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WHATS INSIDE THIS WEEK:



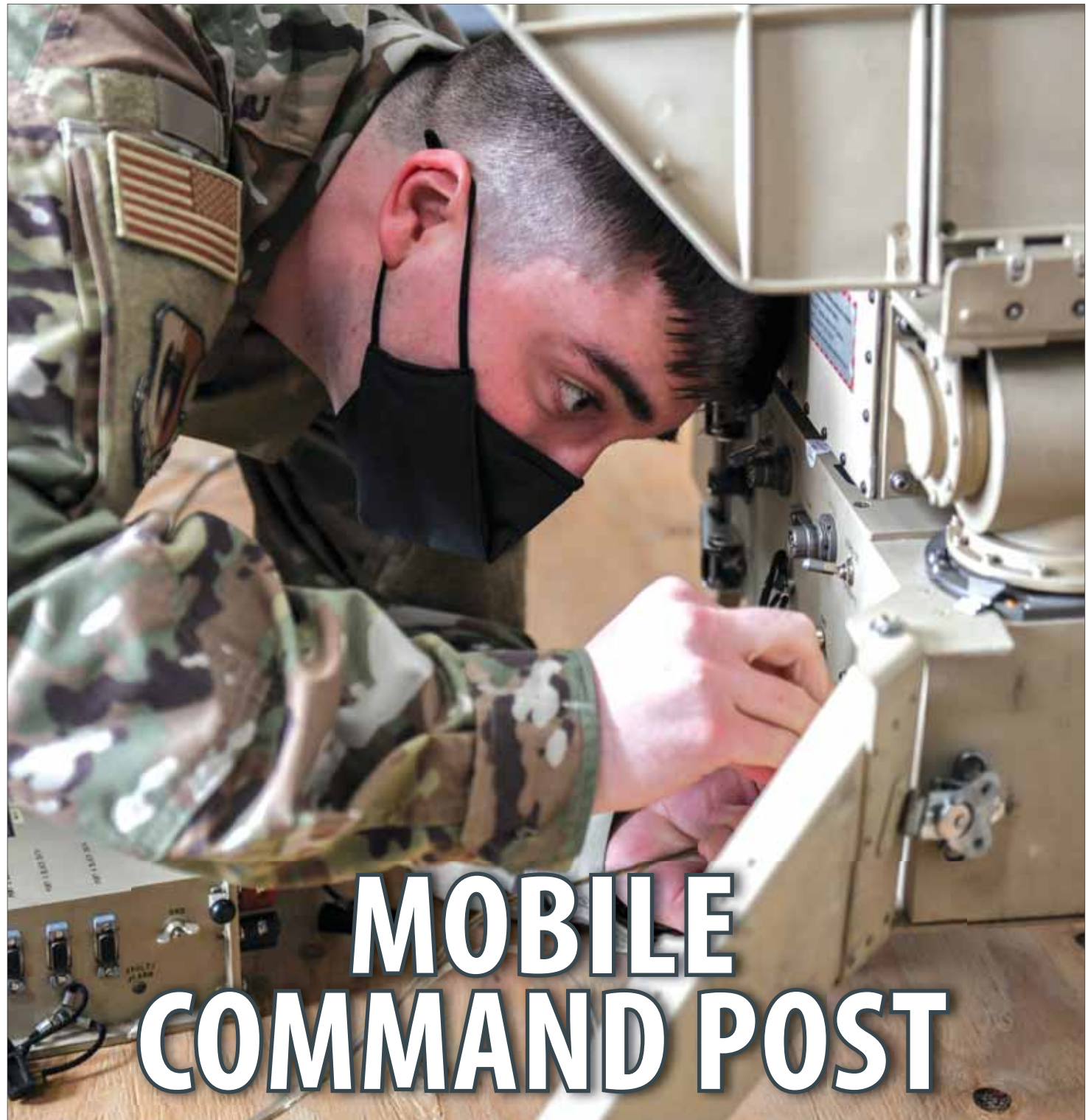
91ST SECURITY FORCES GROUP IMPLEMENTS NEW ONBOARDING PROGRAM **A3**



SWITCH TO SKY: THE 91 MW SELM TEST **A5**



MONTH OF THE MILITARY CHILD **B6**



Airmen of the 5th Bomb Wing Command Post and 5th Communications Squadron work in tandem to set up the mobile Single-Channel, Anti-Jam, Man-Portable system on Apr. 15, 2021, at Minot Air Force Base, North Dakota. The mobile SCAMP system provides mobile, secure, satellite-based command and control communications. It is what allows Airmen to deploy to different locations and maintain nuclear communications between the bomber fleet and USSTRATCOM/NCR.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS SAOMY SABOURNIN DE LOS SANTOS

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91st Security Forces Group implements new onboarding program

CAPT. IEVA BYTAUTAITE, 20TH AIR FORCE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

“Only the best come North” is one of the first things Airmen see as they arrive at Minot Air Force Base, North Dakota. The base, located in the tundra of North Dakota, is home to two thirds of the nuclear triad – the intercontinental ballistic missile and bomber missions. However, many Airmen, after finding out they are getting stationed at Minot, are met with a lot of rumors and misconceptions about what life at Minot is like. Yes, the winters can be rough and living in a rural place can have its challenges, but the strong sense of community and Air Force family is what makes an assignment at Minot great.

To combat the stigmas surrounding an assignment to Minot, the 91st Security Forces Group has developed an onboarding program to help Airmen feel excited about their assignments, squash rumors and get them eager to be a part of the vital ICBM mission.

The onboarding effort, under a broader 91 SFG Defender Culture initiative with nine lines of effort, started last year and includes

Airmen from all three operational squadrons in the security forces group. The effort aims to help incoming Airmen feel welcome, important and connected after their assignment notification and before they arrive at Minot.

“Up to last year, we understood



We decided we want to fully embrace the mantra “Only the Best Come North,” and so we’re on a quest to transform our “good” program into a “great” program

COL. THOMAS SEGARS, 91ST SECURITY FORCES GROUP COMMANDER



our onboarding program to be “meh, good” after polling new arrivals,” said Col. Thomas Segars, 91st Security Forces Group commander. “That was a rather disappointing realization for us, especially when faced with the reality that, in general, a large number of Airmen just aren’t excited about coming to Minot. We decided we want to

fully embrace the mantra “Only the Best Come North,” and so we’re on a quest to transform our “good” program into a “great” program; our Airmen deserve nothing less.”

MSgt Kyle Tow, 791st Missile Security Forces Squadron operations and training superintendent and one of the team leads, has been a part of the initiative since its inception.

“All three squadrons are working toward one strategic goal – making sure that Airmen feel like they’re important,” said Tow. “We want Airmen to feel like they have something to look forward to and feel that they’re essential to the mission.”

In the wake of COVID, Col. Segars and Chief Master Sgt. Gerald Sullivan, 91st Security Forces Group Chief Enlisted Manager, began setting up Zoom calls three times per month – one session per month for all security forces technical school graduates coming to 91 SFG, and two sessions for all career Airmen and their families to dial in and see what 91 SFG and Team Minot is all about.

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Col. Thomas Segars, 91st Security Forces Group commander, and Chief Master Sgt. Gerald Sullivan, 91st Security Forces Group Chief Enlisted Manager, talk to incoming Airmen over Zoom.

COURTESY PHOTO



Staff Sgt. Oneasha Poole, 891st Missile Security Forces Squadron unit program manager and one of the team leads for the onboarding program, poses for a photo in her office at Minot Air Force, North Dakota, March 30, 2021. The onboarding program aims to help Airmen feel excited about their assignments to Minot AFB, squash rumors and get them eager to be a part of the vital ICBM mission.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS SAOMY SABOURNIN DE LOS SANTOS

"We send out welcome emails to all of the incoming Airmen once we receive their information," said Staff Sgt. Oneasha Poole, 891st Missile Security Forces Squadron unit program manager and one of the team leads. "We make sure they have their sponsor's information and know who to reach out to if they have any questions."

After making contact with the incoming Airmen virtually, the onboarding teams ensure that once the member arrives on station, they are met at the airport or at billeting, and properly welcomed to the community.

They also ensure the Airmen have food and the basic necessities while they are in ROM.

"I am passionate about creating a culture that cultivates an environment where every Airman is properly welcomed to the unit," said Technical Sgt. Steven Culver, 91st Missile Security Forces Squadron flight sergeant and a team lead for the program. "From notification of their assignment to the 91 SFG to their arrival on station, we have to make it a point to make the transition as smooth as possible. In my career, I have had good and bad experiences with sponsors,

so I understand the importance of having a proper welcome to a unit."

The positive results of the onboarding program are already becoming evident. Although morale is hard to measure, retention rates have increased since the program was implemented.

"You can tell that the Airmen are a lot more open," said Tow. "Just looking at retention rates you can tell that positive change is happening. Walking about and talking to the Airmen, most of them are really happy with their squadrons and are enjoying being

at Minot."

The onboarding team leads and leadership are excited about the progress they are making, and are continually looking to make improvements to the program to help Airmen make Minot their home.

"Where a large number of military organizations traditionally have mission as their first priority, our first priority in the 91 SFG is people," said Sullivan. "We firmly believe the mission will not get done if our organizational leaders are not taking care of their people."

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Get To Know Your MHO

Hello and welcome to a new feature in the Northern Sentry, "Get To Know Your MHO". My name is Tim Knickerbocker, Chief of Housing for Minot AFB. In a nutshell, the Military Housing Office oversees all housing operations at Minot AFB.

The Military Housing Office (MHO) is ready to support you in the transition to your new home and community. Use the resources provided to become familiar with the housing options and support services available to you.

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Be sure to watch for "Get to Know MHO" every other week in the Northern Sentry, and online at northern Sentry.com.

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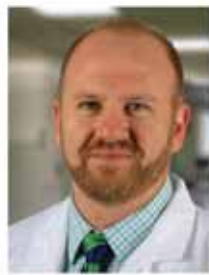
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Switch to Sky: The 91 MW SELM Test

SENIOR AIRMAN JOSH W. STRICKLAND, MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

Anticipation was in the air on April 7, 2021 at launch facility Golf 8 where a crowd gathered around the fence to witness a Simulated Electronic Launch Minuteman test at Minot Air Force Base, North Dakota.

Performed every two years, the SELM is an end-to-end test to verify the reliability of the Minuteman III Intercontinental Ballistic Missile system, which includes the opening of the launcher closure door that would slide open before a missile is launched. A team consisting of multiple squadrons and groups from Minot and additional support from the 576th Flight Test Squadron from Vandenberg AFB, California made the GIANT PACE 21-1 M SELM possible.

The SELM is a comprehensive test conducted on six launch facilities and two launch control facilities to provide necessary information about the reliability of cable, communication devices and mechanical instruments involved in the missile launch order communication process. The test also gauges and assures the reliability of the Airborne Launch Control System in its deployed environment.

More than 1,500 hours are committed to plan, prepare and execute the test during the seven month time span. The ICBM maintenance and operation crews remove and replace operational panels with test panels and isolate the launch facilities from the rest of the operational squadron to form a "mini squadron." This allows the test to be conducted without affecting or reaching an operational missile site while the missile combat crew members use real commands. The test exercises ground and airborne elements of the weapon system from launch

command execution up to but not including first stage ignition.

"During the SELM, we test everything but the actual flight of the missile," said 1st Lt. Bobby Sarpong, 741st Missile Squadron missile combat crew commander. "All the configurations are changed to capture information that lets us know the systems are working properly and would fire the missile in a real-world key turn".

The nation's nuclear deterrence rests on a triad made up of nuclear submarines, bombers and ICBMs; two of which belong to Air Force Global Strike Command and are housed at Minot AFB.

The ICBM leg of the triad here is operated by the 91st Missile Wing and its groups and squadrons. One of those squadrons is the 741st Missile Squadron. This squadron's Airmen were the ones to man the launch control center for this year's SELM. Turning the keys to simulate the launch was 2nd Lt. William Young, 741st MS missile combat crew commander and 1st Lt. Darian Titus, 741st MS deputy missile combat crew commander, assisted and guided by Capt. James Kelley of the 576th Flight Test Squadron. LCC crews are officers who perform around-the-clock alerts in conjunction with support from security forces and force support Airmen who work in the missile alert facility above.

"The 576th Flight Test Squadron SELM team manages the execution of the test mission but the squadrons and missile wing make SELM a true success," said SELM Test Manager Capt Kirsten McKenzie of the 576th Flight Test Squadron. "SELM is a monumental test mission, and Minot personnel invest thousands of hours on top of the operational mission to showcase they are combat ready."

These complex weapons systems would not be effective without the motivated, highly-trained and knowledgeable Airmen who work every day of the year to keep them on alert and standing guard over the nation's borders. The combat capability provided by these Airmen assures the United States' allies by deterring potential threats and keeping America poised for peace.

"The SELM is a significant event because it shows that everything, all the manpower, planning, and execution of the processes, plus all the components of the missile site, work as they should up to the point of the launch of a missile" said MSgt Donald Nelson, NCOIC of the SELM. "They also test the launch of the missile in Vandenberg, so when you piece them together it shows our adversaries that from start to finish our missiles, personnel and sites are capable and ready at a moment's notice".

One of the most important abilities of any weapons system is the ability to live fire test its functionality. For obvious reasons, the ICBM leg does not readily have that ability which makes the SELM test so important, strategically. Mission success depends ultimately on the ability of the Air Force to provide a tangible demonstration of combat capability to adversaries and allies alike in order to keep the United States safe.



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 test on April 7, 2021, at Minot Air Force Base, North Dakota. The SELM test 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

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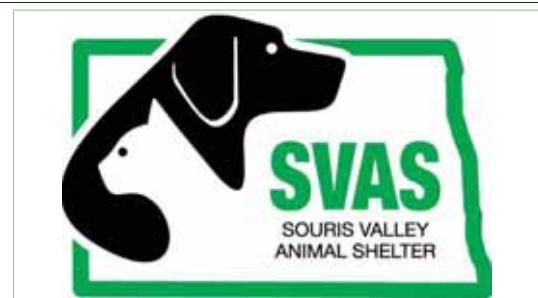
iMagicon is back for its 7th year and will return to the Minot Municipal Auditorium! Come join us for gaming, pop culture vendors, panels and more! Special guests to include scream queen Cerina Vincent and Power Ranger's Johnny Yong Bosch.
HOURS
Friday: 11 am to 8 pm; 8 pm to midnight for special events
Saturday: 11 am to 8 pm; 8 pm to midnight for special events
Sunday: 11 am to 6 pm



For more information:
Facebook Event / iMagicon 2021 / imagicon.com

24 APR **SVAS ANNUAL GALA**
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For more information:
Facebook Event / SVAS Annual Gala / Grand Hotel

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Join the Native American Cultural Center and Native American Cultural Awareness Club for the 31st Annual Spring Honor Dance & Powwow Celebration! The event is free and open to the public. There will be vendors, dance and drum group contests, and parades celebrating Native American culture! There will also be a parade honoring 2020 and 2021 MSU graduates.
Watch thr MSU Dome Facebook page and campus website - www.minotstateu.edu - for updates on the event.



For more information:
Facebook Event / 31st Spring Honor Dance & Powwow...

1 MAY **MINOT AFB CAR SHOW**
10:00 AM
Building # 547
Security Forces Parking Lot, Minot AFB

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Above: SrA David Smith and A1C Philip Tellis- Ferriera work on establishing a mobile Command Post on Minot Air Force Base, ND, on April 15, 2021. Having a mobile Command Post on base will ensure that Minot will always be ready to support the mission under any circumstances.

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS SAOMY SABOURNIN DE LOS SANTOS AND SENIOR AIRMAN MICHAEL RICHMOND

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Saturday: 5:30 a.m. - Noon



FCC provides valuable in-home child care services to support the families of Minot AFB

Provider of the Month Feature

MAY 2020

CAROLINE BARREZUETA



My name is Caroline Barrezueta, I am 28 years old and I am a Family Child Care provider on base. I utilized the FCC program through the Air Force to practice and perform my skills as a Preschool teacher. I have explored many career paths, but somehow I ALWAYS end up back in early childhood education. I spent four years attending Southern Virginia University as an undergraduate taking graduate level courses. My major was Family and Child Development.

My original plan was to use this education to work as some sort of behavioral specialist or someone who studies psychological trends for research and development facilities. Instead, I found my calling in working with kids and making a positive impact on their lives DIRECTLY. I love watching them grasp new concepts, ideas, and master new talents. I prefer

working with kids as they have a never-ending threshold of creativity and energy!

FCC in particular ended up working well with this educational program that I studied as I not only get to work directly with the kids, but I also have the opportunity to communicate and help families that walk through my door. I am forever thankful that life somehow directed me into this industry. I enjoy the people I have come to know through this program. The parents have all helped me learn as well. Other providers on base have been such a great support. Running your own business is quite a bit of work, but the FCC community and our leadership have been great at guiding me through my first year. I am thankful to be a part of the FCC community as they offer the experience that I need to progress in my career.

ASIAN-STYLE GRILLED BEEF SKEWERS



INGREDIENTS

- 2 POUND FLAT IRON STEAK OR BONELESS RIB-EYE
- 1 1/2 CUP CARNE ASADA MARINADE
- 3 CLOVE GARLIC, PEELLED AND CRUSHED
- 2 LARGE SCALLIONS, THINLY SLICED
- 2 MEDIUM YELLOW OR ORANGE BELL PEPPERS, CUT INTO CHUNKS
- ASIAN-STYLE PEANUT SAUCE
- 1/4 CUP CHOPPED DRY-ROASTED PEANUTS
- LIME WEDGES, FOR GARNISH

Using a sharp knife, cut the steak into 1/3 inch strips on a sharp diagonal. Put into a re-sealable bag or a large bowl.

Pour the carne asada marinade over the meat, and stir in the garlic and scallions. Refrigerate for 1 hour. Remove the meat from the marinade, gently scraping off any pieces of garlic or scallions.

Thread each piece on a skewer. Thread a few pieces of chopped bell pepper onto the end of each skewer.

When ready to cook, set Traeger temperature to 500°F and preheat, lid closed for 15 minutes.

Grill the skewers, turning once, for 3 to 4 minutes per side, or until meat reaches an internal temperature of 145°F.

Arrange the skewers on a dish. Sprinkle with peanuts and drizzle with peanut sauce.

Garnish with lime wedges. Enjoy!



Ryan Davy - GM Minot

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Tire Installation

Part of sustaining a viable automobile includes switching out worn or faulty tires. Tires Plus of North Dakota offers quality affordable auto repair services and Tire Installation on Minot Air Force Base.

What it is: Tire maintenance is important to the safety and longevity of your vehicle. Tires should be picked by the right dimension for the car make and model. Tires should be purchased in groups of four, or a minimum of matching groups of 2 on each axle. You can shop for tires on our site by dimension, label, or automobile make, style, and year. Browse our big stock of tires, and compare tire specifications and prices before you purchase, to ensure you are getting the best tires for your needs and price range.

Why it should be done: Tires wear eventually, tread starts to become thin, which may result in the worn tire losing traction. This develops safety hazards that can be avoided. Manufactures advise tires ought to not be used for longer than 10 years. Changing wheels is recommended every 6 years, but with typical usage tires being changed every couple of years is more common. Wear happens with normal driving. Various other factors such as driving habits, roadway conditions and weather could minimize the life of your tires.

You might need new tires if:

- Your tread is below 4/32, or can't pass the "penny" test
- Footstep is visibly lowered or flush with the tread bars
- Irregular tread wear
- Bulges, bumps or soft spots on the tire
- Damage to the tire that can not be repaired

Talk with our mechanics about how we appropriately setup your new tires. This includes:

- Inspecting the lug nuts for wear
- Installing new valve stems
- Mounting the tires
- Proper balancing of the wheels
- Inspecting the disc brake caliper clearance
- Measure the distance in between calipers, tires and rims to inspect for potential disturbances
- Tightening up lugs to correct torque

We are your place for all of your tire questions and needs! Browse our sizable stock of tires, compare tire specifications and costs, and make certain you are receiving the best tires for your needs prior to purchasing. Call us now to set up your next Tire Installation and auto repair service. Tires Plus is thrilled to be your number one place auto repair services and provider of tires on Minot Air Force Base.



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

WHEN TO CHANGE/CHECK YOUR OIL

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



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SIAMANG GIBBON

CREATURE FEATURES

- Considered a lesser ape, the Siamang Gibbon is the largest and darkest of the 14 gibbon species. Unlike monkeys, apes do not have tails.
- Known as the "kings and queens of swing," Siamang Gibbons move in the trees by hand over hand swinging, a locomotion known as brachiating.
- With an arm span of almost 5 feet, their arms are 2 1/2 times the length of their body.
- A Siamang Gibbon can grasp and carry things with both their hands and feet.

Fact File

Life Span	25 - 30 years
Weight	17 - 28 pounds
Height	30 - 36 inches
Wild Diet	(various) Careless Herbivore Fruits, Leaves, Small birds, Eggs, Spiders

WORD FIND

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A KC-135 Stratotanker from Fairchild Air Force Base prepares to refuel a B-52 Stratofortress from Minot Air Force Base, March 25, 2021. Fairchild performs routine air refueling missions to keep themselves and their receivers mission ready.

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NODAK ARMS

OUTDOOR

REPORT

OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, April 19: 1,835.94 feet above mean sea level (MSL); 21,900 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,448.54 feet above mean sea level (MSL).

Stump Lake elevation: 1,448.45 MSL.

- N.D. Game & Fish Dept. game wardens: Some walleye activity on the east end of Lake Sakakawea, including the U.S. Highway 83 embankment and along the south shore around Wolf Creek. Water temperatures remain cool throughout north-central area lakes with little activity yet. A few anglers on Devils Lake feeder coulees but success is slow and activity is limited with low runoff.

- Devils Lake, Ed's Bait Shop, Devils Lake: Not much activity with little new runoff into northern feeder coulees and cool water temperatures on Devils Lake itself yet.

- Devils Lake, Woodland Resort, Devils Lake: Devils Lake is in its tradition mode and with low runoff and inflows traditional popular spring fishing areas are somewhat slow. Anglers generally waiting for warmer water temperatures and the walleye spawn.

- Lake Darling, Karma C-Store, Ruthville: Not much activity around Grano or Lake Darling.

- Lake Metigoshe, Four Seasons, Bottineau: A few anglers fishing from shore and off docks with good pike numbers and occasional walleye.

- Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: Little activity yet. Boat docks and fishing piers going in effective May 1. No water releases now coming through Lake Darling Dam.

- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Increasing walleye activity on the east end of Lake Sakakawea, weather permitting. Try along the U.S. Highway 83 embankment, Garrison, deTrobriand, or Steinke bays on the north shore, or Wolf Creek along the south shore using jigs



- 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.
- May 1: Lake Darling opens to boat fishing, canoeing, and kayaking.
- May 1: Paddlefish season opens. Go to the N.D. Game & Fish Dept. website for open areas, license, and other information.

and minnows or live bait rigs. Spotty success in the Missouri River tailrace with better success farther downstream around Washburn or Stanton areas and south. No Lake Audubon reports.

- Lake Sakakawea, New Town: Walleye slow in the Van Hook Arm. Docks are in place.

- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Somewhat improving Missouri River tailrace walleye success from boats and wing walls. Continued some pike success from shore, as well. Night walleye bite off the rocks remains good but not many anglers out. East end of Lake Sakakawea continues producing pike from shore. The east end around the embankment has a lot of walleye activity from boats with scattered success throughout the east end and south side. Try 12 feet with jigs and minnows.

- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Missouri and Yellowstone rivers continue producing decent walleye numbers using jigs and minnows. Lake Sakakawea upper end smelt run is still producing numbers on warm, calmer days. Some walleye activity in shallow water on the west end of Lake Sakakawea around 12 feet and less. Look for

some lingering numbers of large pike using frozen smelt or herring.

- Lonetree WMA area lakes, Harvey: A few boats starting to get on the water across area lakes but success remains generally slow.

- North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Activity remains light and limited throughout area lakes with little runoff into the Souris River.

Snow geese:

- Not many reports throughout the state. Most birds that were sighted were heading north into Canada. However, some birds were lingering early in the week around Devils Lake and scattered locations in east-central N.D. Limited numbers of birds around northwestern and north-central N.D.

Spring turkeys:

- Mixed early season success in north-central N.D. with fair to good success around the Williston area in the river bottoms.

- Turkey hunting is allowed on Upper Souris NWR. Contact the refuge, (701) 468-5467, for more information.

Numbers to know:

- N.D. Game and Fish Dept., main Bismarck office: (701) 328-6300, website: (<http://gf.nd.gov>).
- Report All Poachers: (800) 472-2121 or (701) 328-9921.

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1ST LIEUTENANT KYLIE JOHNSON WEAPONS SYSTEMS OFFICER

1st Lieutenant Kylie Johnson is a Weapons Systems Officer for the 69th Bomb Squadron. Originally from Coeur d'Alene, Idaho, Johnson became a member of Team Minot in December 2019.

"I like that it's [Minot] a small town feel and it's just a really good community," said Johnson. "I really like that the 69th feels like a family and people are always supporting each other. You can hang out with people and it's a really fun work environment, but we also know when to buckle down and be serious so we can get the job done and do it well."

Her duties include navigating B-52H Stratofortresses, ensuring that the aircrafts arrive at their destination on time, managing on board weapons systems, making sure that the targets meant to get hit, get hit, or preparing weapons

in the case of change in mission objectives while in the air.

"I really like the B-52 mission, it's very dynamic," said Johnson. "We can do a lot of different mission sets, nukes being our big one. But we also do close air support, stand off weapons. So from one flight to the next, it's very different. It doesn't get boring or old, you're constantly doing new mission sets and getting proficient at doing different things."

A recent achievement of Johnson was being part of an incredibly long flight. "I recently flew a 37-hour flight," said Johnson. "I'm proud to be able say I've done one of those, because before that my longest time in the air was 15 hours."

Johnson gets inspiration from Martha McSally, a former Senator and military veteran. "She was the

first female to fly in combat and command a fighter squadron," said Johnson. "She really fought for women to be able to do this job, being able to be in combat and take up leadership roles in the military. Women in the military isn't anything new, but even now there's very little of us. When I first got to the 69th, I was one of three females. So I think that being a woman in the military, it's really cool to be a part of that group. And I like that if a young girl sees a woman in the military, she knows that she can do that too."

In the future, Johnson wants to continuously be a good crew member, upgrade to mission lead and eventually become an instructor to teach other WSOs in the cockpit.



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A Free Ride Home, Anonymous, No Questions Asked



Big congratulations to our fellow Thunder Teammates who decided to challenge themselves and try out for TRF! After weeks of intense training, they made the cut! While we will miss them on our team, we are super proud of them and know that they will only enhance TRF! Congratulations TSgt Elizondo, SrA(s) Olesco, A1C Artis, & A1C Bohlmann!

91ST MISSILE SECURITY FORCES SQUADRON PHOTOS



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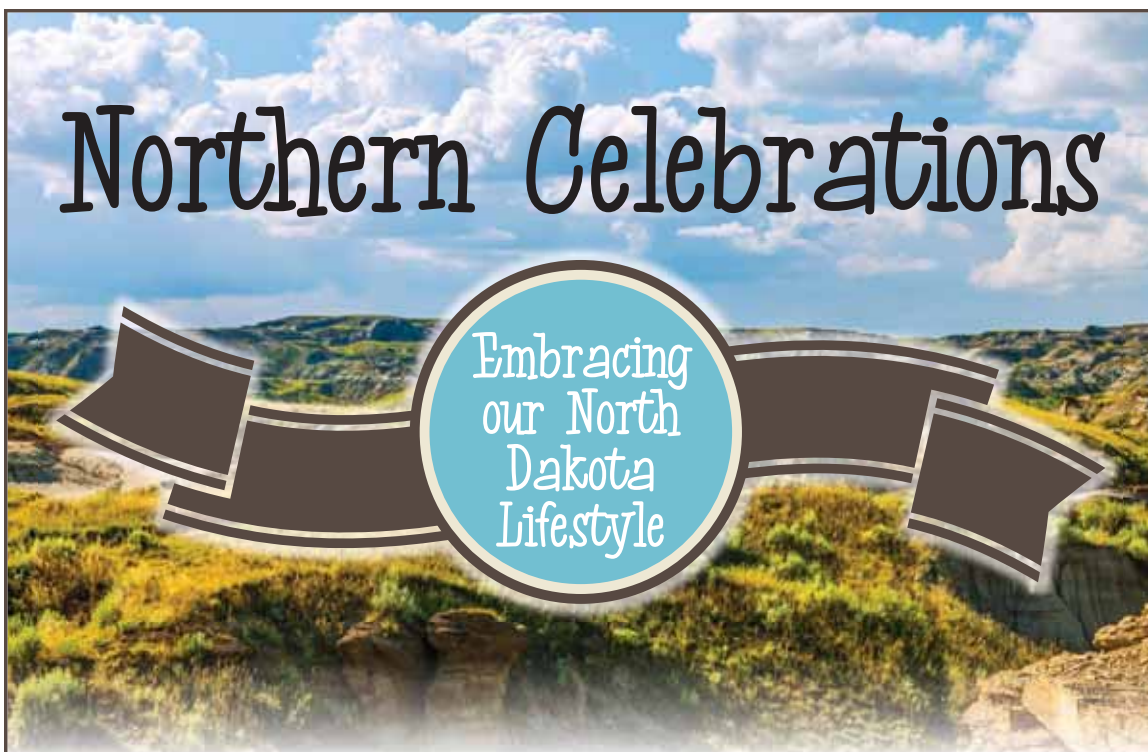
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Patricia Stockdill

Your left, your right, left, right, left, an occasional hiccup in the step or getting sidetracked by one's own curiosity. . . it's all about getting out and walking.

Or in this case, hiking some of the area's Great Outdoor Trails.

Whether it's in community parks, like the array of trails within the City of Minot, an activity while camping at a North Dakota State Park, or making a day, weekend, or week adventure out of a trek, hikers can log some miles in a variety of outdoor environments.

Minot Parks and Recreation Department's website link, (<https://minotparks.com/trail-maps/>) shows locations and details about walking paths and trails within town. They're easy to find and an easy day walk or hike.

Nearby North Dakota Parks and Recreation Department state parks – for example, the same ones participating in the 12 hikes – 12 months Competition include Cross Ranch, Hensler; Fort Stevenson, Garrison; Lake Metigoshe, Bottineau; Lake Sakakawea, Pick City; or Lewis and Clark, Williston. Details are available on the N.D. Parks and Recreation Department website, (parkrec.nd.gov), clicking "Destinations" for specific trail information at each of the parks.

North Dakota state parks require either a daily entrance fee or annual pass but if someone is just looking to hike in other natural settings, area U.S. Fish and Wildlife Service National Wildlife Refuges (NWR) offer a variety of trails:

Audubon NWR, a mile east of U.S. Highway 83 along the south shore of Lake Audubon offers its Prairie Nature Trail, a mile-long interpretive trek across grasslands and wetlands. It begins north of the visitor center.

The Canada Goose Nature Trail at Des Lacs NWR, a mile west of Kenmare, covers 7.5 miles along the south end of upper Des Lacs Lake. Tasker's Coulee Day Use Area also has mowed trails. Just a bit of trivia about Des Lacs NWR – "des lacs" is French for "of the lakes".

The Sandhills Walk on J. Clark Salyer NWR, two miles north of Upham is an unmarked path along prairie, woods, and shrubs and provides insight into life on the Northern Great Plains and the diversity of native

prairie. Just a word of caution, though – poison ivy can be found along the trail, most commonly under trees and shrubs.

Upper Souris NWR northwest of Minot might be best known as the home for Lake Darling but it has several hiking trails: The Oxbow Trail is one-half mile long along the river bottom or hikers can make a loop so it lengthens to a mile.

Just as its name implies, the Overlook Nature Trail provides an overlook of the river valley.

Pelican Trail is another short, one-half mile interpretive trail leading to Pool A's spillway.

The Cottonwood Trails consists of two mowed grass loops, one a half-mile walk leading to an overlook and lengthening to make a mile loop along the refuge's coulee and hilltops.

The Centennial Wildlife Trail at Renville County Memorial Park north of Lake Darling treks along the river bottom. It can be two or 2 ½ miles, depending on how it's looped.

Another Fish and Wildlife Service entity, Garrison Dam National Fish Hatchery downstream of Garrison Dam and Lake Sakakawea, isn't about to be left out of hiking opportunities, either. More than three miles of graveled trails head south of the hatchery's visitor center, following alongside the majestic Missouri River. Its River Loop includes the Wetlands Trail and Lewis and Clark Trail. The Wetlands Trail appropriately takes brings hikers into the world of a wetland and its importance as nature's filtering system.

Kiosks along the Lewis and Clark Trail introduce people to the Lewis and Clark Expedition as it sought a passage to northwestern United States from 1804 to 1806. Uniquely different from the Wetlands Trail, it winds through the massive cottonwoods dotting the river bottom.

The 1.3-mile Hatchery Loop brings the River Loop together with the Visitor Center.

Details about the hatchery trails and each refuge's hiking trails can be found by simply googling their name and clicking "Visit" on their home page, then "Visitor Activities".

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91st Security Forces Group 2021 Quarter 1 Awards

COL SEGARS, JR.

Defenders-

It is my honor to announce the 91 SFG, 1st quarter, 2021 award winners! Chief Sullivan and I really appreciate all the hard work by supervisors to recognize their personnel as we ramped up for the NSI. This last quarter we saw a rise in Present for Duty rates which hover at 70%, an increase over last year at this time by 5%. Also, this last quarter the 91 MSFS maintained an incredible 93% pass rate with duty position certifications...best in the SFG!

Averaging several 100K miles this last quarter, we have one of the best safety records across the installation, and lead the Numbered Air Force in safety-conscious driving and vehicle operations. None of these can be achieved without all of your hard work and dedication to making this the best SFG in the Air Force!

As usual, the competition was tough. The packages were graded by boards of NCOs, SNCOs and the commanders. Multiple packages were submitted, but there can only be one nominee in each category. The following SFG winners will represent and compete at the wing:

- Amn of the Quarter: SrA Kyle S. Taylor, 91 MSFS
- NCO of the Quarter: TSgt Anthony J. Kaup, 91 SFG Staff
- SNCO of the Quarter: MSgt Kathryn L. Dow, 91 MSFS
- CGO of the Quarter: 2d Lt

- Susan M. Pelechek, 91 MSFS
- Flt Commander of the Quarter: 1st Lt Ian A. Martinez Morel, 91 MSFS
- Civilian Cat I of the Quarter: Mr. Richard W. Leite, 91 MSFS
- Civilian Cat II of the Quarter: Ms. Valerie A. Lahtonen, 91 MSOS
- Professional Team of the Quarter: Weapons and Tactics,

- 91 MSOS
- Volunteer of the Quarter: TSgt Lionel J. Blunt, Jr., 891 MSFS
- Key Spouse of the Quarter: Ms. Jeana Elizondo, 91 MSFS
- Key Spouse Team of the Quarter: 91 MSFS
- Congratulations to this quarter's SFG award winners and best of luck at the wing!!



A big Striker Shoutout to AFGSC's Outstanding Airmen of the Year! The Outstanding Airmen of the Year Award recognizes outstanding enlisted personnel for exceptional job performance in duties that epitomize the whole Airman concept. Please join us in congratulating these amazing professionals.

- Airman of the Year: SSgt Alex Sandmann (Minot)
- NCO of the Year: TSgt Evan Schuldt (Now at Misawa AB,

- Previously at Dyess)
- SNCO of the Year: SMSgt Benjamin OBryan (Barksdale)
- First Sgt of the Year: SMSgt Klexton Jett (Dyess)
- First Sgt Team of the Year: F. E. Warren
- Honor Guard Member of the Year: SrA Brandon Hurst (Malmstrom)
- Honor Guard Program Manager of the Year: MSgt Bonnie Kilichowski (F. E. Warren)



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<p>Badlands Restaurant & Bar</p> <p>1400 31st Ave SW, Minot, ND 58701 Phone: 701.852.7335 www.blgrill.com</p>	<p>28 Tastes & Taps</p> <p>1603 35th Ave SW Minot, ND 58701 Phone: 701.838.2828 www.facebook.com/28tastes</p>
<p>Mi Mexico</p> <p>301 40th Ave SW Minot, ND 58701 Phone: 701.858.0777 www.mimexicomintd.com</p>	<p>Pink's Bar & Grill</p> <p>102 128th Ave NW Minot, ND 58703 Phone: 701.852.2385 www.facebook.com/PinksBarGrill</p>
<p>Culver's Restaurant</p> <p>3000 S Broadway, Minot, ND 58701 Phone: 701.852.4800 www.culvers.com</p>	<p>Prairie Sky Breads</p> <p>3 1st St. SE, Minot, ND 58701 Phone: 701.858.0612 www.prairieskybreads.com</p>
<p>Dakota Burger Company</p> <p>315 S. Main St. Suite 200, Minot, ND 58701 Phone: 701.852.8183 www.dakotaburgercompany.com</p>	<p>The Starving Rooster</p> <p>30 1st St. NE, Minot, ND 58703 Phone: 701.838.3030 www.starvingrooster.com</p>
<p>Primo Restaurant</p> <p>1505 N Broadway, Minot, ND 58703 Phone: 701.838.7746 www.primominot.com</p>	<p>Advertise Here</p> <p>Call Rod Wilson at 701.839.0946</p>

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YOUTH IN ACTION

Month of the Military Child: Dandelion

The average military youth will move six to nine times between their kindergarten and senior year. The dandelion is often used to represent military youth as the seeds of a dandelion are blown all over and yet, it blossoms wherever it lands. Like the hearty flower our military youth will find the means to thrive in each of their new locations, but not without struggle. "When we stood in our new, strange house it echoed. It didn't feel like mine. The base itself is surrounded for miles and miles on every side by open flat fields- isolated and desolate. School friends were hard to come by and I felt like a foreigner," Ryan Weed- North Dakota 2021 Military Youth of the Year. This feeling of being an outsider is normal for "the new kid;" military children will face it over and over again. As a community and in partnership with our local schools, youth sponsorship programs are available with the base Child & Youth Programs and within the local school districts. At Minot, both the Youth Center and several schools in the district offer a transition support program for



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



new students. If you are new to Minot or soon to be PCSing, get in contact with the School Liaison for more information on youth sponsorship here in Minot and at your next installation. "I'm sure no matter how many times I move, it will never get easy. The weight may not get lighter, but I will get stronger... Roots take time to grow but they will- if we are willing to see each new experience as a chance to find something new. It may not be what you expect or hope but there is goodness if we are willing to look for it," Ryan Weed- North Dakota 2021 Military Youth of the Year. Moving is difficult, but for military children it also offers unique and

invaluable experiences. Military children learn to adapt and often demonstrate their resilience through social skills such as the ability to maintain relationships over long distances. Military children also tend to be more open-minded as they experience diverse cultures and traditions. Like the dandelion our military children will eventually flourish in their new environment, though it may take some time and care. If your child is to the area, having difficulty adjusting, or you are soon to be PCSing there are resources available to support a successful transition. The School Liaison is available to help at 701-723-1447 or mafb.school.liaison@us.af.mil."

The base Month of the Military Child celebration, FAMAGANZA, was held on 16 April at the Youth Center and the Turf. The Youth Center hosted bouncy castles, carnival games, Dizzy the Clown, the Keystone Club Hot Dog Stand, and special appearances by Darcy the Dragon of 5FSS and Ace of the Sabre Dogs! The Turf hosted numerous base helping agencies, the Roosevelt Park Zoo, Magic City Discovery Center, Ward County 4H, and the Sabre Dogs!



Lots of family fun at the Youth Center for Famaganza.

2020-2021 MPS CALENDAR

IMPORTANT UPCOMING DATES

April 2
Good Friday - No School

April 5
Vacation - No School

April 21
Early Release 1:15pm

May 3
Early Release 1:15pm

May 25
Last Day for Students
if Make-up days are not needed

May 26 & 27
Make-up days if necessary or PD
days if Make-up day isn't used.

May 30
Graduation @ MSU Dome 2:00pm

April 2021							20 days
S	M	T	W	T	F	S	
				1	2	3	
4	5	6	7	8	9	10	
11	12	13	14	15	16	17	
18	19	20	21	22	23	24	
25	26	27	28	29	30		

May 2021							17 days
S	M	T	W	T	F	S	
2	3	4	5	6	7	8	
9	10	11	12	13	14	15	
16	17	18	19	20	21	22	
23	24	25	*26	*27	28	29	
30	31						

June 2021						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

- Vacation Days - not contracted day
- Early Release Days - 1:15pm
- Holidays
- Parent/Teacher Comp Days



MAFB HOMESCHOOL MEET UP



Seeking support from the home school community for a brainstorming session! We are looking for ideas of potential events (educational and fun), field trips, and group sessions for all ages and we need your help!

13 May 2021
Youth Center
1000-1100

(During Open Gym Time)

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Dizzy the Clown and Darcy the Dragon at Famaganza.



The Keystone Club Hot Dog Stand at the Youth Center.



The MAFB Library and guests at the Turf for Famaganza.

5FSS PHOTOS

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- 1/2 Flat Bread Pizza

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- Tuesday \$4 ND breweries (all day)
- Wednesday 1/2 Price Wine by the glass/bottle (all day)
- Thursday \$1 up for all Tall Taps (all day)
- Sunday BRUNCH (11am-2pm)
- \$7 TSR Bloody Mary & Caesars
- \$12 Bottomless Mimosas
- \$6 Breakfast Shots

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- Thursday Pasta Pack

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Back Talk

From LBS to BS

We all know the impact and importance of dieting. You can't watch TV or go on social media without lots of information coming at you about how to lose weight, what to eat, which diet to try, etc. I think this is crucial for health. 80% of your fitness comes from what you eat, and if you are eating junky, you will feel junky. Conversely if you are eating good healthy foods you will feel good and healthy.

I want to introduce you to a new concept though. I came up with this notion a few years ago. I thought if I am consuming junk food and it makes my body feel crappy, what is happening to my mind if I am consuming junk information? We do not only consume food on a given day, we also consume information. Just like your body will get bloated and sluggish if you feed it junk, your mind will also get bloated and sluggish if you feed it junk as well. Think about it for a second. You don't expect your body to be lean and fit and capable of running 5 miles and crushing a workout if you suck down sodas, and scarf donuts and pasta all day long. Should we expect our minds to be sharp, and capable of producing joy and happiness if we are jamming un-curated junk into it all day long? Let's expand this metaphor.

Mind Food

If you just sit down and turn on the TV and tune into your favorite 24-hour news network you are getting other people's opinions of mostly bad or tragic situations. There is a science in that industry that produces content that makes us have an emotional response and that emotional response is usually not a good one. I am not saying everything you hear on TV news is bad, but if it was a buffet of food for your mind it would be mostly candy and soda and you would have to do a lot of sifting to find the veggies in that spread.

Now you scroll through your favorite social media site. Now you are seeing mostly over inflated versions of other people's lives. The majority of the friends you see on your feed are not posting pictures of their worst days or how they have overcome them. They are posting the best moments of a year a month or a day and it can make you feel like you are missing out.

Don't get the impression that I am asking you to be a monk. What I want to introduce you to is the concept that you can begin to put your mind on a diet. You can ask questions like; how does this make me feel looking at this? Is this information intended to bring me joy, or is intended to make me angry, scared, or jealous?

You don't have to cut this "stuff" out completely; but just like you may choose an apple over a donut one day you can consume that information in moderation.

I would encourage you to make a plan for the information you consume just like you might make a plan for the food you eat if you are on a diet. If you put some thought into the information you are consuming you are ahead of 99% of people on earth. Find some books you like, find a podcast or radio show that feeds your mind, find a TV show that inspires you and add it to your diet. Also, just like fasting is a hot trend in dieting right now don't be afraid to go on an information fast. It can be as simple as when you are waiting in line at the DMV or at your chiropractor (wink, wink) don't automatically pull out your phone or grab a magazine. Just be present. Notice what is around you, the sites, the smells, the people, say a silent prayer, think about something you are grateful for and don't just reach for a distraction.

Mind Exercise

Just like if you are on a diet, exercises are an important component of that diet. Exercise is important to your mind diet, too. To exercise your mind, you need to do things like journaling, meditating, and resting. Focus on what you are grateful for and what makes you happy, and you will have a buff strong healthy mind in no time. Forget about the "lbs" around your waste for a little while and start shedding some of the "bs" that is clogging your mind.

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YOUTH IN ACTION

Local Girl Scout Wins the Silver Award for Repurposed Chemotherapy Hats

ABIGAIL KINDER, NORTHERN SENTRY

Janiece Mitchner, a local Girl Scout from Minot Air Force Base, N.D., has recently received her Silver Award! She and her family have been stationed at Minot AFB for 7 years. Janiece is the oldest Girl Scout for the Minot AFB Service Unit. She has been a Scout since Kindergarten starting as a Daisy and will bridge to Seniors this May. She is currently part of the Cadette Troop #10312.

In the Girl Scouts, there are 3 higher girl awards that can be earned. A Bronze Award, which Janiece earned in 2018, A Silver Award and a Gold award. Janiece decided to work on her Silver Award and used her Nana, Sara, who lives in Texas, as inspiration. After her Nana was diagnosed with Breast Cancer, she wanted to find a way for people who were going through treatment and losing their hair to have some comfort and a

small token while there. So, she decided to make chemo hats out of donated t-shirts. Janiece created a flyer asking the base community for t-shirt donations and Minot AFB came through with a large number of shirts that were dropped off at her home or picked up by her and her mom. Once all hat templates were cut out with help from her family, she used her mom's sewing machine to make all 200 hats. Hats will be distributed to the Minot Cancer Center and the Children's Center in Fargo, N.D. To sustain her project, Janiece gave her plans to her FACs teacher in the hopes of using it as a yearly class project.

A Girl Scouts Awards banquet will be held in Fargo in June to honor all the girls across N.D., S.D. and Minn. who achieved this award.

Congratulations Janiece!



COURTESY PHOTO



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Inside iMagicon 2021: Johnny Yong Bosch

ABIGAIL KINDER, NORTHERN SENTRY

Johnny Yong Bosch is an American actor, musician, and filmmaker who is known for his acting and voiceover roles in Power Rangers, Bleach, and a variety of martial arts films. From a young age, Bosch was interested in martial arts and that passion would go on to help shape his career. "I used to get picked on for being small, shy, and half-Asian," he said. Martial arts helped Bosch gain confidence while growing up, and when his instructor saw a call for auditions for Power Rangers, he decided to take a chance at the world of acting.

Bosch is also known for his roles in voice acting. "I worked on a film but somehow the audio didn't track properly, so I had to dub myself. As I did, the producer walked in and he heard me and asked if I'd audition for an animation project he was working on," he said. He auditioned for the anime series Trigun, and soon he would go on to perform voice work on productions such as Naruto, Fullmetal Alchemist, Pokémon, Marvel Future Avengers, and more.

A man of many talents, Bosch also started an edge rock band called Eyeshine in 2004. Eyeshine toured across the United States, Canada, New Zealand, Australia,

Japan, and Brazil and performed in festivals including Vans Warped Tour and Rockstar Energy Drink Uproar Festival. The band has since evolved into Bosch's new music project, Where Giants Fall. "We're just making songs and hoping people like them," he said. Where Giants Fall will be releasing a new album soon, and updates can be found on the band's social media @wheregiantsfall.

Bosch said he is most inspired by "The joy of creating something out of nothing and then experiencing the reaction from audiences." He enjoys bringing all of his ideas to fruition and hopes that he can continue to do so with

freedom and flexibility.

Like many celebrities, he has to balance a busy career with family life. Johnny has been married to Amy Bosch since 2003 and has two children. "It's difficult to balance but it's worth the upgrade to my life. There is a different sense of awareness, understanding, and responsibility that comes with having a family and it's not for everyone. But it's like adding more colors to life," he said.

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



Johnny Yong Bosch performing with Eyeshine at the Saboten Con at the Sheraton Grand Phoenix in Phoenix, AZ.

GAGE SKIDMORE PHOTO



All About Pets



Adopting a Furever Friend

Are you ready to add another member to your family? Adoption is a great way to go! According to the ASPCA, approximately 6.5 million companion animals enter U.S. animal shelters nationwide every year. Dogs make up about 3.3 million of those and cats make up about 3.2 million. While buying from a reputable breeder is one way to get a purebred animal with specific information about history and breed, there are many adoptable pets available that are just as obedient, fun, and unique. Adoption not only brings a loving companion into your home, but it gives the pet another chance at living a happy and healthy life.

There are many things to consider when adopting a pet. You must be ready to make the commitment, which can be about 10 to 15 years for dogs and up to 20 years long for cats. You also need to be able to meet all of your pet's needs, which includes being financially stable enough to pay for food, enrichment, vet bills, and medical emergencies, as well as making time to build a bond and exercise your pet as often as it needs, depending on the individual. It's important to also have patience throughout the adoption process and to research what kind of pet will fit your lifestyle best. Finding the perfect companion is not always as easy as "love at first sight," and some pets take more time than others to acclimate to their new owners and homes. Often, rescues will begin to feel comfortable in their new home anywhere from three weeks to three months in, but it can vary. The initial time after bringing home your pet is imperative for creating a bond, but be sure not to rush the process. Always move at the pace your rescue pet feels most comfortable at. Shoes may be chewed, carpets may get messy, and couches may suffer, but having the companionship of a pet can be well worth it with the proper time, training, and love.

These local animal shelters work hard every day to find loving homes for the pets they bring in. If you're ready to find your furever friend, please consider contacting a shelter to adopt today!

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DAF seeks to modernize energy infrastructure through energy campaigns

AFWERX PUBLIC AFFAIRS

ARLINGTON, Va. (AFNS) -- The Department of Defense is one of the largest single consumers of energy and relies heavily on fossil fuels to meet national security objectives. The way energy is generated, transmitted, stored, and used, energy today is both a paramount combat enabler, and a potentially crippling vulnerability. History leads us to conclude that future wars will likely be fuel-limited environments. Critical infrastructure such as refineries, storage tanks, and distribution networks present lucrative targets to an adversary. Yet, the Air Force's energy needs continue to grow. The reliance on fossil fuels lead to physical and geopolitical challenges in the security landscape, while alternative energy sources pose other challenges of their own. As the Air Force continues to reorient itself for great-power competition, the need to build more resilient energy infrastructure and supply chains has become increasingly urgent. The time has come to reimagine usage, generation, transportation, and storage of energy.

To address these challenges, the Air Force Warfighting Integration Capability, or AFWIC, [now AF Futures] Disruptive Technology Team, in partnership with AFWERX, launched the Reimagining Energy for the DoD Challenge Sept. 2, 2020. The Energy Challenge, an open crowdsourcing initiative, sought solutions to innovatively shape the future of resilient energy production, transmission, use and storage, thereby reducing demand and reliance on fossil fuels, while modernizing the energy infrastructure.

Solutions ranged from those that could be implemented immediately, some that required further development, while others were 'moonshot' ideas that may or may not be implemented until 2045. "The disruption of the energy sector is already happening. There's unbelievable innovation occurring in how we produce, transmit and store energy," said Col. Charles Bris-Bois, Air Force Disruptive Technology Team. "The DoD must

partner with those leading this disruption in both industry and academia, to ensure we maintain our competitive advantage."

The opportunity to partner with other Air Force organizations in the energy space grew with the inclusion of the Air Force Research Laboratory Transformational Capabilities Office, AFRL Advanced Power Technology Office and SAF/IE (Installations, Environment, & Energy). This proved to be an excellent partnership addition, consisting of the primary Air Force organizations that are focused on reshaping and identifying energy technologies for the future.

The Energy Challenge's open call for topics garnered 903 submissions of which 179 finalists were invited to present their ideas to expert reviewers from across the government—the largest AFWERX challenge to date. The culminating event was a virtual showcase held Feb. 9, 2021. The event was introduced by Deputy Chief of Staff for Strategy, Integration and Requirements Lt. Gen. S. Clinton Hinote, who

highlighted the importance of the Energy Challenge, noting "... we need a mind-shift of the way we are thinking about alternative forms of energy" and that "... energy is a limiting factor to our operations and the options we can [effectively] provide to our leadership."

The showcase included 1,895 participants from industry, government, academia and advocacy groups, and a program that included six keynote speakers, 10 technical panels, and multiple networking sessions. The breadth and depth of the proposed solutions provided by industry covered a wide range of topics to include: fixed and mobile energy generation and storage, energy transmission and distribution, new warfighting and operational equipment, data availability for improved planning and decision making, and energy culture, policy and education.

The AFRL TCO saw a unique opportunity in the Energy Challenge and is in the process of awarding several contracts in the areas of wireless power

distribution, flexible power generation, renewable power generation, battery solutions, and innovative electrical equipment. This is part of a \$6 million campaign that Chris Ristich, TCO director, says, "...will connect emerging energy technology to the challenges of expeditionary air operations, and inspire new approaches to power the Air Force." Additionally, the Energy Challenge facilitated the connection of many of the participating companies with other potential funding organizations and venture capitalists.

In addition to the Energy Challenge, the AFWERX prime initiatives has now established an Energy Prime campaign, modeled on the Agility Prime electric Vertical Take-Off and Landing, or eVTOL, effort, will leverage the research and interest community built by the Energy Challenge to select a specific concept or technology to drive to commercialization, in partnership with private capital and industry.



The disruption of the energy sector is already happening. There's unbelievable innovation occurring in how we produce, transmit and store energy

COL. CHARLES BRIS-BOIS, AIR FORCE DISRUPTIVE TECHNOLOGY TEAM



Concepts currently under consideration are highly efficient airframes and propulsion to reduce overall aviation fuel burn, as well as concepts for drop-in replacement liquid fuels that can be produced at forward operating bases for both jet fuel and installations. Though still in the conceptual phase, Energy Prime holds the promise to accelerate critical, dual-use technologies to commercialization within an approximately 36-month timeframe.

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A LOOK BACK THIS WEEK IN USAF HISTORY

LT. JAMES OBENAUFLANDS A BURNING B-47 AND SAVES CREW MEMBER

APRIL 28, 1958



Lt. Obenauf received a Distinguished Flying Cross for his heroic actions. (USAF Photo)

On April 28, 1958, a 341st Bombardment Wing B-47 performed a routine flight out of Dyess AFB, Texas. After about 3 hours and at an altitude of 34,000 feet, one of the engines exploded and the crew proceeded to bail out. As he was about to crawl out the navigator's escape hatch following the pilot, 1st Lt. James E. Obenauf noticed the instructor-navigator, Major Joseph Maxwell, unconscious and missing his helmet. Obenauf was unable to revive him and made the brave decision to risk death and remain in the burning aircraft in an attempt to save his fellow officer. He flew the plane to a lower altitude from the backseat position and at 450 mph in freezing temperatures, he set a course back to Dyess. Due to the elements, Lt. Obenauf's vision faltered while navigating the aircraft. He was able to perform a safe landing with the support of air traffic control and his own skill. Obenauf and Maxwell made full recoveries, and for his heroism and bravery, Lt. Obenauf received the Cheney Award, Aviator's Valor Award, Koren Kolligan Trophy, and a Distinguished Flying Cross.

Information courtesy of: Dyess AFB Memorial Museum and Linear Air Park FB / safety.af.mil

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Creating the future of resilient energy production, transmission, use and storage

AFWERX CHALLENGE

To address energy challenges, the Air Force Warfighting Integration Capability, or AFWIC, [now AF Futures] Disruptive Technology Team, in partnership with AFWERX, launched the Reimagining Energy for the DoD Challenge, Sept. 2, 2020. The Energy Challenge, an open crowdsourcing initiative, sought solutions to innovatively shape the future of resilient energy production, transmission, use and storage, thereby reducing demand and reliance on fossil fuels, while modernizing the energy infrastructure.

U.S. AIR FORCE GRAPHIC COURTESY OF AFWERX

CONTINUED FROM PREVIOUS PAGE

The two initiatives, Reimagining Energy Challenge and Energy Prime, align with President Joe Biden's Climate Plan to "... make a historic investment in clean energy and innovation" and "accelerate the deployment of clean technology throughout our economy ... by reducing the carbon footprint." The timing of these efforts proved insightful, providing an incredible opportunity for the DoD to partner with forward-thinking industries and academia to identify, fund and launch new, out-of-the box energy strategies and opportunities.

The Department of the Air Force is committed to accelerating clean energy opportunities, while

addressing national security concerns stemming from requirements for energy dense fuels. The ideas generated, and solutions examined as a result of both the Energy Challenge and Energy Prime campaigns, are critical components to those efforts as the department plans for the future, with an eye on reducing its carbon footprint, while maintaining a competitive advantage.

The Department of the Air Force is further committed to expanding its partnerships with the commercial industry, research communities, and government entities to invest in innovative solutions that will shape the future of resilient energy production, transmission, use and storage. These efforts

reduce the demand and reliance on fossil fuels, while modernizing the energy infrastructure.

AFRL TCO will announce, and release a follow-on article in the coming weeks highlighting their selected solutions from the Energy Challenge, and expand on how each of these solutions will help transform DoD, and specifically the Air Force's energy dependence and reliability. It is through these ongoing collaborative events we are forging strategic partnerships that will have impacts reaching far and wide, and continue to break department and industry barriers. The future is bright, and we are excited to remain a leader in pushing DoD's energy initiatives.



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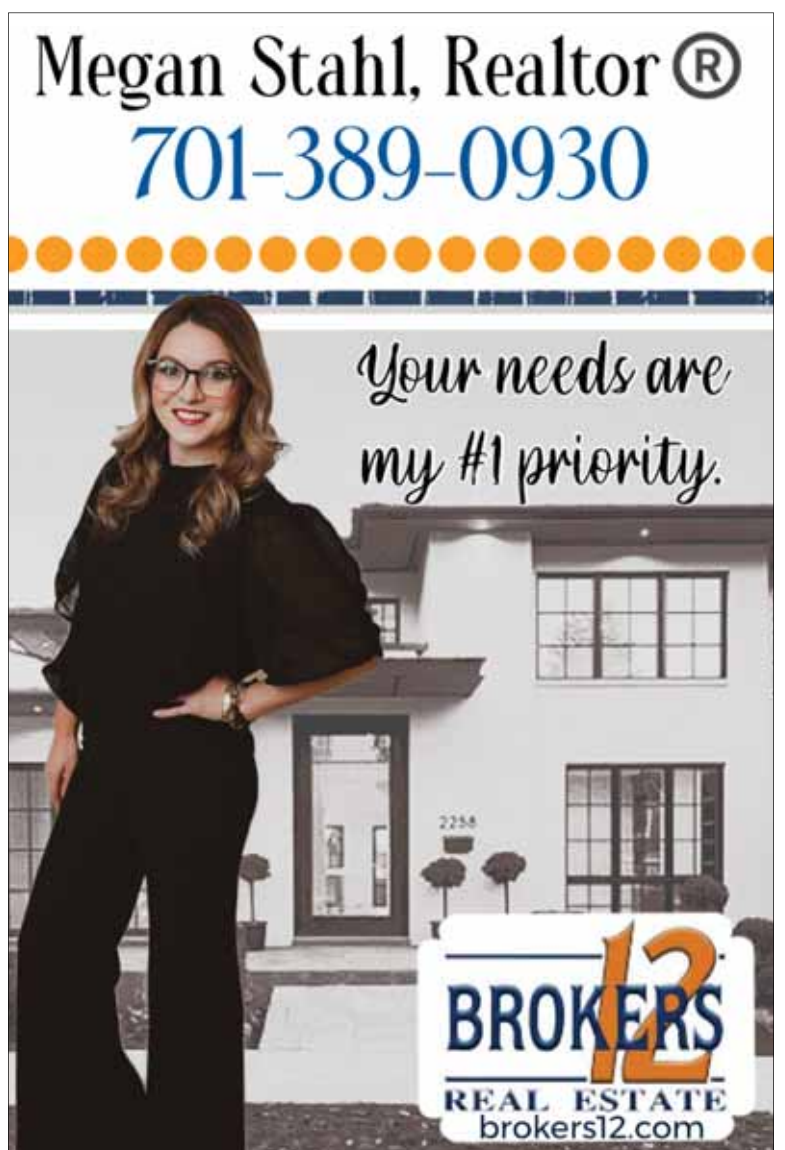
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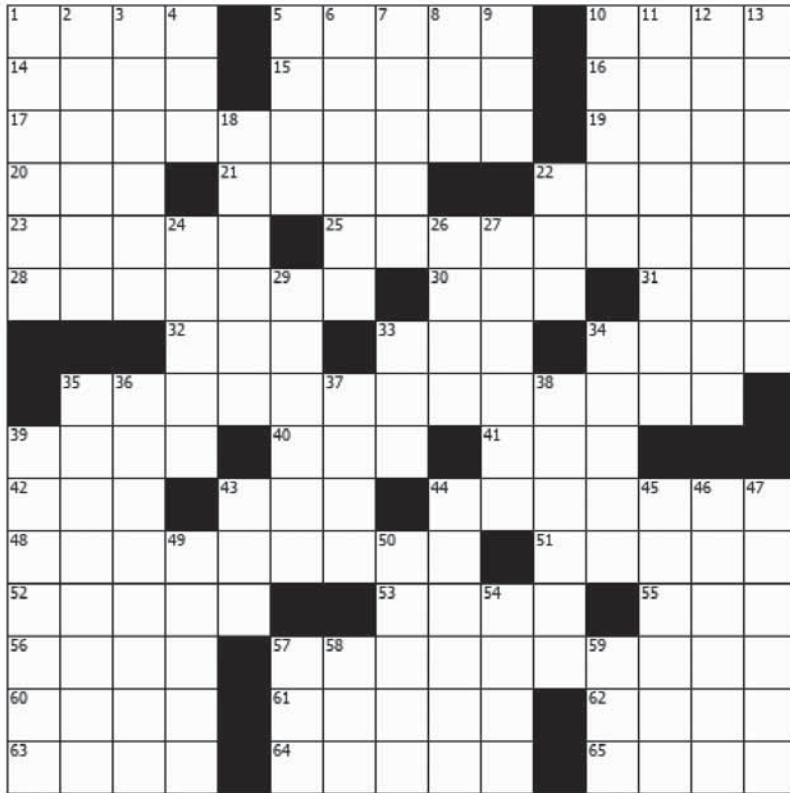
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CROSSWORD PUZZLE

Across

- 1. All-encompassing
- 5. Follow, as advice
- 10. Workout count
- 14. Land west of Nod
- 15. It's written in stone
- 16. Lamb's pseudonym
- 17. Like many stump speeches
- 19. 1998 Australian Open winner Korda
- 20. Mil. bigwig
- 21. Source of some psychiatry grants: Abbr.
- 22. Starbucks choice
- 23. Wipe clean
- 25. Like many stump speeches
- 28. Bun flavorings
- 30. Attention
- 31. British R&B artist Des'__
- 32. Dapper guy?
- 33. Breakfast hrs.
- 34. Merchant vessel officer, briefly
- 35. Like many stump speeches
- 39. Easy pace
- 40. Singer DiFranco
- 41. Merkel of movies
- 42. Porridge plant
- 43. Mayo site
- 44. Lake Wobegon creator
- 48. Like many stump speeches
- 51. Duplicate
- 52. Hardly an asset
- 53. Actress Skye
- 55. Ring org.
- 56. Tiny bundle of energy
- 57. Like many stump speeches
- 60. Second opening?
- 61. 1980 running medalist Steve



Down

- 1. Borders
- 2. Hold fast
- 3. Regarded to be
- 4. Rubble creator
- 5. Cultural lead-in
- 6. Heads up
- 7. Danish astronomer Brahe
- 8. __-Locka, Florida
- 9. Where the Stars play the Blues: Abbr.
- 10. Jobs for towers
- 11. Fundamental particle
- 12. Most concise
- 13. Crusader's foe
- 18. Type of band
- 22. Spoil
- 24. Camp David Accords figure
- 26. Office note
- 27. Pyrenees native
- 29. See 34-Down
- 33. Poetic pugilist
- 34. With "and" and 29-Down, central part
- 35. High seriousness
- 36. Organic insecticide
- 37. Turned on by
- 38. Worldwide relief org.
- 39. More than enough
- 43. Air rifle ammo
- 44. Fife player
- 45. Lite
- 46. Having reached safely, in a way
- 47. Areas of influence
- 49. Tabloid tidbit
- 50. Oenologist's expertise
- 54. Evening, in ads
- 57. Soda
- 58. Roe
- 59. "Give __ rest!"

SUDOKU

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

Solution to puzzle on page B14

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CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

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

REEL TIME THEATER

MOVIE SCHEDULE

FRIDAY APR 23
NOBODY (R) 1900

SATURDAY APR 24
NOBODY (R) 1300

SUNDAY APR 25
THE LION KING (PG) 1300







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 24, Vespers: 5PM
Sunday, April 25, Palm Sunday, Divine Liturgy: 10AM
Priest: Fr. Paul Hodge


Break Forth BIBLE CHURCH
 Thursdays 7:00pm
 and Sundays 10:30am
1821 W Burdick Expressway
 For More Information:
701.353.9337 | www.bfbc.tv


An Evangelical Free Church
 3500 4th St. SW • 839-5127
 (Just North of Super Wal-Mart)
 Sunday School
 & Fellowship 9:00 a.m.
 Worship 10:30 a.m.
www.trinitychurchminot.org


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

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


Faith United Methodist Church

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

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

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

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

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

Cornerstone Presbyterian Church
1000 NE 3rd Street
852-0315
Sunday Schedule
 Contemporary Worship 9:00am
 Sunday School (All Ages) 10:00am
 Traditional Worship 11:00am

Wednesday Evening Schedule
 Community Dinner 5:30-6:30pm
 Contemporary Worship 6:30pm
 Youth Group & Small Groups.. 7:15pm
All are Welcome!
www.ecominot.org


Vincent United Methodist Church

1024 2nd St. SE • 838-4425
Behind Town & Country Shopping Center
open hearts...open minds...open doors!

Traditional Service 9:00 am
 Contemporary Service 10:30 am
 Kid's Church 10:30 am

Pastor Matt Scherbenske
www.vincentumc.com


St. Mark's Lutheran Church
Missouri Synod

Sunday Worship
9:30 AM

2209 4th Avenue NW
Minot, ND
839-4663

Reverend Philip Beyersdorf
www.minotstmarks.com
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Immanuel Baptist Church

1615 2nd St. SE • Minot • 839-3694
 Sundays:
 Fellowship 9:00 am
 Sunday School 9:15 am
 Worship 10:30 am
 Wednesdays:
 Soup Kitchen 11:30 am
 Family Supper 5:30 pm
 Preschool/Kids' Club/ABY ... 6:30 pm
 Adult Bible Study 6:30 pm

Brian T. Skar, Pastor
www.ibcminot.org

Apostolic Faith Church, UPCI

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

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

Jesse Starr, Pastor

St. John the Apostle Catholic Church


2600 West Central Ave • Minot, ND 58701
839-7076
 Daily Mass Schedule:

Tuesday 5:15 p.m.
 Wednesday - Friday 7:00 a.m.
 Saturday 5:00 p.m.
 Sunday 8:00 & 10:30 a.m.

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


First Lutheran Church - ELCA

120 5th Ave. NW
852-4853

Sunday Worship
 9:30 am

www.firstlutheran.tv
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 Radio Broadcast KRRZ 1390AM
 Sunday 9:30 am
www.flcminot.com

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

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

Sunday School 9:45 a.m.
Adult/Children Worship.. 11 a.m.
Family Hour 6:30 p.m.
Evening Worship 7:30 p.m.
Bible Study/Child-Adult
Children Worship (Wed).... 7 p.m.
Prayer (Friday) 7 P.m.

First Assembly of God

1805 2nd St. SE
838-1111

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

First Baptist Church

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

Classic Worship Service 8:30 a.m.
 Adult Sunday School 9:45 a.m.
 Contemporary Worship Service .. 9:50 a.m.
 Children's Church 9:50 a.m.
 Sunday School (All Ages) 11:00 a.m.
 Contemporary Worship Service .. 11:05 a.m.
 Wed. AWANA (Sept. to May) 6:30 p.m.

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


Cross Roads Baptist

Southern Baptist Convention

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

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

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


West Minot Church of God
Family Worship Center

1105 16th St. NW • 839-1407

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

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www.ourredeemers.org

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 Website: www.orcsknights.org

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SUDOKU SOLUTION

Puzzle on page B10

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

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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. Laultt, 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. Laultt
Pringle & Herigstad, P.C.
slaultt@pringlend.com
(701)852-0381

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MINOT AFB FIRING RANGE NOTICE

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

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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 -

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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 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

SUNDAY 25

- Sunday Escapes Book Club, 1330, Minot AFB Library
- 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 26

- Registration Opens for Dragon Swim Club at Fitness Center
- HIIT Strength and Conditioning, 0545, Fitness Center
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Yoga/Swim, 1130, Fitness Center
- Newbery Book Club, 1600, Minot AFB Library
- Zumba, 1730, Fitness Center
- Wine & Paint Class, 1800-2000, Minot AFB Arts & Crafts Center
- Swerk, 1930, Fitness Center

TUESDAY 27

- Cycle, 0530, Fitness Center
- Game Day, 1000-1930, Minot AFB Library Facebook Page
- Fit to Fight, 1130, Fitness Center
- Moving Out of the Dorms Budget Class, 1430-1600, A&FRC
- Barre, 1800, Fitness Center
- Swerk, 1930, Fitness Center

WEDNESDAY 28

- HIIT Strength and Conditioning, 0545, Fitness Center
- Right Start, 0730-1200, A&FRC, Zoom Meeting
- Bundles for Babies, 0900-1030, A&FRC
- 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 29

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

FRIDAY 30

- Registration Closes for Dragon Swim Club at Fitness Center
- 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
- Teen We Own Friday, 1800-2200, Youth Center
- Mixed Fun League, 1830, Rough Rider Lanes
- Karaoke Night, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

SATURDAY 01

- May Day Sale begins at Rough Rider Golf Course
- Military Appreciation Month begins at Dakota Inn Dining Facility
- Work Out of the Day Monthly Challenge begins at the Fitness Center
- Registration Opens for Epoxy Cutting Board Class at the Arts & Crafts Center
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

ONGOING

- The status and location of Minot Air Force Base events are subject to change due to base restrictions.
- 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

MAY SPECIALS

Bomber Bistro • Veggie Wrap
Roasted peppers, olives, banana peppers, lettuce, tomato, onion, cucumber, cheddar cheese, and chipotle mayo on your choice of spinach, flour, tomato, or garlic tortilla!

The B-Fifty Brew • Tasty Refreshers
Start your day with a thirst-quenching Refresher! Available in Strawberry Acai, Mango Dragon Fruit, and Pink Drink flavors! Take it to go today! Available in Tall \$3.85, Grande \$4.35, Venti \$4.85

Rockers Bar & Grill • Rockin' Chicken Sandwich
Your choice of either fresh chicken breast lightly breaded and fried golden brown or grilled to perfection with dill pickles on a split bun for only \$7.75!



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