

## OUTSTANDING LEADERSHIP AWARDS

**AMN CATEGORY**  
**A1C TAMARA E. GUTIERREZ**  
5th BW - 5 FSS

**CIVILIAN CATEGORY**  
**MR. SCOTT W. WIEDERMANN**  
5th BW - 5 LRS

**NCO CATEGORY**  
**TSGT JOHANN A. GONZALEZ**  
5th BW - 5 SFS

**SNCO CATEGORY**  
**MSGT KATHRYN L. DOW**  
91st MW - 91MSFS

**2021**

Congratulations to the four winners of The Huddle's 2021 Outstanding Leadership Award! Out of 27 nominees, these four were selected for their dedication to the mission and fellow Airmen, and their excellent leadership skills. To see more about The Huddle Awards, see pages A4-A5

U.S. AIR FORCE PHOTOS

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# Team Minot hosts distinguished visitors

ABIGAIL KINDER, NORTHERN SENTRY

As the United States Air Force moves into a newer era of strategic deterrence, leaders from all over the country are taking part in important discussions about the future and reliability of the nation's nuclear force. On April 30, 2021, Team Minot hosted several distinguished visitors for an exclusive tour of the base and an opportunity to learn about what Team Minot does on a day-to-day basis.

Attendees included Gen. Charles Brown, Chief of Staff of the Air Force, Gen. Timothy Ray, Commander of Air Force Global Strike Command, and United States Senators Jeanne Shaheen (D-NH), John Hoeven (R-ND), Angus King (I-ME), Deb Fischer (R-NE), Joni Ernst (R-IA), and many other important civilian and military leaders.

Over the day, the distinguished visitors were guided by Airmen and leadership from the 5th Bomb Wing and 91st Missile Wing, including Col. Michael Walters, 5th Bomb Wing Commander, and Col. Christopher Menuet, 91st Missile Wing Commander.

Visitors began the day with a round-table talk that included representatives from many of Minot Air Force Base's resilience agencies. They were able to hear firsthand experiences from leaders in supporting Team Minot on issues such as diversity and inclusion, force support, and spouse resilience. Later on, visitors were also given a brief on the new female body armor for Security Forces and heard many opinions on the upgrades from Minot's female Defenders.

Sen. Ernst said, "I want to emphasize more about the level of support that is being shown by this group of bipartisan senators from the Armed Services Committee for our Airmen and

their leadership. We were able to join civic leaders with [military] leaders last evening and engage them in discussions as well, and talk about the level of support for our service members..."

After the brief, visitors were given a tour of a B-52 Stratofortress and were able to find out more information about the 5th Bomb Wing mission and Global Strike Command as a whole. They were also able to learn about the operations of the 91st Missile Wing as they toured a missile silo and launch facility.

Speaking on some of the upcoming changes in store for Minot AFB, Sen. Hoeven said, "To have [the senators] here and supporting Minot Air Force Base is really fantastic. Specifically, that means new things that are being developed for Minot AFB. For example, upgrading ICBMs with the Ground Based Strategic Deterrence (GBSD), that'll be the new Intercontinental Ballistic Missile. That's a huge project and their support is vital for it. And for our bombers right now, we have the air launch cruise missiles... as well as many upgrades to the B-52 bomber which is the workhorse of our bomber fleet. We're also getting helicopters for the missile mission."

The Senate Committee on Armed Services, of which Senators Fischer, Ernst, King, and Shaheen are part of, as well as the subcommittees, are all vital to Team Minot's mission as they provide planning, support, and budget oversight for deterrence operations and personnel affairs.

Upgrades to the entire nuclear triad are estimated to cost \$1.7 trillion over 30 years according to the Arms Control Association, and the Department of Defense estimates total cost for the GBSD to be around \$264 billion.

Will there be problems with the budget? Sen. Hoeven said, "Everything gets debated in Washington D.C. The budget, based on conversations I've had... is doing well in the Senate. There's been more pushback in the House, but I think we're going to be on track."

Hoeven explained that the GBSD is already in development and has plans to be completed by 2036. Upgrades to the B-52 Stratofortress fleet are projected to extend their lifespans to 2040 and potentially years beyond.

This is the first congressional delegation that has gone out of Washington D.C. to visit a military installation since the pandemic began, and the Senators were impressed with their experience at Minot AFB.

Sen. Fischer said, "This is such an important base and it's important for a number of reasons. First of all, the men and women who serve, and the care, training, the skill, that they all have... and use every single day to protect this country. Secondly, there is the importance of the base and being part of the bedrock of our national security. Having two legs of the [nuclear] triad... is so important to security as a nation."

And Sen. Shaheen said, "I particularly want to call out the men and women who serve both here and in our armed forces. They protect this country and their skills and precision on their jobs is really commendable."

Sen. King said, "...One day of seeing is better than a thousand days of reading. And that's what we've been doing today, seeing and meeting the people who are on the front lines of defending this country."



On April 29-30, 2021, Minot Air Force Base, N.D., hosted U.S. senators from the Armed Services Committee. From left to right: Sen. Joni Ernst, Sen. Deb Fischer, Sen. John Hoeven, Sen. Jeanne Shaheen, and Sen. Angus King.

NORTHERN SENTRY PHOTO | ABIGAIL KINDER

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# Airmen of Minot



**TECHNICAL SERGEANT  
CHRISTOPHER KEILMAN**  
OPERATIONS NON-COMMISSIONED-OFFICER



U.S. AIR FORCE PHOTOS | MINOT AFB PA

Technical Sergeant Christopher Keilman is an Operations Non-Commissioned-Officer for the 91st Missile Security Forces Squadron. Originally from Salt Lake City, Utah, Keilman became a member of Team Minot in August 2019.

His duties include reviewing duty rosters, ensuring that there are enough Defenders posted around missile sites and ready to go while maintenance units provide upkeep for the missile systems. "We have really good leadership and our Airmen are phenomenal. They have stuck it

out in some really insane times," said Keilman. "We continue to do our mission. It amazes me every day the way we function and run the way we do. Everything changes, today is not the same day as tomorrow, it's all based on what this place brings, but the squadron keeps truckin'. The Airmen and our leadership adjust and it's awesome to see the camaraderie we have, especially when it matters."

"[What keeps me motivated is] My family, the people that I work with and for. They all

keep me balanced, we keep each other balanced and they take really good care of me and that's motivating for me. It goes back to leadership, what I like about my unit. If you have bad leadership, you're not going to be motivated to work. I wouldn't want to come in here every day and sit at this computer and do what I do if it wasn't for them keeping me moving and keeping me targeted on certain goals that I have," said Keilman.

When asked what his favorite part of the mission is, Keilman

said it was the importance of the mission. "Supporting our nuclear capabilities is awesome, the way we secure them. Being here in Minot, we hold two legs of the [nuclear] triad. We're protecting the nuclear capabilities that keep our allies and our country safe," said Keilman.

Keilman is looking to reach 20 years in the military, finish his CCAF and make Master Sergeant, while spending his free time with his wife and dogs, taking his sons to wrestling matches and playing cornhole with teammates.

## 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

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## Staff Photojournalists

Technical Sgt. Crystal Cheriére  
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Col. Michael O. Walters

**5th Bomb Wing Vice Commander:**

Col. Brian D. Vlaun

**91st Missile Wing Commander:**

Col. Christopher E. Menuey

**91st Missile Wing Vice Commander:**

Col. Barry E. Little

## NEWS SUBMISSIONS

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# The Huddle Outstanding

ABIGAIL KINDER, NORTHERN SENTRY

Simon Sinek once said, "Leadership is not a rank, it is a responsibility. Leadership is not about being in charge, it is about taking care of those in your charge." In the United States Air Force, leadership qualities are a valuable asset, and The Huddle aims to foster those qualities and provide mentorship for Airmen and leaders alike.

"[The Huddle program] gives the opportunity for Airmen, NCOs, and SNCOs to come together and bridge the gap of miscommunication that we possibly have between the ranks. Our SNCOs are in charge of mentoring everybody else but we make sure we have the opportunity to be mentored by NCOs and Airmen as well, because we can learn valuable information from them," said MSgt. John Silva, who runs The Huddle at Minot Air Force Base, N.D.

Recently, the Huddle held their first annual leadership awards to recognize the hard work and dedication of Team Minot's leaders.

The 2021 Outstanding Leadership Award was created to "highlight an individual's positive impact on their work center, the mission, and the Airman," and was open to all personnel across the base. Contrary to typical Air Force nomination processes, The Huddle utilized a more open and personal approach. They tried to steer away from official bullets and workplace accomplishments and speak more on the character and individualism of each of the nominees through stories. "We gave the opportunity for people to nominate that person that probably has never been nominated before. [That person who] slips through the cracks but does their job day in and day out and only gets a thank you sometimes," said Silva.

The Huddle received 27 nominations from units all across the base. 20 people volunteered their time to read through each of the stories, which were anywhere from one paragraph to three pages long. After about four days of reading, The Huddle chose four hardworking individuals from civilian, Airman, Noncommissioned Officer, and Senior Noncommissioned Officer categories.

On April 26 and 28, 2021, CMSgt. Timothy Weiser, 5th Bomb Wing Command Chief, and Col. Christopher Menuey, 91st Missile Wing Commander, along with an entourage of family, coworkers, and Huddle leaders, came out to present the awards and recognize the recipients for their accomplishments. "Management is of the mind and leadership is of the soul. I got to read these [nomination] packages, and it's unbelievable what their peers, their leaders, and their subordinates have to say about each of the individuals," said Weiser.

Congratulations to each of the outstanding leaders nominated for this important award and to each of the winners who go above and beyond for Team Minot every day!

**CIVILIAN CATEGORY:** Scott Wiedermann, 5th Logistics Readiness Squadron

"Mr. Wiedermann retired as a Technical Sergeant with over 20 years of automotive repair experience. He is our resident armor vehicle subject matter expert, mentor, wingman, and a true example of a leader for the Armor Vehicle Maintenance Shop. Mr. Wiedermann develops training plans for technicians to further their service capabilities and perform at the highest of standards. He has been a pillar in the community of Minot AFB for 12 years. His deep roots have assisted in helping Airmen acclimate to their new environment. Beyond the job, Mr. Wiedermann organizes personal events to support Airmen and family morale. He is always willing to learn and eager to teach. His efforts boost our ability to maintain and complete the mission, and should be recognized."

**AIRMAN CATEGORY:** A1C Tamara Gutierrez, 5th Force Support Squadron

"She continuously leads by example on a daily basis for other Airmen and NCOs to follow. Regardless of any situation, she will maintain her integrity even if others do not. She doesn't avoid dealing with uncomfortable situations and does it in a professional way. She provides guidance to those who ask and listens to those in need. This year alone, she has volunteered 202 hours towards helping others. She has a great work ethic and definitely sets herself apart from her peers. She motivates people and has credibility. A1C Gutierrez takes

care of her family but also ensures she provides the best service for her fellow Airmen."

"I'm not the regular enlisted because I'm 38 years old. I immigrated from Germany to the United States about 10 years ago and I'm here to give back to this beautiful country," said A1C Gutierrez in an acceptance speech. "I think leadership means to inspire people on a daily basis and to motivate people. No matter the circumstance, no matter where you're from, and no matter how old you are, it's never too late to succeed."

**NCO CATEGORY:** TSgt. Johann Gonzalez, 5th Security Forces Squadron

"TSgt. Johann Gonzalez is also known as the 'Hype Man.' He's focused and smiling, ready to take action. He makes the Airmen feel like they are a part of something great and that they are vital to the success of the mission. From his words, you can tell he genuinely cares about each person he encounters. Time and time again, he has mitigated several suicide attempts even to the point of driving and responding personally to Airmen crying out for help, preventing the loss of life... He crafted The Regulators, a law enforcement team [that supports] Airmen through certifications and helping them own their goal journey. Sgt. Gonzalez goes all out for his Airmen and is humble in making connections."

**SNCO CATEGORY:** MSgt. Kathryn Dow, 91st Missile Security Forces Squadron

"When MSgt. Dow replaced our former Superintendent, she did not remove herself from the lives of the Airmen and NCOs.

She took on an uncountable number of additional tasks in her new role managing three flights, but still always makes time for those who matter the most: the Airmen. Her charisma and devotion make her an exceptional role model... MSgt. Dow sets the example as an empowered and independent woman for all women, not only in security forces, but in the Air Force as a whole."

"MSgt. Dow focuses solely on mission accomplishment and works smoothly with not only her peers but also other leaders as well as subordinates; she plays an integral role in our mission accomplishment. I had the pleasure of posting out the missile field as part of the leadership team with Sergeant

Dow during which time she was indefatigable. She worked 16 plus hour days and maintained a positive attitude throughout. Sergeant Dow is also an excellent mentor to all levels of Airmen within the squadron and is someone I would always want on my team."

The Huddle holds regular social events such as bowling, archery, or paintball games and brings together Airmen and leadership in a casual environment for mentorship. To find out more information about The Huddle, check out their Facebook page at The Huddle Team Minot, Instagram @TheHuddle\_TeamMinot or email thehuddle.teamminot@gmail.com.



MSgt. Kathryn Dow poses with MSgt. John Silva after receiving an Outstanding Leadership Award (Senior Noncommissioned Officer Category) from The Huddle. The award, which was presented by Silva and Col. Christopher Menuey, 91st Missile Wing Commander, on April 28, 2021, recognized Dow's dedication, hard work, and leadership abilities.

NORTHERN SENTRY PHOTO | ABIGAIL KINDER

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# Leadership Awards 2021



On April 26, 2021, A1C Tamara Gutierrez, TSgt. Johann Gonzalez, and Mr. Scott Wiedermann received an Outstanding Leadership Award presented by MSgt. John Silva of The Huddle. Surrounded by their peers, leadership, and even CMSgt. Timothy Weiser, 5th Bomb Wing Command Chief, the three nominees were commended for their contributions and exceptional leadership qualities.

U.S. AIR FORCE PHOTOS | MINOT AFB PA

## NOMINEES

### Airman Category

OMOROGBE, ESEOSA C Amn USAF AFGSC 705 MUNS  
HERNANDEZ, CALEB N A1C USAF AFGSC 5 MXS  
GUTIERREZ, TAMARA E A1C USAF AFGSC 5 FSS  
ROGERS, JUSTIN M A1C USAF AFGSC 5 OSS  
TUA, JOSEPH U SrA USAF AFGSC 5 SFS  
DOWNEY, HASAIN M SrA USAF AFGSC 5 SFS  
PEDERSEN, LANDEN A SrA USAF AFGSC 5 SFS  
DAVILA, NICHOLAS A A1C USAF AFGSC 91 MSFS  
COLEMAN, LEAH D SrA USAF AFGSC 91 MMXS

### NCO Category

BOWEN, RANDELL J SSgt USAF AFGSC 791 MXS  
KRUML, MERRICK E SSgt USAF AFGSC 891 MSFS  
EDGAR, GILBERT TSgt USAF AFGSC 5 LRS  
MONTY, JUSTIN L TSgt USAF AFGSC 5 OSS  
GLASOE, KOLTON M TSgt USAF AFGSC 5 SFS  
IRVING, LATOYA D TSgt USAF AFGSC 5 MXG  
MCCOLLOUGH, BRENT R TSgt USAF AFGSC 5 AMXS

### SNCO Category

ROSE, ASUA P MSgt USAF AFGSC 5 FSS  
BRADDY, TONY L JR MSgt USAF AFGSC 5 OSS  
SPAULDING, JENNEFER D MSgt USAF AFGSC 23 BS  
ONEILL, TREMELLA MSgt USAF AFGSC 5 MXS  
RODRIGUEZ, MISTY R MSgt USAF AFGSC 5 CES  
RISNER, NICHOLAS A MSgt USAF AFGSC 91 MMXS  
FLAVIN, CHRISTOPHER A MSgt USAF AFGSC 91 SFG



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Capt Rogan



Mrs. Hoskins



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Company Grade Officer - Capt Rogan - Systems Flight  
Civilian Category I - Mrs. Hoskins - D&T Flight  
Civilian Category II - Ms. McNair - RMO Flight

AFMS - MINOT - 5TH MEDICAL GROUP PHOTOS



SrA Coking



TSgt Fincher

## Transferring to Barksdale

Hey y'all! I hear some of you are moving down South! I know you're excited about warmer weather and southern home cooking, but I want to get you excited about purchasing your new home as well!

For those of you being transferred to Barksdale Air Force Base in Bossier City, LA, let me tell you a little bit about the place that I have called home my entire life! The Shreveport-Bossier City area is located in the Northwest corner of the state and

showcases a mixture of all the Bayou State has to offer! We've got casinos, festivals, concerts, Shreveport Mudbug Hockey, and of course amazing Cajun, Creole, and Soul Food cooking!

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## All About Pets



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It's no secret that many pets, especially dogs, love to sniff around in the garden and occasionally find a snack. It's important to know what plants you have in your yard, garden, and inside the home so that you can protect your pet from toxic plants! Here is a list of a few common household plants that are toxic to your pets if ingested:

- Amaryllis
- Azalea
- Bird of Paradise
- Daffodil
- Eucalyptus
- Hyacinth
- Hydrangea
- Iris
- Calla Lily
- Morning Glory
- Rhododendron
- Rose
- Jade
- Tomato Plants
- Tulip

If your pet consumes a toxic plant, be on the lookout for lethargy, weakness, vomiting, diarrhea, drooling, seizures, etc.

It's best to keep these plants out of reach of pets, whether it is in a fenced off area of your yard or sitting on an inaccessible table or windowsill. You can also keep houseplants in glass cabinets, but the only surefire way to keep your pet from eating toxic plants is to keep an eye on them at all times while near the plants! If you suspect your pet has ingested a toxic plant, call your vet immediately.

To see a more in-depth list of plants to keep your pet away from, go to: <https://www.aspc.org/pet-care/animal-poison-control/toxic-and-non-toxic-plants>

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5TH MEDICAL GROUP READINESS TRAINING

Every 4th Wednesday of the month, the 5th Medical Group closes to participate in various readiness activities. Readiness training is vital in the Air Force Medical Service to ensure medics are prepared for the operational needs at home and in deployed locations. April's readiness training focused on sustainment training for all medical readiness teams, which included donning and doffing contamination gear and practicing litter carry techniques, among other training.

AFMS - MINOT - 5TH MEDICAL GROUP

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**Jennifer Christine C. Fajardo**  
found a \$45 Golden Ticket in the Northern Sentry!

## BackTalk

Chiropractic is Life Wine... Research Proves Long-Term Benefits

Research determined that people who received long-term Chiropractic care never reached a maximum level of improvement. Those under Chiropractic care for over a year bore no sign of reaching a plateau in their health status. Even patients under care for more than 3 years showed no signs of approaching a health limiting ceiling.

One of the largest Chiropractic studies ever published showed a significant improvement in overall health and well-being for patients receiving Chiropractic adjustments. After evaluating over 2,800 patients in 156 clinics, a strong connection formed between persons receiving Chiropractic care and reported improvements in health, wellness, and quality-of-life. 95% of patients reported that this health care surpassed expectations and 99% of participants wished to continue care and adjustments.

Research and clinical studies strengthen the ideology that every human deserves to experience the benefits of long-term Chiropractic care. Chiropractic care benefits all ages and increases the health potential of all people regardless of gender, condition, or symptoms.

Chiropractors do not seek to treat or cure conditions. Chiropractors work with the innate (inborn) intelligence inside the body to allow for a better expression of health. Chiropractors achieve these benefits by removing interference from the central nervous system due to alterations in spinal movement and alignment. The autonomic nervous system controls and coordinates all automatic functions in the body, including heart rate, breathing, digestion, and fertility. Chiropractic expertise locates stress in the spine, called subluxation, and adjusts misalignments and restricted movements of the vertebrae. Subluxations in the spine do not always produce immediate pain and symptoms. Proactive Chiropractic care maintains optimal system function that directly opposes a health care system that waits for sickness and symptoms to attack the body. Adjustments reduce stress in the body and gently remove interference to the autonomic system, helping the body restore function through better brain balance. A proactive approach to health care drastically reduces the need for drugs and surgeries that plague people of all ages when reactive symptoms surface and damage quality of life.

The human brain operates with intelligence exponentially more sophisticated than the most powerful computers in the world. That amazing organ works to automatically control all balance and function connected to every system within the body. Chiropractic supports the self-evident truth that incredible intelligence exists in both the world and in each person. The intelligence inside the body consistently strives to keep our bodies in health and balance. Chiropractic honors the innate intelligence inside the body by finding and reducing any interference in the central nervous system through regular check-ups and adjustments when necessary.

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

Dr. Willy Fielhaber

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## 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.

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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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# Tragedy of war teaches leadership lessons



RODNEY KRAUSE,  
5TH BOMB WING OCCUPATIONAL  
SAFETY MANAGER



Every once in a while, life has a way of slinging a curve ball at your chin and waking you up. For me, it happened in the summer of 2002 during my "last trip" to the middle east when the war we all watch and read about materialized right in front of me. It taught me a valuable lesson in life and leadership.

It was supposed to be just another "check ride." I was flying with a crew handling an emergency aeromedical evacuation mission out of Kandahar, Afghanistan. After several previous flights into Kandahar hauling "beans and bullets," the missions once filled with trepidation had now become somewhat routine.

That's where the story starts.

All we knew was that someone had been shot in the face while on patrol. The critical care air transport team traveling with us also had very little information. Upon arrival, the surgeon tending to the patient briefed the medics, then the flight crew.

"John" (not his real name, but nonetheless a very real person) had been leading his unit through a crowd, when out of nowhere someone shot him in the left side of his face with a small caliber weapon. The bullet shattered his lower jaw, traveled through his mouth and exited his right cheek. According to all accounts, he then walked to a vehicle and was driven to a medical care facility.

When I first saw him on the stretcher, his head was completely bandaged, much like a winter cap that only reveals your eyes, nose and mouth. On the five-hour flight, the medical team worked to make him as comfortable as possible. After we landed, a specialist immediately saw him and said he should continue his journey to somewhere with more advanced facilities.

While those arrangements were being made, I stopped to talk to John. Despite the numerous tubes and IV lines, he was in good spirits. I suppose enough morphine has a way of doing that for you. He communicated by writing questions on a note pad. He answered in the same manner. At one point, despite his condition, he had the energy to play an electronic game a nurse was carrying. I found that extraordinary. I can't reveal any

of the personal information he shared, because he is one of the guys you don't see or hear.

John was one of the many members of the armed forces doing the work the president asked us to complete after Sept. 11, 2001. He did this dangerous task in less-than-desirable conditions under the cloak of anonymity.

Watching and talking to him, I suddenly felt the brutality and reality of war. Another human being with more guts than I will ever have was just doing his job when a nameless, faceless coward took a cheap shot, slithered back into the crowd and changed John's life forever. These are the kind of people we are fighting -- the same cowards who fly civilian airliners into buildings full of innocent people.

Eventually, I helped carry John's stretcher to the ambulance. I gave him my squadron patch so when the morphine wore off, he would have a "road map" of those who helped get him to his destination. The nurse put it with his growing collection of unit patches. With a handshake and a "thumbs up" they took him away.


I hope to see him again someday, standing and smiling this time, so I can thank him for the lesson in life I learned that summer's night.

The experience taught me a lesson in leadership. In 1910, President Teddy Roosevelt gave a speech in France entitled "Citizenship in a Republic." From it was gleaned his famous "Man in the Arena" comments. If you have never read the speech, I encourage you to do so. It is an excellent example of the men and women currently waging the war on terrorism -- the kind who put it on the line every day knowing the risk they take. They are the kind who are not afraid to try and make the world a better and safer place for everyone. They are the kind who, when the curve ball comes in chin-high, lean out over the plate a little more the next time.


They are true leaders -- the ones who encourage others to keep fighting regardless of the odds against them.

They are the kinds of men and women President Roosevelt would have loved. They are the true heroes. God bless 'em all.

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## SPRING CAR CARE



### Wheel Alignment Tips

Have your Wheel Alignment checked every other tire rotation and always when installing new tires. Wheel alignment sometimes referred to as tracking, is part of standard automobile maintenance that consists of adjusting the angles of the wheels so that they are set to the car maker's specification. The purpose of these adjustments is to reduce tire wear, and to ensure that vehicle travel, is straight and true (without "pulling" to one side). Alignment angles can also be altered beyond the maker's specifications to obtain a specific handling characteristic. Motorsport and off-road applications may call for angles to be adjusted well beyond "normal" for a variety of reasons.

**Primary Angles**  
 The primary angles are the basic angle alignment of the wheels relative to each other and to the car body. These adjustments are the camber, caster and toe. On some cars, not all of these can be adjusted on every wheel.

These three parameters can be further categorized into front and rear, so summarily the parameters are:

**Front: Caster (right & left)**  
 Front: Camber (right & left)  
 Front: Toe (left, right & total)  
 Rear: Camber (left & right)  
 Rear: Toe (left, right & total)  
 Rear: Thrust angle


**Secondary Angles**  
 The secondary angles include numerous other adjustments, such as:

**SAI (left & right)**  
 Included angle (left & right)  
 Toe out on turns (left & right)  
 Maximum Turns (left & right)  
 Toe curve change (left & right)  
 Track width difference  
 Wheelbase difference  
 Front ride height (left & right)  
 Rear ride height (left & right)  
 Frame angle

Setback (front & rear) is often referred to as a wheel alignment angle. However setback simply exists because of the measuring system and does not have any specification from car manufacturers.

**Measurement**  
 A camera unit (sometimes called a "head") is attached to a specially designed clamp which holds on to a wheel. There are usually four camera units in a wheel alignment system (a camera unit for each wheel). The camera units communicate their physical positioning with respect to other camera units to a central computer which calculates and displays how much the camber, toe and caster are misaligned.

Often with alignment equipment, these "heads" can be a large precision reflector. In this case, the alignment "tower" contains the cameras as well as arrays of LEDs. This system flashes one array of LEDs for each reflector whilst a camera centrally located in the LED array "looks for" an image of the reflectors patterned face. These cameras perform the same function as the other style of alignment equipment, yet alleviate numerous issues prone to relocating a heavy precision camera assembly on each vehicle serviced.




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

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- The call of the Southern Ground Hornbill is a very deep, reverberating booming sound that can be heard up to 3 miles.
- The Southern Ground Hornbill has acute eyesight.
- Their long eyelashes act as sunshades.
- As the Southern Ground Hornbill ages, their facial skin becomes entirely red.

Fact File

Life Span	40 - 50 years
Male Weight	7 - 13 pounds
Female Weight	5 - 10 pounds
Body Length	35 - 50 inches
Wild Diet	Omnivore <b>Caribou</b> Muskivore Arthropods, Amphibians, Lizards, Snakes, Small rodents

## WORD SEARCH

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

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### LARGE FORCE EXERCISE

Large Force Exercise took place at Minot AFB, ND, May 6, 2021. The crews attended a briefing and boarded a B-52 before taking off.

U.S. AIR FORCE PHOTOS | MINOT AFB PA

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# NODAK ARMS OUTDOOR REPORT

## OUTDOOR NOTES:

PATRICIA STOCKDILL

### Fishing:

Lake Sakakawea elevation, May 10: 1,834.78 feet above mean sea level (MSL); 22,100 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,448.32 feet above mean sea level (MSL).

Stump Lake elevation: 1,448.25 MSL.

- N.D. Game & Fish Dept. game wardens: North-central area lakes remain generally slow. No Missouri River System or Devils Lake reports.

- Devils Lake, Ed's Bait Shop, Devils Lake: Water temperatures remain cool but look for improving success with warming water. Try vertical jigging along the bridges or casting jigs, plastics, or crankbaits in the shallows in the morning or mid-afternoon hours. Move around and search for warm water. Try leeches, if available.

- Devils Lake, Woodland Resort, Devils Lake: Try shallow, warm water for walleye from shore out to 10 feet using jigs and minnows or leeches, if available. Also try pitching plastics. Some pike mixed in with walleye.

- Lake Darling, Karma C-Store, Ruthville: Some pike success around Upham Dam on the Souris River. Limited reports yet from Lake Darling but a few more anglers out.

- Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: A few scattered boats on the water but limited reports on success. Docks in place, except repairs underway on handicapped accessible fishing pier.

- Lake Metigoshe, Four Seasons, Bottineau: Fair for a mix of walleye and pike with limited bluegill reports.

- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Work shallow in the upper ends of Lake Audubon for walleye pitching jigs and minnows up towards shore. East end of Lake Sakakawea spotty for walleye with the spawn underway. Look for improving activity after the post-spawn lull. Fort Stevenson

- Deer gun and muzzleloader applications now available on the N.D. Game & Fish Dept. website, (gf.nd.gov). Applications due June 2.

- Paddlefish snagging season now closed.

- May 15: Upper Souris Nat'l. Wildlife Refuge Nature Walk, 6 p.m. Email the Friends chapter, (fsourisloopr@gmail.com) for information or RSVP for the free evening with the refuge wildlife.

- May 16: Spring turkey season closes.

- May 17: Extended catch-and-release paddlefish season ends.

## TOURNAMENTS:

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

- May 23: Lake Audubon, Totten Trail.

State Park courtesy docks in place.

- Lake Sakakawea, Indian Hills Resort, Garrison: Walleye activity remains slow with cool water temperatures yet. Resort opens May 28 with regular summer hours.

- Lake Sakakawea, New Town: Van Hook Arm and river portion around New Town remain slow for walleye with water temperatures still less than 50 degrees.

- Lake Sakakawea, New Town, Van Hook Bait & Tackle: Activity remains light in the Van Hook Arm. Beware of barely submerged sandbars in the northwest and northeast areas of the Van Hook Arm with lower water levels. Bait shop open daily.

- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace remains slow from boat and shore. Lake Sakakawea continues producing some pike from shore with occasional walleye although activity limited on the east end.

- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Better walleye bite starting on the upper end of Lake Sakakawea around Lewis & Clark State Park and Hofflund Island. Try shallow in 10 feet or

less with jigs and minnows. Also try Lindy rigs. White bass active and loving minnows. A few large pike still showing up in the shallow bays. Trenton Lake producing a few crappie. Occasional rainbow trout from Kota-Ray Dam.

- Lonetree WMA area lakes, Harvey: No new reports throughout area lakes.

- North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: A few anglers trying the Mouse River but limited reports of success.

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

- Little Missouri River, Long X Bridge: Streamflow, 89.2 CFS.

- Missouri River, Williston: River stage, 16.54 feet.

- Missouri River, Washburn: River stage, 10.07 feet.

- Souris River, Minot: River stage, 3.8 feet; streamflow, 0.89 CFS.

- Yellowstone River, Sidney, Mont.: River stage, 5.28 feet; streamflow, 11,500 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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# B-52 Hypersonic Kill Chain Employment Success

1ST LT. SAVANAH BRAY, 53RD WING

OINT BASE ELMENDORF-RICHARDSON, Alaska --

A B-52 Stratofortress from the 49th Test and Evaluation Squadron, Barksdale Air Force Base, Louisiana, conducted a successful simulated hypersonic kill chain employment from sensor to shooter and back during Northern Edge 21, May 5, 2021.

During the more than 13-hour sortie from Barksdale AFB to Alaska and back, the B-52 was able to receive target data from sensors via the All-Domain Operations Capability experiment, more than 1,000 nautical miles away miles away at Joint Base Elmendorf-Richardson. Once it received the data from the ADOC-E, the bomber then was able to successfully take a

simulated shot of the target from 600 nautical miles away using an AGM-183 Air Launched Rapid Response Weapon.

"We were really exercising the data links that we needed in order to complete that kill chain loop, and then get the feedback to the players in the airspace that the simulated hypersonic missile was fired and effective," said Lt. Col. Joe Little, 53rd Test Management Group deputy commander.

This was a successful showcase of Beyond Line of Sight Kill Chain employment, and notably, was a success in the highly contested and realistic threat environment that Northern Edge provides.

"The team did an outstanding job effecting this event both in planning and execution, said Lt.

Col. Matt Guasco, 49th Test and Evaluation Squadron commander. "This is a win for the USAF and greater DOD as a whole but make no mistake, we are just getting started."

The ADOC-E is a joint team represents the operational-level "blue" training audience designed to experiment with synchronizing joint functions in forward locations. The ADOC-E design allows the synchronization of joint functions in forward, contested environment when traditional C2 structure effectiveness is degraded or denied. ADOC-E personnel have coordination authority capable of facilitating long-range joint fires and further hosting future capability provided through and advanced battle

management system approach. The ADOC-E use of current and emergent technology provides assessment opportunities for experimental capabilities and concepts and accelerates employment of relevant TTPs and technologies supporting major combat operations.

NE21 is a U.S. Indo-Pacific Command exercise designed to provided high-end, realistic war fighter training, develop and improve joint interoperability, and

enhance the combat readiness of participating forces. This is done by providing a venue for large force employment training and multi-domain operations; tactical training for the full spectrum of conflict; execute and advance adaptive basing joint tactics, techniques, and procedures; advance live-virtual-constructive capabilities; and support U.S. Indo-Pacific Command's experimental initiatives.



A B-52 from Barksdale Air Force Base, La. sits on the ramp at Eglin Air Force Base, Fla. on July 30, 2016. Aircrew brought the 53rd Wing bombers to allow wing personnel an opportunity to see one of their geographically separated aircraft up close.

U.S. ARMY PHOTO  
SGT MICHAEL PARNELL

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# Military spouses: more than misconceptions

SENIOR AIRMAN HEATHER HEINEY, 341ST MISSILE WING PUBLIC AFFAIRS

MALMSTROM AIR FORCE BASE, Mont. --

Military spouses stand at the center of a whirlpool made up of moving, checklists and change. They are always adapting and supporting their Airmen, but many of them are also out making a difference on base and in the local community.

Recently, five Malmstrom Air Force Base military spouses shared their experiences of getting involved, being military spouses and what they think are some of the most common misconceptions about being a military spouse.

## GEORGE SMITH

George Smith is an avionics technician civilian contractor who has been on a temporary duty assignment to Duke Field, Fla., since August working on the new MH-139 Gray Wolf helicopters, which are set to replace Malmstrom's current fleet of UH-1N "Huey" helicopters. His spouse, Staff Sgt. Randi White, is with the 341st Security Forces Squadron.

"It can be very stressful being away from the family for any period of time," he said. "But I am fortunate to be able to come home every few months to be with my wife and kids."

During the conversion of the Gray Wolves from civilian use to military use, Smith is responsible for almost all of the electronics on the aircraft including communication, navigation, radar, system integration, and display systems. He also helps maintain an off-aircraft server used to track and monitor the performance of mission-critical components.

"The biggest misconception about military spouses is that not all of us are stay at home moms or dads," Smith said. "I have deployed seven times as a spouse and have been on numerous stateside TDYs. The spouse can serve their country without enlisting in the military themselves, you just have to put yourself out there and search for a way."

## IRIS COLON SALCEDO

Iris Colon Salcedo is currently a stay-at-home mom who is completing the process to become a licensed Family Child Care provider on base. Her spouse, Senior Airman Luis Adrian Salcedo is with the 741st Missile Security Forces Squadron.

As an FCC provider, Salcedo won't be limited to providing daily care during normal duty hours, but will have the ability to help parents who need care when they deploy out to the missile fields, are moving to or from the base, or who need extended child care outside the hours offered by their full-time provider. She'll also be able to participate in the give parents a break voucher program and military spouse appointment care.

Salcedo said that she thinks one of the most common misconception about military spouses is that people assume spouses just depend on their military member.

"From personal experience, I've seen that's not the case," Salcedo said. "There are women who have businesses of their own that work from home while taking care of their children. Some spouses are going to school full time or working full time."

## ALLY WATKINSON

Ally Watkinson is a dance instructor at Sole Dance Academy in Great Falls and her spouse is Airman 1st Class Christian Watkinson with the 341st SFS.

She has been dancing for 15 years and now teaches ballet to girls and boys ages 5-12. She teaches them ballet techniques.

"Teaching these kids impacts the community because they are coming into the studio looking to dance and learn new things," she said. "The smiles that they have after I tell them 'Yes! Good job! You got it!'" she said. "They are proud of themselves and that makes me proud to be their teacher."

As far as being a military spouse, Watkinson said the best parts are being able to see her husband pursue a career he loves, traveling and meeting new people while the most difficult part are things changing or happening when you least expect them.

## MICHELLE ATTON

Michelle Atton is a therapist at Emily Wish LLC and also a social worker at a dialysis clinic in Great Falls. Her spouse is Staff Sgt. Matthew Atton with the 341st Civil Engineer Squadron. Atton provides individual therapy for a variety of mental health concerns, but her specialty is helping people struggling with eating disorders. In addition to one-on-one therapy sessions, she also helps manage an outpatient program and support group.

"We've had an influx of new patients ever since the pandemic started," she said. "I think it's important to talk about not being

ok and how hard it is to have to adjust in such a big way."

Malmstrom is Atton's first duty station as a military spouse and Great Falls is also her first home as a therapist. She said her boss is also a military spouse and has been very helpful in helping her adjust to her new life.

"I really like how willing people in the community are to help each other and how even if they don't know each other, they're willing to go out of their way to help them and how involved the active duty members are in making sure they are taking care of one another."

## KELSEY CRAMER

Kelsey Cramer is an adult foster care specialist at the Center for Mental Health in Great Falls. Her spouse is Senior Airman Troy Cramer with the 341st Missile Security Operations Squadron.

In the community, Cramer is an advocate for clients with mental illnesses. She helps assist them with a variety of tasks including making appointments, working with insurance companies and social security, arranging transportation, and completing education.

"The goal of my program is for clients to one day be able to manage their mental health and care on their own," she said. "I really enjoy being able to help my clients find solutions with tasks that seem very difficult for them and my favorite quote is 'everything is figureoutable.'"

Cramer also said that she thinks the most common misconception about military spouses is that they don't have educations or

don't lead successful careers due to their spouses careers.

"I have known many spouses who have found successful

careers at every duty location," she said. "It is a bit harder at times having to move frequently, but it is doable."



Iris Colon Salcedo, left, stay-at-home mother and prospective Family Child Care provider, completes an Earth Day activity with her children three-year-old Luis Salcedo, center, and 10-month-old Alessia Salcedo, April 22, 2021, at Malmstrom Air Force Base, Mont. Her spouse, Senior Airman Luis Adrian Salcedo, is with the 741st Missile Security Forces Squadron.

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN HEATHER HEINEY

## A LOOK BACK THIS WEEK IN USAF HISTORY

### USAF MOBILIZES IN WAKE OF CATAclysmic MOUNT ST. HELENS ERUPTION

MAY 18, 1980



Mount St. Helens erupted on May 18, 1980, creating the deadliest and most economically destructive volcanic event in U.S. history. (USGS photo)

On May 18, 1980, Mount St. Helens, located in Washington, erupted with a force 400 times stronger than the atomic bombs dropped on Japan nearly 35 years earlier. The Washington State Department of Emergency Services called for Air Force assistance for disaster relief operations shortly after. Personnel and planes from the 62nd Military Airlift Wing (MAW) and 36th Tactical Airlift Squadron at McChord AFB, Wash., the 63rd MAF at Norton AFB, Ca., the 303rd Aerospace Rescue and Recovery Squadron from March AFB, Ca., the 920th Rescue Wing at Patrick AFB, Fla., and many more units provided humanitarian support

and communications assistance in the wake of the eruption. While McChord was able to evacuate all aircraft before the smoke arrived, many planes stationed at nearby Fairchild AFB were grounded and by the morning of the 19th, over an inch of ash covered the entirety of the base. The eruption killed 57 people and caused over a billion in damages. 24 square miles of the valley were leveled by a debris avalanche, and hundreds of square miles of forest and farmland were destroyed. Mount St. Helens continued to erupt sporadically throughout the summer.

Information courtesy of: mcchord.af.mil / 920rqr.afrc.af.mil / United States Geological Survey

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# First B-1Bs resume flight operations

AIR FORCE GLOBAL STRIKE COMMAND PUBLIC AFFAIRS

BARKSDALE AIR FORCE BASE, La. --

The first B-1B Lancers resumed flight operations May 3 following a safety stand-down issued April 20 by Gen. Tim Ray, Air Force Global Strike Command commander. Individual B-1B aircraft will return to flight as inspections and maintenance directed during the stand-down are completed on each aircraft.

During the safety stand-down, maintenance depot personnel disassembled the Augmenter Fuel Filter Housing and performed a series of robust inspections using the latest techniques. After each unit was determined to be free of defects, it was reassembled, pressure checked, and returned to service.

"We are proud of the tremendous efforts of our maintainers and B-1 partners in identifying, inspecting, and remediating any potential issues with the B-1B fuel filter housing," said Maj. Gen. Mark Weatherington, 8th Air Force commander, who is responsible for the Air Force bomber force. "The aircraft are still safe to fly

and we are confident that this stand-down has resulted in increased safety within the B-1B fleet."

The entire maintenance, depot, engineering and acquisition team must be commended for getting the B-1B bombers back into the hands of warfighters in a very short time, according to Air Force Global Strike Command officials. Although this was an Air Force enterprise-wide effort, special thanks must go to the maintainers at Ellsworth AFB, S.D., Dyess AFB, Texas and the AFGSC staff, as well as Air Force Sustainment Center's depot team, Air Force Life Cycle Management Center's B-1 Program Office and Propulsion Directorate, the Air Staff and the Secretary of the Air Force office of Acquisitions, Technology and Logistics on their efforts.

The precautionary safety stand-down and holistic inspection of the Augmenter Fuel Filter Housing on each aircraft was ordered after an April 8 ground emergency resulted in the discovery of a discrepancy with the system.



Aircrew members with the 9th Bomb Squadron conduct preflight inspections in a B-1B Lancer at Dyess Air Force Base, Texas, April 19, 2021. This aircraft was flown to Tinker AFB, Okla. for structures prototyping evaluation.

U.S. AIR FORCE PHOTO  
STAFF SGT. DAVID  
OWSIANKA



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

17  
MAY

**SYTTENDE MAI FESTIVAL**  
5:00 PM - 8:00 PM  
Prairie Sky Breads Minot  
3 1st St. SE, Minot

An outdoor event held in the alley behind PSB!

FOOD BY PSB: polse med alle (hot dog, mashed potatoes, lumpa) // Heart shaped waffles with cream and strawberries // Bread

TREATS: Krumkake // sandbakkels // sirrupsnyper // goro // lefse!

KIDS ACTIVITIES:

5-8 PM- Kubbe (game)

5:30-6:30 PM- Knit crafts using a hand cranked loom

5-8 PM- Macroni Kid craft!

6:00 PM- Parade and Free kransake

SYTTENDE MAI ACTIVITIES	FOR KIDS	FOR ADULTS	FOR DOGS	FREE	ADDITIONAL CHARGE
Polse med alle	✓	✓	✓	✓	✓
Heart shaped waffles	✓	✓	✓	✓	✓
Bread	✓	✓	✓	✓	✓
Krumkake	✓	✓	✓	✓	✓
Sandbakkels	✓	✓	✓	✓	✓
Sirrupsnyper	✓	✓	✓	✓	✓
Goro	✓	✓	✓	✓	✓
Lefse	✓	✓	✓	✓	✓

For more information:  
Facebook Event / Syttende Mai Festival

22  
MAY

**SVAS & ATYPICAL 5K/10K**  
10:00 AM  
Atypical Brewery & Barrelworks  
510 Central Ave East, Minot

SVAS and Atypical Brewery and Barrelworks present our 2nd Annual Chasin' Tail Dog Friendly 5K/10K Run/Walk! "Chasin' Tail" is a fun dog friendly event for runners and walkers of all ages.

REGISTER AT :

<https://runsignup.com/Race/ND/Minot/ChasinTail>

All participants (over age 13) will receive a free custom event T-shirt (limited supply!!) Atypical will also be creating a specialty brew dedicated to the Souris Valley Animal Shelter. All participants over the age of 21 will get a free pint post run/walk.



For more information:  
Facebook Event / SVAS & Atypical 5k/10k

## On Base



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

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## Parenting Education Program

The Department of Defense is committed to supporting the health and well-being of all military children and families. That's why the department partnered with the Clearinghouse for Military Family Readiness at Penn State to develop a new parenting-education program. Thrive offers no-cost, 24/7 online support. It promotes positive parenting, stress management and healthy lifestyle practices for children from birth to 18. Thrive has four age-level specific modules: Take Root: for children ages 0-3, Sprout: for children ages 3-5, Grow: for children ages 5-10, Branch Out: for children ages 10-18 (Coming in 2021). Each module gives parents information they need in a way they are likely to understand. They choose the module for their child's age and developmental stage. Thrive encourages them to



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



use strengths they already have while building additional skills. This strengths-based approach gives parents a sense of support. There is no judgment for things they may not know. The no-cost online programs have an engaging, self-directed format. They will continue to be available to military and civilian audiences through the Penn State website. Thrive makes it easy to guide parents and support them with a robust library

of downloadable resources. For program information including research and publications, visit the Thrive website at <https://thrive.psu.edu>. Visit <https://www.militaryonesource.mil> for more parenting resources or contact the School Liaison with further questions, 701-723-1447.



## MENTOR

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



PLAY BALL



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HIT THE GYM



VOLUNTEER

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## You're Invited!

2021 Dakota Celebration of Learning  
Tuesday, May 25th

We welcome parents to join your child and teacher in the gym for a celebration of learning.

After the celebration your child will go to recess. Please take this opportunity to visit with the classroom teacher. Due to limited seating/capacity per Covid guidelines we ask that only parents attend.

Masks must be worn inside the building.

### Celebration Grade Level Schedule

Kindergarten Celebration 9:15-9:45

1st Grade Celebration 10:00-10:30

2nd Grade Celebration 10:45-11:15

3rd Grade Celebration 11:30-12:00

4th Grade Celebration 1:15-1:45

5th Grade Celebration 2:00-2:30

## 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

Parent/Teacher Comp Days



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# The Dandelion Project

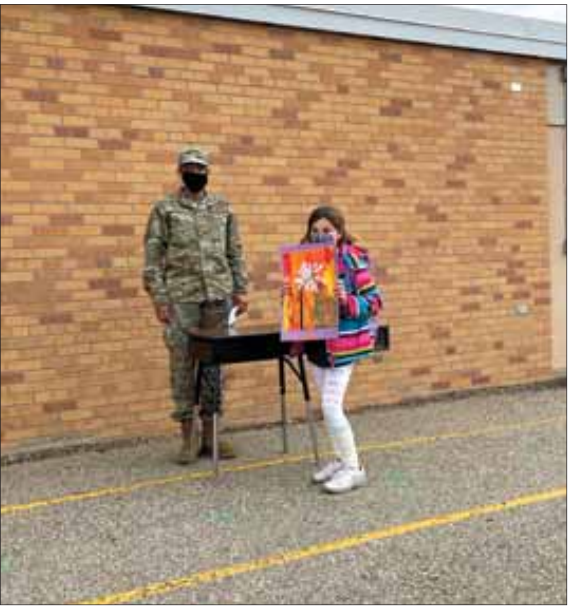
ABIGAIL KINDER, NORTHERN SENTRY

In honor of the Month of the Military Child in April, students from Dakota Elementary participated in an art competition called "The Dandelion Project." SSgt. Arielle Howze and TSgt. Lionel Blunt, community relations leads for the Minot Air Force Base 5/6 Council, developed the competition as a fun, competitive way to celebrate military children. Dandelions are used to represent military children because they put down roots anywhere and are almost impossible to destroy. Because of this, the Dandelion Project required students to create an art piece including dandelions or the color purple, which also represents the Month of the

Military Child. Once the students created their pieces, all 70 artworks were displayed in the Base Exchange where passersby could vote on their favorites. Over the course of three days, the project was able to collect 231 votes. The first place winner was Liam Lawhorn. Due to a tie for second place, the council decided to give out prizes to three children, with second being won by Jacinda Rajab and Megan Watts. Each of the children received tickets to HighAir Ground Trampoline Park and their art will be displayed in the Airman's Attic for all to see.

Liam Lawhorn, Jacinda Rajab and Megan Watts were the three winners of the Dandelion Project, an art competition held by the Minot 5/6 Council for students at Dakota Elementary, Minot Air Force Base, N.D. Base Exchange patrons were able to vote on their favorite art piece which represented the Month of the Military Child, and the winners received tickets to HighAir Ground Trampoline Park.

DAKOTA ELEMENTARY PHOTOS



**EVERYDAY HAPPY HOUR - 3PM - 6PM**

- \$2 off All Apps
- \$3 House Wine & Domestic Pints
- 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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Monday	Pizza Pack Combo
Tuesday	Sandwich Pack
Wednesday	Chef Creation*
Thursday	Pasta Pack

\*Changes Weekly - Check our Facebook Page

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## SWEET PEACH SPARE RIBS

**INGREDIENTS**

- 4 RACK PORK SPARE RIBS
- TRAEGER PORK & POULTRY RUB
- APPLE JUICE, FOR SPRITZING
- 1 TABLESPOON BUTTER
- 1 MEDIUM ONION, CHOPPED
- 1 1/2 CUP PEACH PRESERVES
- 1 CUP LIGHT CORN SYRUP
- 1/2 CUP APPLE CIDER VINEGAR
- 1/2 CUP BOURBON
- 1 TEASPOON WORCESTERSHIRE SAUCE
- 1 TEASPOON GRATED GINGER
- 1 TEASPOON DRY MUSTARD
- 1 CLOVE GARLIC, MINCED

Wipe the ribs with damp paper towels and trim off any excess fat. Season the ribs on both sides with the Traeger Pork & Poultry Rub.

When ready to cook, set Traeger temperature to 275°F and preheat, lid closed for 15 minutes. For optimal flavor, use Super Smoke if available. Place the ribs either in a rib rack or directly on the grill grate, bone-side down, and cook for 3 hours, misting with apple juice every 30 to 45 minutes.

Meanwhile, melt the butter in a medium saucepan over medium-high heat. Add in the chopped onion and sauté until golden brown. Stir in the peach preserves, corn syrup, vinegar, bourbon and Worcestershire sauce. Add in the ginger, mustard and garlic then mix well. Simmer for 15 minutes or until the sauce starts to thicken. Set sauce aside.

After 3 hours, reduce the Traeger temperature to 165°F. Smoke the ribs for 1-1/2 to 2 hours, misting with apple juice every 30 minutes. Increase the Traeger temperature to 275°F for 10 minutes to finish. Pull the ribs off the grill and liberally brush on the peach sauce.

Enjoy!

Ryan Davy - GM  
Minot

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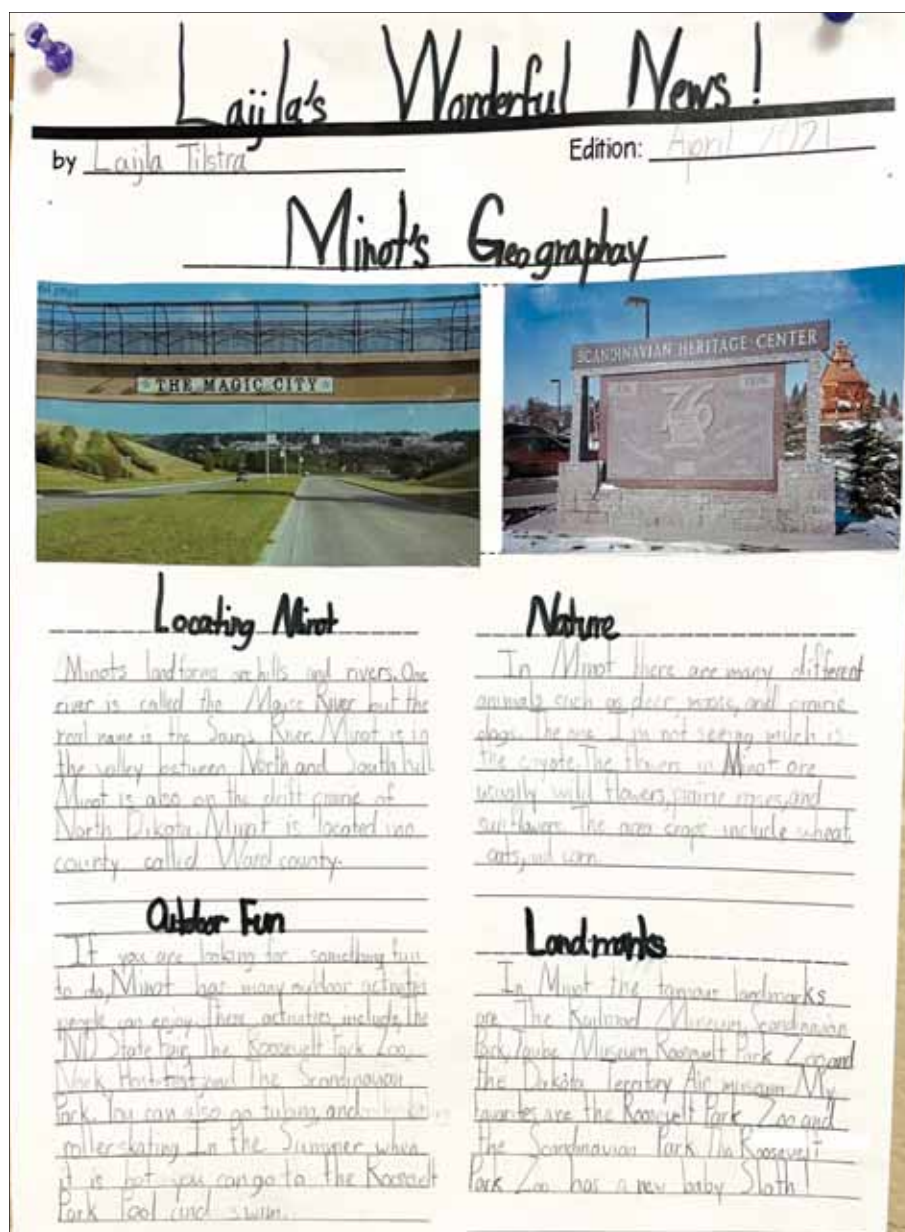
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#### NORTH PLAINS ELEMENTARY FEATURE WEEK 2

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 PHOTO



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THURSDAY, FRIDAY & SATURDAYS  
09:00 PM – 02:00 AM

HOLIDAY WEEKENDS  
08:00 PM – 03:00 AM



## Local Cravings Restaurant Guide

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www.applebees.com

### Bone's BBQ Steakhouse & Grill

1412 2nd Ave SW, Minot, ND 58701  
Phone: 701.838.9140  
www.bonesbbqminot.com

### Badlands Restaurant & Bar

1400 31st Ave SW, Minot, ND 58701  
Phone: 701.852.7335  
www.blgrill.com

### 28 Tastes & Taps

1603 35th Ave SW Minot, ND 58701  
Phone: 701.838.2828  
www.facebook.com/28tastes

### Mi Mexico

301 40th Ave SW Minot, ND 58701  
Phone: 701.858.0777  
www.mimexicomintnd.com

### Pink's Bar & Grill

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Phone: 701.852.2385  
www.facebook.com/PinksBarGrill

### Culver's Restaurant

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

### Prairie Sky Breads

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Phone: 701.858.0612  
www.prairieskybreads.com

### Dakota Burger Company

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www.dakotaburgercompany.com

### The Starving Rooster

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Phone: 701.838.3030  
www.starvingrooster.com

### Primo Restaurant

1505 N Broadway, Minot, ND 58703  
Phone: 701.838.7746  
www.primominot.com

### Souris River Brewing

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Phone: 701.837.1884  
www.sourisriverbrewing.com







**BRIG. GEN. ANGELLO MAFB VISIT**

Brig. Gen. Anthony P. Angello visits Minot Air Force Base May 6, 2021. Angello toured through a launch facility trainer and other departments of the 5th Bomb Wing and 91st Missile Wing.

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN DILLON J. AUDIT



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## CMSGT LANGSTON RETIREMENT

Command Chief Master Sergeant Garrett Langston retires after nearly 22 years of service at Minot AFB, ND, May 7, 2021. The ceremony took place at Minot's Defender Dome.

U.S. AIR FORCE PHOTOS | MINOT AFB PA

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**WE WANT YOU TO GET CREATIVE!**

Do you have something that you'd like to share with the world? Whether it's a pretty photo of Minot AFB, a fun piece of writing, or a picture of something your child made, send it to the Northern Sentry.

Let us feature your creativity!

Send all submissions to [nsabby@srt.com](mailto:nsabby@srt.com)

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**BABY ANNOUNCEMENTS**  
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**BABY BOY BORN ON TUESDAY, MAY 04, 2021 TO: VANESSA AND JACOB ALVAREZ MAFB, ND**

**BABY GIRL BORN ON THURSDAY, MAY 06, 2021 TO: CHRISTINANN AND CHRISTOPHER DEAN MAFB, ND**

**BABY GIRL BORN ON FRIDAY, MAY 07, 2021 TO: WYNELLE AND BRANDAN O'NEAL MAFB, ND**

**BABY BOY BORN ON FRIDAY, MAY 07, 2021 TO: ALICIA AND ALEXANDER MOODY MINOT, ND**

**BABY GIRL BORN ON SATURDAY, MAY 08, 2021 TO: ANASTASIA NOLT SURREY, ND**

If you want to put a photo of your baby in the Northern Sentry, send it to [nsads@srt.com](mailto:nsads@srt.com). Please include your name and the birth date of your baby. Baby listings will come from Trinity.

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DakotaHopeMinot

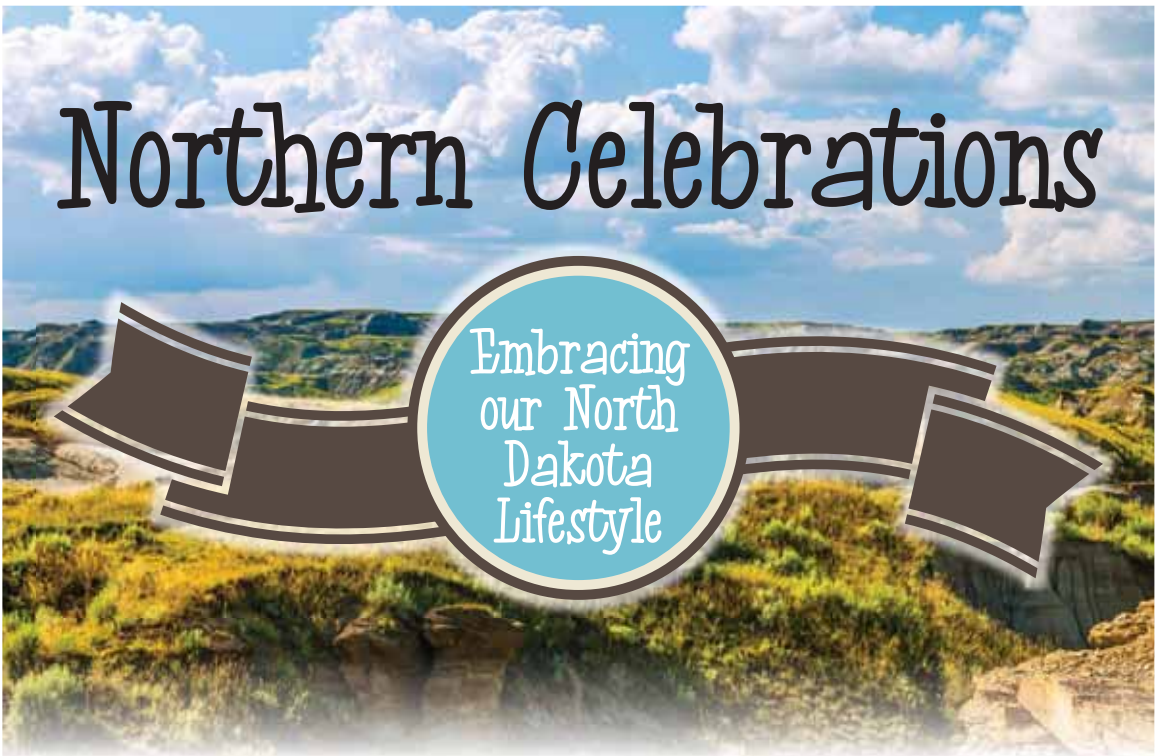




#### MAY 2021 DORM DINNER

Team Minot airmen attend a monthly dorm dinner on Minot Air Force Base, North Dakota, May 5, 2021. Airmen enjoyed a home cooked meal and desserts for Cinco De Mayo.

U.S. AIR FORCE PHOTOS | AIRMAN ALLISON MARTIN



## Flashback: An encounter with Ms. LaPWew

Patricia Stockdill

Sorry, I know it's impolite to laugh at someone else's dilemma but this was all too familiar:

The words "The homemade skunk remedy – you know, the one that's a mix of Dawn® dish soap, hydrogen peroxide, and baking soda – really works, by the way" came across my email from a friend.

It seems her favorite four-legged all-around Hunting Maniac, defender of the planet from evil squirrels, and friend to other four-legged houseguests, was too friendly with an unwanted black-and-white skunky farmyard guest.

Yup, Ms. LaPWew nailed poor Quigley with all of the force he, she, or it could muster.

Smack in the face and chest.

A bath or two later with the famous skunk remedy and Quigley was pretty much back to smelling like Quigley, albeit sporting a new collar. It seems the leather one he wore at the time of the showering retained a not-so-aromatic perfume.

Trust me; I felt my friend's misery.

You see, my mind immediately flashed back to Huni, our first liver-and-white Hunting Maniac Brittany of the household. She's been hunting waterfowl and upland birds across the Rainbow Bridge for several years now, but she came back to me as I learned of Quigley's adventure.

Huni disdained skunks so much that she made it her mission to remove any she would encounter from the planet. We even theorized she sought them out on purpose, bent on her mission for removal of an entire species.

In her mind, they simply didn't deserve to breathe oxygen.

Simply put, Huni killed skunks – any skunk she encountered.

And that meant Huni and Quigley, though they never met, shared the common bond of Ms. LaPWew's full force.

Huni's white fur on her neck and chest yellowed with each encounter. Her eyes watered, but so, too, did everyone else's anywhere in her vicinity.

She tried to bury her face.

Unfortunately, she wanted sympathy for her misery and would also try to bury her face in your lap or arms.

Or maybe she wanted us to show appreciation for the fact

she accomplished another successful skunk removal mission – we're not sure – nor would she say as she rubbed her face on anything and everything she could find.

Because skunk bite marks are tiny and difficult to identify – plus no one really wants to closely investigate a not-so-aromatic dog – many veterinarians recommend rabies booster shots when encounters are within such close proximity. That includes when the dog retrieves the dead skunk and lovingly drops it at your feet or sits beside her conquest.

Over the years Huni had multiple rabies booster shots after accomplishing her mission of removing said skunk from the planet.

Sadly, that was prior to learning about the now famous skunk remedy.

I can attest that the tomato juice remedy doesn't cut the aroma like the famous skunk remedy.

I say this after buying several gallons of tomato juice until learning of the famous skunk remedy.

Huni, like Quigley, got new collars out of the adventure.

In fact, Huni got several new collars.

But in the end, she would eventually rid herself of any evidence of her encounter, always focusing on her real mission of hunting, pointing, and retrieving waterfowl and upland birds.

So, yes, Quigley, I feel your pain.

But you also made me laugh and brought Huni back, even in smelly memories.

I'm just glad our two Hunting Maniacs now in the household didn't learn from Huni – and I hope they don't hear about Quigley's adventure. While they've encountered Ms. LaPWew, they've always taken the high road and evacuated the scene of the smell so it hasn't been as intense or lingering.

By the way, Quigley, Huni, and all other dogs encountering Ms. LaPWew delightedly share the famous skunk remedy: One quart hydrogen peroxide, one-fourth cup baking soda, and 1 teaspoon Dawn® dish soap (although Tide® laundry soap works, as well). Combine ingredients, add a little tap water for larger dogs, apply, let soak in for a few minutes, and rinse.

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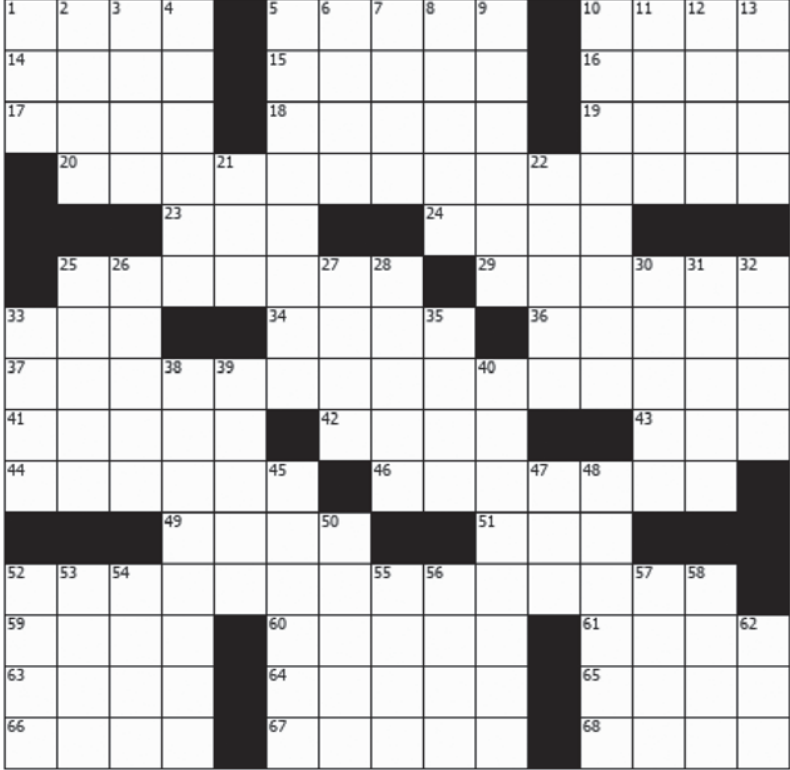
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CROSSWORD PUZZLE

- Across**
- 1. Storm preceder
  - 5. Lamb or veal items
  - 10. Waist band?
  - 14. Moises in the majors
  - 15. Condor's digs
  - 16. Piedmont wine center
  - 17. Kind of drum
  - 18. Lariat in the Southwest
  - 19. Fiction enthusiast?
  - 20. French, to some
  - 23. IV x XIII
  - 24. Sean Connery, among many
  - 25. Put aside
  - 29. "Bragh" preceder
  - 33. Radical '70s org.
  - 34. Sitting on
  - 36. Prepare for knighthood
  - 37. Mae West's asset?
  - 41. Kuwait biggie
  - 42. He jumps through hoops
  - 43. Apt. grouping
  - 44. S. England county
  - 46. Places of "action"
  - 49. "\_\_\_ Mia"
  - 51. Brew holder
  - 52. 1979 Doobie Brothers hit
  - 59. Tommy of Mets' history
  - 60. It's projected
  - 61. Off course
  - 63. Show fury
  - 64. "Awake and Sing!" playwright
  - 65. Mudville group
  - 66. Is off the mark
  - 67. Action after an alarm
  - 68. Freshly



- Down**
- 1. It'll take you for a ride
  - 2. Cry of dismay
  - 3. Diet successfully
  - 4. Flexor or extensor
  - 5. Traveling amusement show
  - 6. Take, as advice
  - 7. Kind of contract
  - 8. Pocket breads
  - 9. Meeting with a medium
  - 10. Greeting an officer
  - 11. It covers plenty of ground
  - 12. Type of beetle or party
  - 13. Take on
  - 21. Black gold
  - 22. Russian author of "The Lower Depths" (Var.)
  - 25. Replay effect, briefly
  - 26. Rutger \_\_\_ of "Blade Runner"
  - 27. Frat letters
  - 28. Prescription data
  - 30. Kind of surgeon
  - 31. Lysol targets
  - 32. Matador boosters
  - 33. Food fish
  - 35. HS junior test
  - 38. Nick-of-time types
  - 39. "Wunderbar!"
  - 40. Most subject to chance
  - 45. Earth mover
  - 47. Home in the hills
  - 48. Spiny lizard
  - 50. Living quarters
  - 52. Colt's kin
  - 53. Operatic prince
  - 54. Kind of miss
  - 55. Part of YSL
  - 56. Wee pest
  - 57. Half a matched set
  - 58. Shore prospector
  - 62. Arrow wood

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

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

Math Blocks

Fill in the missing blocks with numbers between 0-6.  
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.

	3	1	6
	0		6
6			14
12	8	6	

Solution

3	5	9
2	0	4
1	3	2

SUDOKU

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

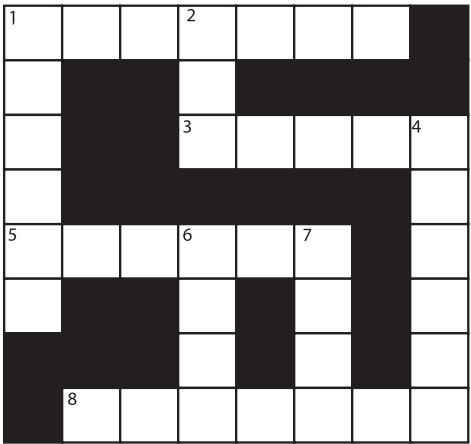
Solution to puzzle on page C10



WHICH ANIMAL WAS THE FIRST TO BE DOMESTICATED, AND PROBABLY THE FIRST PET OF OUR HUMAN ANCESTORS?

ANSWER: DOG

Crossword Puzzle



- ACROSS**
- 1. Living organisms
  - 3. Loose garment
  - 5. Shelters for dogs or cats
  - 8. Being with others
- DOWN**
- 1. Foolish behaviors
  - 2. Small rug
  - 4. Pleasant to snuggle
  - 6. People working together
  - 7. Long story

Answers:  
Across: 1. Animals 3. Tunic 5. Crates 8. Company  
Down: 1. Antics 2. Mat 4. Cuddly 6. Team 7. Saga

THIS DAY IN...



HISTORY

- 1849: ABRAHAM LINCOLN RECEIVES A PATENT FOR HIS FLOATING DRY DOCK.
- 1927: AN EARTHQUAKE WITH A MAGNITUDE OF 8.3 STRIKES NEAR XINING, CHINA.
- 2012: THE TOKYO SKYTREE OPENS TO THE PUBLIC. IT IS THE TALLEST TOWER IN THE WORLD, MEASURING 2,080 FEET TALL.



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How they SAY that in...

- ENGLISH:** Pet  
**SPANISH:** Mascota  
**ITALIAN:** Animale  
**FRENCH:** Animal de compagnie  
**GERMAN:** Haustier

Did you know?

THE WORD "PET" COMES FROM THE MIDDLE ENGLISH WORD "PETTY," MEANING "SMALL." THE TERM WAS FIRST USED TO REFER TO CHILDREN, BUT THEN SPREAD TO COMPANION ANIMALS.



GET THE PICTURE?



Can you guess what the bigger picture is?

ANSWER: KITTEN



## 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.

<p><b>Chapel Services at MAFB</b> <i>Protestant</i> (North Plains Chapel in Base Housing) <b>Sunday Community Service</b> 1030 a.m. (Holy Communion 1st Sunday) Children's Church during school year</p> <p><i>Catholic Mass (Northern Lights Chapel across from Rockers)</i> Sunday ..... 1000 Daily ..... Monday-Thursday at 1200</p>	<p><b>St. Peter The Aleut Eastern Orthodox Church</b>  <b>109 6th St. SE</b> <b>Minot • 838-3094</b></p> <p><b>Saturday, May 15</b> Vespers 5 PM <b>Sunday, May 16</b> Divine Liturgy 10AM</p> <p><b>V. Rev. Fr. Paul Hodge</b></p>	<p> <b>Break Forth BIBLE CHURCH</b> Thursdays 7:00pm and Sundays 10:30am <b>1821 W Burdick Expressway</b> For More Information: <b>701.353.9337   www.bfbc.tv</b></p>	<p> <b>An Evangelical Free Church</b> 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart) Sunday School &amp; Fellowship ..... 9:00 a.m. Worship ..... 10:30 a.m. <b>www.trinitychurchminot.org</b></p>	<p> Worship Service at 10:45am Sundays Sunday School at 9:45am</p> <p><b>1720 4th Ave NW, Minot</b> <b>838-0916</b> <b>MinotBibleFellowship.org</b></p>
<p> <b>Faith United Methodist Church</b> <b>5900 Highway 83 N, Minot</b> <b>www.faithumcminot.com</b> <b>Pastor Ken Mund</b> <b>701-838-1540</b></p> <p>Sunday School (All Ages): 9:45 a.m. Sunday Coffee Fellowship: 10:30 a.m. Worship Services: Sunday 11 a.m.</p>	<p><b>Minot Baptist Church</b> Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School ..... 9:45 a.m. Morning Worship .... 11:00 a.m. Evening Worship ..... 6:00 p.m. Wednesday Evening..... 7:00 p.m.</p> <p><i>Independent/Fundamental/KJV</i> <b>500 46th Ave NE • 839-1351</b> Pastor David Miller</p>	<p><b>Cornerstone Presbyterian Church</b> <b>1000 NE 3rd Street</b> <b>852-0315</b> <b>Sunday Schedule</b> Contemporary Worship ..... 9:00am Sunday School (All Ages) ..... 10:00am Traditional Worship..... 11:00am</p> <p><b>Wednesday Evening Schedule</b> Community Dinner..... 5:30-6:30pm Contemporary Worship ..... 6:30pm Youth Group &amp; Small Groups.. 7:15pm <b>All are Welcome!</b> <b>www.ecominot.org</b></p>	<p><b>To Advertise your Church on this page,</b></p> <p><b>Call 839-0946</b></p> <p><b>Only \$7.00</b> <b>a space / per week</b></p>	<p> <b>St. Mark's Lutheran Church</b> <i>Missouri Synod</i> <b>Sunday Worship</b> <b>9:30 AM</b> <b>2209 4th Avenue NW</b> <b>Minot, ND</b> <b>839-4663</b> <b>Reverend Philip Beyersdorf</b> <b>www.minotstmarks.com</b> <i>Join us on facebook</i></p>
<p> <b>Immanuel Baptist Church</b> <b>1615 2nd St. SE • Minot • 839-3694</b> 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</p> <p><b>Brian T. Skar, Pastor</b> <b>www.ibcminot.org</b></p>	<p><b>Apostolic Faith Church, UPCI</b> <b>2929 19th Ave NW • Minot</b> Located off Hwy 83 Bypass West <b>(701)838-0609</b></p> <p>Saturday School ..... 2:00 p.m. Sunday Worship ..... 3:30 p.m. Wednesday Bible Study ..... 7:30 p.m.</p> <p><b>Jesse Starr, Pastor</b></p>	<p><b>St. John the Apostle Catholic Church</b>  2600 West Central Ave • Minot, ND 58701 <b>839-7076</b> Daily Mass Schedule: Tuesday ..... 5:15 p.m. Wednesday - Friday ..... 7:00 a.m. Saturday ..... 5:00 p.m. Sunday ..... 8:00 &amp; 10:30 a.m. <i>Fr. David A. Richter, Pastor</i> Parish website: <b>www.stjohnminot.com</b></p>	<p> <b>First Lutheran Church - ELCA</b> 120 5th Ave. NW 852-4853 Sunday Worship 9:30 am</p> <p><b>www.firstlutheran.tv</b> (Live Stream &amp; Recorded) Radio Broadcast KRRZ 1390AM Sunday 9:30 am <b>www.flcminot.com</b> Pastor Brandy Gerjets • Pastor Ellery Dykeman</p>	<p> <b>Gospel Tabernacle Community Church</b> 9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson <b>Church: 701-838-4492</b> <b>Home: 701-838-5759</b> <b>KHRT 1320: 9 a.m. Sunday</b></p> <p><b>Sunday School ..... 9:45 a.m.</b> <b>Adult/Children Worship.. 11 a.m.</b> <b>Family Hour ..... 6:30 p.m.</b> <b>Evening Worship ..... 7:30 p.m.</b> <b>Bible Study/Child-Adult</b> <b>Children Worship (Wed).... 7 p.m.</b> <b>Prayer (Friday) ..... 7 P.m.</b></p>
<p><b>First Assembly of God</b> <b>1805 2nd St. SE</b> <b>838-1111</b> Morning Worship ..... 8:30 a.m. Sunday School ..... 10 a.m. Morning Worship ..... 11 a.m. Wednesday Family Night..... 6:30 p.m.</p>	<p><b>First Baptist Church</b>  <b>200 3rd St. SW • 852-4533</b> <b>www.fbcminot.org</b></p> <p>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.</p> <p><b>Rev. Kent Hinkel, Senior Pastor</b> <b>Rev. Barry Seifert, Associate Pastor</b> <b>Pastor Sam Kautzmann, Student Ministries</b> <b>Elaine Carlson, Children's Ministry Director</b></p>	<p> <b>Cross Roads Baptist</b> <b>Southern Baptist Convention</b> Sunday School (all ages) ..... 9:45 a.m. Sunday Worship ..... 11 a.m. &amp; 6:30 p.m. Wednesdays (Prayer &amp; Missions) ... 6:30 p.m.</p> <p><b>www.minotcrbc.org</b> <b>email: minotcrbc@gmail.com</b> <b>Dr. Bob Farmer- Pastor</b> <b>415 28th Ave SE (Behind Menards)</b> <b>838-1873</b></p>	<p> <b>West Minot Church of God</b> <i>Family Worship Center</i> <b>1105 16th St. NW • 839-1407</b> Sunday School ..... 9:30 a.m. Sunday Worship ..... 10:30 a.m. Children's Church &amp; 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 <b>westminot.com</b> <b>facebook.com/westminot</b></p>	<p><b>Church: 701-838-4492</b> <b>Home: 701-838-5759</b> <b>KHRT 1320: 9 a.m. Sunday</b></p> <p><b>Sunday School ..... 9:45 a.m.</b> <b>Adult/Children Worship.. 11 a.m.</b> <b>Family Hour ..... 6:30 p.m.</b> <b>Evening Worship ..... 7:30 p.m.</b> <b>Bible Study/Child-Adult</b> <b>Children Worship (Wed).... 7 p.m.</b> <b>Prayer (Friday) ..... 7 P.m.</b></p>
<p><b>To Advertise your Church on this page,</b></p> <p><b>Call 839-0946</b></p> <p><b>Only \$7.00</b> <b>a space / per week</b></p>	<p><b>To Advertise your Church on this page,</b></p> <p><b>Call 839-0946</b></p> <p><b>Only \$7.00</b> <b>a space / per week</b></p>	<p> <b>OUR REDEEMER'S CHURCH</b> <i>A Church of the Lutheran Brethren</i></p> <p>Thursdays: Worship..... 6:30 p.m. Sundays: Worship..... 8:30 a.m. &amp; 10:45 a.m.</p> <p><b>700 16th Ave SE • 701-838-0750</b> For more information visit us on the web at: <b>www.ourredeemers.org</b></p> <p> <b>OUR REDEEMER'S CHRISTIAN SCHOOL</b> 700 16th Avenue SE Minot, ND 58701 <b>info@orcsknights.org • 701-839-0772</b> <b>www.orcsknights.org</b></p>	<p><b>ORCS Preschool</b></p> <p>Our Redeemer's Christian School's Preschool Program will be starting it's 33rd year the fall of 2020 and we would love to have your child be a part of it!</p> <p><b>NOW ACCEPTING REGISTRATIONS FOR THE 2021-2022 SCHOOL YEAR</b></p> <p><b>HIGHLIGHTS OF OUR PROGRAM</b></p> <ul style="list-style-type: none"> <li>• Time-tested curriculum including STEM and Language Arts activities as well as Free Play</li> <li>• 2 and 3 day options available</li> <li>• Kindergarten readiness skills practiced each session</li> <li>• All teachers hold a North Dakota Professional Educator's License</li> <li>• Christ-centered environment</li> </ul> <p>Please contact our school office or visit our website for more information. <b>701.839.0772</b> Email: <b>jschultz@orcsknights.org</b> Website: <b>www.orcsknights.org</b></p>	
<p><b>ADVERTISE YOUR Church</b></p> <p><i>Advertise FOR ONLY \$7 PER WEEK</i></p> <p><i>Revisions MADE UPON NOTICE FROM THE CHURCH</i></p> <p><i>Deadline TUESDAYS BY NOON WEEK OF PUBLICATION</i></p> <p><b>VIEW OUR PAPER ONLINE AT NORTHERNSENTRY.COM</b></p> <p><b>CONTACT US</b></p> <p><i>call</i> <b>701-839-0946</b></p> <p><i>email</i> <b>NSADS@SRT.COM</b></p> <p><i>fax</i> <b>701-839-1867</b></p>		<p><b>we've got the church</b> <b>you've been looking for</b> <i>Your life matters to God!</i></p> <p></p>		



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## SUDOKU SOLUTION

Puzzle on page C8

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

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Or contact: **Matt Mackey**  
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tfn

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May 21

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## REAL ESTATE

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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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**APARTMENT FOR RENT IN GLENBURN, ND.** Located 12 Miles North of Base. 2 Bedroom, 1 Bath, Washer & Dryer included. Freshly Painted w/ Brand New Flooring throughout. \$650 a month w/ \$300 Security Deposit. Tenant pays utilities (all electric appliances). Pet negotiable with non-refundable pet deposit.

June 4

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

## 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

**PRE-SEASON SQUADRON SOFTBALL TOURNAMENT**  
MINOT AFB 4PLEX SOFTBALL FIELDS

**RUNS MAY 28-30**  
**REGISTER APRIL 21-MAY 21**  
LOI DUE NO LATER THAN MAY 21  
COACHES MEETING MAY 21 1:30PM  
FOR MORE INFO, CONTACT OUR SPORT OFFICE AT 723-7996  
OR EMAIL US AT [5.FSS.FITNESS@US.AF.MIL](mailto:5.FSS.FITNESS@US.AF.MIL)

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## MINOT AFB ANNOUNCEMENTS

### EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

Embry-Riddle Aeronautical University is the world's pre-eminent university for aviation and aerospace education. However, our dynamic, hands-on programs will prepare you for careers well beyond the limits of the sky. Our Worldwide Campus has been working with U.S. military service members since 1970, helping them to earn a degree while on active duty or as veterans. And we do it at more than 90 military installations around the globe. The Embry-Riddle Minot Campus — located at Minot Air Force Base — offers associate, bachelor's, and master's degrees, as well as undergraduate and graduate certifications, that will help you whether you are an active-duty military service member, a veteran, or a civilian working at or around Minot Air Force Base. Embry-Riddle Worldwide is here to help you earn your college degree. A degree from Embry-Riddle Worldwide will help service members to become commissioned officers, will make veterans more desirable job candidates as they enter the civilian workforce, and will assist civilians with job advancement or career changes. Our modes of instruction are: Online, Eaglevision Home and Eaglevision Classroom. Our next upcoming term is: 31 May-1 Aug. For more information, please email: minot@erau.edu or call us via our teleworking phone number: 904-513-9734.

### COLUMBIA COLLEGE

For nearly fifty years Columbia College has offered educational opportunities to the military and is proud to establish our newest location here, at Minot AFB. Founded in 1851, Columbia College is a private, nonprofit liberal arts and sciences college that serves approximately 18,000 students annually and is proudly recognized by numerous organizations as a Military Friendly institution of higher education. Check out our website (ccis.edu) for the list of organizations that recognize the hard work the college puts in to serve those who serve our country and their families. With 29 online degrees the college is working to offer classes this summer on the installation. In the meantime you can choose your mode of education from strictly online classes to in-person ZOOM synchronous classes. Chose from the many associate, bachelor, or master's degree programs available and know your degree can be completed at Minot or anywhere you have internet connectivity or explore in-seat opportunities if you re-locate near one of our 30 locations nationwide. Fully accredited by the Higher Learning Commission (HLC) we are delighted to establish this location at Minot. Come talk to us at the education center and explore your options for your next step down the path to your educational goal. We are located in Room 219 or call (701) 727-8386.

### PARK UNIVERSITY MINOT –

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

### MINOT STATE UNIVERSITY

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

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# WHAT'S GOING ON MAFB

## FRIDAY 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

## TUESDAY 18

- Registration Opens for Garden Plots at Outdoor Recreation
- TAP (VA), 0800-1600, A&FRC
- Game Day, 1000-1930, Minot AFB Library Facebook Page
- Cityscapes Miami Special Lunch, 1030-1330, Fitness Center
- Fit to Fight, 1130, Fitness Center
- Barre, 1800, Fitness Center
- Magic the Gathering Commander Night, 1800, ESC
- Swerk, 1930, Fitness Center

## WEDNESDAY 19

- HIIT Strength and Conditioning, 0530, Fitness Center
- TAP (DoL) - Overview, 0730-1600, A&FRC
- Pre-Deployment/Remote Readiness Training, 1000-1100, A&FRC, Zoom Meeting
- Story Time, 1030, Minot AFB Storytime Club Facebook Group
- Cycle, 1630, Fitness Center
- Swerk, 1730, Fitness Center
- Yoga, 1830, Fitness Center

## THURSDAY 20

- Registration Closes for Mortal Kombat Tournament at ESC
- TAP (DoL) - Employment Workshop, 0800-1600, A&FRC
- Stroller Fitness Bootcamp, 1000, Fitness Center, Outdoor Track
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Fit to Fight, 1130, Fitness Center
- Kids' Night, 1530-2030, Bomber Bistro
- Zumba, 1930, Fitness Center
- Cycle, 1930, Fitness Center

## FRIDAY 21

- Registration Closes for Squadron Softball Tournament at Fitness Center
- Registration Closes for Wine & Paint Pouring Class at the Arts & Crafts Center
- HIIT Strength and Conditioning, 0530, Fitness Center
- TAP (DoL) - Employment Workshop, 0800-1600, A&FRC
- Spouses Corner, 0900-1000, A&FRC, In-Person and Zoom Meeting
- Fit to Fight, 1130, Fitness Center
- Teen Day Friday, 1500-2200, Youth Center
- Registration Closes for Why Not Minot? Scramble, 1600, Rough Rider Golf Course
- Cycle, 1630, Fitness Center
- Friday Fun Member Snacks, 1630-1830, Rockers Bar & Grill
- Club Member Benefit, 1700-1900, Rough Rider Lanes
- Teen Night, 1900-2100, Rough Rider Lanes
- Karaoke Night, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

## SATURDAY 22

- Cycle, 0900, Fitness Center
- Why Not Minot? Scramble, 0900, Rough Rider Golf Course
- Fit to Fight, 1030, Fitness Center
- Mortal Kombat Tournament, 1200, ESC
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

## 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 16

## MONDAY 17

- Registration Opens for Skydiving and Camping Trip at Outdoor Recreation
- HIIT Strength and Conditioning, 0530, Fitness Center
- TAP GPS Workshop, 0730-1600, A&FRC
- Stroller Fitness Bootcamp, 1000, Fitness Center, Outdoor Track
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Cycle, 1630, Fitness Center
- Epoxy Cutting Board Class, 1800-2000, Arts & Crafts Center
- Yoga, 1830, Fitness Center
- Swerk, 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

## 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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