hospital, so they kept bringing me comic books to read. I ended up with this giant stack of comics because I was there for about four days. They eventually found out that I had measles and they immediately had to send me home because I was contagious and in the kid's ward. They said, 'You have to take that big stack of comics with you.' So I ended up with a giant stack of comic books, and I read them all. I loved them. I loved the concept of pictures with words."

As he was growing up, Hall's passion for comics and storytelling evolved into a love of the theater. He focused on school, eventually going on to major in theater at the University of Nebraska-Lincoln. After graduating, Hall moved to New York City to become a theater director. When he realized money was scarce, he knew he had to find another marketable skill if he was going to make it in the city. "I thought to myself, well this is a trap. If you go into a steady job,

you have to quit [a creative job] or try to juggle all of this stuff. I thought, I've got to find some sort of marketable skill that I can do as a freelancer."

He had all but forgotten about comic books until a friend suggested that he put his drawing skills to good use creating them. "I put myself through school making posters for the theater department and doing portraits in the local mall. I wasn't great, but I was okay. I loved comic books when I was a kid, and some of them were really badly drawn, and I thought 'Well, I can draw badly.' Comic books were having a renaissance at the time though, and the art was amazing. I didn't think I could do it, but I really wanted to learn how," he said.

Hall took a comic drawing class taught by John Buscema, who was "one of Marvel's absolute best artists." He was fortunate enough to have more experience in storytelling and art than many of his classmates and was able to land a job at Marvel Comics directly after. He was soon working on projects such as Doctor Doom, The Avengers, Spider-Man, Thor, The New Mutants, and many more.

While he was learning the ins and outs of drawing comics, Hall also continued writing plays. One of his biggest theater successes was an adaptation of The Passion of Dracula, which showed off-Broadway in 1977 and even made its way to London.

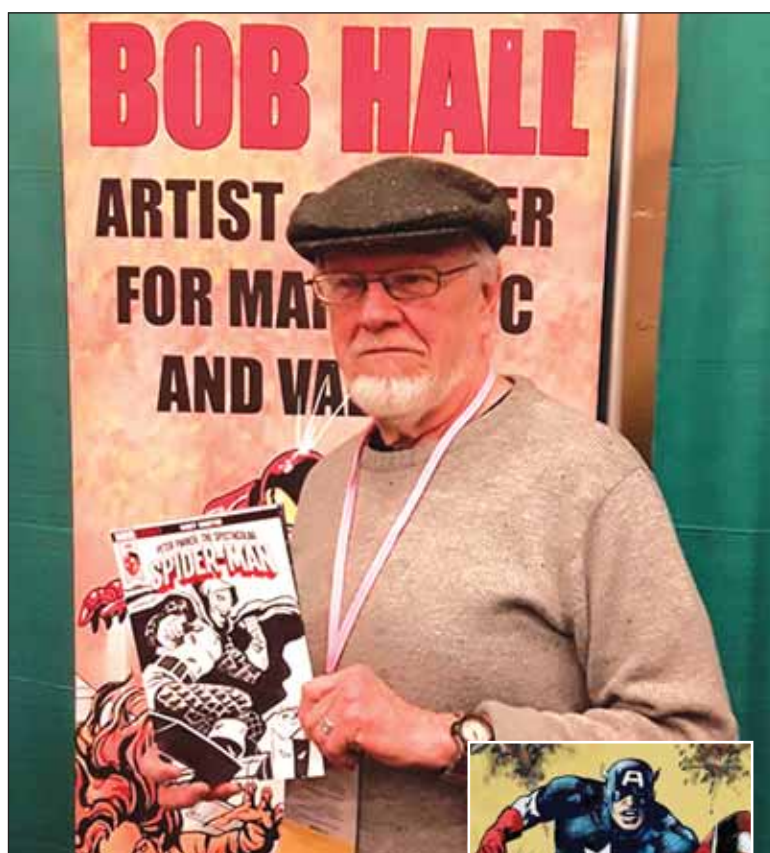
Hall's work draws inspiration from his everyday life and the lives of those around him. "People

always told me, write what you know," he said. He often uses his own experiences and translates them into his comics, such as with his black and white crime comic Armed and Dangerous, which he created while working for Valiant in the late 1990s.

"One of the things I did with Valiant was a crime comic. I set it on the Upper West Side, where I lived for a long time. There was an Irish mob called the Westies that I used as a basis for the whole thing. The Westies overlapped into the theater district, near where I lived. I read once in the newspaper that a severed head was found in a dryer in a laundromat that was a block away from where I lived. For my first issue of the crime comic, I decided I was going to write a story about how that head got into the dryer," Hall explained.

Hall moved to England as his comic career was at its peak, but the market began to take a downward spiral soon after. "While living there, I also discovered I was adopted. I mean I was 50 years old, and my one remaining relative decided that I needed to know this now," he said. While still working for Valiant, Hall moved back to his hometown of Lincoln, Neb. and began to pursue new opportunities as the demand for comic books decreased.

He became involved in a local Shakespeare festival and ended up running the event for 15 years. He also continued with what little comic book work came his way while simultaneously venturing



Bob Hall is a comic artist and writer best known for his work with Valiant, DC, and Marvel Comics. He will be a special guest at iMagicon in Minot, N.D., from April 23-25, 2021 at the Minot Municipal Auditorium.

BOBHALL.COM PHOTOS



into a new artistic world: painting.

"I needed to do something else to make a living. So I went back to school to get an MSA in painting. I really had nothing else to fill my time. I did a lot of painting before but I always wanted to get back to it," said Hall.

These days, Hall spends his time working on various comic projects, commissions, and is

slowly making his way back into the world of comic cons. His most recent projects turn science and learning into fun, readable comics for children.

Bob Hall will be a special guest at iMagicon in Minot, N.D., from April 23-25, 2021. For more information, visit www.imagiconnd.com









cerina vincent

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Rodeo Minot will showcase live chuckwagon racing April 9 & 10 during both NDRA Rodeo Performances. Other events include 2 Roughrider Rodeo

performances, 4D Jackpot Barrel Racing, Open Team Roping Jackpot, Open Ladies Breakaway Roping Roping Jackpot, and a Barrel Racing Clinic by Brandee Wardell.

Tickets are available online at rodeominot.com, at North Country Mercantile & Equipment in Minot, & at the door.

Mutton Bustin' sign up available at Schatz Crossroads in Minot. Follow Rodeo Minot on Facebook for more information. Official After Party at Bootleggerz with live music both weekends.

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BOWLING

Wednesday March 31, 2021

TEAM STANDINGS		REVIEW OF LAST WEEK'S BOWLING & TOP SCORES			
PLACE/TEAM NAME	POINTS WON/LOST	TEAM	HDCP TOTAL	HANDICAP GAME	SCRATCH GAME
1 5th OSS	126/58	5th AMXS	2605	Blake Goodlett - 297 Maggie Magnuson - 270	Christopher Johnston - 255 Daniel Stewart - 221
2 5th CES #1	118/66	91st MSFS #1	--	Damon Nixon - 259 Stacy Hanshaw - 223	Trevor Spears - 191
3 5th AMXS	112/72	5th OSS	2630	HANDICAP SERIES JB Butler - 740	SCRATCH SERIES Justin Monty - 636 Hutch Hutchins Jr - 618
4 5th FSS	112/72	AAFES	2585	Andre Gonzalez - 735 Jason Jordan - 644	Scotty Botkin - 583 Charline Monty - 481
5 AAFES	105/79	5th FSS	2524	Alyssa Jordan - 689	
6 5th BW	92/82	5th BW	2488	MOST IMPROVED AVERAGE Bryson Entendencia - 143 to 160.58 Jason Perez - 159 to 174.74	
7 Air Force	78/106	5th CES #1	2410	Christopher Johnston - 180 to 195.41 Kristen Mireles - 82 to 86.18	
8 91st MSFS #1	39/145	Air Force	2411	Alyssa Jordan - 116 to 119.94 Stacy Hanshaw - 105 to 108.60	

SEASON HIGH SCORES

HANDICAP SERIES Mike Froman - 806 Jason Jordan - 794 Kris Lenhardt - 767 Alyssa Jordan - 689 Stacy Hanshaw - 655	HANDICAP GAME Kyle Hanshaw - 347 Andre Gonzalez - 306 Blake Goodlett - 297 Jenna Stewart - 253	SCRATCH SERIES Scotty Botkin - 765 Duder McCough - 727 JB Butler - 707 Charline Monty - 576 Kristen Mireles - 298	SCRATCH GAME Justin Monty - 290 Hutch Hutchins Jr - 274 Trevor Spears - 267 Samantha Siebe - 154
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YOUTH IN ACTION

Month of the Military Child: Resiliency

During Month of the Military Child we celebrate the resiliency of our military youth. The toughness that our military children develop comes both inherently and through growth. Military children face additional stressors during their childhood and adolescence: frequent moves, prolonged separation, and deployment of family members. A 2019 American Academy of Pediatrics study found that 1 in 4 military children have an emotional-behavioral challenge associated with deployment. Overall, military children experience high rates of mental health issues and trauma. Locally, the Minot AFB Youth of the Year has recognized within himself and amongst his

peers that the mental health issues affecting teens should be recognized and addressed. Ryan Weed initiated the #1in3rd social media campaign as a means to check-in with other teens and share resources. There are both local and virtual resources available to military parents to support the mental health needs of their children and themselves. Online, families can start with militaryonesource.mil which covers a plethora of topics and resources. Childmind.org has an article listing to meet the unique needs of military families with topics from deployments to PTSD to tips on moving. 1in5minds.org, an advocate group for children's mental health, has a guidebook

available for military families specifically for children's mental health. Locally, families can reach out to the Military & Family Life Consultant at 701-500-4826 who will provide free, non-medical counseling services. The MAFB Family Advocacy Office can be reached at 701-723-5096 and MAFB Mental Health at 701-723-5527. As a military community we must face the reality that our children can be more likely to experience mental health issues. Likewise, it is our duty to support our military children, helping to develop their resiliency skills and using their unique experiences as a boost rather than a hurdle.



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MONTH OF THE MILITARY CHILD HIGHLIGHTS
Colonel Brett Black, 5th Mission Support Group Commander, reads to Ms. Lumpkin's Family Childcare Preschoolers on 4/5/21 as part of 5th FSS/ Child & Youth Education Services: "Leaders & Readers" Month of the Military Child reading campaign.

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Celebrating Team Minot's Youth

ABIGAIL KINDER, NORTHERN SENTRY

April is designated as the Month of the Military Child to commemorate the sacrifices and contributions of military children. Minot Air Force Base encompasses over 2,000 children, all of whom play an important role in the community. To celebrate these incredible youth, the Minot AFB Youth Center and Boys and Girls Club hold an annual ceremony to award them for their exceptional leadership, academic success, and acts of community service. These youth embody many of the best qualities that make Team Minot so strong, such as resilience, flexibility, and motivation.

"The dandelion is often the flower used in describing military youth, as it can put down roots anywhere and is nearly impossible to destroy. Military youth flow wherever the wind takes them," said Kendall Bellew, Youth Keystone Liaison, in an opening speech for the event. After the opening remarks, the official proclamation of the Month of the Military Child was read by Kaylee Michaud, Keystone Secretary. The proclamation was signed by Col. Michael Walters, Commander of the 5th Bomb Wing, and Col. Christopher Menuey, Commander of the 91st Missile Wing, earlier in the month.

The event was not only a celebration of military children but an awards ceremony to honor the Youth of the Year and Junior Youth of the Year nominees for 2021. Each candidate for Junior Youth of the Year was required to write an essay and speech, as well as receive a recommendation from someone in the community. The candidates, Evangelina Reed, Colette Raue, and Kryshna Bostic, read their speeches and received individual awards before the winner was announced.

Kryshna Bostic, who was represented by her father, was the winner of Junior Youth of the Year for 2021. She values sports, education, social justice and helping others. In her speech, Bostic recounted one moment that strongly motivated her. "Recently, I have become passionate about the racial issues that surround me. At my school, somebody said the N-word and only got one day of detention. I was infuriated, like many others. So I started a group called Students Working Against Discrimination. My passion also inspired me to enter my winning essay in the Black History Writing Competition," she said.

Ryan Weed won Youth of the Year for 2021 and while he was

unable to attend the event as well, Ryan's mother, Michelle Weed, presented a speech on his behalf. His position as Youth of the Year focuses on mental health advocacy and support. He began, "I can't think of another person more acquainted with human sorrow than Mother Teresa. After all she experienced, she said that the 'most terrible poverty is loneliness and the feeling of being unloved.' There is a strong relationship between social isolation and mental health challenges such as depression. According to a 2019 study, one in three teens in America suffers from a mental health challenge. I believe that

“

The dandelion is often the flower used in describing military youth, as it can put down roots anywhere and is nearly impossible to destroy. Military youth flow wherever the wind takes them.

KENDALL BELLEW,
YOUTH KEystone LIAISON

”

confronting mental health issues means raising awareness of the importance of social connection."

Weed spoke about his experiences with something that many people, even adults, have faced over the course of the past year. "2020 exposed my deep brokenness, and the sudden disconnect of the pandemic meant I had to face that brokenness head-on. A year earlier I had moved across the country and had to start over. I was overwhelmed with my lack of self-confidence and my need to belong, and I lost myself in the desire to be accepted. I searched for worth and approval in others in the hopes of curing my own self-loathing, but it was a wasted effort," he said.

"I now know what it feels like to not want to keep on living, but I am up here today to spread this truth: that you matter. You are valuable, and you shouldn't have to prove yourself worthy of love. It has been said that no one can know his own beauty or perceive a sense of his own worth until it has been reflected back to him in the mirror of another loving human being. For me, that came through my family. When I chose authenticity and connection over self-protection and isolation, I found my true family," said Weed.

He went on to explain his One

in Three ND Initiative, which encourages teens to reach out, check in with one another and to spread positivity as well as share mental health resources. Weed hopes that he can help others through their struggles and create a stronger community as a result. "Battling a mental illness means fighting isolation with genuine personal connection. When we believe that our worth and our value is inherent, then we can be brave enough to love and to be loved by others with full knowledge of our frailties and build for ourselves a family that will be a true lifeline in our darkest times," said Weed in his closing statement.

At the end of the ceremony, Lt. Col. Weeks, Commander of the 5th Force Support Squadron, commended the youth of Minot AFB in his closing remarks. "The Month of the Military Child is a great celebration. I think sometimes what gets lost in that is that we focus on the military part, which does distinguish us here at the base. But when we say 'the military child does this' I think you could easily substitute other words like the enterprising child, the self-assured child, the resilient child, the scholarly, the well-rounded... These are amazing kids by any measure, they just happen to be children here at this military installation."

Every child has their own hardships growing up, but many military children are able to bond over their shared experiences such as leaving their whole lives behind to PCS, having parents away from home for long periods of time, and the constant unknowns of military life. They are able to adapt and overcome, and they are truly remarkable. The children of Minot AFB continue to shine every day, making their parents, peers, and all of Team Minot proud. Congratulations to the nominees and winners of Youth of the Year and Junior Youth of the Year 2021!



On April 2, 2021, the annual Youth of the Year and Junior Youth of the Year Celebration was held at the Youth Center of Minot Air Force Base, N.D. The event included speeches from the Keystone leaders and Junior Youth of the Year nominees (pictured above), a speech from Youth of the Year winner Ryan Weed, a Month of the Military Child Proclamation reading, and an awards ceremony. Kryshna Bostic, Junior Youth of the Year 2021, was represented by her father who received the award in her place.

NORTHERN SENTRY PHOTOS | ABIGAIL KINDER



Lt Col Michael Weeks, Commander 5th Force Support Squadron, Mr. Matt Balas and his Child & Youth Services team, Ms. Price, Ms. Cardoso and Ms. Graham, the Youth of the Year Judges, and Keystone Club who planned and facilitated the event.

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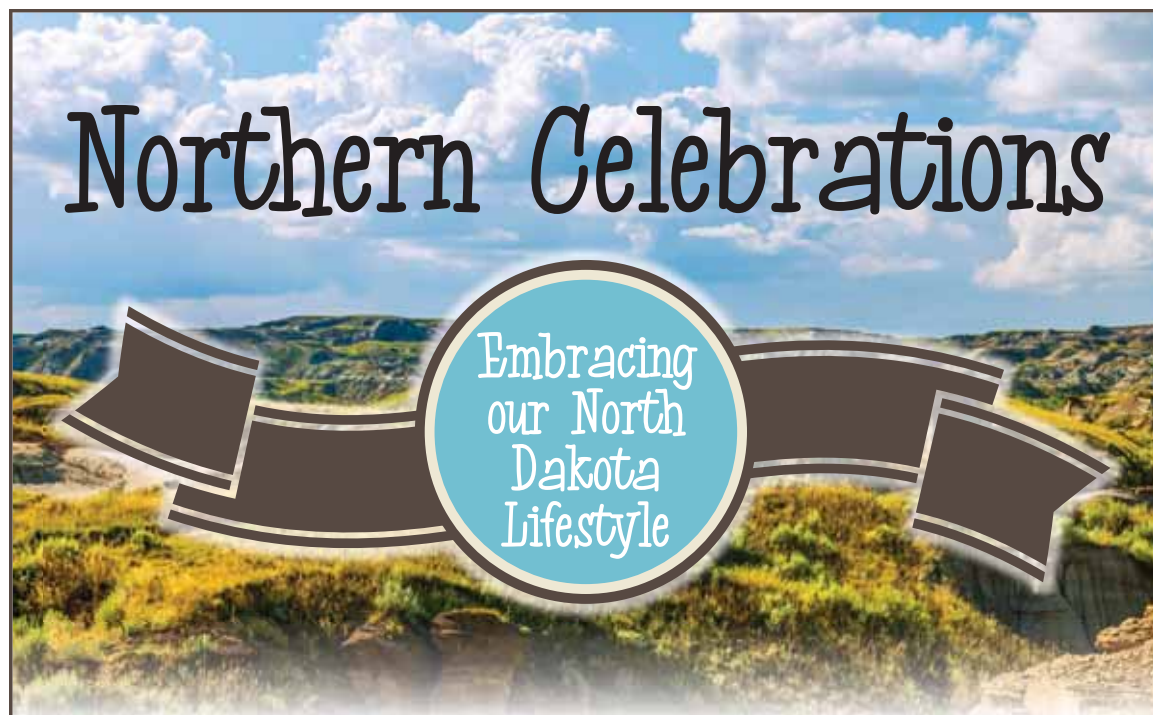
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The nesting quiz

Patricia Stockdill

It's quiz time.

Because it's also officially spring, that means it's nesting time for birds. It may be a little early even though migration is in full swing but that's OK, this way everyone will be thinking birds when they really do start nesting.

So here goes – the best kind of quiz there is – there is no grade and the answers are at the bottom. Plus, here's a hint – they're all birds that nest in North Dakota:

Question No. 1: What bird feeds its young nestlings fish, which it delivers into a nest cavity lined with fish scales and bones - a burrow three to 15 feet long dug into the side of a stream bank?

Question No. 2: What species nests in tree cavities using holes created by other birds, yet it relies on wetlands?

Question No. 3: What shorebird nests on barren ground, scraping a shallow depression for her dark, speckled eggs which blend inconspicuously with surrounding pebbles and gravel? When danger appears, the parents boisterously feign a broken wing.

Question No. 4: What grassland species builds a cup-like nest of course grass, lining it with fine grass secluded among dense grass of hayfields, native prairie, and meadows? Admittedly, this one might be kind of challenging because there are several grassland nesting species.

Question No. 5: What majestic bird returns to the same nest each year, meticulously adding an ever-increasing number of twigs so that after many nesting seasons it becomes gargantuan in size?

Question No. 6: This little chatterbox ingeniously uses whatever resources it finds to not only situate her nest but the materials she and her mate select. And the final question: What bird provides a soft, warm pouch for its young, a home so delicate it sways in gentle breezes yet so strongly woven it protects eggs and nestlings from weather and predator, alike?

With an imaginary drumroll, please, here are the answers:

No. 1: Belted kingfisher. Both parents dig the burrow, build the nest, and incubate eggs.

No. 2: Wood ducks. Hens nest in abandoned tree cavities, lining the nest with down and wood chips. Ducklings claw their way to the sun-lit opening and plunge to the ground, encouraged by their mother's "kukking" sounds to take their dive into the real world. After they all tumble to the ground, she leads her downy triathletes across land to water.

No. 3: Hmmm, the broken wing clue might be too easy – killdeer. Like many ground-nesting shorebirds, its nest is minimal. Camouflage is the secret to their success to survive detection from predators.

No. 4: OK, this is a tough one to narrow down - it describes nesting habitat of many grassland birds. Here's a hint: The male sings its own name among its repertoire of other melodies and twangs...it's the bobolink. During breeding season, white upper wing patches, black head, and buff-colored back of its neck readily identify the male.

No. 5: This might also be too easy – bald eagle. For those who enjoy experiencing the Missouri River and its wooded river bottom, a bald eagle nest is a beholding sight. As nests grow each year, they can become several feet wide. The amazing thing about bald eagles is that as their populations recover, the N.D. Game and Fish Department has documented nesting in almost every county in the state.

No. 6: This creative creature is a house wren. Wrens nests have been documented in old boots, tin cans, and even an old, discarded teapot. Their ingenuity doesn't end there – one documented nest had nesting materials that included 52 hairpins, 188 nails, four tacks, 13 staples, 10 pins, four pieces of pencil lead, 11 safety pins, six paper clips, 52 wires, one buckle, two hooks, and three garter fasteners. If anyone is missing office supplies, check out last year's wren nest.

No. 7: Oriole. The female constructs a suspended pouch woven from plant fibers, bark, yarn, and hair with cottony plants fibers providing a gentle cushion for her family.

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Due to COVID-19, Minot Air Force Base Homes has not been able to hold their normal Lifeworks events. Not wanting the children to miss out on the festivities, the housing team decided to partner with the 5th Force Support Squadron to hold a COVID-friendly Easter Egg Hunt. About 200 to 300 children participated throughout the day and even got a surprise visit from the Easter Bunny. The hidden eggs were sponsored by the 5th FSS and Minot AFB Homes and were stuffed with a variety of candy, temporary tattoos, and stickers. Each age group—two years and under, three to five years, kindergarten to second grade, and third grade and up—had their own egg hunt. Event volunteers also scattered eggs with prize slips for a few lucky children in each group. Those who found the winning eggs were able to choose from a variety of gift baskets that included toys, books, and other great prizes. Because of the significant turnout for the event, the housing office now hopes to turn the Easter Egg Hunt into an annual tradition for the families of Minot AFB.

MINOT AIR FORCE BASE HOMES PHOTOS

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Department of the Air Force remains focused on suicide prevention

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

ARLINGTON, Va. (AFNS) -- In 2019, the Department of the Air Force suicide count and rate were the highest in recent history. Initially in 2020, suicide numbers declined but as the coronavirus pandemic continued, the suicide trajectory increased and returned to the high levels experienced the previous year.

The Department's efforts to address these trends focus on improving care for Airmen, Guardians and families. In 2019, the former chief of staff of the Air Force directed a Resilience Tactical Pause to combat the increasing suicide trend, providing the opportunity for Total Force Airmen to gather with their leaders and coworkers to focus on connectedness and resilience. In 2020, the Air Force shifted to remaining socially connected and physically distanced emphasizing the challenges of the COVID-19 environment.

"One suicide is too many. Our forces and families, like most Americans, experienced many stressors related to the pandemic and loss of connections," said Brig. Gen. Claude Tudor, Air Force integrated resilience director.

The Department's suicide prevention strategy can be summarized as: 'connect, detect, protect and equip.'

"Leaders must connect with their teammates to detect those at risk," Tudor said. "Simultaneously, we must create protective environments that encourage help-seeking and equip Airmen, Guardians and family members with the resources needed to meet the life stressors we face."

To empower families, the Department developed an online, family-based suicide prevention

training to educate and equip family members when dealing with the signs and symptoms of suicide.

"Families are a key sensor and solution to our care and support ecosystem," Tudor said. "They are often the first to sense distress in their Airmen or Guardians. They are the key to finding potential solutions to prevent suicide and other issues associated with interpersonal and self-directed violence."

Additionally, the Department of the Air Force distributed more than 200,000 gunlocks in 2020.

"Since 2015, personally-owned firearms are involved in more than 70% of Department of the Air Force suicide deaths," said Maj. Jordan Simonson, Air Force suicide prevention research scientist. "Putting time and space between a person in distress and access to lethal means can make all the difference in preventing injury."

"We encourage 'going SLO,'" Simonson said. "Using safes, locks or outside the home storage options help prevent accidents and intentional self-harm."

Finding solutions to suicide is a continuous process that requires continuous refinement and collaboration.

"For 2021 and beyond, it's an all-hands-on-deck engagement strategy," Tudor said. "It will take all of us across all levels of command alongside our Total Force teammates to get after the programs, tools and resources available and put them into practice. We need to maintain engagements with our sister services, academia, industry and other government agencies to refine our approach and implement new

evidence-based solutions."

"We remain focused on suicide prevention and keeping our Airmen's resiliency as a priority," said Air Force Chief of Staff Gen. Charles Q. Brown, Jr. "We can never stop working to find ways to combat suicide and take care of our Airmen and their families."

The Department will hold a resiliency strategy summit this April where a diverse group of resiliency experts, civilian organizations, families and military members from all Department of the Air Force components will gather to propose a new resiliency strategy to meet today's demanding environment.

"We are committed to seeking innovative ways to better care for Guardians and their families, as well as the Airmen who support our Space Force team," said Chief of Space Operations Gen. John W. "Jay" Raymond. "We are establishing and distilling a unique culture across this new service, one that values help-seeking and fosters resilience."

During the summit, experts will review a vast collection of data from across the Air and Space Forces gathered by family, spouses and service members. This collection will help the Department analyze this data and continue to refine the new strategy that senior leaders will learn from to make future decisions for the Department.



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SRT CEO/General Manager Steve Lysne Announces Retirement

SRT COMMUNICATIONS

MINOT, ND – SRT announced today that Chief Executive Officer/General Manager, Steve Lysne, will retire after 27 years with the organization. Lysne will retire at the end of the year. The cooperative's board of directors will immediately begin the search for a new CEO/General Manager.

Lysne has served as CEO/General Manager since January 2003. Prior to that, he was the Chief Financial Officer for eight years. Known to many as a financial innovator, Lysne has been instrumental in strengthening the cooperative's current financial position, which will allow for the completion of SRT's fiber-optic build throughout its territory. Upon completion, approximately \$110 million will have been invested in SRT's network upgrade.

"Steve's decision-making throughout his tenure put our members' needs first, while his wealth of industry knowledge and financial acumen has taken this cooperative to a new level of success. On behalf of the board, we wish him nothing but the best in his well-deserved retirement," SRT Board President Allan Engh said.

Throughout his time, Lysne guided the cooperative to build an

independent wireless network that served north central North Dakota for 20 years. He also secured nearly \$90 million in loans from USDA's Rural Development Rural Utilities Service program to deliver fiber-optic technology to customers. Under Lysne's



guidance, the cooperative has nearly doubled in assets from \$95 million in 2002 to \$180 million in 2020.

Lysne stated, "It has been a privilege to work for this cooperative, alongside the talented past and present employees. I would be remiss if I did not

thank the SRT Board of Directors for allowing me to lead the organization. It was my intent to be fiscally responsible with our members' equity while being a leader in the telecommunications space and offering the best services available. I am grateful for the opportunity to have done that."

Lysne serves as a member of the DCN board of directors, vice-chair of Trinity Health, and president of the board for the North Dakota Telephone Association. Previously, he was president of the board of the Rural Wireless Association, a former board member on the Minot Area Development Corporation and former board member of Integrity Mutual Funds. Lysne and his wife, Kari, look forward to spending time with their children and grandchildren.

SRT Communications located in Minot, North Dakota is the state's largest telecommunications cooperative. SRT is completing a fiber-optic network build throughout its service area and offers Internet, Security, TV, Phone, and Business Services. SRT has served north-central North Dakota since 1951, employs nearly 200 people, and serves approximately 40,000 customers.

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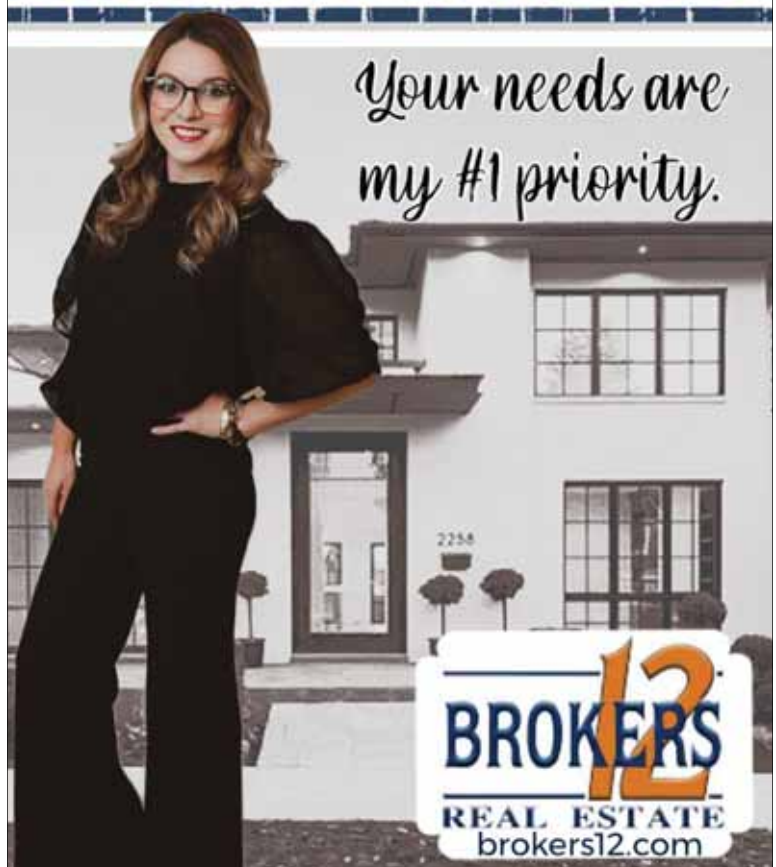
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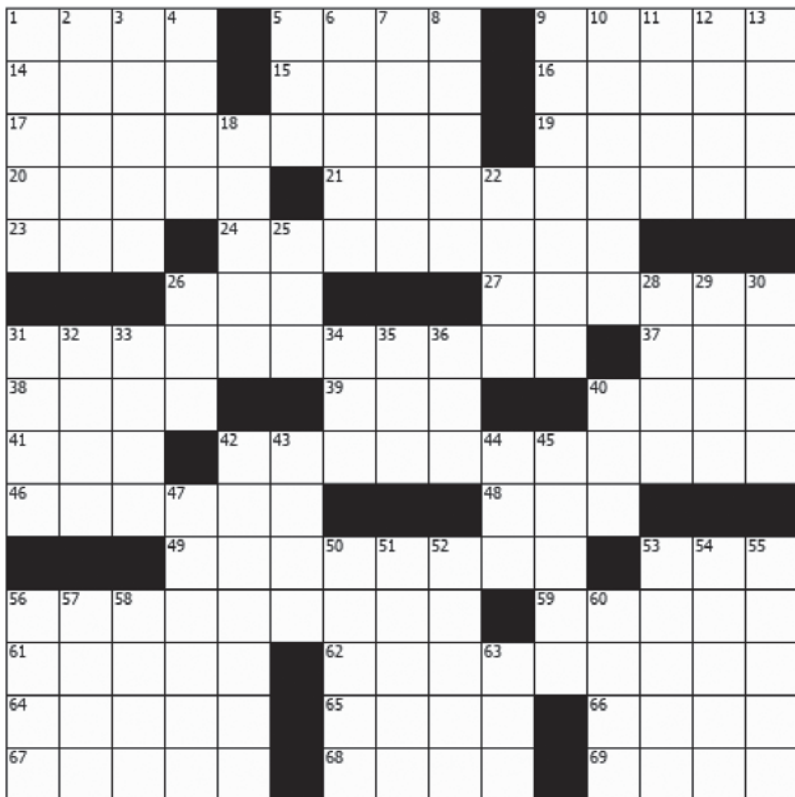
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CROSSWORD PUZZLE

Across

- 1. Football season
- 5. Flair
- 9. Diminutive dwarf
- 14. Jai ___
- 15. Crunchy munchie
- 16. Update boundaries
- 17. Rotini's shape or move in 62-Across
- 19. Bert's buddy
- 20. Purposely lost
- 21. Rumor mill or finishing move in 62-Across
- 23. Right to speak
- 24. In single file
- 26. Vamp's wrap, perhaps
- 27. Street for 19-Across
- 31. Challenging puzzle or move in 62-Across
- 37. Dallas cager, briefly
- 38. Word with bed or head
- 39. School org.
- 40. It may be practical
- 41. Exercise target
- 42. Final straw or move in 62-Across
- 46. Passionate dances
- 48. Word with nest or rotten
- 49. On everyone's mind
- 53. Dallas school, briefly
- 56. Wave rider or move in 62-Across
- 59. Inviting sign
- 61. It's created in a snap
- 62. "Move" sport of 17, 21, 31, 42 and 56-Across
- 64. Poet W.H.
- 65. Coke nut
- 66. Alternative word
- 67. Storage structures
- 68. Latin Amer. ladies
- 69. Try for a part



Down

- 1. Sgt. Friday's focus
- 2. Hilo hello
- 3. Frizzy-haired Stooze
- 4. Similar
- 5. List-shortening abbr.
- 6. Grande
- 7. Biting
- 8. Adamant denial
- 9. Less experienced
- 10. Butterflies
- 11. Present opener?
- 12. Chief
- 13. Pointless weapon?
- 18. Pass out
- 22. Model
- 25. Seize
- 26. Boring accessory
- 28. One way to run
- 29. Model partner
- 30. Word before after?
- 31. Bart Simpson, for one
- 32. Musical McEntire
- 33. Org.
- 34. Bars on a Mars bar?
- 35. Corp. shares
- 36. Bar bill
- 40. Binge
- 42. Chocolatey treats
- 43. Concerning
- 44. Portuguese king
- 45. White wading bird
- 47. Loaded with talent
- 50. Aggressively peddles
- 51. Bobble or overthrow
- 52. Journalist ___ Rogers St. Johns
- 53. Entrance barrier
- 54. High IQ group
- 55. Exhorted
- 56. Healthy resorts
- 57. No, informally
- 58. Took a train
- 60. Ariz. Diamondback or N.Y. Met
- 63. Palindromic airline

SUDOKU

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

Solution to puzzle on page B14

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CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

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

**REEL TIME
THEATER
MOVIE
SCHEDULE**

MAMMA MIA!
THE MIA

MAMMA MIA!
HERE WE GO AGAIN

**Disney PIXAR
INCREDIBLES 2**
JUNE 15

FRIDAY, APR 9
1900
MAMMA MIA!
(PG-13)

SATURDAY, APR 10
1300
MAMMA MIA!
HERE WE GO AGAIN
(PG-13)

SUNDAY, APR 11
1300
INCREDIBLES 2
(PG)


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.

Chapel Services at MAFB
 Protestant
(North Plains Chapel in Base Housing)
Sunday Community Service
 1030 a.m.
 (Holy Communion 1st Sunday)
 Children's Church during school year

Catholic Mass (Northern Lights Chapel across from Rockers)
 Sunday 1000
 Daily Monday-Thursday at 1200

St. Peter The Aleut Eastern Orthodox Church

 **109 6th St. SE Minot • 838-3094**

Saturday, April 10
 5 PM, No Vespers

Sunday, April 11
 10 AM, Congregational Prayer Service


Break Forth BIBLE CHURCH

Thursdays 7:00pm
 and Sundays 10:30am

1821 W Burdick Expressway
 For More Information:
 701.353.9337 | www.bfbc.tv


An Evangelical Free Church
 3500 4th St. SW • 839-5127
 (Just North of Super Wal-Mart)

Sunday School & Fellowship 9:00 a.m.
 Worship 10:30 a.m.

www.trinitychurchminot.org


 Worship Service at 10:45am Sundays
 Sunday School at 9:45am

1720 4th Ave NW, Minot 838-0916
MinotBibleFellowship.org


Faith United Methodist Church

5900 Highway 83 N, Minot
www.faithumcminot.com
Pastor Ken Mund 701-838-1540

Sunday School (All Ages): 9:45 a.m.
 Sunday Coffee Fellowship: 10:30 a.m.
 Worship Services: Sunday 11 a.m.

Minot Baptist Church

Sending the Glorious Light of Jesus Christ to a Dark and Needy World

Sunday School 9:45 a.m.
 Morning Worship 11:00 a.m.
 Evening Worship 6:00 p.m.
 Wednesday Evening 7:00 p.m.

Independent/Fundamental/KJV
500 46th Ave NE • 839-1351
 Pastor David Miller

Cornerstone Presbyterian Church

1000 NE 3rd Street 852-0315

Sunday Schedule
 Contemporary Worship 9:00am
 Sunday School (All Ages) 10:00am
 Traditional Worship 11:00am

Wednesday Evening Schedule
 Community Dinner 5:30-6:30pm
 Contemporary Worship 6:30pm
 Youth Group & Small Groups.. 7:15pm

All are Welcome!
www.ecominot.org


Vincent United Methodist Church

1024 2nd St. SE • 838-4425
Behind Town & Country Shopping Center
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Traditional Service 9:00 am
 Contemporary Service 10:30 am
 Kid's Church 10:30 am

Pastor Matt Scherbenske
www.vincentumc.com


St. Mark's Lutheran Church
Missouri Synod

Sunday Worship 9:30 AM

2209 4th Avenue NW Minot, ND 839-4663

Reverend Philip Beyersdorf
www.minotstmarks.com
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Immanuel Baptist Church

1615 2nd St. SE • Minot • 839-3694
 Sundays:
 Fellowship 9:00 am
 Sunday School 9:15 am
 Worship 10:30 am

Wednesdays:
 Soup Kitchen 11:30 am
 Family Supper 5:30 pm
 Preschool/Kids' Club/ABY ... 6:30 pm
 Adult Bible Study 6:30 pm

Brian T. Skar, Pastor
www.ibcminot.org

Apostolic Faith Church, UPCI

2929 19th Ave NW • Minot
 Located off Hwy 83 Bypass West
(701)838-0609

Saturday School 2:00 p.m.
 Sunday Worship 3:30 p.m.
 Wednesday Bible Study 7:30 p.m.

Jesse Starr, Pastor

St. John the Apostle Catholic Church


2600 West Central Ave • Minot, ND 58701
839-7076

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.

Fr. David A. Richter, Pastor
 Parish website: www.stjohnminot.com


First Lutheran Church - ELCA

120 5th Ave. NW 852-4853

Sunday Worship 9:30 am

www.firstlutheran.tv
 (Live Stream & Recorded)
 Radio Broadcast KRRZ 1390AM
 Sunday 9:30 am
www.flcminot.com

Pastor Brandy Gerjets • Pastor Ellery Dykeman


Gospel Tabernacle Community Church

9999 27th St NE
 4 miles south of MAFB
 James W. Henderson
 Anna B. Henderson

Church: 701-838-4492
Home: 701-838-5759
KHRT 1320: 9 a.m. Sunday

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.

First Assembly of God

1805 2nd St. SE 838-1111

Morning Worship 8:30 a.m.
 Sunday School 10 a.m.
 Morning Worship 11 a.m.
 Wednesday Family Night..... 6:30 p.m.

First Baptist Church

200 3rd St. SW • 852-4533
www.fbcminot.org

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.

Rev. Kent Hinkel, Senior Pastor
Rev. Barry Seifert, Associate Pastor
Pastor Sam Kautzmann, Student Ministries
Elaine Carlson, Children's Ministry Director

Cross Roads Baptist

Southern Baptist Convention

Sunday School (all ages) 9:45 a.m.
 Sunday Worship 11 a.m. & 6:30 p.m.
 Wednesdays (Prayer & Missions) ... 6:30 p.m.

www.minotcrbc.org
 email: minotcrbc@gmail.com
Dr. Bob Farmer- Pastor

415 28th Ave SE (Behind Menards) 838-1873


West Minot Church of God
Family Worship Center

1105 16th St. NW • 839-1407

Sunday School 9:30 a.m.
 Sunday Worship 10:30 a.m.
 Children's Church & Nursery
 Wednesday Family Training Hour
 Meal 5:30p.m.
 Classes for All Ages 6:30 p.m.
 Youth Center, Friday 7:00 - 11:00 p.m.
 ABC Child Care Center 852-6352

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Sundays:
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For more information visit us on the web at:
www.ourredeemers.org

ORCS Preschool

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NOW ACCEPTING REGISTRATIONS FOR THE 2021-2022 SCHOOL YEAR

HIGHLIGHTS OF OUR PROGRAM

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701.839.0772
 Email: jschultz@orcsknights.org
 Website: www.orcsknights.org

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email NSADS@SRT.COM

fax 701-839-1867


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Kevin Beeter, Lic. #464 - Clerk Lic. #199

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Find **ALL** listed homes for sale in Minot and the surrounding areas at www.brokers12.com.

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

SUDOKU SOLUTION

Puzzle on page B10

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

MINOT AFB OPPORTUNITIES

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HELP WANTED - PROFESSIONAL



CEO/GENERAL MANAGER

SRT Communications, Inc., headquartered in Minot, North Dakota, is seeking a new CEO/General Manager following the retirement announcement of its current CEO/GM after 27 years of service. SRT is the largest telecommunications cooperative in North Dakota, serving over 40,000 customers, offering Voice, Broadband Internet, IPTV, and Security services. This key position will report to the Board of Directors of SRT Communications, Inc. The CEO/General Manager is responsible for providing general oversight and management of the business operations and will participate in establishing the overall cooperative mission and strategy.

Preferred candidate will possess a strong business background, financial acumen, a proven track record in a competitive environment, sales and marketing experience, excellent communication skills, and a firm understanding of cooperative philosophy. Applicant should have an extremely thorough understanding of the financial, competitive, and technical issues affecting the telecommunications industry with at least ten years of progressive experience. Bachelor's degree in related field of study preferred.

SRT Communications, Inc. currently has 187 employees serving more than 40,000 customers in ten counties, with 26 exchanges, over 5,900 square miles in North Central North Dakota. SRT's gross revenue exceeded \$60 Million in 2020.

Minot is a city of approximately 50,000 people, with a strong public school system, local NCAA university, air force base, international airport, a thriving downtown, and a new hospital under construction.

SRT offers excellent salary and benefits.

All inquiries regarding this position should be addressed to SRT's corporate attorney, Steven A. Lault, at the contact information provided below. All applications must be received on or before May 1, 2021. Interested applicants should send a resume and cover letter by email to the following:

Steven A. Lault
Pringle & Herigstad, P.C.
slault@pringlend.com
(701)852-0381

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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.

MINOT AFB ANNOUNCEMENTS

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MINOT AFB ANNOUNCEMENTS

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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 recognized 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.

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WHAT'S GOING ON MAFB

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, 1130, 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
- 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
- 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

SUNDAY 11

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 12

- HIIT Strength and Conditioning, 0545, Fitness Center
- Reintegration Briefing, 1000-1100, A&FRC
- Yoga/Swim, 1130, Fitness Center
- Zumba, 1730, Fitness Center
- Craft Club, 1800, Minot AFB Library
- Swerk, 1930, Fitness Center

TUESDAY 13

- Cycle, 0530, Fitness Center
- Boots to Business, 0800-1600, A&FRC – Zoom Meeting
- Moving Out of the Dorms Budget Class, 0900-1030, A&FRC
- Game Day, 1000-1930, Minot AFB Library Facebook Page
- Fit to Fight, 1130, Fitness Center
- Monthly Fitness Pro Seminar, 1130-1230, Fitness Center
- Federal Resume Workshop, 1400-1630, A&FRC
- Barre, 1800, Fitness Center
- Swerk, 1930, Fitness Center

WEDNESDAY 14

- Registration Closes for Virtual Teen Aviation Camp at Fitness Center
- HIIT Strength and Conditioning, 0545, Fitness Center
- Right Start, 0730-1200, A&FRC – Zoom Meeting
- Spouses Welcome, 0900-1200, A&FRC – Held at the Jimmy Doolittle Event Center
- 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
- First Duty Station Office Financial Course, 1500-1630, A&FRC
- Cycle, 1630, Fitness Center
- Squadron Extramural League, 1700, Rough Rider Lanes
- Swerk, 1730, Fitness Center

THURSDAY 15

- Cycle, 0530, Fitness Center
- Pre-Separation Counseling, 0830-1130, A&FRC
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Fit to Fight, 1130, Fitness Center
- Reverse Sprint Triathlon, 1130, Fitness Center
- Kids' Night, 1530-2030, Bomber Bistro
- Purple STEAM, 1630-2030, Minot AFB Library
- Month of the Military Child Bowling Special, 1700-1900, Rough Rider Lanes
- Craft Club, 1800, Minot AFB Library
- Cycle, 1930, Fitness Center

FRIDAY 16

- Lifeguard Certification Class at Outdoor Recreation
- Month of the Military Child – Purple Up Day
- Registration Closes for Acrylic Pouring Class at Minot AFB Arts & Crafts
- HIIT Strength and Conditioning, 0545, Fitness Center
- Spouses Corner, 0900-1000, A&FRC, In-Person and Zoom Meeting
- Fit to Fight, 1130, 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
- Zumba, 1730, Fitness Center
- FAM-A-GANZA, 1800-2000, Youth Center and the Turf
- Mixed Fun League, 1830, Rough Rider Lanes
- Karaoke Night, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

SATURDAY 17

- Lifeguard Certification Class at Outdoor Recreation
- Cycle, 0900, Fitness Center
- Kids Bowl Free, 1000-1400, Rough Rider Lanes
- Fit to Fight, 1030, Fitness Center
- Warhammer 40,000 Casual Play Day, 1200, ESC, inside Bomber Bistro
- Fight Club: Jake Paul vs Ben Askren, event starts at 1800, main event begins at 2000, Rockers Bar & Grill
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

ONGOING

- The status and location of Minot Air Force Base events are subject to change due to base restrictions.
- Escape Room: 29 March – 16 April, During Operating Hours, 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