

northern sentry

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WHATS INSIDE THIS WEEK:



RETIRED AIRMAN STARTS PEN PAL PROGRAM TO HELP DISABLED TEENS

A2



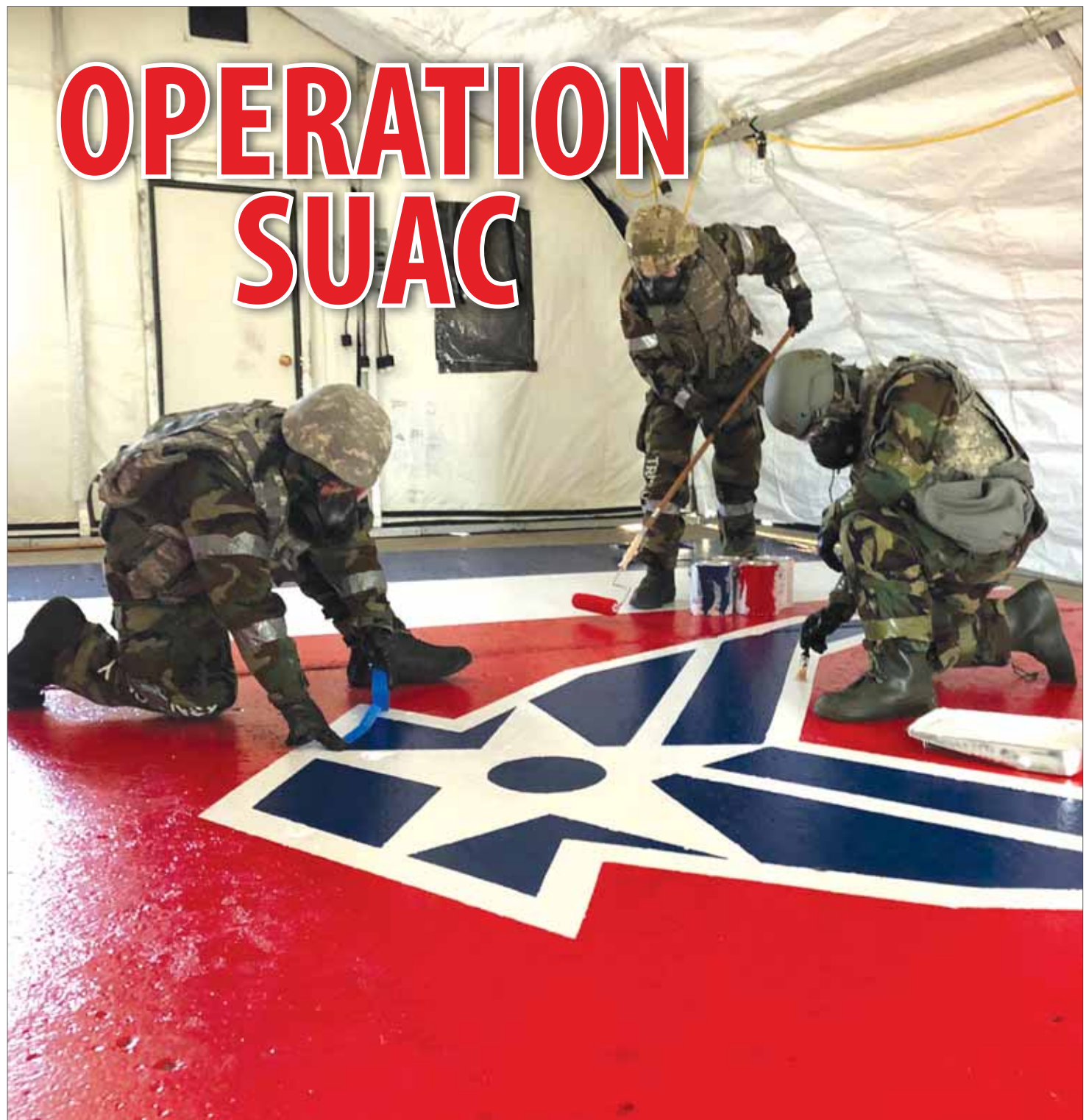
B-52S ARRIVE AT AL UDEID AB IN SUPPORT OF AFGHANISTAN DRAWDOWN

A3



MOTHER'S DAY GIFT & DINING GUIDE

A4-A5



SrA Ian Hayden, A1C Charles Arnaiz, and A1C Logan Ramsey of the 5th Civil Engineer Squadron execute above and beyond MOPP 4 training during a recent Prime BEEF Day. See page A7 for more coverage on OPERATION SUAC (Spruce Up Airfield Concrete).

U.S. AIR FORCE PHOTO | 5TH CIVIL ENGINEER SQUADRON

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Retired Airman starts pen pal program to help disabled teens

ABIGAIL KINDER, NORTHERN SENTRY

During her time serving in the Air Force, Technical Sgt. Heather Thomas (retired) was encouraged by her leadership to plan out a path for her life after retirement. "When I was stationed in England, I had a supervisor that really pushed for us to figure out what we wanted to do in life when we left the military. His way of doing that was to encourage us to volunteer at different places... and he figured that we would just eventually find our niche through volunteering, which is something that the military promotes anyways," she said.

Thomas began volunteering at schools and realized that she had a passion for working with youth. Having dyslexia herself, she also found that she was able to relate closely to some of her students with learning disabilities and possessed the extra patience that many children need from their educators.

Like many others, Thomas recognized a deficit in special education teachers in the United States, which encouraged her to pursue a career teaching students with learning disabilities and intellectually delayed disabled youth. According to the National Coalition on Personnel Shortages in Special Education and Related Services, 14% of public school students receive special education services, but 49 out of 50 states still report shortages in the field.

She is now attending Minot State University to receive a degree in Special Education Teaching. For her degree, Thomas is required to develop a service project, and she chose to partner with Minot's

Teen Night Out to begin a pen pal program with the 5th Medical Group at Minot Air Force Base, N.D.

Thomas was inspired by her previous volunteer work in the Air Force and decided to reach out to Technical Sgt. Carl Doan, her successor as Radiology Noncommissioned Officer in Charge and Flight Chief of the Diagnostics and Therapeutics Flight, for help. The pen pal program was not only beneficial for the special needs youth involved, but for the Airmen who participated. Doan said, "With Heather's coordination, we have exchanged several pen pal letters with special needs teens over the course of a few months. To my understanding, the letters have been very well received by the teens. It has been fun for our Diagnostics and Therapeutics flight members as well to help out and engage with members in our community while assisting one of our veterans with her school service project. Sometimes it's easy to get tied up in our daily routine and I think taking part in this project and sharing perspectives with our pen pals was a nice escape for everyone involved."

Thomas's service project was geared towards helping teens that are typically isolated (even more so since COVID began) build on their social and communication skills. They are able to continue working on the fine motor skills needed to write and build the academic skills of reading and developing vocabulary. "Everybody likes to get mail. If they are doing

something that doesn't seem like work but is fun, and they're able to learn, build those fine motor skills, read, and socially interact in a fun manner, then it's better than flash cards and sitting there writing the same word over and over!" said Thomas.

Students had the option to write their own letters or use a template, and Thomas took it upon herself to shuttle all of the letters to and from the base. She hopes that the opportunity to write to pen pals will have a positive, lasting effect on the teens she works with.

"We know that if we can help and give kids certain additional benefits while they're younger and their brain is still developing that they end up better off. If we wait until they are older and their brain is already developed, then it's harder to help them and often they won't make as much progress. Our goal is to help each student to someday be independent, productive members of society," Thomas explained.

Through her studies at MSU, Thomas learned about Teen Night Out (TNO), a program for disabled teenagers that allows them to socialize and learn with their peers outside of a school environment through extracurricular activities such as sports, prom, and more. She has spent many practicum hours volunteering with TNO for her degree and hopes to spread the word about the successful program to parents with disabled teens or potential volunteers.

Thomas and the TNO volunteers are an important part of closing the gap in youth special education. Because of their dedication and

drive, disabled children are able to grow, learn, and build confidence, therefore becoming the best versions of themselves that they possibly can!

To learn more about Teen Night Out or volunteer opportunities, contact Judy Garber at 701-721-6144.



Working towards her degree in Special Education Teaching from Minot State University, Heather Thomas began a pen pal program between Minot's Teen Night Out students and Airmen from the 5th Medical Group at Minot Air Force Base, N.D. The program was aimed at developing important skills for disabled teens and getting Team Minot involved in the local community.

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B-52s arrive at Al Udeid AB in support of Afghanistan drawdown

U.S. AIR FORCES CENTRAL
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Two U.S. Air Force B-52H Stratofortress aircraft from the 5th Bomb Wing, Minot Air Force Base, North Dakota, arrived at Al Udeid Air Base, Qatar, April 26.

The bombers join two other B-52 aircraft that previously arrived to Al Udeid April 23. The aircraft are deployed to the U.S. Central Command region to protect U.S. and coalition forces as they conduct drawdown operations from Afghanistan.

U.S. Central Command is committed to providing the necessary force protection to ensure the drawdown is conducted in a safe and orderly manner.



A B-52H Stratofortress assigned to the 5th Bomb Wing, Minot Air Force Base, N.D., taxis on the flightline April 23, 2021, at Al Udeid Air Base, Qatar. The B-52 aircraft are deployed to Al Udeid AB to protect U.S. and coalition forces as they conduct drawdown operations from Afghanistan.

U.S. AIR FORCE PHOTO | STAFF SGT. GREG ERWIN



A B-52H Stratofortress assigned to the 5th Bomb Wing, Minot Air Force Base, North Dakota, arrives April 26, 2021, at Al Udeid Air Base, Qatar. Two B-52 aircraft arrived April 26, joining the additional B-52 bombers that arrived April 23. The bombers are deployed to protect U.S. and coalition forces as they conduct drawdown operations from Afghanistan. U.S. Central Command is committed to providing the necessary force protection to ensure the drawdown is conducted in a safe and orderly manner.

U.S. AIR FORCE PHOTO | STAFF SGT. KYLEE GARDNER



A B-52H Stratofortress assigned to the 5th Bomb Wing, Minot Air Force Base, N.D., taxis on the flightline April 23, 2021, at Al Udeid Air Base, Qatar. The B-52 aircraft are deployed to Al Udeid AB to protect U.S. and coalition forces as they conduct drawdown operations from Afghanistan.

U.S. AIR FORCE PHOTO | STAFF SGT. KYLEE GARDNER



A B-52H Stratofortress assigned to the 5th Bomb Wing, Minot Air Force Base, N.D., parks on the flightline April 23, 2021, at Al Udeid Air Base, Qatar. The B-52 aircraft are deployed to Al Udeid AB to protect U.S. and coalition forces as they conduct drawdown operations from Afghanistan.

U.S. AIR FORCE PHOTO | STAFF SGT. GREG ERWIN

CONTACTUS

Ted Bolton

Publisher | Advertising
bagroup@srt.com

Rod Wilson

Business Development | Marketing
sentrysales@srt.com

Nikki Greening

Head of Creative Services
nsads@srt.com or
nsgraphics@srt.com

Abigail Kinder

Reporter/Creative Services
nsabby@srt.com

MINOT AIR FORCE BASE PUBLIC AFFAIRS

Chief of Public Affairs

Maj. Natassia Cherne

Public Affairs Officer

1st Lt. Ryan Walsh

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Staff Photojournalists

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NEWS SUBMISSIONS

Northern Sentry Office

nsads@srt.com | 701.839.0946

MAFB Public Affairs Office

v35bw.pa@us.af.mil

701.723.6212

MAIL & FAX

315 South Main Street, Suite 202
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VIEW ONLINE

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- Bavarian Pretzels with Beer Cheese Sauce
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- \$6 Specialty Cocktails, Martinis & 22oz ND Breweries Taps
- 1/2 Flat Bread Pizza

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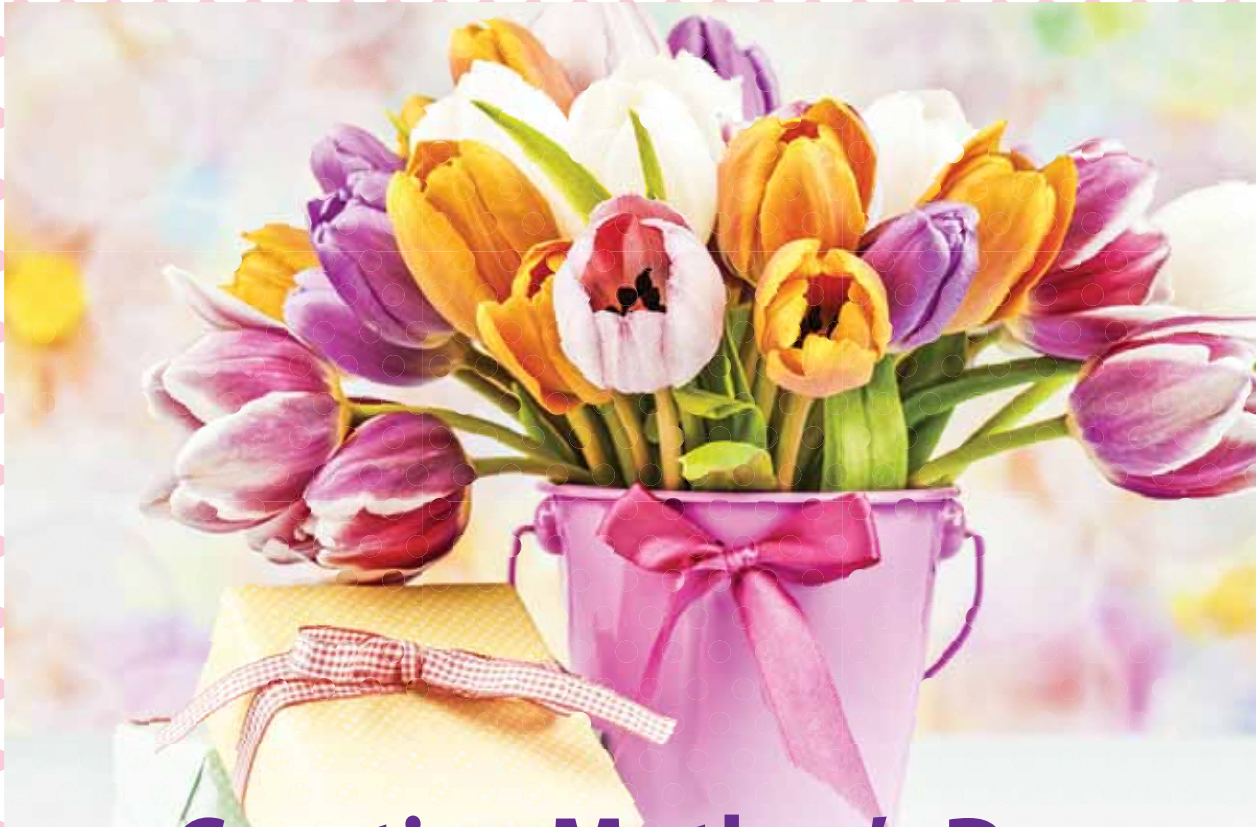
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Creative Mother's Day celebration and gift ideas

On Sunday, May 9, 2021, millions of people will celebrate the special women in their lives, particularly the mothers, grandmothers and stepmothers who often tirelessly care for those they love.

Created by Anna Jarvis in the early 20th century and designated an official United States holiday in 1914, Mother's Day is a special day in many families. Apart from birthdays, primary female caregivers may not always get the recognition they deserve, nor be entitled to a day to kick back and relax and let others take the helm. Mother's Day entitles them to something special.

Even though the way people have been living has changed during the COVID-19 pandemic, Mother's Day may be the first holiday on the calendar when the world can finally regain some sense of normalcy. But caution should still prevail during Mother's Day celebrations. Thankfully, there are plenty of creative ways to celebrate mothers and mother figures this year.

- Dine truly "al fresco." Outdoor dining has become commonplace, and even before it was a safety measure, enjoying a meal on a sun-soaked patio or overlooking a body of water was popular. If you're worried about limited restaurant space or crowds, plan a picnic at a scenic location, such as a botanical garden or county park. Include Mom's favorite foods and enjoy the fresh air and delicious foods together.

- Create a photo slideshow. Digital photos have eclipsed prints in many people's hearts. But too often digital photos never get seen after they're initially taken. That can change when you compile a slideshow of favorite photos from childhood and even present-day photos that Mom is sure to appreciate. Use sentimental music or Mom's favorite songs as the soundtrack, and include some inspirational quotations or personal voiceovers. This is one gift that can be shared in person or over group meeting apps.

- Get involved together. An

especially meaningful way to honor a mother who is always giving her time and love is to become involved in a difference-making organization. Joint volunteerism is a great way to spend more time together working toward a worthy goal.

- Enjoy her hobbies and interests. Devote a day or more to trying Mom's interests and hobbies, whether they include hitting the links, knitting, singing in the church choir, or digging in her garden.

- Send an edible gift. If you can't be there to celebrate with Mom in person, have a special meal delivered to her door. Then enjoy the same foods with her via Google Meet, Facetime or Zoom. Don't forget a tasty cocktail so you can toast the special woman in your life.

If you need help finding that right gift for the special women in your life or are looking for a place to dine, consider visiting one of the following businesses right here in Minot.

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Mother's Day Restaurant Guide

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Phone: 701.838.9140
www.bonesbbqminot.com

Culver's Restaurant

3000 S Broadway, Minot, ND 58701
Phone: 701.852.4800
www.culvers.com

Dakota Burger Company

315 S. Main St. Suite 200,
Minot, ND 58701
Phone: 701.852.8183
www.dakotaburgercompany.com

Applebee's Grill & Bar

2302 15th St SW, Minot, ND 58701
Phone: 701.839.2130
www.applebees.com

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Phone: 701.852.7335
www.blgrill.com

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www.mimexicominotnd.com

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Upcoming Events

30 APR **SPRING HONOR DANCE & POWWOW CELEBRATION**
 3:00 PM / 10:00 AM - 8:00 PM
 Minot State University Dome
 500 University Ave W, Minot

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 the MSU Dome Facebook page and campus website - www.minotstate.edu - for updates on the event.

31st Annual SPRING HONOR DANCE & POWWOW CELEBRATION APRIL 30 & MAY 1
 MINOT STATE UNIVERSITY DOME
 Hosted by the Native American Cultural Center and Native American Cultural Awareness Club




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

30 APR **STORYTIME AT MAIN STREET BOOKS**
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We have a special Llama Llama Storytime on Friday, April 30th at 11:00am, so be sure to bring the kids by for a fun time!

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1 MAY **LIGHT THE WAY 5K**
 8:00 PM - 11:00 PM
 Oak Park Parking Lot
 1300 4th Ave, Minot

Join us on Saturday, May 1st 2021 for the Light the Way 5K Glow Run/Walk and party for Relay 4 Life! The event will take place throughout Minot's Oak Park. Runners and walkers will cruise along a path lined with Relay for Life Luminaria bags and are encouraged to wear anything that is bright, glows and will Light up the Night! The 5K will take off at 8:00 pm but there will be additional Relay for Life festivities starting at 7:00 pm and lasting well after the run is over! Not a runner? Not a problem! Lace up your sneakers, grab your friends, and join us for a walk. Prizes will be given to the fastest male and female.
 Register at: <https://runsignup.com/Race/ND/Minot/RelayForLife5K>

RELAY FOR LIFE LIGHT THE WAY 5K




For more information:
 Facebook Event / Light the Way 5K

8 MAY **SPRING VENDOR & CRAFT SHOW**
 10:00 AM - 3:00 PM
 Moose Lodge
 400 9th Street SW, Minot AFB

What a great weekend to bring mom out for a little Mother's Day shopping experience!! With vendors and crafters from all over North Dakota it's the perfect way spend the day together seeking unique gifts! Free Admission and the first 100 guests will receive a recycle tote courtesy of Gate City Bank. Door Prizes every half hour! So come shop with us on Saturday, May 8th from 10-3 at the Moose Lodge!

We will be having bottomless Mimosas for a fee.

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Technical training now includes respect in curriculum

CAPT. LAUREN WOODS,
 AIR EDUCATION AND TRAINING COMMAND

JOINT BASE SAN ANTONIO-RANDOLPH, Texas (AFNS) -- A cultural development course, delivered to Airmen during their initial technical training, is adding respect to their mandatory curriculum.

Airmanship 200 is the second of three development courses that new Airmen receive to impart a common understanding of Air Force values through guided discussions. It bridges the gap between the Airmanship 100 course at Basic Military Training and Airmanship 300, which is offered at the First Term Airman Center.

An instruction block on respect was previously available as one of several optional supplements military training flights could include in their Airmanship 200 program. A memorandum released March 4 by Maj. Gen. Andrea Tullos, Second Air Force commander, made the instruction block compulsory, adding it to another four required lesson blocks, covering identity, ownership, self-discipline and decision-making.

The decision to add the new mandatory curriculum on respect came about in recognition of the importance of diversity in the Air Force.

"Respect was chosen to be included as a core lesson because our Airmen need to

have awareness of our diverse culture and the important role every Airman plays in supporting our National Defense Strategy," said Master Sgt. Kristen Jordan, Second Air Force military training leader functional manager.

Senior Airman Courtney Collins, 335th Training Readiness Squadron, recently completed Airmanship 200 and found the discussion on respect to be especially valuable to younger Airmen.

"Respect is the foundation for professional and personal relationships, no matter your rank," Collins said.

The Airmanship series stemmed from a working group in 2019 that identified a need for reshaping and defining Airmanship in early development stages for Airmen. The intent is to ensure deliberate development in a stair-step approach at the appropriate times.

According to Jordan, development does not end at the completion of the three Airmanship courses.

"The ultimate goal is to develop Airmanship all the way through the 900-level so that even the highest enlisted Airmen are continually developing their skills as leaders and warriors," she said.



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13th Annual Doc Walk

Exercise is Medicine Month

Dawn Mattern, MD, Sports Medicine, invites you to join her and other physicians from Trinity Health for an evening of exercise in recognition of Exercise is Medicine Month.



Dawn Mattern, MD

May 5, 6:00 p.m.
 Oak Park



Kick off -
 Minot Area Team
 Wellness/Walk
 Minot

MISSION COMPLETE: OPERATION SUAC (Spruce Up Airfield Concrete)

CHRIS S. BAHRIJ, MAJ, USAF, OPERATIONS FLIGHT COMMANDER

“WarBulls Do More” is written above the entrance to the 5th Civil Engineer Squadron heritage room. This quote is not only part of our WarBull culture but it fuels our motivation to tackle whatever comes our way. “WarBulls can to anything, just not everything,” said Maj Chris Bahrij.

The WarBulls were just coming off a very successful Nuclear Surety Inspection with several Inspector General Inspectors giving individual coins for superior performers and superior teams. Before we could catch our breath and celebrate, we got the call that we needed to make something better. The something didn’t matter, we just needed the intent and timeline. As it turned out, this something was the welcome “red carpet” painted on the airfield next to Base Operations. With Base Emergency Engineer Force known as Prime BEEF day coming around the corner and some significant DV’s visiting the following week, the WarBulls went all in and treated this commander-directed work as a war time training mission.

The WarBull advon team meet up on a Saturday to complete the initial reconnaissance before practicing their joint writing skills. Using the Operation Order five paragraph format

Spruce Up Airfield Concrete was developed and delivered to the rest of the WarBulls for a Monday Morning execution start . While the OPORD gave the outline of the mission it did not reveal or account for all the challenges the team would face and overcome as details were uncovered. Starting Monday morning the challenges started to amass.

1) Mission must be completed in nine days or sooner.

2) The airfield paint contract was already awarded and scheduled to be painted by a contractor during the annual airfield closure in July.

3) Concrete surface temps were 27 degrees which meant the paint would not adhere or cure. Paint surfaces needed to be 50 degrees for 72 hours per specification for airfield epoxy paint.

4) Two snow events were forecasted for the week, and the average temps were well below 50 degrees.

5) Due to Winter Storm Uri, the approved airfield epoxy paint was not available as there is a national shortage of epoxy.

6) Prime BEEF Day training was focused on Mission Oriented Protective Posture drills and operating day to day missions in MOPP 4.

7) Airfield painting is not taught at tech school for Civil Engineers and is not part of any upgrade training.

Although we faced different challenges, each addressed and up channeled for resource reallocation and risk acceptance to the mission. Multiple Small Shelter Systems were anchored to Jersey barriers and heated to warm up the concrete. Airfield waivers were approved for regular pavement paint to be used.

After an initial scramble of the first day and five days of coordinating, heating, and painting; the WarBulls are proud to have delivered a sharp welcome “red carpet” paint job ahead of schedule. When time, Mother Nature, and manufacture specifications are against us, “WarBulls Do More” to accomplish the mission.

SrA Ian Hayden, A1C Charles Arnaiz, and A1C Logan Ramsey of the 5th Civil Engineer Squadron execute above and beyond MOPP 4 training during a recent Prime BEEF Day. See page A2 for more coverage on OPERATION SUAC (Spruce Up Airfield Concrete).

U.S. AIR FORCE PHOTOS
5TH CIVIL ENGINEER SQUADRON



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20th Air Force Annual Award Winners for 2020

On behalf of the 20 AF commander and command chief, please join us in congratulating our 20 AF Annual Award Winners for 2020:

AMN OF THE YEAR – SSgt Hines, Khalif, Malmstrom Air Force Base (Official)

NCO OF THE YEAR – TSgt McComb, Marcus, F. E. Warren Air Force Base

SNCO OF THE YEAR – SMSgt Silvis, Zachary, F. E. Warren Air Force Base

CGO OF THE YEAR – Capt Beckner, Andrew, Minot Air Force Base

FGO OF THE YEAR – Maj Hampton, Michael, Kirtland Air Force Base

CIV CAT I (NON-SUPERVISORY) OF THE YEAR – Mrs. Melissa D. Alexander, Malmstrom Air Force Base (Official)

CIV CAT I (SUPERVISORY) OF THE YEAR – Mrs. Amy R. Hinkle, Kirtland Air Force Base

CIV CAT II (NON-SUPERVISORY) OF THE YEAR – Mr. Matthew J. Bianco, Minot Air Force Base

CIV CAT II (SUPERVISORY) OF THE YEAR – Mr. Dan L. Wilkinson, Malmstrom Air Force Base (Official)

PROFESSIONAL TEAM OF THE YEAR – COVID-19 Operations Support Team, Kirtland Air Force Base

FIRST SERGEANT OF THE YEAR – MSgt Ament, Michael, F. E. Warren Air Force Base

HONOR GUARD MEMBER OF THE YEAR – SrA Hurst, Brandon, Malmstrom Air Force Base (Official)

HONOR GUARD MANAGER OF THE YEAR – MSgt Kilichowski, Bonnie, F. E. Warren Air Force Base

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- Save excessive uneven and premature tire wear

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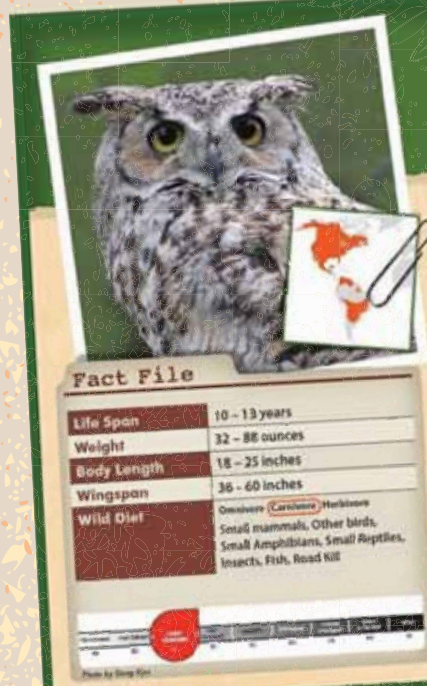
1			2		3		4
5							
			6			7	
8							

ACROSS

- 1. Making happy sounds
- 5. Pleasant
- 6. Completely
- 8. Showing happiness

DOWN

- 1. Silly people
- 2. Happy
- 3. Perfect
- 4. Silly
- 7. Carry with effort



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- Great horned owls are the only animal that feeds on skunks on a regular basis.

Fact File

Life Span	10 - 13 years
Weight	32 - 88 ounces
Body Length	18 - 25 inches
Wingspan	36 - 60 inches
Wild Diet	Omnivore (Carnivore) Herbivore Small mammals, Other birds, Small Amphibians, Small Reptiles, Insects, Fish, Road Kill

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5 CES launches new app for Minot AFB Dorms



The 5th Civil Engineering Squadron has released a new app aimed to improve the quality of life of unaccompanied airmen living in base dormitories and is available for both Apple and Android platforms.

"This is an amazing opportunity to get information to our dorm residents as well as provide Airmen with an easy way to submit work orders for their dormitory," said MSgt. Beverly Gorham, 5th Civil Engineer Squadron Superintendent of Unaccompanied Housing.

Aside from submitting work orders digitally, the app will also include furnishing requests, instant contact to dorm management for emergency and non-emergency issues, information on dorm events such as monthly dorm dinners,

procedures for lockouts and lost keys, access to the most current copy of the dorm brochure, the airman's position on the move-out list, dorm specific notifications for important announcements and DIY videos for dormitory maintenance tasks.

The app will be a constantly evolving platform, with updates and changes being made as needed to better suit the needs of the airmen in the dorms.

"I believe this app provides a great combination of both simplicity and efficiency which was the ultimate goal. It's also a great augmentation to one of our greatest obstacles... communication," said TSgt. Alex Holloway, 5th Civil Engineer Squadron Airman Dorm Leader. Direct Link: <https://bddy.me/2QdGWSY>

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MINOT AIR FORCE BASE NEWSPAPER
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Home of ECONOMY

SPRING FRITTATA

INGREDIENTS

- 6 LARGE EGGS
- 1/4 CUP HEAVY CREAM
- 1/4 TEASPOON SALT AND PEPPER
- 2 TABLESPOON CHIVES, CHOPPED
- 1/2 CUP MOZZARELLA CHEESE, GRATED
- 2 TABLESPOON BUTTER
- 1 CUP MUSHROOMS, CHOPPED
- 4 ASPARAGUS SPEARS
- 1/4 CUP RED BELL PEPPER, DICED
- 1/2 CUP DICED HAM

When ready to cook, start the Traeger grill and set the temperature to 350° F. Preheat, lid closed, for 10 to 15 minutes.

In a medium-sized mixing bowl, combine the eggs, cream, and salt and pepper. Whisk to combine. Stir in the chives, if using. Stir in the cheese. Set aside.

Melt the butter in a large oven-proof skillet, preferably nonstick or well-seasoned cast iron, over medium heat on the stovetop. Sauté the mushrooms, asparagus, and red bell pepper until tender, about 5 minutes. Stir in the ham.

Distribute the ingredients evenly over the bottom of the skillet. Pour the egg mixture evenly over the vegetables and meat.

Place the skillet on the grill grate and cook the frittata until it is firm in the center and lightly browned on the bottom, 15 to 20 minutes.

Allow the frittata to cool for 5 minutes before slicing into wedges and serving.

Enjoy!

Ryan Davy - GM
Minot

www.HofE.com/BBQH0



OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, April 26: 1,835.55 feet above mean sea level (MSL); 21,900 cubic feet per second (CFS) Garrison Dam average daily releases.

Devi's Lake elevation: 1,448. 41 feet above mean sea level (MSL).

Stump Lake elevation: 1,448.36 MSL.

- N.D. Game & Fish Dept. game wardens: East end of Lake Sakakawea fair for walleye but nothing consistent with varying weather conditions. No Devils Lake or north-central area lakes report.

- Devils Lake, Ed's Bait Shop, Devils Lake: Water temperatures remain cool on the lake with limited activity.

- Devils Lake, Woodland Resort, Devils Lake: Try slip bobbers and leeches around feeder channels and bridges for a mix of walleye and pike on Devils Lake. Little boat activity yet but looking for increasing anglers numbers with stable weather and warmer water temperatures.

- Lake Darling, Karma C-Store, Ruthville: Activity remains light with limited success. Try around Baker's Bridge on the river or water treatment plant in Minot.

- Lake Metigoshe, Four Seasons, Bottineau: Activity remains light with cooler water temperatures yet. Look for more anglers out with stable weather.

- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Continued walleye activity along the east end of Lake Sakakawea, including Steinke Bay and Wolf Creek. Try jigs and minnows or live bait rigs in a variety of depths. Try the west side by the pumping station along the U.S. Highway 83 embankment on Lake Audubon for some walleye activity. No Missouri River reports.

- Lake Sakakawea, New Town: No new reports.

- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace remains slow for boats but look for continued success at night from shore off the rocks. East

- Upper Souris Nat'l. Wildlife Refuge Prairie-Marsh Scenic Drive auto route now open. Sharp-tailed grouse lek viewing blinds available with the birds quite active. Call the refuge, (701) 468-5467, to reserve a free viewing date at any of the 3 blinds.

- April 30 – May 9: "Awakening of the Hatchery" self-guided hike sponsored by North Country Trail Central Flyway Chapter. Hike Garrison Dam Nat'l. Fish Hatchery trails downstream of Garrison Dam near Riverdale and record your hike. More details available on their Facebook page, (NCTA Central Flyway Chapter); Instagram, (northcountrytrail); or website, (fly@northcountry).

- 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.

- May 8: Coteau Hills Rocky Mtn. Elk Foundation banquet, Grand Hotel, Minot, 5 p.m.

- May 8: Lewis & Clark State Park (east of Williston) volunteer park clean-up day. Contact the park, (701) 851-3071, for details.

TOURNAMENTS

- May 1: Lake Sakakawea, Lewis & Clark State Park.
- May 8: Lake Darling.
- May 15: Lake Sakakawea, Lewis & Clark State Park.

end of Lake Sakakawea slowed for walleye along the Highway 83 embankment with scattered success. Better activity around Beulah or Beaver bays. A few pike from shore yet.

- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Smelt still running on the upper end of Lake Sakakawea but look for it to slow soon. West end of Lake Sakakawea somewhat slow for walleye. Try White Earth Bay for best walleye success in shallow water with jigs and minnows. A few scattered nice-sized pike continue showing up from shore. Missouri and Yellowstone rivers remain fair for walleye. Confluence ramp unusable but access available at the U.S. Highway 85 boat ramp. Look for nice paddlefish numbers for the May 1 opener.

- Lonetree WMA area lakes, Harvey: Success remains tough throughout area lakes.

- North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Little activity yet throughout area lakes and Souris River, which continues running low with little spring runoff.

Snow geese:

- Birds largely moved through North Dakota with limited reports.

Turkey:

- Cold front slowed bird response in many areas. Look for more active strutting with stable weather.

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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TECHNICAL SERGEANT JOSHUA T. MCFALLS
5TH BOMB WING PROTOCOL



U.S. AIR FORCE PHOTOS | MINOT AFB PA

Technical Sergeant Joshua T. McFalls works in Protocol for the 5th Bomb Wing. He is originally from Swainsboro, Georgia, and became a member of Team Minot in September 2019.

"[Something I like about Minot is] The challenge!" said McFalls. "No doubt about it, this base will challenge you! From the weather, to the pace of the mission, you will be challenged, but the challenge is what makes us great! Our slogan here is 'Only the Best Come North!' If you accept this challenge and truly apply yourself, what 'Only the Best Come North!' means to me is welcome to the best version of you!"

Coming to Minot and accepting the challenges that come with being a member of Team Minot didn't come easy though.

"The pace...the pace here at Minot is intense and took me some time to get used to," said McFalls. "I'm thankful for the ones - they know who they are - that helped me learn the mission and succeed here while adjusting to the mission."

His duties include working as the Non Commissioned Officer In Charge for the 5th BW Protocol Office, assisting in providing administrative support with the planning and coordinating for all 5th BW/CC Command Section official ceremonies, distinguished visitors visits and base social functions. "I love working at the 5th Bomb Wing, it allows me to see a broader perspective for exactly what goes on at this base. I'm a Security Forces member by trade, we sometimes get lost in the daily grind and lose focus on the BIG mission here at Minot," said McFalls. "[What keeps me motivated is] My family of course but also the troops here which have become part of my family! When you have Airmen that will stand guard in front of a plane when the temperatures outside are life threatening at times... then how can I not be motivated to lead them? They are the ones making this mission happen, it's my job to guide them in the right direction and help them execute the mission," said McFalls.

Among all of his

accomplishments and accolades in the military, McFalls considers his greatest accomplishment to be whenever a troop calls on him for help.

"They know you care!" said McFalls. "They trust you to help them through whatever they are facing. I take that very seriously!"

Rather than striving for a better paycheck, going to college or get away from home, McFalls' goal aligns more with leaving behind a legacy.

"I want my career to be more than just a paycheck or a college degree," said McFalls. "I want to leave a legacy for my Airmen that lives on after me. Have I made things better or easier for them? Are they prepared for the challenges they might face? I hope above all things that they remember me as someone that truly cares and tried to make a difference."

In his freetime, McFalls enjoys spending time with family and friends, as there is "...nothing better than sharing a good meal with those close to me!"

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Provider of the Month Feature

NOVEMBER 2020

JUSTASHIA FULLER



What do you enjoy most about being an FCC Provider?

What I enjoy most about being a FCC provider is being able to build relationships with families. I love to see each child's development as they learn and grow daily. I enjoy knowing that everyday will be different than the day before.

What are your interests/hobbies?

My interests/hobbies are volunteering, traveling, being outdoors, and exercising.

What advice do you have for new providers/those interested in being FCC Providers?

My advice for new FCC providers is to be the very best at everything you do. Be selfless, appreciate the small things and reach out to fellow providers.

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Think fishing

Patricia Stockdill

The month of May, warmer weather, and open water fishing opportunities are here - it's time to get acquainted and re-acquainted with some of the local opportunities for anglers of all ages.

The Missouri River System – Lake Sakakawea, Lake Oahe, and the Missouri River itself – and Devils Lake are widely considered the state's premier walleye destinations. Granted, there are good reasons for their popularity and it's all about finding and catching fish, especially walleye.

However, other lakes in the region are definitely worth checking out.

While largemouth and smallmouth bass garner the attention of anglers in many other regions of the country, walleye are king in North Dakota. Part of the reason is that they're a favorite to eat.

Plus it helps that they're fun to try to outsmart.

Lake Audubon, south of Minot on the east side of the U.S. Highway 83 embankment separating it from Lake Sakakawea, typically offers some nice early season, post ice-out walleye opportunities.

For one thing, it's shallower than the east end of Lake Sakakawea so its water temperatures tend to warm earlier.

The N.D. Game and Fish Department's annual netting surveys point towards good numbers of walleye in Lake Audubon with a nice mix of age classes for a variety of sizes in 2021.

The East Totten Recreation Area and its boat ramp are popular areas to launch and there's a fishing pier for families to shore-fish. Other boat ramps are also available along the north shore, including Three-Mile Bay just three miles east of the intersection of Highway 83 and N.D. Highway 37.

A creel survey will be underway in 2021 on Lake Audubon so anglers are asked to stop and visit with a creel clerk about the day's outing, its success and expectations, to help fishery biologists manage the lake. Creel surveys are conducted every three years on the lake.

Just a note about open water fishing on Lake Audubon, though – the south portion of the lake is managed by the U.S. Fish and Wildlife Service's Audubon National Wildlife Refuge and is closed to fishing. The reason is that the islands in that area are important nesting places for a variety of birds and the closure helps protect them from disturbance. Buoys mark the boundary identifying the lake's closed area.

Other walleye lakes worth checking out include Loon and Long lakes in Bottineau County. Lake Metigoshe typically draws the most fishing and recreational interest in the area but those two lakes could provide some walleye alternatives.

Two lakes north of Harvey have gained a walleye reputation in recent years – Antelope and Clear lakes. The Game and Fish Department is conducting a walleye study on Antelope Lake beginning in 2021. Anglers catching a walleye with a tag in its jaw are encouraged to submit its information to the agency. The three-year study will help biologists learn more about angler harvest.

Check out Hiddenwood Lake south of Makoti or Cottonwood Lake north of Butte for some potential walleye activity, as well.

While Lake Sakakawea is the most sought-after walleye destination in western North Dakota, some smaller lakes are also worth checking out west of Minot. If walleye is on the menu, look towards Blacktail Dam, White Earth Dam, or even Northgate Dam in the far northwest.

They don't have the notoriety of the "Big Lake" – Lake Sakakawea - but they're still a nice outing, especially for families.

Anglers can go to the Game and Fish Department website, (gf.nd.gov) and click "Fishing" on the homepage to access just about any information they may want regarding fishing opportunities in the state.

Stay tuned for more fishing opportunities, including Lake Darling, bluegill, and even bass in North Dakota.

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Developing Self: Airman's Foundational Competencies Category

JENNIFER GONZALEZ, AIR EDUCATION AND TRAINING COMMAND PUBLIC AFFAIRS

JOINT BASE SAN ANTONIO – RANDOLPH, Texas – The Air Force has identified 24 Airman's foundational competencies for all Airmen, as part of a systematic competency-based approach to develop the force. These competencies are universally applicable to all Airmen and are categorized into four groups: Developing Self, Developing Others, Developing Ideas and Developing Organizations.

In this series on Airman's foundational competencies the first group explained is Developing Self.

Developing Self includes the following foundational competencies: accountability, perseverance, communication, decision making, information seeking, flexibility, resilience, initiative, and self-control.

Accountability is when an Airman demonstrates reliability and honesty; takes responsibility for actions and possesses behaviors

of self and team.

Though an Airman's rank, position, and even occupation may change, to be successful, accountability must be present throughout their career. Accountability includes looking after wingmen, upholding Air Force standards and core values, keeping promises, admitting mistakes, and taking personal responsibility for the team's work.

Observable behaviors for accountability include: leads by example, takes personal responsibility for unit performance and models professionalism and excellence in every endeavor

When accountability is present, Airmen make decisions even when they are difficult.

In addition to accountability, the category of Developing Self includes eight more competencies

- Perseverance is when an Airman displays grit in accomplishment of difficult long-term goals.

- Communication means an Airman effectively presents, promotes and prioritizes various ideas and issues both verbally and non-verbally through active listening, clear messaging and by tailoring information to the appropriate audience.

- Decision Making is about making well-informed, effective and timely decisions that weigh situational constraints, risks and benefits.

- Information Seeking Airmen demonstrate an underlying curiosity; desire to know more about things, people, one's self, the mission or issues; an eager, aggressive learner. Information seeking requires personal initiative.

- Flexibility describes an Airman who adapts to and works with a variety of situations, individuals or groups effectively.

- Resilience means an Airman negotiates, manages and adapts to significant sources of stress or

trauma.

- Initiative is doing more than is required or expected to improve job results. Initiative as a foundational competency means an Airman takes action appropriately without being prompted. With initiative, an Airman strives to do a better job and thinks of creative ways to complete the job.

- Self-Control means keeping emotions under control and restraining negative actions when under stress. Self-control begins with emotional intelligence by knowing how to identify our own emotions and respond positively. Knowing what to do if you feel frustrated, angry, overwhelmed, anxious and sad is valuable for positive outcomes.

Understanding where an Airman scores on individual Foundational Competencies will help an Airman take ownership of his or her development. See image graphics to view competency levels of each developing-self competencies.

Airmen who want more information on the Airman's Foundational Competencies and to participate in a self-assessment can log in to MyVector and select Air Force Competencies from the main menu. The myVector competency assessment tool also allows Airmen to request feedback from their supervisors and/or 360-degree feedback from subordinates, peers and higher-ranking members. Also, the member is provided links to educational resources to address areas for improvement.

The Air Education and Training Command Directorate of Operations and Communications Competencies Division methodically developed the Airman's Foundational Competencies, which are a combination of knowledge, skills, abilities and other characteristics that manifest in observable and measurable patterns of behaviors.

YOUTH IN ACTION

Recognizing our military youth each and every day

Nearly half of the 8,500 military-connected children in the state of North Dakota are Team Minot youth. Over the last thirty days our community has taken the initiative to show their pride and honor our military kids! Both at the state and installation level our leaders signed proclamations honoring the Month of the Military Child. Our military impacted schools in Minot held special events and activities in recognition of our military children. Agencies and programs off the installation such as the Magic City Discovery Center, 4H Extension Office, the Souris Valley Sabre Dogs, Roosevelt Park Zoo, and Minot Parks District made a point to visit the base this month and join in on the celebration at FAMAGANZA. Many of our on- base helping agencies also celebrated at FAMAGANZA and held specialty events specific to military kids. The Child & Youth



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



Programs facilitated activities throughout the month to honor Team Minot youth such as: STEM challenges with Family Child Care, a reading initiative with the Child Development Center, Littles VS Leadership basketball at the Youth Center with Force Support leadership, and an afternoon of art with base leadership across the programs! As we say "farewell" to the month of April, let's use the past thirty days as an example of the many ways we can recognize

our military youth each and every day. "Military children do not volunteer to serve; however the service of their parent(s) has created a life where they learn service, sacrifice, resilience, multi-culturalism, adaptability, and community. Month of the Military child provides a platform for recognition and celebration, allowing us to honor those who are the faces of love, support, and encouragement behind the fighting force." -Venne M. Hummel



The Keystone Club were among the base youth who designed and decorated shirts for Month of the Military Child. The shirts included words and images that the youth associated with being a military child.



Mrs. Milley, spouse of the Chairman of the Joint Chiefs of Staff, was honored to receive one of the youth-made Month of the Military Child shirts from Minot AFB Youth Programs and included the image with her Purple Up Day post online.

CHILD AND YOUTH EDUCATION SERVICES PHOTOS



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YOUTH IN ACTION



CELEBRATING MONTH OF THE MILITARY CHILD

Minot AFB leaders, Col. Michael Walters, Col. Christopher Menuey, CMSgt Garrett Langston, and CMSgt Timothy Wieser got an art lesson from the kids at the Child Development Center as they continue to celebrate our military children this month and every month!

U.S. AIR FORCE PHOTOS | MINOT AFB PA

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)

There will be a variety of activities out for youth to participate in.



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



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YOUTH IN ACTION



KIDS VS. COMMAND AT THE YOUTH CENTER

To celebrate the end of Month of the Military Child, the Youth Center at Minot Air Force Base, N.D., held a kids versus command event on April 26, 2021. Youth competed with leaders from the 5th Force Support Squadron in activities such as basketball, dodgeball, and nine square for a little friendly competition and some good, old-fashioned sports fun.

NORTHERN SENTRY PHOTOS | ABIGAIL KINDER

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All About Pets



Protecting pets from springtime pests

As the weather begins to warm up in North Dakota, people, pets, and wildlife are emerging from the comfort of home and springing into action. However, with springtime comes another nuisance for pet owners: bugs. There are a variety of pests that can be detrimental to your furry friend's health, and it's important to take the proper precautions to be sure no unwanted critters are making it into your home or on your pet! Some of the most common bugs that can cause harm to your pet include ticks, mosquitoes, spiders, and fleas. And just like humans, some animals can be highly allergic to stings and bites from everyday bugs.

Here are a few measures you can take to help protect your pet:

- Prevent fleas and ticks with one of the many veterinarian-approved products available. There are a variety of applications, including collars, shampoos, topical treatments, and even pills/chewables. Consult a specialist to determine which method is best for your pet.
- Check your pets! It's especially important to give them a once-over after they've spent time in grassy or wooded areas, but even a trip to the dog park or trail can warrant a look. Be sure to check in all the nooks and crannies, feel for abnormal bumps, and keep an eye out for itching, swelling, or lethargy.
- Regularly clean your house and keep your yard mowed and maintained to prevent bugs from nesting. If your pet has a hypersensitivity to bee stings, it may be best to keep any flowers, fruits, or vegetables in an area away from where your pet goes.
- When in doubt, contact your vet. If you notice symptoms of an allergic reaction (itching, swelling, difficulty breathing, vomiting, etc.) be sure to call immediately. It's important to have an emergency veterinarian set up just in case your pet is having a severe reaction. Some clinics that offer emergency services nearby include: Pinkerton Animal Hospital, Core Veterinary Clinic, and Rugby Veterinary Services. Due to the amount of pets in Minot versus the number of emergency vets available, it's imperative to catch any reactions as soon as possible to give yourself time to drive to an emergency clinic further away, if need be. Early detection can also prevent worse conditions that can seriously harm your pet if left untreated.

In North Dakota, the most common types of ticks are the Black Legged (or Deer) Tick, the American Dog Tick, and the Brown Dog Tick. Venomous spiders include the Western Black Widow and Brown Recluse, but they are not seen too often in household settings. Fleas are often transmitted from other carriers such as other pets or wild animals. And as many residents know, North Dakota is full of mosquitoes and other biting/stinging bugs, so it's never a bad idea to stay vigilant, not only for the health of your pet, but for your home and family as well!

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Mainstream Boutique to Host Fashion Show at the Spot

ABIGAIL KINDER, NORTHERN SENTRY

Are you tired of being cooped up at home? Join Mainstream Boutique and more of Minot's local businesses at The Spot on May 1, 2021 for a fashion show to take you on a journey around the world!

Tickets can be purchased at Mainstream Boutique for \$65 and include a variety of perks to help you feel like you're on vacation right here in Minot. Each ticket comes with two free signature drinks and a delicious dinner from the Starving Rooster inspired by luxurious destinations all across the world. Desserts will

be catered by Miss V. Sweets, Cookie Crumbs, Rachael Santos Creations, Guilty Sweets, and Cherry on Top.

To start off the journey, each ticket holder will receive a "carry on" bag filled with goodies and coupons for Mainstream Boutique. There will also be plenty of time for fun with downloadable photos taken by Presley Photography and exclusive shopping time to get the jump on the newest looks, from handbags to jewelry and more.

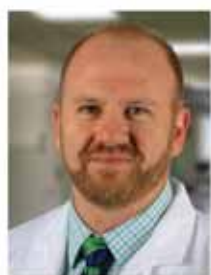
There will also be a chance

to win some amazing prizes, including a travel bag and \$300 shopping spree, as well as tons of gift cards.

The event will begin with a social hour at 5 p.m. The fashion show, which will feature 36 different looks from the boutique, will begin at 7 p.m.

For more information, drop by Mainstream Boutique at 2 S Main Street, Minot, or check out their Facebook page Mainstream Boutique Minot.

Grab your girl gang and get your tickets today!



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LAW TALK

What's the Difference between Life Estate and Transfer on Death Deeds?

A life estate deed and a transfer on death deed seem to accomplish the same goal at first glance. They both fully convey property to a Grantee upon your death. However, there are key distinctions between the two and your particular situation helps determine which is right for you.

Life Estate Deed

A life estate deed allows you to transfer property while reserving an interest during your lifetime or during the lifetime of someone else. Once the person who holds the life estate passes away, the Grantee fully owns the property.

With a life estate deed, both the Grantor and the Grantee own an interest in the property as soon as the deed is signed. The Grantor owns a life estate and can be referred to as the "life estate owner." The Grantee owns a future or remainder interest and is called the "remainderperson."

Either the life estate owner or remainderperson can convey away or sell their share of the property at any time. Specific value tables help determine the value of both interests based on the life estate owner's age. However, a life estate deed is irrevocable—this means that if you convey your property to your children and reserve a life estate to yourself, you can't change your mind and take it back. Ownership can be made whole again if either the life estate owner or the remainderperson choose to convey their interest to the other party.

One advantage of the life estate deed is that it starts the clock on five year look back periods for things such as Medicaid eligibility. Some disadvantages are its irrevocability, as previously stated, and that it can open the property to creditors of the remainderperson.

Transfer on Death Deed

A transfer on death deed allows you to retain full ownership during your lifetime and conveys your full interest to the Grantee upon your death. During your lifetime, the Grantee has no interest in the property.

The main advantage of the transfer on death deed is that it is very flexible—it can be revoked at any time unlike the life estate deed. However, because the property fully remains within your control, a transfer on death deed does not start the clock on the five year period and so the property would still be counted among your assets for Medicaid eligibility.

Ultimately, the decision between a life estate and transfer on death deed is dependent on why you want to transfer the property. If you simply want to avoid probate while still having full control over your property, a transfer on death deed might be the best choice. If you're concerned that you may have to apply for Medicaid in the relatively near future, a life estate deed might be a better option. In any case, a conversation with an estate planning attorney can help you make the right choice for your situation.



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Minot Park District Welcomes New Roosevelt Park Zoo Director



ROOSEVELT PARK ZOO

Minot, ND- The Minot Park District along with the Greater Minot Zoological Society is excited to announce Jeff Bullock as the Director of the Roosevelt Park Zoo. Jeff has over 35-years of experience working at zoological institutions with 20 of those years serving in a leadership role.

Ron Merritt, Executive Director of the Minot Park District said "We are excited to welcome Jeff to the Magic City. We believe with Jeff's vision and experience that he will make an immediate impact to the Roosevelt Park Zoo."

"I am excited to lead the team at the Roosevelt Park Zoo, as a leader I recognize that the staff is the backbone of any

organization." Says, Jeff Bullock, Roosevelt Park Zoo Director. "It is obvious the Zoo is an integral part of the Minot Community. I am looking forward to sharing my passion and experience to continue to further develop a thriving facility."

Jeff is a University of Florida graduate and has been a Professional Fellow with the Association of Zoos & Aquariums since 1990. He is also a member of the Zoo Conservation Outreach group and served on the Board of Directors for twelve years. Jeff has been an active member of the Rotary Club since 2012.

For more information, please call the Minot Park District office at 857-4136.

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A Free Ride Home, Anonymous, No Questions Asked

North Dakota National Guard Anderson promoted, Branden retires

ND NATIONAL GUARD

FARGO, N.D. — Brig. Gen. Darrin K. Anderson became the newest North Dakota National Guard general officer today during a promotion ceremony at the Air National Guard Base, Fargo which was live streamed. With this promotion to general officer, Anderson assumes the duties of the North Dakota National Guard assistant adjutant general for Air from Brig. Gen. Todd M. Branden, who was honored during a retirement ceremony.

Anderson previously served as the commander of the 119th Wing, nicknamed the "Happy Hooligans" from August 2018 to March 2021, while Branden has been the assistant adjutant general for Air since October 2017.

Guests included Sen. Kevin Cramer and Maj. Gen. Al Dohrmann, North Dakota adjutant general who congratulated Anderson on what he called a

well-deserved promotion.

"Darrin Anderson's dedicated service to the North Dakota Guard, his wealth of experience and ability to be a visionary, strategic-thinking leader has led to this promotion," said Dohrmann.

Anderson thanked the Airmen of the 119th Wing reminding those present that all the citations and accolades are due to the hard work and talent of the 'Hooligans.'

"This is a remarkable organization that all of you helped build and sustain, and I can't thank you all enough," Anderson said.

Anderson said he tried to capture in words what the 'Hooligan Way' consists of, "very strong culture, a tireless work ethic, a spirit of innovation, empowerment and tenacity."

After the promotion ceremony, the audience members bid farewell

to Branden during a retirement ceremony paying tribute to his 42 years of service to the North Dakota National Guard.

"Today we honor a man who's served a lifetime," Dohrmann said. "Congratulations on an incredible career; it has been a distinct honor to serve with you."

Dohrmann presented Branden with the Legion of Merit which is awarded to a member of the U.S. Armed Forces who has distinguished himself or herself by exceptionally meritorious conduct in performing outstanding services.

Branden said his memories won't be about the awards, missions and accolades but rather the names and faces of the people he worked with throughout his career. He rendered a final salute to the members of the 119th Wing before the reading of the retirement order.



Maj. Gen. Al Dohrmann, North Dakota adjutant general, right, congratulates Brig. Gen. Todd Branden, outgoing North Dakota assistant adjutant general for Air, during Branden's retirement ceremony at the North Dakota Air National Guard Base, Fargo, N.D., April 10, 2021.



Maj. Gen. Al Dohrmann, North Dakota adjutant general, left, administers the oath of office to Brig. Gen. Darrin Anderson during his promotion ceremony Apr. 10, 2021, at the North Dakota Air National Guard Base, Fargo, N.D. Anderson succeeds Brig. Gen. Todd Branden as assistant adjutant general for Air.

U.S. AIR NATIONAL GUARD PHOTOS | TECH. SGT NATHANAE BAARDSON/RELEASED

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U.S. AIR FORCE PHOTOS | MINOT AFB PA

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SAPR RUCK MARCH

Team Minot airman participate in a ruck march on Minot Air Force Base, North Dakota, April 26, 2021. The ruck march was hosted by the Sexual Assault and Prevention Response (SAPR) team and symbolized the weight victims can carry around with them after an assault. (U.S. Air Force photo by Airman Allison Martin)

U.S. AIR FORCE PHOTOS | AIRMAN ALLISON MARTIN



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On tonight's table is a roasted boneless pork loin, stuffed with spinach and bacon, plus other vegetables and spices. Pork loin is a delicious piece of meat when properly prepared. It is inexpensive, often under \$2 per pound and widely available. The loin is not the same as tenderloin. The loin is where boneless pork chops come from. Pork loin is very lean and overcooks easily, so it is very important to control cooking temperature, as well as the internal temperature of the meat. I recommend cooking to 145, which is the minimum USDA recommendation for food safety before removing from heat, and not a single degree hotter.

Once the spices are sprinkled generously over the surface of the meat, I used olive oil to add flavor and to make it easier to get the spice mixture evenly distributed. This olive oil inside the meat is good, but don't use it on the outside because it will reduce the amount of smoke flavor absorbed by the meat.



The first step in preparing a stuffed roast is to prepare the ingredients for the stuffing and seasoning in advance, while the roast stays cool in the refrigerator. The first ingredient is bacon. Two pounds of bacon. The bacon for this roast was precooked in the Traeger Wood Fired Grill for about an hour at 250°. Bacon cooked at this relatively low temperature is great because it gets crisp without becoming tough or burning easily.



Spinach contains a lot of water, which you will want to remove before using it to stuff the water out of it through a strainer.

I sliced all the vegetables in advance. The banana peppers were sliced into narrow strips. I chopped the onions into dime size pieces. I cut the garlic into thin slices. The sun dried tomatoes were already sliced julienne style in the package.

Lemon zest adds a lot of bright flavor to this roast. I used the zest from 6 lemons in this recipe.



To butterfly the pork loin, the first step is to remove the fat cap and silverskin. Then, cut straight down the center to within a half inch of the bottom surface. Turn your knife 90° to the side, and cut carefully, again, to within a half inch of the outside surface. Unroll the meat and cut again until the whole side lays flat. Repeat on the other side.

When the whole roast is lying flat on the table, you can apply the spices. Basic seasonings like Kosher salt, black pepper, paprika, and garlic granules are a good starting point. Fennel is a good compliment to the other flavors in this roast. You can crack fennel seeds by rolling them between your palms, but it works a bit better to do it with a mortar and pestle.

After the meat is well seasoned, it is time to apply the stuffing items. Two pounds of bacon was just right to cover the inner surface of the butterflied roast. Next come the onions, banana peppers, sun dried tomatoes, lemon zest, and spinach.

Roll the meat tightly, and tie with butcher string. Apply more spice rub to the top surface. Everything up to this point can be done in advance. If you wish, you can cover the roast and return it to the refrigerator to be cooked the following day.

About 4 and a half hours before mealtime, place the stuffed loin on the Traeger Wood Fired Grill and set the dial to Smoke or to 180°. Avoid hotter settings, as they will cause the meat to cook unevenly.

It should take about four hours for the internal temperature of the meat to reach the target temperature of 145°. As soon as the temperature reaches 145° remove the meat from the grill and set it aside to rest uncovered for 20 to 30 minutes.

While the meat is resting, set the grill to High and let it get as hot as possible. About five minutes before you plan to serve, put the roast back in the grill to sear and develop a nice browned top. Slice and serve immediately after removing from the grill.



STUFFED ROASTED BONELESS PORK

- Ingredients:**
- 1 whole pork loin
 - 2 pounds of bacon
 - 6 lemons for zest
 - 6 medium white onions
 - 2 cloves of garlic
 - 2 pounds of spinach
 - Sun dried tomatoes, julienne cut
 - 4 large banana peppers
 - Olive oil
 - Fennel seed
 - Paprika
 - Black pepper
 - Kosher salt
 - Garlic granules
- I used Traeger pecan pellets. Almost any flavor of pellets would have been great, although I would not choose mesquite for this meal.*



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Department of the Air Force creates two new barrier analysis working groups for LGBTQ, Indigenous Nation members

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

ARLINGTON, Va. (AFNS) -- The Lesbian, Gay, Bisexual, Transgender and Queer/Questioning Initiative Team (LIT) and the Indigenous Nations Equality Teams (INET) were recently formally established by the Department of the Air Force under the umbrella of its Barrier Analysis Working Group (BAWG).

The establishment of these two teams builds on the successes of the Department of the Air Force's other teams and allows the Department of the Air Force to identify and address the issues impacting diversity and inclusion for Airmen and Guardians.

The LGBTQ Initiative Team focuses on the LGBTQ community and identifies and works to resolve the issues that disproportionately impede the success of LGBTQ Airmen and Guardians.

The creation of this team comes 10 years after the repeal of Don't Ask Don't Tell, the legislation that prohibited LGB service members from serving openly. For many of the senior-ranking military members, some of whom served under DADT for nearly two decades, the creation of LIT is a watershed event.

Maj. Gen. Leah Lauderback, one of the group's founders and its military officer champion, reports a lot of excitement about the LIT. "I expect our group will grow—our community and allies want to help!"

The INET, a play on words for

the term Inuit which is a slang term among tribes meaning, "yes, I agree," will review and analyze guidelines, programs, data and other information for barriers to



Our Airmen and Guardians are the pulse of our Department's culture and the diverse backgrounds. Inputs from these volunteer groups is vital.

GWENDOLYN DEFILIPPI, ASSISTANT DEPUTY CHIEF OF STAFF FOR MANPOWER, PERSONNEL AND SERVICES.



employment, advancement and retention of American Indian/Native American and Alaska Native employees and military members.

"We are looking forward to representing our Airmen and Guardians who are a part of the indigenous nation's community," said Col. Terrence Adams, INET champion. "We are hoping to identify changes that will eliminate barriers affecting members within these groups. We cannot be aware of things that need to change unless we are talking about them with an open mind."

Both of these teams may also

serve as an initial member/employer resource group for both of their communities.

The Department of the Air Force created the BAWG in 2008 to analyze data, trends and barriers to service for the civilian workforce. Since then, the focus has broadened to include military personnel.

"Once again, our Airmen and Guardians are leading the way. With the addition of these two groups, we will have a better understanding of barriers to service which allows us to enhance our diversity and inclusion," said Gwendolyn DeFilippi, assistant deputy chief of staff for manpower, personnel and services. "Our Airmen and Guardians are the pulse of our Department's culture and the diverse backgrounds. Inputs from these volunteer groups is vital."

As of March 2021, the Department of the Air Force has established the following teams:

Black/African American Employment Strategy Team, Disability Action Team, Hispanic Empowerment and Action Team, Indigenous Nations Equality Team, LGBTQ Initiative Team, Pacific Islander/Asian American Community Team and Women's Initiatives Team.

Airmen or Guardians interested in getting involved with the Barrier Analysis Working Group should contact SAF/ODI at SAF.ODI.Workflow@us.af.mil.

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A LOOK BACK

THIS WEEK IN USAF HISTORY

USAF AIRLIFTS FOOD TO NETHERLANDS DURING OPERATION CHOWHOUND

MAY 1-8, 1945

A message from the starving people of Holland to the USAF for airdropping food. (National Archives)

During WWII, the Third Air Division and the Royal Air Force began a humanitarian effort to feed starving citizens in the German-occupied Netherlands. Named Operation Chowhound for the Army Air Forces and Operation Manna for the RAE, the joint effort brought nearly 11,000 tons of food to millions of civilians. Lt. Col. Henry Cervantes recalled, "The agreement with the German area commander required that we stay under 500-feet, remain within strictly mandated corridors, and not carry gunners aboard our B-17s." The mission was a daring one, given that the Germans could attack at any given moment if any of the planes were to stray from target drop areas. However, they were successfully able to drop much-needed rations to the people of the Netherlands. In return, aircrews were greeted with messages of thanks plastered across tulip fields and grateful civilians waving Dutch and American flags. Operation Chowhound saved countless lives from starvation and many of the service members involved would remember it as one of the better memories of WWII.

Information courtesy of: Operation Chowhound by Stephen Dando-Collins / 100thbg.com

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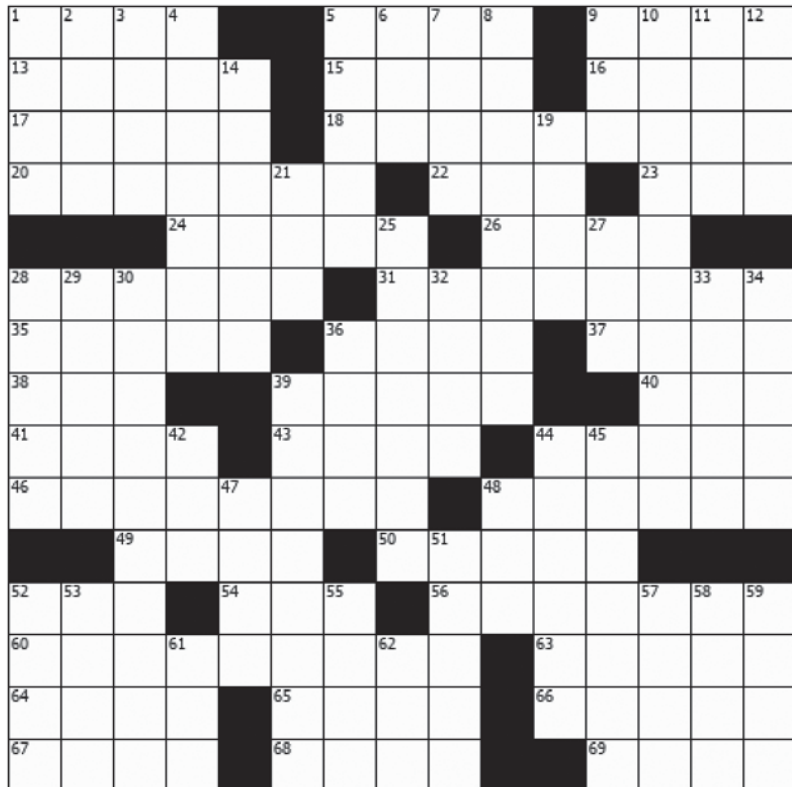
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CROSSWORD PUZZLE

- Across**
- Sir Guinness
 - Island mementos
 - Garments made of camel's hair
 - Seasoned rice dish
 - Straddling
 - Coin collector?
 - "I Still See ___" ("Paint Your Wagon" tune)
 - Hockey term
 - Canon
 - It's not returnable
 - This year's grads
 - Florida citrus center
 - Retained
 - Strongbox
 - Darts term
 - Sternward
 - Controversial Rose
 - Kind of curtain
 - Dream phenom
 - Airport components
 - Wells or Lupino
 - Myanmar locale
 - Tiresome routines
 - French impressionist painter Claude
 - Squash term
 - Fabric press
 - Fantastic tale
 - "Nothing ___!"
 - Step one to be merry?
 - Verb used in recipes
 - North Pole twosome
 - Rugby term
 - Dewy-eyed
 - Piece of cake?
 - Section
 - Actress Eve
 - Earthly paradise
 - "... ___ and not heard"
 - Bang-up result?



- Down**
- Inhabitants of a certain sci-fi planet
 - Pleasant tune
 - Lamb's "Essays of ___"
 - Leave the pier
 - Jacket part
 - D.D.E.'s WWII command
 - 29th state
 - Trout features
 - Nile creature
 - Supporting
 - Many miles away
 - What Simon does
 - Tap
 - Projectionist's unit
 - Roof covering, perhaps
 - Assisted in crime
 - Abbreviation on tires in Greece?
 - Jeweler's weight
 - Needing to take off?
 - Genealogist's map
 - Salt Lake City students
 - Sing on Dufourspitze
 - Mother's relative
 - "Bear" Bryant's first name
 - Family matriarchs
 - King intro
 - Tomorrow, in a Peggy Lee song
 - Fencing term
 - Roosevelt Island transport
 - Wire measure
 - Great expanse
 - Where el sol rises
 - Word with rock, rain or test
 - Venture
 - Rectangle part
 - Uniform
 - Dispatched
 - Final resting place, for some
 - Haw counterpart

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

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

SUDOKU

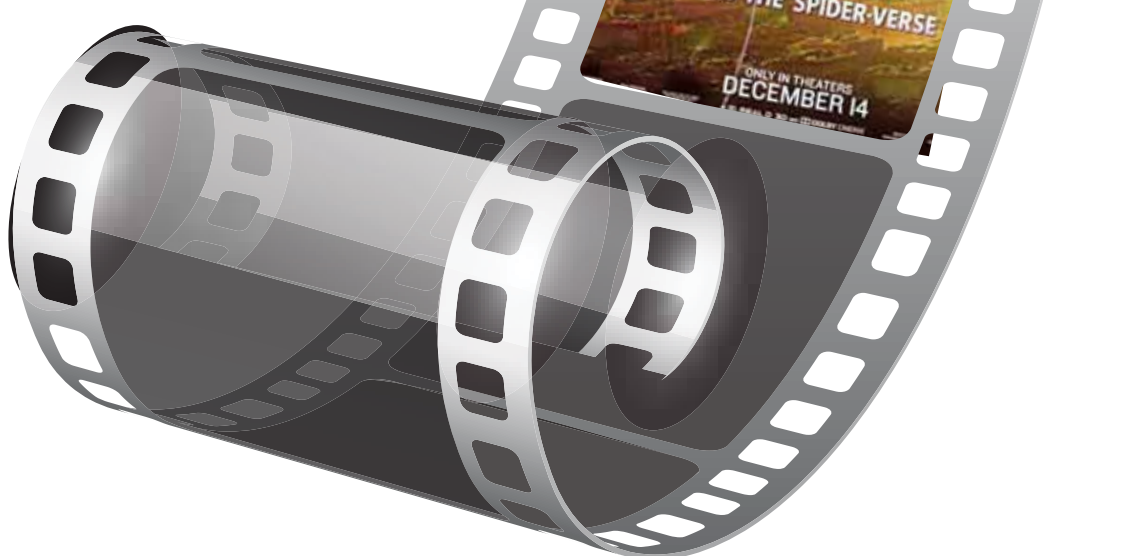
	1		2			3		4
			5				6	
		6		7				8
9			3			5		
4			8		1			7
		2			9			1
6				8		9		
	3				4			
5		8			2			1

Solution to puzzle on page C10

FRIDAY, APR 30
GODZILLA VS KONG
 (PG-13) 1900

SATURDAY, MAY 1
GODZILLA VS KONG
 (PG-13) 1300

SUNDAY, MAY 2
**SPIDER-MAN:
 INTO THE
 SPIDER-VERSE**
 (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

Thursday, April 29
 Holy Passion of Christ (12 Gospels)
 7:00 P.M.

Friday, April 30
 Great Friday Morning
 (Royal Hours of the Crucifixion)
 10:00 A.M.

Friday, April 30
 Great Friday Afternoon
 (Vespers of the Un-nailing)
 4:00 P.M.

Friday, April 30
 Great Friday Evening
 (Matins of Great Saturday w/
 Lamentations at the Tomb of Christ)
 7:00 P.M.

Saturday, May 1
 Great Saturday
 (Vesperal Divine Liturgy of St. Basil the Great at the Tomb of Christ)
 10:00 A.M.

Saturday, May 1
 Great and Holy Pascha
 (Nocturnes, Procession, Matins and Divine Liturgy of St. John Chrysostom at the Empty Tomb)
 11:30 P.M.

Sunday May 2, No Services
All Services in English by
 V. Rev. Fr. Paul Hodge

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 and Sundays 10:30am

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Trinity Church

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 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

Bible Fellowship Church

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.

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

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Vincent United Methodist Church

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

Pastor Matt Scherbenske
 www.vincentumc.com

St. Mark's Lutheran Church
 Missouri Synod

Sunday Worship
 9:30 AM

2209 4th Avenue NW
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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

Brian T. Skar, Pastor
 www.ibcminot.org

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

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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 www.flcminot.com

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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.

Apostolic Faith Church, UPCI

2929 19th Ave NW • Minot
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Saturday School 2:00 p.m.
 Sunday Worship 3:30 p.m.
 Wednesday Bible Study 7:30 p.m.

Jesse Starr, Pastor

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.minotrcbc.org
 email: minotrcbc@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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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

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Sundays:
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SUDOKU SOLUTION

Puzzle on page C8

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

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Or contact: Matt Mackey
By email or phone at
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:

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This institution is an equal opportunity provider and employer.

MINOT AFB OPPORTUNITIES

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

MINOT AFB 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.

SUMMER SERIES

FIRST FRIDAY 5Ks

FREE AT THE MCADDO FITNESS CENTER DESIGNATED 5K ROUTE

RUN THE JERSEY JOG

EVERY FIRST FRIDAY MAY TO SEPTEMBER

PRIZES PRESENTED TO FASTEST MALE AND FEMALE PARTICIPANTS

CALLING ALL SPORTS FANS WEAR YOUR PLAYER'S JERSEY OR TEAM GEAR FOR EACH 5K FUN RUN

MAY 7TH: KICK IT DOWNFIELD WITH US FOR OUR SOCCER SPRINT

JUNE 4TH: BATTER UP AND SLIDE INTO HOME BASE IN A BASEBALL BOLT

JULY 9TH: HOOP THERE IT IS! DONT MISS YOUR SHOT AT THE BASKETBALL BLITZ

AUGUST 6TH: GET OFF THE SIDELINES AND INTO THE ENDZONE IN A FOOTBALL FLASH

SEPTEMBER 3RD: HIT THE ICE WITH THIS HOCKEY RINK RACE

NO REGISTRATION REQUIRED

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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: 31 May-1 Aug. 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 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 the Rough Rider Golf Course
- Military Appreciation Month begins at the 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

SUNDAY 02

- 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 03

- Garden Plot Renewal for 2020 Plot Holders Opens at Outdoor Recreation
- Meet Up Walking Club Begins at the Fitness Center
- HIIT Strength and Conditioning, 0545, Fitness Center
- TAP GPS Workshop, 0730-1600, In person at A&FRC, online Zoom Meeting
- Stroller Fitness Bootcamp, 1000, Fitness Center, Outdoor Track
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Meet Up Walking Club, 1130, Fitness Center, Outdoor Track
- Yoga, 1830, Fitness Center
- Swerk, 1930, Fitness Center

TUESDAY 04

- Dragon Swim Club, 0630, Fitness Center
- TAP (VA), 0800-1600, A&FRC
- Game Day, 1000-1930, Minot AFB Library Facebook Page
- Fit to Fight, 1130, Fitness Center
- Meet Up Walking Club, 1130, Fitness Center, Outdoor Track
- Magic the Gathering Commander Night, 1800, ESC, inside Bomber Bistro
- Swerk, 1930, Fitness Center

WEDNESDAY 05

- Registration Closes for Mario Kart 8 Deluxe Intramural League at ESC & Fitness Center
- HIIT Strength and Conditioning, 0530, Fitness Center
- TAP (DoL) - Overview, 0730-1600, A&FRC
- Pre-Deployment/Remote Readiness Training, 1000-1100, A&FRC, Zoom Meeting
- Story Time, 1030, Minot AFB Storytime Club Facebook Group
- Meet Up Walking Club, 1130, Fitness Center, Outdoor Track
- Brown Bag Book Talks, 1200, Minot AFB Library
- Swerk, 1730, Fitness Center
- Yoga, 1830, Fitness Center

THURSDAY 06

- Nation Golf Day Scramble at the Rough Rider Golf Course
- Dragon Swim Club, 0630, Fitness Center
- TAP (DoL) – Employment Workshop, 0800-1600, A&FRC
- Stroller Fitness Bootcamp, 1000, Fitness Center, Outdoor Track
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Fit to Fight, 1130, Fitness Center
- Meet Up Walking Club, 1130, Fitness Center, Outdoor Track
- Kids' Night, 1530-2030, Bomber Bistro
- Zumba, 1830, Fitness Center
- Cycle, 1930, Fitness Center

FRIDAY 07

- 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 08

- Fit to Fight, 1030, Fitness Center
- Solar Saturday, 1100-1700, Minot AFB Library
- Mother's Day Bowling Special, 1700-2300, Rough Rider Lanes
- Dueling Pianos, 1830-2100, Rockers Bar & Grill
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

ONGOING

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