

# northersentry

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## CSAF GENERAL BROWN VISITS MINOT AFB



Air Force Chief of Staff Gen. Charles Q. Brown, Jr. and members of a congressional delegation, arrive on April 29, 2021, at Minot Air Force Base, North Dakota. The Congressional Delegation and Brown were greeted by Team Minot leaders, such as the 5th Bomb Wing commander, Col. Michael Walters and the 91st Missile Wing commander, Col. Christopher Menuey. The Congressional Delegation and Brown were accompanied by many Air Force Global Strike Command leaders as well as members from 8th Air Force. See page A2 & A3 for more coverage.

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



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# Team Minot: Looking to the Future

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MINOT AIR FORCE BASE, N.D. --

Air Force Chief of Staff Gen. Charles Q. Brown, Jr. as well as members of a U.S. Congressional delegation visited Minot Air Force Base, N.D. on April 29, 2021.

"Minot Air Force Base is proud to show General Brown and the Congressional delegation the innovation and determination of the Airmen who make our critical operations possible every day," said Col. Michael Walters, Commander of the 5th Bomb Wing.

Brown serves as the senior uniformed Air Force Officer responsible for the organization, training and equipping of all active-duty, guard, reserve and civilian forces serving in the U.S. Air Force.

During his visit, Brown had the opportunity to see how the Airmen of Team Minot have never stopped their operations during the COVID-19 pandemic, as well as see how nuclear modernization is a priority for Air Force Global Strike command.

"The U.S. Air Force has the unique ability to see, sense and strike any target at anytime, anywhere in the world. The roles Team Minot Airmen play in this core mission of the Air Force is critical to generating airpower everyday – not just sometimes at some places, but anytime, anywhere," said Brown.

Brown received a tour of a B-52H Stratofortress from Capt. Donovan Carroll, 69th Bomb Squadron weapons and tactics chief, and Maj. Ryan Taylor, 5th Operational Support Squadron wing weapons officer, where he learned about its capability to carry nuclear or precision guided ordnance with worldwide precision.

Brown was then escorted to the Weapon Storage Area, where the 5th Bomb Wing and 91st Missile Wing house and maintain some of their most important assets. It was there that Brown was briefed on the AGM-86 Air-Launched Cruise Missile by MSgt Jon Bryant, 705 Munitions Squadron non-commissioned officer in charge of missile maintenance. The missile, which can be loaded with conventional or nuclear payloads, is an essential part of the 5th Bomb Wing arsenal.

Afterwards, Brown attended a demonstration and discussion of the new female body armor. The armor, designed specifically to better accommodate the female physique, is one of the many steps the Air Force has taken to provide a more inclusive environment for all Airmen.

"I'm grateful for the feedback Airmen have given us on this new Female Body Armor," said Brown. "Being a diverse and inclusive force won't work if we don't have meaningful, sustainable and lasting change – that change starts with Airmen sharing their perspectives and leaders who

listen."

Near the end of his tour, Brown had the opportunity to visit the 91st Missile Wing's missile alert and launch facilities where he received briefings on their daily operations and the importance of the intercontinental ballistic missile program.

"It was an honor to have the opportunity to show and discuss the incredible Airmen behind that mission with General Brown and the Congressional delegation," said Col. Christopher Menuety, Commander of the 91st Missile Wing.

The Ground Based Strategic Deterrent, or GBSD intercontinental ballistic missile, will replace the LGM-30G Minuteman III, enhancing the accuracy, security and reliability of the nuclear triad.

"By updating the missile portion of the nuclear triad, we ensure a credible, capable and safe nuclear deterrent that provides our Nation and our allies an umbrella of deterrence while discouraging others from use of

nuclear weapons," said Brown. "Modernization of the ICBM program is both strategic and cost-effective."

On Aug. 31, 2020, Brown published his strategic approach, Accelerate Change or Lose. In it, he highlights the importance of the development of our Airmen as leaders, the need to stay ahead of the long-term strategic competition between rival nations and promoting dignity and fairness in the Air Force culture.

True to Brown's action orders, Team Minot continues to look for ways to bolster and embody Brown's motto of "Accelerate Change or Lose."

"We have the opportunity to shape the Air Force for what we need in the future," said Brown. "There's a good reason why the Action Orders are bookended with Airmen and Design Implementation – if we empower our Airmen with the right training and resources, they will shape and build the future of our Air Force – the force we need to meet the challenges of today and tomorrow."



Air Force Chief of Staff Gen. Charles Q. Brown, Jr. and members of a congressional delegation receive a tour of a B-52H Stratofortress on April 30, 2021, at Minot Air Force Base, North Dakota. The B-52H Stratofortress, able to deliver both nuclear and conventional ordnance, is poised to provide strike capabilities at a moment's notice, anywhere in the world.



Members of a congressional delegation and Air Force Chief of Staff Gen. Charles Q. Brown, Jr. have lunch and discuss new female body armor on April 30, 2021, at Minot Air Force Base, North Dakota. The new female body armor, part of the Air Force's continued progress in innovation, is an improvement to the Airman's quality of life and ability to complete their mission.

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS EVAN J. LICHTENHAN



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## 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

**Community Relations**

Mr. George F. Gutierrez

### Staff Photojournalists

Technical Sgt. Crystal Cheriere

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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  
Minot, ND 58701 | 701.839.1867

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Air Force Chief of Staff Gen. Charles Q. Brown, Jr. and members of a congressional delegation tour a missile alert facility on April 30, 2021, at Minot Air Force Base, North Dakota. Despite current challenges with COVID-19 mitigation efforts, the 91st Missile Wing's ICBM fleet stands ready to respond with global strike capabilities.

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



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**91ST MW QUARTERLY AWARDS**

Team Minot Airmen attend an awards ceremony on Minot Air Force Base, May 3, 2021. The quarterly awards highlighted the best workers in each tier or category from the 91st Missile Wing.

U.S. AIR FORCE PHOTOS | MINOT AFB PA



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# Airmen of Minot



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



**STAFF SERGEANT MIKELLE BAILEY**  
ELECTRONICS  
LABORATORY TEAM  
CHIEF

Staff Sergeant Mikelle Bailey is a Team Chief in the Electronics Laboratory for the 791st Maintenance Squadron. She is originally from Atlanta, Georgia, and became a member of Team Minot in May 2016.

"[Something I like about Minot is] There's no traffic." Her duties include taking

care of team members, making sure they accomplish their duties, and stay safe while working. Additionally, Bailey says, "I get to work with the missile guidance systems. I actually get to work on the missiles."

[What keeps me motivated] "The airmen, just being able to help the airmen get the job

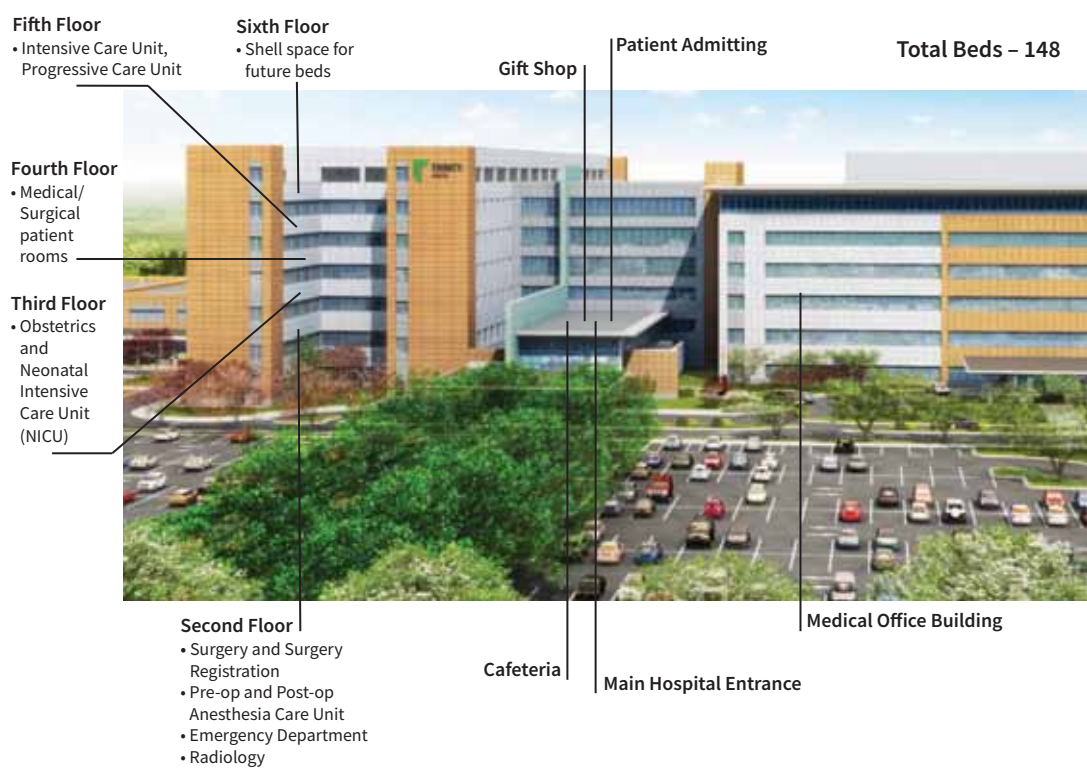
done, I enjoy working with them," said Bailey.

In the future, Bailey wants to be promoted to Technical Sergeant and earn a Bachelor's degree in Human Resources.

In her free time, Bailey enjoys working on her farm and taking care of her farm animals.

## Elevating the Future of Healthcare

Take a drive near Minot's southwest edge and you'll see the future of healthcare slowly emerging from an empty prairie. Trinity Health's impressive new healthcare campus and medical district is taking shape, with an anticipated grand opening in 2023. Construction has been rapidly progressing since early last year when JE Dunn Construction assumed the role of construction manager. The exterior structure was enclosed prior to winter, allowing crews to work comfortably inside through the winter months. Enter the facility and you'll see crews framing metal stud walls — the first floor is complete, the second floor is nearly 50% complete; and third, fourth, fifth, and sixth floors will follow. These metal stud walls will form the lobbies, patient rooms, and exam areas — creating the infrastructure that will bring the new building to life.



The new healthcare campus and medical district comes at a critical time for the region, bringing advancements in multiple areas:

**Jobs.** Already responsible for generating hundreds of construction jobs, the project will continue to serve as a job creator. It's anticipated as many as 500 additional healthcare jobs will be added to the region's economy.

**Economic Progress.** With overall footage of nearly 800,000 square feet and 148 inpatient and intensive care beds, 15 isolation rooms, four triage rooms, four trauma rooms, one SANE room, 24 observation bays and 10 flex rooms, the more than \$500-million-dollar project not only will boost the economy, it will continue to make healthcare a growth industry in Northwest North Dakota.

**Healthcare Accessibility.** Additional healthcare resources will help ease some of the congestion and bottlenecks that can be part of the current healthcare experience.

**Making More Possible.** The new healthcare campus and medical district will enable Trinity Health to continue providing outstanding healthcare and to *make more possible* for our growing and aging communities. This includes opportunities for growth in specialty services and further expansion into higher acuity care for services we already provide, such as neurosurgery, urology, cardiology, interventional radiology, thoracic, and vascular services.

**Training the Next Generation.** A significant dividend of the new healthcare campus and medical district will be support for our ongoing venture to grow the next generation of physicians as we partner to expand post-graduate medical education. Tomorrow's nurses will have the ability to expand their knowledge and skill through clinical rotations in a state-of-the-art facility with current technology(ies). Nurses will be supported in specialty areas by nurse mentors and nurse educators with on-site classrooms to facilitate ongoing education and both clinical and career advancement.

### Pandemic-Ready Healthcare

As we have continued to evolve during the COVID-19 pandemic to meet the needs of our patients, we have devised new and innovative ways to "flex" care in existing spaces. The pandemic underscored the importance for organizations like ours to provide response, resources, and expertise to meet public health demands.

As a result of the pandemic, Trinity Health fine-tuned the original designs of the new healthcare campus and medical district to accommodate needs that may be encountered during the ongoing COVID-19 pandemic or whatever may come next. The new designs will allow for greater flexibility and ventilation support with your health and safety in mind.

The steady inflows and, at times, clusters of COVID-19 surges have taken a toll on our healthcare workers, who diligently come to work every day to care for anyone who walks through our doors. The scale, scope, and duration of this pandemic have challenged the healthcare system in unprecedented ways. While we continue to meet these challenges, we continue to urge the public to maintain the protocols that have helped keep our communities healthy and safe.





## Unique Mother's Day gift ideas

Mothers, grandmothers, and stepmothers, and many more remarkable women often work tirelessly and without fanfare to provide for their families. Even though they may deserve to be recognized throughout the year, moms enjoy a special day nestled within the month of May when children, spouses and others celebrate Mother's Day.

Many people give heartfelt gifts on Mother's Day to express their love for the mothers in their lives. The perfect gift may focus on Mom's interests and the things that make her truly happy. With that in mind, the following shopping tips can help anyone find the perfect Mother's Day gift.

- Explore spa packages. What mother won't benefit from some rest and relaxation with a little pampering thrown in? Salons and massage therapists typically put together Mother's Day packages that cater to mothers. Packages may include massages, facials, hair treatments, manicures,

and pedicures. Gift-givers can customize the services depending on their budgets.

- Dining out can be a treat. A meal at a favorite restaurant can be a welcome change from kitchen duty. Mother's Day is a busy day for restaurants, many of which have limited menus to better handle the crowds. As a result, if dining out on Mother's Day, Mom may not get the full menu she desires. To ensure mothers have full menus at their disposal, gift givers can cook a meal at home on Mother's Day and then choose another day of the week to enjoy a meal in an upscale restaurant.

- Schedule a paint and sip. A paint and sip session is a unique gift. A session is typically two hours and includes step-by-step instructions. Patrons are encouraged to bring snacks and their favorite beverages. With the right planning, well-intentioned children can turn the evening into a "ladies night out" and encourage other moms to join in the fun.

Or the entire family can paint masterpieces together.

- Give tickets to a show or sporting event. Whether Mom is a sports fan or she prefers the theater or live music, event tickets can make a wonderful gift. Unique gift ideas include tickets to Cirque du Soleil, Shen Yun or a Broadway play.

- Give the gift of wine tasting. Wineries can be found across the country and frequently open their doors to wine tastings and wine pairing events. A Mother's Day wine tasting can be special for the entire family and support local businesses. Check the vineyard's rules on guests. Many times those under 21 can attend but will not be permitted to consume wine, though other refreshments may be available.

Mother's Day offers the perfect opportunity to lavish attention on special women. Gifts that cater to Mom's interests will make the biggest splash.

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What are your interests/hobbies?

I like to do things outdoors such as taking my dogs on trails or going to the beach! I also like listening to music and painting.

What advice do you have for



new providers/those interested in being FCC Providers?

My advice would be to have fun doing your job! I used to be really task oriented at first but I learned to join in with the kids during their activities or when we're outside and just get to know them. It's good to wait on that to-do list at times and build a relationship with the kids.

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**What it does**  
Rotating your tires is important for making your tires last longer. Rotating your tires suggests changing them from one side of the auto to the all other, moving them from front to back or a mix of both, depending on your auto and what was done before. Some tires need to be rotated at specific intervals, while others will need to be rotated depending on the wear.

**Why service is essential**  
Uneven tire wear can result in unsatisfactory performance, unsatisfactory gas efficiency, shorten the life of the tire and may cause safety concerns.

**Proper Tire Rotation Prolongs Tire Life**

**Several aspects can cause unequal tire wear**

- Vigorous driving practices, stop and go city traffic, road construction, etc. Broken terrain and pot holes
- Under inflated tires
- Worn Shocks
- Unaligned steering wheels
- Used parts
- Not rotating your tires

**What we do during tire rotation**

- Tires are rotated in alternating patterns
- Check overall quality and safety of tires
- Inspect tire tread
- Examine for effective inflation
- Tighten lug nuts

To discover when your tires have to be rotated, consult your automobile's owner's handbook or ask one of our auto mechanic - tire professionals today. Come see our technicians for your tire rotation base today! Call Tires Plus to arrange your next tire rotation auto repair services on Minot AFB. Tires Plus is thrilled to be your number one auto repair shop and provider of tires.

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- CHECKING BELTS AND HOSES
- INSPECTING TIRE PRESSURE
- CHECKING ENTIRE UNDERCARRIAGE

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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SATURDAY, MAY 15, 2021  
CLARION HOTEL

**POSTPONED**  
NEW DATE - JULY 8

\$25 / PERSON

5:30-6:30PM - PREVIEW OF MERCHANDISE,  
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6:30-10:00PM - AUCTION (LIVE & SILENT)



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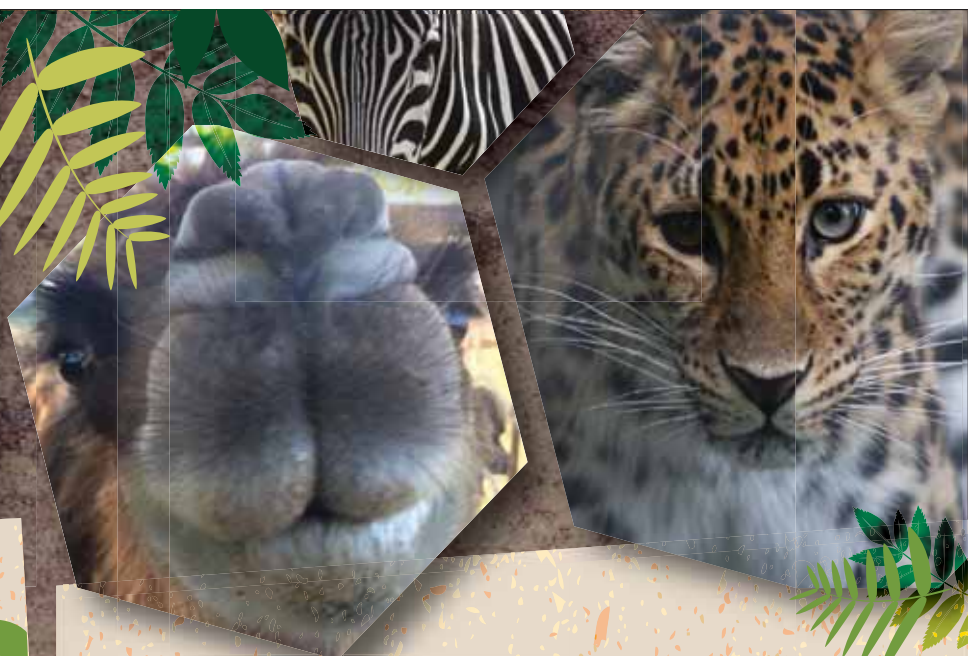
CREATURE FEATURES

- Native to the rough terrain of Scotland, Scottish Highland Cattle are the oldest registered breed of cattle. Registration goes back to the 6th century. They were brought to the United States in the 1890's.
- The Scottish Highland's double coat of long hair consists of a long coarse outer layer and soft wooly inner layer.
- Their long hair prevents the need to form a layer of fat for cold temperatures. The Scottish Highland Cattle's long hair draped over their eyes helps reduce the incidence of pinkeye and other fly-borne problems.

Fact File	
Life Span	11 - 22 years
Weight	400 - 1200 pounds
Height to Shoulder	3 to 3 1/2 feet
Top Speed	25 mph
Wild Diet	Deciduous Carcinoma (Parkinson) Grasses, Leaves, Flowers

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Website: <https://www.homes.mil/heat>

Military Housing Office (MHO) Process:

- The MHO sends a welcome-mail this to every eligible person on the inbound list arriving within the next 3 months and anyone requesting on or off base housing information. This e-mail included the link to the HEAT website <https://www.homes.mil/heat>. This website gives the military member the option to choose the type of housing they are interested in.

- When the members replies with their choice of either on or off base housing, the MHO e-mails them information on privatized housing (on base) or community housing (off base).

- If they choose on base privatized housing, we forward the contact information the member provided to Minot AFB Homes (BBC), so contact can be made with the member.

- If they choose off base community housing, we send them the link to <https://www.homes.mil/homes>. HOMES.mil is a publicly accessible Department of Defense (DoD) website and is designed to connect Service members and their Families with community housing rental listings



TIM KNICKERBOCKER,  
CHIEF OF HOUSING  
MINOT AFB

located near U.S. military bases. The MHO inspects properties found on this website to insure they are suitability based on environmental, health, and safety considerations. At this time there are no off-limit or restricted areas in the City of Minot for military members to rent or buy. We also provide them with a listing of all the property management companies and private owners in the local area. In addition, the MHO provides members with the North Dakota Landlord Tenant Handbook, so members can be informed about their rights when they rent in the local community. The MHO is here to rendered assistance as a mediator of landlord/tenant disputes.

## HEAT

**Housing Early Assistance Tool**

*Housing Services BEFORE you PCS!*

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# NODAK ARMS

# OUTDOOR

## REPORT

## OUTDOOR NOTES:

PATRICIA STOCKDILL

**Fishing:**

Lake Sakakawea elevation, May 3: 1,835.19 feet above mean sea level (MSL); 22,000 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,448.45 feet above mean sea level (MSL).

Stump Lake elevation: 1,448.35 MSL.

- N.D. Game & Fish Dept. game wardens: Devils Lake remains slow for walleye, although more anglers are on the water. A few more white bass starting to show up, however. No reports from north-central area lakes or Missouri River System.

- Devils Lake, Ed's Bait Shop, Devils Lake: Warming weather helping to slowly warm water temperatures with public docks in place. Most success is on the main lake with little to no runoff in Channel A and feeder creeks and coulees. Pike spawned out with walleye towards the end of the spawn. Try the west side first with water warming sooner.

- Devils Lake, Woodland Resort, Devils Lake: Still somewhat slow walleye success although Pelican Lake producing better activity. Water temperatures remain cool.

- Lake Darling, Karma C-Store, Ruthville: Increasing angler numbers on Lake Darling with the lake now open for boat fishing. Look for some pike success. Also try Grano.

- Lake Metigoshe, Four Seasons, Bottineau: Increasing angler numbers with occasional walleye during a short evening bite. Bluegill slow.

- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Wind permitting, anglers continue working the east end of Lake Sakakawea for walleye although success slowed with the spawn getting underway. Also try Douglas Bay with jigs or live bait rigs and minnows.

- Lake Sakakawea, Scenic 23, New Town: Activity remains slow in the Van Hook Arm with walleye likely in their post-spawn lull.

- New Town, Van Hook Bait & Tackle, Lake Sakakawea: Bait

- 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.
- May 7 - 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 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.
- May 10: Spring light goose conservation order closes.
- May 16: Spring turkey season closes.

### TOURNAMENTS:

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

shop in the process of opening with docks in place in the Van Hook Arm.

- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace remains slow from both boat and shore for walleye. Try early morning hours from the wing walls. Look for an occasional pike from shore. Try the east end of Lake Sakakawea by the pumping plant along the U.S. Highway embankment for 3- to 5-pound salmon. Walleye slowed with spawn underway. Better success remains around Beulah and Beaver bays with jigs but angler still working hard for early season success.

- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Fair paddlefish success with most coming from the Missouri River rather than the Yellowstone River. Continued walleye success on the Missouri and Yellowstone rivers using jigs and minnows. Upper end of Lake Sakakawea remains slow but those taken are nice-sized. Try slow jigging

presentation with minnows. Look for active white bass tossing small crankbaits. Spring Lake Park and Kota-Ray Dam now stocked with catchable rainbow trout.

- Lonetree WMA area lakes, Harvey: No new reports.
- North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Souris River producing an occasional pike.

**N. D. rivers, river stage & streamflow:**

- Little Missouri River, Long X Bridge: Streamflow, 49.9 CFS.
- Missouri River, Williston: River stage, 14.88 feet.
- Missouri River, Washburn: River stage, 9.75 feet.
- Souris River, Minot: River stage, 3.85 feet; streamflow, 1.23 CFS.
- Yellowstone River, Sidney, Mont.: River stage, 3.85 feet; streamflow, 6,350 CFS.

**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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**SHADOW WARRIOR SHOUT OUT**

We have incredible Airmen in our squadron who grow and seek ways to excel everyday. These Shadow Warriors in particular were the first SF members seen by the AFGSC/IG team and they absolutely set the tone for the inspection.....it was not during a LF check, Guardmount or any other time while posted....it happened while cleaning weapons and minding their business....I say all that to say this...you never know when, why or how....just know your job and do your job. MSgt Martin, SSgt Fitzpatrick, SrA Little, SrA Gray, SrA Davis

891 MSFS SHADOW WARRIORS PHOTOS

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- \$2 off All Apps
- \$3 House Wine & Domestic Pints
- \$4 Bavarian Pretzels with Beer Cheese Sauce
- \$4 Rail Drinks, ND Brewery Pints & 22oz Domestic Taps, 4 Lettuce Cups
- \$5 Moscow Mule
- \$6 Specialty Cocktails, Martinis & 22oz ND Breweries Taps
- 1/2 Flat Bread Pizza

**DAILY SPECIALS**

- Monday \$5 Moscow Mules (all day)
- 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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- \*Changes Weekly – Check our Facebook Page
- Thursday Pasta Pack

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# Upcoming Events

**8 MAY** **HAMMER TIME**  
11:00 AM  
Margie's Art Studio  
109 S Main Street, Minot

No glass cutter needed!  
Each of these adorable mushrooms are just over 6 inches in size. Let us show you how to make mushroom caps using a hammer to break the glass, resulting in an interesting and unique pattern. We will put them in the kiln after you reassemble the glass and add a little artistic flare to the mix! class size is limited, no experience needed.



For more information:  
Facebook Event / Margie's Art Studio / Hammer Time

**10 MAY** **MINOT YOUNG PROFESSIONALS OUTREACH TEAM MEETING**  
12:00 PM - 1:00 PM  
Broadway Bean & Bagel Co.  
1701 S Broadway, Minot

The Outreach Team will create YP awareness for potential new members, Minot businesses, and community organizations; welcome new and current members to YP functions; give back to our community through service projects; and keep members and non-members informed of YP activities. Being part of the Outreach Team will allow team members to focus on a wide range of activities including new membership, promotion of YP activities, serving our community and its organizations, family-focused events, and much more! The outreach team will meet on the second Monday of each month at noon at Broadway Bean & Bagel Co. .



For more information:  
Facebook Event / Minot Young Professionals Outreach Team...

**14-15 MAY** **3RD ANNUAL MINOT TACO FEST**  
10:00 AM - 7:00 PM  
The Spot  
6 2nd Street NE, Minot

Minot's 3rd Annual Taco Fest is coming back BETTER than ever!

More details to follow!  
Like, RSVP, Comment, and Share this event! It takes your support and helping spread the word in FB land to get as many ppl there (and out of their house) as we can! Let's get back into the Community and celebrate friends and family in 2021!



For more information:  
Facebook Event / 3rd Annual Minot Taco Fest! / The Spot

**14-16 MAY** **MINOT'S ULTIMATE GARAGE SALE WEEKEND ALL DAY EVENT**  
Minot, ND

It's Minot's Ultimate Garage Sale Weekend - May 14th, 15th & 16th 2021! It's the biggest Garage Sale Weekend of the year. It's time to De-clutter and join us for iHeart Media's ultimate garage sale weekend! Let the power of iHeart Media Minot make your garage sale a success as we put your garage sale in front of 1,000's of shoppers! Go to our website to submit your garage sale:

<https://97kicksfm.iheart.com/promotions/minots-ultimate-garage-sale-weekend-967848/>



For more information:  
Website / visitminot.org / 97kicksfm.iheart.com



## On Base

SPONSORED BY: **OUTDOOR RECREATION OPEN HOUSE**

**MAY 14TH**  
11:00AM - 4:00PM

COME SEE WHAT OUTDOOR RECREATION & THE NORTH DAKOTA AREA HAS TO OFFER FOR ALL OF YOUR SUMMER ADVENTURES. PLUS, CHECK OUT OUR NEW FRONT CUSTOMER SERVICE AREA, ENJOY SOME GAMES, BOUNCE HOUSES, AND FREE LUNCH!

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Entries fee is cash only

Register by 13 May 2021  
Max 50 Contestants  
Beginners are welcome!

For more information or to register, call (541) 871-3877 or email [esctournaments@gmail.com](mailto:esctournaments@gmail.com)

For more information visit: [www.5thforcesupport.com](http://www.5thforcesupport.com)

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**BOSS BABY**  
(2017) Animation, Adventure, Comedy (PG)

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**CHAOS WALKING**  
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**91ST SECURITY FORCES GROUP CAR SHOW**

Thanks to everyone who participated and came out to check out and support the 91 SFG car show held May 1. We had more than 70 cars out on display, music by our very own Senior "JD" Davison and Quickie Burger food truck to satisfy the hunger. Big shout out to the organizer MSgt Chris Flavin and all the volunteers who helped set up.

91ST SECURITY FORCES GROUP PHOTOS

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# YOUTH IN ACTION

## Teacher Appreciation Week

Since 1984, Teacher Appreciation Week has been held during the first full week of May. For 2021, President Joe Biden announced that National Teacher's Appreciation Week would occur May 2nd-8th, with National Teacher Appreciation Day on May 4th. In the president's proclamation for the week he made a call to Americans, "To recognize the hard work and dedication of our nation's teachers and to observe this day and this week by supporting teachers through appropriate activities, events and programs." Locally, our PTAs have been hard at work planning and facilitating creative ways to say 'thank you' over the week, everything from sweet

treats to sweet gestures. As noted by the national PTA organization, "Teachers change the lives of millions of children every day and in a year where instruction could be virtual, in-person, or a mix of both their immense work and impact have provided a much needed sense of community and

connection." On behalf of Team Minot, we thank our teachers at Memorial Middle School, North Plains Elementary, Dakota Elementary, Central Campus, Magic City Campus and all our local schools for their hard work and dedication to our military youth!"



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



### 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.



## MENTOR

BECOME A MENTOR AND JOIN OTHERS IN YOUR COMMUNITY MAKING A DIFFERENCE IN THE LIFE OF A CHILD.



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### 2020-2021 MPS CALENDAR

#### IMPORTANT UPCOMING DATES

**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

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						

- Vacation Days - not contracted day
- Early Release Days - 1:15pm
- Holidays
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# Nominations Open for Second Annual 'Military Kids Have Talent'

Jocko Sims returns to host talent show spotlighting talents of America's military kids

ELIZABETH DOLE FOUNDATION

Washington, D.C. – The Elizabeth Dole Foundation marked Month of the Military Child by announcing the return of its "Military Kids Have Talent" contest, spotlighting the incredible talents of America's military and veteran kids. Children and survivors of service members and veterans are encouraged to take a recording of their best talent and have an adult submit it before the May 28 deadline. Actor Jocko Sims will host a virtual broadcast of the entries and America will have the chance to vote on the military kid with the best talent.

"Military Kids Have Talent was so nice we had to do it twice," said Jocko Sims in a video. "Our goal here is simple: We want to celebrate all the incredible and unique talents our country's military and veteran kids and survivors have to offer."

The Foundation created the contest last year to highlight these extraordinary young people during a time when many milestones and celebrations were cancelled due to COVID-19. As a result of the amazing success of last year's show, the Foundation is thrilled to showcase the hidden talents of America's military kids once again.

"Military families raise children who are very mature and compassionate for their age. We understand many grow up faster because of the nature of

being a military kid," said Steve Schwab, CEO of the Elizabeth Dole Foundation. "The COVID-19 crisis continues to affect children and their families who face uncertainty and are stressed. We want to give them a chance for kids to be kids and make cherished memories for them and their families."

Who can participate?

- Talent contest participants must be the child, survivor, or family member of a military service member or veteran and be 18 years old or younger. Groups are welcome to participate if each member of the group is the child or survivor of a military service member or veteran.

- The general public is invited to participate during the watch party by viewing submissions and voting for their favorite talent.

How will "Military Kids Have Talent" work?

- Contest participants will choose their talent, and with the help of their parents, record a video of their performance. Videos must be no longer than two minutes.

- Entries will be submitted at [www.hiddenheroes.org/talent](http://www.hiddenheroes.org/talent). This portal also includes release forms that participants will need to sign as well.

- After the May 28 deadline, all videos will be compiled into a show that will be broadcast as a watch party for families and

friends.

- During the watch party, family and friends will be able to cast vote(s) for their favorite talents.

- After the votes are tallied, the Foundation will host a finale to

announce the top winners and award prizes.

What is the deadline?

- Videos must be submitted by Friday, May 28, 2021 at 11:59 p.m. EST.

For more specific entry

instructions, please visit [www.hiddenheroes.org/talent](http://www.hiddenheroes.org/talent). If you are interested in connecting with a member of the Foundation's leadership team, please contact Austin Courtney at [Austin@elizabethdolefoundation.org](mailto:Austin@elizabethdolefoundation.org).

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
<b>ABC COUNTDOWN TO SUMMER!!</b>						
2	Jersey & Joke Day wear a jersey and tell a joke!	3	Kindness Day do something kind!	4	Letter Day write a letter to someone!	5
				6	Music and Movement Day	7
						8
9	10	11	12	13	14	15
	Qreo Day Wear black & white	Pajama Day wear your comfies!	Queen & King Day dress in your fancy clothes!	Rainbow Day wear as many colors as you can!	Stripe, sandals, and sunglasses Day	
16	17	18	19	20	21	22
	Team spirit Day wear Dakota Eagle gear!	Unwind under the desk Day	Virtual Field trip Day!	Water Color Day make some art with water colors!	eXperiment Day & exchange autographs	
23	24	25	26	27	28	29
	Yee-Haw Day dress like a cowboy or cowgirl!	Zip up and zoom out!				

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**SMOKED TURKEY JERKY**  
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**INGREDIENTS**  
 1/2 CUP SOY SAUCE  
 1/4 CUP WATER  
 2 TABLESPOON HONEY  
 2 TABLESPOON ASIAN CHILI GARLIC SAUCE  
 2 TABLESPOON LIME JUICE  
 1 TABLESPOON MORTON TENDER QUICK HOME MEAT CURE  
 2 POUND (4-5 LB) BONELESS TURKEY BREASt

In a mixing bowl, combine the soy sauce, water, honey, chili-garlic paste, lime juice, and curing salt, if using. With a sharp knife, slice the turkey into 1/4" thick slices with the grain, which helps it hold together better as it dries. (This is easier if the meat is partially frozen.) Trim any fat, membrane, or connective tissue.

Put the turkey slices in a large re-sealable plastic bag. Pour the marinade mixture over the turkey, and massage the bag so that all the slices get coated with the marinade. Seal the bag and refrigerate for several hours, or overnight. When ready to cook, set temperature to 180° F and preheat, lid closed for 15 minutes. Remove the turkey from the marinade and discard the marinade. Dry the turkey slices between paper towels.

Arrange in a single layer directly on the grill grate. Smoke for 2 to 4 hours, or until the jerky is dry but still chewy and somewhat pliant when you bend a piece. Transfer to a re-sealable plastic bag while the jerky's still warm.

Let the jerky rest for an hour at room temperature. Squeeze any air from the bag, and refrigerate the jerky. It will keep for several weeks.

Enjoy!

Ryan Davy - GM  
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# YOUTH IN ACTION

## NORTH PLAINS ELEMENTARY

Students in Mrs. Burns Grade 3 class made these newspapers to go along with their unit in reading about Communities. They discussed the different types of communities and then broke it down into what things caused these communities to be created. Instead of just writing a report about Minot, students created a newspaper with their focus being on one of the 4 specific areas including History & Traditions, Economy, Geography or Places to Visit. Pictures were added at the end to go along with their topics.


See more submissions next week.

SUBMITTED PHOTOS

### Home Town Minot

by Mia Dammeier Edition: April 2021

#### Minot's Economy



#### Industry

Minot has a lot of big industries, here are some of the biggest ones. The industries are the AFB, crude oil, natural gas, and the #1 is Agriculture (food production). Minot has a lot of big employers. The number 1 employer is the Minot AFB that employs about 6,300-6,700 people. Trinity health employs about 2,100 people and MPS employs about 1,600 people. Minot is a great place to work.

#### Shopping and Food Musts

Here are some good shopping centers in Minot, ND: Dakota Square Mall, Town and Country Shopping Center, and several strip malls. Main Street has many unique businesses such as Margies Art Glass, Magic City Sweets, and Main Street Books. These shopping centers are good places to shop because they have a big variety of great stores. Minot also has great restaurants here are some Krall's Diner, little Blue Elephant, and Mi Mexico are all great places to eat. But my favorite is Krall's Diner. Their food is great.


#### Things to see

Minot has a lot of visitors that want to see cool things. The North Dakota State Fair is the summer, and it is a great event for families. The Scandinavian Heritage Park is open all year long, and is great for families. The Norsk Hostefest is in the fall, and it is great for families too.

### Rhees' Amazing News

by Carson Rhees Edition: April 2021

#### Minot's Geography



#### Locating Minot

Minot is full of plains that are good for farming. In Minot there are two hills and one valley. There are also some lakes. Minot is in North Dakota. It is about 50 miles from the Canadian border and located on the banks of the Souris River.

#### Nature

The grasslands and prairie of Minot are home to a variety of wild life and nature. Prairie dogs are found in large numbers. This supports many predators like coyotes, snakes, foxes, and birds of prey. Wild flowers and native grass fill the fields while trees line the rivers.

#### Outdoor Fun

Minot is a great place to enjoy outdoor activities. In the summer many people spend their time fishing the rivers or hiking and biking the numerous trails. You will also find that golf courses and campgrounds are usually full. As the seasons start to change people start hunting. When the snow starts to come, skiing, ice skating, and ice fishing become popular ways to spend time.




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**CDC MONTH OF THE MILITARY CHILD PARADE**

To celebrate the last day of Month of the Military Child, the Child Development Center at Minot Air Force Base, N.D. held a kids parade. Youth dressed up in fun purple outfits and walked or rode around the CDC parking lot, with some even stopping to see their parents along the way!

NORTHERN SENTRY PHOTOS | ABIGAIL KINDER

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# International Airman: A1C Ramsay's Journey to Citizenship

AIRMAN 1ST CLASS SAOMY SABOURNIN DE LOS SANTOS, MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

The United States Armed Forces has had a long history of immigrants serving in the military ever since the Revolutionary War. While not only making the grand commitment of serving the nation, they have also sworn to protect the rights of the citizens of the nation as well – even if they themselves don't have those rights.

U. S. Air Force Airman 1st Class Jessica Ramsay, who is a Paralegal for the 5th Bomb Wing's Judge Advocacy Office at Minot Air Force Base, North Dakota, has found that the current system

could better support its people, the Air Force's most valuable asset, in relation to the naturalization process.

"My family had emigrated from South Africa to Australia for a safer life, and then from Australia to the States due to an economic recession," said Ramsay. "I am so blessed to live in the United States, the freedom and opportunities are like no other."

She had never imagined that she could have joined the military, especially as an immigrant. She also didn't know the proper steps to take towards enlisting as a foreign national.

She credits her interest in

the military to a neighbor back home who was a retired Air Force Lieutenant General. While listening to his stories and learning about all of the opportunities that the Air Force had to offer, she knew that this was the path she needed to take for her life.

"I have always been interested in global and international security, language, and adventure," said Ramsay. "Being a part of this incredible mission has inspired me every day, I'm so thrilled to be here."

Ramsay's naturalization process was difficult and quite frustrating for her at times as she found that she didn't have the proper

resources in order to file.

"I struggled mostly with acquiring information and contacting the agencies about my case and the steps I needed to take to file for naturalization as a service member," said Ramsay. "The biggest challenge I encountered was finding the reliable and current information that reflected the latest changes in naturalization law."

The holes that she had found in the process made it difficult for service members undergoing the process. After seeing other Airmen go through the same challenges, she had started doing research and discovered that the issue was much larger than she thought it would have been.

She had learned military naturalizations were denied at a higher rate than those for civilians. Service members that fail

to do so face severe consequences such as not being able to reenlist, deploy, obtain security clearances, and be prohibited from accessing sensitive information in relation to their career fields. Therefore, the importance of going through this process is crucial.

Ramsay had put in the effort to write out a package outlining broken processes and challenges that she has found in the system. As her way of enacting change, she suggested improvements that she'd like to implement at Minot AFB and the Air Force.

"I presented this package to my leadership, and worked with Maj. Hiatt, a Judge Advocate, to perfect it and so far, it's spreading like wildfire," said Ramsay. "I am so grateful that my leaders are working with me to make sure my voice, and the voice of other immigrant Airmen are heard."



U. S. Air Force Airman 1st Class Jessica Ramsay is a Paralegal for the 5th Bomb Wing's Judge Advocacy Office at Minot Air Force Base, North Dakota.

U.S. AIR FORCE PHOTOS | MINOT AFB PA

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# Adopt an Airman Program

MINOT AREA CHAMBER EDC

If you have ever moved far away from home and family, and lived in a dormitory type setting, you know you wished at that time you had a local person or family to help you get away from the dorm, and work, to do some fun things. Or just to hang out somewhere comfortable, away from day to day pressures of a new career. To spend some time with people not attached to that career, to give some balance to your life.

We have a simple question. Are you willing to:

Share a home-cooked meal?  
Invite someone to go bowling, to a movie or a MSU game?

Watch a sporting event with you?

Sharing a little of your life with an Airman will help them get a good start on their military career. If you're lucky, you'll establish a life-long friendship. As an Adopt an Airman host, or host family, you are matched with a First Term Airman who enjoys some of the same activities and hobbies that you do. You can teach them some of the ins and outs of these

activities that you have learned and developed.

In return, your adopted Airman will clue you in to some of the culture and customs of the part of the country from which they hail. You'll both learn something from each other, making it a fun and mutually beneficial relationship.

Being a host family is not a full time commitment, and you don't have to create special events to be a good host. Some hosts and Airmen see each other often, others less so. The time commitment is up to you. The

best relationships result when you simply include your new friend in your normal family and friend activities.

Right now, the Adopt an Airman program has more Airmen signed up to participate than we have local people to host them. Life is hectic, but if you can find a little time to be a bit of... a pal and a confidant ...for a brand-new Airman at Minot AFB, please consider joining Minot's Adopt an Airman program as a local host.

The Adopt an Airman program

is part of the Military Affairs Committee of the Minot Area Chamber EDC. You can learn more and find the host application form on the Military Affairs Committee page at [minotchamber.org](http://minotchamber.org). For more information contact Carla Dolan at 701-857-8205 or [carla@minotchamberedc.com](mailto:carla@minotchamberedc.com).

Make yours a home away from home for a First Term Airman! Thanks and we hope to hear from you, soon.



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# Minot AFB North Star Community Credit Union welcomes new team members

NORTH STAR COMMUNITY CREDIT UNION

Steve Nannicelli has been hired as Chief Member Experience Officer for North Star Community Credit Union. Steve comes to North Star with 20 years of experience in the financial industry, much of it within the credit union arena. In his position, Steve will be continually providing and improving positive member and employee experiences at North Star. He says, "I'm thrilled to be part of an organization dedicated to improving the financial

lives of our members and the communities we serve." Steve will be located at the Minot Air Force Base Member Service Center.

North Star Community Credit Union is pleased to announce the hiring of Sheila Melaas of Minot as Marketing Manager. Sheila will be coordinating all aspects of North Star's marketing, advertising, events, sponsorships and donations. With 20 years of experience in Marketing & Advertising Sales roles, Sheila is

a valuable addition to the North Star team. Sheila says, "I'm so excited to start this new journey in my career and to be a part of the growth and exciting new things happening at North Star Community Credit Union!" Sheila will be located at the Minot Air Force Base Member Service Center.

Chad Peterson has joined the North Star Community Credit Union family as Vice President of Regional Member Experience

which allows him to oversee the newest location in Devils Lake. Additionally, he supports the Member Service Centers in Maddock, Cavalier, Grafton and Tolna. Chad comes to North Star with a plethora of experience from fire fighter/EMT to financial services statewide. Currently Chad supports the Lake Region community with his involvement in the Community College Foundation, CHI Health at Home and the Rotary in the hopes of

making positive differences in the lives of those he shares the community with. He says, "North Star lives out its mission of delivering financial solutions, one person at a time. That is what attracted me to the organization and what motivates me to make a positive difference every day. The grass is definitely greener for me at North Star." Chad will be located at the Devils Lake Member Service Center.

## 575,000 DoD, Coast Guard Civilians Can Now Shop In Store With the Army & Air Force Exchange Service

ARMY & AIR FORCE EXCHANGE SERVICE PUBLIC AFFAIRS

DALLAS – After a change in Department of Defense policy, the Army & Air Force Exchange Service is opening its doors to 575,000 DoD and Coast Guard civilian employees starting May 1. The DoD announced the policy change April 29. Access to ShopMyExchange.com will start later this year.

Opening exchange access to DoD and Coast Guard civilian employees working on installations will improve dividends to Quality-of-Life programs, leverage the military exchanges' buying power and strengthen the Exchange benefit for Soldiers, Airmen and Guardians—past, present and future.

"Shopping the Exchange brings convenience to civilians working on installations," said Exchange Director/CEO Tom Shull. "They can stop by the Exchange for essentials on breaks or to and from work instead of shopping outside of the gate—and 100% of Exchange earnings go right back to the military community."

Tax-free shopping is authorized for active DoD and Coast Guard appropriated fund and non-appropriated civilian employees in the United States and the U.S. territories and possessions. Retired DoD and Coast Guard

civilian employees will have access to online exchange shopping later this year.

"Exchange stores have the capacity and merchandise quantities to handle the expanded shopping base," Shull said. "The Exchange is honored to welcome civilians while strengthening the hard-earned benefit for Soldiers, Airmen and Guardians."

The Exchange, the DoD's largest retailer and the 61st largest retailer in the United States, has served Warfighters since 1895. The Exchange offers tax-free shopping and military-exclusive pricing. Exchange earnings support Soldiers, Airmen, Guardians and their families.

Roughly 60% of earnings support Quality-of-Life programs on military installations worldwide. In the last 10 years, the Exchange has contributed \$2.2 billion to Child, Youth and School Services; Armed Forces Recreation Centers; and other programs to support troops and their families. All remaining earnings are reinvested in enhancing the customer shopping experience.

The privilege expansion marks the third time since 2017 that the Exchange's shopping base has grown. In January 2020, all Veterans with service-connected disabilities were welcomed back to the installation to shop in person. On Veterans Day 2017,

all honorably discharged Veterans were welcomed home to shop tax free at ShopMyExchange.com.

For more information on the

new benefit, please visit the Exchange's online community Hub.

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**AFGSC AWARD PRESENTATION**

On April 29, Col. Brian Vlaun, 5th Bomb Wing Vice Wing Commander, recognized two 5 BW Airmen. Mr. Pat Travnicek was recognized as AFGSC's 2020 Treaty Compliance Officer of the Year. Maj Travis "Wasabi" White was recognized as AFGSC's 2020 Nuclear Deterrent Operations Field Grade Officer of the Year. Congratulations!

U.S. AIR FORCE PHOTOS | MINOT AFB PA



# Northern Celebrations

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## A darling of a lake

Patricia Stockdill

Lake Darling didn't start out being a little darling of a lake. It's not a natural lake and its creators didn't envision it would offer almost year-around angling opportunities. Nor did they envision it would provide canoeing and kayaking opportunities from May 1 through Sept. 30.

Instead, the lake, one of the focal points on Upper Souris National Wildlife Refuge (NWR) northwest of Minot, was designed to be part of the refuge's mission to provide a regulated water source for downstream marshes within the refuge, as well as marshes even farther downstream on J. Clark Salyer NWR near Upham.

It's also about protecting downstream residents from flooding.

An important part of bringing the United States out of the Great Depression and providing work for Americans in the 1930s, the Works Project Administration and Civilian Conservation Corps built the refuge in 1935. Lake Darling Dam was completed year later, filling in July 1936.

Named after Jay "Ding" Darling, a political cartoonist and first director of the U.S. Bureau of Biological Survey – the modern day U.S. Fish and Wildlife Service – the refuge embraces about 32,000 acres of the Souris River valley. The lake accounts for about 9,600 acres of the refuge.

While the refuge's origin is all about droughts and floods, protecting and providing habitat for wildlife – especially migratory bird species – and protecting humans, as Lake Darling filled with the dam's closure native fish species like northern pike and bullheads thrived. Its flooded vegetation provided ample spawning habitat. Early years drew the attention of avid pike anglers, providing Minot residents and those from surrounding areas new-found, year-around fishing they could only dream about.

As walleye became popular throughout the state through a joint effort of the Fish and Wildlife Service and N.D. Game and Fish Department, they, too, gained popularity on Lake Darling.

Nowadays, almost 90 years after the refuge and lake was established, Lake Darling provides boat fishing, canoeing, and kayaking opportunities from the N.D. Highway 28 bridge south to the dam. It offers six boat ramps and 14 shore-fishing locations. Four access points have picnic tables and grills while nine have restroom facilities.

As North Dakota faces the reality of a potentially dry summer, inflows into Souris River and Lake Darling are minimal, at best. Only the future knows how potentially

lower lake elevations could influence fishing.

But this is the Northern Great Plains and the ebb and flow of drought and flood is perhaps the greatest constant – along with the rollercoaster ride of weather – for residents. It's an interesting ride along an interesting journey and one that makes Lake Darling and the refuge intriguing and special all at the same time.

Lake Darling facts:

- Established in 1936.
- 68 miles of total shoreline.
- 26-foot maximum depth.
- 10-foot average depth.
- Approximately 9,500 square-mileage drainage basin.
- Game fish species include northern pike, yellow perch, and walleye – even an occasional bass.
- The refuge and lake are open from 5 a.m. to 10 p.m.
- Users need to pack-in, pack-out all garbage.
- As a National Wildlife Refuge, special use regulations apply: No swimming, water-skiing, personal watercrafts, littering, open fires, unleashed pets, fireworks, all-terrain or utility-terrain vehicles, off-road vehicle travel, geocaching, camping, vegetation or animal collecting (including antler sheds), or removal of any artifacts.
- Lake Darling Dam is located in Ward County, although much of the lake itself is within Renville County.
- Renville County's Mouse River Park is located north of the refuge west of Mohall.
- Contact refuge headquarters, (701) 468-5467, or go to their website, ([www.fws.gov/refuge/upper\\_souris](http://www.fws.gov/refuge/upper_souris)), for more information.



Lake Darling: Cormorants take advantage of a resting point on Lake Darling northwest of Minot. As part of Upper Souris National Wildlife Refuge, Lake Darling provides important wildlife habitat while at the same time offering people fishing, kayaking, and canoeing opportunities.

U.S. FISH AND WILDLIFE SERVICE PHOTO

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**5TH MAINTENANCE GROUP LEADERSHIP TEAM**

Members of the 5th Maintenance Group Leadership Team gather for a group photo in front of a B-52H Stratofortress on April 27, 2021, at Minot Air Force Base, North Dakota. The 5th MXG supports the dynamic operations of both the 5th Bomb Wing and 91st Missile Wing, and it provides on- and off-equipment maintenance on B-52H Stratofortresses, and special support on Minuteman III missiles and UH-1N helicopters.

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

## Welcome Virginia Dohms, LPC, LPCC Clinical Counseling



Virginia Dohms, LPC, LPCC

A member of our Behavioral Health team, Virginia Dohms, LPC, LPCC, is a licensed professional clinical counselor dedicated to helping youth and adults manage mental health conditions using evidence-based approaches to care.

### Helping You Achieve Your Fullest Potential.

A North Dakota native, Virginia received her Master of Arts in Professional Counseling from Liberty University, Lynchburg, VA. She has worked the past nearly five years with clients at North Central Human Service Center and previously with youth in residential treatment. Prior to becoming a counselor, she was a well-known music educator in Minot and has been both a performer and music director for various musical productions. She enjoys outdoor adventures with her family and taking care of her dog, cat, and chickens.

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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.



## BOPPRE LAW FIRM



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Phone: 701-852-5224  
www.bopprelawfirm.com

# Spouses of Team Minot teach resilience through crafting

ABIGAIL KINDER, NORTHERN SENTRY

In her nearly 13 years as a military spouse, Anna St. Andre has learned about the importance of a tight-knit spouse community and just how valuable resilience skills are in a military world. So, while living at Aviano Air Base in Italy, St. Andre began a program to help spouses create meaningful connections and learn valuable skills through fun activities.

She brought her idea to Minot Air Force Base, N.D. and recruited other experienced military spouses who were passionate about resilience to create the Design and Unwind program. The goal of the program is to help spouses create beautiful crafts while also making connections, building friendships, having fun, and learning resiliency tools to help them thrive in the face of adversity. "It's something that could be of great value in getting spouses together and understanding that we all have these commonalities, struggles, and adversities that we go

through and sometimes it's better to know that somebody else is going through the same thing that we are..." said St. Andre.

The first Design and Unwind Event was held on April 25, 2021 at the Jimmy Doolittle Event Center. Spouses were able to create a decorative canvas sign and learn about a core resilience skill-- "reframe".

Working alongside St. Andre to bring Design and Unwind to MAFB are John Jeziorske, Carri Walters, Tricia Weiser, and Bree Carroll. Each of these spouses has his or her own unique experiences with the military life, but they all share the same passion for helping others to learn to be resilient.

"I'm a firm believer that we are not meant to do this alone. We need each other and we need community," said Walters, a 20 year military spouse. "My hope is that spouses will attend, laugh and have a good time, make new friends, and learn a skill

that will help them the next time they are faced with challenging circumstances."

In a world full of constant change, resilience is an important skill for spouses to learn so that they can cope with the unique challenges they face every day. "I think nothing can really, truly ever prepare you for life as a military spouse. You can read all the articles you want and listen to advice, but until you're put in that situation, nothing really prepares you for the long days with kids or the lonely nights while your husband is deployed or working long hours. Resilience isn't just getting through, it's surviving and thriving. Sometimes those skills get forgotten. The resilience skills that we teach in this program are important because they help us change and have that growth mindset... It's important to understand that although these situations are things that we can't necessarily control, we can control the way that we overcome them and see them, and come out stronger on the other side," said St. Andre.

The Design and Unwind on April 25 was the first event of its kind available to both the 5th Bomb Wing and 91st Missile Wing spouses. The team that organized the event hopes to make it sustainable so that it can continue to impact the lives of Team Minot spouses for generations to come. They are planning the next event for June and hope to continue it every few months with a different craft and resilience lesson each time.

For more information or to get involved in the Design and Unwind program, contact Anna St. Andre at 701-240-7229 or John Jeziorske at john.jeziorske.1@us.af.mil or 701-723-2754.



On April 25, 2021 a group of Minot Air Force Base spouses held a "Design and Unwind" event at the Jimmy Doolittle Events Center. Participants had the chance to make new connections and learn about one of the core resilience skills "reframe" – all while creating a nifty canvas sign for their home or office.

PHOTOS SUPPLIED BY MR. JOHN JEZIORSKE.

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## A LOOK BACK

THIS WEEK IN USAF HISTORY

---

**LT. COL. JOE JACKSON SAVES A THREE MAN COMBAT CONTROL TEAM**

MAY 12, 1968

Retired Col. Joe Jackson poses with a permanent Medal of Honor display at the Pentagon in Arlington, Va. (USAF Photo by Scott Ash)

During the Vietnam War on May 12, 1968, former Lt. Col. Joe Jackson was commander of an unarmed C-123 transport aircraft. The plane was flying an emergency mission in South Vietnam after a special forces camp at Kham Duc was overrun by the enemies, who were in complete control of the area. Over the radio, Jackson learned that a three-man combat control team had been accidentally left behind after the camp was evacuated. Jackson made the decision to respond and descended to the landing strip of the camp under heavy fire. After landing, enemy forces dropped a rocket near the plane, but fortunately it was a dud. Jackson was able to rescue the CCT and bring them to safety in Da Nang. Despite the amount of enemy fire during the rescue, the C-123 was found to have no damage or bullet holes upon arrival. For his herosim, Jackson received the Medal of Honor on January 16, 1969. He passed away on January 12, 2019.

Information courtesy of: af.mil

## BABY ANNOUNCEMENTS

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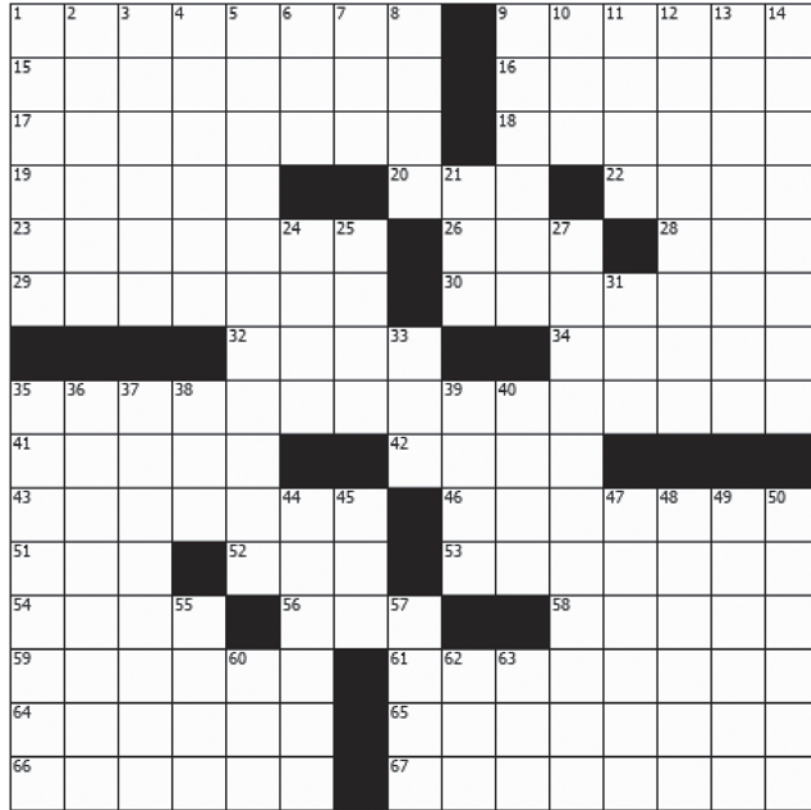
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# CROSSWORD PUZZLE

**Across**

- 1. Flat letters
- 9. In the zone
- 15. Preceding in development
- 16. 1995 Literature Nobelist
- 17. Nation since '91
- 18. Unlikely to make waves
- 19. Jazz pianist
- 20. "Told ya!"
- 22. Roster abbr.
- 23. Boxes
- 26. Specialty
- 28. "Lord, is \_\_?"
- 29. Put back in
- 30. Seven Years' War participant
- 32. Bottle model
- 34. Half of a clamshell
- 35. Carrie creator
- 41. Sonata movement
- 42. "Family of Charles IV" artist
- 43. Crawled quicker than
- 46. Recovers, in a way
- 51. City in Kyrgyzstan
- 52. DoD division
- 53. "So . . ."
- 54. Make some joe
- 56. Kids' hangout
- 58. Decorator's asset
- 59. Ballet attraction
- 61. Monster-movie mainstay
- 64. Presidential nickname
- 65. One who fiddles
- 66. Made better time
- 67. Couch potato's condition

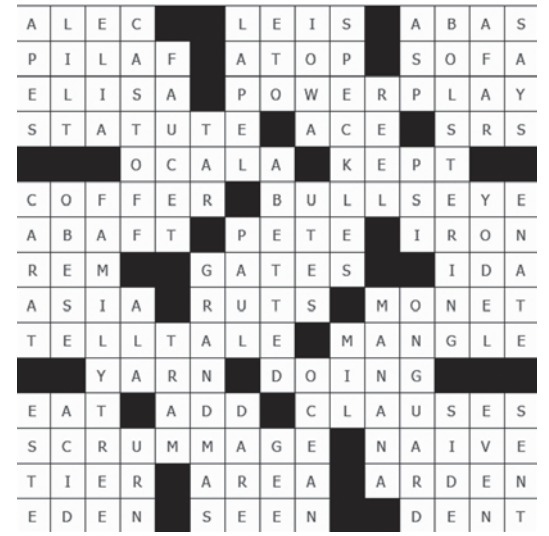


**Down**

- 1. Brutal critic
- 2. Like some publications
- 3. Straightaway
- 4. Spill
- 5. Tears into
- 6. "Der Spiegel" article
- 7. Bourbon ruler
- 8. Mex. matrons
- 9. Words of consternation
- 10. Start of some art movements
- 11. Refuse to ignore
- 12. FDR and JFK
- 13. Not absolute
- 14. Pencil product
- 21. Go to a lower level
- 24. Off-the-wall product
- 25. Big house
- 27. Good-natured repartee
- 31. Chi preceder
- 33. Identify correctly
- 35. Ticket issuers
- 36. December landing spot
- 37. Exalt
- 38. GI uniforms
- 39. Fictional Copperfield
- 40. King of K's
- 44. Out
- 45. "Of Mice and Men" wife
- 47. \_\_ Island, NY
- 48. Skeptical comment
- 49. Bath units
- 50. Ugly looks
- 55. Variety
- 57. When Caesar is warned
- 60. "Charlie's Angels" actress
- 62. Clear
- 63. Photo-lab abbr.

## CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.



## Math Blocks

Fill in the missing blocks with numbers between 0-8. The numbers in each row add up to the totals to the right. The numbers in each column add up to the totals on the bottom.

	5		8
3	0		11
7		6	17
11	9	16	

6	4	7
8	0	3
2	5	1

Solution

# SUDOKU

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

Solution to puzzle on page C10



HOW MANY MINUTES OF EXERCISE SHOULD PEOPLE TRY TO GET EVERY DAY?

ANSWER: ON AVERAGE, 30 MINUTES

## Creative Coloring

Celebrate fitness and sports. Color in this picture to create your own masterpiece.



## THIS DAY IN...



### HISTORY

- 1568: MARY, QUEEN OF SCOTS IS DEFEATED AND FLEES TO ENGLAND.
- 1846: THE UNITED STATES FORMALLY DECLARES WAR ON MEXICO AFTER MANY DAYS OF FIGHTING.
- 1861: QUEEN VICTORIA OF THE UNITED KINGDOM ISSUES A PROCLAMATION THAT RECOGNIZES THE CONFEDERACY AS HAVING BELLIGERENT RIGHTS DURING THE U.S. CIVIL WAR.

## New Word

### COMPETITIVE

having a strong desire to be more successful than others

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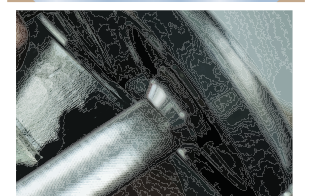
## How they SAY that in...

- ENGLISH:** Exercise
- SPANISH:** Ejercicio
- ITALIAN:** Moto
- FRENCH:** Exercice
- GERMAN:** Sport

## Did You Know?

A COMBINATION OF EXERCISE AND BALANCED EATING IS THE RECIPE FOR MAINTAINING A HEALTHY WEIGHT.

## GET THE PICTURE?



Can you guess what the bigger picture is?

ANSWER: DUMBELL




# 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, May 8**  
 5 PM, No Vespers

**Sunday, May 9**  
 10 AM, Congregational Prayer Service

  
**Break Forth BIBLE CHURCH**

Thursdays 7:00pm  
 and Sundays 10:30am

**1821 W Burdick Expressway**  
 For More Information:  
 701.353.9337 | [www.bfbc.tv](http://www.bfbc.tv)

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

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

[www.trinitychurchminot.org](http://www.trinitychurchminot.org)

  
**Bible Fellowship Church**

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

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

  
**Faith United Methodist Church**

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

**Pastor Ken Mund**  
 701-838-1540

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

**Minot Baptist Church**

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

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**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

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**Immanuel Baptist Church**

**1615 2nd St. SE • Minot • 839-3694**  
 Sundays:

Fellowship..... 9:00 am  
 Sunday School ..... 9:15 am  
 Worship ..... 10:30 am

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

**Brian T. Skar, Pastor**  
[www.ibcminot.org](http://www.ibcminot.org)

**Apostolic Faith Church, UPCI**

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

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

**Jesse Starr, Pastor**

**St. John the Apostle Catholic Church**

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

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

*Fr. David A. Richter, Pastor*  
 Parish website: [www.stjohnminot.com](http://www.stjohnminot.com)

  
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[www.flcminot.com](http://www.flcminot.com)

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 Anna B. Henderson

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**Home: 701-838-5759**  
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**Sunday School ..... 9:45 a.m.**  
**Adult/Children Worship.. 11 a.m.**  
**Family Hour ..... 6:30 p.m.**  
**Evening Worship ..... 7:30 p.m.**  
**Bible Study/Child-Adult**  
**Children Worship (Wed).... 7 p.m.**  
**Prayer (Friday) ..... 7 P.m.**

**First Assembly of God**

**1805 2nd St. SE**  
**838-1111**

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

**First Baptist Church**

  
 200 3rd St. SW • 852-4533  
[www.fbcminot.org](http://www.fbcminot.org)

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

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

**Cross Roads Baptist**

**Southern Baptist Convention**

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

[www.minotcrbc.org](http://www.minotcrbc.org)  
**email: [minotcrbc@gmail.com](mailto:minotcrbc@gmail.com)**  
**Dr. Bob Farmer- Pastor**

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

  
**West Minot Church of God**  
*Family Worship Center*

**1105 16th St. NW • 839-1407**

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

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## THANK YOU

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May 7

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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

## GARAGE SALE

**3721 E. BURDICK EXPY HUGE VINTAGE & COLLECTIBLE SALE!** Every Weekend, Weather Permitting. Many Old Pictures, Old Books, Pottery, China, Glassware, Cast Iron, Old Vinyl Records, 8 Track Tapes, Old Picture Frames, Old Beer Cans, Signs, DVD Movies, Partial List. Questions Call 701-626-2712.

tfm

## REAL ESTATE

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

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**CONDO FOR SALE** - N. Hill Minot, 3 BDRM, 2.5 Bath, 2 car garage, Laundry, Forced Air, 1744 Sq Ft, \$164,000 - If interested call 852-4241. Leave a msg and I will WCB.

June 18

## FOR RENT OR SALE

**20 MINUTES TO MINOT AND THE MINOT AIR FORCE BASE** 2 and 3 bedroom mobile homes for sale or rent from \$695 per month - includes lot rent and utilities. Located in Deering, ND. 701-502-0554.

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## RENTALS

**AVAILABLE NOW!** Several apts on North Hill available 4 rent. 2 Bdrm + 1 bath. \$655 to \$795. Call Matt or Jerry at IPM. 852-1157

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## FOR SALE

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Located just 20 minutes with delivery to the base.

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[esavelkoul@srt.com](mailto:esavelkoul@srt.com).

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## HELP WANTED



Dakota Outerwear in Minot is looking to hire a **GENERAL MANAGER / SALES MANAGER**

Looking for someone recently retired, or soon to retire who is planning on staying in the Minot area.

Military Background Preferred.

E-mail resume to: [robert@dakotaouterwear.com](mailto:robert@dakotaouterwear.com)

## ROGER WARD MOVING & STORAGE

Seeking energetic team players for full or part time and seasonal positions.

All employees work as team players to ensure quality service and customer satisfaction. Work involves packing, loading and moving of household goods. We have competitive wages and flexible scheduling.

We will be hosting a hiring fair on May 12, 2021 from 4-7pm at our Minot office.

Fill out a job application on our website and email it to [careers@rogerwardmovingandstorage.com](mailto:careers@rogerwardmovingandstorage.com) or drop off to Roger Ward Moving & Storage at 515 46th Ave NW #5, Minot, ND 58703.



## 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.

## MINOT AFB ANNOUNCEMENTS

**Epoxy Cutting Board Class**  
at Minot AFB Arts & Crafts Center  
May 17th • 6:00PM - 8:00PM  
Register: May 1st - 14th

Get ready to learn how to make an awesome resin cutting board that you can keep for yourself or give as a gift! Seats are limited, hurry & call or stop by the Arts & Crafts Center to sign up!

Cost: \$85.00  
723-3640

**AMERICA'S ARMED FORCES KIDS RUN**  
15 May 2021 • 9AM - 10AM  
Youth Center • Baseball Fields

☆☆☆☆☆☆  
**AGES 3-6 RUN 1/2 MILE**  
**AGES 7-8 RUN 1 MILE**  
**AGES 9+ RUN 2 MILES**  
**ADULTS RUN 5 K**  
☆☆☆☆☆☆

Registration table opens at 8AM. All runners must check in at registration table in order to race. Save time and preregister by picking up a registration form at the Youth Center! For more information, call the Youth Center at 723-2838



# CLASSIFIEDS

www.northernentry.com | nsads@srt.com or sentrysales@srt.com | 701.839.0946 | 315 S. Main Suite 202 | Minot, North Dakota

## 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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c: (701) 720-9163  
e: Lucas@SignalRealtors.com  
w: MinotHomeSearch.com



# WHAT'S GOING ON MAFB

## FRIDAY 07

- Registration Closes for Acrylic Paint Pouring at the Arts & Crafts Center
- HIIT Strength and Conditioning, 0530, Fitness Center
- Soccer 5K Fun Run, 0630, 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
- Meet Up Walking Club, 1130, Fitness Center, Outdoor Track
- Teen Day Friday, 1500-2200, Youth Center
- First Friday, 1630-1830, Rockers Bar & Grill
- Club Member Benefit, 1700-1900, Rough Rider Lanes
- Karaoke Night, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

## TUESDAY 11

- Lean Six Sigma Tools & Techniques Class, 0800-1500, Manpower, at Education Center
- Moving Out of the Dorms Budget Class, 0900-1030, A&FRC
- Game Day, 1000-1930, Minot AFB Library Facebook Page
- Fit to Fight, 1130, Fitness Center
- Barre, 1800, Fitness Center
- EFMP Adults Stained Glass Workshop, 1800, A&FRC, Margie's Art Glass Studio
- Swerk, 1930, Fitness Center

## FRIDAY 14

- Registration Closes for Epoxy Cutting Board Class at Arts & Crafts Center
- HIIT Strength and Conditioning, 0530, Fitness Center
- Spouses Corner, 0900-1000, A&FRC, In-Person and Zoom Meeting
- Outdoor Recreation Open House, 1100-1600, Outdoor Recreation
- Teen Day Friday, 1500-2200, Youth Center
- Cycle, 1630, Fitness Center
- Friday Fun Member Snacks, 1630-1830, Rockers Bar & Grill
- Club Member Benefit, 1700-1900, Rough Rider Lanes
- Karaoke Night, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

## SATURDAY 08

- Mother's Day Bowling Special, 0900-2300, Rough Rider Lanes
- Cycle, 0900, Fitness Center
- Fit to Fight, 1030, Fitness Center
- Solar Saturday, 1100-1700, Minot AFB Library
- Dueling Pianos, 1830-2100, Rockers Bar & Grill
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

## WEDNESDAY 12

- HIIT Strength and Conditioning, 0530, Fitness Center
- Lean Six Sigma Tools & Techniques Class, 0800-1500, Manpower, at Education Center
- Pre-Deployment/Remote Readiness Training, 1000-1100, A&FRC, Zoom Meeting
- Story Time, 1030, Minot AFB Storytime Club Facebook Group
- First Duty Station Officer Financial Course, 1500-1630, A&FRC
- Swerk, 1730, Fitness Center
- Yoga, 1830, Fitness Center

## SATURDAY 15

- America's Armed Forces Kids Run, 0800-1000, Youth Center, Baseball Fields
- Cycle, 0900, Fitness Center
- Magic The Gathering Sealed Tournament, 1000-1900, ESC
- Fit to Fight, 1030, Fitness Center
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

## SUNDAY 09

- Mother's Day Golf Special, 0900-2100, Rough Rider Lanes

## THURSDAY 13

- Registration Closes for Magic The Gathering Sealed Tournament at ESC
- Pre-Separation Counseling, 0830-1130, A&FRC
- Stroller Fitness Bootcamp, 1000, Fitness Center, Outdoor Track
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Fit to Fight, 1130, Fitness Center
- Kids' Night, 1530-2030, Bomber Bistro
- Craft Club, 1800, Minot AFB Library
- Cycle, 1930, Fitness Center

## ONGOING

- The status and location of Minot Air Force Base events are subject to change due to base restrictions.
- Meet Up Walking Club: Every weekday in May at 1130 at the Fitness Center Outdoor Track
- Mario Kart 8 Deluxe Intramural League: 10 May – 28 May, Coordinated by the Fitness Center, held at ESC
- 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

## MONDAY 10

- Registration Opens for Wine & Paint Pouring Class at the Arts & Crafts Center
- HIIT Strength and Conditioning, 0530, Fitness Center
- Lean Six Sigma Tools & Techniques Class, 0800-1500, Manpower, at Education Center
- Stroller Fitness Bootcamp, 1000, Fitness Center, Outdoor Track
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Acrylic Paint Pouring Class, 1800-2000, Arts & Crafts Center
- Craft Club, 1800, Minot AFB Library
- Yoga, 1830, Fitness Center
- Swerk, 1930, Fitness Center

**Pre-Mother's Day Bowl**  
May 8th  
Mothers bowl up to 3 games free including shoe rental. Family members bowl for \$3.00 a game & \$2.25 shoe rental.

**Mother's Day Weekend Activities & Savings!**

**Mother's Day Golf Special**  
Sunday, May 9th  
at the Rough Rider Golf Course  
Mothers play for FREE. Family members pay normal rates depending on rank.  
Mothers also receive a free small basket of range balls to warm up (ratings depend on rank).  
Happy to see you there!

## 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 • Dragon's Fire Burger**  
Seasoned juicy 1/3lbs. burger with ghost pepper cheese, jalapenos, and Rocker's Fire and Fury sauce, on a bed of lettuce and tomato. Served with fries for only \$9.50!

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