

northern sentry

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U.S. Air Force B-52H Stratofortress bombers support a routine, pre-planned Dynamic Targeting and Close Air Support training event at the Grafenwoehr Training Area, Germany, March 4, 2022 in support of NATO allies and regional partners. The B-52H's are manned by aircrew assigned to the 5th Bomb Wing from Minot Air Force Base, North Dakota. Bomber Task Force rotations demonstrate the U.S.' ironclad commitment to promoting regional security alongside our NATO allies and regional partners. More coverage on page A6.

U.S. ARMY PHOTO | KEVIN STERLING PAYNE

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Women's HISTORY month



WOMEN'S HISTORY MONTH

To begin the celebrations for Women's History Month, Team Minot hosted a ceremony and proclamation signing at the Base Exchange on March 3, 2022. Women's History Month is an annual celebration of the women's contributions to events in history and to today's society, and an important reminder of the progress that women have made in the U.S. military.

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS SAOMY SABOURNIN

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Bomber Task Force mission to West Africa exercises counter-illicit maritime capabilities

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UNITED STATES AFRICA COMMAND

Two U.S. Air Force B-52 Stratofortress aircraft assigned to the 69th Expeditionary Bomb Squadron, Royal Air Force Fairford, flew a Bomber Task Force mission to southeastern Mauritania and along the west coast of Africa, where aircrew and U.S. Coast Guard members aboard the aircraft exercised their ability to conduct counter-illicit maritime tracking efforts, Feb. 28, 2022.

As part of its mission, the U.S. Coast Guard works to identify and track illegally operating vessels, such as those conducting illegal, unregulated and unreported fishing activities, and then transmit the vessel's location to the appropriate law enforcement authority. This type of collaboration builds shared maritime domain awareness that allows our partners to better target

those areas for law enforcement actions.

Illegal, unregulated, and unreported fishing depletes fishers throughout Africa's coast countries, threatens maritime security, and endangers the African economies that rely on the ocean for food and trade. U.S. Africa Command and the U.S. Coast Guard assist African partner nations' efforts to safeguard continued, sustainable use of maritime resources and enable maritime trade.

Mauritania and U.S. Africa Command have a longstanding relationship that includes bilateral cooperation, including this Bomber Task Force mission, as well as participation in multilateral exercises. Mauritania plays a key role in regional stability and is a founding member of the G5 Sahel.

U.S. Coast Guard LCDR. Dixon Whitley, International Port Security Liaison Officer, works with aircrew on an Air Force B-52H Stratofortress assigned to the 69th Expeditionary Bomb Squadron, RAF Fairford, England, during a Bomber Task Force mission to southeastern Mauritania and along the west coast of Africa. During the mission, aircrew and U.S. Coast Guard members aboard the aircraft exercised their ability to conduct counter-illicit maritime tracking efforts, Feb. 28, 2022. U.S. Coast Guard members are trained to identify and track illegally operating vessels, such as those conducting illegal, unregulated and unreported fishing activities, and then transmit the vessel's location to the appropriate law enforcement authority.

U.S. AIR FORCE PHOTOS



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SHE'S NOT FROM AROUND HERE
AMY ALLENDER

A few weeks ago I came across a car stuck in a bank of snow. We'd gotten snow earlier in the week, but this was a warm, 35 degree day. Streets were clear, snow had even begun to melt on the sidewalks. The sky was blue, the sun was warm, the wind was almost nonexistent. Obviously this was the kind of day for a thick sweater, Converse sneakers, and no coat.

I took advantage of the unseasonably warm day by loading my car full of items to be donated at the Dakota Boys and Girls Ranch Thrift Store and flattened cardboard boxes for recycling. The emergency snow supplies we keep in our car through the winter – including a small shovel and work gloves were buried beneath the pile. This was not the kind of day I expected to need those things.

I loaded my sons into their car seats and set off. At the top of the 6th St hill, near Jim Hill Middle School, I saw the car in the snow.

I slowed to see if someone had already stopped to help and noticed the car was surrounded by several teenage girls – most wearing maroon Minot High hoodies. Another woman was there helping – maybe one of the girls' mothers, I wasn't sure. I pulled over and told the boys I was going to get out to see if I could help. They were happy in their seats, singing along to the Veggie Tales CD my husband got when he was a teenager – probably the age of the girls standing in the snow now. Life seems to change so quickly.

The car was at an angle in a front yard, the front wheels stuck in the snow. "Hi, there. Do you need help, or do you have it covered?" I asked.

The woman had her phone to her ear, but answered me anyway. "I'm just trying to call someone to bring a shovel. Then I think we'll be okay."

"Oh, I've got a shovel we can use. Let me grab it."

We walked together to my car where I opened the hatch and narrowly avoided an avalanche of donation bins and cardboard while I wrenched the shovel and gloves from under the stack. After confirming the boys were still okay, I went with the woman to the car.

The girls had obviously been

trying to get out for a while. Friction from spinning the wheels in failed attempts at dislodging the car had turned the snow into wells of ice. I passed off the shovel and gloves, then went back to my car to pass out snacks. After a few minutes I returned to the other car to help push – with no success.

"If we had some cardboard or something we could slide under the wheels maybe that would help," the woman said.

"I've got that, too!" I told her. Moments later I was back with several options. I may not wear a coat, but I am prepared.

By this time, my kids were truly restless. I left the shovel and gloves and told the group I was going to run a couple quick errands and come back. Fifteen minutes later, my hatch was empty – but their car was still stuck. Now, another truck had stopped with a chain to tow them out.

I got out to collect my things. "Thank you so much. I know we didn't get it out, but thanks for trying," one of the girls said.

"It's no problem," I told her.

"Who hasn't been on the receiving end of a friendly push at least once in their life?"

As I drove home to the soundtrack of Larry the Cucumber's Silly Songs, I thought about how true that statement was. I've been stuck, unable to get my car up the 3rd Street hill. I've hit a patch of ice on a curve and bounced off a curb. Once I even got stuck in a pile of snow on Main Street from the snow plow.

It was dark by the time I came out of Margie's to find my car immobile. In less than three minutes, two men walking past stopped and pushed me out. When I voiced my thanks, they told me much the same thing I told the girls: pushing each other out of the snow is part of what we do here.

No, I wasn't the hero who pushed the car out. But I keep thinking about that day. Isn't it lovely to be in a position to push instead of needing the push? Isn't it lovely to live in a town where it's safe to need help and safe to stop and offer it? Isn't it lovely to

live in a place where looking out for each other is the norm?

The arrival of spring is a joy – but a special comradery is forged in winter. Without the adversity of

winter, the Magic City would lack this sort of deep magic that only takes root in the snow.

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AMY ALLENDER PHOTOS

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A VIEW FROM OUR SIDE
ROD WILSON, NORTHERN SENTRY



There were three generations of the Wilson family at the Cross Ranch this past weekend spending a little down time in Pretty Point Yurt. For those not familiar with a yurt, it is similar to a cabin, except the outside walls are fabric stretched over a wood frame. Inside that framework, the North Dakota Parks & Rec have constructed a very comfortable cabin-like atmosphere, complete with knotty pine dividing walls giving the yurt a very rustic decor.

At the back of the yurt are two bedrooms with full size beds (you have to bring your own sleeping bags, quilts, pillows, etc.). There is a large living room area with a couch that makes into a hide-a-bed. Heat is provided by a gas fireplace and a forced air furnace. To the left of the front door is a kitchen complete with fridge, stove, sink with running water and a breakfast bar.

The gals were very happy that there was indoor running plumbing for a bathroom with flush toilet and a shower. The guys? Well let's just say with the tall grass and numerous trees, the full service indoor bathroom is not quite as essential.

With accommodations secured, our grandkids took to the outdoors. Pretty Point Yurt is located about 200 yards from the Missouri River. Over the years we have talked to our grandkids about Lewis and Clark, and how they opened the west with a trip up the Missouri River. On another day we will head west out of Minot to the Yellowstone Confluence and Ft. Union, also key stops on the Lewis & Clark journey.

Kids seem to love to hunt for walking sticks, and there is no finer area than the Cross Ranch. On this visit there was only a light cover of snow, so stick hunting was at its prime. On both Friday and Saturday evenings we settled down into sleeping bags, quilts and blankets to watch a movie.

Saturday brought the most anticipated event for the kids, the open fire. We had brought firewood from home, and someone had graciously left some split logs. For the kids, my son David taught fire building, and fire safety 101. Soon we had the perfect fire for roasting hot dogs, followed by marshmallows crafted into s'mores.

Like any other ND State Park, the Cross Ranch is well maintained and staffed by friendly and helpful people. A quick trip to the internet will get you all kinds of information. Location? Well, it was exactly 87 miles from Minot, just across the river from Washburn. There are good roads to the Cross Ranch State Park, so the trip goes fast.

There are still some reservations left in the other cabins and yurts at Cross Ranch State Park this winter. And come summer Cross Ranch State Park is a great destination for camping, canoeing, sightseeing and wildlife photography.

You know that you have made an impression with your 10 year old grandson when he writes in the journal about his stay at Pretty Point "We had a great time and can hardly wait to come back next year." And oh, by the way, March 3-5 of 2023 at Pretty Point Yurt is already reserved...by guess who?

Welcome, Melissa Andreasen Pediatric Medicine



Melissa Andreasen,
MSN, FNP-C

A member of our pediatric team, Melissa Andreasen, MSN, FNP-C, is a board-certified family nurse practitioner, dedicated to providing compassionate, evidence-based care to children and adolescents.

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Melissa earned her Bachelor of Science in Nursing from Minot State University. She joined Trinity Health's nursing staff where she gained extensive experience caring for patients in the addiction services, intensive care, and same day surgery units. She completed a Master of Science in Family Nurse Practice from the University of Cincinnati. While working on her master's she served as a clinical nurse instructor with Dakota College at Bottineau. Since becoming a nurse practitioner, Melissa has practiced locally, providing primary care to pediatric, adult, and geriatric patients. A member of the National Association of Pediatric Nurse Practitioners, she has two children.

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B-52H STRATOFORTRESS BOMBERS LOW PASS FLYOVER

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U.S. ARMY PHOTOS | GERTRUD ZACH



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All About Pets

Budget Friendly Enrichment

With the huge selection of fancy toys, puzzles, and enrichment items available to pet owners, it can be a daunting task finding the right activities on a budget. But there are many ways to DIY your pet's enrichment sitting right around your home! Here are a few ideas to get you started on budget friendly enrichment:

Cats
Cat owners know it doesn't typically take much to enrich their pets. Many cats will play with anything and everything, so one enrichment could be as simple as giving your cat a new (to them) household item as a toy, such as a hair tie, a shoelace tied to a doorknob, or that cardboard box that you were going to throw in the trash. Some cats also enjoy scent enrichment, so if you have any cat friendly plants already growing in the house (thyme, basil, rosemary, even fresh catnip), try letting your cat sniff and explore them. Most households have at least one tv, computer, tablet, or smartphone laying around. You can do a quick Youtube search and find cat tv, bird videos, and even moving object games that your cat can enjoy right on the screen!

Dogs
DIY dog enrichment can be so much fun. One easy, budget-friendly idea is shown in the photo above. Use your dog's kibble or favorite treats and place it in a muffin pan, then cover the holes with various balls (you can get tennis balls for only a few dollars or less at your local Pet Supplies Plus). As long as your dog doesn't eat everything in sight, you can try putting food in

a cardboard box or an open (clean) soda bottle and let them kick it around and figure out how to get to the food. You can also do this with paper towel rolls by folding the ends to close them! Have any extra towels or blankets around? Lay them flat, scatter some food, and twist and fold them to make a homemade snuffle mat. Got a pile of socks with holes in them? Tie them together and make a DIY tug toy. If your dog has a habit of eating things it shouldn't, try a dog-safe option. Frozen whole carrots, celery stalks, or a head of lettuce can make for great chew toys/shredding opportunities, but only in moderation as eating too much can cause gastrointestinal upset!

Rodents/Guinea Pigs/Ferrets, etc.
We can't forget about our small friends! Tunnels and other nooks are a great way to let pets like these hide and explore. You can build a tunnel out of wood scraps, use a paper bag with the bottom cut out, or for really small rodents, you can use paper towel rolls. You can also combine these ideas with other household objects like stacked pillows, blankets, and books to make a challenging obstacle course filled with treats. Guinea pigs and rodents can use plain cardboard as chew toys, which is great for their enrichment and for keeping teeth healthy!

Enrichment is incredibly important to our pets' wellbeing. Getting new enrichment items from the store is so much fun for everyone, but if you're ever in a pinch and need some new ideas, don't be afraid to DIY!

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Spouses Welcome goes on the road

ABIGAIL KINDER, NORTHERN SENTRY

The Airman & Family Readiness Center has recently revamped their Spouses Welcome to allow new spouses a more hands-on opportunity to learn about all the resources available to them at Minot Air Force Base. In collaboration with command leadership spouses, they held the first Spouses Welcome on the Road (SWOTR) on February 16.

“The Spouses Welcome is an event that we hold for spouses who are new to Minot AFB so we can give them an idea of who the leadership is, what the mission of each wing is, and also the resources and support available to them,” said Alicia Thompson, Community Readiness Consultant. “Some of these spouses are brand new to the Air Force; they’ve never done anything like this. Some of the spouses have already been to several bases, but there are always idiosyncrasies to being at a new base.”

Previously, the quarterly event was held at the Jimmy Doolittle Event Center and offered new spouses a variety of briefings on programs and facilities offered at Minot AFB. A&FRC and base command spouses Carri Walters and Tonya Menuey decided to take the welcome a step further and developed a tour that took spouses all across the base. “We

decided to try to ‘take it on the road’ and actually take new spouses to certain locations on the base for the briefings so they are familiar with where they are and what services are available for them,” explained Suzanne Larson, Chief of the Airman and Family Services Flight.

On the morning of the 16th, Spouses gathered at the JDEC for an Information Fair and to hear mission briefs from 5th Bomb Wing Vice Commander Col. Michael Maginness and 91st Missile Wing Vice Commander Col. Christopher Menuey. They were also able to hear from a First Sergeant and Key Spouses to explain their roles, as well as Minot Area Chamber EDC Vice President Carla Dolan and representatives from the Medical Group. The tour was developed to not only focus on base facilities and programs, but on the missions of each wing and the variety of exciting opportunities in Minot as well.

With a bus provided by Yellowfin Transportation, spouses then took to the road and visited the Family Child Care office where they were briefed on the FCC program and given presentations by the School Liaison Officer and Military Family Life Consultants. Their next stop was the Youth

Center, and then spouses enjoyed lunch at the Dining Facility with the cost covered by the Air Force Aid Society.

Then, they made their way to the Pride building to learn more about Finance, Legal, Human Resources and information on ID cards from Customer Service. Program coordinators made sure to include a “scenic route” through the base to point out other facilities of interest, such as the Base Exchange and Commissary or various housing offices. For the first time, the A&FRC was able to provide refreshments courtesy of the Air Force Aid Society and even childcare at no cost to attendees (on a space available basis, under the Family Child Care Expanded Child Care Program umbrella) providing more accessibility to new spouses.

Not only does the SWOTR allow new spouses to physically see base facilities and understand the mission, but it creates a valuable social opportunity for them. “The spouses get to communicate and network with each other, and some



The Spouses Welcome on the Road brought attendees to the Youth Center for a tour and brief on their programs.

A&FRC PHOTOS

of the attendees have actually been here for a while so they become somewhat of a mentor to the new spouses,” said Thompson. At the heart of the Spouses Welcome, the mission is to help new spouses adjust and integrate into the Minot AFB community and create strong relationships with likeminded individuals. Walters, who is not only involved in planning the event but is also a long time attendee, said, “The Spouses Welcome is packed full of great

information and resources! Every time we do one I continue to learn something new. I think it’s a great opportunity for all spouses to take part in, even if you aren’t new.”

A&FRC and the command spouses will work diligently to tweak the SWOTR and provide even more important information for new spouses in the future. For more information or to register for the next Spouses Welcome on the Road, call the A&FRC at 701-723-3950.



Spouses load up on a bus provided by Minot Public Schools for the very first Spouses Welcome on the Road. Attendees took a tour around Minot Air Force Base to learn more about the facilities and programs available to them.



New Minot Air Force Base spouses attend a briefing at the legal office during the Spouses Welcome on the Road.

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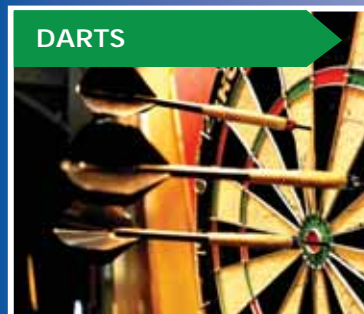
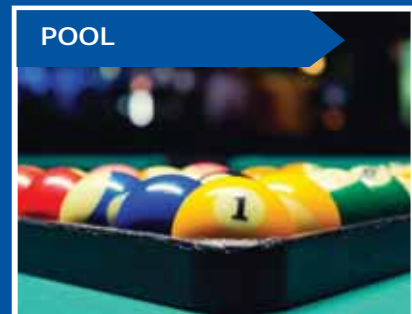
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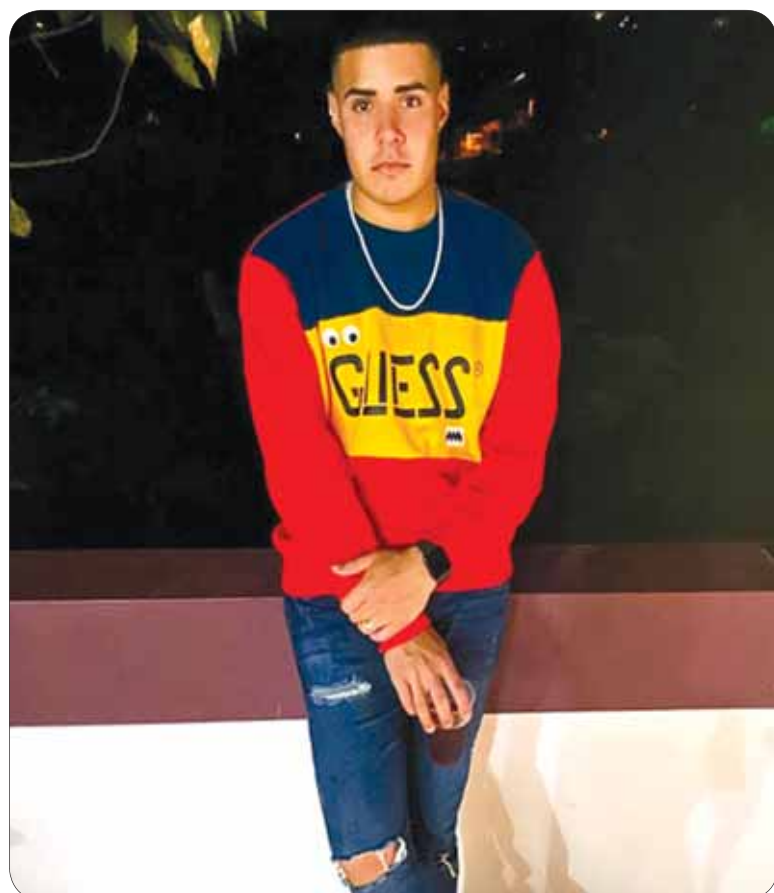
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SoftWave Technology Gaining Recognition

ROD WILSON, NORTHERN SENTRY



For Dr. Matt Hanson, 2022 marks his 10th year in the Minot market. Originally from the small town of Minnewaukan in central North Dakota, Dr. Hanson grew up on a farm about half an hour west of the western shore of Devils Lake. Before his arrival in Minot, Dr. Hanson spent 10 years in Minneapolis, "I really enjoyed it" according to Dr. Hanson.

GETTING STARTED WITH SOFTWAVE

An old business partner in Cornerstone Chiropractic brought the SoftWave technology to the attention of Dr. Hanson, "through my Facebook feeds I had also seen it marketed. Never really paid much attention to it; but being she mentioned it I started to pay attention to SoftWave and how it helped promote natural holistic health." According to Dr. Hanson ultimately a chiropractor's job is to get a sick person well without the use of surgery. "There are so many products that almost work" continues Dr. Hanson "they do a little, but they don't get you over the hump. The more I looked into this (SoftWave) I was convinced that it was the real deal." Cornerstone Chiropractic was given the opportunity to be the first to bring SoftWave into the market "so we stepped up our game a little bit to try to move it forward and trying to make (SoftWave) work out." Cornerstone Chiropractic had to be a little creative with their current space "We have four doctors in 2,500 square feet" continues Dr. Hanson. "We had to make space for it. We're glad we did because we are seeing great results in Minot." According to Dr. Hanson there are two things that are extremely important to chiropractor, results, and relationship. "It strengthens us in both of those" says Hanson.

HOW SOFTWAVE WORKS

So how does SoftWave work? "Well, I'll try to make it as simple as I can" Hanson continues, "We refer to the sound waves as intelligent beams that pass harmlessly through healthy tissue. But when they hit diseased tissue as ligaments, tendons,

muscle damage or inflammation, arthritis... they will increase blood flow to the area number one, and number two, they shut off the proteins that induce inflammation, and number three, and most important, is they recruit stem cells to that area. I guess you can say it's a three-factor punch."

POTENTIAL CANDIDATES

Although 90% of those potential patients who contact Cornerstone Chiropractic for an appointment are good candidates for SoftWave treatments "everyone has to go through an evaluation to make sure SoftWave will benefit them" according to Dr. Hanson. "We want to make sure and it's pretty easy to know because we put the sound waves into a certain area, and they won't have a pain response." On a patient's first visit Dr. Hanson said that the chiropractors determine if a patient is a good candidate, and then they map out the area where the treatment will take place. The cost of a treatment is based on waves. "We map out the area so that we know where to focus the waves." The cost of the machinery to generate the sound waves is significant so "we don't want to waste waves."

AREAS THAT ARE RECEPTIVE TO TREATMENT

Lower backs and knees are most responsive to SoftWave treatments "but it's also good for hands, wrists, necks, elbows, ankles, migraines...but we were treating people who were already our patients and those are the problems that these people have been dealing with chronically" says Hanson. "In those patients we are able to manage their pain, but not take them to the next level, which SoftWave does." However, Hanson points out that the owner of the company that markets SoftWave owns 4 clinics where he treats neuropathy, both chemotherapy neuropathy and diabetic neuropathy exclusively.

DYNAMIC RESULTS

Dr. Hanson has been pleased with results of SoftWave, but a recent patient had a very deep thigh bruise. "It was a bruise that normally takes up to six months to go away on its' own. You would still probably see it months and months from now. After consultation with Dr. Hanson, SoftWave technician treated the area three different times and the "results were amazing" according to Julie. "During the treatment we could see the color returning."

"This type of treatment is what is happening inside your body" continues Dr. Hanson. "We can physically show people the difference that SoftWave makes."

YOUR FIRST MOVE

"Planter Fasciitis, neuropathy, wrist, or hand pain...pretty much anyone who is contemplating surgery on a body part and wants an alternative to try first should come in for an initial appointment. We are generally talking about chronic things, although SoftWave is used extensively for athletic injuries, too" says Dr. Hanson "I guess our bread and butter patients are folks who are sick and tired of being sick and tired, and they reach out to us. From the start of our treatments about four months ago until now, 100% of the patients that we have treated for a number of symptoms, have gotten 60% relief...and that's pretty cool."



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Eva Denson Armed Forces Insurance Minot AFB Spouse of the Year

Military Spouse recognized for work with Domestic Violence & Sexual Assault

Eva Denson never wanted to be a military spouse; she had dreams of joining the military as a child, but she became pregnant at an early age. After having three children by the time she was 21 years old, Denson realized that she could not leave her children with anyone after the childhood that she had had. After surviving several domestic violent relationships and a childhood sexual assault, Denson decided that she was done with dating until her now-husband, Tech Sgt. Raymond Lee Denson Jr., came along in 2013. Hearing all the things that she had survived and how resilient she was, Denson convinced Eva to start a Facebook Ministry to help others heal and forgive just as she had done. The two founded NuEva Ministries, and Eva published her first book in 2021, titled *Unfinished Business*, which talks about overcoming childhood sexual assault and domestic violence.

Now, following hundreds of nominations nationwide and a national competition yielding more than 20,000 votes, Eva Denson has been named the 2022-Armed Forces Insurance Minot Air Force Base Spouse of the Year. Denson is currently stationed with husband at Minot AFB.

Now in its 13th year honoring the unwavering dedication of our nation's more than 1.1 million military spouses, Armed Forces Insurance is proud to recognize and reward the sacrifice of military spouses from all six branches of the Armed Forces who are advocating for others and having a tangible, measurable effect on their communities.

Eva said, "To me this award means that I will get to utilize my voice that has been silenced for so many years by fear and shame. I will get to use my voice as a military spouse to help those that want to forgive and finally find the courage to say, 'I forgive you.' I will be able to bring awareness to a community that also has several cases of sexual assaults and domestic violence. Together, I believe that we can be the change that victims need to become survivors."

Nominations from community members nationwide were accepted from Nov. 29, 2021, through Jan. 21, 2021. The program is organized by base-level winners, moving on to 18 top finalists, then branch level winners, and finally, the overall 2022-Armed Forces Insurance Military Spouse of the Year® (AFI MSOY) who are all selected by popular vote and judging panels.

As a base winner, Denson was judged on five core criteria: overall involvement in the military community, leadership skills, community building capability, communication skills, and overall personal story. Denson is now in consideration of being named the overall winner. After a final vote conducted on March 10-11, the overall winner will be unveiled at an awards dinner on May 7 at the Renaissance Arlington Capital View Hotel in Arlington, Va., in conjunction with National Military Spouse Appreciation Day, which occurs on May 5.



"Over the past decade, we have seen the program grow and amplify the voices of military spouses on a national stage," says Lori Simmons, Chief Marketing Officer at Armed Forces Insurance. "These spouses have pioneered initiatives, founded organizations, started businesses, and advocated for issues impacting the quality-

of-life for military families in the best ways imaginable. We are thrilled to welcome the 2022 base winners to the AFI MSOY family and work alongside them to make an even bigger impact." To learn more about Eva and the other base winners, please visit www.msoy.af.mil.

Award Winning Author to visit Minot AAFES

Dawn Brotherton is an award-winning author and featured speaker at writing and publishing seminars. When it comes to exceptional writing, Brotherton draws on her experience as a retired colonel in the US Air Force as well as a softball coach. Her books range from children's picture books to adult fiction and nonfiction.

Visit her website <https://www.dawnbrothertonauthor.com/> for a full list of her published books. She is a contributing author to the non-fiction A-10s over Kosovo, sharing stories from her deployment. Dawn is now writing for the Williamsburg magazine, *Next Door Neighbors*. Brotherton will be at Minot AAFES March 30-April 1.

A LOOK BACK THIS WEEK IN USAF HISTORY

FIRST FLIGHT OF SIKORSKY HH-53B HELICOPTER
MARCH 15, 1967



A flight engineer looks over a minigun while his helicopter flies in formation with a Sikorsky HH-53C Super Jolly Green Giant of the 40th Aerospace Rescue and Recovery Squadron, Vietnam, October 1972. (Ken Hackman, U.S. Air Force)

On March 15, 1967, the "Super Jolly Green Giant," or the Sikorsky HH-53B helicopter, made its initial flight. At the time, the HH-53B was the largest, most powerful, and the fastest helicopter in the United States Air Force. The maiden flight of 66-14428 took place in Stratford, Connecticut and was piloted by James R. Wright and Patrick A. Guinn. The helicopters were then sent to the 37th Air Rescue and Recovery Squadron at Eglin Air Force Base, Florida and Vietnam to perform combat search and rescue missions, as well as special operations. The aircraft were key participants in the Son Tay Raid, where joint military forces flew a covert night mission to a POW camp in Vietnam to rescue American prisoners. By 1988, the HH-53s were modified to a new special operations configuration. In 2007, 66-14428 was retired to The Boneyard in Tucson, Arizona, and all of the models were withdrawn by September of 2008.

Information courtesy of: thisdayinaviation.com/history.net

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BABY GIRL BORN ON
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RENA MENBDEZ AND BRITTON KIMBLE
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TUESDAY, MARCH 01, 2022 TO:
ASHLYN ALMY AND COLE BROSE
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BABY GIRL BORN ON
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4-H fosters education for military youth: summer camps and more

ABIGAIL KINDER, NORTHERN SENTRY

Nestled amongst a forest of tall cottonwood trees on the banks of the Missouri River just outside of Washburn, N.D., the North Dakota 4-H Camp offers a perfect summer getaway for youth all over the state. Not only does 4-H provide a variety of exciting summer camps to foster every passion imaginable, but they present valuable opportunities for young minds to learn and develop critical life skills.

In America, 4-H is the largest youth development organization. It includes agriculture, gardening and horticulture, natural resources, food and nutrition, home and family environment, civic engagement, and more. Emily Burkett, 4-H Youth Development Agent for North Dakota State University Extension, said, "We promote hands-on learning. I think a lot of people feel that you need to own animals to participate, but you don't! You don't even have to pursue animal interests. There are several pillars that we focus our work in, but the ultimate goal is what we call the BIG M..." meaning B-Belonging, I-Independence, G-Generosity, and M-Mastery. "We want kids to develop in all four of those and master their skill or craft or at least get a deeper understanding of the subject they are passionate about," she continued.

During the summer, 4-H holds a variety of specialized camps for ages 5-18 from May through August. The property includes a mud pit, waterslides, a barn, an obstacle course, sports arenas, and a swimming and fishing pond in development on the property. 4-H summer camp is the ideal place to learn, grow, and have fun.

While camps are open to any child in the state (4-H member or not), this summer offers a unique opportunity for military youth ages 10-14 through the Outdoor Adventures for Air Force Youth Camp, Aug. 7-11, 2022. This camp is made possible by a 4-H Military Partnerships/Department of the Air Force grant that covers \$325 of the cost, allowing Air Force, Air Force Reserve, and Air National Guard youth to attend the camp for only \$25 per camper. The program also includes transportation to North Dakota 4-H Camp from three

locations in North Dakota: Fargo, Grand Forks Air Force Base, and Minot AFB.

Diane Hahn, a Program Coordinator for 4-H Youth Development, said, "The Air Force camp will have a piece of everything. In addition to campfires, team challenges, archery, outdoor games, and water activities, we'll have a few specific hands-on activities that will focus on things like team building, communication skills, leadership... we'll do some activities where they'll learn more about emotional intelligence and those types of things."

4-H also offers multiple other scholarships, including those for military youth of all branches to attend any camp at ND 4-H Camp. And according to Burkett, scholarship opportunities for income-qualifying families are also available, increasing accessibility to non-military affiliated youth as well.

Not only does 4-H offer summer camps, but they have a variety of other year-round opportunities for youth from clubs to contests and specialized projects that provide supplemental learning and truly encourage that "mastery" aspect, even for parents.

"It's about learning in your community. I've noticed that it's also good for families in general," said Burkett. "We [recently] had a livestock practice day and it was one of the first days where people were able to get their animals off their farm and go practice. A few parents were so much more nervous than the kids. The other parents said 'hey, we all start somewhere; you're doing great.' I feel like especially after COVID, we've lost a lot of our community and our fellowship with other people, but 4-H programs are a great way to bring that back."

Lindsey Leker, 4-H Youth Development Specialist, is in charge of 4-H STEM (science, technology, engineering, and mathematics) and camp programming. She helps to develop the hands-on activities to allow youth to learn valuable skillsets and set themselves up for success throughout their lives. "We do a variety of activities every camp, but our focus is educational programming," she said. "We

focus on STEM education, natural environment education, things that we can do at the camp that the kids will have fun with." Whether solving a crime through forensic techniques, learning about robotics, or practicing archery skills, 4-H has engaging educational opportunities for everyone.

4-H programs also focus on building youth-adult partnerships and guiding children to practice independence in a caring environment. NDSU Extension staff, volunteers, and camp counselors provide opportunities for youth to connect with caring adults in the camp setting. ND 4-H Camp is still in need of male summer camp counselors and individuals from all cultures and backgrounds, including those from military families, are encouraged to apply. Counselors with a military family background can identify with and serve as role models for campers with similar experiences and provide all campers with a unique perspective.

With the help of passionate individuals and meticulously designed programs, 4-H plays a significant role in providing valuable skills to youth and creating a fun, educational environment to inspire the next generation.

For information on camp scholarships for military youth contact Diane Hahn at diane.f.hahn@ndsu.edu. To sign up for a 4-H summer camp, visit www.ndsu.edu/agriculture/extension/extension-topics/4-h-youth-development/camps.



4-H summer camps offer a variety of hands-on activities and educational opportunities for youth across North Dakota. Through summer camps and other 4-H programs, young people are able to foster their passions, build important life skills, and cultivate lasting relationships to set themselves up for success.

SUPPLIED PHOTOS

Interested in making a difference in the lives of North Dakota's youth as a camp counselor? Reach

out to Lindsey Leker at lindsey.leker@ndsu.edu. Moreover, visit the Youth Center for more information on 4-H clubs at Minot AFB.

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MARCH DORM DINNER

The Minot AFB Sexual Assault Prevention & Response - SAPR Office sponsored the March dorm dinner with a Pre-Spring Picnic. They love collaborating with the Chaplains and getting an opportunity to spend time with the Airmen. Shout out to the amazing advocates that helped support this event.

THE MINOT AFB SEXUAL ASSAULT PREVENTION & RESPONSE - SAPR PHOTOS



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FISH OXYGEN, TOO

Patricia Stockdill

We don't see it because they're under water but fish need oxygen, too.

Granted, they get it differently than us humans but just as sunlight and oxygen are critical for people, it's critical for fish.

One problem snowy states like North Dakota face is that while it melts to provide moisture and water to maintain lake levels, it can also limit how much sunlight penetrates the ice, allowing underwater plants to produce oxygen through photosynthesis.

Lack of sunlight is also detrimental to aquatic vegetation, causing it to die, decompose, and reduce the amount of oxygen in a lake, described N.D. Game and Fish Department Fisheries Management Leader Scott Gangl.

While the air humans breathe has about 200,000 parts per million of oxygen, water concentration is typically about 4 to 8 parts per million (PPM) of oxygen, according to the Ocean Conservancy.

Different fish species require different levels of oxygen dissolved in water, measured in parts per million, for breathing. For example, rainbow trout have an optimum level of about 5 PPM while walleye and perch do better when dissolved oxygen levels remain above 2 or 3 PPM. Fish can become lethargic with low oxygen levels. Bullheads, however, can handle levels below 2 PPM.

Oxygen levels below 1 PPM are lethal for most game fish, Gangl continued.

Heavy snow blocks sunlight, causing aquatic vegetation to die and decompose. That can create lower dissolved oxygen levels and possible winter fish kills. It's even more problematic is snow occurs early in and stays throughout the winter.

North Dakota lakes can experience winter fish kills on any given year, Gangl added. Shallow lake depth can also factor into potential mortality.

Game and Fish Department fisheries biologists have conducted winter dissolved oxygen samplings across various lakes since the 1950s, typically after mid-February "when (oxygen) conditions are apt to be at their worst," Gangl continued. "They try to select the deepest spot on the lake and measure oxygen levels in 1 meter increments to get a profile of oxygen throughout the water column."

Oxygen levels tend to be lowest at the bottom of a

lake as decomposed matter settles. If oxygen levels are around 1 to 2 PPM biologists may re-sample to help determine the extent of oxygen depletion.

The information helps fisheries managers determine spring plans for potential fish stocking or possibly transporting catchable-sized fish into the lake, if necessary. They also use the information to help them determine how soon an impacted lake can be brought back as a fishable lake again.

In some instances of major fish losses, anglers might drill a hole while ice-fishing, only to have dead minnows come up as they pull up an auger.

That lake likely has a problem because minnows tend to survive in lower dissolved oxygen levels than other species.

Another indication is the distinct aroma of rotten eggs, which occurs when hydrogen sulfide gas is produced because oxygen levels are at zero

Sometimes it takes ice-out to determine if a lake has winter kill. Numerous dead fish along the shoreline in the spring also means a fish kill.

Lakes with partial or complete fish kill become a priority for fisheries managers when they factor their available catchable-sized fish and smaller fingerlings for spring stocking.

The Game and Fish Department manages more than 400 water bodies across the state yet it is one of the nation's smallest fish and wildlife management agencies in the country in terms of number of total employees. With limited staff it's not always possible to know what lakes may have some degree of winter (or summer, for that matter) fish kill.

Gangl suggested anglers contact the Game and Fish Department if they find large numbers of dead fish – or minnows – when they drill a hole on their late season ice-fishing excursion.

Let them know if a bunch of dead fish line the shoreline of one's early season open water fishing lake.

Anglers can stay abreast of how their favorite lake – or a new one they might want to check out – fared this winter on the updated "Where to Fish" app on the Game and Fish Department website, (gf.nd.gov).

Biologists update the status of any lakes with known winter fish kill when data becomes available, Gangl described.



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Congratulations to this year's winners of AFGSC's Annual Chaplain Corps Awards. These awards recognize the exceptional performance of the Chapel teams and Chaplain Corps professionals caring for our Striker Airmen and Guardians more than anyone thinks is possible. On March 3, Colonel Menuey had the pleasure of informing Ch, Captain Brian A. Harris, that he had won the 2021 AFGSC Chaplain Corps Company Grade Officer of the Year award. Ch, Captain Harris will represent AFGSC as he goes on to compete at the DAF level. Awesome job and all the best at the DAF level!

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The 27th annual Minot Prairie Quilt Festival is here and "We're Rollin' Again!" March 17-20, 2022. With the changes in normalcy over the past few years, everyone is looking forward to learning, shopping and being inspired again. Enjoy 4 days of classes and 2 days of vendors and quilt show. View our festival catalog at minotquilters.com/index.php/festival-catalog/ for class information.

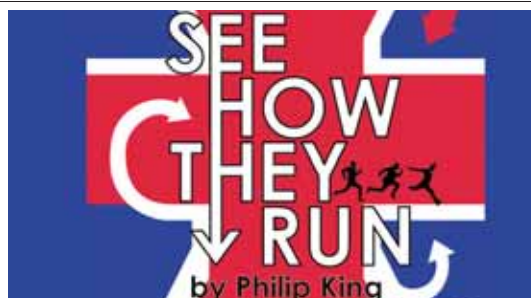
- Sue Beevers of Trillium Ridge Quilt Designs as our National Instructor.
- Kate Eelkema as our Certified Judge.
- Linda Glueckert as our Guild Featured Instructor. Numerous classes,



For more information:
Visit www.minotquilters.com

18-20 MAR **SEE HOW THEY RUN**
2:00 PM / 7:30 PM
Mouse River Players Community Theatre
115 1st Street SE, Minot

Galloping in and out of the four doors of an English vicarage are an American actor and actress (he is now stationed with the Air Force in England), a cockney maid who has seen too many American movies, an old maid who "touches alcohol for the first time in her life," four men in clergyman suits presenting the problem of which is which (for disguised as one is an escaped prisoner), and a sedate Bishop aghast at all these goings-on and the trumped up stories they tell him.
\$15 General Admission / \$13 Students, Military, Seniors / \$10 Children, 12 and Under



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NODAK ARMS

OUTDOOR

REPORT

OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, March 7: 1,827.72 feet above mean sea level (MSL); 14,500 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,447.26 feet above mean sea level (MSL).

Stump Lake elevation: 1,447.19 MSL.

•N.D. Game & Fish Dept. game wardens: Limited reports but look for some pike activity on the east end of Lake Sakakawea. No reports from other area lakes or Devils Lake.

•Devils Lake, Ed's Bait Shop, Devils Lake: No new reports.

•Devils Lake, Woodland Resort, Devils Lake: Spotty walleye success with better activity in low light in the evening or morning hours.

•Lake Darling, Karma C-Store, Ruthville: Lake Darling producing numbers of small walleye.

•Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: Lake Darling generally remains slow for walleye.

•Lake Metigoshe, Four Seasons, Bottineau: Continued fair bluegill success with occasional walleye in the evening. Try large for pike.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: East end of Lake Sakakawea producing some nice-sized pike. Try floating a dead smelt on a bobber in Douglas or Garrison bays. Some spearing success. Occasional walleye. Scattered small walleye success on Lake Audubon. Try the west end.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Continued pike success on the east end of Lake Sakakawea. Try Steinke, Centennial, Garrison, or Douglas bays. Concentrate in 20 feet but also try shallower using large bait, either herring or smelt. Lake Audubon producing a few walleye on the east end.

•Lake Sakakawea, New Town: Van Hook Arm generally slow.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace remains slow with little activity. East end of Lake Sakakawea producing a few walleye in the morning or evening.

•Lake Sakakawea/northwest N.D.

- Ice is never completely safe. Avoid areas with vegetation, moving water, pressure ridges, and springs. Check conditions as you go along on the ice and don't move around at night.
- Remember to keep fish caught in 25 feet and deeper; they rarely survive coming up from deep depths.
- March 12: Spring crow season opens.
- March 12: Lonetree Rocky Mtn. Elk Foundation banquet, Harvey, 5:30 p.m.
- March 15: Ice houses must be removed from all state lakes and rivers but can be used if they're removed daily.
- March 17: Fort Stevenson State Park Leprechaun's Geocache, Garrison. Call the park, (701) 337-5576 or go to their Facebook page for details.
- March 18: Pheasants for the Future banquet, All Seasons Arena, N.D. State Fair Center, Minot, 4 p.m.
- March 23: Elk, moose, and bighorn sheep application deadline.



lakes, Scenic Sports, Williston: West end of Lake Sakakawea somewhat tough with best success on the Missouri and Yellowstone rivers. However, best locations on Sakakawea remain White Earth Bay and Lund's Landing in the morning or evening in low light. Continued pike success in the shallows of bays using large smelt or herring. Fair crappie success from Trenton Lake yet.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Souris River slow. A few anglers on area lakes but no reports.

•Turtle Mtn. area lakes, Coast-2-Coast, Rolla: Most houses moved off area lakes with some water coming up through the ice on few lakes.

N.D. Parks & Recreation Dept. trails (conditions can vary):

•Trails generally in poor to fair condition with ice.

Downhill skiing. Conditions can vary. Contact for updates and days of operation:

•Big Sky Resort, Big Sky, Mont., (800) 548-4486: 25- to 47-inch base with 30 lifts and carpets and 192 trails open.

•Bottineau Winter Park, Bottineau, (701) 263-4556: 18-inch base with 1 chair, 2 magic carpets, 4 runs, and all tubing runs open. Terrain Park closed.

•Frostfire Ski Area, Walthalla, (701) 549-3600: Ski area closes March 13 for the season.

•Huff Hills Ski Area, Mandan, (701) 663-6421: 12- to 28-inch machine groomed base with 2 lifts, 1 tow, and 8 runs open.

•Terry Peak, Lead, S.D.: 16- to 28-inch base with 5 lifts and 12 runs open

Numbers to know:

•N.D. Game and Fish Dept., main Bismarck office: (701) 328-6300, website: (<http://gf.nd.gov>).

•Report All Poachers: (701) 328-9921.

Sons of Serendip to Perform In Minot March 11

THE INTERNATIONAL ARTISTS SERIES OF MINOT



The International Artists Series of Minot and Live On Stage, Inc. announce America's Got Talent Finalists as part of their 2021 - 2022 Concert Season Sensational vocal/instrumental quartet and America's Got Talent Season 9 finalists, Sons of Serendip, are bringing their jaw-dropping, powerhouse sound to Ann Nicole Nelson Hall - MSU on Friday, March 11, 2022 at 7:00 p.m. Doors will open 30 minutes in advance with no reserve seating. Single event tickets are available at \$30/adult and \$15/student at the door, or by calling the number below or on the International Artist Series website. Early Bird season tickets for the 22-23 series will be available at the door.


To purchase event tickets, or to get more information on season tickets, please visit the association's website at www.minotconcerts.org, contact 701-838-1113, or email at iasminot@srt.com.

Season 9 finalists on America's Got Talent and America's Got Talent "The Champions" veterans, Sons of Serendip is an extraordinary quartet featuring harp, piano, cello and vocals. Their ethereal and emotionally stirring orchestral

acoustic interpretations of pop instrumentals, captured the hearts of fans, judges, and audiences all around the world. The Billboard charting quartet is gaining popularity by offering fresh interpretations of popular music with unique instrumentation. With three successful albums and multiple national tours under their belt in addition to their numerous televised performances, this group has taken the world by storm and continues to climb higher and higher, gaining fans everywhere they go!

The International Artists Series of Minot, North Dakota has been presenting internationally acclaimed artists to the community since 1947. The all-volunteer non-profit board is committed to bringing artists and audiences together and enriching the cultural life of the greater Minot community through live performances offered at affordable, family friendly prices.


Live On Stage, Inc. provides excellent, affordable, entertainment attractions and support services to an American community of concert presenters.



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SSGT
**CALVIN
NAVARRO**

ELECTROMECHANICAL
TEAM CHIEF



DAY TO DAY

As a Team Chief, Navarro manages the maintenance that takes place at the sites and capsules to make sure everything runs smoothly and safely.

SSgt. Navarro was recently recognized and coined by the commander of the 91st Missile Wing for providing emergency mechanical support, sustaining the Rough Rider mission.

"I'VE BEEN HERE FOUR YEARS NOW AND I'VE MET A LOT OF GREAT PEOPLE HERE. I'VE ALSO HAD REALLY GREAT LEADERS AND I'VE LEARNED FROM PEOPLE WHO WERE MY TEAM CHIEF AT SOME POINT."

POT ROASTED BEEF BRISKET



INGREDIENTS

- 2 1/2 POUND FLAT CUT BEEF BRISKET
- TRAEGER PRIME RIB RUB
- 1 LARGE YELLOW ONION, SLICED
- 1 CLOVES GARLIC, MINCED
- 2 1/2 MEDIUM CARROTS, CUT INTO 2 INCH SLICES
- 1/2 STALK CELERY, DICED
- 1/4 CUP DRY RED WINE
- 1/2 TABLESPOON TOMATO PASTE
- 1/2 TABLESPOON WORCESTERSHIRE SAUCE
- 1/2 TEASPOON DRIED THYME
- 1/2 CAN (14.5 OZ) DICED TOMATOES
- 1 CUP LOW SODIUM BEEF BROTH
- 1 BAY LEAF
- CHOPPED PARSLEY, FOR GARNISH

When ready to cook, set the Traeger temperature to 350°F and preheat with the lid closed for 15 minutes. Trim the fat cap on the brisket to 1/4-inch. Season all sides generously with Traeger Prime Rib Rub. In the bottom of a large roasting pan, add the onions, garlic, carrot, and celery.

In a small bowl, add the wine and whisk in the tomato paste, Worcestershire sauce, and thyme. Pour the wine mixture over the vegetables. Add the tomatoes and beef broth, and bury the bay leaves in the vegetables.

Lay the brisket fat-side up on top of the vegetables. Cover tightly with aluminum foil. Place the roasting pan directly on the grill grates. Close the lid and cook for 3 1/2-4 hours, or until the meat is fork-tender. Halfway through the cooking time, carefully lift the foil and turn the meat over. Replace the foil.

Remove the brisket from the grill, and let the brisket rest for 30 minutes. Remove and discard the bay leaves from the vegetables and skim any visible fat from the liquids. Transfer the brisket to a cutting board and slice into 1/4-inch-thick slices. Garnish with parsley, as desired. Enjoy!



Ryan Davy - GM
Minot

www.HofE.com/BBQHQ



**TIPS BEFORE BUYING
NEW TIRES**

Though vehicles can't function without them, tires are something few drivers think about until something goes wrong. A roadside flat tire or a tire rotation recommendation from a mechanic during a routine oil change appointment may be the only time many drivers give much thought to their tires. That no doubt leads to some confusion about what to do when tires inevitably need to be replaced.

The automotive resource Kelley Blue Book notes that the life expectancy of most tires falls between 25,000 and 50,000 miles. That's a big gap, and car owners can check their vehicle manuals to see if their vehicle manufacturer recommends a more specific replacement interval. It's worth noting that mileage is not the only barometer drivers should use to determine if they need to buy new tires. The following tips can help drivers determine if now is the time to outfit their vehicle with new tires.

· Measure the tread. KBB notes that a tire assessment should always include measuring the amount of remaining tread. Drivers can do this on their own in various ways. One method involves looking at the tread wear bars, which are little bridges in the grooves between the ridges. If the bars are even with the tread pattern, then the tire has very little tread remaining and must be replaced. The penny or quarter test is a popular way to determine if tires must be replaced. Insert

a penny or quarter into the center of the tread between two ridges with Lincoln's or Washington's head facing you. If you can see the very top of the head or the space above the head, the tire must be replaced. If only a little bit of hair is visible, then the tire is nearing its end. The tire has sufficient remaining tread if the some of the forehead is concealed.

· Check for other signs of wear and tear. Little remaining tread is not the only sign tires must be replaced. Tires with cracked sidewalls, discoloration and/or bulging need to be replaced.

· Confirm a larger issue isn't lurking. Uneven wear on tires is typically a byproduct of a larger issue. Though tires that have worn unevenly will need to be replaced, replacing them without correcting the larger issue will only lead to more uneven wear on the new tires. That's a costly mistake. KBB notes that poor wheel alignment or suspension issues are typically to blame for uneven wear. This issue can be fixed and should be addressed prior to purchasing a new set of tires.

Tires sometimes exhibit telltale signs that they need to be replaced. Before buying replacement tires, drivers can inspect their existing ones and ask their mechanic to confirm that a larger issue isn't affecting their performance.

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Happy Hooligans Awarded 23rd Air Force Outstanding Unit Award

Outstanding Airmen of the Year Also Recognized

TECH SGT. JESICA GEFFRE

FARGO, N.D. — The North Dakota Air National Guard's 119th Wing, known as the Happy Hooligans, formally accepted the Air Force Outstanding Unit Award (AFOUA) for the 23rd time during a ceremony at Hector Air Base, Fargo, N.D., on March 5. The ceremony also included recognition of the Outstanding Airmen of the Year.

The AFOUA is awarded by the secretary of the U.S. Air Force to numbered units of the active duty Air Force, U.S. Air Force Reserve and Air National Guard that have distinguished themselves by exceptionally meritorious service or outstanding achievement, including successful involvement with combat operations or exposure to hostile actions by an opposing foreign force.

"Congratulations to the members of the North Dakota Air National Guard's 119th Wing as they celebrate an incredible 23rd Air Force Outstanding Unit Award," said Gov. Doug Burgum, commander-in-chief of the North Dakota National Guard. "Whether serving in support of U.S. commanders overseas or here at home, we can always count on the Happy Hooligans to excel in their

assigned missions and instill pride among North Dakotans."

Maj. Gen. Al Dohrmann, North Dakota adjutant general, placed the streamer representing the award on the 119th Wing's colors, and commended the Hooligan Airmen for their exceptional service and mission accomplishment.

"It's a privilege to be with the Happy Hooligans as you celebrate this latest recognition by the U.S. Air Force," said Dohrmann. "Since the North Dakota Air National Guard was established in 1947, you've continued to excel while accepting the challenges of changes in aircraft and missions. Last year the 119th Wing safely deployed 120 Airmen in support of overseas missions, all while continuing to successfully support other federal and state missions here at home".

The award was accepted on behalf of the 119th Wing by its commander, Col. Mitch Johnson.

"We are extremely proud of these Airmen we honor today and their dedication to excellence," said Johnson. "The Hooligans excelled by working as one to earn another Air Force Outstanding Unit Award, and presenting these Outstanding Airmen of the Year awards allow us to recognize those

exceptional individuals who make up this phenomenal team."

The recent award period was for achievements rendered from Oct. 1, 2019 to Sept. 30, 2020, in which the 119th Wing successfully executed combat and expeditionary support operations to multiple commands by activating over 165 Airmen to locations around the globe. Notable accomplishments include over 10,000 combat hours flown resulting in successful degradation of enemy networks; the 119th Intelligence, Surveillance and Reconnaissance Group continuing to lead the Air National Guard through its 456% increase in target production output; and the 219th Security Forces Squadron facilitating a 98.7% sortie alert rate while safeguarding \$3.3 billion in U.S. Strategic Command nuclear assets.

The Hooligans previously earned the award in 1971, 1973, 1979, 1992, 1993, 1994, 1995, 1997, 1998, 2001, 2006, 2007, 2008, 2010, 2012, 2013, 2014,



From left to right, Col. Mitch Johnson, the 119th Wing commander, holds the unit flag, as Chief Master Sgt. Chris Andvik, the 119th Wing command chief, looks on, while Maj. Gen. Al Dohrmann, the North Dakota adjutant general, attaches the Air Force Outstanding Unit Award (AFOUA) streamer during a ceremony at the North Dakota Air National Guard Base, Fargo, N.D., March 5, 2022. It is the 23rd time the North Dakota Air National Guard has been recognized with the award.

U.S. AIR NATIONAL GUARD PHOTO | AIRMAN 1ST CLASS CHRISTA ANDERSON

2015, 2016, 2017, 2018 and 2019.

In addition to the AFOUA award, the North Dakota Air National Guard's Outstanding Airmen of the Year were also recognized during the ceremony.

- Field Grade Officer of the Year: Lt. Col. Jeffrey Hovdenes
- Company Grade Officer of the Year: Capt. Jesse Moch
- Senior Noncommissioned Officer of the Year: Senior Master Sgt. Danelle Card

• Non-commissioned Officer of the Year: Tech. Sgt. Abigail Swanson

• Airman of the Year: Senior Airman Ethan Cermak

Also honored were the Unit Career Advisor of the Year, Staff Sgt. Daniel Solberg, 119th Civil Engineer Squadron; and First Sergeant of the Year, Master Sgt. Ryan Nelson, 119th Operations Group.

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It was like a dream or even make believe, I peered again at my rear-view mirror to see if what I was seeing was real. The fog seemed to illuminate the rotating lights, which were summoning my vehicle to stop. No! Not me, I thought as my mind raced for answers. What did I do? Was I going too fast? Didn't I stop for that stop sign? I began to pull to the right and stopped my vehicle upon the right side of the road. What was taking so long? Where was the Security Forces member? A sudden thump! And big bright light from a metallic flashlight startled my thoughts. He identified himself, and said "Your vehicle was left of center Sir, may I see your identification and drivers license?" I hurried to react to the officer's request. I began to fumble through my wallet attempting to locate the items. I recalled the party I had attended. Joe was a good host, he wanted me to stay the night, but I was the tough guy, besides all I had was a couple. "Could you please step out of the vehicle" broke my thought pattern. Can he smell the alcohol on my breath I wondered, does he know? I asked to light a cigarette to mask the odor. Maybe I could hide it. Again the officer repeated his previous request. As I stepped out of the vehicle, I held my composure (So I thought). Next came the sobriety test to determine my ability to drive. Impaired, I've driven many times before, maybe in worse shape than this. As I completed the tests, even I decided I shouldn't have driven. My reflection became reality as the officer applied the handcuffs and placed me in the rear of his car. I began to contemplate my actions, what about my career, my family and my future. The pending results greatly outweighed the small reason I had to drive. The impending punishment would undoubtedly cost well into the thousands of dollars, as well as my families respect. Was it worth it?

This is a fictional account but the statistics of drinking and driving are not. Don't be among the statistics dead or alive! The next time you want to drive when you drink alcohol - DON'T! Take along a designated driver, call a taxi, or call a friend. Don't allow this fictional tale to become true for you. Don't Drink and Drive!

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CREATURE FEATURES

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- Known as the "kings and queens of swing", Siamang Gibbons move in the trees by hand over hand swinging, a locomotion known as brachiating.
- With an arm span of almost 5 feet, their arms are 2 1/2 times the length of their body.
- A Siamang Gibbon can grasp and carry things with both their hands and feet.

Fact File	
Life Span	25 - 30 years
Weight	17 - 26 pounds
Height	32 - 36 inches
Wild Diet	(various) Canopies, Herbaceous Fruits, Leaves, Small birds, Eggs, Spiders

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					4	
5				6		
7						
		8				

ACROSS

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- Most chubby
- Put at risk
- Follows commands

DOWN

- Young dogs
- Older
- Impulse
- Gave refreshment
- Hotel

Answers:
 1. Puppies 2. Aged 3. Urge 4. Watered 6. Am
 5. Piglet 8. Pudge 7. Endanger 8. Trained
 Down
 1. Puppies 2. Aged 3. Urge 4. Watered 6. Am

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OneOp

For more than 10 years, OneOp (formerly Military Families Learning Network) has collaborated with the Defense Department, US Department of Agriculture, and Land Grant University System to provide free and open-access resources. There are 7 concentration areas: Personal Finance, Family Development and Early Intervention, Military Caregiving, Network Literacy, Nutrition and Wellness, Community Capacity Building, and Family Transitions. Each concentration area provides education and resources for professionals working with military families to build resilience and navigate life cycle transitions. For example, two series in Family Transitions are: Thrive Series or Diversity, Equity and Inclusion in Youth Programs (Fostering Supportive Adult-Youth Relationships). The goal of OneOp is for military families to increase their self-reliance and navigate each transition more



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



successfully than the last. Want more information? Be sure to check out OneOp's website, <https://oneop.org/> to access a variety of webinars, podcasts, blog posts, and more.

MARCH WEBINARS:

Brain Health: Understanding Military-Related TBIs

<https://oneop.org/event/118071/>
Thursday, Mar. 17, 2022, 11 a.m. – noon EST

Continuing education credit opportunities: University of Texas at Austin Steve Hicks School of Social Work, Commission for Case Manager Certification, Patient Advocate Certification Board, Ohio Nurses Association, and Certified Family Life Educators

Understanding Buy Now, Pay Later Services

<https://oneop.org/event/117019/>
Tuesday, Mar. 22, 2022, 11 a.m. – 12:30 p.m. EST

Continuing education credit opportunities: Association for Financial Counseling & Planning Education, and Center for Financial Certifications

Creating Equity During Family Visits

<https://oneop.org/event/118077/>
Wednesday, Mar. 23, 2022, 11 a.m. – 12:30 p.m. EST

Continuing education credit opportunities: Early Intervention Training Program and Certified Family Life Educators

2021-2022 MINOT PUBLIC SCHOOLS CALENDAR

IMPORTANT UPCOMING DATES

- March 9**
Vacation Day - No School
- March 10 & 11**
Spring Break - No School
- April 15**
Good Friday - No School
- April 18**
Vacation - No School

March 2022							20 days	
S	M	T	W	T	F	S		
		1	2	3	4	5		
6	7	8	9	10	11	12		
13	14	15	16	17	18	19		
20	21	22	23	24	25	26		
27	28	29	30	31				

April 2022							19 days	
S	M	T	W	T	F	S		
					1	2		
3	4	5	6	7	8	9		
10	11	12	13	14	15	16		
17	18	19	20	21	22	23		
24	25	26	27	28	29	30		

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



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 - Community Band
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 - Meets Mondays at 7 PM
- Nodakords**
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 - Meets Mondays at 7 PM

INTERESTED?
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Dress Up Week at Dakota Elementary



From February 28 to March 4 2022, students and faculty at Dakota Elementary, Minot Air Force Base, N.D., participated in a Dr. Seuss dress up week. Monday's theme was Wear a Hat, Tuesday was Crazy Sock Day, Wednesday was Thing 1 & 2, Thursday was wear a shirt from a place you've visited, and Friday's theme was wear your pajamas.

DAKOTA ELEMENTARY PHOTOS

Let's Plan Your Party!

Birthday PARTIES

X-TREME OR OPEN BOWLING

SUPER PARTY

• 2 Hour Party for up to 10 People
• Shoe Rental
• Pop and Ice Cream
\$155+tax
\$12 for each additional person

MEGA PARTY

• 2 Hour Party for up to 10 People
• Shoe Rental
• 2 - 16" Pizzas, Pop and Ice Cream
\$185+tax
\$15 for each additional person

Additional \$10 for X-treme Bowling

ALL PARTIES INCLUDE:
Plates, Cups, Napkins, Utensils, Invitations & Balloons.
Birthday Child will receive a "Happy Birthday" Bowling Pin or a coloring T-Shirt.
You bring the cake and the kids!
NO OUTSIDE FOOD OR BEVERAGES ALLOWED.

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NORTHHILLBOWL.COM

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Party Room

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- 6 PM-10 PM

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WWW.OAKPARKTHEATER.NET

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701-837-JUMP

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\$45.00

Includes:

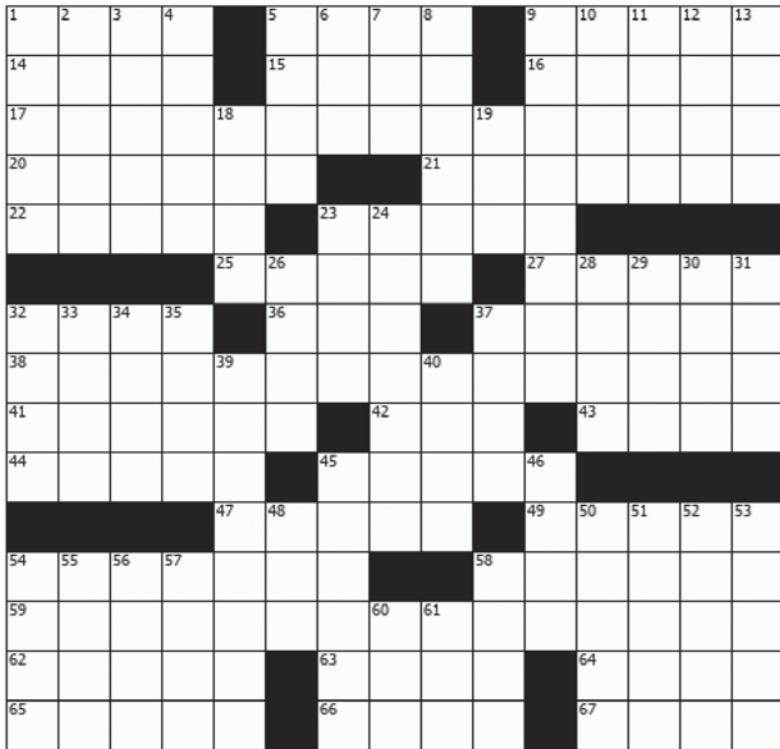
- 4 Jumpers
- Marco's Pizza
- Four 16 oz. Drinks
- Additional Jumpers Only \$10!

www.highairground.com

CROSSWORD PUZZLE

Across

- 1. Have the nerve (to)
- 5. Side of bacon
- 9. Supplementary feature
- 14. Kind of rug or code
- 15. Swiss river to the Rhine
- 16. Nary a soul
- 17. Slugger's warm-up
- 20. Fat Man and Little Boy
- 21. Saluted
- 22. Certain blood group
- 23. Agenda contents
- 25. Violin bow application
- 27. Bara, "The Vamp"
- 32. Roles in "The Piano" and "Tobacco Road"
- 36. ___-haw
- 37. Did well, as the economy
- 38. Department store department
- 41. Vienna's river
- 42. Be not up to par
- 43. English school founded by Henry VI
- 44. Lummoxes
- 45. Santa's reindeer team, e.g.
- 47. Rommel's charge
- 49. Hearth
- 54. Work up
- 58. Lined up
- 59. Radar, for one
- 62. Photomuralist Adams
- 63. Poker action
- 64. Russia/Manchuria boundary river
- 65. Gettysburg victor
- 66. With pretentious display
- 67. What dieters eat



Down

- 1. Sponge gently
- 2. "The Sheik of ___"
- 3. Pave over, as a driveway
- 4. Inscription on a Wonderland cake
- 5. Word preceding souci or serif
- 6. Act the straggler
- 7. Dada founder
- 8. Edgar, Charlie's controller
- 9. One with descendants
- 10. Show excessive fondness
- 11. Commanding phrase
- 12. Fairy tale starter
- 13. Desire
- 18. Structural member
- 23. Discerner's phrase
- 24. Clothes closet accessory
- 26. Words said with a sigh
- 28. Raise, as an anchor
- 29. Give off
- 30. Erte's forte
- 31. Yemeni port
- 32. Current letters
- 33. Word with purpose?
- 34. "It comes ___ surprise"
- 35. Wallboard support
- 37. First name in horror films
- 39. Kind of course
- 40. Uses a tuffet
- 45. Central New York city and lake
- 46. Wine partner
- 48. Long distance inits.
- 50. Describing a branch of the service
- 51. Stubborn dirt
- 52. Mathematical set
- 53. Ablutionary still-life vessels
- 54. Genesis man
- 55. "Star Trek" creator
- 56. "___ Wonderful Life" (1946)
- 57. Began a golf game
- 58. Stand ___ by (watch without acting)
- 60. Anthem word
- 61. Turner or Cole

SUDOKU

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

Solution to puzzle on page C7

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

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

REEL TIME THEATER MOVIE SCHEDULE



FRIDAY MARCH 11 1800
 SATURDAY MARCH 12 1800
 SUNDAY MARCH 13 1500
 MARRY ME (PG-13)



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Because of the uncertainty of the COVID-19 virus effects, the Northern Sentry will continue to post future events as advertised by area groups. However, we highly encourage you to check in advance on the current status of your church service.

Chapel Services at MAFB
 Protestant
 (North Plains Chapel in Base Housing)
Sunday Community Service
 1030 a.m.
 (Holy Communion 1st Sunday)
 Children's Church during school year

Catholic Mass (Northern Lights Chapel across from Rockers)
 Sunday 1000
 Daily Monday-Thursday at 1200

St. Peter The Aleut Eastern Orthodox Church

 **109 6th St. SE Minot • 838-3094**

Saturday, March 12
 5 PM, No Vespers

Sunday, March 13
 10AM, Congregational Prayer Service


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


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


 Worship Service at 10:45am Sundays
 Sunday School at 9:45am
1720 4th Ave NW, Minot 838-0916
MinotBibleFellowship.org


Faith United Methodist Church
5900 Highway 83 N, Minot
www.faithumcminot.com
Pastor Ken Mund 701-838-1540
 Sunday School (All Ages): 9:45 a.m.
 Sunday Coffee Fellowship: 10:30 a.m.
 Worship Services: Sunday 11 a.m.


Christ Reformed Church
 Worship 11:00 a.m. Sunday
 234 14th Ave SE
www.christreformedchurchminot.com

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

Wednesday Evening Schedule
 Community Dinner 5:30-6:30pm
 Contemporary Worship 6:30pm
 Youth Group & Small Groups.. 7:15pm
All are Welcome!
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 3705 11th St. SW
 Minot, ND 58701
 701-852-6404
www.oslcminot.com
 Rev. Heath Trampe
 Rev. Brian Doel

SUNDAY MORNING
 Worship Services
 8:15, 9:30, & 11:30 am
 Sunday School
 Age 4 - Grade 12
 9:30 am (Sept-May)
 Adult Bible Study
 9:30 am


St. Mark's Lutheran Church
 Missouri Synod
Sunday Worship 9:30 AM
2209 4th Avenue NW Minot, ND 839-4663
Reverend Philip Beyersdorf
www.minotstmarks.com
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Immanuel Baptist Church
 1615 2nd St. SE, Minot
 701-839-3694
Sundays:
 9:00 am Fellowship
 9:15 am Sunday School
 10:30 am Worship
Wednesdays:
 11:30 am Soup Kitchen
 5:30 pm Family Supper
 6:30 pm Preschool/Kids' Club/ABY
 6:30 pm Adult Bible Study
www.ibcminot.org
 e-mail: immanuel@srt.com


Minot Baptist Church
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Sunday School 9:45 a.m.
 Morning Worship 11:00 a.m.
 Evening Worship 6:00 p.m.
 Wednesday Evening 7:00 p.m.
Independent/Fundamental/KJV
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 Pastor David Miller

St. John the Apostle Catholic Church

2600 West Central Ave • Minot, ND 58701
839-7076
 Daily Mass Schedule:
 Tuesday 5:15 p.m.
 Wednesday - Friday 7:00 a.m.
 Saturday 5:00 p.m.
 Sunday 8:00 & 10:30 a.m.
Fr. David A. Richter, Pastor
 Parish website: www.stjohnminot.com


First Lutheran Church - ELCA
 120 5th Ave. NW
 852-4853
 Sunday Worship 9:30 am
www.firstlutheran.tv
 (Live Stream & Recorded)
 Radio Broadcast KRRZ 1390AM
 Sunday 9:30 am
www.flcminot.com
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Gospel Tabernacle Community Church
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 4 miles south of MAFB
James W. Henderson
Anna B. Henderson
Church: 701-838-4492
Home: 701-838-5759
KHRT 1320: 9 a.m. Sunday
Sunday School 9:45 a.m.
Adult/Children Worship.. 11 a.m.
Family Hour 6:30 p.m.
Evening Worship 7:30 p.m.
Bible Study/Child-Adult
Children Worship (Wed).... 7 p.m.
Prayer (Friday) 7 p.m.


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 10:00 AM
 11:30 AM
Wednesday 6:30 PM

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(701) 838-0609
 Saturday School 2:00 p.m.
 Sunday Worship 3:30 p.m.
 Wednesday Bible Study 7:30 p.m.
Jesse Starr, Pastor


Cross Roads Baptist
Southern Baptist Convention
 Sunday School (all ages) 9:45 a.m.
 Sunday Worship 11 a.m. & 6:30 p.m.
 Wednesdays (Prayer & Missions) ... 6:30 p.m.
www.minotcrbc.org
email: minotcrbc@gmail.com
Dr. Bob Farmer- Pastor
415 28th Ave SE (Behind Menards) 838-1873


West Minot Church of God
 Family Worship Center
1105 16th St. NW • 839-1407
 Sunday School 9:30 a.m.
 Sunday Worship 10:30 a.m.
 Children's Church & Nursery
 Wednesday Family Training Hour
 Meal 5:30p.m.
 Classes for All Ages 6:30 p.m.
 Youth Center, Friday 7:00 - 11:00 p.m.
 ABC Child Care Center 852-6352
westminot.com
facebook.com/westminot

To Advertise your Church on this page,
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Only \$9.00 a space / per week


First Baptist Church
 200 3rd St. SW • 852-4533
www.fbcminot.org
 Classic Worship Service 8:30 a.m.
 Sunday School (All Ages) 9:45 a.m.
 Contemporary Worship Service 9:50 a.m.
 Adult Sunday School 11:00 a.m.
 Contemporary Worship Service 11:05 a.m.
 Children's Church 11:05 a.m.
 Wed. AWANA (Sept. to May) 6:30 p.m.
 Fridays, Celebrate Recovery 7:00 p.m.
 Rev. Kent Hinkel, Senior Pastor
 Rev. Barry Seifert, Associate Pastor
 Pastor Sam Kautzmann, Student Ministries
 Elaine Carlson, Children's Ministry Director


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www.ourredeemers.org


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 Minot, ND 58701
info@orcsknights.org • 701-839-0772
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Website: www.orcsknights.org

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Sun. 9 AM- 3 PM

Mar25

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Mar25

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OCTOBER 8 & 9
NOVEMBER 12 & 13
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at **mmackey@kalixnd.org**
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09:00 PM – 02:00 AM
HOLIDAY WEEKENDS
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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 term is: 21 Mar-22 May. For more information, please visit us in Room 223 located in the Base Education Center Building (2nd floor), email: minot@erau.edu or call office phone: 701-727-9007 and/or Teams phone: 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 –

PARK UNIVERSITY MINOT – Your degree, Your way. Open enrollment for the 2021/2022 year! 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. The Spring 2022 semester begins Monday, January 10, 2022. 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

BUSINESSES & SERVICES



SUDOKU SOLUTION

PUZZLE ON PAGE C4

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

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WHAT'S GOING ON MAFB

FRIDAY 11

- Registration Ends: Winter Games at the Fitness Center
- Cycle & Strength, 0530, Fitness Center
- Guest Speaker Event: Marine Corps Veteran Amos Benjamin, 0930, Base Theater
- Family Zumba, 1000, Turf, hosted by the Fitness Center
- Tactical Fit, 1130, Fitness Center
- Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill
- Game Night Series: Mordhau, 1800, ESC
- Swerk, 1830, Fitness Center
- Karaoke Night, 2000, Rockers Bar & Grill

TUESDAY 15

- Career & Certification Exploration Track, 0800-1600, A&FRC
- Moving Out of the Dorms Budget Class, 0900-1100, A&FRC
- Game Day, 1000-1930, Minot AFB Library
- Tactical Fit, 1130, Fitness Center
- Finger Knitting Class, 1700-1900, Arts & Crafts Center
- Acrylic Paint Pouring Class, 1800-2000, Arts & Crafts Center
- Valorous Intramural League, 1800, ESC
- Yoga, 1930, Fitness Center

FRIDAY 18

- Cycle & Strength, 0530, Fitness Center
- Winter Games, 0800-1500, Fitness Center
- Winter Games: Halo Infinite Tournament, 0900, ESC
- Family Zumba, 1000, Turf, hosted by the Fitness Center
- Tactical Fit, 1130, Fitness Center
- Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill
- Games Night Series: Board Games, 1800, ESC
- Swerk, 1830, Fitness Center
- Karaoke Night, 2000, Rockers Bar & Grill

SATURDAY 12

- Barre Strength, 1000, Fitness Center
- Dr. Seuss Day, 1300, Minot AFB Library Facebook Page

WEDNESDAY 16

- HIIT Strength & Conditioning, 0530, Fitness Center
- Bundles for Babies, 0900-1030, A&FRC
- Pre-Deployment/Remote Readiness Training, 1000, A&FRC, Zoom Meeting
- Story Time, 1030, Minot AFB Library
- Fit to Fight, 1130, Fitness Center
- Parent Advisory Board Meeting, 1130-1230, Child Development Center
- Epoxy Wine Caddy Class, 1700-1900, Arts & Crafts Center
- Swerk, 1730, Fitness Center
- Fighting Game Night, 1800, ESC
- Yoga, 1830, Fitness Center

SATURDAY 19

- Spring Fitness Sampler, 0900-1100, Fitness Center
- Warhammer 40,000 Casual Game Day, 1500, ESC
- Dueling Pianos, doors open at 1900, show starts at 2000, Jimmy Doolittle Event Center

SUNDAY 13

- Zumba, 1400, Fitness Center

MONDAY 14

- HIIT Strength & Conditioning, 0530, Fitness Center
- Career & Certification Exploration Track, 0800-1600, A&FRC
- Family Fit Bootcamp, 1000, Turf hosted by the Fitness Center
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Fit to Fight, 1130, Fitness Center
- Swerk, 1730, Fitness Center
- Yoga, 1830, Fitness Center

THURSDAY 17

- Pre-Separation Counseling, 0830, A&FRC
- Short Notice Pre-Separation Counseling, 0930-1130, A&FRC
- Family Fit Bootcamp, 1000, Turf, hosted by the Fitness Center
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Tactical Fit, 1130, Fitness Center
- Nail Embroidery Class, 1700-1900, Arts & Crafts Center
- Zumba, 1830, Fitness Center
- Yoga, 1930, Fitness Center

MARCH SPECIALS

Bomber Bistro • Chicken Pesto Pasta
Grilled chicken covered in a tasty pesto sauce and finished with parmesan cheese and Italian seasoning. Served with a breadstick and a drink for \$9.95!

The B-Fifty Brew • Chai Tea Latte
Black tea infused with cinnamon, clove, and other warming spices is combined with steamed milk and topped with foam for the perfect balance of sweet and spicy.
Tall \$3.60 • Grande \$4.10 • Venti \$4.60

Rockers Bar & Grill • Tender Basket
Tasty tenders served with our famous fries, your choice of dipping sauce, and a drink! Grab this tasty combo for \$7.00!

ONGOING

- FCC Pre-Orientation: One-on-One Appointments: Family Child Care – Call to schedule an appointment.

Nail Embroidery Class
at the Arts & Crafts Center
March 17th • 5pm - 7pm
"Create string art with nails the easy way in this step-by-step class!"
Cost: \$40.00



723-3640

Free event!

Dueling Pianos
March 19th
Doors open 7:00pm
Show starts 8:00pm



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