

# northersentry

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## WHAT'S INSIDE THIS WEEK:



AIRMAN  
COMES TO  
THE RESCUE

A7



BOMB  
DISPOSAL  
EXERCISE

B1



LRS BLDG 420  
RIBBON  
CUTTING  
CEREMONY

B8



## BOMBER TASK FORCE EUROPE 22-2

U.S. Air Force aircrew assigned to the 69th Expeditionary Bomb Squadron, RAF Fairford, England, stand in front of a B-52H Stratofortress for a crew picture before an integration mission with NATO Allies and partners, during Bomber Task Force Europe March 7, 2022. The U.S. is the only Allied nation that maintains strategic bomber capabilities and exercises their global reach on behalf of Allies and partners around the globe--anytime, anywhere. See page A2 & A3 for more coverage.

U.S. ARMY PHOTO | TECH. SGT. CORBAN LUNDBORG



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**DETAILS ON PAGE B5**



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(2021) Animation, Adventure, Comedy (PG)

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A B-52H Stratofortress assigned to the 69th Expeditionary Bomb Squadron at RAF Fairford, England, is escorted by a Hellenic Air Force F-16C during a flight over Greece, March 7, 2022. The BTF integrated with U.S. Allies in the Mediterranean to demonstrate their ability to project a global strategic bomber presence.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS ZACHARY WRIGHT



An Italian Air Force F-35 Lightning escorts a B-52H Stratofortress assigned to the 69th Expeditionary Bomb Squadron at RAF Fairford, England, while flying over Italy, March 7, 2022. The BTF missions are conducted regularly around the globe with the intention of strengthening the relationships between the U.S. and their Allies.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS ZACHARY WRIGHT



A B-52H Stratofortress assigned to the 69th Bomb Squadron at RAF Fairford, England, flies over the Alpine Mountains March 7, 2022. The B-52 conducted flight operations across Bulgaria, Greece and Italy, integrating with Allies and demonstrating the Strategic Bomber Forces' commitment to their Allies in the Black Sea and Mediterranean region.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS ZACHARY WRIGHT



A U.S. Air Force B-52H Stratofortress assigned to the 69th Expeditionary Bomb Squadron, RAF Fairford, England, flies a routine and planned integration mission with Italian Air Force F-35 Lightning IIs and Eurofighter Typhoons during Bomber Task Force Europe March 7, 2022, a long-standing deterrence mission. Strategic bomber missions enhance the readiness and training necessary to respond to any potential crisis or challenge across the globe.

U.S. AIR FORCE PHOTOS | TECH. SGT. CORBAN LUNDBORG

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# Allied Fighter Aircraft Integrate with B-52s in the Mediterranean Region

ALLIED AIR COMMAND PUBLIC AFFAIRS OFFICE

RAMSTEIN, GERMANY — Allied F-35s and Eurofighters from Italy and F-16s from Greece escorted two US B-52s throughout the Mediterranean Sea and Black Sea Region while integrating with Allied Joint Terminal Attack Controllers (JTACs) from Romania March 7, 2022.

The B-52s took off from RAF Fairford, and flew over central Europe to practice air-land integration drills with Romanian JTACs; this integration provided vital Allied Close Air Support training.

Before returning to base, the B-52s practiced bilateral operations with Italian and Greek fighters. The Allied aircraft worked out fighter-bomber escort procedures and

communications. Integration between fifth generation fighters and legacy bombers ensure Allied interoperability that directly contributes to providing a robust deterrence and defence of the Alliance.

NATO is a highly capable, political & military Alliance that collectively provides the military forces necessary to ensure security for our nations through an effective, blend of operations, missions, tasks and activities within Alliance territory.

Given the inherent speed, flexibility, and range of strategic bombers, Bomber Task Force missions highlight Allied capabilities and commitment to a cohesive Alliance.



A B-52H Stratofortress assigned to the 69th Expeditionary Bomb Squadron at RAF Fairford, England, flies in formation with an Italian Air Force F-35 Lightning and Two Eurofighter Typhoons, March 7, 2022. The Bomber Task Force deployment model is a routine deployment allowing Strategic Bomber Squadrons the ability to integrate with U.S. Allies and partners.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS ZACHARY WRIGHT

## Stratofortress flies Bomber Task Force mission in Arctic region

USAFE-AFACRICA PUBLIC AFFAIRS

Ramstein Air Base, Germany -- The most recent Bomber Task Force mission in Europe occurred March 14, in the North Sea and Arctic regions.

B-52 Stratofortress aircraft, assigned to the 69th Expeditionary Bomb Squadron, departed from RAF Fairford, England, and flew to the North Sea off the coast of Norway where they supported

Exercise Cold Response 22, a Norwegian-led multinational NATO exercise. This integration event showcased the U.S.' compatibility and readiness alongside its Allies.

"Exercising together is how we optimize what each of us bring to the fight. We are committed to the collective defense of all NATO nations," said Gen. Jeff Harrigan,

commander of U.S. Air Forces in Europe – Air Forces Africa and NATO's Allied Air Command. "Integrating and training with our allies and partners allows us to exercise our combined capabilities while deterring aggression against NATO."

Bomber Task Force missions highlight U.S. capabilities and commitment to work closely with

our allies and partners to deter any potential adversary from aggressive actions.

Coverage of BTF deployments will be continuously available on the Defense Visual Information Distribution Service at: <https://www.dvidshub.net/feature/bombertaskforceeurope>.

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# Supporting Minot AFB through stressful times

City of Minot

SINCERELY, CITY HALL  
SHAUN SIPMA, MAYOR OF MINOT



As the world watches the events unfolding daily in Ukraine following Russia's invasion, there are undoubtedly countless eyes at Minot Air Force Base focused on what's happening more than 5,000 miles away.

It's a horrific reminder that the men and women who call Minot Air Force Base home are impacted by events taking place far from Minot, N.D. It's also a reminder that Minot AFB continues to play a critical and crucial role in the United States' defense plan both at home and around the world.

The Air Force personnel stationed at Minot AFB have repeatedly proven that they are ready to respond to global threats whenever and wherever necessary. The B-52 bombers are not only an impressive sight in the skies above Minot, they are also recognized world-wide as a sign of the United States' military strength. Ditto for the intercontinental ballistic missiles spread across this region that are

controlled through Minot AFB. Certainly, we hope it's never necessary to use those missiles in a time of conflict. Their value lies in their steadfast effectiveness as a deterrent.

The mission of Minot AFB is a global one, a mission that includes playing a key role in the United States' overall goal of maintaining a strong military as a deterrent. In our community, we, too, have a mission in relation to the military members and their families who call Minot home.

We must remind ourselves that every time the B-52s and personnel leave Minot to strengthen the United States' defense system somewhere else in the world, there are spouses and family members who remain here as part of our community. As community members, we have a responsibility to support those family members who continue to work, attend school, and take part in everyday events here while a loved one is deployed to a distant and potentially dangerous

location.

Minot has always taken pride in welcoming and supporting Air Force personnel while they are here. Many personnel stationed in Minot establish lifelong relationships during their time here, with some choosing to live and work here after their military careers have ended. Some choose to retire here.

That's because this community embraces our neighbors to the north. They become our friends and in many cases, members of our extended families. In stressful times like we are currently experiencing, there are ways we can remind them of our support.

The Minot Area Chamber EDC's Adopt an Airman program is a community outreach partnership that makes a direct impact on those serving our country while

being deployed at Minot AFB. Local families are paired with a newly stationed service member to help integrate them into the community and help them discover all that there is to do throughout our region. It's a great way to help connect them to our community. I would encourage residents to sign up as more families are needed to be paired with eager service members. You can find more information about the Adopt an Airman program at the MACEDC's website at [minotchamberedc.com](http://minotchamberedc.com) or by calling the MACEDC at 852-6000.

There is also a less formal, but equally important, way of supporting our friends in the military. We all see Air Force personnel in our community, whether it's shopping or dining at

local establishments, volunteering for numerous area organizations, or simply supporting their family members at a sporting event, band concert, or other school activity.

Tell them "thank you for your service." It only takes a few seconds, but that simple act of courtesy lets them know we continue to support them, especially in this most difficult time. Our community has always been proud to be home to Minot Air Force Base. Let's make sure the men and women of Minot Air Force Base know we're proud of them, too.

To all the men and women of Minot Air Force Base, past, present and future, thank you for your service.

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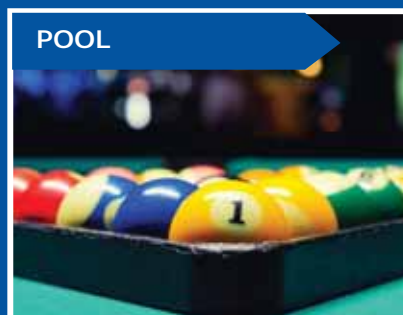
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# Halleluiah, The Smiles Return!

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A VIEW FROM OUR SIDE  
ROD WILSON, NORTHERN SENTRY



My trip down the hall at Dakota Elementary was pretty much the same as two weeks ago. My task today is to teach 19 First Graders in Mrs. Lawson's room Junior Achievement, a community education course sponsored by the Minot Chamber/EDC.

A couple of weeks ago I shared that one of the students gave me a big hug at the end of my time with them, and that certainly made my day.

It was 2:20 PM, I'm a bit early. As I turn the corner and enter the classroom the students were busy putting away books, cleaning off desks and getting ready for our lesson. One of the young students asked me, "What do we call you?" My response "Let's just go with Rod."

They all sat down on their mat ready to listen, and then it hit me; I could see their faces, I could see their smiles. No more masks! There is something to be said for the eyes of a young child, how they sparkle and show emotion. But I am telling you that nothing could have eclipsed the smiles on the faces of those kids.

Our lesson today was about needs and wants. What do we need, and what do we want? Well for me it was pretty simple. To really see the personality of those students, I needed to see their smiles. And what do I want? You guessed it, that we never have to return to covering up those smiles with masks again.

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# Department Of Defense Champs Crowned

ROD WILSON,  
NORTHERN SENTRY

The Minot Curling Club is now the host club for the Department of Defense Curling Champs. The Rock Ridge Dads took home the trophy, defeating The Horrible Bosses on Tuesday night's showdown between the team who were part of a 10 Team Minot Air Force Base curling league at the Minot Curling Club. This was the second year of the league, and after research it was determined that the curling league championship was unique to Minot. "And that makes us the DOD champs" according to a member of the Rock Ridge Dads.

Several family members joined in the fun that began with a potluck in the club room of the Minot Curling Club, and there were several photos taken when Col Christopher Menuey presented the trophy.

The league organizes after Christmas and continues until mid-March. Curling experience is not needed and next year the goal is to double the number of participants.

1st Place- Rock Ridge Dads- Team members: Andy Webb, Paul St George, Adam Fry, Robby Madad, DL Gibson

2nd Place- Horrible Bosses- Pat McAfee, David Dammeier, Eric Ward, Brett Skales, Ben Chapman, Jonny Walker



Horrible Bosses Team



DOD Champs - The Rock Ridge Dads



Col Menuey is presenting the 2nd Place Medallions to the Horrible Bosses



Col Menuey Presents 3rd Place Medallions



Tournament Participants



Tournament Medallions



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



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# Airman Comes to the Rescue

SENIOR AIRMAN MICHAEL RICHMOND, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

Staff Sgt. Lawrence Green Jr., a 5th Logistics Readiness Squadron Ground Transportation Airman, went above and beyond to help someone in need on February 5, 2021, near Minot Air Force Base, N.D.

While driving to work along northbound Highway 83, Green noticed a car ahead of him swerving on the road, possibly due to low grip from the icy conditions on the roadway. The car continued to swerve – until it crashed into the snow filled ditch that separates north bound and south bound Highway 83.

“I saw the car flip a few times,” recounts Green. “When I finally got out of the car, that’s when it finally stopped flipping. Then I saw two other people stop and we were running – sprinting- towards the car...She seemed like she was unconscious for a little bit because she wasn’t moving. The airbags didn’t deploy so we were just wondering if she was conscious.”

After attempting to find ways to reach her in the car, Green and the other two good Samaritans noticed the woman regained consciousness and responsiveness.

“Once we saw her moving, we asked her to unlock the vehicle. Once she did, we had to kind

of wobble her out because the top [of her car] was crushed in and the front [bumper] looked a little bent in. Then afterwards I assessed her visually, asking her questions, making sure she was okay.”

Having seen the situation unfold so fast, Green credited his actions as second nature, stating he did not even have the time to think about his actions.

“I didn’t even look across the street when I ran over to help – which was dangerous,” Green said. “It was instinct, you know? I really care about the well-being of anyone around me, even if they’re car lengths apart. If I see a wreck, I’m going to do the best I can to help out.”

After helping the woman out of the wreckage and ensuring she wasn’t seriously injured, Green and the two good Samaritans walked her to one of their parked cars to keep her warm while also calling an ambulance to take her to the hospital for further medical evaluation. Once sure the woman made it onto the ambulance safely, Green called his office and informed his supervisor, Tech. Sgt. Gilbert Edgar, 5th LRS Training, Validation and Operations noncommissioned officer in charge, of his status.

“He called and said he spotted a vehicle on 83 on its roof,” said Edgar, recollecting the call he

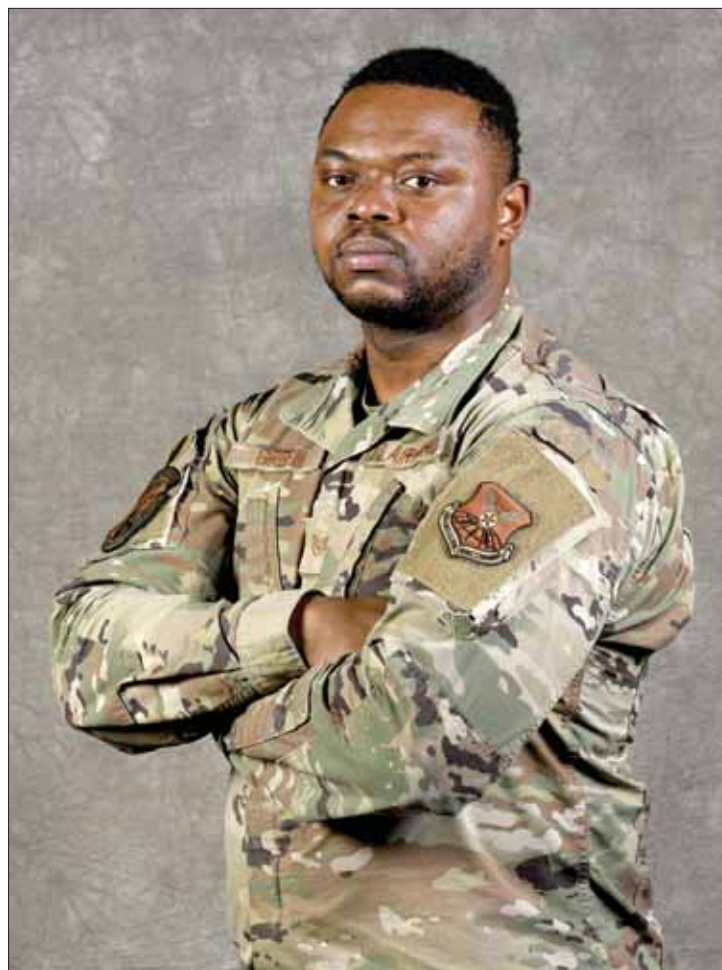
received from Staff Sgt. Green, informing him of the unfolding incident. “He asked me ‘Can I provide assistance to this individual?’ and I said to him ‘Yeah, do what you need to do, I’ll take care of everything on this end, just let me know what the outcome is.’”

According to his supervisor, stopping to help a stranger in need fit Green’s personality perfectly.

“He’s always willing to give a hand,” said Tech. Sgt. Alexandria Smith, 5th LRS, Ground Transportation Operations Center NCOIC. “Whether it’s help move furniture, help study CDCs (Career Development Courses), whatever it is, he’s always willing to step up and help in whatever realm he can.”

Though Green remained hopeful someone would have stopped had he not been there, he found it hard to say certainly the situation would have had such a positive ending without him and the other Samaritans there.

“There were a few people that could’ve stopped...I think – I hope at least,” said Green “Actually, I don’t know. I’m not too sure because I didn’t really see any cars behind me and the people in front of me were the ones who stopped and the ones on the other side of the street only stopped once I stopped. So I’m really not



Staff Sgt. Lawrence Green Jr., a 5th Logistics Readiness Squadron Ground Transportation Airman, poses for a photo on March 3, 2022, at Minot Air Force Base, North Dakota. Green witnessed a car accident while on the way to work on February 5, 2022. After immediately pulling over to the side of the road, Green and two other good Samaritans rescued the driver from the flipped vehicle and provided first aid while waiting for emergency services.

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

sure, I hope others would’ve stopped [to help].”

Green was recognized for his heroic actions by being coined by the 5th Logistics Readiness

Squadron Commander, Lt. Col. Sarah McNair, and the Mission Support Group’s Commander, Col. Brett Black.



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# U.S. Strategic Command celebrates a legacy spanning over 50 years

RACHEL KIBBE WILLIAMS, U.S. STRATEGIC COMMAND

OFFUTT AIR FORCE BASE, Neb. —

U.S. Strategic Command (USSTRATCOM) and the Strategic Command Consultation Committee (SCC) unveiled the Omaha Trophy Honor Wall at USSTRATCOM headquarters on March 14, 2022.

The Omaha Trophy is the highest honor bestowed upon a nuclear enterprise unit by a civilian organization, and the Omaha Trophy Honor Wall celebrates that legacy.

Tim Burke, SCC Chairman, spoke during the unveiling ceremony. “Adm. Richard, on behalf of the SCC, please accept this Omaha Trophy Honor Wall to recognize your warriors that are committed to service, excellence and the United States Strategic Command’s mission.”

The SCC has celebrated USSTRATCOM units for over 50 years by presenting the Omaha Trophy for exemplifying strategic readiness, and providing the nation with a safe, secure and reliable strategic deterrent.

“There’s a piece of it here where it reminds us of what our heritage is, where we came from,” said Adm. Charles A. Richard, commander of U.S. Strategic Command. We know

every day when we’re executing the strategic deterrence mission [that] we’re standing on the shoulders of 70 years of those who came before us and did this mission ... did it well. We’re building off of that and that wall is going to be a constant reminder to us of our culture, of our heritage, and where we came from.”

The Omaha Trophy started with a single unit in 1971, and has evolved with the USSTRATCOM missions. Currently, the SCC presents four Omaha Trophies for the following mission sets: Intercontinental Ballistic Missile, Strategic Bomber, Strategic Submarine Ballistic Missile, and Global Operations.

The Omaha Trophy Honor Wall showcases 125 patches from every unit that has received the award in chronological order with room for future recipient units.

“Units around the globe executing the strategic deterrence mission compete every year to gain the coveted title of Omaha Trophy winner,” said Burke.

For more information, contact the USSTRATCOM Public Affairs Office at 402-912-0020 or USSTRATCOMPA@mail.mil or visit [www.stratcom.mil](http://www.stratcom.mil).



The Omaha Trophy Honor Wall, featuring 125 patches representing every winning ICBM, SSBN, strategic bomber and global operation unit from the last 50+ years.

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**CLASS IN SESSION: BOMB DISPOSAL EXERCISE**

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



A firefighter with the Minot Fire Department carries a dummy out of a smoke filled room on March 11, 2022, at Erik Ramstad Middle School, Minot, North Dakota. A classroom was filled with smoke to create a real time rescue scenario for firefighters to search the classroom, remove any persons from potential danger and ventilate the area.



An Airman with Minot Air Force Base's K-9 unit (right) and Minot Police Department Master Officer Bomb Commander and K-9 Handler Taylor Jensen (left), perform a bomb search exercise on March 11, 2022, at Erik Ramstad Middle School, Minot, North Dakota.



An Airman with Minot Air Force Base's 5th Civil Engineering Squadron Explosive Ordinance Disposal unit and Minot Police Department's Bomb Squad perform an exercise together by operating a remote controlled robot to remove an explosive from a vehicle on March 11, 2022, at Erik Ramstad Middle School, Minot, North Dakota.



Senior Airman Zachary Denig, a 5th Civil Engineering Squadron Explosive Ordinance Disposal Primary Team Member, watches on as Minot Fire Department Firefighters perform a firefighting drill March 11, 2022, at Erik Ramstad Middle School, Minot, North Dakota. Members of Minot's emergency and law enforcements services along with Minot Air Force Base personnel had the unique opportunity to train together on bomb disposal and detection drills in a school environment.



A remote controlled robot, being operated by Minot Air Force Base's 5th Civil Engineering Squadron Explosive Ordinance Disposal unit and Minot Police Department's Bomb Squad, makes its way to a vehicle to dispose an explosive ordinance during a bomb detection and removal exercise on March 11, 2022, at Erik Ramstad Middle School, Minot, North Dakota.

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# Former Marine shares his story with Team Minot

NORTHERN SENTRY

On Mar. 11, 2022, former Marine Amos Benjamin visited the Minot Air Force Base Theater to share his inspiring story and motivate Airmen to take initiative in preparing for their futures. Benjamin can attest to the highs and lows of military life and is living proof of how those experiences can shape servicemembers for the better through perseverance by taking a leap of faith.

## SUNSHINE AND RAINBOWS

Benjamin grew up in small town in Northeast Ohio. As his years in high school were coming to an end, he began exploring his options for the future, including joining the military. Benjamin's 14-years-older brother was a long time Marine, and when he called him for more information about joining, his brother offered one piece of advice. "He said, 'Go to talk to your recruiter and don't join the infantry!'" according to Benjamin. "I took half of his advice and went the recruiters and when they asked me, 'What do you want to do?' I said, 'Infantry.'"

Optimistic and young, he joined the United States Marine Corps and immediately made his way to Marine Corps Recruit Depot, Parris Island, S.C., where his life was sent on a whole new trajectory. "As soon as I got there, I instantly regretted every decision I made. What happened to the sunshine and rainbows, what happened to seeing the world, going to all of these exotic places? I'm going through these three months of crawling through the sand and earning the title of United States Marine," he said.

"But I'll never forget standing in front of the Iwo Jima Memorial, and the senior drill instructor stands in front of me. He shakes my hand and he says, 'Welcome to the United States Marine Corps.' At that moment, everything in my life changed. It sent a tingle down my spine. This is mine; I earned it; no one can take it from me."

Benjamin then went on to School of Infantry and was assigned his first duty station. "Divine intervention happens and we're not going to Japan, we're not going to California... I'm the only guy happy to go to Jacksonville, North Carolina," he said. Coincidentally, his brother worked in the same area and Benjamin had a unique opportunity to bond with the older brother he never really knew.

After his first deployment to Iraq—one his brother had already experienced—Benjamin found himself reeling and trying to cope with the return to life stateside. "Coming home at 19 years old, I was super confused. We live in this American bubble. I don't have to worry... I've seen kids in Iraq who never get an education. Kids whose dad might walk down the street and [get blown up]."

"I had to learn all these ways to filter what was happening in my life, but I had a sweet GPS

system—my brother—to help me do that. My brother always taught me to take care of your mental health and go get help," he said. Benjamin leaned on his brother for support in this new and complicated world. He offered advice, inside experience, and helped shape Benjamin into a dedicated Marine.

That next year, Benjamin and his brother were supposed to have plenty of time to bond and spend time together. They planned fishing and hunting trips, and both men were optimistic about the prospect of rekindling their sibling relationship. "I was like, I'm finally going to get to learn this person! But then I learned about how flexible you have to be in the military."

Before the two had time to carry out all of their plans, Benjamin's brother called with news of deployment. His brother had a longtime friend in the Marine Corps named Chris, whose wife was pregnant at the time. Chris had already missed the birth of his first child. So, in an act of selflessness, Benjamin's brother switched places with him so that he could witness the birth of his child.

He was slated to leave the next week, so the two spent as much time together as possible beforehand, but this deployment was nothing new for them. "I'd seen my brother go overseas 11 times so I was like 'Alright man, 7 months, high five, see you later.'"

Four to six weeks later, Benjamin receives a phone call from his worn out brother asking him to be a liaison for their parents. "He's just run ragged. He says 'I'm tired, I've got all of these emails, and I can't respond to anybody because we don't have a phone or very good internet. I'm going to reach out to you periodically; be the middleman for mom and dad.' I'm like yeah, I can do that," Benjamin continued.

As he went about that day, he basked in the responsibility his brother had given him. "I'm excited! He really trusts me with this and we're really developing our relationship. I'm starting to take this ownership of this role I feel like I'm filling in my brother's life. I'm starting to take on this ownership of being an adult." Life was still looking up for Benjamin, until the end of the day when he was instructed to meet the Colonel.

## NAVIGATING LIFE WITHOUT GPS, AND GETTING LOST ALONG THE WAY

Benjamin was never a troublemaker, so he had no idea why he would be heading to meet the Colonel unless he had done something wrong. Confused and anxious, Benjamin made his way to the Colonel's office where he saw his brother's friend, Chris, waiting. "I'm like 'Oh hey man how are you, how's the wife doing?' He says, 'Everything is good, but how are you doing?'"

And then the tone changed. "I didn't want you to hear from anyone else, but your brother was killed this afternoon," they told him. Benjamin didn't believe it; after all he had spoken to his brother who was alive and well, if only a little exhausted, just hours ago. But while disarming a booby-trapped roadside bomb, his brother was ambushed the device detonated, taking his life.

"At that point, I didn't want anything to do with the uniform anymore," said Benjamin. "I started to compartmentalize every bit of emotion that was going to take me in the wrong direction. What do I do? Everything that I thought I was building started to go backwards really, really fast."

With no support system back home and no GPS left to help Benjamin navigate the ups and downs of life, he turned to the only thing he knew. "I took all the hate, hurt, anger, and emotion, put it in my heart, and went downrange."

Two months into deployment in Afghanistan, his roommate from Infantry School lost his life as well, amplifying the negative emotions that Benjamin was already feeling. "I said screw this, I don't want to be here anymore. I hate it, but it's the only thing distracting me from my reality. I come home from that deployment even more confused. Everything I know that's normal is gone."

After reenlisting, Benjamin then volunteered to deploy again. "If I go overseas, I don't have to think about this anymore," he said. 33 days later, he was on a helicopter heading into a warzone in Afghanistan, prepared to go out a hero just like his brother. But life had other plans, and after sustaining a Traumatic Brain Injury due to multiple Improvised Explosive Device (IED) attacks, Benjamin was forced to seek help and eventually medically retired from the Marine Corps.

"Half of my frontal lobe was missing to the point that my brain was kind of turned in my head," he said. "They gave me two options; to drill a hole in my head to relieve the pressure or go to Florida for brain treatment. I chose the treatment."

He struggled to adjust to this other new way of life of relearning how to regulate his emotions and even speak again. "Now, I'm coming unglued. I can't read through this brain fog. So I had to adapt, overcome and conquer this situation."

"But I started to isolate myself. I didn't contact teammates anymore, I just totally disassociated with the Marine Corps. I can't think about it, it hurts too bad. I'm still trying to unravel this barbed wire knot in my head." Struggling to find the extra help he needed after retiring, Benjamin decided to carry on and go to school. "If I can keep my mind working, I can recover and keep moving forward right?" He dropped in and out of school "because when you have



Former Marine Infantryman Amos Benjamin recently visited Minot Air Force Base, N.D., to share his inspiring story with Airmen and encourage them to seek help when they need it and to take a proactive role in preparing for their futures.

BENCHMARK MORTGAGE IMAGE

a half working brain, it doesn't really work out well." Along with the brain fog that made education more difficult, Benjamin also struggled to make connections with the people around him, leaving him isolated.

This time, Benjamin couldn't turn to the military life to cover up his problems. He began looking into nonprofit organizations, and soon found himself on a deer hunt all the way down in Texas. "I'm in this deer blind and my phone rings. I look at the phone and my sister had called. I hadn't spoken to her in years. I didn't know what she was doing, all I knew was that I didn't want to deal with the way of life that she was living. If I start talking to family and I go home, I'm probably going to fall back into it. I'm probably going to be one of those guys that ends up like the vets dealing with PTSD, go home, rely on alcohol and drugs because everyone you love is doing it and it's easy. I just isolated all that from my life too. And I'll never forget, she calls again and again." After several calls, Benjamin finally picked up the phone and heard a voice that sounded so foreign to him. She urged him to come home, but he firmly declined. "I did not want to be in the conversation, I didn't want to engage her in any way. She said 'No you need to come home right now. Dad shot himself.'"

And he hung up the phone. "It figures. Every time I talk to someone from home, it brings me down. Now it's floored me, now I'm at rock bottom." 2500 miles away from home, Benjamin sat in the deer blind and his brain was flooded with thoughts. What to do? How to cope? "I'm sitting there and I'm like 'I can't do this anymore. My heart, mind, body, soul, and spirit are broken. Dad gone, brother gone, friends gone, I don't have anything else to lose. I'm staring at a .308 rifle and I'm like, that's my exit ticket. I don't have to live this way anymore; I don't have to feel this way. What's the point? I made a conscious decision to put the gun in my mouth and pull the trigger."

"I took a moment while I was in that deer blind and while I was thinking, my life flashed before my eyes like a movie. For some reason I said, God, if you're

going to do anything with me, you better do it right now because I'm going to see you in about five seconds. And everything in that moment just stopped. I felt this overwhelming, calm peace come over my body and I didn't feel angry or sad... nothing. It was the most blissful feeling I've ever felt in my life," he said.

## THE PATH TO HEALING

After that moment of clarity, Benjamin found himself on a path to healing. Even with all the heartache and loss he had endured, he was able to learn how to heal and move forward with the help of caring individuals who connected him with a network of support, kindness, and even the health treatment that he needed. He was able to mend his broken relationships, create new, meaningful ones, and find his place in post-military life. "Life was on the up and up. It was the first time that I was like, I'm hopeful. A total stranger offered me a hand because they cared," he said.

Because of the opportunities afforded to him by those caring individuals, Benjamin is now sharing his inspiring story in the hopes of encouraging others, like the Airmen of Team Minot, to take advantage of the support systems they have and to set themselves up for success in their careers and futures.

"It's just to bring awareness the servicemembers and the life they're living and the effects after that life, the transition, and the benefits. At 18 to 22 years old, whether you stay in two, three, four years... this is a very impressionable time in your life but it's also a time that you can turn a lot of corners professionally, from a maturity standpoint, and set yourself up for the long run. Being all the way out here at Minot, it's far from home... but don't focus on where you're at and what you don't have access to. Focus on the leaders that you have around you, how you can impact other people, how they can help shape you. If you take this uniform off in four years, what are you doing in those four years to set you up for your next steps? What are you taking from this that's going to help you build your future?"

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 Saturday: 2 a month by appt  
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# Women's HISTORY month



Join in celebrating all of the incredible women in CE by nominating an Airman you know to be featured on the US Air Force Civil Engineers Facebook page! Message the US Air Force Civil Engineers Facebook page with the name of nominee, rank, squadron, a couple photos, and 1-2 sentences on why you're nominating them. Let them know why they're a standout Airman - this could include successes at work, contributions to the community, or anything else that makes them great!

US AIR FORCE CIVIL ENGINEERS FACEBOOK PHOTO

## US Air Force Civil Engineers celebrate Women's History Month



US AIR FORC PHOTOS | AIRMAN 1ST CLASS SAOMY SABOURNIN

We're continuing our #WomensHistoryMonth campaign by highlighting

### MSGT SARAH WILKERSON

with the 5 CES at Minot Air Force Base, North Dakota. She was nominated by her squadron

"MSgt Sarah Wilkerson is vital to the AF, CE, and Minot AFB missions. In her role as the Prime BEEF Manager, she oversaw the training and deployment execution of 350 CE members. More recently, she was deployed to Al Dhafra Air Base, United Arab Emirates as a deployed project manager, where she coordinated with joint mission partners to ensure Patriot air defense artillery were operational and effective. Additionally, she was vital in the development of the 24-hour missile overwatch and defense command and control system site construction. Lastly, with her persistent and deliberate coordination with 12 different mission partners, she rescued a 4.2 million dollar hangar renovation for the US Navy RQ-4 aircraft. MSgt Wilkerson exudes what it means to be an Airman!"

Thank you MSgt Wilkerson for all you've done to further the mission!

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## A LOOK BACK THIS WEEK IN USAF HISTORY

**AIR FORCE HOLDS ITS FIRST ALL-FEMALE ALERT AT MINOT, F.E. WARREN, AND MALMSTROM AFB'S MARCH 22, 2016**



On March 22, 2016, missileers from the 20th Air Force made history by performing the first all-female ICBM alert. The idea was proposed by Col. Stacy Huser, former commander of the 91st Operations Group at Minot Air Force Base, North Dakota. The day consisted of 90 missileers from Minot AFB, F.E. Warren AFB, Wyoming, and Malmstrom AFB, Montana, as well as female B-52 air crews from Barksdale AFB, Louisiana and Minot, and aircrews from Offutt AFB, Nebraska. At F.E. Warren, missileers were joined by two women who trailblazed the way for today's female Airmen, Retired Col. Pat Fornes, the first female officer on a U.S. missile crew, and Retired Col. Linda Aldrich, the first female Minuteman ICBM crew member. The first all-female alert was an effort to show the strength and determination of female Airmen and to prove their vital roles in continuing the mission every day. "The fact that we can look across our pre-departure briefing room and see a woman sitting in every seat, for every combat crew going out on nuclear alert, is in itself, significant," said Col. Tom Wilcox, commander of the 341st Missile Wing at Malmstrom. The alert soon became a yearly celebration of Women's History Month, and it continues to this day.

Each year, missileers who join the all-female alert receive a patch. This is the first patch from 2016. (USAF Photo / Airman Collin Schmidt)

Information courtesy of: warren.af.mil

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# Sleep Health

DR. ADAM FRY, MAJ, USAF, PT, DPT

You may not realize that you spend 1/3 of your life sleeping. Sleep is one of the integral components to balanced overall health. Along with nutrition and exercise, it is one of the 3 legs that supports and maintains total health. Ideally adults should strive for 7-9 hours of sleep per night. It is a critical period of recovery and actively supports many life functions. The Nervous System eliminates neurotoxic waste as the body sleeps. Research has indicated that chronic sleep deprivation leads to a build-up of neurotoxic waste, and is now being linked to Alzheimer's Disease.

## BENEFITS OF SLEEP:

- improves immune function
- accelerates tissue healing
- modulates pain
- improves metabolic function
- hormone regulation

All of us have experienced the cognitive effects of sleep deprivation at some point. We have a decreased response time, and slower function. Neuroplasticity (regeneration of nerve tissue) is also impaired, affecting long term memory retention. Insufficient sleep is now classified by the CDC as a public health problem, and is recommended to be considered as another vital sign, along with heart rate and blood pressure.

## NEGATIVE IMPACT FROM INADEQUATE SLEEP:

- Poor memory retention
  - Linked to depression, anxiety, diabetes, obesity, cardiovascular disease
  - Poor performance
- Promote sleep health by creating a comfortable and relaxing sleep environment, free of excessive light

and disturbing noises. Use sleep helps such as ear plugs, curtains, or eye mask if needed. Keep the room set at a comfortable temperature, and use a supportive pillow and mattress. Develop a relaxing bedtime routine that is consistent, and non-stimulating. Avoid taking sleep aids, unless prescribed by your doctor.

## TIPS FOR OPTIMAL SLEEP HEALTH:

- Establish a sleep/wake cycle to set your biological clock
- Avoid daytime napping
- Avoid caffeine 4 hours before bed. Half-life is 5-7 hours after intake.
- Avoid tv, computers, phones, and stimulating activities before bed
- Limit vigorous exercise 2-3 hours before bed
- Avoid large meals 2-3 hours before bed
- Nicotine and alcohol affect quality of sleep.

If you continue to have trouble sleeping discuss contributing factors with your doctor. The most common sleep disorders: Insomnia, Sleep Apnea, Restless Leg Syndrome. A referral to a sleep specialist may be necessary to discuss individual treatment options. Unfortunately 90% of sleep issues are undiagnosed and untreated. As a result we are paying the price: \$100 billion in costs related to health care, accidents, and decreased work productivity.

Sincerely,  
Your advocate for Health, Wellness, and Fitness  
Dr. Adam Fry, Maj, USAF, PT, DPT

adam.k.fry3.mil@mail.mil

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# NORTHERN CELEBRATIONS

EMBRACING OUR NORTH DAKOTA LIFESTYLE

## A TREASURE IN PARADISE FOUND

Patricia Stockdill

The late Dr. Valerius Geist, Professor Emeritus in the Faculty of Environmental Design, University of Calgary, was the first scientist to study Stone's sheep native to northern British Columbia.

Expecting to find "some modest scientific gain...", as he described years later in his book, *Wild Sheep Country*, instead, he wrote: "I had, unknowingly, embarked on a journey from paradise lost to paradise found. I had not anticipated that."

Northern British Columbia is hundreds and hundreds of miles from North Dakota.

Its expansive, glorious, and sometimes – perhaps even oftentimes – treacherous mountains are a far cry from North Dakota's bentonite clay buttes of its Badlands.

British Columbia is home to Stone's sheep.

A small slice of North Dakota is home to another wild sheep, Rocky Mountain bighorns.

British Columbia's Stone's sheep aren't North Dakota's Rocky Mountain bighorns. Stone's sheep are thinhorn sheep. Bighorn sheep have, well, they have big horns – heavier, thicker, among other differing physical attributes.

They're two of the four subspecies of wild sheep found in North America – Stone's, Dahl's, Rocky Mountain, and Desert wild sheep.

They – all four subspecies – each in their own way could be considered part of the Paradise Found Dr. Geist discovered in the 1960s.

As he was alone. Watching. Studying Stone's sheep: A treasure in Paradise Found.

Defining the word "treasure" as well as the phrase "paradise found" is purely subjective.

Our personal treasure in Paradise Found wasn't in British Columbia. It was in North Dakota's Badlands the summer my husband drew a once-in-a-lifetime bighorn sheep hunting license.

Weekend after weekend were spent with wild sheep, our personal version of Dr. Geist's experience decades later, North Dakota style.

We hiked. We watched and studied.

We observed lambs as they grew bigger and bigger as summer drew closer to autumn.

Admittedly, we also watched for rattlesnakes, which, luckily for him, likely wasn't an issue for Dr. Geist.

We knew how to discern the difference between animal and clay - an animal whose coloration melded so tightly with the earthen hues that to the casual observer it would seem nary a bighorn existed among the Badlands buttes.

But we knew they did. We knew their movements, their mannerisms.

At times, it seemed as if they knew us.

Whether or not the 2022 North Dakota bighorn sheep hunting season - and if so, how many licenses will be available - will only be determined after population surveys are conducted later this summer and factoring in additional data.

But one can always hope to discover the treasures of Paradise Found if applying by the March 23 deadline.

Should a person beat the massive odds of getting a license, envision sitting alone on a mountain, alone yet not alone, watching wild sheep.

Studying wild sheep. Then circle back to one's setting in North Dakota: Sitting on a barren bentonite clay butte, leaning against a wind-blown rock - only after searching to ensure the absence of prickly pear cactus, slicing edges of a yucca plant, and rattlesnakes.

And then realize bighorn sheep are one of the few wildlife species who feed on yucca, reaching inside among those slicing edges to dine on its inner stalk as if it were pulling out a gentle stalk of celery.

Realize their vision is so extraordinary that they will see you long before you see them. Think about their strength and muscles as rams butt heads in a show of dominance, the noise and intensity of each blow reverberating through the air with each hit.

Dr. Geist studied Stone's sheep from 1961 to 1963. It would later become the Gladys Lake Ecological Reserve. Maybe it should have been named Paradise Found.

In looking back, perhaps a North Dakota bighorn sheep hunting license isn't merely a once-in-a-lifetime opportunity to hunt the Badlands for a sheep.

Maybe it really, truly is an opportunity understand the true treasure of Paradise Found.

Not mountains. Not bentonite clay. But the animal - the treasure that is wild sheep.

Not mountains. Not bentonite clay. But the animal - the treasure that is wild sheep.

Not mountains. Not bentonite clay. But the animal - the treasure that is wild sheep.



North Dakota's bighorn sheep are one of four wild sheep subspecies found in North America - Rocky Mountain bighorn, Desert, Dahl's, and Stone's sheep.

PATRICIA STOCKDILL PHOTO

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# DEFENDER HIGHLIGHT

## SrA Samantha Danish Yankee Flt



### THEME SONG

Fighter by Christina Aguilera

### ACCOMPLISHMENTS

100% LED Stan-Eval  
CPR certified

### VISION/GOAL

Promote to SSgt and complete CCAF degree



# Upcoming Events

17-20  
MAR

**MINOT PRAIRIE QUILT FESTIVAL**  
9:00 AM - 7:00 PM / 4:00 PM  
Clarion Hotel & Convention Center  
2200 E Burdick Expressway, Minot

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/](http://minotquilters.com/index.php/festival-catalog/) for class information.

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



Minot Prairie  
Quilt Festival  
MARCH 17-20, 2022  
We're Rolling Again

For more information:  
Visit [www.minotquilters.com](http://www.minotquilters.com)

18-31  
MAR

**SERENDIPITY**  
10:00 AM - 5:00 PM  
Northwest Arts Center  
500 University Ave W, Minot

'Serendipity' is a series of monotype prints, a technique Linnehan has been working with since the late 90s. She prints on 100% cotton paper by first painting on a smooth, beveled plexiglass plate with colored French etching ink. Since the press can exert 1,000 lbs of pressure per square inch on the print, pushing the ink into the softened paper, the effect of the color is totally different than that of painting directly on the paper. Colors appear to recede in space, creating a sense of atmosphere and layering within the image. A reception with the artist is scheduled for Thursday, March 24 from 6:30-8 p.m. Artist talk to begin at 7. We invite you to attend!

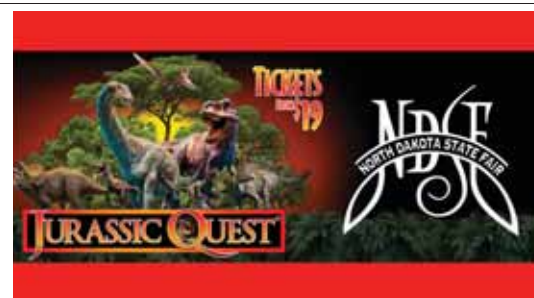


For more information:  
Visit [www.minotstateu.edu/nac/](http://www.minotstateu.edu/nac/)

25  
MAR

**JURASSIC QUEST**  
1:00 PM - 8:00 PM  
North Dakota State Fair Center  
2005 Burdick Expy E, Minot

Jurassic Quest is North America's largest and most realistic Dinosaur event. Guests walk through the Cretaceous, Jurassic and Triassic Periods and experience for themselves what it was like to be among dinosaurs of all kinds. Jurassic Quest is the only interactive dinosaur event that has over 100 true to life-size animatronic dinosaurs in each of its indoor touring shows from the very small to the gigantic. Jurassic Quest exhibits also allow future paleontologists to dig up fossils, ride their favorite life-sized dinosaurs, enjoy walking dinosaur and baby dinosaur shows, and enjoy a dinosaur-themed playland in addition to face painting, crafts, and much more.



For more information:  
Visit [www.jurassicquest.com/events/minot-nd](http://www.jurassicquest.com/events/minot-nd)

26-27  
MAR

**MCFCSC 42ND ICE SHOW:  
WICKEDLY OZ**  
7:00 PM  
Maysa Arena  
2501 W Burdick Expy, Minot

The Magic City Figure Skating Club will present its 42nd annual Ice Show featuring Minot-area figure skaters and their talents on the ice. Performances will fill the rink Saturday March 26th at 7pm and Sunday March 27th at 2pm. Our skilled skaters will offer a fascinating show, transporting guests down the yellow brick road through Oz. Tickets are \$8 in advance from a participating skater or \$10 at the door. Concessions will be available for purchase during the show. For more information, please call Regan Slind at 701-721-5054 or Barbara Roberts-Kohlman at 701-340-8264.



For more information:  
Facebook Page / Magic City Figure Skating Club

## On Base



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

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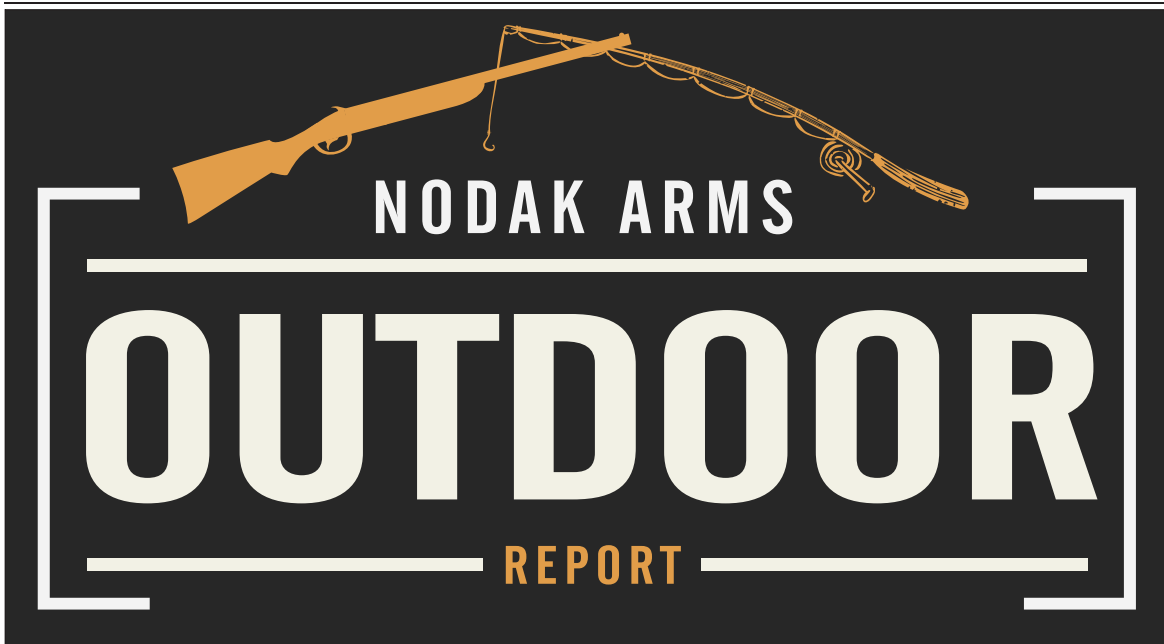
By participating in the above contest, you give Badlands Restaurant & Bar and co-marketing partners permission to use your photo submission to announce you as a winner! Badlands Restaurant & Bar will not share your email information.

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## OUTDOOR NOTES:

PATRICIA STOCKDILL

**Fishing:**

Lake Sakakawea elevation, March 14: 1,827.67 feet above mean sea level (MSL); 14,800 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,447.25 feet above mean sea level (MSL).

Stump Lake elevation: 1,447.19 MSL.

- N.D. Game & Fish Dept. game wardens: No Missouri River System or east-central area lake reports. Devils Lake starting to produce a few pike. Try the south end of Creel Bay for white bass and perch. Scattered at best walleye success.

- Devils Lake, Ed's Bait Shop, Devils Lake: Warm weather bringing more anglers out with fair to good perch success in Creel Bay. Try Pelican Lake for walleye.

- Devils Lake, Woodland Resort, Devils Lake: Improving perch success with best activity on the east end. Try 35 to 50 feet. Work early morning or late afternoon in 15 to 25 feet and shallower for walleye. Improving pike success in 8 feet or less.

- Lake Darling, Karma C-Store, Ruthville: Lake Darling producing fair numbers of small, almost non-keeper sized walleye. Lake Audubon generally slow for walleye.

- Lake Metigoshe, Four Seasons, Bottineau: Continued fair to good for bluegill with some nice crappie numbers starting to show up.

- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: East end of Lake Sakakawea slowed for pike and remains slow for walleye. Lake Audubon also slow.

- Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Lake Audubon improving for walleye. Try Velva Point or Old Church Bay. Fair pike success continues on the east end of Lake Sakakawea.

- Lake Sakakawea, New Town: Van Hook Arm remains slow for walleye and pike. Beware of potential deteriorating shoreline ice conditions with warmer weather.

- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Some activity on the Missouri River tailrace but no reports. Look for increasing angler numbers with warmer weather. Use caution on Lake Sakakawea with potential deteriorating shoreline conditions.



CAYLA BENDEL NORTH DAKOTA GAME AND FISH DEPARTMENT R3 COORDINATOR PHOTO

- Darkhouse spearing closed for the season.
- Ice houses can't be left on Upper Souris Nat'l. Wildlife Refuge property after they're removed.
- 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 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.
- March 24: Ducks Unlimited Hunter's Raffle Night, Sleep Inn, Minot, 5:30 p.m.
- March 26: Painted Wood Pheasants Forever banquet, Wilton Memorial Hall, 5 [p.m.]
- March 26: Turtle Mtn. Rocky Mtn. Elk Foundation banquet, Cobblestone Inn, Bottineau, 4 p.m.
- April 1: New 2022 hunting, fishing, & trapping licenses due.
- April 1: Snowmobile North Dakota trails close.
- April 2: Williston Ducks Unlimited banquet, Missouri Valley Fairgrounds, Williston, 5:30 p.m.

Try Wolf Creek on the east end of Lake Sakakawea for walleye with better success in late evening.

- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Activity slowing with anglers taking houses off lakes and generally waiting for open water. Shoreline conditions will start deteriorating with warm weather.

- Lonetree WMA area lakes, Harvey: No new reports with generally slow success.

- North-central/central N.D. lakes, Townner Hdwe. Hank, Townner: Activity remains limited on area lakes.

- Turtle Mtn. area lakes, Coast-2-Coast, Rolla: No new reports.

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

- Big Sky Resort, Big Sky, Mont., (800) 548-4486: 33- to 55-inch base with 29 lifts and carpets and 247 trails open

- Bottineau Winter Park, Bottineau, (701) 263-4556: Call for updates on conditions.

- Frostfire Ski Area, Walhalla, (701) 549-3600: Closed for the season.

- Huff Hills Ski Area, Mandan, (701) 663-6421: Call for updates on conditions.

- Terry Peak, Lead, S.D.: 16- to 28-inch base with 5 lifts and 15 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.

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**NCO OF THE YEAR**

TSgt Ryan Fitzgerald (582 HG)

**SNCO OF THE YEAR**

MSgt Anthony Washington (377 ABW)

**CGO OF THE YEAR**

Capt Emily Doering (90 MW)

**FGO OF THE YEAR**

Maj Matthew Coon (91 MW)

**CIV CAT I (NON-SUPERVISORY) OF THE YEAR**

Mrs. Jessica Miller (90 MW)

**CIV CAT I (SUPERVISORY) OF THE YEAR**

Mr. Nathan Santos (90 MW)

**CIV CAT II (NON-SUPERVISORY) OF THE YEAR**

Mrs. Cynthia Berg (341 MW)

**CIV CAT II (SUPERVISORY) OF THE YEAR**

Mr. Jayce Blood (341 MW)

**PROFESSIONAL TEAM OF THE YEAR**

90th LRS/Ground Transportation Team (90 MW)

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**DAY TO DAY**

As a personnelist, SrA San Diego helps airmen with assignments, special duty pay as well as records management.

In her down time, San Diego enjoys making music by playing the piano, ukulele and singing. She also enjoys dancing, reading and spending time with her two dogs.

Born in the Dominican Republic, SrA San Diego has become a naturalized citizen as of Sept. 17, 2021.

**BAKED ARTICHOKE DIP**

**Home of ECONOMY**

**INGREDIENTS**  
10 CLOVE GARLIC, PEELED  
OLIVE OIL  
1/2 CUP PARMESAN CHEESE  
1/2 CUP ASIAGO CHEESE  
1/2 CUP FONTINA CHEESE  
1/2 CUP PROVOLONE CHEESE  
8 OUNCE CREAM CHEESE  
1/2 CUP MAYONNAISE  
1 (14 OZ) ARTICHOKE, DRAINED AND CHOPPED  
1 TEASPOON KOSHER SALT  
1 TEASPOON COARSE GROUND BLACK PEPPER  
SLICED BAGUETTE, CRACKERS OR SLICED VEGETABLES, FOR SERVING

When ready to cook, set the Traeger temperature to 350°F and preheat with the lid closed for 15 minutes. Place garlic cloves in a small oven-safe pan and add enough olive oil to coat the garlic.

Place on grill and cook for 35 to 40 minutes. Garlic is done when soft enough to push a fork through the garlic easily. Remove from grill and let cool. After cooling, separate the garlic and oil and reserve the garlic-oil for use in other recipes. Place garlic in a bowl and mash with a fork until it is a smooth paste. If it seems dry, add a little of the garlic-oil.

Mix together the Parmesan, Asiago, fontina and provolone cheeses. Set aside 1/2 cup of cheese mixture for topping the dip. Combine the cheese mixture with the cream cheese, mayonnaise, garlic and artichokes. Mix well and add salt and pepper to taste.

Place mixture in an oven-safe dish and top with 1/2 cup of reserved cheeses. Place the dip on the grill at 350° and bake for 60 minutes.

Serve dip with sliced baguette, crackers or sliced vegetables. Enjoy!

Ryan Davy - GM  
Minot

[www.HofE.com/BBQHQ](http://www.HofE.com/BBQHQ)

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**SPRING  
CAR CARE**

*How Often Should You Change Engine Oil*

Every automobile engine needs oil, but not just any oil will do. Modern engines are designed and built to exacting standards and require oils that meet very specific industry and automaker specifications to ensure a long service life. Failure to use the right type oil, and document its use, could void your new-car warranty.

Most late-model cars require synthetic-blend or full-synthetic, low-viscosity, multi-grade, resource-conserving oils that minimize friction and maximize fuel economy. However, choosing the right oil is not always easy. The proper oil for your make and model of vehicle must have the correct SAE viscosity grade, meet performance standards set by the API, ILSAC and/or ACEA, and comply with any unique specifications established by the automaker or engine manufacturer. These requirements are detailed in your vehicle owner's manual, and your auto repair shop can provide information on your vehicle's recommended oil specifications as well.

Depending on vehicle age, type of oil and driving conditions, oil change intervals will vary. It used to be normal to change the oil every 3,000 miles, but with modern lubricants most engines today have recommended oil change intervals of 5,000 to 7,500 miles. Moreover, if your car's engine requires full-synthetic motor oil, it might go as far as 15,000 miles between services! You cannot judge engine oil condition by color, so follow the factory maintenance schedule for oil changes.

**Oil Change Intervals - Older Cars**  
Older cars typically have oil change intervals based on mileage, and have two maintenance schedules, one for cars driven in "normal" operation and another for those used in "severe service." The latter category involves operating your car under one or more of the following conditions:

- Primarily short trips (5 miles or less)
- Extremely hot, cold, or dusty climates
- Sustained stop-and-go driving
- Carrying heavy loads or towing a trailer

If your vehicle use falls under the severe service definition in your owner's manual, maintain your car using the more rigorous schedule. However, if you drive your car under normal conditions, be wary of spending hard-earned money on oil change services and other maintenance work your car may not need or benefit from.

**Oil Change Intervals - Newer Cars**  
Most newer cars are equipped with oil-life monitoring systems that automatically determine when an oil change is needed and notify you with an alert on the instrument panel.

Early simple systems are time and mileage based, but current advanced designs analyze actual vehicle operating conditions to identify when the oil will begin to degrade. In fact, the owner's and maintenance manuals for many newer cars eliminate "severe service" recommendations altogether because the oil-life monitoring system automatically shortens the oil change interval when it detects heavy-duty operation.

Whenever you have your car's oil changed, the service technician should reset the oil-life monitoring system. If you change your own oil, you can reset the system by following the instructions in the vehicle owner's manual.

Less frequent oil changes on newer engines make it essential that you check the oil level monthly and top it up as needed. While many engines will use less than a quart of oil between changes, others can consume as much as a quart every 600 to 700 miles. Maintaining proper oil levels can help you avoid costly car repairs; engine wear or damage resulting from low oil levels will not be covered by your new-car warranty. Note that if you do not put many miles on your car, most automakers recommend an oil change every 12 months, even if the maintenance reminder has not come on.

*Courtesy of AAA*

---

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**WHEN TO CHANGE/CHECK YOUR OIL**

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



# LRS BLDG 420 Ribbon Cutting Ceremony



U.S. AIR FORCE PHOTOS | MINOT AFB PA

## NOTES ON BEING SAFE

### SPEEDING PUTS YOUR FAMILY AND OTHERS IN DANGER



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Every day we all see it, that one "guy" driving like a madman on their way to work in the early morning hours, whipping in and out of traffic, just to get ahead of one more car, for what, maybe free donuts?

Despite statistics showing that excessive speed is a factor in a third of all fatal crashes, a recent survey by Farmers Insurance Group shows that 69.2 percent of respondents admitted to exceeding the posted speed limit on the highway. In addition, 36 percent said they regularly exceed the posted speed limit by five or more miles per hour, and 22 percent said they repeatedly drive 10 or more miles per hour over the speed limit.

Speeding is a factor in 31 percent of all fatal crashes, killing an average of 1,000 Americans every month, according to the National Highway Traffic Safety Administration (NHTSA), which estimates the cost to society of speed-related crashes to be more than \$40 billion each year. Speeding is a problem not only on freeways, but also on local streets. Many commuters opt to take surface streets, thinking they can more efficiently escape traffic and avoid congestion.

Here are some interesting facts our office put together to demonstrate the difference in speed vs time, from the HW 83/ County Rd 10A (46th Ave NE) to the MAFB main gate: The approximate distance is 10 miles.

- Driving 70 mph take approx 7 minutes
- Driving 50 mph takes approx 10 minutes
- Driving 35 mph takes approx 15 minutes

Reducing your speed from 70 mph to 50 mph greatly increases safety and only increases travel time by 3 minutes.

Traveling over the speed limit can be especially dangerous in bad weather conditions. Speeding was a factor in 53 percent of fatal crashes that occurred when there was snow or slush on the road and in 60 percent of those that

happened in icy roads.

There are steps you can take to make your driving safer. Here are some useful tips:

- Take time to plan ahead. Make sure you allow yourself enough travel time so you don't end up rushing to get to your destination.
- Check your local traffic report on the Web before you leave so you know where to expect congestion -- then you know if you'll need more time to get to your destination.
- Adjust your driving to meet road conditions. If the road is wet, slow down and keep more distance between you and the vehicle ahead of you. Also, roads are treacherous when it first starts to rain, as the water mixes with oils and other deposits to

create a slick road surface.

- Be prepared to adjust to sudden speed reduction, for example, when you're exiting from a highway, encountering sharp curves on a two-lane road or entering residential or high bicycle/pedestrian traffic areas.
  - If you're late, you're late. Accept it and apologize when you arrive. It's better than endangering lives.
  - Wear your seat belt. It's not only the law, it could keep you from becoming a speeding-related fatality.
- Giving yourself plenty of time to get where you're going, heeding weather conditions, and using your common sense will help you drive more safely. So once again I ask the question "Where are the free donuts?"

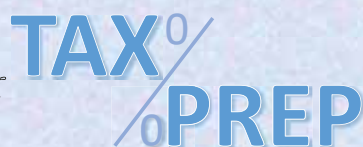
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NEWBURG, ND

BABY BOY BORN ON  
MONDAY, MARCH 07, 2022 TO:  
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GREGORY MCGILLIS  
BELCOURT, ND

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# CHESS TOURNAMENT

**25 March 2022**  
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## SUPPORTING THE MISSION TO THE MAX

Armored vehicles lined up for a military convoy to a launch facility in Max, North Dakota, are geared up and ready to go on March 9, 2022, at Minot Air Force Base, North Dakota. The military convoy had to endure freezing temperatures and a brief, light blizzard while providing security around the military convoy and launch facility.

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



An Airman with the 91st Missile Security Forces Squadron readies himself for a military convoy to a launch facility in Max, North Dakota, on March 9, 2022, at Minot Air Force Base, North Dakota. The military convoy had to endure freezing temperatures and a brief, light blizzard while providing security around the military convoy and launch facility.



An Airman with the 91st Missile Security Forces Squadron readies himself for a military convoy to Max, North Dakota on March 9, 2022, at Minot Air Force Base, North Dakota. The Airmen taking part in the military convoy began their route to the launch facility at 10 a.m. and did not return to home station until 7 p.m., displaying readiness, endurance, and dedication to completing the mission under unfavorable circumstances.



**Kim Albert Agency**  
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# YOUTH IN ACTION

## Child and Youth Education Services

The goal of Child & Youth Education Services is to deliver unparalleled educational advocacy, outreach, and partnerships for military-connected students and families across the globe. The School Liaison serves as the primary link between schools, leadership, and military families pertaining to K-12 educational issues. Primary responsibilities include advising the military command on all matters concerning student education and school operations, fostering a responsive and cooperative relationship between local school districts and the military community, and assisting military families with education matters that are unique to the military lifestyle such as school transitions, frequent moves, deployment, and education inconsistencies that exist from state-to-state. School Liaison work to inform and link military



**ALICIA THOMPSON, GS-11**  
INTERIM SCHOOL LIAISON  
CHILD AND YOUTH EDUCATION SERVICES



families to the resources and information needed to maximize educational opportunities, which ensure academic success for all military children. Educational topics in which the School Liaison can offer specific supports include school enrollment, transfer of school records, course placement, graduation requirements, extracurricular involvement, special education, deployment support, scholarships, school

transitions, youth sponsorship, and more. School Liaisons provide support to military members and their families, public and private school personnel, home-schooled families, and work with on and off base partners who have an interest in military child education. If you are in need of K-12 education support the school liaison, Ms. Alicia Thompson, can be reached at 701-240-2380 or via email at [mafb.school.liaison@us.af.mil](mailto:mafb.school.liaison@us.af.mil).

# GOT MUSICAL TALENT?

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- **Heritage Singers**
  - o Men's Chorus
  - o Practice Thursday Evenings at 7:00 PM
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  - o North Dakota's Only British Style Brass Band
    - Room For All Brass Players
    - Horns Provided
    - Meets Sunday Afternoon at 3 PM
- **Community Band of Minot**
  - o Community Band
    - Room For All Musicians
    - Meets Mondays at 7 PM
- **Nodakords**
  - o Men's Barbershop Chorus
    - Meets Mondays at 7 PM



### INTERESTED?

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## 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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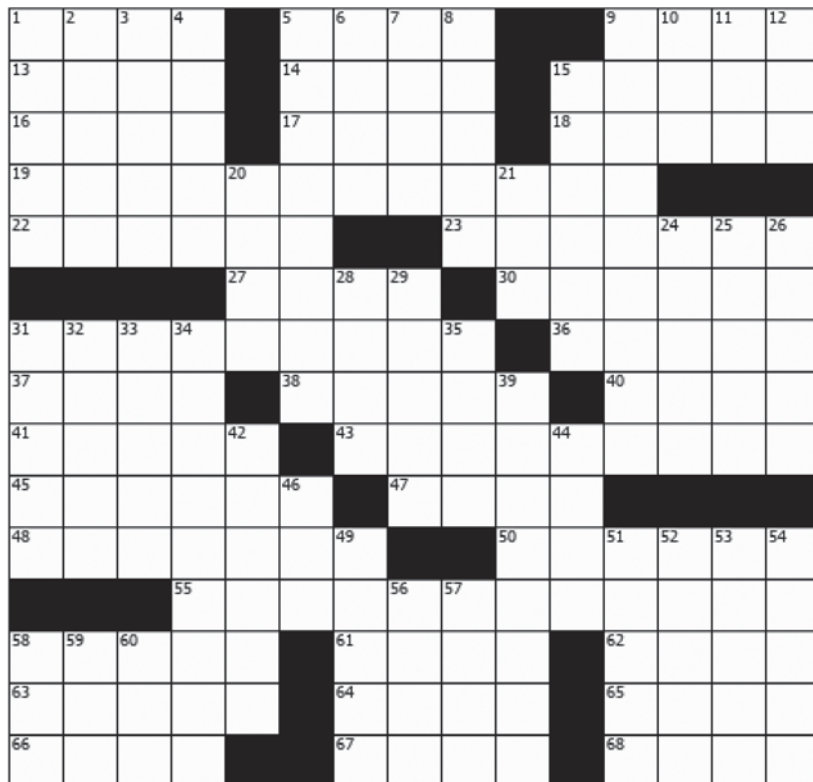
MON-THUR  
11 AM TO 10 PM  
FRI-SAT  
11 AM TO 10:30 PM  
SUN  
11 AM TO 9 PM



# CROSSWORD PUZZLE

**Across**

- 1. Flirtatious overture
- 5. Send, as merchandise
- 9. Meaningless talk, slangily
- 13. Bk. before Job
- 14. Singer's syllables
- 15. D'Artagnan's romanticizer
- 16. Frizzy do
- 17. Israeli guns
- 18. 1976 presidential hopeful Morris \_\_\_
- 19. Trustees' get-together
- 22. Trying experience
- 23. Minimally
- 27. Biblical boat builder
- 30. Hat tipper
- 31. With 43-Across, courteous reception
- 36. In on, with "to"
- 37. Eastern nanny
- 38. Star in Cygnus
- 40. Assayers' subjects
- 41. Donates
- 43. See 31-Across
- 45. Draw out
- 47. Annual May race, familiarly
- 48. Place for an icon
- 50. Shameless
- 55. 4-point H, for instance
- 58. "Ditto"
- 61. It has its ups and downs
- 62. Huffed and puffed
- 63. Commemorative book
- 64. Prefix meaning "within"
- 65. Pimples on pupils
- 66. Heart
- 67. Watched carefully
- 68. Whaler's adverb



**Down**

- 1. R&B singer Bryson
- 2. Concerning
- 3. Valuable stringed instrument, for short
- 4. Vacation spot
- 5. Irresponsible building owner
- 6. Skyline obscurer
- 7. "Would \_\_\_ to you?"
- 8. Angel hair, e.g.
- 9. (To) determine based on
- 10. "\_\_\_ Believer" (Monkees' #1 hit)
- 11. Kilmer of "At First Sight"
- 12. Immigrant's subj.
- 15. Big name in tires
- 20. Two-time Emmy winner Delany
- 21. "\_\_\_ be a pleasure"
- 24. Burning
- 25. Big Dipper star count
- 26. Hotel room happening, perhaps
- 28. In \_\_\_ (peevish)
- 29. Artist Toulouse-Lautrec
- 31. Continued violently, as a battle
- 32. Author Zola
- 33. Love on the links
- 34. Leaves the hotel
- 35. Many an 'N Sync fan
- 39. Animosity
- 42. "Good Times" or "Happy Days"
- 44. Ancient Phoenician seaport
- 46. Rocky pinnacle
- 49. Money order recipient
- 51. Facing the pitcher
- 52. Zippo
- 53. Mexican author Garro (Octavio Paz's wife)
- 54. More contemporary
- 56. Skinny
- 57. Computer capacity unit
- 58. Fanzine, for one
- 59. Certain Ivy Leaguer
- 60. "The Super Station"

## CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

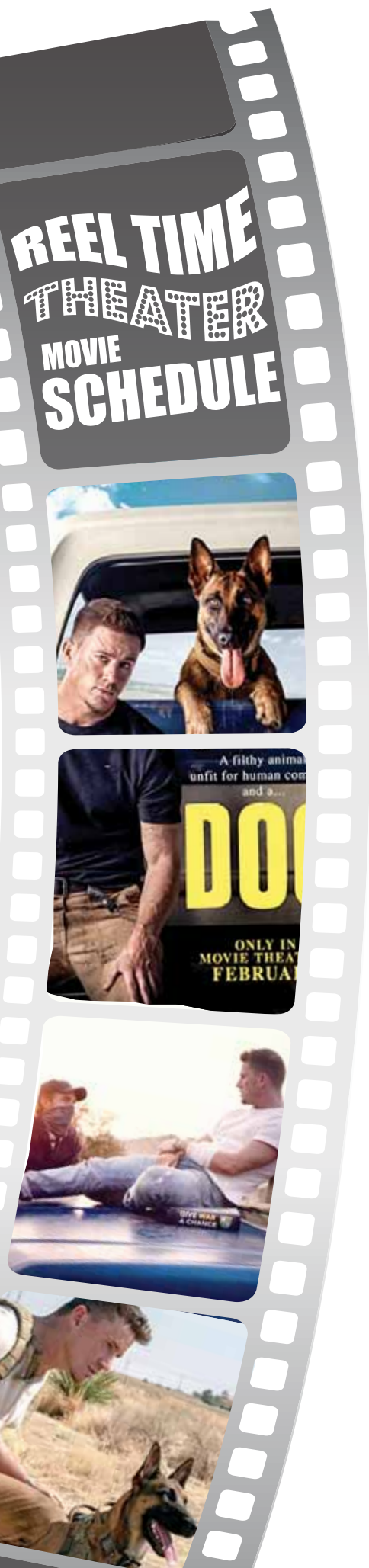
D	A	R	E		S	L	A	B		A	D	D	O	N		
A	R	E	A		A	A	R	E		N	O	O	N	E		
B	A	T	T	I	N	G	P	R	A	C	T	I	C	E		
A	B	O	M	B	S					G	R	E	E	T	E	D
T	Y	P	E	A						I	T	E	M	S		
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C	U	S	T	O	M	E	R	S	E	R	V	I	C	E		
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C	L	O	D	S		O	C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

# SUDOKU

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

Solution to puzzle on page C7

FRIDAY MARCH 18 1800  
 SATURDAY MARCH 19 1800  
 SUNDAY MARCH 20 1800  
**DOG** (PG-13)

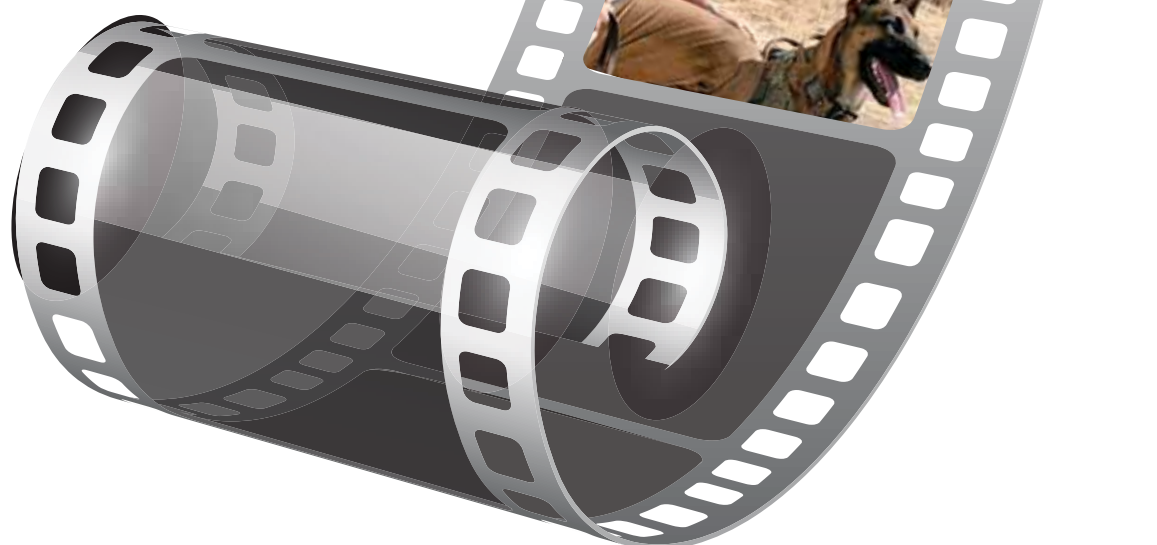




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# CHURCH DIRECTORY

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> Protestant (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>Catholic Mass (Northern Lights Chapel across from Rockers) Sunday ..... 1000 Daily ..... Monday-Thursday at 1200</p>	<p><b>St. Peter The Aleut Eastern Orthodox Church</b></p>  <p><b>109 6th St. SE Minot • 838-3094</b></p> <p><b>Saturday, March 19</b> Vespers, 5PM</p> <p><b>Sunday, March 20</b> Divine Liturgy, 10AM</p> <p><b>V. Rev. Fr. Paul Hodge</b></p>	 <p><b>Break Forth BIBLE CHURCH</b></p> <p>Wednesdays 7:00pm and Sundays 10:30am</p> <p><b>1821 W Burdick Expressway</b> For More Information: 701.353.9337   <a href="http://www.bfbc.tv">www.bfbc.tv</a></p>	 <p><b>An Evangelical Free Church</b> 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p>Sunday School &amp; Fellowship ..... 9:00 a.m. Worship ..... 10:30 a.m.</p> <p><a href="http://www.trinitychurchminot.org">www.trinitychurchminot.org</a></p>	 <p>Worship Service at 10:45am Sundays Sunday School at 9:45am</p> <p><b>1720 4th Ave NW, Minot 838-0916</b> <a href="http://MinotBibleFellowship.org">MinotBibleFellowship.org</a></p>
 <p><b>Faith United Methodist Church</b></p> <p><b>5900 Highway 83 N, Minot</b> <a href="http://www.faithumcminot.com">www.faithumcminot.com</a></p> <p><b>Pastor Ken Mund</b> 701-838-1540</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>Christ Reformed Church</b></p> <p>Worship 11:00 a.m. Sunday 234 14th Ave SE <a href="http://www.christreformedchurchminot.com">www.christreformedchurchminot.com</a></p>	<p><b>Cornerstone Presbyterian Church</b></p> <p><b>1000 NE 3rd Street 852-0315</b></p> <p><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> <a href="http://www.ecominot.org">www.ecominot.org</a></p>	 <p><b>OUR SAVIOR LUTHERAN CHURCH</b> 3705 11th St. SW Minot, ND 58701 701-852-6404 <a href="http://www.oslcminot.com">www.oslcminot.com</a></p> <p><b>Rev. Heath Trampe</b> <b>Rev. Brian Doel</b></p> <div style="border: 1px solid black; padding: 5px;"> <p><b>SUNDAY MORNING</b></p> <p>Worship Services 8:15, 9:30, &amp; 11:30 am</p> <p>Sunday School Age 4 - Grade 12 9:30 am (Sept-May)</p> <p>Adult Bible Study 9:30 am</p> </div>	 <p><b>St. Mark's Lutheran Church</b> Missouri Synod</p> <p><b>Sunday Worship 9:30 AM</b></p> <p><b>2209 4th Avenue NW</b> Minot, ND 839-4663</p> <p><b>Reverend Philip Beyersdorf</b> <a href="http://www.minotstmarks.com">www.minotstmarks.com</a> Join us on facebook</p>
 <p><b>Immanuel Baptist Church</b></p> <p>1615 2nd St. SE, Minot 701-839-3694</p> <p><b>Sundays:</b> 9:00 am ..... Fellowship 9:15 am ..... Sunday School 10:30 am ..... Worship</p> <p><b>Wednesdays:</b> 11:30 am ..... Soup Kitchen 5:30 pm ..... Family Supper 6:30 pm ..... Preschool/Kids' Club/ABY 6:30 pm ..... Adult Bible Study</p> <p><a href="http://www.ibcminot.org">www.ibcminot.org</a> e-mail: <a href="mailto:immanuel@srt.com">immanuel@srt.com</a></p>	<p><b>Minot Baptist Church</b></p> <p>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>St. John the Apostle Catholic Church</b></p>  <p>2600 West Central Ave • Minot, ND 58701 <b>839-7076</b></p> <p>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.</p> <p><i>Fr. David A. Richter, Pastor</i> Parish website: <a href="http://www.stjohnminot.com">www.stjohnminot.com</a></p>	 <p><b>First Lutheran Church - ELCA</b> 120 5th Ave. NW 852-4853</p> <p>Sunday Worship 9:30 am</p> <p><a href="http://www.firstlutheran.tv">www.firstlutheran.tv</a> (Live Stream &amp; Recorded) Radio Broadcast KRRZ 1390AM Sunday 9:30 am <a href="http://www.flcminot.com">www.flcminot.com</a></p> <p>Pastor Brandy Gerjets • Pastor Ellery Dykeman</p>	 <p><b>Gospel Tabernacle Community Church</b></p> <p>9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson</p> <p><b>Church: 701-838-4492</b> <b>Home: 701-838-5759</b> <b>KHRT 1320: 9 a.m. Sunday</b></p> <p>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.</p>
 <p><b>JOURNEYCHURCH</b> ASSEMBLY OF GOD</p> <p><b>1805 2nd St. SE 838-1111</b></p> <p><b>Sunday Services</b> 8:30 AM 10:00 AM 11:30 AM</p> <p><b>Wednesday 6:30 PM</b></p>	<p><b>Apostolic Faith Church, UPCI</b></p> <p>2929 19th Ave NW • Minot 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>Cross Roads Baptist</b></p> <p><b>Southern Baptist Convention</b></p> <p>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><a href="http://www.minotcrbc.org">www.minotcrbc.org</a> email: <a href="mailto:minotcrbc@gmail.com">minotcrbc@gmail.com</a> <b>Dr. Bob Farmer- Pastor</b></p> <p>415 28th Ave SE (Behind Menards) 838-1873</p>	 <p><b>West Minot Church of God</b> Family Worship Center</p> <p><b>1105 16th St. NW • 839-1407</b></p> <p>Sunday School ..... 9:30 a.m. Sunday Worship ..... 10:30 a.m. Children's Church &amp; Nursery Wednesday Family Training Hour Meal ..... 5:30 p.m. Classes for All Ages ..... 6:30 p.m. Youth Center, Friday ..... 7:00 - 11:00 p.m. ABC Child Care Center ..... 852-6352</p> <p><a href="http://westminot.com">westminot.com</a> <a href="https://facebook.com/westminot">facebook.com/westminot</a></p>	

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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**  
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For more information visit us on the web at:  
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Website: [www.orcsknights.org](http://www.orcsknights.org)

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## UPCOMING EVENTS

### MINOT RIFLE & PISTOL CLUB

#### MINOT GUN SHOW

March 26 & 27  
ND State Fair Center  
Sat. 9 AM - 5 PM  
Sun. 9 AM - 3 PM

Mar25

### MOOSE LODGE SPRING FLING CRAFT SHOW

MARCH 26, 2022 10-4  
Free admission  
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Mar25

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By email or phone at  
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701-852-1014

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### MINOT TOASTMASTERS HOST OPEN HOUSE EVENT IS FREE TO THE PUBLIC

Minot Toastmasters invites residents to its open house to meet members and watch a Toastmasters meeting for themselves. Atiana Beck, Division C Director will be giving an Ice Breaker speech. Come listen to her speak about how she got her unusual name and get to know the Minot Toastmasters members.

"Minot Toastmasters provides a supportive and positive environment where members have the opportunity to develop their communication and leadership skills," says, Trygve Hammer Vice President of Membership for Minot Toastmasters. After hearing from Division C Director, Atiana Beck, members and guests will enjoy a regular Toastmasters meeting that will include, Table Topics™ (impromptu speeches) and evaluations.

### MINOT TOASTMASTERS OPEN HOUSE

Date: March 28, 2022,  
Location: Zoom Online  
<https://zoom.us/j/96784546780?pwd=TG81S1hPU1grbW5RTk4xM2FYV3dmUT09>

Meeting ID: 967 8454 6780

Passcode: 6gzWi@

Time: 6:30-7 pm Social, 7-8 pm CST Meeting

For more information, email Atiana Beck at [divisioncdirector@d78Toastmasters.org](mailto:divisioncdirector@d78Toastmasters.org).

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- ▶ Call AADD
- ▶ Notify location and destination
- ▶ State the amount of people that need a ride
- ▶ Give a description on an easily identifiable article of clothing
- ▶ Verify member's military/ dependent status by showing identification

CONTACT US AT:  
**(701) 727-2233**  
**(701) 727-AADD**

THURSDAY, FRIDAY & SATURDAYS  
09:00 PM - 02:00 AM  
HOLIDAY WEEKENDS  
08:00 PM - 03:00 AM

Thanks to SRT for donating the phone services for AADD





# CLASSIFIEDS

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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

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

Contact Rod Wilson to get your business listed here!  
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# WHAT'S GOING ON MAFB

## 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 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 20

- Zumba, 1400, Fitness Center

## MONDAY 21

- HIIT Strength & Conditioning, 0530, Fitness Center
- 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

## TUESDAY 22

- Registration Closes: Single Airmen Laser Tag, Outdoor Recreation
- Game Day, 1000-1930, Minot AFB Library
- Tactical Fit, 1130, Fitness Center
- Epoxy Cutting Board Class, 1800-2000, Arts & Crafts Center
- Yoga, 1930, Fitness Center

## WEDNESDAY 23

- HIIT Strength & Conditioning, 0530, Fitness Center
- Pre-Deployment/Remote Readiness Training, 1000, A&FRC, Zoom Meeting
- Story Time, 1030, Minot AFB Library
- Fit to Fight, 1130, Fitness Center
- Swerk, 1730, Fitness Center
- Fighting Game Night, 1800, ESC
- Yoga, 1830, Fitness Center

## THURSDAY 24

- 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
- Game Night Series: Mario Kart 8, 1800, ESC
- Zumba, 1830, Fitness Center
- Yoga, 1930, Fitness Center

## ONGOING

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

## FRIDAY 25

- Cycle & Strength, 0530, Fitness Center
- Family Zumba, 1000, Turf, hosted by the Fitness Center
- Fish Fry Friday Special Lunch, 1030-1330, Dakota Inn Dining Facility
- Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill
- Cycle, 1700, Fitness Center
- EFMP Crafts: Tie Blankets, 1700-1800, Arts & Crafts Center, hosted by A&FRC
- Single Airmen Laser Tag, 1700-1800, Turf, hosted by Outdoor Recreation
- Magic Glow Skate Night, 1800-2000, Youth Center
- Chess Tournament, 1800, ESC
- Swerk, 1830, Fitness Center
- Karaoke Night, 2000, Rockers Bar & Grill

## SATURDAY 26

- Cycle, 0900, Fitness Center
- Barre Strength, 1000, 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, dove, 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!

Free event!  
JIMMY DOOLITTLE CENTER  
**Dueling Pianos**  
March 19th  
Doors open 7:00pm  
Show starts 8:00pm  
5thforcesupport.com

**MAGIC GLOW SKATE NIGHT**  
25 March 2022  
6PM - 8PM  
Youth Center  
\$5 for Members  
\$10 for Non-members  
\$15 for families  
Show your glow and make the magic happen!  
Skating, music, disco ball, games, fun, and more!  
Youth under the age of 9 must have a parent present at all times. Bring your own skates/roller blades or check out a pair from us! Helmets required for all skaters. Refreshments will be sold.  
For more information, call the Youth Center at 723-2838  
FORCE

**SINGLE AIRMEN LASER TAG**  
with Outdoor Recreation at the Turf  
MARCH 25TH • 5:00PM - 6:00PM  
Bring your friends and play FREE laser tag  
Register with Outdoor Recreation by March 22nd  
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