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WHATS INSIDE THIS WEEK:



SPARK TANK:
LAUNCHES
INNOVATIVE
IDEAS

A3



April is Sexual Assault
Awareness & Prevention
Month

SEXUAL
ASSAULT
AWARENESS &
PREVENTION
MONTH
EVENTS

B2



MONTH OF
THE MILITARY
CHILD

C2-C3



TSgt Joseph Mitchner Jr. 5th Logistics Readiness Squadron (who is on midtour from Korea), TSgt Chris Sirotkin 91st Missile Security Operations Squadron, SSgt Ross Reubin 91st MSOS, SrA Laytean Bradley 54th Helicopter Squadron and SSgt Michael Jarnegan 5th Maintenance Squadron, didn't let a little (or a lot) of snow get in their way. The neighbors teamed up to shovel enough snow so a vehicle could get out and make a collective store run before more weather hit. Minot Air Force Base residents showed-up for each other last week during the epic snowstorm and proved that there is truth in the saying 'Only the Best Come North'. See page A6 & A7 for more coverage

ERIN BEENE PHOTO

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Exercise Agile Tiger: Integrated deterrence in the heartland of America

2ND LT. KRISTI STILES, 509TH BOMB WING PUBLIC AFFAIRS

WHITEMAN AIR FORCE BASE, Mo. (AFNS) -- Whiteman Air Force Base concluded the first iteration of Exercise Agile Tiger, designed to improve joint warfighter lethality through high fidelity mission planning, execution and debrief.

The exercise enhanced participants' ability to communicate, collaborate and operate together, ensuring unity of effort across the joint force.

Over the course of four days, 15 active duty, Reserve and National Guard units from across the Department of Defense collaborated in multiple DoD airspaces, made up of thousands of square miles, across the Midwest to train. Fighters, bombers, refuelers and other support units launched from six bases daily to engage in interoperability training missions.

Realistic interoperability training like Exercise Agile Tiger is critical for real-world success. As the first iteration, this exercise is an investment national defense.

"I'm pretty impressed with the team here for coming up with this on their own. This is the true definition of innovative Airmen: seeing the need for something and making it happen," said Col. Daniel Diehl, 509th Bomb Wing commander. "By bringing all the different players here, we can see where the gaps and seams in our training are, how our Airmen need to innovate in order to win in the future, and take those lessons and start applying them."

Exercise Agile Tiger tests operational unpredictability through Agile Combat Employment concepts. Applying ACE concepts to training creates an adaptable, prepared joint force to credibly deter adversaries, assure allies and partners, and be prepared for tomorrow's challenges.

"The operational environment is defined by new challenges and modern capabilities," said Maj. Gen. Andrew Gebara, 8th Air Force and Joint-Global Strike Operations Center commander. "Our agile combat employment efforts provide on-call combat operations around the globe. Agile, back-to-basics training gets us to where we need to be. This exercise proves we are able to seamlessly integrate with other weapons systems in the field when called upon. We will remain always ready to compete, deter and win."

A key objective of the exercise is to replicate and predict real-world scenarios. From mission conception to execution, including more units with varied capabilities allows for a higher degree of realism.

Operators and intelligence Airmen designed complex scenarios to mimic contested combat environments, both in the air and on the ground. A-10C Thunderbolt II, UH-60 Black Hawk and Joint Terminal Attack Controller units engaged in advanced survival, evasion, resistance, and escape scenarios. Pilots collaborated through high-fidelity mission planning, crafting

their best attack plan. Once in the air, B-2 Spirits and F-35 Lightning IIs integrated with B-1 Lancers and B-52 Stratofortress aircraft for coordinated attacks including long-range stand-off munitions.

Throughout the exercise, on-going communication and operability is critical. The E-3 Sentry provided a real-time threat picture and coordination of the battlespace. Additionally, numerous air refueling wings across the nation ensured the mission capability of all aircraft by operating the KC-135 Stratotanker, the KC-46A Pegasus and a KC-10 Extender, staged out of Whiteman AFB.

Challenging the participants' capabilities in simulated combat environments sparks innovative thinking, to increase their survivability and combat lethality. Exercise Agile Tiger demonstrates the greatest American combat advantage is not only our technology, but in our creative service members' ability to adapt, work together, and overcome adversity ... anytime, anywhere.

"It's important for me as the wing commander to ensure that the B-2 maintains its competitive advantage for years to come," Diehl said. "We are still the leading edge of the fight, as it needs to be. We are still making sure that we are the force that can fight tonight, and the more opportunity we provide to have realistic training scenarios ensures we can maintain that competitive advantage."



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Spark Tank: Launches Innovative Ideas

ERIN BEENE

There is a specialized place here on Minot Air Force Base that is designed to help Airmen discover and develop new concepts to assist in their workspaces. Snuggled in the back end of the Arts & Crafts Center is a top-of-the-line room filled with white board walls, computers, rapid prototyping technology, a 3D printer and a CNC machine. This room is called Atomic Spark. This unique and somewhat new addition to Minot AFB is enthusiastically led by Tech Sgt Dominic Garcia and Capt Matthew Matuszak, who goes by “Savage”. The passionate purpose of this room is to give Airmen accelerated outlets to implement their ideas. TSgt. Garcia—or Dom as he likes to be called—and “Savage” help Airmen and civilian employees on Minot AFB capitalize on innovative ideas and turn them into realities.

Dom, “Savage” and the Atomic Spark Cell are uniquely open to any new idea that may help train, preserve, and improve work

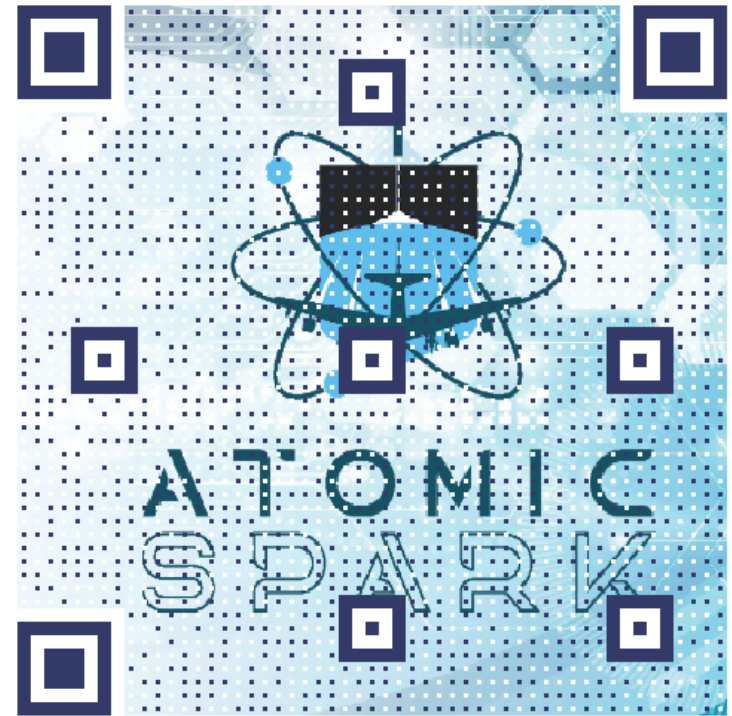
output, mission effectiveness or life at Minot AFB. If an Airman would like to see a new operation implemented or found a widget that could assist at the office, but the squadron or team does not have the funds or support, Atomic Spark is the place to go. Once an idea is submitted, Dom will contact the submitter, ask questions, and help figure out ways to make the idea possible. When the idea is fully formulated, the Atomic Spark team then helps secure funding for the project from a range of sources.

While the Atomic Spark is always available for idea submissions and collaboration, a very unique event is coming up on May 18 called the Spark Tank. At this special event, located at the Jimmy Doolittle Event Center 8 a.m. to 11 a.m. CDT, all these innovative ideas will meet for a once-a-year presentation. The Spark Tank Event will take the top ideas submitted through the base and present them thoroughly

to a panel of experts, funding investors and base leadership.

A top Award may be given out for the most innovative idea, and the goal is that all presentations will be funded and then carried out to create new and better processes for the Air Force. This event, in which submissions are due by April 29, is open to all active duty members stationed at Minot AFB, no rank restrictions at all. It is also open to certain civilian and contract employees with some regulations. At this time, Atomic Spark is not available to military dependents.

This event is kick-starting the innovation process, taking ideas formed by those who are closest to the mission and packaging and implementing them to benefit the units, Airmen, and Air Force. Imagine Spark Tank as “Startup Company meets the military.” It is a way to harness the entrepreneurial spirit of Airmen and get innovative ideas into the workplace.



Scan the above QR code and follow the prompts to submit your innovative ideas!



Left: Airmen and leadership from Minot Air Force Base gathered on Nov. 1, 2021, to celebrate the grand opening of Atomic Spark, a joint-wing innovation cell focused on solving every day problems in Air Force workplaces. The space, which is inside the Arts and Crafts building, boasts state of the art technology and a creativity inspiring environment for Airmen to bring their ideas to life.

Right: Onlookers gather to watch the creation of a 3D printed prototype at the Atomic Spark Grand Opening on Nov. 1, 2021.



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MINOT AIR FORCE BASE NEWSPAPER
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PHOTO OF THE WEEK



Two Hellenic Air Force F-16s escort a United States Air Force B-52H Stratofortress assigned to the 69th Expeditionary Bomb Squadron at RAF Fairford, England April 5, 2022. Greece was one of several nations who participated in the Bomber Task Force mission in order to integrate with strategic bombers in support of Geographic Combatant Command operations, activities and initiatives.

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

Diggin' Out Together

My trip to the west coast to visit my youngest son has been delayed many times. COVID, of course, has been the largest culprit, but this time it was almost weather that derailed a chance to spend a few vacation days in southern California. Only the last minute heroics of a front-end loader on Thursday evening cleared our street enough to get my four-wheel drive pickup out of our driveway. Of course, pretty much all of Thursday was spent shoveling and blowing snow. It certainly was an epic snowstorm, indeed. We "broke through" to the street later on Thursday evening. It

was wet, heavy snow...as I am sure you all know.

It was bad for us, but even worse for neighbors just down the block. They are in the midst of a PCS to Louisiana. But even when the weather created havoc for them, friends showed up and helped load the rest of their household goods so they would be ready to go when the streets were cleared. There was no driving to their house, even with a four-wheel drive. The only option was to walk the final two blocks.

This neighborhood camaraderie doesn't surprise me in the least. We

**northern
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A VIEW FROM OUR SIDE
 ROD WILSON, NORTHERN SENTRY



are in California and our neighbors have kept our driveway shoveled, even as the snow continued to pile up from storm number two last weekend.

Minot Air Force Base Facebook pages are also loaded with photos and stories of friends helping friends. And now, as we hear

about a possible round three this weekend, we can only shake our heads in disbelief.

But soon the weather will change, and the snow will be gone. The stories of April 2022 will more than likely make interesting coffee time conversation for a few years to come.

IRONY ANYONE?



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Bomber Task Force Europe: Strategic bombers soar through NATO's Eastern Flank, complete successful 2-month rotation

UNITED STATES EUROPEAN COMMAND

The 69th Expeditionary Bomb Squadron's three B-52 Stratofortress aircraft, their support equipment, and approximately 300 personnel have completed their rotation as part of the two-month long Bomber Task Force Europe mission series at RAF Fairford today, returning to Minot Air Force Base, North Dakota.

Before returning to North Dakota, the three-ship of strategic bombers flew a final mission over Europe focused on integrating with NATO allies, which underscores U.S. and NATO commitment to deterring adversary aggression toward the Alliance.

Bomber Task Force Europe operations are routinely conducted across the European continent, showcasing the Air Force's unique ability to rapidly

field and deploy strategic forces at any time as part of the Agile Combat Employment concept.

"Our bombers provide a unique deterrence capability to the NATO Alliance," said Gen. Jeff Harrigian, U.S. Air Forces in Europe – Air Forces Africa commander. "The partnerships we have created throughout these rotations better support our ability to employ a strategic force in theater whenever we're called upon."

Throughout their rotation, the B-52 strategic bombers have built critical relationships throughout the Arctic, Central and Eastern European regions, which has enhanced the coalition's ability to respond to incursions threatening freedom of maneuver and navigation.

A platform with over 60 years of service, the B-52 integrated with British and Norwegian



U.S. Air Force bombers from the 5th Bomb Squadron operating out of forward deployed base RAF Fairford, United Kingdom, conducted their latest long-range, Bomber Task Force mission throughout Europe, North and Mediterranean Sea Region. The U.S. remains dedicated to the security commitment with their NATO alliance and global partners. Bombers routinely operate across the globe and are flexible and agile to respond to the changes in the operational environment. BTF missions offer unique opportunities for allies and partners to strengthen collective deterrence and security throughout the regions.

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

F-35 Lightning II stealth fighters, the newest and most advanced platforms in theater.

The regular rotations of strategic bombers since 2018 has set the stage for future rotations and

seamless integration throughout U.S. European Command with NATO Allies and partners.

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APRIL BLIZZARD OF 2022



Team Minot Defenders spent three days away from home and on watch. They worked and slept through the recent blizzard weather alongside other Airmen snowed in on base. The work they do is tough and in the face of adversity, they get it done. Through a toiling few days they have moved mountains (of snow) and kept the mission going..to that we say a tremendous THANK YOU!

Where would we be without Weather? Probably stuck in a snow drift! Airmen like SrAs Crenshaw and Moore, and A1C Carr constantly monitored weather patterns and kept us up to date during the blizzard to keep you and your families safe and the mission on track! Snow, sleet, rain or shine, they are always watching to provide you the best forecast.

U.S. AIR FORCE PHOTOS | MINOT AFB PA

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The Easter Winter Storm- One for the Decade

ERIN BEENE

The Weather Channel named it Winter Storm Silas. AccuWeather called it a 'Historic Blizzard', saying this has been "one of the state's highest snowfall estimates... the storm was recorded in Minot at 36 inches." To us here on Minot AFB, many families are referring to last week's storm as the "craziest thing we have ever seen!" Almost all base residents, as well as most Minot citizens were relegated to their homes from the evening of Tuesday, April 12, until Friday/Saturday afternoon. Even when snow plows became available and driveways and roads were clear, many businesses and base organizations still remained closed. Being closed to base residents for 3.5 days, the Commissary did not open again until Saturday. The complete white-out conditions caused roads to be extremely dangerous and snow drifts to rise to over 8 ft in some areas. All throughout base housing residents were stuck in their homes, unable to even get out of their driveways. Minot AFB Homes and the team of workers from XS Dakota worked tirelessly day and night plowing streets and driveways in order to get residents free. Community Director Marcie Heller even put out 1-3 daily emails and social media posts out during the crisis informing residents about plans and progress for snow removal, but the unprecedented snowfall on Wednesday made it almost impossible to keep up. Everyone was working as hard as they could to help.

Despite the challenges, many base residents were able to find ways to shovel out and all over base neighbors helped each other. Photos of neighbors helping neighbors popped up all over the Minot AFB Spouses Facebook pages, including a group of neighbors working together to create a path so that one car could be free to go make a store run for everyone. Another base resident, Kelly Phelps, looked out her window and snapped a photo of a bunch of people helping a stuck vehicle. "My husband was out shoveling to dig us out and at that point, the plows hadn't come through. The Airman in [the] truck was called into work and the road appeared to be clear, but he couldn't pass through



Base Housing Residents helping to free a stuck vehicle.



Airmen at the Missile Alert Facility (MAF) after the Blizzard.

and unfortunately got stuck. My husband and other neighbors rushed out to dig him out!", said Kelly.

As most of the base completely shut down for days, the Missileers, Facility Managers, Food Service Technicians and Security Forces members out at the missile fields, were stuck as well. The 791 MSFS commander, Maj Zachary Hunt, who was in the field with his Airmen throughout the blizzard, mentioned that when the Airmen posted out started getting weather alerts, they realized it would likely mean a few extra days in the field away from family and loved ones. However, Maj Hunt said that most everyone remained positive and upbeat about the situation. He said, "The Dark Horses 'saddled up' per their motto and embraced being on the line in the most challenging time of the year. People also recognized that even being home would not be a walk in the park as Minot AFB got pummeled by the weather as well. Attitudes and professionalism remained top notch." While it was a different

U.S. AIR FORCE PHOTO | MINOT AFB PA

than normal missile tour, Maj Hunt said everyone did a bunch of snow shoveling and it ended up being great exercise too. The Airmen pictured above are Capt Bryan Galcik, 91 OSS, Capt Brice Fields, 91 OSS, A1C Jonah Fouts and Amn Abner Sanchez, 791 MSFS/S30C, who are "holding the line" as a remembrance from the April Blizzard of 2022. Maj Hunt said it was a good reminder that "All security force teams must be ready to deter, detect, deny, defend and defeat any threat in any weather condition day or night." He also noted that the same thing applies to the Missileers where the strategic deterrence never stops.

Society seems to sometimes dictate that when faced with overt challenges, most people will revert to helping themselves, but this storm has proven that to be the opposite. From families here on base helping neighbors dig-out driveways to the Airmen in the missile field standing strong, on Minot AFB it is proven that people help each other out when in time of need.

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A LOOK BACK THIS WEEK IN USAF HISTORY

LT. JAMES OBENAUF LANDS A BURNING B-47 AND SAVES CREW MEMBER

APRIL 28, 1958



Lt. Obenauf received a Distinguished Flying Cross for his heroic actions. (USAF Photo)

On April 28, 1958, a 341st Bombardment Wing B-47 performed a routine flight out of Dyess AFB, Texas. After about 3 hours and at an altitude of 34,000 feet, one of the engines exploded and the crew proceeded to bail out. As he was about to crawl out the navigator's escape hatch following the pilot, 1st Lt. James E. Obenauf noticed the instructor-navigator, Major Joseph Maxwell, unconscious and missing his helmet. Obenauf was unable to revive him and made the brave decision to risk death and remain in the burning aircraft in an attempt to save his fellow officer. He flew the plane to a lower altitude from the backseat position and at 450 mph in freezing temperatures, he set a course back to Dyess. Due to the elements, Lt. Obenauf's vision faltered while navigating the aircraft. He was able to perform a safe landing with the support of air traffic control and his own skill. Obenauf and Maxwell made full recoveries, and for his heroism and bravery, Lt. Obenauf received the Cheney Award, Aviator's Valor Award, Koren Kolligan Trophy, and a Distinguished Flying Cross.

Information courtesy of: Dyess AFB Memorial Museum and Linear Air Park FB / safety.af.mil

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91st Security Forces Group Quarterly Update

COLONEL THOMAS E. SEGARS, JR.,
91ST SECURITY FORCES GROUP COMMANDER

Another quarter in the books... and a blizzard with some 30 inches of snow! What?!? Chief Sullivan saw a post the other day which compared North Dakota winters to an angry person who keeps storming back in the room with a raised fist shouting, "And another thing!"

Hang in there Defenders, we promise #TheRealNoDakSpring is right around the corner. And for our amazing teams posted in the complex--be extra safe and thank you for holding the line!

This last quarter was another full throttle experience; these are just the highlights:

- Flood/mud response (including ~90 SFG members), which literally saved many weapon systems!

- We put 300K+ miles on the road, responded to over 2,000 security situations!

- Saw the return of the amazing Mr. Paul Butler!

- High visibility visits by the AFGSC commander, Gen Cotton and his SEL, Chief Smith; the AFGSC Chief of Security Forces and his SEL, Col Gallagher and, umm, well, Chief Gallagher, along with the SF Assignments Team from AFPC (8 ahem, 91 SFG had the best attendance of the 3 missile wings...!)

Day-in and day-out you prove that the 91 SFG is the best dagguumm (8 my fave Georgia word) group in the Air Force, and Chief and I are so very proud of every one of you!

As with every quarter, a select few members of the group are recognized for going above and

beyond. Once members are selected by the squadrons, each package then competes against the other squadrons' winners. The award packages were graded and scored by NCOs, SFCs, and commanders from across the Group to ensure a fair and objective process. A tough competition as always, and a big thank you to the supervisors who took the time to recognize their outstanding performers!

It is my honor to announce the 2022, 91 SFG-level award winners! Amn of the Quarter: SrA Haley R. Cornett, 891 MSFS

NCO of the Quarter: TSgt Zachary P. Moitosa, 891 MSFS

SNCO of the Quarter: MSgt Michael L. Hanson, 891 MSFS

CGO of the Quarter: 2d Lt Christopher J. DeLong, 891 MSFS

Flight/CC of the Quarter: 1st Lt Dominic L. Johnson, 891 MSFS

Civilian Cat I of the Quarter: Mr. Richard W. Leite, 91 MSFS

Civilian Cat II of the Quarter: Ms. Dinell D. Hall, 791 MSFS

Volunteer of the Quarter: A1C Sarah E. Foster, 891 MSFS

Professional Team of the Quarter: 91 SFG, Stan Eval Section

Key Spouse of the Quarter: Mr. Tad Lee, 891 MSFS

Key Spouse Program of the Quarter: 891 MSFS

Stupendous work this last quarter by all...

Please help me congratulate and wish our award winners the best of luck as they represent Defender Nation and compete at the 91st Missile Wing!

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Hawaiian Ham

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INGREDIENTS

4 cans Low Sodium SPAM
1 lb. Brown Sugar
1½ tsp Cayenne Pepper

- 1) In a small mixing bowl, blend brown sugar and cayenne pepper and set aside.
- 2) Slice all SPAM lengthwise into ¼" thick slices.
- 3) Place a layer of SPAM in a disposable aluminum pan approximately 9" x 13". Using a sifter, lightly dust with the brown sugar/pepper mixture.
- 4) Add another layer of SPAM and repeat until all SPAM has a light dusting of sugar mixture. Can be done ahead and refrigerated overnight. A syrup will form.
- 5) Place on grill and smoke/bake on a low temperature for 30-60 minutes or until you begin to see the sugar caramelize. Flip halfway through.
- 6) Carefully remove and cut each slice into 4-6 tidbits.

Ryan Davy - GM
HOE Minot

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Upcoming Events

23-24 APR **MAGIC CITY CAR AND TRADE SHOW**
6:00 PM
North Dakota State Fair
2005 Burdick Expy E, Minot

Come out and see some race cars, antique cars and of course, our vendors! Held at the North Dakota State Fair Center. Each race car entered will receive a free pit pass. We have Race cars, Muscle Cars, Classic Cars, Northern Mini-Racers and Vendors.

Come on down to the All Seasons and get your motor sports fix!!
Saturday April 23rd: 10am - 6pm
Sunday April 24th: 10am - 5pm
Any Questions Call 701-822-7223
Booth & Car Registration inquiries: Call 701-822-7223

For more information:
Visit www.racenodak.com/events/mccts/

25 APR **OFF THE VINE CORK & CANVAS PAINTING EVENTS**
6:00 PM
Off the Vine
15 Main St S, Minot

Off The Vine Cork & Canvas Painting Events. We're now offering Maker Nights too. We are so excited to have a painting night on the same night OTV is offering Live Jazz music.

Painting Events and Maker Nights last 2 to 3 hours of fun designing. Ticket Price Includes: All painting supplies, first drink, and shared tapas that Deb will order once everyone arrives. Monday, April 25 at 6pm Macrame Wine Bottle Sling (Not a painting class). Be sure to check your ticket for dates, times, and location. No Refunds - Credit for Future Classes Only.

Tickets available on [naturesnooktoys.com](https://www.naturesnooktoys.com)

For more information:
Facebook Event / Off the Vine

28-30 APR **MLV BOOK SALE**
9:00 AM
Minot Literacy Volunteers
1609 4th Ave NW, Minot

MLV's Biggest Fundraiser Book Sale!! So many treasures, stuff a bag for \$5.00

Gate City Bank has donated BIG reusable bags for you to fill and keep! Located in the Adult Learning Center.

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To learn more, visit our facebook page or our website: minotliteracy.wixsite.com/minot-literacy

MLV is proud to be supported by Souris Valley United Way.

For more information:
Facebook Event / Minot Literacy Volunteers

29-1 APR **IMAGICON 2022**
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Minot ND - iMagicon is a fan-driven pop culture convention that blends a variety of genres and fandoms together under one roof. From cosplay to anime to sci-fi to gaming, there is plenty to explore at the 3-Day event.

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For more information:
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JANET KIDDER



RONNIE ROWE



SKYLER BIBLE



BOB HALL



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Featured composers



Vanderburg



Coley



Amaya

Guest artists



Heartland Marimba will offer a FREE public recital on Friday, April 29th at 2pm in Ann Nicole Nelson Hall - MSU.

2021-2022
MINOT SYMPHONY ORCHESTRA SEASON FINALE
Efraín Amaya - Music Director

"The Titan"

April 30, 2022

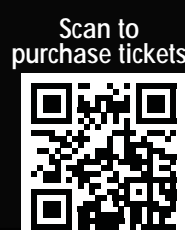
Ann Nicole Nelson Hall - MSU
6:30 pm - Pre-concert talk | 7:30 pm - concert
One Sows for the Benefit of Another Age
Kyle Vanderburg, 2021 Young Composer Competition winner

Live or Livestream

Journey*
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Efraín Amaya

Symphony No. 1 "The Titan"
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*features member(s) of Heartland Marimba

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APRIL IS SEXUAL ASSAULT PREVENTION & AWARENESS MONTH



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**EVENT
TIME**

**0830-
1130**



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LOCATION
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The weights we used last year were damaged LRS plates. A participant stated that it was "quite a statement."

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Domestic Violence Crisis Center April Events

April is Sexual Assault Awareness Month. This year's theme is Building Safe Communities Together. Safe communities are possible when we practice consent, intervene when we see harmful behaviors, and promote communities that value respect, inclusion, and safety.

Some of this year's events include:

APRIL 22 - DVCC'S WALK A MILE

DVCC is moving our Annual Sexual Assault Awareness Walk, Walk A Mile indoors thanks to the kindness of the MAYSA Arena and Minot Parks District. The walk will take place at MAYSA Arena at the Pepsi Rink from 3-6pm. It is free and open to the public. We appreciate your understanding as we make shifts to maintain safety and accessibility. Door prizes are provided by Magic City Tattoo and Preferred Restaurant Group. There will be free food for the first 100 participants. Come empower survivors of sexual violence. We hope to see you there. See FB Events page for more details: <https://www.facebook.com/events/978621776375454>

APRIL 27 - DENIM DAY

Wear jeans with a purpose on April 27th to take a stand against victim blaming. The Denim Day campaign began in 1999 after an Italian Supreme Court case was overturned on the judgement that the victim was wearing very tight jeans when assaulted, so she would have had to have helped remove them, meaning that the incident was not rape, but consensual sex.



High heels provided: No Excuse for Abuse – Red Run event at Minot State

MINOT STATE UNIVERSITY

MINOT, N.D. – On Thursday, April 28, Minot State University's Title IX department, in conjunction with MSU Life, Residence Life and Housing, Student Activities, and the Wellness Center, will host the University's annual No Excuse for Abuse – Red Run event.

Focusing on raising awareness about sexual violence on campus and in the Minot community, the event will begin at 12 p.m. on the Quad, located between the campus's Administration Building and Old Main.

"The No Excuse for Abuse — Red Run event spreads awareness to end sexual violence," said Lisa Dooley, Minot State Title IX coordinator. "It is important that as a university community, we stand together and advocate against sexual and gender-based violence to make this a safe environment for our growing leaders to develop."

The public is encouraged to

consider competing and/or cheering on their favorite participant as they "run" in heels provided at the event. Contestants will also take part in Minute to Win It games, having an opportunity to win prizes. Food will be provided for faculty, staff, and students with presentation of an MSU ID.

"Sexual violence knows no bounds and is a pervasive problem across the world," said Dooley. "It

will take a collective effort from everyone, especially our future leaders, to put an end to sexual violence."

Observed as an opportunity to promote education and the prevention of sexual violence, Sexual Assault Awareness Month traces its history to the 1970s when activists first began organizing on a national scale to reduce sexual assault and violence.

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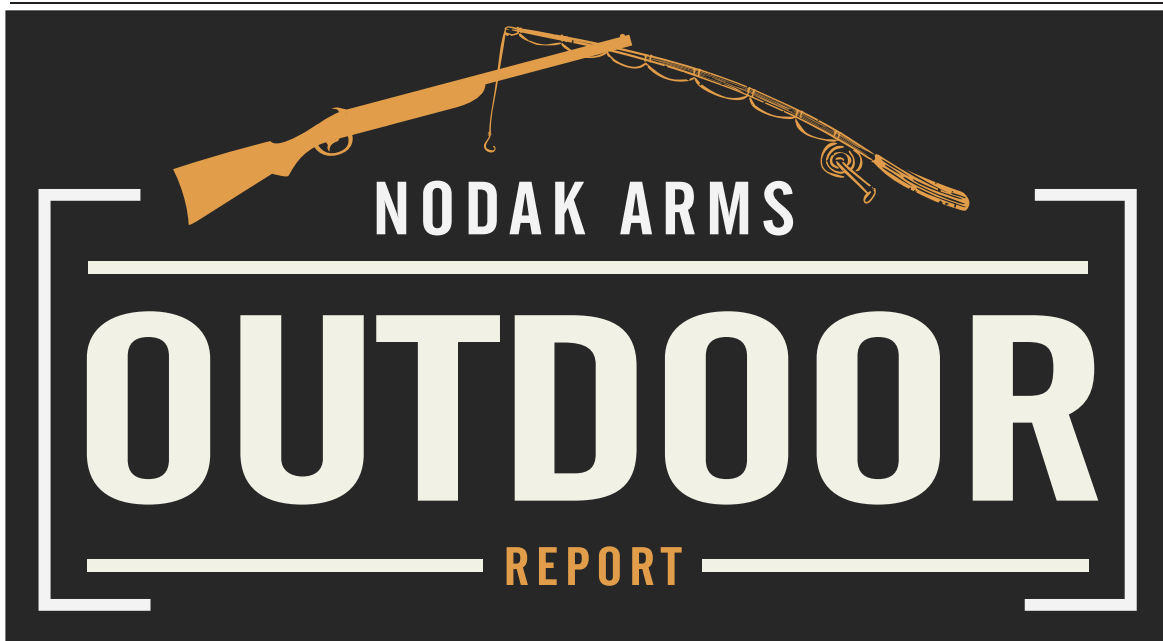
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DOMESTIC VIOLENCE CRISIS CENTER

WALK A MILE 4.22.22

EMPOWER SURVIVORS OF SEXUAL VIOLENCE.



OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, April 18: 1,827.58 feet above mean sea level (MSL); 14,400 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,448.08 feet above mean sea level (MSL).

Stump Lake elevation: 1,447.69 MSL.

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

- Devils Lake, Woodland Resort, Devils Lake: Prior to last week's storm, anglers had good walleye success on Channel A.

- Lake Darling, Karma C-Store, Ruthville: No activity throughout area lakes with the potential for poor and limited access.

- Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: Reservations available for the grouse viewing blind. Contact the refuge, (701) 468-5467, for a free reservation. Prairie-Marsh Scenic Drive closed until snow and mud conditions improve. No fishing activity.

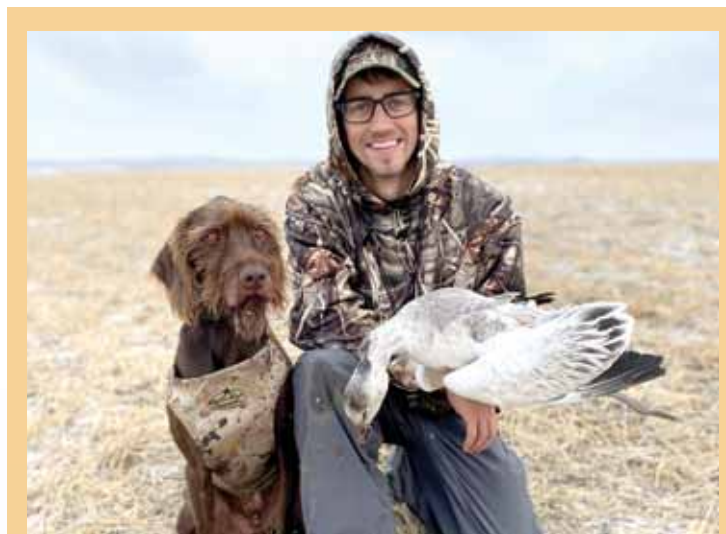
- Lake Metigoshe, Four Seasons, Bottineau: No activity with heavy snow and dangerous shoreline conditions.

- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: No activity with limited access on the east end of Lake Sakakawea.

- Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Access points to many bays on the east end of Lake Sakakawea filled in with the Easter storm.

- Lake Sakakawea, New Town: Van Hook Arm ramp accessible but has a mix of dry and icy spots at times. The Arm itself could also have ice.

- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Access to the Missouri River tailrace and south side of Lake Sakakawea limited after



N.D. GAME AND FISH DEPT PHOTO

- People are asked to report any dead birds and abnormal behavior in migrating birds, especially waterfowl, shorebirds, and raptors, to the N.D. Game and Fish Dept. on their wildlife mortality reporting form, (gf.nd.gov/wildlife/diseases/mortality-report), due to a national outbreak of highly contagious avian influenza. It can also impact domestic poultry. While rarely infectious to humans, hunters or anyone handling poultry should use precautions, such as avoiding handling sick animals, wear gloves when dressing birds, wash hands and equipment thoroughly, and cook meat to an internal temperature of 165 degrees.

- April 24: Crow season ends.

- April 25: N.D. Game & Fish Dept. public advisory meeting, Verendrye Electric Cooperative, 1225 Hwy. 2 Bypass E, Minot, 7 p.m.

- May 1: Paddlefish season opens. Go to the N.D. Game & Fish Dept. website, (gf.nd.gov) for its specific regulations.

the Easter storm with muddy shoreline conditions.

- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Look for slower walleye and sauger success on the Missouri and Yellowstone rivers as snow melts and muddies up. Low water access available at Lund's Landing on the upper end of Lake Sakakawea once snow conditions permit on-the-water activity.

- North-central/central N.D. lakes, Towner Hdwe. Hank,

Towner: No activity with limited access.

Turkey hunting:

- Upper Souris NWR open for Unit 51 spring turkey hunting with the exception of closed areas. Hunters must use non-toxic shot.

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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2022 Women's Leadership Symposium promotes authenticity

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BARKSDALE AIR FORCE BASE, La. --

Airmen across Air Force Global Strike Command united both virtually and in person for the 2022 AFGSC Women's Leadership Symposium April 12-13. The hybrid option allowed for more than 300 Airmen from across the Department of Defense to participate in the event.

The symposium's mission is to promote a community of inclusion across AFGSC, enabling Strikers to lead as their authentic selves. Guest speakers, both military and civilian, were invited to speak about authenticity.

"As authentic leaders we are encouraged to bring our whole selves to our teams; engage and have the hard discussions," said Maj Ashley Hazel, AFGSC Budget Analyst and 2022 WLS committee chair. "This year's

symposium brought together amazing men, women and leaders to share their experiences and connect with one another."

Authenticity in leadership was explored through this year's objectives:

Embracing our vision and desired purpose – who do you see yourself as and who you want to be?

Removing barriers and feelings of being less than or having to be more than who you are in order to succeed.

Finding confidence in the multiple identities we hold as women.

Having the courage to question and have hard conversations.

Being the leader you want to be!

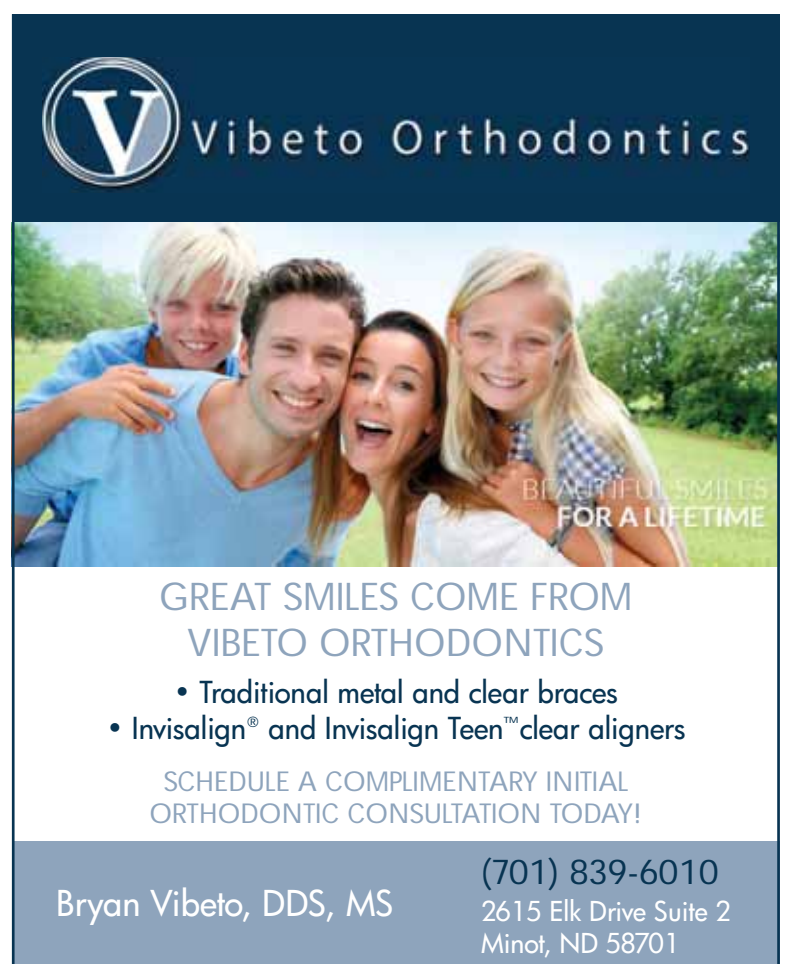
The keynote speaker, The Honorable Gina Ortiz-Jones, Undersecretary of the Air Force, spoke to the attendees about bringing experiences at events




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Attendees of the 2022 Air Force Global Strike Command Women's Leadership Symposium stand for a group photo at Barksdale Air Force Base, April 13, 2022. The two-day event marked the fourth Women's Leadership Symposium for Air Force Global Strike Command. The mission of this year's symposium was to promote a community of inclusion across AFGSC, enabling Strikers to lead as their authentic selves.

U.S. AIR FORCE PHOTO | SSGT TRISTAN BIESE

like WLS and lessons learned back to their workspaces and across the Department of the Air Force.

"We obviously can't be in every organization" said Jones. "This is where you all come in, by ensuring we are living up to our core values and doing everything possible to get the most out of our Airmen, Guardians and Civil Servants."

The theme focused on finding the courage and confidence to lead genuinely and strengthen our bond as service members.

One attendee, Ms. Renee Faller, Procurement Analyst, 509th Contracting Squadron, shared her experience at the symposium. "My biggest takeaway from WLS 2022 was not to let lack of representation

keep me from reaching my dreams, taking on new tasks or paving the way for others."

AFGSC engages with Strikers at all levels to ensure our Airmen are properly trained, equipped, and our families are cared for -- to promote Striker culture and to encourage Airmen to proudly be their authentic self.

"I am excited about our culture of inclusion that embraces diversity within AFGSC-- not just gender, ethnicity, or race... also diversity of authenticity, thought, experience, knowledge and backgrounds," said Gen. Anthony J. Cotton, AFGSC commander. "Through events like this we celebrate our people - they are the foundation of every system, mission and sortie across our command."

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- 1/2 Flat Bread Pizza

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- Tuesday \$4 ND breweries (all day)
- Wednesday 1/2 Price Wine by the glass/bottle (all day)
- Thursday \$1 up for all Tall Taps (all day)
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SPRING MEANS TICK SEASON

Patricia Stockdill

They're small. They're annoying. But they can also be debilitating and deadly.

For some beloved dog owners, Tick Season is a year-around occurrence. For others, it's a seasonal thing. How soon it starts, how long it lasts, and the types of diseases they can transmit vary with one's location in the United States. Some can be dangerous to humans, as well

In North Dakota spring means blooming flowers, plants growing... and ticks - typically brown dog ticks.

This year spring also means a blizzard to delay the official start of Tick Season.

Trust me, it will still come - Tick Season will be upon us sooner or later and proper preparation is always a good thing:

The best prevention is avoiding the areas ticks love best - wooded, weedy, or tall grassy areas, for example. Their preferred habitat, like the type of tick, varies by location.

While no method guarantees 100 percent protection, dog owners should consult with their veterinarian for suggestions on the array of available preventative products.

Topical products or tick collars can often kill ticks before they attach themselves. The drawback is they lose their effectiveness if washed off or diluted when a dog swims or is in water. They may also be less effective in places such as inside a dog's ears.

Oral medications don't wash off and tend to kill ticks quicker. However, that could mean dead ticks lying around the house at times.

Dogs should have daily "tick checks" when walking or playing in potential tick habitat during tick season. Be sure to check between toes, inside ears, and under "armpits". Run your fingers through their hair, gently pressing to feel any potential small bumps. If there's a bump, spread the hair to see if it's a tick.

Ticks vary in size, depending on species, from a tiny pinhead to something as large as a grape - especially if it's been attached for some time and drawn blood. They're brown or blackish in coloration.

Use a clean, fine-tipped tweezers to remove ticks, grasping as close to its head and the dog's skin as possible. Use steady, even pressure to help ensure its mouth-parts (those biting tools) don't stay in the skin, pulling upward without jerking or twisting. Simply dispose of by placing it in alcohol, a sealed bag, or flushing down a toilet.

Mayo Clinic's website, (www.mayoclinic.org/tick-species), lists 10 tick species in the U.S. with brown dog ticks found throughout the country. It can cause Rocky Mountain spotted fever. Others are found in various regions in the U.S.

The American Kennel Club CHF identified seven major tick-borne diseases transmittable to dogs:

- Lyme disease: Caused by the deer (black-legged) tick, it might not show up for several months in an infected dog.
- Canine Ehrlichiosis: Caused by the brown dog tick, it's the most common and potentially one of the most dangerous to infect dogs. Like Lyme disease, it might not show up for months.
- Canine Anaplasmosis: Transmitted by deer ticks, it's also called dog or dog tick fever.
- Rocky Mountain spotted fever: Caused by the American dog (wood) and Lone Star ticks, it usually lasts a couple of weeks but can be deadly in serious cases.
- Canine Babesiosis: Brown dog and American dog ticks transmit this disease.
- Canine Bartonellosis: Caused by the brown dog tick, this disease can cause liver or heart disease if untreated.
- Canine Hepatozoonosis: Researchers believe this disease is caused when dogs eats an infected brown dog or Gulf Coast tick.

The American Kennel Club CHF website, (www.akcchf.org/canine-health/your-dogs-health/caring-for-your-dog/canine-tick-borne-disease.html), lists symptoms associated with each disease along with other information. Some tick-borne diseases take seven to 21 days to appear - or longer, the U.S. Centers for Disease Control and Preventions advised. Their website, (www.cdc.gov/ticks/avoid/on_pets.html), also has information on ticks and dogs.

A dog owner's best resource, though, is their veterinarian. They know what tick species are most prevalent in one's location, what diseases they carry, can make preventative recommendations, and can best treat your dog because they know him or her. Plus they may have additional tick removal recommendations or other tick-related information.

Confessions of a Brittany owner living in the country in rural America: A glass jar with a lid and some rubbing alcohol - appropriately labeled "Tick Jar" - sits in a convenient yet inconspicuous location in our house during tick season with the designated tick tweezer nearby.

And, yes, oral tick medications really can mean dead ticks just might be lying around the house...

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Air Force fields new rifle to Airmen

BRIAN BRACKENS,
AIR FORCE LIFE CYCLE MANAGEMENT CENTER PUBLIC AFFAIRS

ROBINS AIR FORCE BASE, Ga. (AFNS) --

The Air Force Life Cycle Management Center's Small Arms Program Office is in the final phase of delivering the Squad Designated Marksmanship Rifle, or SDMR, to units across the Air Force.

The Air Force purchased approximately 1,464 SDMRs that will be distributed across the service based on approved allowances.

The SDMR is a semi-automatic, 7.62x51mm caliber rifle designed by Heckler & Koch for missions requiring combat over-watch with precision-fire capability to accurately engage targets up to 600 meters.

The SDMR was fielded to Air Force units this year. It is a multi-role asset, set to meet multiple missions taking place around the world.

It will replace legacy M24 Sniper Weapon Systems for security forces defenders performing base defense

operations in-garrison and in contingency support.

The SDMR is lighter weight in comparison to other 7.62 platforms and will also replace the M110 Semi-Automatic Sniper Systems rifle for pararescuemen and Guardian Angels, saving them 5 pounds in gear while out on missions.

Finally, the SDMR's precision-fire capability will be wielded by Air Force Explosive Ordnance Disposal technicians to eliminate small munitions in their standoff munition disruption activities.

"We're excited to field this incredible weapon system," said Matthew Hamer, Small Arms Program Office lead. "Being able to field one solution that can effectively achieve multiple missions epitomizes Air Force acquisition strategies and shows Airmen ability to adapt to any situation."



The Squad Designated Marksmanship Rifle is tested on a range at Robins Air Force Base, Ga., April 13, 2022. The SDMR is a semi-automatic, 7.62x51mm caliber rifle designed by Heckler & Koch for missions requiring combat over-watch with precision-fire capability to accurately engage targets up to 600 meters.

U.S. AIR FORCE PHOTO | SHAUN FERGUSON

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SAFETY & OCCUPATIONAL
HEALTH MANAGER

April is Distracted Driving Awareness Month, the National Safety Council data indicates that roads across America are the most dangerous that they've have been in years. Did you know on a typical day, eight people are killed and hundreds more are injured in distraction-affected vehicle accidents. Your family, friends, and even co-workers face distracted driving risks on every trip, from the driveway to the parking lot at work or the local grocery store and back home again.

Every day the majority of us get behind the wheel of a vehicle to drive to and from work or to simple run errands. However, how many of us are truly paying attention to the road? Did you know that distracted driving can greatly increase the chance of having a vehicle accident, becoming injured, fatally injured, or harming others? While all too often this question is answered with the cost of lives, many drivers are still placing themselves and others at risk. Some common distractions include: texting and talking on a cell phone, grooming, talking to a passenger, eating or drinking, using the navigation system, adjusting the radio, etc... Any of these activities may result in three types of distractions:

All driver distractions are not created equal. As a example, efforts to end cell phone use are greater than those to end other dangerous behaviors for significant reasons, which include:

- 1. Risk** – One of the biggest reasons for crashes is the danger associated with the behavior. Drivers using cell phones are four times as likely to crash, and there is no difference in crash risk between handheld and hands-free phone use.
- 2. Frequency** – At any given moment, there are far more drivers using cell phones on our roadways than there are drivers distracted by other risky activities (like applying mascara or reaching into the back seat). According to the National Safety Council approximately 9 percent of all drivers are talking on cell phones at any given daylight moment.
- 3. Prevalence** – Cell phone use while driving is widespread. More than 2 in 3 drivers reported talking on their cell phone while driving in the past month, and nearly 1 in 3 said they do so fairly often or regularly according to the AAA Foundation Traffic Safety Culture Index.

Cell phone use may not be the most dangerous distraction, but when you combine the risk (the likelihood of a crash) with the frequency (how often drivers are doing the behavior) and prevalence, the reason for putting an end to this deadly behavior becomes clear.

Drivers who used their cell phones and were involved in a crash likely believed they could use their phones safely. They didn't start their call with the intention of injuring or killing another person or themselves. Don't become a statistic. Make today the day you stop using your cell phone while driving. Pledge to drive cell free at nsc.org/pledge. Ultimately all of these activities mentioned above divert your attention away from the primary task of driving. Everyone who travels by car, as a driver, passenger, or even bystanders is at risk of being injured or fatally injured. Play it safe, find a safe place to stop your vehicle before using your cell phone. Navigation systems and radio devices should also be adjusted before you begin to drive. Don't risk it!




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HOBBIES/INTEREST:

Working on cars. I am self taught and most of what I learned came from YouTube. The gym is my greatest stress reliever and I love watching podcasts like Nelk Boys!

WHAT DOES BEING A SHADOW WARRIOR MEAN TO ME?

Being a Shadow Warrior is to be part of a family, a group of defenders who provide security for our nations most powerful assets! We take care of one another and look out for the team.

WHY DID YOU JOIN?

I joined to serve my country. I also wanted to travel and try new things and the military gave me that opportunity. I have met a lot of great people who I consider family.



Vehicle maintenance tasks drivers don't want to overlook

Savvy drivers recognize that maintenance is essential to keeping their vehicles running strong for years on end. Such maintenance ensures vehicles are safe to take out on the road, and basic upkeep also protects drivers' financial investments in their cars and trucks.

Drivers who are not mechanically inclined tend to put their vehicles in the hands of a trusted mechanic to perform routine maintenance like oil changes. But there's a host of simpler vehicle maintenance tasks that drivers don't want to overlook, some of which can be performed without visiting the auto body shop.

• Brake inspections: Brake inspections are best left to the professionals, who can check the thickness of brake pads and look for other indicators of excessive wear. The automotive resource Cars.com recommends having brakes inspected during routine

tire rotations, which many automotive professionals suggest should be done every six months.

• Car wash: Car washes might not be the first task drivers associate with vehicle maintenance, but they can prevent long-term damage to cars and trucks. Damage from bird droppings and road salt and ice melt products in the winter can damage a vehicle's paint job and its undercarriage. Wash the car on your own at home or visit a professional car wash to perform this simple yet vital maintenance at regular intervals and whenever you notice significant buildup of dirt and grime on the car's exterior.

• Air filter: The air filter on a car or truck prevents debris, dirt and other contaminants from getting into the engine. The auto insurance experts at Allstate® advise drivers to inspect their vehicle air filters once a year.

Air filters in need of replacement may appear dirty, and reduced fuel economy, unusual engine sounds and reduced horsepower are some other potential indicators that an air filter needs to be replaced.

• Windshield wipers: Windshield wiper blades are easily overlooked, but various automotive experts recommend replacing wiper blades every six to 12 months. Old wiper blades won't perform at peak capacity, dramatically reducing visibility during heavy rain and snowstorms. Anyone can replace their own windshield wiper blades in a matter of minutes, and new blades won't break the bank.

Vehicle maintenance is not exclusive to tending to what's under the hood. Keeping a car running smoothly for years involves routine tasks that many drivers can perform without professional assistance.

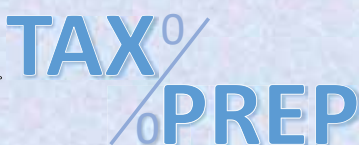
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DAF updates leave program; includes support for fertility treatments, transition assistance programs

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

WASHINGTON (AFNS) -- A recent update to the Department of the Air Force Instruction 36-3003, Military Leave Program, includes time for Airmen and Guardians who want to participate in a fertility treatment program at a military medical treatment facility. Authorized up to 35 days of Permissive Temporary Duty, they can divide the days into separate PTDYs if deemed appropriate by their medical provider.

"My wife and I have had our own struggles with starting a family, so I recognize what a strain this can be on our Airmen and Guardians, personally and financially," said Secretary of the Air Force Frank Kendall. "I wholeheartedly support this program, and I hope our teammates take full advantage of it."

This policy was championed by the Women's Initiative Team, one of the seven teams that comprise the DAF Barrier Analysis Working Groups.

"This change is significant for everyone struggling with infertility, just as I have the last 10 years of serving," said U.S. Air Force Master Sgt. Kristy Negron, a WIT member. "Infertility takes a huge toll, not only physically and emotionally, but financially. Being able to go PTDY for treatments will help ease some of the stress associated with the process by allowing time off work to focus on our life goals." Military members can undergo

treatments at six different MTFs: Walter Reed National Military Medical Center, Bethesda, Maryland; Tripler Army Medical Center, Honolulu, Hawaii; Womack Army Medical Center, Fayetteville, North Carolina; Madigan Army Medical Center, Tacoma, Washington; San Antonio Military Medical Center, San Antonio, Texas; and Naval Medical Center San Diego, San Diego, California.

"I am passionate about this because I believe in taking care of our Airmen and Guardians," said U.S. Space Force Chief Master Sgt. Martha Burkhead, the WIT lead for this initiative. "I have had several members struggle with fertility issues and can attest to the rippling effects it has across the military."

Additional changes to the military leave program include: PTDY to attend a Department of Defense-sponsored employment seminar out of the local area under the Transition Assistance Program when the member separates or retires within 365 days; and non-chargeable leave to participate in the SkillBridge program, which offers service members in the last 180 days of their service obligation to receive civilian training for post-service employment.

All changes to DAFI 36-3003 can be found at https://static.e-publishing.af.mil/production/1/af_a1/publication/dafi36-3003/dafi36-3003.pdf

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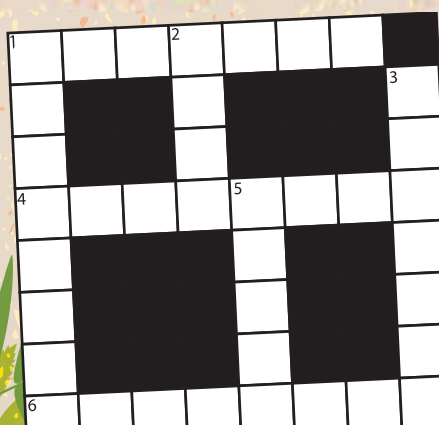
CREATURE FEATURES

- Considered a lesser ape, the Siamang Gibbon is the largest and darkest of the 14 gibbon species. Unlike monkeys, apes do not have tails.
- 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 - 28 pounds
Height	30 - 36 inches
Wild Diet	Carobine, Herbivore Fruits, Leaves, Small birds, Eggs, Spiders

CROSSWORD PUZZLE




ACROSS

- Long journeys
- Strong desire to achieve something
- Quality of being orderly

DOWN

- Break from work or school
- Against
- Vacation properties
- Runs on rails

Answers:
Across: 1. Voyages 4. Ambition 6. Neatness
Down: 1. Vacation 2. Anti 3. Rentals 5. Train



HOURS:
MON-SAT 10AM-3PM
CLOSED SUNDAYS

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Sunday
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Local Cravings Restaurant Guide

<p>Applebee's Grill & Bar</p> <p>2302 15th St SW, Minot, ND 58701 Phone: 701.839.2130 www.applebees.com</p>	<p>Bone's BBQ Smokehouse & Grill</p> <p>1412 2nd Ave SW, Minot, ND 58701 Phone: 701.838.9140 www.bonesbbqminot.com</p>
<p>Badlands Restaurant & Bar</p> <p>1400 31st Ave SW, Minot, ND 58701 Phone: 701.852.7335 www.blgrill.com</p>	<p>28 Tastes & Taps</p> <p>1603 35th Ave SW Minot, ND 58701 Phone: 701.838.2828 www.facebook.com/28tastes</p>
<p>Mi Mexico</p> <p>3816 South Broadway Minot, ND 701-858-0777 Phone: 701.858.0777 www.mimexicominotnd.com</p>	<p>Pink's Bar & Grill</p> <p>102 128th Ave NW Minot, ND 58703 Phone: 701.852.2385 www.facebook.com/PinksBarGrill</p>
<p>Culver's Restaurant</p> <p>3000 S Broadway, Minot, ND 58701 Phone: 701.852.4800 www.culvers.com</p>	<p>Prairie Sky Breads</p> <p>3 1st St. SE, Minot, ND 58701 Phone: 701.858.0612 www.prairieskybreads.com</p>
<p>Ironhorse Kitchen + Bar</p> <p>21 E Central Avenue, Minot, ND 58701 Phone: 701.852.8183 FB: Ironhorse Kitchen + Bar Minot</p>	<p>The Starving Rooster</p> <p>30 1st St. NE, Minot, ND 58703 Phone: 701.838.3030 www.starvingrooster.com</p>
<p>Primo Restaurant</p> <p>1505 N Broadway, Minot, ND 58703 Phone: 701.838.7746 www.primominot.com</p>	<p>Souris River Brewing</p> <p>32 3rd St NE Minot, ND, Phone: 701.837.1884 www.sourisriverbrewing.com</p>
<p>Whiskey Nine</p> <p>109 Central Ave, Minot, ND 58701 Phone: 701.837.1090 www.whiskeyninend.com</p>	



MINOT AFB HOMES & RESIDENTS CELEBRATE THE JOYS OF APRIL
Last Saturday and just in time for Easter, Minot AFB Homes hosted a family fun day to celebrate the Month of the Military Child. Resident Specialist, Vanessa Middleton said, "We love to give back to our community, especially our youngest residents." The 'Purple Up' event hosted over 150 base residents in attendance. Activities included egg dyeing, crafts, games, face painting, raffle prizes, bunny photos and more!

SUBMITTED PHOTOS

STARTS FRIDAY

MARRY ME
(2022) Comedy, Music, Romance (PG-13)

SPIDER-MAN: NO WAY HOME
(2021) Action, Adventure, Fantasy (PG-13)

SING 2
(2021) Animation, Adventure, Comedy (PG)

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YOUTH IN ACTION

Month of the Military Child: Deployment Support

Since 9/11 more than two million children have had a parent deploy and nearly nine hundred thousand children have had a least one parent deploy multiple times. Deployment and separation are characteristic experiences for the military child. Despite the common nature of these experiences, it makes it no less difficult for children and families. The deployment cycle consists of five stages: predeployment, deployment, sustainment, redeployment, and post-deployment. Each of these stages introduces varying levels of stress to children. During deployment, children may face changes in school performance, lashing out in anger, worrying, hiding emotions, disrespecting parents and authority figures, feeling a sense of loss, and symptoms consistent with depression. An American Academy of Pediatrics study stated that 1 in 4 military-connected children will have an



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



emotional-behavioral challenge related to deployment. As a military community we have built-in support for our children and youth who are facing deployment. The Airmen & Family Readiness Center has numerous resources for spouses and children in preparation of deployment, give AFRC a call at 701-723-3950 to see about upcoming family deployment briefings or schedule a time to speak with someone. Families can also reach out to the Military & Family Life Consultant

at 701-500-4826 who will provide free, non-medical counseling services and are well versed in deployment needs of adults and children. Your child's school is also prepared to support your student during deployment. Families can work with their student's teacher or contact the School Liaison at 701-240-2380 for school specific support. Online resources include militaryonesource.mil, militarychild.org, and sesamestreetformilitaryfamilies.org.

2021-2022 MINOT PUBLIC SCHOOLS CALENDAR

IMPORTANT UPCOMING DATES

April 14
Early Release - 1:15pm

April 15
Good Friday - No School

April 18
Vacation - No School

May 11
Early Release - 1:15pm

May 25
Last Day for Students
(if make up days are not needed)

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		

May 2022							18 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						

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



MONTH OF THE MILITARY CHILD HIGHLIGHT

Colton Lecy

ERIN BEENE

Colton Lecy is only 7 years old, but even at this young age he has had his dose of the military kid experience. 2021 was a year of much change for the Lecy family. Colton became a big brother, his dad left for a deployment (for the first time in Colton's life), and the family made 3 moves! Although Colton enjoyed some time with extended family while his dad was gone, he also had to attend kindergarten and first grade at two different schools in two different states. He learned the difficulties that being a military kid often involves: missing loved ones, moving around constantly and being flexible with what life brings. Throughout the challenging year, Colton showed extreme resilience. His mom, Audrey, said, "It was definitely hard on him, but it didn't wreck his spirit! He is very imaginative, thoughtful, and loves to make people smile. We are so proud of him. I hardly feel I have the right words." When asked what the coolest part of being a military kid was, Colton responded, "The places we get to go, like Las Vegas." Most military kids, no matter the age, realize



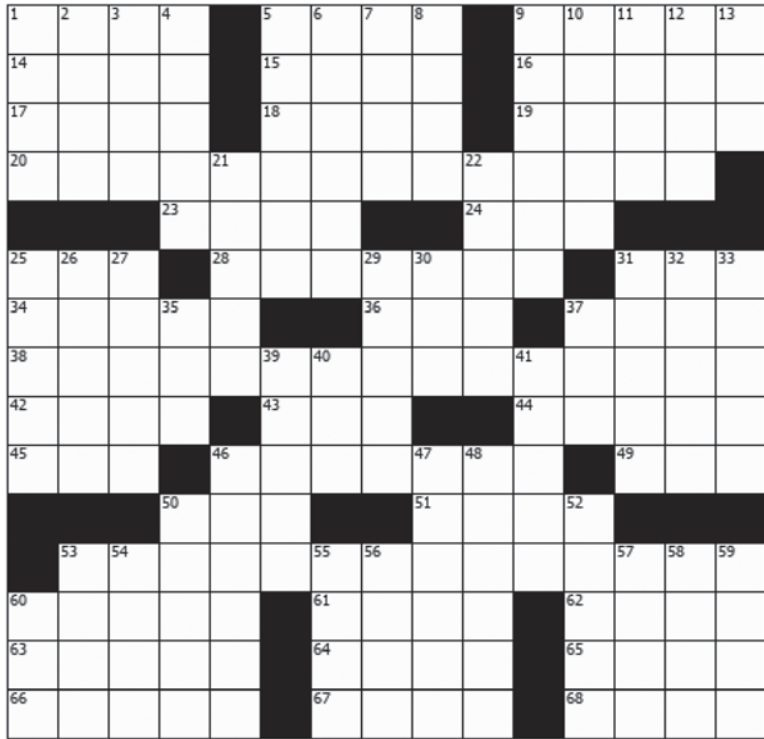
that one or both of their parents are in the military. Since the Air Force has such a wide range of careers, it is often interesting to ask what kids think that their parents do all day when at work. In Colton's case, he said that his dad "... is a (vehicle) mechanic. He gets oil on his hands." Colton also says he likes it here at Minot because he has better friends here. He also mentioned that he

got to dig through a whole snow mountain recently and that was pretty cool, so Minot isn't so bad. It is resilient, mil-kids like Colton who have learned how to make the best of situations, which helps make dependent children well-adjusted and well-rounded people as they grow older. Thanks for looking on the bright side, Colton!

CROSSWORD PUZZLE

Across

- 1. You may part with it
- 5. Alpha chaser
- 9. One way to be wanted
- 14. Banned apple spray
- 15. He was Hawkeye
- 16. "The Last Judgment," e.g.
- 17. Hay holder
- 18. Almanac entry
- 19. Footprint
- 20. Just out
- 23. It's often hard to budge
- 24. ___ in apple
- 25. It likes the nightlife
- 28. Noted TV talent scout
- 31. One of six in a fl. oz.
- 34. It might be upright
- 36. Unified
- 37. Word with for or white
- 38. Brand-spanking new
- 42. Low high tide
- 43. One of two definitive responses
- 44. Parachute fabric
- 45. Lion attachment
- 46. Step on the gas, e.g.
- 49. Operative
- 50. Inventive account
- 51. Cross to bear
- 53. It's in
- 60. Part company
- 61. Famous rock musical
- 62. Adam's arboretum
- 63. Anemic-looking
- 64. Language of Pakistan
- 65. Fashion's Klensch
- 66. Get the ball rolling
- 67. ___ gin fizz
- 68. Nudnik



Down

- 1. Redeem (with "in")
- 2. Mishmash
- 3. Whiskey ingredient
- 4. Witch craft?
- 5. Puzzle
- 6. Overjoyed
- 7. Auto gauge
- 8. Dealer's call
- 9. Redcap's employer
- 10. Entices
- 11. They may be rolled over, briefly
- 12. Wet-dry machines, briefly
- 13. Grand Teton grazer
- 21. Japanese mattress
- 22. Acted antsy, in a way
- 25. Verbalize a hunch
- 26. Soave and Cabernet, e.g.
- 27. Prayer wheel users
- 29. Riverdale High athlete
- 30. Actress Blyth
- 31. Parts of coonskin caps
- 32. Marina sight, perhaps
- 33. It may be offered for your thoughts
- 35. Touch of Jack Frost
- 37. Mud flat
- 39. Aggressive personality
- 40. A Scrabble tile
- 41. Criticisms, suggestions, concerns, etc.
- 46. Like a very old movie
- 47. Square-dance movement
- 48. Disloyal
- 50. Voting-booth device
- 52. Its coat is 100 percent wool
- 53. Type of tube
- 54. Guffaw components
- 55. In this fashion
- 56. House of Lords title
- 57. Not up to much
- 58. Monster's loch
- 59. Small annoyance
- 60. Head for Vegas?

SUDOKU

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

Solution to puzzle on page C7



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CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

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

REEL TIME THEATER MOVIE SCHEDULE

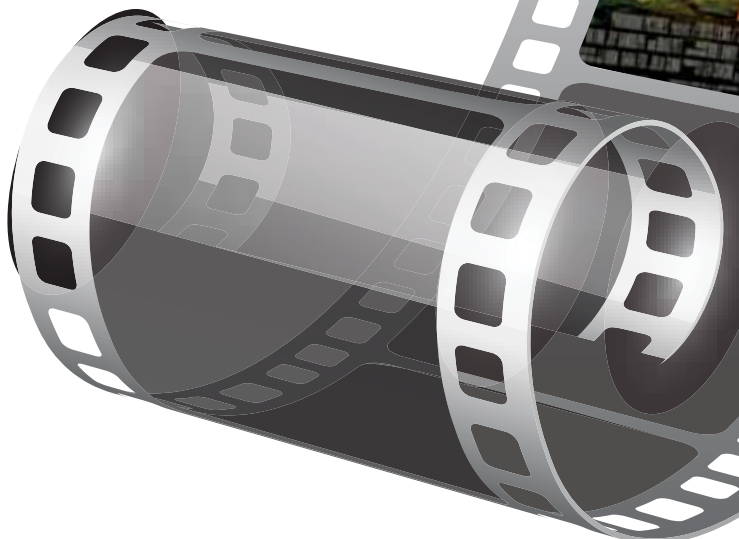





FRIDAY APRIL 22 1800
FATHER STU (PG-13)

SATURDAY APRIL 23 1800
SUNDAY APRIL 24 1800
THE LOST CITY (PG-13)

FOLLOW REEL TIME MOVIE THEATER MINOT, AFB ON FACEBOOK OR VISIT MINOT EXCHANGE WEBSITE FOR UP TO DATE MOVIE LISTINGS




CHURCH DIRECTORY

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

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

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

St. Peter The Aleut Eastern Orthodox Church

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Great Friday, April 22
 Matins of Great Saturday with Lamentations at the Tomb of Christ, at 7:00 p.m.

Great Saturday, April 23
 Vespers Divine Liturgy of St. Basil the Great at the Tomb of Christ at 10:00 a.m.

Great and Holy Pascha at 11:30 p.m.

Nocturnes, Procession, Matins, and Divine Liturgy of St. John Chrysostom at the Empty Tomb at Midnight

We will have a potluck feast following the service.

Sunday, April 24,
 Eastern Orthodox Easter, 10:00 AM, No Services

V. Rev. Fr. Paul Hodge


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www.faithumcminot.com
Pastor Ken Mund 701-838-1540

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

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

Wednesday Evening Schedule
 Community Dinner 5:30-6:30pm
 Contemporary Worship 6:30pm
 Youth Group & Small Groups.. 7:15pm
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 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


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

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

Pastor Brandy Gerjets • Pastor Ellery Dykeman


Gospel Tabernacle Community Church
 9999 27th St NE
 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.


JOURNEYCHURCH
 ASSEMBLY OF GOD

1805 2nd St. SE 838-1111
Sunday Services
 8:30 AM
 10:00 AM
 11:30 AM
Wednesday 6:30 PM

Minot Baptist Church
 Sending the Glorious Light of Jesus Christ to a Dark and Needy World

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

Independent/Fundamental/KJV
500 46th Ave NE • 839-1351
 Pastor David Miller


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 5:30 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

westminot.com
facebook.com/westminot

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.
 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

Apostolic Faith Church, UPCI
2929 19th Ave NW • Minot
 Located off Hwy 83 Bypass West
(701) 838-0609

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

Jesse Starr, Pastor


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A Church of the Lutheran Brethren

Sundays:
 Worship 9:00 a.m. & 11:00 a.m.
700 16th Ave SE • 701-838-0750

For more information visit us on the web at:
www.ourredeemers.org


ORCS KNIGHTS


 Our Redeemer's Christian School
 700 16th Avenue SE
 Minot, ND 58701
info@orcsknights.org • 701-839-0772
www.orcsknights.org

ORCS Preschool

Our Redeemer's Christian School's Preschool Program has started its 35th year the fall of 2022 and we would love to have your child be a part of it!

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- All teachers hold a North Dakota Professional Educator's License
- Christ-centered environment

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701.839.0772
Email: jschultz@orcsknights.org
Website: www.orcsknights.org

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Or contact: Matt Mackey
By email or phone at
mmackey@kalixnd.org
701-852-1014

IMMEDIATE FULL AND PART TIME OPENINGS for daytime and evening custodial positions cleaning buildings at the Minot Air Force Base. Pay is \$14.49/hour plus health & welfare benefit. Hours Days 8a or 9a-finish typically Monday through Friday, may include weekend work. Nights 5p-finish. Apply in person at: 605 27th St SE, Minot ND 58701 or contact: Matt Mackey By email or phone at mmackey@kalixnd.org 701-852-1014.

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April 22

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(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



Sept. 2

April 29

tfm

June 27

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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: 23 May-24 July. 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.

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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



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PUZZLE ON PAGE C4

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

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WHAT'S GOING ON MAFB

FRIDAY 22

- Cycle & Strength, 0530, Fitness Center
- TAP (DoL) – Employment Workshop, 0800-1600, A&FRC
- Family Zumba, 1000, Turf, hosted by the Fitness Center
- Earth Day Special Lunch, 1030-1330, Dakota Inn Dining Facility
- Tactical Fit, 1130, Fitness Center
- EFMP Kids Easter Egg Hunt, 1530-1700 Minot AFB Library
- Cycle, 1700, Fitness Center
- FAM-A-GANZA, 1800-2000, Turf, hosted by the Youth Center
- Munchie Movie Night, 1800, ESC, inside Bomber Bistro
- Karaoke Night, 2000, Rockers Bar & Grill

TUESDAY 26

- Game Day, 1000-1930, Minot AFB Library
- Tactical Fit, 1130, Fitness Center
- Sponsorship Training, 1300-1500, A&FRC
- Newbery Book Club, 1600, Minot AFB Library
- Zumba, 1830, Fitness Center
- Yoga, 1930, Fitness Center

FRIDAY 29

- Registration Closes: Volleyball Camp at the Youth Center
- Cycle & Strength, 0530, Fitness Center
- Family Zumba, 1000, Turf, hosted by the Fitness Center
- Outdoor Recreation Open House, 1100-1400, Outdoor Recreation
- Tactical Fit, 1130, Fitness Center
- Murder Mystery Dinner Theater, 1800, Jimmy Doolittle Event Center
- Game Night Series: Fortnite, 1800, ESC, inside Bomber Bistro
- Passport to Keystone Lock-In, 2030-0630, Youth Center

SATURDAY 23

- Cycle, 0900, Fitness Center
- Warhammer 40,000 Casual Game Day, 1500, ESC, inside Bomber Bistro

WEDNESDAY 27

- Right Start, 0800-1030, Jimmy Doolittle Event Center, hosted by A&FRC
- Modern Civilian Resume Workshop for Spouses, 0900-1100, A&FRC
- Pre-Deployment/Remote Readiness Training, 1000, A&FRC, Zoom Meeting
- Story Time, 1030, Minot AFB Library
- Fit to Fight, 1130, Fitness Center
- Art Resin Charcuterie Board Class, 1730-1930, Arts & Crafts Center
- EFMP Adult Cooking Class, 1800-2000, Gourmet Chef, hosted by A&FRC
- Fighting Game Night, 1800, ESC, inside Bomber Bistro
- Yoga, 1830, Fitness Center

SATURDAY 30

- Barre Strength, 1000, Fitness Center
- Dungeons & Dragons Intro Day, 1300, ESC, inside Bomber Bistro

SUNDAY 24

- Zumba, 1400, Fitness Center

MONDAY 25

- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Fit to Fight, 1130, Fitness Center
- Yoga, 1830, Fitness Center

THURSDAY 28

- Pre-Separation Counseling, 0830-1130, 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
- 3D Printing 101 Class, 1700-1900, Arts & Crafts Center
- Zumba, 1830, Fitness Center
- Yoga, 1930, Fitness Center

ONGOING

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

APRIL SPECIALS

Bomber Bistro • Spinach Roma Pizza
Creamy alfredo sauce with fresh tomatoes, spinach, mushrooms, red onions, and garlic seasoning. Small \$10.75 • Large \$16.75

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3D Printing 101
at the Arts & Crafts Center
April 28th • 5pm - 7pm
Learn the basics of 3D printing in this exciting class
Cost \$5.00
Bringing a personal laptop is highly recommended
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Ages 9-14
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