

# northersentry

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2nd Lt. William Young, 741st Missile Squadron missile combat crew commander, and 1st Lt. Darian Titus, 741st Missile Squadron deputy missile combat crew commander, pose for a photo after a Simulated Electronic Launch Minuteman exercise on April 7, 2021, at Minot Air Force Base, North Dakota. The SELM exercise provides an end-to-end test of the launch capabilities of the ICBM process. See page A2 & A3 for more coverage.

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

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# 91st Missile Wing holds Simulated Electronic Launch Missile



NORTHERN SENTRY PHOTOS | ABIGAIL KINDER

ABIGAIL KINDER, NORTHERN SENTRY

In the name of preparedness, the 91st Missile Wing at Minot Air Force Base, N.D., performed a Simulated Electronic Launch Missile (SELM) on April 7, 2021. The test is crucial to ensure the quality and readiness of Minot's Intercontinental Ballistic Missile (ICBM) force, and it is a true testament to the training and capability of Team Minot.

"SELM is the most comprehensive weapon test we have for Minuteman. It's going to test every component we have from the ground up, except for the missile actually launching into the air. So all of our ground equipment, all of our command control equipment, and the door opening today is just the tip of the iceberg," said Combat Crew Commander Lt. Tyler VanOrden.

After initial checks and procedures were performed, the day concluded with the opening of a 110-ton metal and concrete door where, in a real situation, a missile would then proceed to launch.

"It happens quickly. It's months and months of planning for a ten second celebration and then it's 'hey, let's get back to work!'" said Master Sgt. Donald Nelson, Noncommissioned Officer in Charge. Nelson aids the Officer in Charge in coordinating the maintenance activities of all the groups who are a part of the simulation. "[SELM takes] months of preparation and making sure that we have all the equipment

and tools ready, all the manning is available, coordinating with all the different sections that you see out here to help support this and make it happen, and it's really a testament to everybody involved in the mission. One of the cool things about it is to see all the logistics come together for a day like this."



SELM is the most comprehensive weapon test we have for Minuteman. It's going to test every component we have from the ground up, except for the missile actually launching into the air

COMBAT CREW COMMANDER  
LT. TYLER VANORDEN



The simulation included cooperation from units from all over the Air Force. Personnel from the testing squadron at Vandenberg AFB, Calif., helped direct the simulation and provided support. There were also personnel from the Air Force Nuclear Weapons Center providing guidance, and even some from Hill AFB, Utah in attendance to oversee the equipment.

"It's definitely a cohesive effort between two wings and support agencies, and outside agencies as

well as local fire departments to ensure we run the test smoothly," said Capt. Martin Escarzaga, the Maintenance On-Scene Commander.

Technical Sgt. Aaron Linicome, who works in Tech Engineering for the Air Force Nuclear Weapons Center (AFNWC), said, "We constantly test to make sure the missiles will do what we need them to do, and this is part of the way that we validate that. There are a lot of safety precautions put into place."

For a test like this, safety is the name of the game. In the weeks prior to SELM, maintenance put a giant dirt pile into place to stop the momentum of the missile launcher closure door, and local fire departments and AFNWC personnel were in attendance in case something went awry. Thanks to the diligence of everyone involved, the simulation went as planned.

The exercise was the first one held by Minot AFB since 2019, and many attendees were excited to witness it for the first time. Lt. Kaede Snyder, Deputy Missile Combat Crew Commander, said, "I'm still learning the ropes of the career field, so getting to see this in action is really awesome. All of these people have to come in and communicate to make this work and go smoothly, so it's super awesome seeing how we coordinate and figure everything out."

CONTINUED ON THE NEXT PAGE

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2nd Lt. William Young, 741st Missile Squadron missile combat crew commander, 1st Lt. Darian Titus, 741st Missile Squadron deputy missile combat crew commander and Capt. James Kelley, 576th Flight Test Squadron ICBM test operator participate in a Simulated Electronic Launch Minuteman exercise on April 7, 2021, at Minot Air Force Base, North Dakota. The SELM exercise provides an end-to-end test of the launch capabilities of the ICBM process.

2nd Lt. William Young, 741st Missile Squadron missile combat crew commander, and 1st Lt. Darian Titus, 741st Missile Squadron deputy missile combat crew commander, participate in a key turn for a Simulated Electronic Launch Minuteman exercise on April 7, 2021, at Minot Air Force Base, North Dakota. The SELM exercise provides an end-to-end test of the launch capabilities of the ICBM process.

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

While the missileers are an important part of SELM, they don't get to experience the above-ground aspect of the exercise. Lt. John Tam and Lt. John Walsworth didn't want to miss out on this unique opportunity, so they took a jog all the way to the missile silo to witness a topside view of SELM.

"We just do everything up until the launch. We're making sure these systems still work. They've been out in the field since the 1970s, so making sure the systems haven't degraded and making sure they can still launch is why we do this. It's kind of cool because we're actually down in the capsule doing the test, but it's cool to see it face to face," said Tam.

Lt. Walsworth also explained

another aspect of SELM, the Airborne Launch Command System. "It's a plane with normal configurations, doesn't have any access to the missiles, but if we were to go to a higher state of readiness or require it for an emergency war order, the plane is able to be a force multiplier and allows us to launch missiles if all the capsules are incapacitated or otherwise unable to communicate."

Testing the readiness of these systems is imperative to Minot's mission, and the 91st Missile Wing takes extra care to monitor these simulations in order to detect and preemptively fix any potential problems that would hinder the process of launching a missile.

Minot's Minuteman III

ICBMs are a vital component of the United States' strategic deterrence. Each missile is capable of carrying single or multiple nuclear warheads—an incredible amount of power for missileers to have at their fingertips.

"It takes special care and attention and that's one of the things that our career field does very specifically. It puts a lot of care and attention to make sure everything we do is absolutely safe and within the realms of the law of armed conflict. So as we sit on alert, we have an enormous amount of confidence in the system that allows us to say 'okay, if I get the launch order, then that's the right thing to do and that's what the country needs at that given time,'" said Walsworth.

Minot's Mayor Shaun Sipma also attended SELM for the first time. He said, "I think it really comes down to a lot of folks understanding the posturing and the missions with Minot Air Force Base and the importance of it. We see a lot of these great men and women each and every day, going up and down the road or flying overhead. And it really is for the purpose of ensuring the safety and security of America. Being able to be invited out here as a civilian... is really assuring that we have some very young, very well trained, and very reliable individuals with the U.S. Military and great leadership not only here at Minot, but around the country."

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**SEXUAL ASSAULT**  
Awareness & Prevention Month

**DONITA THEILER**  
SEXUAL ASSAULT PREVENTION  
AND ASSAULT VICTIM  
ADVOCATE

Donita Theiler is the Sexual Assault Prevention and Assault Victim Advocate for the Sexual Assault and Prevention Office. Originally from Roseline, Nebraska, Donita became a member of Team Minot in December 2013.

"I really like the people," said Donita. "This is our second time here. We were stationed here in 2004-2010 and then we actually chose to retire here. My husband was on active duty and then he retired and we moved here. He was in CE [Civil Engineering], liquid fuels maintenance, and now he's a civilian here on base, doing the same job he did when he was on active duty."

Her duties include working with clients of the SAPR office, ensuring that victims know their rights and options, are aware of their resources and assist them in any way.

"I like to be able to help people," said Donita. "We see some people at their worst moments in their life and to be able to help somebody work through that and be able to come out on the other side is rewarding and I like to be able to help people. I want to ensure



that they're taken care of and get everything that they feel like they need."

"Probably the hardest part working in this job is listening to people's stories. You hope that people won't ever have to experience this and they come in and talk about what's happened to them and see how it's impacted them, their career, mental health, they're ability to do their job. It's hard to see that. You just hope that people don't need our services but if they do, we're here," said Donita.

Having done this job for 25

years, Donita says what keeps her motivated is that as long as people need resources and support, she'll be there.

Donita's main goal at the moment is to become certified in teaching "Transcending Sexual Trauma Through Yoga" by the end of the year and offer yoga sessions as an additional resource.

In her freetime, Donita enjoys camping, yoga and spending time with loved ones.

Contact info to the Minot Air Force Base SAPR Office:  
DSN 453-7272  
COMM: 701-723-7272



U.S. AIR FORCE PHOTOS | MINOT AFB PA



**Survivor's Experience**  
*Can you carry the weight?*  
**Ruck March**

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



**LAW TALK**

4 Things to Know about  
Probating Minerals

With the boom in the Bakken, many individuals have received letters from oil companies referencing long-forgotten minerals and the need to probate an ancestor's estate, often many years after they passed away.

Probate is a complicated process normally but add on many years, lost documents, and multiple heirs and the prospect can seem overwhelming.

Here are four things to keep in mind before you begin the process:

1. You might have to open more than one probate.

Just because great-grandpa owned minerals that doesn't mean you can immediately start getting a royalty check after probating his estate. You might have to probate grandpa's and dad's estates too. The reason for this is because an individual's heirs are the people who are living at the time of their death, not necessarily the people who are currently living. So if great-grandpa's heir when he passed away was great-grandma, you have to probate her estate too—and so on until the title has been cleared.

2. You need more than an oil and gas lease or letter from an oil company.

A lease or a letter from an oil company listing the county and legal description of the decedent's mineral interests is a great start. Unfortunately, it's not enough to actually prove ownership. Sometimes things can be mixed up and an oil company can say your dad owned the minerals when in reality the title is still tied up in grandpa's estate. The only way to truly prove that the decedent actually owned the mineral interests is with a conveyance document such as a mineral deed, but....

3. ...sometimes a deed isn't good enough either.

All a deed tells us is that that person once owned those minerals—it doesn't tell us that they still did upon their death or that the minerals haven't been lost since then to a surface owner claim. If you find an old mineral deed in grandpa and grandma's basement, that doesn't mean that they still owned them when they passed away. The only way then to know for sure is to have a mineral search and title opinion completed.

4. Getting paid doesn't mean it's ok.

Sometimes an oil company can make a mistake and you might start receiving royalty checks on minerals your family member owned without ever completing probate. This seems like good news but it likely won't be permanent. While you chalk up the checks to good luck, a few months or years down the road the oil company could review its files, notice that a probate was never completed, and hold your future checks in suspense until probate is complete. As soon as you are aware that a deceased relative owned mineral interests, you should discuss with an attorney whether or not probate is necessary.

Probate—particularly a mineral probate—can feel overwhelming but it doesn't have to be. If you are facing the need for a mineral probate or are wondering if one is necessary, give us a call at 701-852-5224 and let us help you navigate the process.



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The Grantham sisters at work in Minot Air Force Base, North Dakota April 12, 2021.

# Seeing Double

AIRMAN 1ST CLASS JAN K. VALLE, MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

Joining the military can be a really intimidating experience. Arriving at the first duty station can be an eye-opening experience for Airmen. This experience is unique for the reason that for some members it is their first time away from home, but these sisters brought their home with them.

Airman First Class Ciara Grantham is a missile handling technician for the 91st Missile Maintenance Squadron and Samantha Grantham is a munitions storage crew chief for the 5th Munitions Squadron. These San Antonio native twin sisters not only joined the same military branch, but are also stationed at the same base.

"It's comforting knowing that Samantha is here with me because we're best friends," said Ciara. "We do everything together."

Surprisingly, during basic military training they were assigned to the same squadron with only joining a week apart.

"I went to a bathroom break during my class and I

saw Samantha," said Ciara. "I wanted to hug her but I just started crying out of joy."

"We were on the same floor like right down the hall from each other," said Samantha. "Sometimes we would see each other walking down the halls and we would have to write letters to talk to each other. We would go to church every Sunday and we would be holding hands crying and singing"

Both Grantham sisters listed Minot AFB on their dream sheets for a chance to potentially be stationed together.

"I put it on my dream sheet because our older sister is already here," said Ciara. "Samantha got here before me because her training was shorter than mine."

"I'm glad that my sisters are here at Minot," said Ashley Santos, who is a child youth program assistant at the Children Development Center. "We have gatherings where we will play board games together and my husband will cook dinner."

The odds at having a friend at the same duty station are rare but having a twin sister at the

same duty station is extremely slim.

"It's nice having my sister here with me," said Ciara. "We go into town and get Starbucks almost every day. Samantha had a son back in May and watching him grow up is the highlight of my life right now."

Having a family member at the same duty station helps with morale, but it also helps when there are family matters that may occur.

"When we go on leave we usually go to San Antonio and travel together," said Ciara. "Usually for holidays our Mom comes up to visit us and it makes it a lot easier since we're all here."

Even though the Grantham sisters live and do many things as a pair, someday the time will come to separate and move on but the memories created at Minot will forever be cherished.

"I don't want to say we're dependent on each other but it wouldn't hurt to spread our little wings because we've grown up doing everything together," said Samantha.



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# Minot State offering face-to-face classes at Minot Air Force Base

MINOT STATE UNIVERSITY

MINOT, N.D. – Minot State University is excited to again offer face-to-face classes at the Minot Air Force Base starting with the Summer 2021 semester.

The Summer 2021 semester begins June 1 and finishes July 29 with registration currently open. MSU at the Minot Air Force Base will also have three sessions of face-to-face classes in Fall 2021. Those three sessions are Aug. 23 to Dec. 17, Aug. 23 to Oct. 14, and Oct. 18 to Dec. 19.

There is no application fee for active-duty military personnel.

On-base classes can be completed in a variety of flexible formats for military students, their dependents, Veterans, and the general public. Courses are offered in a variety of formats in a range of times, including Monday through Saturday, during the

lunch hour, and as arranged for special squadrons.

Military personnel can complete their Community College of the Air Force (CCAF) degree and earn a bachelor's degree from Minot State. CCAF students can apply as a non-degree-seeking student and take up to 24 semester hours before transitioning to a degree-seeking student or complete general education requirements through the University's General Education Mobile (GEM) program.

Minot State's affordable and convenient programs qualify for tuition assistance, offer no out of state fees, no hidden charges or fees, and financial aid is available to qualifying students.

For more information, contact Brigitte Mikula at 701-727-9044 or by email at [Brigitte.mikula@minotstateu.edu](mailto:Brigitte.mikula@minotstateu.edu).

# Save the Date! 32nd Annual Great Tomato Festival

GREAT TOMATO FESTIVAL

We are excited to announce that the Great Tomato Festival will be back this year, save the date! The 32nd Annual Great Tomato Festival will be held on Wednesday, August 11, 2021 at the ND State Fair Center, 4H Hall, 2005 Burdick Expressway East. This classic community fundraising event was established in 1989 by Jeff and Peggy Miller. It has become the annual end of summer gourmet picnic to attend! The menu consists of smoked pork chops cooked to perfection by master chefs, a top secret recipe of roasted tomatoes stuffed with rice, along with chips and salsa, tomato and cucumber salad, beer batter bread and brownies.

As we get closer to the event, keep an eye out for more details through the Great Tomato Festival Facebook page and [greattomatofestival.com](http://greattomatofestival.com). We are excited to get back into things

and provide you with a safe and familiar experience that will surely be the highlight of the summer.

The Great Tomato Festival is a community fundraiser, which has benefitted a number of non-profit organizations since its inception. The mission of the fundraiser is "Working together with the purpose of raising funds to enhance the services of the specific nonprofit organizations". It currently benefits the Taube Museum of Art, and the Minot Symphony Orchestra. All net proceeds from ticket sales and silent auction are directly granted to the sponsoring organizations.

For more information please contact: [greattomatofestival@srt.com](mailto:greattomatofestival@srt.com)

Rachel Alfaro - Taube Museum of Art: 838-4445

Ellen Fenner – Minot Symphony Orchestra: 858-4228



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# Upcoming Events

**15-19 APR**

**ACHA WOMEN'S DIVISION 1 NATIONAL TOURNAMENT**  
SEE WEBSITE FOR ALL TIMES  
Maysa Arena  
2501 Burdick Expy W, Minot

The ACHA Women's Division 1 National Tournament is coming to Minot April 15-19, 2021! For active duty military: Use code MAFB for 20% off tickets.  
Children 5 & under receive free admission.

To purchase tickets, please go to: [tickets.visitminot.org](http://tickets.visitminot.org)



For more information:  
[Website / tickets.visitminot.org](http://Website/tickets.visitminot.org)

**16-18 APR**

**RODEO MINOT**  
7:00 PM / 2:00 PM  
ND State Fair Grounds  
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Check out Rodeo Minot!  
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Adults are \$15 admission  
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Friday, April 16 is a non-ticketed event.



For more information:  
[Website / gethookedup.rodeoticket.com](http://Website/gethookedup.rodeoticket.com)

**17-24 APR**

**WALK A MILE ANY TIME**  
Roosevelt Park  
1215 E Burdick Expy, Minot

DVCC will hold Walk a Mile, a self-paced event, at Minot's Roosevelt Park. Participants may choose any day during the week-long event (April 17th-24th) to walk a mile in solidarity with survivors of sexual violence and prevention of future violence. Participants are asked to pre-register on DVCC's website.  
Registration is \$25.00 for each person. The first 100 participants will receive a "thank you" gift bag to be picked up at DVCC's Minot office prior to completing their walk. The trail map will be available on DVCC's website and will be marked by signs on the walk path. Participants are encouraged to showcase their support by using the hashtag #DVCCWALKAMILE.



For more information:  
[Facebook Event / Walk A Mile / Roosevelt Park \(Minot\)](https://www.facebook.com/DVCCWalkAMile/)

**23 OCT**

**LADIES NIGHT OUT**  
7:00 PM - 9:00 PM  
The Market on 4th  
1900 4th Ave NW, Minot

We will have over 30 projects to choose from at this event. Reserve your spot now and choose your project when you get to the event. Your \$25 ticket will go towards the project of your choice - prices range \$35-\$60 each project.

**For more information:**  
[Facebook Event / Ladies Night Out / The Market on 4th](https://www.facebook.com/LadiesNightOutTheMarketon4th/)

**23-25 APR**

**IMAGICON 2021**  
11:00 AM - 8:00 PM / 6:00 PM  
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# Airmen of Minot

**TECHNICAL SERGEANT KAYLA WILKINSON**  
MISSILE MAINTENANCE TEAM CHIEF

Technical Sergeant Kayla Wilkinson of the 91st Missile Maintenance Squadron is the first woman since 1992 to hold the position of Missile Maintenance Team - Team Chief. Originally from Arlington, Ohio, Wilkinson became a member of Team Minot in November 2019.

How do you feel about being the first female MMT Team Chief in almost 30 years?

"I'm honored and it's exciting that I got this opportunity," said Wilkinson. "It's a big responsibility but you just need to work hard and learn. Being the first woman in a while to hold this position makes me feel proud and hopefully that will inspire others. It's a great job, I love being a team chief and it's an honor to do it because not everybody gets to do it."

The duties of an MMT Team Chief include managing a four-member team that goes out to perform missile maintenance at the Minuteman III silos, ensuring that the mission gets done correctly and safely.

What is your favorite part of the mission?

"Getting to work with my team because you can't do the job alone," said Wilkinson. "That's why we have as many people as we do in different positions. We

are a family, you're close to your people, you have each other's backs and we're all there (for each other) and we get the job done."

To become an MMT Team Chief, you need to jump through multiple hoops and hurdles.

"I was a cage-woman (works inside the guided missile maintenance platform, does maintenance on the missile and coordinates with different sections of missile maintenance, both inside the silo and topside) before holding this position and that helped a lot in me knowing what's going on with my guys and being aware of what's going on out in the launch chute when we're doing maintenance," said Wilkinson. "You get trained on managing a team rather than doing maintenance. You need to get certified and have an interview with the flight and the commander as well just to make sure that you know your responsibilities and are ready to handle them."

Military personnel and civilians are very intertwined in Minot, which Wilkinson says makes her feel welcomed and supported by the Minot community.

"The thing that I like most about my unit is the family aspect, having each other's

backs," said Wilkinson. "We all have one big goal and we do have different jobs and different things that we have to achieve to reach that one big goal. We have to work together, we can't just go off on our own because we're all working towards one thing. I feel like we all strive to do that, to make it as easy as we can on each other to accomplish our mission."

"For the most part, the people here are really like your family and if you have fun doing the job and working together, it makes work more enjoyable," said Wilkinson.

Wilkinson plans on continuing to support the mission as MMT Team Chief and is working towards obtaining a bachelors in graphic design and a masters in business management.

In her freetime, Wilkinson likes being outdoors and hiking, reading, playing video games and working on art for school.

Wilkinson hopes that her story will inspire people to drive towards accomplishing their goals and attain a willingness to learn. She also hopes her story will send an empowering message to women. "You can do it, whatever you want to, whatever you set your mind to," said Wilkinson.



U.S. AIR FORCE PHOTOS | SENIOR AIRMAN MICHAEL RICHMOND



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MINOT, ND

## A LOOK BACK THIS WEEK IN USAF HISTORY

### THE DOOLITTLE RAID

APRIL 18, 1942



B-25 Bombers aboard the USS Hornet prepare to take off for the Japanese islands. (US Air Force Photo)

After the attack on Pearl Harbor, the United States Army Air Forces and Navy began formulating a plan for a reprisal attack on the Japanese Empire. They recruited Col. James H. "Jimmy" Doolittle to train the pilots who would be a part of the raid. On April 18, 1942, 16 B-25 Mitchell Bombers from the 17th Bombardment Group, led by Col. Doolittle, took off from the Navy's USS Hornet 650 miles off the coast and made a path towards Tokyo.

The bombers hit targets in Tokyo, Yokosuka, Yokohama, Kobe, and Nagoya. On the way back, fifteen of the aircraft crash-landed or had crews bail out due to low fuel and one made it to Russia. Three crew members died and eight were taken as Japanese POWs. According to Pacific Air Forces, Doolittle thought that he would be court-martialed upon his return. However, the Doolittle Raiders received the Congressional Gold Medal in 2015 and Col. Doolittle received the Medal of Honor for one of the greatest surprise attacks of the time. While the damage left by the raid was not severe, it was a serious morale booster for the US.

Information courtesy of: [pacaf.af.mil](https://pacaf.af.mil) / [aetc.af.mil](https://aetc.af.mil) / [history.navy.mil](https://history.navy.mil)

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# Air Force unveils new mission statement

TECH. SGT. JOSHUA DEWBERRY,  
SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

ARLINGTON, Va. (AFNS) -- The Air Force released its new mission statement: To fly, fight, and win...airpower anytime, anywhere. This change emphasizes the primary competitive advantage and capabilities airpower provides to the nation and joint operations.

The ability to fight and win with airpower is key to facing emerging competitors and near-peer adversaries, according to service leaders.

"As we developed this new mission statement, we consulted Airmen from across the entire spectrum - enlisted, officers, reservists, guardsmen and civilians," said Air Force Chief of Staff Gen. Charles Q. Brown, Jr.

Since the domain of space falls under the Space Force, the Air Force can now focus solely on airpower and maintain a sustained focus on core air domain missions.

With a Total Force of more than 689,000 personnel, Airmen work to support all aspects of airpower, which includes five core missions: air superiority; global strike; rapid global mobility; intelligence, surveillance and reconnaissance; and command and control. Airpower also requires people and resources dedicated to unit readiness, base infrastructure and talent management.

The chief master sergeant of the Air Force emphasized that all Airmen, no matter what Air Force specialty code they serve in, play an important role in generating military airpower for the nation.

"As the new mission statement was formulated, it was important to us that all Airmen see where

they fit in," said Chief Master Sgt. of the Air Force JoAnne S. Bass. "Every Airman, from every career field, is directly responsible for delivering, supporting, launching and driving airpower, which is the culmination of our diverse specialties, expertise and capabilities that make up our great Air Force."

Brown also underscored the importance of the Total Force in making American airpower a reality.

"Delivering airpower for our nation requires more than just aircraft," Brown added. "It requires Total Force Airmen - active duty, Guard, Reserve, civilians - in all Air Force specialties working together as a seamless team to operate, maintain and enable our mission and bring the unique capabilities and effects of airpower to bear."

In order to accomplish the mission of airpower, Air Force leaders call on Airmen to accelerate change and to think about future challenges before they are in front of them.

"Our national security is not just on the shoulders of the chief of staff of the Air Force or other service chiefs," Brown said during his 2021 Air Force Association Aerospace Warfare Symposium fireside chat. "It's all of us together that have an interest in this; and the way we work together on this, and make progress together and understand what's out there in the future, and really appreciate that, will help all of us move faster."

The mission of the U.S. Air Force is to fly, fight, and win... airpower anytime, anywhere.



The Air Force's new mission statement: "To fly, fight, and win...airpower anytime, anywhere." emphasizes the primary competitive advantage and capabilities airpower provides to the nation and joint operations.

U.S. AIR FORCE GRAPHIC | ROSARIO "CHARO" GUTIERREZ

## TUNA BURGERS

**INGREDIENTS**

- 2 POUND TUNA, STEAK
- 2 EGGS
- 1 TEASPOON SOY SAUCE
- 1 GREEN BELL PEPPER, DICED
- 1 WHOLE WHITE OR YELLOW ONIONS
- 1 TABLESPOON TRAEGER BLACKENED SASKATCHEWAN RUB
- 1 TABLESPOON TRAEGER FIN & FEATHER RUB
- EXTRA-VIRGIN OLIVE OIL

Mix together tuna, eggs, soy or Worcestershire sauce, onion, green bell pepper, Blackened Saskatchewan Rub and Fin & Feather Rub.

Oil hands with olive oil to form tuna patties. When ready to cook, set the Traeger to 500 degrees F and preheat, lid closed for 15 minutes.

Arrange patties on grill close to the edges (hottest spot on grill) and cook for 10 to 15 minutes.

Flip burgers half way through cook time.

Remove from grill serve with your favorite toppings.

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**Ryan Davy - GM**  
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- Failure of or damages to the valve stem;
- Allowing air to escape from the valve or triggering damages through intentional puncturing
- Rubbing of the tire versus the roadway, tearing the tire, or splitting up of tire and rim by collision with additional objects;
- Too much wear of the tire tread causing explosive tire failing or permitting roadway fragments to tear through it
- Some tires, particularly a slow leakage, may be fixed and re-inflated; others, particularly those from worn tread, have to be changed.

Here are some simple methods to catch tire troubles before they become pricey or unsafe. Take a good examination of each tire in a well lit atmosphere. Examine for uneven tire wear, which can easily be created by:

- Too much or insufficient air pressure
- Issues with tire alignment or tire balancing
- Troubles with the suspension
- Unequal tire wear could be an indicator that you may have to have your tires rotated

These could suggest you need brand-new tires-- soon. Driving with a flat tire, specifically at high speeds, may cause a fatal accident. These troubles have the possibility to create a blowout, causing a loss of control that may be incredibly harmful.

- Fracturing or bulging treads or sidewalls that may suggest there is wear or weak point
- Foreign items that pass through in to the tire (nails, screws, glass)
- Tread tearing away from the body of the tire

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**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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## BALD EAGLE

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- Its skeleton weighs about 1/2 lb, only 5 to 6% of its body weight. Their bones are hollow. This allows the Bald Eagle to soar to altitudes of over 10,000 feet.
- Their beak tip is used for tearing. Bald Eagles kill their prey with their talons by penetrating flesh.
- A Bald Eagle's skin is protected by over 7,000 feathers lined with down. Their feet are cold resistant, consisting mostly of tendons.

Fact File	
Life Span	15 - 20 years
Weight	10 - 14 pounds
Body Height	30 - 37 inches
Wingspan	70 - 90 inches
Top Speed	30 - 35 mph
Wild Diet	Omivores (Carnivores) Herbivores Fish, Other birds, Carrion



## WORD SCRAMBLE

**HINT: BALD EAGLES EAT FISH, OTHER BIRDS, REPTILES, MAMMALS, ETC. WHICH MAKES THEM:**

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WHAT ARE YOUR INTERESTS/HOBBIES?

"My interest/hobbies are outdoor things (hiking, fishing, biking). I love to play softball and I'm a huge Chicago Cubs fan."

WHAT ADVICE DO YOU HAVE FOR NEW PROVIDERS/THOSE INTERESTED IN BEING FCC PROVIDERS?

"My advice for new providers



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**NODAK ARMS**

**OUTDOOR**

**REPORT**

OUTDOOR NOTES:

PATRICIA STOCKDILL

**Fishing:**

Lake Sakakawea elevation, April 12: 1,836.51 feet above mean sea level (MSL); 21,3000 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: North-central area lakes are ice-free. No reports, however, with open water fishing just getting underway. No Missouri River System or Devils Lake reports.

•Devils Lake, Ed's Bait Shop, Devils Lake: Most docks are in place on Devils Lake with some pike success on northern feeder lakes.

•Devils Lake, Woodland Resort, Devils Lake: Lake is ice-free with continued shore-fishing activity for walleye, weather permitting. Look for increased boat activity after weather front moved through and as docks get in place throughout the lake.

•Lake Darling, Karma C-Store, Ruthville: Limited activity on Lake Darling and Grano. The lake is low yet this spring.

•Lake Metigoshe, Four Seasons, Bottineau: Little activity although Lake Metigoshe is ice-free.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Prior to the recent wind and wet weather, a lot of anglers were on the east end of Lake Sakakawea with nice walleye success, as well as Douglas Bay. Look for some pre-spawn walleye activity when the weather stabilizes. No Missouri River reports with some walleye activity along the east end of Lake Audubon, also before the weather change.

•Lake Sakakawea, Scenic 23, New Town: Consistent walleye success before the weather front moved through. Look for improving success again with stabile weather.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace remains

•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.

•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.

•April 17: Sakakawea Pheasants Forever free "Spring Hatch" chili feed, Garrison City Auditorium, Garrison, 5 p.m.

•April 19: N.D. Game & Fish Dept. spring public advisory board meeting, Berthold Sportsmen's Club, Main St., Berthold, 7 p.m.

light for walleye activity with the exception of good numbers of pike using smelt – quantity more so than quality. Try the rocks from shore at night casting crankbaits for walleye. East end of Lake Sakakawea producing walleye in a variety of depths prior to the weather front moving through.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Area landings open on the west end of Lake Sakakawea with most docks in place. Access challenging at Lund's Landing for larger boats with low water. Overall slow for walleye with occasional fish in the shallows. Good white bass success, however. Missouri and Yellowstone rivers continue producing quality walleye with some fish spawned out. Try jigs and minnows. Occasional catfish mixed in. Limited activity on small area lakes.

•Lonetree WMA area lakes, Harvey: Some shore-fishing activity on area lakes but generally slow success yet.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Minimal activity on the Souris River or area lakes yet.

**Light geese:**

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

•Some birds around the Towner area early in the week with birds just now showing up in the northwest around Williston. Some snow geese reported as far south as Interstate-94 around Steele and Sterling over the last weekend but no new birds around central N.D. in the Lonetree WMA area early in the week. Better numbers reported still farther south in South Dakota. Recent weather could either push remaining birds out depending on the extent of local snow or hold them, depending on conditions in Canada.

**Spring turkey:**

•Fair opening weekend success with Saturday's nice weather but look for birds to become increasingly active.

**Numbers to know:**

•N.D. Game and Fish Dept., main Bismarck office: (701) 328-6300, website: (http://gf.nd.gov).  
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# Bomber Agile Combat Employment gives Air Force Global Strike Command competitive edge

KEEFER PATTERSON, AIR FORCE GLOBAL STRIKE COMMAND PUBLIC AFFAIRS

BARKSDALE AIR FORCE BASE, La. --

Air Force Global Strike Command's Bomber Agile Combat Employment gives U.S. strategic bombers a competitive edge in a time of great power competition.

In 2019, before his appointment as Air Force Chief of Staff, Gen. C.Q. Brown, Jr., operating as the Pacific Air Forces commander, said, "to generate combat power from a number of locations to create dilemmas for an adversary...I just need a runway, a ramp, a weapons trailer, a fuel bladder, and a pallet of [meals, ready to eat]. That's maybe a little bit bold, but the point is, we've got to be light, lean and agile."

Within the past two years, AFGSC has developed and fine-tuned a concept called Bomber Agile Combat Employment which has supported the command's Dynamic Force Employment efforts, expanded the number of bases from which the Air Force can generate combat sorties and leveraged networks of pre-positioned Airmen and equipment to rapidly deploy at a moment's notice in support of theater operations.

"AFGSC has completed its work on what we call Bomber Agile Combat Employment," said Gen. Timothy Ray, commander of Air Force Global Strike Command, during the 2021 virtual Air Force Association Air, Space and Cyber Conference on Feb. 25.

"I'm very pleased with the way we approached it. A great deal of what we're doing now with our Bomber Task Force is part of the competitive space. So, my ability to get to places around the globe and to show presence and support for our partners and allies and augment the forces that are forward I think is a powerful thing."

#### WHAT IS ACE?

Nested under Adaptive Operations in Contested Environments, a Department of the Air Force concept that describes how the Air Force will execute DFE, ACE is an operational scheme of maneuver being used by various platforms across the Air Force. Considering the force-multiplying combat firepower bombers bring to bear, applying the ACE concept to the bomber mission provides strategic advantages.

"The AFGSC Bomber ACE concept demonstrates how bomber forces can be responsive, survivable, sustainable and integrated across the competition continuum," Maj. Kellan Bethke, AFGSC future bomber concepts lead, said. "The concept uses a global network of bases to complicate adversary targeting, enhance force survivability, enable maneuver options, generate multiple avenues of attack, and build relationships with joint and international partners."

Learning lessons from earlier

iterations applied to fighter and tanker missions, installations across the command have informed and enhanced the ACE concept by testing abilities to deploy small contingency packages of bombers to remote and austere locations.

"Gen. Ray signed the command's foundational ACE document in January 2021 which standardized the use of the concept across the command," Bethke said. "However, AFGSC units have experimented with the concept since 2019 and have incorporated it into operations since the spring of 2020."

#### ANYTIME, ANYWHERE

The recent B-1 BTF to Ørland Air Force Station, Norway, and the B-2 BTF to Lajes Field, Azores, Portugal, illustrated that bombers are not confined to a few predictable operating locations.

"You've seen here recently, we put B-1s into India, the B-1s are in Norway, we've flown the B-2s and B-52s all over the place," Ray said at the Feb. 25 conference. "Those concepts from communications, from logistics, from security, all those things are being refined and it's a pretty interesting story. We continue to make progress."

Bomber ACE also provides increased opportunities to train with allies and partners across the globe, strengthening interoperability.

"I do want to make sure that it is much more aligned with the world we live in terms of leaner logistics

with faster turn times from here in the U.S. to other places to make sure we know how to do that really right and well," Ray said. "It's going to happen around the world and it's going to be meant for our partners and allies, and for any would-be adversaries."

Applying the ACE concept to the bomber mission provides an added layer to AFGSC's competitive edge. Whether it is aircrew, maintainers, munitions personnel,

logisticians, intelligence, airfield operations, civil engineering or contracting, ACE is a combat-oriented capability that requires every striker Airman to do their part to generate war-winning bomber airpower.

"In an era of great power competition, we must train as we fight, this means that we must train and practice ACE at home stations as well," Bethke said.

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After MSgt. Darin Frye retired from the Air Force in 2008, four of his five children followed in his footsteps and enlisted as well. Their youngest son has plans to enlist after his high school graduation. While Heather Frye is not a service member herself, she is accustomed to the military life as a former Air Force child and spouse.



Darin Frye

# A family full of Airmen

ABIGAIL KINDER, NORTHERN SENTRY

When Darin Frye entered the United States Air Force, he never could have imagined that someday, all five of his children would follow in his footsteps and become service members themselves.

MSgt. Darin Frye retired in 2008 after 23 years of service in Explosive Ordnance Disposal. Today, he continues his work in public service for the Department of Homeland Security. His wife, Heather, also grew up accustomed to military life as a military brat and spouse later on. Together the Fries have five children, all of whom are following their father's example in the military. Their oldest son, A1C Darik Frye, is Security Forces AGR (Active Guard/Reserve) and Combat Arms Instructor at Barnes Air National Guard Base in Westfield, Mass. SSgt. Melissa Frye works under the Defense Intelligence Agency at Joint Base Anacostia-Bolling in Washington D.C. SSgt. Robert Frye is full-time Security Forces with the Maine Air National Guard in Bangor, Maine. A1C Darin Frye works in Aerospace Ground Equipment under the 5th Maintenance Squadron and is stationed here at Minot Air Force Base, N.D.

"I'm very proud. The fact that they're all in the Air Force... I would have been proud of any service, but I definitely love the Air Force and I'm glad they chose it," said Mr. Frye. He was also a part of a military-heavy family, with his older brothers joining the Navy, the Army, and

the Air Force. "It was kind of expected that I would join the Marines, but I decided to join the Air Force," he said. "And I'm glad I did!"

"For me, my dad was in the Air Force. I spent most of my time in Germany and I knew I wanted to have that lifestyle for my children to be able to travel," said Heather. "I always thought it was fun. I can't speak for my kids, because sometimes I had to hear the 'I have to move on my birthday again' complaints."

Being surrounded by the military lifestyle had some effect on the Frye's decisions to enlist. Heather and Darin's oldest son, Darik, was the first to join the Air Force. He originally planned to be pararescue but unfortunately was unable to complete the training. He transitioned back to civilian life, but his passion for the military never faded so he re-enlisted years later. "For Darik, he wanted back in. When he first joined, he really wanted to go for it. After some soul-searching, he realized that was the best place for him so he made it happen through the Air National Guard," said Heather.

"My daughter joined about nine years ago. She did go to college for a semester and at that time she realized that it wasn't what she wanted to do. After that, she came to me and said that she was going to join [the Air Force]. That was a way for her college to be paid and for her to have a steady job," she said. Mr. Frye elaborated, saying, "She joined initially for

college and then once she was in, she ended up being very good at it and she now loves her job." Robert and Darin followed suit soon after.

Now that four of the five siblings are in the military, having a normal family life is out of the question. "I can't remember the last year we were all together. Usually somebody comes home but somebody is missing for one reason or another," said Heather. Melissa, who is usually tasked with coordinating with the siblings to get everyone home, said it has been at least nine years since the family has been together all at once.

"The most difficult part of it was when I had two children deployed around the same time. That was difficult for me to deal with," explained Heather. At the same time, her son Darin was in Basic Military Training in San Antonio, Texas. "So I was happy for one, but on the other hand I was kind of worried about my daughter and my other son being deployed. But I like the fact that my kids are in different places, that way we can go see them." They try to visit their children when possible, and have traveled to bases all over the United States.

Despite the challenges that arise due to their military careers, the Fries have a special dynamic that many families don't get to experience.

CONTINUED ON THE NEXT PAGE

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Wednesday April 7, 2021

TEAM STANDINGS		REVIEW OF LAST WEEK'S BOWLING & TOP SCORES			
PLACE/TEAM NAME	POINTS WON/LOST	TEAM	HDCP TOTAL	SCRATCH GAME	SCRATCH SERIES
1 5th OSS	128/64	5th AMXS	2654	Maggie Magnuson - 232 JB Butler - 215	Scotty Botkin - 665 Nicholas Lilly - 583
2 5th CES #1	124/68	91st MSFS #1	--	Christopher Johnston - 215 Justin Monty - 214	Blake Goodlett - 583 Leon Morrison - 552
3 5th AMXS	116/76	5th OSS	2291	<b>HANDICAP GAME</b> Mike Froman - 277	Alyssa Jordan - 328 Hutch Hutchins Jr - 721
4 5th FSS	116/76	AAFES	2381	Andre Gonzalez - 269 Christopher Donohue - 242	Bryson Entendencia - 711 Derek Fry - 655
5 AAFES	107/85	5th FSS	2689	Stacy Hanshew - 206	Charline Monty - 613
6 5th BW	102/90	5th BW	2456	<b>MOST IMPROVED AVERAGE</b> Bryson Entendencia - 143 to 161.94 Jason Perez - 159 to 174.50	
7 Air Force	88/104	5th CES #1	2436	Christopher Johnston - 180 to 195.32 Kristen Mireles - 82 to 86.18	
8 91st MSFS #1	39/153	Air Force	2572	Alyssa Jordan - 116 to 119.35 Stacy Hanshew - 105 to 108.14	

Congratulations to the top 3 season winners:  
5th OSS, 5th CES, and 5th AMXS!

**SEASON HIGH SCORES**

HANDICAP SERIES	HANDICAP GAME	SCRATCH SERIES	SCRATCH GAME
Mike Froman - 806	Kyle Hanshew - 347	Scotty Botkin - 765	Justin Monty - 290
Jason Jordan - 794	Andre Gonzalez - 305	Duder McGough - 727	Hutch Hutchins Jr - 274
Kris Lenhardt - 767	Blake Goodlett - 297	JB Butler - 707	Trevor Spears - 267
Alyssa Jordan - 689	Jenna Stewart - 253	Charline Monty - 576	Samantha Siebe - 154
Stacy Hanshew - 655		Kristen Mireles - 298	

Thanks for bowling!  
We hope you had a good time. See you next season!



"I definitely think it strengthens the bond within our family. I think as they go through their military careers, they'll understand what we went through during my military career, so they'll face some of the same challenges," said Mr. Frye. "Once they start further in their careers and start PCSing to different places and raising their families, they'll really understand the challenges and rewards of raising a family in the military."

Darik and Melissa plan on making a career out of the Air Force. Robert is playing it by ear, and his mother says "he enjoys what he's doing and has no intention of getting out, but he's keeping his eyes open." With Darin, it's too soon to tell, but he says he already enjoys his job and is keeping his options for the future open.

The Frye's youngest son, Daman (Stu), will be leaving for BMT after he graduates high school this year, and just like his father and siblings, he will carry on his family's Air Force legacy into the next generation.



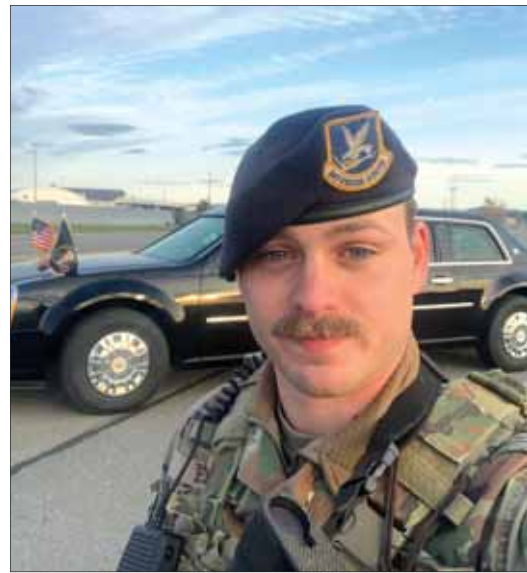
Darik Frye



Melissa Frye



Stu Frye



Robert Frye

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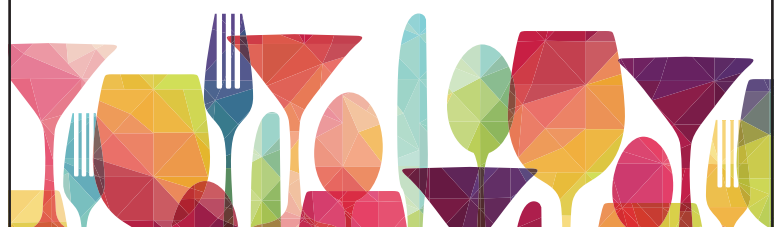
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# YOUTH IN ACTION

## Month of the Military Child: Deployment

Since 9/11 more than two million children have had a parent deploy and nearly nine hundred thousand children have had a least one parent deploy multiple times. Deployment and separation are characteristic experiences for the military child. Despite the common nature of these experiences, it makes it no less difficult for children and families. The deployment cycle consists of five stages: predeployment, deployment, sustainment, redeployment, and post-deployment. Each of these stages introduces varying levels of stress to children. During deployment, children may face changes in school performance, lashing out in anger, worrying, hiding emotions, disrespecting parents and authority figures, feeling a sense of loss, and symptoms consistent with depression. An American Academy of Pediatrics study stated that 1 in 4 military-connected children will have an



RACQUEL LABADIE, GS-11  
SCHOOL LIAISON SPECIALIST  
CHILD AND YOUTH EDUCATION SERVICES



emotional-behavioral challenge related to deployment. As a military community we have built-in support for our children and youth who are facing deployment. The Airmen & Family Readiness Center has numerous resources for spouses and children in preparation of deployment, give AFRC a call at 701-723-3950 to see about upcoming family deployment briefings or schedule a time to speak with someone. Families can also reach out to the Military & Family Life Consultant

at 701-500-4826 who will provide free, non-medical counseling services and are well versed in deployment needs of adults and children. Your child's school is also prepared to support your student during deployment. Families can work with their student's teacher or contact the School Liaison at 701-723-1447 for school specific support. Online resources include [militaryonesource.mil](http://militaryonesource.mil), [militarychild.org](http://militarychild.org), and [sesamestreetformilitaryfamilies.org](http://sesamestreetformilitaryfamilies.org)."



Mrs. Walters, spouse of the 5BW Commander, reads to a preschool class at the Child Development Center as part of the 5th FSS Child & Youth Education Services: "Leaders & Readers" Month of the Military Child Reading Campaign on April 12.



Mrs. Menuey, spouse of the 91MW Commander, reads to a preschool class at the Child Development Center as part of the 5th FSS Child & Youth Education Services: "Leaders & Readers" Month of the Military Child Reading Campaign on April 12.



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# Ways to Help Your Kids Cope with Moving

MILITARY ONESOURCE

You've received your PCS orders. Between using MilitaryINSTALLATIONS and Plan My Move, looking for a new home and packing, you'll have another big job to do if you're a military parent – helping your kids cope with moving.

Military families move frequently so this can be both an exciting and challenging time for children and teens. Keep in mind while you're busy preparing, they'll need extra attention and help in this transition. Prepare and show how to move with confidence.

## HELPING YOUR KIDS SAY GOODBYE AND PLAN FOR THE MOVE

Being part of the military community, you know the drill – it's all about being prepared. Good results follow good preparation. Preparing your children for the move will make it easier for them to adjust. Some tips:

Alert your kids to the move ASAP. Just like you, they need time to prepare and time to adjust to the idea of moving and saying goodbye to their friends.

Listen to your kids and provide answers. Your children may have lots of questions or may need some space during this transition. Answer their questions as best you can. Be patient with yourself and your children during this time.

Let your kids help. Get them involved. Teens may be able to search online for new houses, scout out their new school or fun things to do on the new installation. Younger and older kids can help pack or at least pack their own stuff or favorite items.

Reassure your children. Tell them that you love them, and that together the family will adjust. Stay upbeat and tell them new adventures await. Remind them that you're a military strong family!

Celebrate your kids' favorite things. Before the move, make sure you get some good family

time in going to their favorite parks, restaurants, recreation spots and other places. Have them take something to their new home.

Look ahead. Spend time with your children researching their new school, area parks and base activities. Make it fun. It's an adventure.

Use your installation's relocation assistance program to help you plan for your move, transition your kids to their new school or get referrals or information to reduce the stress around moving. Call, click or connect to Military OneSource 800-342-9647 and ask how Military and Family Support Service can help you ease your family's move. OCONUS/International? Click here for calling options.

## HELPING YOUR KIDS ADJUST TO THEIR NEW HOME AND SCHOOL

After planning, there are several steps you can take to help your children transition smoothly to their new digs.

Request a sponsor. The Sponsorship Program connects you with someone at your new location. Sponsors can help ease the transition for inbound service members, civilians and family members. If you haven't been assigned a sponsor, you can request one through your new unit, which will try to match you with a sponsor with similar rank and family status.

Look into the Youth Sponsorship Program. Many installations give kids the chance to get to meet a new friend and become acquainted with their new installation through the installation's youth program. Where available, they can exchange emails, talk on the phone or chat online. For more information, visit MilitaryINSTALLATIONS and click on Youth Services and your new installation. The youth program staff at your new installation can offer more information on the Youth

Sponsorship Program. Families with children may also want to visit Military Kids Connect, an online community for military children and youth. The site offers games, videos and links to teen-led installation tours.

Consult with your installation's school liaison. Many installations have a school liaison to serve as a bridge and facilitator between schools and military families. The liaisons work with schools to minimize the negative consequences of transitions and inform schools about issues related to the education of military youth. Find your installation's school liaison contact information on MilitaryINSTALLATIONS by searching for "School Liaison Office/Community Schools" under Programs or Services.

Remain patient with your kids. If they weren't nervous before, they may be now that you've moved and they are facing a new school, neighborhood and friends. Listen, support and be there for your kids during the transition.

Smooth your children's entry into school. The military helps you ease what could be one of the biggest stressors for your kids – a new school. All 50 states have agreed to help military families ensure their children can enroll in needed classes, play sports and graduate on time. It's called Interstate Compact on Educational Opportunity for Military Children, and here's how it can help you and your kids:

Enrolling is easier. Unofficial records from your old school allows your students to enroll without delay, before the official transcript arrives. You also get 30 days to get any needed immunizations.

Getting key classes. Rest assured that your children will get placed in appropriate required classes, advanced placement and special needs programs while awaiting evaluation at their new school. The new school can assess your child, but can't put your child


in a "holding class" during the assessment time.

Playing sports and other extracurricular activities right away. If your child is eligible, the new school will facilitate participation in extracurricular activities even if application deadlines or tryouts have passed.


Graduating. The Interstate Compact on Educational Opportunity for military children helps to ensure there will be no

delays as a result of the move in terms of your high schooler's graduation.


Contact your school liaison at your installation for assistance in helping you and your children transition to their new school – and find out about services and programs available at your new installation. Otherwise, during this time, be a strong and caring model for your kids. Upward and onward!



## 4th Quarter Virtual Beverages & Chat with the Principal!



You are invited to a virtual sip n chat a beverage with Principal Kathryn Lenertz! Please share any successes, ways to improve "our" school and any other topics parent would like for the upcoming school year.



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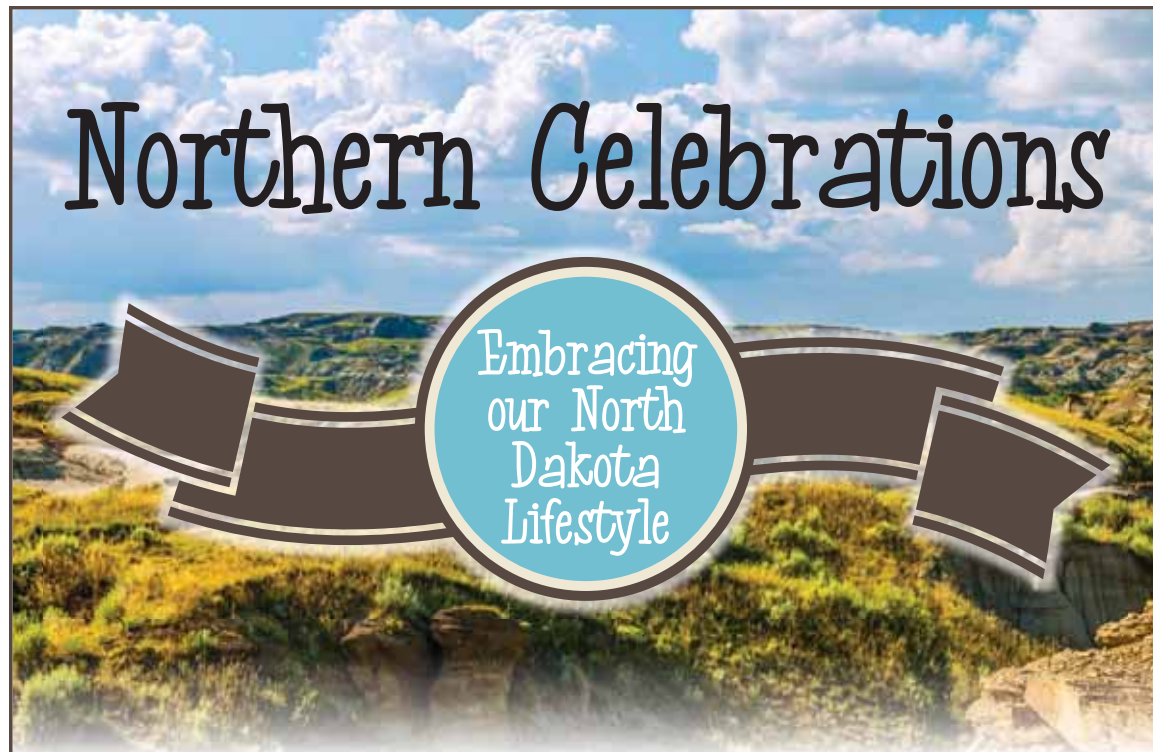


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## 12 hikes in 12 months

Patricia Stockdill

The N.D. Parks and Recreation Department is challenging people to get some fresh air and hike every month in 2021.

In the process, they might get some prizes as an extra benefit to the healthy aspect of getting outdoors and walking.

It's the 12 Months – 12 Hikes Challenge across 12 participating North Dakota State Parks. But, wait, it's already mid-April so if a person is to hike 12 months out of the year and still participate in the challenge, it does make one wonder how that works.

The answer is simply sign up before April 30 and hike one of the remaining days of the "Cabin Fever Hike" which on now until April 18 or anytime from April 22 – 25 for the "Earth Day Hike".

Admittedly, that still means there are three hikes to make up but that's OK, because in addition to the regular monthly hikes at any of the parks, four additional bonus hikes will still be available.

Here's the basics: Hike any of the 20 qualifying trails at any of the parks – Beaver Lake, Napoleon; Cross Ranch, Hensler; Fort Abraham Lincoln, Mandan; Fort Ransom, near the town of Fort Ransom; Fort Stevenson, Garrison; Grahams Island, Devils Lake; Lake Metigoshe, Bottineau; Lake Sakakawea, Pick City; Lewis & Clark, Williston; or Turtle River, Arvilla – during the designated two-week hike schedule each month. Then certify the hike by scanning the trail sign QR code and additional check-in information such as the number of hikers.

Participants can do all of the hikes at one state park or visit any participating park. All they need is to register by the April 30 deadline and pay daily entrance fee or purchase an annual pass – along with any camping fees if opting to stay overnight.

While anyone can participate, people registered must be at least 18 years old.

While it's encouraged to hike any of the 20 participating trails at the 12 parks throughout the year as often as desired, the hikes counting towards

the 12 Months – 12 Hike Challenge have to be done during the specific hike period for that month.

As an example of how the Challenge works, participants can partake in the May hike – Mother's Walk – and have it count towards the challenge if they do it during the specified days of May 9 – 23. But anyone still missing a hike can hoof it in any qualifying park on any qualifying trail during the Bonus Memorial Walk-a-thon from May 28 – 31.

And if a person still needs to make up for the first three months of 2021 when they didn't get that qualifying hike in, there are bonus hikes in June, September, and October.

It's not where participants have to hike across the Northern Great Plains or up White Butte, the tallest point in North Dakota – which is only 3,506 feet above mean sea level.

The shortest 12 Months – 12 Hike Challenge trail is Fort Ransom State Park's Oak Ridge Trail at 0.23 miles. Two trails tie for honors of being the longest – the Ma-ak-oti "Old Village" trail at Cross Ranch State Park and Washburn's Discovery Trail, Lewis and Clark Interpretive Center – Fort Mandan. Both are 4.2 miles long.

More information is available on the N.D. Parks and Recreation Department website, ([parkrec.nd.gov/challenges](http://parkrec.nd.gov/challenges)), Facebook, Instagram, or Twitter.

In addition, the Adventure Challenge features a list of activities at the same participating state parks that can be completed anytime during 2021. Granted it's hard to take a snow angel selfie – one of the Adventure Challenge activities - in April, although with North Dakota's weather snow could happen yet this spring.

Simply plan to do it later this winter when snow will likely return.

Details about the Adventure Challenge are on the Parks and Recreation Department's Facebook page. Whether it's 12 Months – 12 Hikes or an Adventure Challenge, it's an excuse to get out and explore.

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# FY20 Department of the Air Force Safety Awards

BY KEITH WRIGHT, AIR FORCE SAFETY CENTER

KIRTLAND AIR FORCE BASE, N.M. --

Air Force Chief of Safety Maj. Gen. John T. Rauch Jr. recently announced the recipients for the fiscal year 2020 Secretary of the Air Force and Chief of Staff Safety Awards, as well as the Department of the Air Force Chief of Safety Awards.

"This has been an extraordinary year where personal and public safety have remained at the forefront of all that we do at work and at home," Rauch said. "Nominees not only accelerated change through barriers imposed by the COVID-19 pandemic, but excelled in optimizing safety practices across the Air and Space Forces during uncertain times."

The FY20 Department of the Air Force Safety Awards Program recognizes outstanding feats in safety, accomplishments, and sustained performance by organizations, teams, and individuals within the Air and Space Forces.

"This year's recipients proved to be a step above; they were agile, innovative and instrumental in their contributions to mishap prevention," Rauch said. "The Department of the Air Force administers a robust safety program requiring constant vigilance from Airmen and Guardians at every

level to integrate effective risk management into their day-to-day decision-making processes. These awards are a testament to the commitment and tenacity of our service professionals as they remain focused on executing their mission safely."

DAF Safety Award winners are:

**SECRETARY OF THE AIR FORCE SAFETY AWARD**

Air Mobility Command

**MAJOR GENERAL BENJAMIN D. FOULOIS MEMORIAL AWARD**

Air Mobility Command

**COLONEL WILL L. TUBBS MEMORIAL AWARD FOR OCCUPATIONAL SAFETY**

Air Combat Command

**KOREN KOLLIGIAN JR. TROPHY**

Captain Taylor J. Bye, 75th Fighter Squadron, 23d Wing, Moody Air Force Base, Ga. (ACC)

**CHIEF OF STAFF OF THE AIR FORCE AIRCREW OF DISTINCTION AWARD**

Crew of ABIDE 03, 494th Fighter Squadron, 48th Fighter Wing, Royal Air Force Lakenheath, England (USAFE-AFAFRICA)

**AIR FORCE CHIEF OF SAFETY SPECIAL ACHIEVEMENT AWARD**

62d Airlift Wing Flight Safety

Team, Joint Base Lewis-McChord, Wash. (AMC)

**DAF SAFETY CIVILIAN PROFESSIONAL OF THE YEAR AWARD**

Percy Adams, 2d Bomb Wing, Barksdale Air Force Base, La. (AFGSC)

**DAF SAFETY SENIOR NONCOMMISSIONED OFFICER OF THE YEAR AWARD:**

Master Sgt. Micah Sampson, 48th Fighter Wing, Royal Air Force Lakenheath, United Kingdom (USAFE-AFAFRICA)

**DAF SAFETY NONCOMMISSIONED OFFICER OF THE YEAR AWARD:**

Staff Sgt. Kelleen Kosch, Spangdahlem Air Base, Germany (USAFE-AFAFRICA)

**DAF SAFETY OFFICER OF THE YEAR AWARD:**

Maj. Jonathan Florsz, 71st Flying Training Wing, Vance Air Force Base, Okla. (AETC)

**CHIEF OF SAFETY AVIATION MAINTENANCE SAFETY AWARD:**

Master Sgt. Brandon Baimbridge, Joint Base Pearl Harbor-Hickam, Hawaii (AMC)

**CHIEF OF SAFETY OUTSTANDING ACHIEVEMENT AWARD FOR OCCUPATIONAL SAFETY, CATEGORY I:**



U.S. AIR FORCE ILLUSTRATION | JESSIE PERKINS

502d Air Base Wing, Joint Base San Antonio, Texas (AETC)

**CHIEF OF SAFETY OUTSTANDING ACHIEVEMENT AWARD FOR OCCUPATIONAL SAFETY, CATEGORY II:**

51st Fighter Wing, Osan Air Base, Republic of Korea (PACAF)

**CHIEF OF SAFETY OUTSTANDING ACHIEVEMENT AWARD FOR OCCUPATIONAL SAFETY, CATEGORY III:**

628th Air Base Wing, Joint Base Charleston, S.C. (AMC)

**CHIEF OF SAFETY OUTSTANDING ACHIEVEMENT AWARD FOR OCCUPATIONAL SAFETY, CATEGORY IV:**

91st Missile Wing, Minot Air Force Base, N.D. (AFGSC)

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Air Force Research Lab Detachment 4, Rome, N.Y. (AFMC)

**CHIEF OF SAFETY SPACE OUTSTANDING ACHIEVEMENT AWARD:**

30th Space Wing, Vandenberg SFB, Calif. (SpOC)

**CHIEF OF SAFETY SPACE SAFETY AWARD:**

45th Space Wing, Patrick SFB, Fla. (SpOC)

**CHIEF OF SAFETY WEAPONS SAFETY AWARD**

75th Air Base Wing, Hill Air Force Base, Utah (AFMC)

**CHIEF OF SAFETY NUCLEAR SURETY AWARD**

Nuclear Surety and Certification Team (AFMC)

**AERO CLUB SAFETY CERTIFICATES:**

Elmendorf Aero Club, Joint Base Elmendorf-Richardson, Alaska (PACAF)

Robins Aero Club, Robins Air Force Base, Ga. (AFMC)

Yokota Aero Club, Yokota Air Base, Japan (PACAF)

More information for the FY20 Department of the Air Force Safety Awards Program can be found on the Air Force Safety Center website at: <https://www.safety.af.mil/Home/Safety-Awards/>.

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# Physio Moments: Joint by Joint, Part 3, Thoracic Spine

DR. RON GILES, CAPT, USAF, PT, DPT, CSCS

Welcome to another installment of Physio Moments. If you have missed any previous installments please look back at previous issues of the Northern Sentry found at <https://northernentry.com/>. We will continue our joint by joint approach to mobility restrictions this week and progress our screen up to our thoracic spine which sits between our neck and low back.

The thoracic spine has strong ties to low back health, neck health and shoulder health.

Deficiencies here can impact some vital areas in our body. Movement restrictions in this area will place a greater demand on the movement requirements of our low backs, neck and shoulder which over time can cause inappropriate stress and overload that can eventually lead to pain, dysfunction and injury. There is a long list of movements that can be impacted by deficiencies in this area of our bodies. For some quick reference points, if you enjoy weight lifting and pressing

weight overhead, thoracic spine motion is important. If you enjoy golf, thoracic spine motion is important. If you need to back out of your driveway and look behind you, twist to grab something in the back seat or put a dish away in your cabinet, thoracic spine motion is important.

Let's look at a quick screen to assess your motion and review 2 drills that can help to improve this motion.

### Thoracic Spine Screen

- o Get into an all 4's position and sit back into your heels while resting on your forearms
- o Take a hand and place it in the small of your back
- o Rotate your torso up toward the ceiling as far as you can go (watch for any leaning of your torso)
- o Repeat for the opposite side
- o Normal rotation is 50degrees. Note any difficulty, inability or asymmetry during this



- Thoracic Spine Drill 1 : Perform Morning, Evening and before upper body exercise
  - o Kneel in front of a chair with arms crossed and resting on the seat
  - o Sit your body back and push your chest down toward the floor until a stretch is felt in your mid back
  - o Take a few deep breaths allowing your ribcage to expand and contract. Repeat this 5 times



- Thoracic Spine Drill 2: Perform morning, evening and before upper body exercise
  - o While laying on your side, bend your top knee up to hip height and rest it on a pillow or foam roll
  - o Place your arms in front of your body with hands stacked on each other
  - o Rotate your top arm around to the other side allowing your head to follow. Return to start.
  - o Perform this drill on both sides with a little extra emphasis on the tighter side that was potentially identified from the screen.



Stay consistent with these drills over the next 4 weeks and then repeat the screen and see how you have improved. The drills provided here are by no means the only way to improve your mobility. There are endless resources online with great videos should you want to explore further on your own. These drills are designed to get you started in an easy and accessible way that does not require a lot of equipment. As always, move well, live healthy and keep the mission alive Warbirds and Rough Riders!

Dr. Ron Giles, Capt, USAF, PT, DPT, CSCS, 701-723-5095, ron.c.giles.mil@mail.mil

<p><b>EVERYDAY HAPPY HOUR - 3PM - 6PM</b></p> <ul style="list-style-type: none"> <li>\$2 off All Apps</li> <li>\$3 House Wine &amp; Domestic Pints</li> <li>Bavarian Pretzels with Beer Cheese Sauce</li> <li>\$4 Rail Drinks, ND Brewery Pints &amp; 22oz Domestic Taps, 4 Lettuce Cups</li> <li>\$5 Moscow Mule</li> <li>\$6 Specialty Cocktails, Martinis &amp; 22oz ND Breweries Taps</li> <li>½ Flat Bread Pizza</li> </ul>	<p><b>DAILY SPECIALS</b></p> <ul style="list-style-type: none"> <li>Monday \$5 Moscow Mules (all day)</li> <li>Tuesday \$4 ND Breweries (all day)</li> <li>Wednesday ½ Price Wine by the glass/bottle (all day)</li> <li>Thursday \$1 up for all Tall Taps (all day)</li> <li>Sunday BRUNCH (11am-2pm)</li> <li>\$7 TSR Bloody Mary &amp; Caesars</li> <li>\$12 Bottomless Mimosas</li> <li>\$6 Breakfast Shots</li> </ul>	<p><b>FAMILY PACKS</b></p> <ul style="list-style-type: none"> <li>Monday Pizza Pack Combo</li> <li>Tuesday Sandwich Pack</li> <li>Wednesday Chef Creation* <small>*Changes Weekly - Check our Facebook Page</small></li> <li>Thursday Pasta Pack</li> </ul>
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# Inside iMagicon 2021: Cerina Vincent

ABIGAIL KINDER, NORTHERN SENTRY

Cerina Vincent is an American actress and writer born in Las Vegas, Nevada. From an early age, she was involved in a variety of performing arts that helped shape her passion for entertainment. "I guess I had the performer bug from the beginning," she said. "I grew up playing dress up and doing dance recitals and making up plays." Vincent's experience in modeling, performing, and even winning Miss Nevada Teen all helped to put her on the path to her current career in the entertainment industry.

After graduating high school, Vincent moved to Los Angeles, Calif., to learn the ropes of acting. When a Hollywood agent visited her theater class, her career began to blossom. One of her first breakthrough roles was in *Power Rangers Lost Galaxy* in 1998, and she has since starred in productions such as *Cabin Fever*, *Everybody Wants to be Italian*, and *Stuck in the Middle*. Vincent has also co-authored a book series and has a children's book, called *Everyone Has a Bellybutton*, coming out in 2022.

Since giving birth to her son two years ago, Cerina has also become even more passionate about parenting and has recently started a new podcast called "Raising Amazing," which she hosts alongside Pediatrician Dr. Joel Gator Warsh. On the podcast, she speaks with celebrities, experts, and aims to create a close knit community through fact-based information for parents

to use on their journey to raising children.

While she doesn't often have free time, Cerina is proud of her hard work and hopes to continue growing her career in the future. "It's a hustle all the time... I just want to do it all! I don't want to have to choose," she said. "I want to believe that I can be a good parent, a good actor, a good writer, a good podcaster... and I have no plans of ever stopping."

In the crazy world of entertainment, it can be easy to get swept up in the rush of constant auditions, rejections, and new roles. So how does Cerina Vincent stay grounded in an industry that's all about being someone else? She said, "I started acting in 1998 before Instagram, Twitter, and social media. So I really started from an authentic place. I think things have changed and now people want to be famous just for the sake of being famous and it can be very easy for people. If you're not grounded in who you really are, if you are not connected to your authentic self, this business will eat you alive. You have to have more going on than this business. You have to love who you are when you're working and when you're not working. You have to make who you are, your family, and your friends the most important thing. You have to pour your heart and soul into it to keep it going but you have to know what's most important and that's staying true to yourself,

being authentic, and having more going on in your life."

Vincent is grateful for each role she plays but said that her character in *Cabin Fever* was a starting point for her career. Her part in the movie opened her up to a whole new genre of acting, one she is incredibly grateful for. "It was never something that I thought I would do. I wasn't setting out to do horror or to do comedy, but I love it all." She is drawn to the horror community for one big reason: the fans. "The horror fans are unlike any other. There's really a special bond in the horror community between the actors, the directors and the fans that is very different and special than, I would say, any other genre."

"The *Power Rangers* are also a huge fan base that is very similar. They just have this love, bond, and this authenticity," she said. Cerina loves her fans, and she often has the opportunity to meet up with them at comic cons like iMagicon. This year will be her first comic con since before the pandemic began, and she is looking forward to the feeling of normalcy.

To find out more about the *Raising Amazing* podcast, go to @raisingamazingpodcast on social media or find *Raising Amazing* wherever you listen to podcasts.

Cerina Vincent will be a special guest at iMagicon in Minot, N.D., from April 23-25, 2021. For more information, visit [www.imagiconnd.com](http://www.imagiconnd.com).



Cerina Vincent is an American actress and writer best known for her roles in *Power Rangers Lost Galaxy*, *Cabin Fever*, *Not Another Teen Movie*, and Disney Channel's *Stuck in the Middle*.

CERINA VINCENT PHOTOS











cerina vincent

# iMAGICON

APRIL 23-25, 2021 • MINOT ND

Panels • Cosplay Contests  
LAN Party • Gaming Tournaments  
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[imagiconnd.com/volunteer](http://imagiconnd.com/volunteer)

MILITARY DAY!

Friday, April 23

\$10 General Admission  
for an active-duty military  
card-holder, courtesy of  
Northern Sentry.  
(must bring ID for discount)



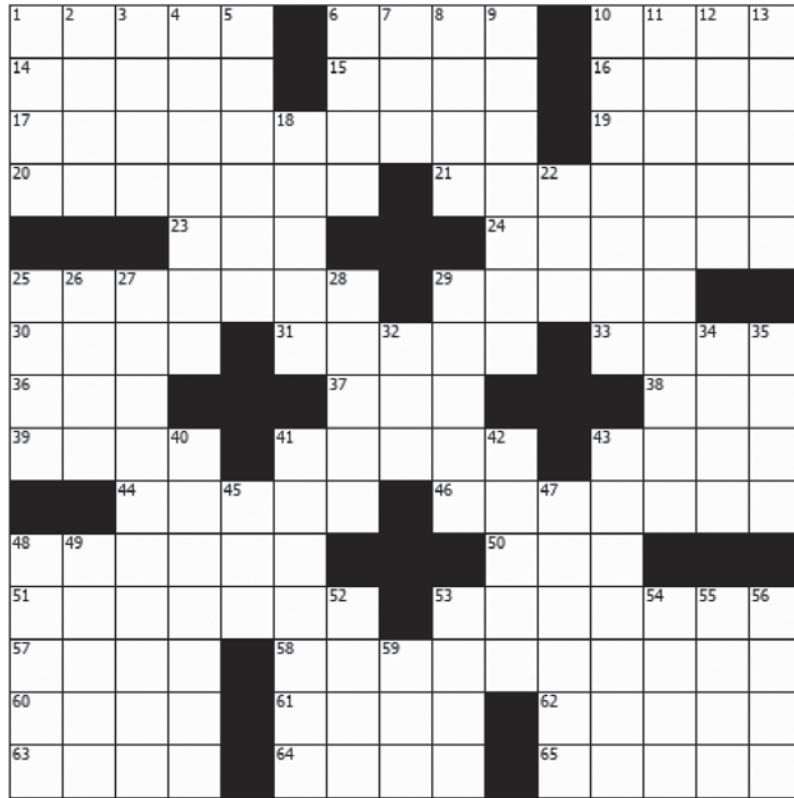
JOHNNY  
YONG BOSCH



# CROSSWORD PUZZLE

**Across**

- 1. Provides free of charge, briefly
- 6. Serb or Czech
- 10. Med. plan options
- 14. Verdi work
- 15. "Look what I did!"
- 16. Per person
- 17. Non-adult at an estate?
- 19. Westernmost of the Aleutians
- 20. Power hitter
- 21. "Sweet" age
- 23. Legal thing
- 24. Puts forth, as pressure
- 25. How tour groups move
- 29. Lightning and thunder event
- 30. Skelton's Kadiddlehopper
- 31. "This tastes great!"
- 33. Lily of Utah
- 36. Cut down
- 37. French king
- 38. Boy king
- 39. Central Utah city
- 41. Main artery
- 43. "Sink" or "swim"
- 44. Rapids transits
- 46. Shoulder-to-elbow bone
- 48. Shakespeare's Prince of Denmark
- 50. Berlin's country: Abbr.
- 51. Bit of self-indulgence
- 53. Relevant
- 57. Actor Rob
- 58. Polyester tooth?
- 60. Singles
- 61. Legendary archer
- 62. Baker or Bryant
- 63. Rugby radial
- 64. Adam's third son
- 65. Bikini blast, briefly



**Down**

- 1. Dot-\_\_: e-businesses
- 2. Fall birthstone
- 3. Waiter's handout
- 4. TV offering
- 5. Military nicknames
- 6. Use a swizzle stick
- 7. PC hookup
- 8. Hullabaloo
- 9. The spice of life, so it's said
- 10. Baseboard apparatuses
- 11. Device that measures British moms?
- 12. Septet plus one
- 13. Avoids
- 18. Unkempt
- 22. Tic-tac-toe loser
- 25. Sound rebound
- 26. Met or Card
- 27. Kitten's lawn cutter?
- 28. Continental cash
- 29. Metal worker
- 32. Casablanca's country: Abbr.
- 34. Spiritual adviser
- 35. Touts' hangouts, for short
- 40. Hammett's "The \_\_ Falcon"
- 41. Once in a while
- 42. Carpentry bit
- 43. Green Mountain State
- 45. Not agin
- 47. Broadway's Ethel
- 48. Laconian serf
- 49. Torment
- 52. Combustible heap
- 53. Nasty cut
- 54. "I cannot tell \_\_"
- 55. Cole and Turner
- 56. Part of QED
- 59. Building site

# SUDOKU

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

Solution to puzzle on page B14

# CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

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

FRIDAY, APR 16 1900  
RAMPAGE (PG-13)

SATURDAY, APR 17 1300  
SKYSCRAPER (PG-13)

SUNDAY, APR 18 1300  
SHAZAM! (PG-13)




# 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 17**  
 5 PM, No Vespers

**Sunday, April 18**  
 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](http://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](http://www.trinitychurchminot.org)

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

**1720 4th Ave NW, Minot 838-0916**  
[MinotBibleFellowship.org](http://MinotBibleFellowship.org)

  
**Faith United Methodist Church**

**5900 Highway 83 N, Minot**  
[www.faithumcminot.com](http://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](http://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](http://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**  
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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](http://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](http://www.stjohnminot.com)


  
**First Lutheran Church - ELCA**

**120 5th Ave. NW 852-4853**

Sunday Worship 9:30 am

[www.firstlutheran.tv](http://www.firstlutheran.tv)  
 (Live Stream & Recorded)  
 Radio Broadcast KRRZ 1390AM  
 Sunday 9:30 am  
[www.flcminot.com](http://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](http://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](http://www.minotcrbc.org)  
 email: [minotcrbc@gmail.com](mailto: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

[westminot.com](http://westminot.com)  
[facebook.com/westminot](https://facebook.com/westminot)

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For more information visit us on the web at:  
[www.ourredeemers.org](http://www.ourredeemers.org)

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- Christ-centered environment

Please contact our school office or visit our website for more information.  
**701.839.0772**  
 Email: [jschultz@orcsknights.org](mailto:jschultz@orcsknights.org)  
 Website: [www.orcsknights.org](http://www.orcsknights.org)

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fax 701-839-1867

  
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701-839-0475 or 701-721-0475.

## SUDOKU SOLUTION

Puzzle on page B10

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

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## REAL ESTATE

Find **ALL** listed homes for sale in Minot and the surrounding areas at [www.brokers12.com](http://www.brokers12.com).

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## HELP WANTED

**IMMEDIATE FULL AND PART TIME OPENINGS** for daytime and evening custodial positions cleaning buildings at the Minot Air Force Base. Pay is \$14.49/hour plus health & welfare benefit. Hours Days 8a or 9a-finish typically Monday through Friday, may include weekend work. Nights 5p-finish. Apply in person at: 605 27th St SE, Minot ND 58701 or contact: Matt Mackey By email or phone at [mmackey@kalixnd.org](mailto:mmackey@kalixnd.org) 701-852-1014.

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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. Lutt, 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. Lutt  
Pringle & Herigstad, P.C.  
[slutt@pringlend.com](mailto:slutt@pringlend.com)  
(701)852-0381

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**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 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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## MINOT AFB 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 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.

### PARK UNIVERSITY MINOT -

Your degree, Your way. Now enrolling for Summer classes starting June 7, 2021. Earn your CCAF credits, AU-ABC, and your Bachelor's degree with PARK. Let's maximize your military experience! Find how many credits you can get from your military experience by going to military.park.edu. and confirmed your credits Or Ask Alexa! Enable the Park University skill on your Alexa device and say "Alexa, ask Park, How many credit hours can I get from my military experience?" She'll even tell you your graduation date! Minot AFB @ the Education Center RM 222 | 844-884-8612 | mino@park.edu PARK. YOU

### MINOT STATE UNIVERSITY

Minot State offering face-to-face classes at Minot Air Force Base. Minot State University is excited to again offer face-to-face classes at the Minot Air Force Base starting with the Summer 2021 semester. The Summer 2021 semester begins June 1 and finishes July 29 with registration currently open. MSU at the Minot Air Force Base will also have three sessions of face-to-face classes in Fall 2021. Those three sessions are Aug. 23 to Dec. 17, Aug. 23 to Oct. 14, and Oct. 18 to Dec. 19. There is no application fee for active-duty military personnel. Military personnel can complete their Community College of the Air Force (CCAF) degree and earn a bachelor's degree from Minot State. For more information, contact Brigitte Mikula at 701-727-9044 or by email at Brigitte.mikula@minotstateu.edu

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# WHAT'S GOING ON MAFB

## 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

## SUNDAY 18

- Lifeguard Certification Class at Outdoor Recreation
- Zumba, 1400, Fitness Center

## 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 19

- HIIT Strength and Conditioning, 0545, Fitness Center
- TAP GPS Workshop, 0730-1600, A&FRC
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Yoga/Swim, 1130, Fitness Center
- Zumba, 1730, Fitness Center
- Acrylic Pouring for Beginners Class, 1800-2000, Minot AFB Arts & Crafts Center
- Swerk, 1930, Fitness Center

## TUESDAY 20

- Tickets on Sale for Dueling Pianos at Rockers Bar & Grill
- Cycle, 0530, Fitness Center
- TAP (VA), 0800-1600, A&FRC, Zoom Meeting
- Game Day, 1000-1930, Minot AFB Library Facebook Page
- Fit to Fight, 1130, Fitness Center
- Home Buying Seminar, 1400-1630, A&FRC
- Barre, 1800, Fitness Center
- Magic the Gathering Commander Night, 1800, ESC, inside Bomber Bistro
- Swerk, 1930, Fitness Center

## WEDNESDAY 21

- Registration Opens for Squadron Softball Tournament at Fitness Center
- HIIT Strength and Conditioning, 0545, Fitness Center
- TAP (DoL) - Overview, 0730-1600, A&FRC, Zoom Meeting
- 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
- Swerk, 1730, Fitness Center

## THURSDAY 22

- Cycle, 0530, Fitness Center
- TAP (DoL) – Employment Workshop, 0800-1600, A&FRC
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Earth Day Special Lunch, 1030-1330, Dakota Inn Dining Facility
- Fit to Fight, 1130, 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 23

- Registration Closes for Wine & Paint Class at Minot AFB Arts & Crafts
- 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
- Zumba, 1730, Fitness Center
- Family Skate Night, 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 24

- Kids Bowl Free, 1000-1400, Rough Rider Lanes
- Fit to Fight, 1030, Fitness Center
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes
- UFC 261: Usman vs Masvidal 2, Prelims start at 1900, main event begins at 2100, Rockers Bar & Grill

## 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



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