


WHATS INSIDE THIS WEEK:




MINOT
COMMAND
POST WINS
BEST NUCLEAR
COMMAND
POST IN AFGSC

A7



NEW MOM
SUPPORT
GROUP
FLOURISHES

B3



MONTH OF
THE MILITARY
CHILD

C2



Minot Air Force Base leadership and North Dakota elected officials cut the opening ribbon for the combat arms range at Minot Air Force Base, N.D., April 22, 2022. Approved in the Fiscal Year 2018 Military Construction budget, the new facility enables year-round use regardless of weather conditions. The previous facility, constructed in 1984, was primarily outdoors and did not offer Airmen a training environment out of the North Dakota winter weather. See page A3 for more coverage.

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



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69th Expeditionary Bomb Squadron completes historic Bomber Task Force mission in Europe

AIRMAN 1ST CLASS EVAN J. LICHTENHAN, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D.

After over two months off station, approximately 300 Airmen and four B-52H Stratofortress aircraft supporting a long-planned Bomber Task Force in the U.S. European Command area of responsibility completed their re-deployment to Minot Air Force Base, North Dakota, April 19.

"Every person on this deployment, from the maintainers keeping us mission capable, the support crews enabling the squadron, to our aircrew, everyone did a stellar job in making this mission a success," said Lt. Col. Bryson Ayers, 69th Bomb Squadron and 69th Expeditionary Bomb Squadron commander. "We all knew our role while we were out there was to train and fly with our Allies and partners, find ways to improve on our already robust relationships, and above all else present a stronger more unified NATO alliance. We accomplished that and the entire squadron as well as their families and friends should be proud."

The BTF deployment model evolved over the years as a means to deploy a tailor-built task force of bombers in a Geographic

Combatant Command to enable the each commander's unique priorities. Bomber Task Force deployments are long-planned and deliberate by nature to best meet GCC commander requirements.

"Each nation brought different capabilities and different ways of attacking a problem set," Ayers said. "The training and learning from each other will certainly pay dividends in the future."

Throughout their rotation, the B-52 strategic bomber crews and support personnel built critical relationships in the Arctic, Africa, U.S. Central Command, and the Central and Eastern European regions, advancing combatant command priorities and relationships with nations in the region.

"The entire EBS team did a phenomenal job, they fought through friction, always found a way to win, helped energize NATO and proved our ability to perform the Bomber Agile Combat Employment model in an overseas environment," Ayers said.

Before their return to Minot AFB, the 69th EBS flew a final mission over Europe focused on integrating with NATO Allies.

During this Bomber Task Force

iteration, the 69th EBS flew in support of a variety of nations and Aircraft including Norwegian and British F-35 Lightning II stealth aircraft and Hellenic Air Force F-4 Phantoms.

Assigned to the Air Force component under U.S. Strategic Command, the B-52H Stratofortress is a long-range, nuclear and conventional heavy bomber that can perform a variety of missions. The B-52 can fly at high, subsonic speeds at altitudes reaching 50,000 feet, with an unrefueled combat range in excess of 8,800 miles, in addition to carrying precision-guided ordnance with worldwide precision navigation.

Airmen returning from Winter Break 2022 deployment load on to busses at Minot Air Force Base, N.D., April 19, 2022. These Airmen have been overseas for months participating in a BTF, an operation that is conducted with NATO partners and allies to demonstrate and strengthen our shared commitment to global security and stability.

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



An Airman reunites with his family after his return from Winter Break 2022 at Minot Air Force Base, North Dakota, April 19, 2022. After being away for months participating in a BTF, Minot Airmen finally return home.



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Minot Air Force Base commemorates new combat arms training facility

5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D.

On April 22, 2022, Minot Air Force Base leadership, Sen. John Hoeven, the Mayor of Minot, Shaun Sipma, and multiple other distinguished individuals attended the official opening of the new, fully indoor, combat arms range at Minot Air Force Base.

Minot Air Force Base is home to over 1,000 first-term security forces Airmen requiring certification on a variety of different firearms, to accomplish the Air Force Global Strike Command mission. Prior to the construction of the new \$27 million range the only option for Airmen to qualify on firearms and other munitions at Minot Air Force Base was an indoor-outdoor range constructed in 1984. Due to the significant weather in North Dakota the conditions were less than optimal during winter months.

Since the new Minot AFB indoor Combat Arms Training and Maintenance (CATM) facility opened on Nov. 21, 2021, the Airmen who manage the training program have continuously conducted certifications, in spite of one of the coldest winters on record, ensuring year-round security readiness.

"The weather in Minot North Dakota is pretty notorious," said Technical Sgt. William Delphia, noncommissioned officer in charge of Combat Arms. "We have just under 200 days per year that are subfreezing temperatures. Having

a completely indoor facility allows us to fire more often. With our old facility being partially outdoors, we would have an average of 20 classes cancelled annually."

With Minot AFB hosting two nuclear-capable wings, the base CATM facility ranks as the third busiest range in the Air Force, with trainers overseeing over 9,000 qualifications a year.

Approved in the Fiscal Year 2018 Military Construction budget, construction on the new 49,000 square foot firing range began August 28, 2019 and houses 35 small arms as well as four heavy

arms firing lanes.

Additionally, all ranges have floor, radiant, and air unit heat, ensuring a training environment available year-round.

"We took five facilities and combined them into one self-sufficient facility," said Delphia. "We have three ranges currently, we have a 14 point range, a 21 point range, which are both small arms ranges used for pistol, rifle and shotgun. And then we have a four point machine gun range which is used for our defenders and EOD techs to qualify on various machine guns."



Tech. Sgt. William Delphia 5th Security Forces Squadron Combat Arms Training and Munitions facility noncommissioned officer in charge, briefs Senator John Hoeven during a tour of the new combat arms facility at Minot Air Force Base, N.D., April 22, 2022. An average of 9,000 weapons certifications take place at the facility every year a variety of firearms used to support the 5th Bomb Wing and 91st Missile Wing's mission of strategic deterrence, making it one of the busiest programs in the Air Force.



Col. Michael Walters, 5th Bomb Wing commander, provides remarks to commemorate the opening of the new combat arms range at Minot Air Force Base, N.D., April 22, 2022. Initially added to the Fiscal Year 2018 Military Construction budget, the new facility opened late in 2021 and enables year-round training of Airmen, regardless of weather conditions.



Tech. Sgt. Matthew Phelps, 5th Security Forces Squadron combat arms instructor, instructs Senator John Hoeven as he dry fires an M18 Sig Sauer sidearm as a part of safety instruction prior to participating in a familiarization firing of the weapons system at the new combat arms training and munitions facility at Minot Air Force Base, N.D..

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

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MINOT AIR FORCE BASE NEWSPAPER
WWW.NORTHERNSENTRY.COM

PHOTO FLASHBACK



A B-52H Stratofortress assigned to the 23rd Bomb Squadron at Minot Air Force Base, N.D., is parked on the flight line at RAF Fairford, England, Aug. 28, 2020. The U.S. remains committed to our allies and partners and will decisively respond to threats in spite of the current COVID-19 crisis.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS JESSE JENNY

How Lucky We Have It

Travel in the Dakotas has not been great these past two weeks. Don't know what changed in the weather cycle, but all of a sudden we have snow, piles and piles of snow. I heard several complaints about how long it was taking to "get around".

Having just returned from Los Angeles, California, the recent winter storms seem like something we can deal with. Heck, in a few days those piles of snow will be memories. We can return to our 10 minute, and that includes a stop for coffee, commutes.

In California we were constantly

querying our son as to "how long will it take us to get there?" On the map it was 15 miles. On the freeways of Los Angeles it was 90 minutes, at best. That's not saying anything about the blood pressure raising drivers that seem to realize at the last minute that their exit was five lanes of traffic to their right. No time for courtesy now. We'll inconvenience at least 10 cars on our way across traffic. Horns honking, brakes screeching, it's a way of life...but not a way of life that we North Dakotans embrace.

Back when the pandemic started, our Governor kept using the phrase,

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



North Dakota nice as an attitude that we should carry with us when times got rough. The alliteration of North Dakota nice just kind of rolls off your tongue. I would challenge anyone, and I am not picking on any state in particular, to get the same results in California.

So, appreciate that drive to work

in the morning. You can start your day in a North Dakota nice mood. Somehow those snow days don't seem so bad anymore. The weather in California? Well, it was great. Nice to wear shorts and a t-shirt. But we always appreciate North Dakota when we return home.

TODAY'S SMILES



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SHE'S NOT FROM AROUND HERE
AMY ALLENDER

You know how some board games can force your pawn to return to start? Or at least make you to move back several spaces? That's spring snowstorms in Minot.

You can play the game. You can execute strategy—but in classic board games like Life, Sorry or Trouble it all comes down to luck. Roll the wrong number, pick the wrong card, spin the wrong space and your progress is lost.

When it comes right down to it, in these games you can almost expect this to happen. Maybe you even build it into your strategy. Then, against all odds, if you don't end up moving back four spaces or being bumped back to start, it feels like a glorious miracle.

That's spring snowstorms in Minot.

We've moved our clocks, taken the plastic off the windows and put up the blackout curtains in our kids' rooms. We've ventured out in short sleeves. Some of us (me) have even moved the snow pants into storage. We've done all the things that indicate spring has officially arrived.

Yet, here we are.

Spring Snow

Just because you know a "return to start" is highly likely in those old games, doesn't make it any less frustrating. Likewise, just because we know a spring snow is almost always the reality, doesn't make it less jarring.

Maybe after you've lived here long enough spring snow becomes part of the yearly rhythm.

I'm not from around here, so no matter how many springs require me to get the shovel back out, it will never—I repeat never—be part of my rhythm. And let's not forget, we haven't just faced spring snow—we've seen a full-blown April blizzard.

When I heard that up to 30" of snow may fall and the high on Easter is 30°, you can bet your bonnet I had a hard time taking it in stride. The spring snow is like a maniacal jack-in-the-box. You know it will eventually pop up, and it startles you every time. Will it be prom weekend? Easter? Mother's Day? Or—God forbid—Memorial Day? Just a dusting? A blizzard? We just never know.

What I do know is that something especially strange happens when a spring snowstorm comes. As I told you several weeks ago—when the Big Thaw hits, folks in North Dakota change. We become new people. People who insist the winter was mild (even if it wasn't) and radiate positivity. The first Big Thaw sets our collective sights on summer and we don't look back. The extra hours of sun seem to erase any displeasure we felt toward winter as we see

ourselves on the precipice of sunflower season.

After the Big Thaw, a snow storm sends us back to the proverbial Start space.

My head is often so filled with spring that I become incredibly flustered when snow intrudes on my warm-weather mentality.

What should I have in the kitchen? What will I do if the kids can't leave the house for two days? Where are my mittens? Do I need groceries? Is there a can of cream of mushroom soup in the pantry?

Whether it's strictly necessary or not, nothing seems to compel those of us in Hot Dish Territory to make a Walmart or Target run quite like an impending blizzard. I can't fully explain it, but it's true. Never do I want to go to Walmart or Target as badly as the day before or day of a blizzard.

I'm not the only one. Reliable sources tell me Walmart completely ran out of carts on Tuesday. The self checkout line at



AMY ALLENDER PHOTOS

Target extended into the beauty section. And, according to a fellow military spouse, the checkout line at the commissary on base wrapped completely around the store—all the way back to produce.

What a time to be alive in North Dakota.

Although an April blizzard can send me reeling, it doesn't snuff out my spring spirit. And it shouldn't snuff out yours either. The old saying holds true—spring

snow never stays. At least, I think that's a saying. I hear a lot of locals say it. This one, no matter how huge, won't last either. So stay in, pop some popcorn, make a hot dish, throw an extra blanket on the bed, and ride it out. Just think of all the conversations you'll be able to have about the weather when this is done. But promise me you'll resist the urge to run out to Walmart until the roads are clear.

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Christine O'Riley, PsyD

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A Minnesota native, Dr. O'Riley received her Doctorate in Clinical Psychology with concentrations in Neuropsychology and Forensic Psychology from Miami Institute of Psychology. She subsequently completed post-doctoral work at HealthSouth Rehabilitation Hospital. A retired Army Medical Service Corps officer, she performed in various capacities, including leadership positions at healthcare centers in the US and Germany. She was Chief Clinical Neuropsychologist at Hanau Army Mental Health Clinic in Germany, later serving as a clinical neuropsychologist and behavioral sleep disorders specialist at Landstuhl Regional Medical Center, where she offered psychological evaluations and treatment to soldiers and other military personnel returning from combat zones. Most recently, she served Air Force members at Minot Air Force Base.

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Annual "Doc Walk" Set for May 4

TRINITY HEALTH

May is Exercise is Medicine™ Month, a time to celebrate your ability to take hold of your health and improve for tomorrow. To underscore the importance of physical activity to one's health, the American Medical Association and the American College of Sports Medicine created Exercise is Medicine™, a global effort to recognize physical activity and its benefits. To honor this global effort on a local level, Trinity Health is inviting the public to walk with your Doc, May 4 at 6 p.m. at Oak Park.

"Exercise helps in the prevention of coronary artery disease, hypertension, diabetes, osteoporosis, stroke, depression, anxiety and several cancers, and is used in the treatment of many, many more diseases and ailments," said Dawn Mattern, MD, medical director of Trinity Health Sports Medicine. "Exercise, it seems, is the miracle pill."

Mattern says exercise is not defined by what workout you do, where you do the workout, what time in the marathon you get, or

how sweaty your shirt was. The aim is ACTIVITY-walking the dog, working in the garden, raking leaves, shoveling snow, riding a bike, stretching, dancing, Crossfit, weightlifting, running, playing games. "I recommend more: more often during the day, more than yesterday. Always strive to find more ways to move," she added.

Current physical activity guidelines encourage 150 minutes of moderate activity a week for adults and 60 minutes daily for children. Health benefits start within the first 15 minutes, so starting is the most beneficial. Activities should include both strengthening and aerobic activities.

"My job was quiet during the pandemic due to no sports for quite a while. Now is the time for me to be busy, encouraging physical activity with everyone I meet," Mattern said. "I look forward to our annual Doc Walk on May 4 at 6:00 pm at Oak Park. Last year was special, a return together. This year will be amazing, an opportunity to prevent, treat, and heal!"



Doc Walk 2021.

TRINITY HEALTH PHOTO



29 APR

BOOM SLAM! MINOT AREA'S 10TH TEEN POETRY SLAM
1:00 PM - 3:00 PM
Minot High School Central Campus
215 1st St SE, Minot

Boom SLAM! is an annual poetry SLAM that spotlights teen voices through a wildly fun and creative platform. High school students go poem-to-poem in a competition sharing their original work for a chance to be crowned the 10th SLAM Champion, win awesome prizes, and have their voices celebrated. Each year we've filled local venues with supportive friends, family, and community members who've experienced an unforgettable afternoon of beautiful and powerful poetry — all given vibrancy and life through passionate young people. Facebook event has Poetry Slam Registration Form Link This FREE event is open to the public! Come show your support. For more information contact Teresa Marquart at tmarquart1@mymys.us



For more information:
Contact Teresa Marquart at tmarquart1@mymys.us

29-1 APR

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Facebook Event / iMagicon 2022

5-7 MAY

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For more information:
Website / www.minotshriners.com/circus.htm

6 MAY

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Minot Command Post wins Best Nuclear Command Post in AFGSC

AIRMAN 1ST CLASS EVAN J. LICHTENHAN, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D.

The 5th Bomb Wing Command Post was awarded the 2021 Air Force Global Strike Command Large Nuclear Command Post of the Year and 8th Air Force Nuclear Deterrence Operations Team of the Year at Minot Air Force Base, North Dakota.

Command Post is the central command point for mission operations on base for the 5th Bomb Wing. They ensure operations and communications, i.e. command and control, run quickly and concisely, regardless of the circumstances. The Command Post team operates 24/7 in a secure environment, receiving information from upper echelons of the Air Force as well as information from the local community.

"We are the central nervous system of the base," said Airman 1st Class Phillip Telles-Ferreira, emergency actions controller. "We deal with the funneling of information that goes from agency to agency. Information gets sent to us, and then we take that information and send it to wherever it has to go. If something happens at the missile facilities, then we would notify the missile wing commander."

Minot AFB is home to the B-52 Stratofortress weapon system assigned to the 5th Bomb Wing as well as the Minuteman III ICBM weapon system assigned to the 91st Missile Wing; Telles-Ferreira believes this combination of mission sets and operation is what gave his team the knowledge and experience to garner this award.

Senior Master Sgt. Phillip Williams, Command Post superintendent, believes the reason for them winning is two-fold.

"The leadership is on the same page," said Williams. "We do birthday cakes, our own awards and we try to be a family. We look forward to these quarters. Not winning the wing [award] a few times made us a little hungrier."

Williams wants to make sure that every command post in the world knows who they are and make sure that his Airmen get the recognition they deserve for the hard work they put in every day and night, including scoring really well on their Career Development Course tests, which tests an Airman's

knowledge on their given career field.

Command post Airmen hold an immense responsibility and receive training for the ability to receive communication and relay that information to senior leaders in a moment's notice.

"We are the only enlisted career field that receives emergency

war orders," said Master Sgt. Christopher Wilson, emergency actions controller. "Our first response to that is if it's encoded then we decode it and we take it to the commander for immediate action. There is no other carrier field trained to do that on the enlisted side of the house."



Minot Air Force Base command post patch.

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

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Heath's Hell-Fire Deviled Eggs

INGREDIENTS
12 Large Eggs
3 Jalapeños
2 Tbsp chopped Chives
Kosmos Peach Jalapeño BBQ Sauce
3-4 slices of Cajun Bacon*
1/2 C Mayo
2 tsp White Vinegar
2 tsp Brown Spicy or Dijon Mustard
1/2 tsp Paprika
1/4 tsp Salt
1/2 tsp Chili Powder
1/2 tsp Cayenne Pepper

*Find this recipe on our website

1) Bring a large pot of water to a boil. Add eggs and cook for 9 minutes. Remove and rinse in cold water. Once cool enough to handle, peel the eggs, and slice in half.

2) Preheat grill with lid open for 5-10 minutes, then set to smoke. Place eggs, yolk side up, on an aluminum perforated sheet, along with jalapeños. Allow to smoke with lid closed for 1 hour. Remove from grill.

3) Slice tops off peppers and cut in half. Remove seeds with spoon and finely dice.

4) In medium to large bowl, carefully remove yolks from eggs. Add the jalapeños, 2 slices of minced candied bacon, mayo, vinegar, mustard, chili powder, and cayenne pepper. Mix together until relatively smooth. Add salt if needed.

5) Using a 35mm scoop, fill each egg with mixture. Top with small piece of candied bacon, chopped chives, and sprinkle with Paprika.

For added flavor, drizzle with Kosmos Peach Jalapeño BBQ Sauce. Enjoy or refrigerate for later.

Ryan Davy - GM
HOE Minot
www.HofE.com/BBQHQ

A LOOK BACK THIS WEEK IN USAF HISTORY
USAF AIRLIFTS FOOD TO NETHERLANDS DURING OPERATION CHOWHOUND
MAY 1-8, 1945

During WWII, the Third Air Division and the Royal Air Force began a humanitarian effort to feed starving citizens in the German-occupied Netherlands. Named Operation Chowhound for the Army Air Forces and Operation Manna for the RAF, the joint effort brought nearly 11,000 tons of food to millions of civilians. Lt. Col. Henry Cervantes recalled, "The agreement with the German area commander required that we stay under 500-feet, remain within strictly mandated corridors, and not carry gunners aboard our B-17s." The mission was a daring one, given that the Germans could attack at any given moment if any of the planes were to stray from target drop areas. However, they were successfully able to drop much-needed rations to the people of the Netherlands. In return, aircrews were greeted with messages of thanks plastered across tulip fields and grateful civilians waving Dutch and American flags. Operation Chowhound saved countless lives from starvation and many of the service members involved would remember it as one of the better memories of WWII.

A message from the starving people of Holland to the USAF for airdropping food. (National Archives)

Information courtesy of: Operation Chowhound by Stephen Dando-Collins / 100thbg.com

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54TH HELICOPTER SQUADRON CHECKS ON MISSILE LAUNCH FACILITIES



Senior Airman Robert Knopes (foreground), 54th Helicopter Squadron UH-1N Huey Flight Engineer, and Capt. Jacob Pomeranke (background), 54th HS UH-1N Huey Pilot, goes through pre-flight procedures before takeoff on April 21, 2022, at Minot Air Force Base, North Dakota. The purpose of the flight was to lay eyes on various missile launch facilities and check on their status due to the four feet of snow delivered to Minot and the surrounding area by Blizzard Haley.



Senior Airman Robert Knopes (foreground, left), 54th Helicopter Squadron UH-1N Huey Flight Engineer, and 54th HS UH-1N Huey Pilot Capt. Jacob Pomeranke (background, left) and 1st Lt. Steven Stein (background, right) fly to a missile launch facility on April 21, 2022.

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



Senior Airman Robert Knopes, 54th Helicopter Squadron UH-1N Huey Flight Engineer, looks outside onto a missile launch facility on April 21, 2022, in North Dakota.



Capt. Jacob Pomeranke, 54th Helicopter Squadron UH-1N Huey Pilot, looks outside as a UH-1N Huey banks left on April 21, 2022, in North Dakota.

BABY ANNOUNCEMENTS



BABY GIRL BORN ON
SUNDAY, APRIL 17, 2022 TO:
DALEY AND ROBERT BENSON
MINOT, ND



BABY GIRL BORN ON
MONDAY, APRIL 18, 2022 TO:
KRYSTAL AND GEARARD GARBUTT
MINOT, ND



BABY BOY BORN ON
THURSDAY, APRIL 21, 2022 TO:
JESSICA AND JEREMIE BLISS
BOTTINEAU, ND



BABY GIRL BORN ON
THURSDAY, APRIL 212, 2022 TO:
BRITTANY AND SETH LARSON
MAX, ND



BABY GIRL BORN ON
FRIDAY, APRIL 22, 2022 TO:
DAWN AND ZACHARY KNIPP
MINOT, ND

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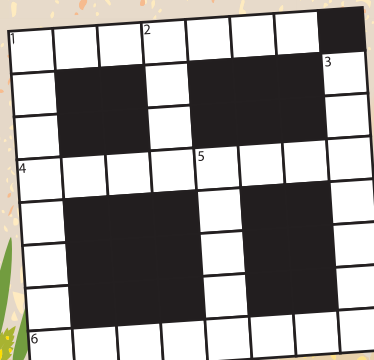
CREATURE FEATURES

- A warm weather penguin, they are found in the subtropical climate, in waters of 41 to 68 degrees F, on the coast of South Africa.
- They are characterized by their erect posture, torpedo-shaped body, webbed black feet, hazel eyes, and stiff wings.
- Black-Footed Penguins have evolved to both survive in cooler water and the heat of the sun. Their body is covered by 70 - 80 waterproof feathers per square inch and a subcutaneous layer of fat helps fend off cold in the water. On land, they raise their feathers and hold their wings away from their bodies to release heat. The bare patch above their eyes also allows heat to escape.

Fact File

Life Span	10 - 11 years
Weight	5 - 9 pounds
Height	24 - 28 inches
Top Swimming Speed	3 - 5 mph
Wild Diet	Omnivore (Carnivore) Herbivore Fish, Crustaceans, Squid

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ACROSS

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

DOWN

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- Against
- Vacation properties
- Runs on rails



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

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FIRST SERGEANT'S COUNCIL MEETING

The First Sergeant's Council Meeting on April 19, 2022. Team Minot First Sergeants pose for a group photo. First Sergeants work hard year round to help Airmen.

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS ALEXANDER NOTTINGHAM



Master Sgt. Petterson and Master Sgt. Sindelar, Team Minot First Sergeants, listen to a speaker during a council meeting.



Chief Master Sgt. Ernest Crider, 91st Missile Wing Command Chief, speaks during a First Sergeant's Council Meeting.



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New Mom Support Group Flourishes

ERIN BEENE

Ask any mother, the transition to mom-life can be a difficult one plagued with uncertainty, loneliness, new emotions and confusion. The demands of early parenthood are challenging no matter where one lives, but in a place like Minot with the extended winters and extreme cold, new mothers and fathers can often find it difficult to socialize with and support others new to parenthood. For this very reason, Polina Reinhold founded the New Mom Support Group in September 2021.

A professional Doula and military spouse herself, she wanted to create a helpful outlet for new moms on the base. The group currently meets every Wednesday at the Jimmy Doolittle Event Center at 10:30 a.m. It is free and open to any moms with young kids that need support, a friend, or just some time out of the house. During the meetings, babies will play, and moms will snack and chit-chat. Once a month, a live yoga instructor even leads the group in a free Yoga class.

When asked why she felt this group was so important to the community, Polina said, "Research shows that one in five new moms have some kind of postpartum mood disorder. Fatigue and imperfect nutrition are among the top reasons for experiencing postpartum depression. I can't quite help with the fatigue, but I bring

snacks to make sure moms are fed. And I listen. Talking, venting, and sharing always helps too."

The Northern Sentry caught up with several moms that have been attending the group to get some feedback about how it has helped or supported them. Member Taylor Young explained, "... [I] was a little apprehensive about going because I'm not the most social person in the world and find it hard to put myself out there. This is our first duty station while the rest of our family is in Florida so that has made the pregnancy hard. I wanted to join this group to feel connected to other mil spouses on base as well as other moms who would understand the struggle of not having family close by." Taylor also mentioned that being a part of this group has allowed her to "be part of a community of powerful women who are able to be vulnerable with one another."

Another New Mom Support Group Member, Stephanie Mastroianna, said she joined the group because she knew she was going to need support and community while being here. She said about the group experience, "It has been the catalyst for making some of the best friends I could ask for! Everyone is so welcoming and encouraging. The transition into motherhood is difficult, and it is not something that we were

meant to do alone. This group helps you find your community—other moms who are in the same spot as you, and moms who have 'been there, done that.' It has also been a great place for my son to socialize and play!"

Former service member and new mom, Jazzmine Humphries, found that this group helped support her in decisions she needed to make for her family. She said, "The encouragement I received from other moms helped lift me up and gave me the confidence to make the best decision for me and my family." Courtney Chenevey said that this group helped her with mental stability and helped her feel like a capable mom instead of one that is constantly failing.

It is evident from speaking with Polina and many members of this group that supporting women, and especially new moms, is essential in the positive development of motherhood. To learn more about the New Moms Support Group, please find them on Facebook at Minot AFB New Moms + Pregnancy Support Group, email Polina at yourhappybirthdoul@gmail.com or simply show up! Polina and the other moms would love to meet new or expectant moms.

"My goal is to help moms not feel alone. To give them a safe, friendly place where all vibes, feelings, emotions are welcome," Polina Reinhold said.



Moms in Minot enjoy each other's company at the newly formed support group. From left to right: Courtney Chenevey, Madeleine Cowell, Jazzmin Humphries, Sarah Yager, and Polina Reinhold.

POLINA REINHOLD PHOTO

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NODAK ARMS OUTDOOR REPORT

OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, April 25: 1,827.86 feet above mean sea level (MSL); 14,600 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,448.41 feet above mean sea level (MSL).

Stump Lake elevation: 1,448.09 MSL.

- Devils Lake, Ed's Bait Shop, Devils Lake: Some pike activity in Devils Lake northern feeder coulees and creeks. Try Mauvais Coulee or Channel A for walleye.

- Devils Lake, Woodland Resort, Devils Lake: Poor weather limiting activity although try working Devils Lake area bridges for walleye.

- Lake Darling, Karma C-Store, Ruthville: No new reports with little activity after the weekend storm.

- Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: No reports.

- Lake Metigoshe, Four Seasons, Bottineau: No activity.

- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: No reports from Lake Sakakawea or Lake Audubon.

- Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Look for more activity as roads and access improve around the east end of Lake Sakakawea and Lake Audubon.

- Lake Sakakawea, New Town: Increasing activity with more stable weather after last week's storm. Van Hook Arm access remains OK.

- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Try working the Missouri River wing walls in early morning or dark hours, otherwise little activity on the Missouri River tailrace or down river. Look



N.D. GAME AND FISH DEPT PHOTO

- May 1: Lake Darling opens for boat fishing, canoeing, and kayaking.
- May 1: Paddlefish season opens. See N.D. Game & Fish Dept. regulations for open areas and other details.
- May 15: Spring turkey and light goose conservation order close.

TOURNAMENTS:

- May 14: Lake Darling; Lake Sakakawea, White Earth Bay.

for increasing walleye activity, however. No Lake Sakakawea reports.

- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: River levels will be higher than normal for paddlefish snagging. Look for fair to good success, though. Missouri and Yellowstone rivers muddied with slower walleye success. Look for some catfish activity. Some walleye success around Lund's Landing on the upper end of Lake Sakakawea prior to the weekend storm. Try

slow Lindy rig presentation or jigs with minnows.

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

- North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: No activity with anglers waiting for warmer weather and water temperatures.

- Turtle Mtn. area lakes, Coast-2-Coast, Rolla: No activity throughout area lakes.

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.

Cadets Collaborate in B-52 Bomber Ejection Seat Redesign

RACHELLE STOLL, STRATEGIC COMMUNICATIONS

U.S. AIR FORCE ACADEMY, Colo. — Cadets recently collaborated in a redesign of the B-52 Bomber's aging survival equipment hosted by the Air Force CyberWorx innovation center at the United States Air Force Academy on April 6-8, 2022.

Cadets participated in a 'design sprint' with academic faculty, private industry experts, B-52 crewmembers, the Global Strike Command's StrikeWerx innovation cell, and representatives from the B-52 System Program Office out of Tinker Air Force Base, Okla.

Over three intense days, the team defined problems and requirements, brainstormed solutions and tested a preliminary prototype for a modernized ejection survival kit. The final prototype solution automatically deploys to ensure the crewmember's safe ejection without damaging the survival kit.

Rapid prototyping is one of many tools CyberWorx uses to help solve pressing Air Force issues through "human centered design," an innovation process emphasizing the user's needs when formulating solutions.

"We promote critical thinking skills and practices that avoid solving for the symptoms and instead identify the root cause of the problem," said Larry Marine,

CyberWorx's senior user experience and artificial intelligence expert. "Human-centered design is one aspect of solution design the Air Force is less familiar with but offers dramatic return on investment."

CyberWorx connects cadets to projects like the B-52 design sprint to impart design-thinking tools they can apply to their research and will rely on as future officers.

Participating senior Cadet Henry Pyzdrowski will attend a one-year

master's program in aeronautical engineering prior to attending pilot training.

"As a potential stakeholder, I wanted to gain a deeper understanding as well as contribute to the development of an improved system," Pyzdrowski said. "The ejection system plays a vital role in ensuring the safety of pilots when emergencies occur."

Sophomore Cadet Graham Owen said he appreciates the design sprint because he's an "engineer at heart."

"The opportunity to see how a technical problem can go from definition to solution in just three days, while working closely with industry experts with years of experience in aerospace, was too good to pass up," Owen said.

The prototype will undergo further testing and development through Global Strike Command at Barksdale Air Force Base, La. and the B-52 program office prior to being deployed to the aircraft.

A group of U.S. Air Force Academy cadets, B-52 Bomber crewmembers, private industry representatives, StrikeWerx

innovation members are photographed on April 6, 2022 at the CyberWorx innovation center. The group participated in an Air Force CyberWorx project to improve aircrew ejection and survival capabilities April 6-8, 2022.

Take a virtual tour of the CyberWorx facility: <https://www.usafa.edu/virtualtour/>

CyberWorx is located on the fourth floor of the McDermott Library. They maintain an open-door policy for cadets and faculty and provide assistance on research projects and curriculum enhancement. For more information, email info@afcyberworx.org.



A redesign of the B-52 Bomber's ejection survival kit was the main topic of the CyberWorx innovation design sprint on April 6-8, 2022.

U.S. AIR FORCE COURTESY PHOTO | TREVOR COKLEY & CLARA CIRKS

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MAY 2022



MYSTI ROTHE

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What are your interests/hobbies?

My interests and hobbies include reading, watching movies, traveling, and spending time with my family.

What advice do you have for new providers/those interested in being FCC Providers?

It never hurts to learn anything and everything you can about child development, but remember that children often teach us things not found in a book. Let them help guide you in the best direction for them.

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PADDLEFISH- A SURVIVOR OF TIME

Patricia Stockdill

They're a treasure, a living fossil surviving millions of years found in only one part of North America.

And some call North Dakota home.

They're paddlefish, a massive, prehistoric fish scientists trace back to the Cretaceous Period 65 million years ago.

Only one other paddlefish species found in Asia exists outside of the large, slow-flowing freshwater Mississippi River Basin, which includes portions of the Missouri River.

Perhaps paddlefish can be appreciated as another example of the uniqueness that is North Dakota: Fascinating in appearance, paddlefish are unlike other fish species in the Missouri River System, which includes the river itself along with an 18-mile stretch of the Yellowstone River in northwestern North Dakota, Lake Sakakawea, and Missouri River below Garrison Dam widening into Lake Oahe below Bismarck.

Appearance-wise, they appropriately earn their common name because they're graced with a large paddle on their face in front of their eyes and mouth. The paddle serves a critical function: Its darkish dots detect electricity generated by its microscopic zooplankton prey.

The paddle helps a paddlefish focus on its dinner - zooplankton - as it swims. Zooplankton is filtered out of the water into its wide-open mouth by close-set gills along the mouth.

That's how a fish that can weigh more than 100 pounds devours its microscopic morsels.

Paddlefish lack bones. Instead, their skeleton and paddle are made of cartilage, just like a shark.

Their coloration varies from blue-gray to almost black with a lighter underbelly. They can reach more than seven feet in length.

Another unique aspect to paddlefish is that scientists believe a third "eye" on top of its face helps them identify the amount of sunlight filtering through the water. The "eye" doesn't form images like a normal eye, however.

Paddlefish aren't shaped like other fish species, either. Instead, the top of their body is generally flat.

They also have a deeply forked tail and - like sharks - have smooth skin and lack scales. Despite their size, they can swim about two body lengths per second and can occasionally become vertically airborne.

Paddles grow quickly on young paddlefish and almost seem disproportional to its small body until its body grows in relation to the paddle.

Perhaps befitting an ancient fish, paddlefish are long-lived, typically reaching 20 years of age and into their 50s.

The N.D. Game and Fish Department closely monitors paddlefish populations, coordinating their management with neighboring Montana. While they were likely never abundant in the Missouri River, its once free-flowing state was altered with construction of a series of flood-control dams in Montana, North Dakota, and South Dakota, diminishing their habitat and historic range.

Paddlefish spawn in the spring, laying eggs on silt-free gravel beds. Spawning in North Dakota takes place in the upper reaches around the Yellowstone and Missouri rivers west of Williston. After spawning, they spend summer months in slack water of the two rivers, moving into Lake Sakakawea's deep water in the winter. North Dakota's paddlefish population is stable enough to provide a limited season, which opens May 1.

Paddlefish feed differently than other fish so anglers don't catch them using traditional open water fishing techniques. Instead, the harvest method involves snagging their massive bodies. Gear includes a 6- to 7-foot stiff rod, large hook, and heavy sinker weights.

Research shows paddlefish can survive being snagged when promptly and properly released back into the water, so North Dakota allows snag-and-release.

Special paddlefish-specific regulations apply, including the need for a paddlefish tag - residents and nonresidents, alike. Tags are only available online and must be in possession while snagging or catch-and-release. Go to the Game and Fish Department website, (gf.nd.gov) for additional regulation details.



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Minot AFB Exchange Shoppers Rely on Exchange Benefit to Save

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MINOT AFB – As economic conditions fluctuate, the Army & Air Force Exchange Service is helping Airmen and their families at Minot AFB Exchange save at a time when it matters most.

Whether shopping at the BX or at ShopMyExchange.com, authorized military shoppers—including retirees, disabled Veterans, and Department of Defense and Coast Guard civilians—enjoy every day tax-free shopping and military-exclusive pricing.

“It matters where you shop,” said Minot AFB Exchange General Manager Brian M. Read. “At the gas station, BX, food court and online, the Exchange ensures military shoppers at Minot Exchange get more for less when they use their hard-earned benefit.”

Exchange-exclusive brands offer the same quality and selection of national brands at a lower cost, further enhancing the savings found when shopping on a military installation. And MILITARY STAR® cardholders can take an additional 5 cents off per gallon and 10% off at

Exchange restaurants while earning rewards points that add up to even more savings.

The MILITARY STAR card offers a low APR; never charges any annual, late or over-limit fees; and features budgeting tools such as Pay Your Way Plans, which offer fixed monthly payments at reduced interest. The card is accepted at all military exchanges and commissaries, and new cardholders receive 10% off their first-day purchases.

Honorably discharged Veterans can enjoy the same tax-free savings found at the BX at ShopMyExchange.com. Online orders totaling \$49 or more, or completed with a MILITARY STAR card, always receive free shipping.

Service members, military families, retirees and Veterans who shop their Exchange save while giving back to the military community. 100% of Exchange earnings support military communities. In the last 10 years, the Exchange benefit has provided \$3.4 billion in earnings to critical on-installation Quality-of-Life programs.

Pain at the Pump? MILITARY STAR Card Offers Minot AFB Community Relief with Everyday Savings

ARMY & AIR FORCE EXCHANGE SERVICE PUBLIC AFFAIRS

Minot AFB – As gas prices fluctuate, the MILITARY STAR® card is offering steady savings, including 5 cents off per gallon at the Minot AFB Express.

“Gas support is a significant Quality-of-Life service, and the MILITARY STAR card is a great tool to mitigate rising pump prices,” Minot AFB Exchange General Manager Brian M. Read. “The MILITARY STAR card’s everyday fuel discount keeps Minot AFB drivers, and their budgets, on track.”

It matters where the military community fills up. Cardholder savings add up when refueling at the Minot AFB Express, as drivers save 5 cents per gallon and earn 2% in rewards points on purchases.

Last year, MILITARY STAR cardholders saved more than \$3 million at Exchange pumps, part of the \$408 million in value the MILITARY STAR card provides the military community annually.

Other MILITARY STAR card

benefits include:

- 10% off at Exchange restaurants.
- 10% off all first-day purchases for new account holders.
- Free shipping on all ShopMyExchange.com orders.
- The lowest flat-rate APR among store cards—rate is offered to all cardholders upon account approval.
- No annual, late or over-limit fees.
- Reduced-interest deployment plan with no payments required for eligible cardholders.

The MILITARY STAR card also strengthens the hard-earned benefits of Airmen and their families by reducing the costs of bank-issued credit card transactions fees, savings that add up to millions of dollars a year at Exchanges worldwide. These savings are critical to improving critical military Quality-of-Life programs, as 100% of Exchange earnings are reinvested in the military community.

NOTES ON BEING SAFE

MAY IS NATIONAL MOTORCYCLE SAFETY AWARENESS MONTH... FOR ALL OF US!



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AND HEALTH MANAGER



Each year, May is designated Motorcycle Safety Awareness Month. States and motorcycle organizations across the country conduct a variety of activities to promote the importance of motorist awareness and sharing the road with motorcyclists. Motorist awareness is an important component of the National Highway Traffic Safety Administration’s comprehensive motorcycle safety program. Did you know that over two-thirds of fatal motorcycle accidents involve a motorcycle and another vehicle? The motorist either does not see the oncoming motorcycle at all or does not see the motorcycle in time to avoid a crash. It is important for motorists to know that their actions affect the safety of motorcyclists. A motorist and a motorcyclist may take different actions for the same driving or highway situation. For example, a motorist may ignore a piece of road debris; however, that same piece of road debris may be deadly for a motorcyclist.

The majority of fellow riders know that it’s the other motor vehicle operators (more and more SUV drivers) who are at fault in the majority of collisions with motorcyclists. This is a reason why organizations such as American Bikers Aiming Towards Education (ABATE), and the American Motorcycle Association (AMA), and other riders’ rights organizations are fighting for increased penalties for motorists who violate our right-of-way. The driver of the other vehicle involved in collision with the motorcycle did not see the motorcycle before the collision, or did not see the motorcycle until too late to avoid the collision. Did you know that 40% of all accidents involving cars with motorcycles are caused by the car driver that has less than 6 months driving experience? And that approximately 70% of all accidents are the fault of the car driver not seeing the motorcycle? Motorcycle riders often get an unjustified reputation as being reckless, risk takers, and that they generally disobey traffic laws. This perception is unfounded and there are many statistics that back up the fact that most motorcycle accidents are not the fault of the motorcycle rider, but that of another driver.

These findings go to show that the motorcycle rider has unjustly received a bad reputation from the general public as well as from insurance companies that cover motorcycle riders. Motorcycles are inherently prone to accidents caused by other drivers because of their small size. Motorcycles easily fit into the blind spot of typical passenger automobiles. The truth is that most motorcycle riders are very good drivers and keep an eye out for motorists who do not see them. This awareness of other drivers however does not prevent all accidents.

All drivers can help reduce to crashes by paying close attention to the following:

Watch for Motorcycles. The majority of drivers involved in a mishap with a rider stated that they never saw the motorcycle, or when they did see it or the rider, it was too late (Basically they collided with each other). Drivers should expect to see motorcycles at any time, and search aggressively for them. Remember that a motorcycle’s headlight is on all the time—this helps you see them during the day. A motorcycle can easily be hidden behind a car or truck, so it’s particularly important to check your mirrors and blind spot before merging or changing lanes, especially in heavy traffic. Also, look for a helmet above, tires below, or a shadow alongside a vehicle that you can’t see around. Make sure your view of the road is unobstructed by removing items hanging from a rearview mirror, or the mirror is completely covered by items such as a mini DVD player. Motorcycles are smaller than most cars and SUVs, which can make it difficult to accurately determine the speed of a motorcycle. Always leave adequate room when entering the roadway upon the approach of a motorcycle. Motorcycles are entitled to the same full lane as other vehicles. While it is legal for motorcycles to ride side-by-side, it is illegal for any other vehicle to share a lane with a motorcycle. Be aware that riders will change position within their lane to see and be seen, avoid surface hazards,

and to prepare for a turn. Car drivers must never move into the same lane alongside a motorcycle.

For the riders, never assume that you have been seen, and should approach each intersection with great care. Choose a lane position that makes you most visible to any cars waiting to turn. Be aware of any drivers behind you who may not have time to stop if you have to brake suddenly. When approaching intersections, slow down, and cover your brakes and clutch. Avoid flashing your high beam, and make sure your turn signals aren’t blinking—this can send other drivers the wrong message. Consider a short beep of your horn and try to make eye contact. While it is legal for motorcyclists to ride side-by-side, it is not advisable. Not only does it reduce your space cushion and limit your escape routes, it may suggest to other motorists that it is legal for them to share a lane with a motorcycle. When traveling with other motorcyclists, it is best to ride in a staggered formation, using both sides of the lane. When riding in a large group, leave gaps in the formation to allow other vehicles to pass or exit the freeway.

In closing, all of us can share the road and do it safely as long as the “Rules of the road” are followed, we keep our eyes open for each other, and by using common sense while operating any type of vehicle. Play it Safe, Keep it Smart, and Remember... Take a sec, double check, Motorcyclist are dying to be seen!

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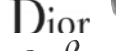



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91ST SECURITY FORCES GROUP PHOTOS

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Community VOICES

Finding Place is a poem about a child who desires his family's undivided attention and interest. He has an introspective, wise awareness of what truly matters. Readers will be taken on a magical journey of compartmentalization: a journey of presence where love wins.

As we head into summer, we encourage our Minot community readers to stay present and engaged with their children as much as possible, as they grow so quickly and we must enjoy this summer weather!

Finding Place

MRS. ALYSSA N. KELLY M.A.

Gregory thought to himself as he looked up among his parents bright faces, as though in the sun:
If there weren't pockets, there wouldn't be problems,
for people store problems in their pockets.

Gregory thought of the way he saw the Doctor today,
where a "No Phones Allowed" sign did all he wished he could say.

Gregory thought of school where his teacher remains:
eyes on his, attentively working to achieve graded gains.

Gregory thought to himself as he looked up among his parents bright faces, as though in the sun:
I wish away pockets!

A whoosh and a whirl, their eyes never looked away.
Their gaze distracted from the magic of today.

But when the timer beeped twice, the food now ready,
four hands reached into pocketsunsteady:
"What's happening, Hun, my pockets are gone!"

Gregory thought of what he had done, the fear he had caused:
To where would their phones go? When would the beeps pause?

Gregory's parents retreated toward the sound with two phones in hand,
returning with food, only, as Gregory planned.

Soon, Gregory became the navigator on their long trips.
Gregory became the source of dad's witty, joke GIFs!

The library, movie kiosks, shopping stores they now visit,
where once his parents would gaze, scroll, and click it!

Gregory watches paper, from stress, get crunched in a ball and thrown,
a sensory gift just for him, where notes were once on a phone.

Now Gregory thinks, as he looks at his parents' faces:
Emotions were meant to be shared, not reflected in cases.

Simple actions you think aren't that much
are really what we love to feel.
A person's sounds, actions, and thoughts
are humanity's appeal.

"Dad, the closer we get to reaching AI,
the more you become a robot-like guy."
Gregory's dad touched his hair, as he looked in his face:
"I'm ahead of the game, for I've found my place."

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

Send all submissions to nsads@srt.com



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KEEP READING, YOU COULD BE OUR NEXT WINNER!

YOUTH IN ACTION

MONTH OF THE MILITARY CHILD HIGHLIGHT

Sensation Siblings



Hunter and Kiana Lascano



Aiden, Emrys, Evelyn, Isaiah and Andrew Lamoreaux



Melanie and Briella Kilgore

PEAKS & VALLEY PHOTOGRAPHY

SUPPLIED PHOTOS

ERIN BEENE

As April comes to a close and the “Month of the Military Child” is wrapping up, a final salute to the child dependents of Minot Air Force Base is in order. More than adult dependents, kids and their siblings rely on each other for support and camaraderie during tough military moves and adjustments. For that very reason, the last Military Child Highlight of 2022 will be dedicated to a few stand out siblings that have shown resilience and pride with being a military kid.

Up first are four-year-old twin girls named Melanie and Briella Kilgore. These two darling little girls have experienced the military kid challenges since before they were even born. Their mom, Maria, delivered the girls via a last-minute C-section while living in Goose Creek, S.C., near the Naval Weapons Station in Charleston. Before the girls were even eight months old, Melanie faced a difficult surgery and then their dad left for deployment. Mom Maria explained that it was a tough time for the twins because “They began to crawl, eat real food, and actually walked right before he came home. He missed every one of their first major holidays & their first birthday. Their first birthday party circled around what time their deployed dad could get on Facetime to sing them happy birthday.”

When the girls were not yet two, they experienced their first

cross-country PCS to Minot AFB. Mom Maria remembered the trip saying, “At 18 months old they moved cross country and saw more states and cities than most civilian kids do in a lifetime. A whole new world out here and left family far behind.” Now, at age four, the girls are enjoying their time in Minot. When asked what their favorite part was of living here, Melanie said, “School and Friends” and Briella said, “Coloring.”

Both girls love seeing and spending time with their dad now, and often—as most young military kids do—relate any uniformed military member to their military parent. Maria said they often point out the large billboards in town of a military member and exclaim “Look it’s Daddy!” As the family is leaving next year, the girls will miss the snow and their friends here in Minot.

Some people think that large families and the military don’t mix, but the Lamoreaux Family of seven have proven that to be incorrect. First-born son Aiden, age 11, and Emrys, age nine, were both born in Arizona. The only girl Evelyn, who likes to be called Evie, age 7, was born in South Carolina. Isaiah, age four, and Andrew, almost two, were both born in the Netherlands. This family is blessed with five proud military kids who all have their own personalities and

talents. Each child is different but each is resilient in their own way. After seven moves, the family is well-versed in saying goodbye and making new friends. Mom, Kimberly said,

“When we leave, people will sign things for them (shirts, pictures or homemade books) and I’ll catch them looking through these precious memories, secretly mourning & remembering. These items are old and ripped (from being well used), but they are so precious and truly irreplaceable to my children. Then my kids wipe the tears out of their eyes and think of all the good memories. They end with laughs of times that were funny or nice and we give each other hugs. We call our friends to see how they’re doing and I think this is what it really means to be resilient. To have these hard trials, look on the bright side after feeling all the feels and keep going. They keep making new friends and adding to these memories.”

When asked what their Security Forces dad does for work, Isaiah said, “Work and keep us safe.” Sister Evie said, “[He] protects our world.” When asked to recall a favorite memory of base life, Emrys said, “Going to the Turf to play with kids while mom exercises.” Biggest brother Aiden recalls that the best part of being a military kid is, “Moving to new places and making new friends.” Aiden also noted that the worst

part of being a military kid is leaving and having to say goodbye to his friends. Aiden noted that he fondly remembers all the base Halloween parties and events they do at all the bases. It will likely be something he remembers fondly as he grows.

The five Lamoreaux children: Aiden, who loves reading, writing, drawing and building things; Emrys, who is happy go-lucky and goes with the flow; Evelyn who is sweet, always wanting to help mommy; Isaiah, who is full of hugs, very kind-hearted but tough; and the youngest, Andrew, who loves cars and emulating his older brothers; are just a glimpse of a few of the amazing military siblings we have here on Minot AFB.

Representing some of the newest military kids are the Lascano kids: Hunter, age four and a half, and Kiana, almost one. This young family is in their first year of military service and already come face-to-face with the realities of military family life.

When Hunter and Kiana’s dad left for Basic Military Training this past fall the kids got their first taste of being without their dad. Mom, Taylor, said, “Hunter stepped into the big brother role really fast, I think a part of him knew he needed to be strong for his sister. At times he was stronger than I was. Always making sure she knew that daddy was still with us.”

The family faced the all-so-familiar life of dad moving from one training to another while they stayed at home and waited. Although the family was able to be together for Thanksgiving and Christmas, they were ready to be together long-term once again. The family got orders and moved to Minot this past February. Mom said, “I wasn’t sure how Hunter was going to adjust to this change but every day since we came here he has been the biggest help! He is patient and kind and always asking for help. Kiana is building her bond with daddy and the two are inseparable.” The Lascanos are still waiting for their household goods to arrive, but Hunter is having a blast keeping his little sister entertained and embarking on this new journey of being a military kid.

Being a Military Child is sometimes overwhelming, confusing and exhausting; however, the life skills and resilience that come with it are often unmatched within the civilian child community. Military kids and their siblings learn to adapt to new situations, adjust expectations and learn to make the best of life— a life skill with which many adults have a hard time. Thanks to these siblings and all the other Military kids out there who keep on keeping on serving their country in their own special way!

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YOUTH IN ACTION

Parenting Support

The Department of Defense is committed to supporting the health and well-being of all military children and families. One of the avenues of support is a partnership with the Clearinghouse for Military Family Readiness at Penn State. The Clearinghouse has developed a parenting education program, Thrive, which offers no-cost, 24/7 online support. Thrive promotes positive parenting, stress management, and healthy lifestyle practices for children from birth to 18. Thrive has four age-level specific modules: Take Root: for children ages 0-3, Sprout: for children ages 3-5, Grow: for children ages 5-10, Branch Out: for children ages 10-18. Each module gives parents the information they need in a way



ALICIA THOMPSON, GS-11
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that is easy to understand. Parents choose the module for their child's age and developmental stage. The program encourages parents to use the strengths they already have while building additional skills. The no-cost online programs have an engaging, self-directed format and are available to military and

civilian audiences through the Penn State website. For program information visit the Thrive website at <https://thrive.psu.edu> or contact the School Liaison at 701-240-2380 or the MFLCs at 410-916-6458/425-7905.

Advocating through Minot AFB School Board

Last Friday, North Dakota "Purpled Up" for Military Kids. It was incredible to see family, friends, and the community celebrate the Month of the Military Child. Our military connected students are unique and a representation of true resilience; growing and thriving almost anywhere in the world.

Though April is coming to a close, daily we strive to empower and equip our military connected students at Minot Air Force Base. One way to advocate, is through the MAFB School Board.

The MAFB School Board is a great venue to engage in decisions impacting Minot AFB students. There are monthly meetings and direct ways to connect with school board members. During Fam-A-Ganza, be sure to stop by our table for pertinent information, games, and treats.

The 2021-22 regular meetings of the MAFB School Board are held at 5:00 pm on the second Tuesday of the month virtually



JOY-NICOLE SMITH,
MINOT AFB SCHOOL BOARD
PRESIDENT



or in-person at Memorial Middle School.

If virtually, you can stream this by the Minot Public Schools YouTube page. The next meeting is May 10, 2022 at 5:00 pm and will be streamed virtually using the following QR code:



Minot Public
Schools
YouTube page



Minot AFB
School Board
web page

FAM-A-GANZA

Month of the Military Child Celebration

The Turf • 29 April 2022
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2021-2022 MINOT PUBLIC SCHOOLS CALENDAR

IMPORTANT UPCOMING DATES

May 11

Early Release - 1:15pm

May 25

Last Day for Students

(if make up days are not needed)



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

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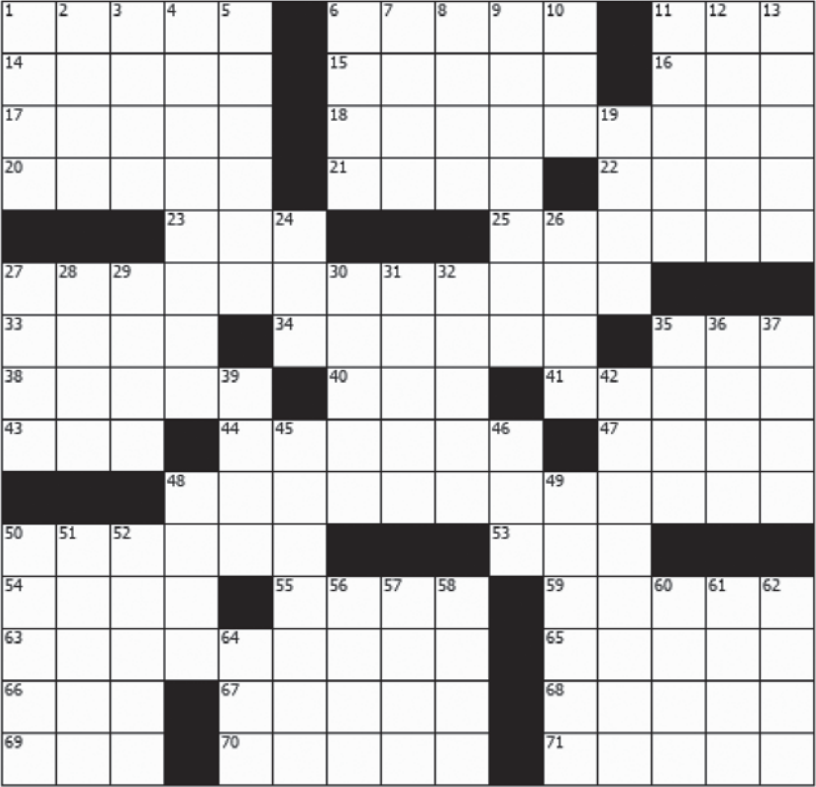
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CROSSWORD PUZZLE

- Across**
- 1. Hits hard
 - 6. Mutiny
 - 11. Hipster's pal
 - 14. Waikiki welcome
 - 15. Tennis pro Dementieva
 - 16. Seance sound
 - 17. Ascended, as from the grave
 - 18. Destitute
 - 20. Handiwork to dye for
 - 21. The fourth man
 - 22. Washstand pitcher
 - 23. Subtraction amt.
 - 25. The Nile flows through it
 - 27. Posh pleasure boat
 - 33. Trygve Lie's birthplace
 - 34. Mobile-creating sculptor
 - 35. Stick out
 - 38. Wild free-for-alls
 - 40. Blue chip giant
 - 41. Indigenous New Zealanders
 - 43. Tiny bit, as of cream
 - 44. Feature of some women's shoes
 - 47. "Picnic" playwright
 - 48. Breakfast indulgence
 - 50. Recorded
 - 53. Touch lightly
 - 54. Experience with the heart
 - 55. Gather in
 - 59. Cello relative
 - 63. Sluggers in training
 - 65. Northern neighbor of Salt Lake City
 - 66. It passes the buck
 - 67. Russian pol Yeltsin
 - 68. River through Lake Geneva
 - 69. ___ Alamos
 - 70. Worthwhile thing
 - 71. Kind of hat or vote



- Down**
- 1. Cutting remark
 - 2. Oscar winner Kazan
 - 3. Utterly befuddled
 - 4. Dostoyevsky classic
 - 5. Became clear
 - 6. They judge plays
 - 7. Magazine with style
 - 8. Exhausted
 - 9. Make someone bubble over
 - 10. Forensic site
 - 11. Fry a bit
 - 12. Smoothed over, in a way
 - 13. It might end on a high note
 - 19. Where many deliveries are made
 - 24. TV licensor
 - 26. Microbe
 - 27. Fireplace supply
 - 28. Minor area?
 - 29. Sight for poor eyes?
 - 30. Grammy winner Bonnie
 - 31. Extremely
 - 32. Suitcase attachment
 - 35. "Both Sides Now" singer Mitchell
 - 36. More than suggest
 - 37. Loserless outcomes
 - 39. Where to get off
 - 42. Like good alibis
 - 45. Music sources
 - 46. Vitality
 - 48. Unruffled
 - 49. Party souvenirs
 - 50. Butcher's leavings
 - 51. "Groovy!"
 - 52. Contract details
 - 56. Dumbo's hallmark
 - 57. Francoise, to Francois, perhaps
 - 58. "Hey, over here!"
 - 60. Potpourri target
 - 61. Singer Horne
 - 62. From the top
 - 64. "More info later"

SUDOKU

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

Solution to puzzle on page C7

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CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

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

REEL TIME THEATER

MOVIE SCHEDULE

AS OF PRESS TIME, REEL TIME MOVIE THEATER WILL NOT HAVE ANY MOVIE SHOWINGS THE WEEKEND OF APRIL 29 TO MAY 1, DUE TO WATER DAMAGE.

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.

<p>Chapel Services at MAFB <i>Protestant</i> (North Plains Chapel in Base Housing) Sunday Community Service 1030 a.m. (Holy Communion 1st Sunday) Children's Church during school year</p> <p><i>Catholic Mass (Northern Lights Chapel across from Rockers)</i> Sunday 1000 Daily Monday-Thursday at 1200</p>	<p>St. Peter The Aleut Eastern Orthodox Church</p> <p> 109 6th St. SE Minot • 838-3094</p> <p>Saturday, April 30 Vespers, 5PM</p> <p>Sunday, May 1 Divine Liturgy, 10AM</p> <p>V. Rev. Fr. Paul Hodge</p>	<p> Break Forth BIBLE CHURCH Wednesdays 7:00pm and Sundays 10:30am 1821 W Burdick Expressway For More Information: 701.353.9337 www.bfbc.tv</p>	<p> An Evangelical Free Church 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart) Sunday School & Fellowship 9:00 a.m. Worship 10:30 a.m. www.trinitychurchminot.org</p>	<p> Worship Service at 10:45am Sundays Sunday School at 9:45am</p> <p>1720 4th Ave NW, Minot 838-0916 MinotBibleFellowship.org</p>
<p> Faith United Methodist Church 5900 Highway 83 N, Minot www.faithumcminot.com Pastor Ken Mund 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>To Advertise your Church on this page,</p> <p>Call 839-0946</p> <p>Only \$9.00 a space / per week</p>	<p>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</p> <p>Wednesday Evening Schedule Community Dinner 5:30-6:30pm Contemporary Worship 6:30pm Youth Group & Small Groups.. 7:15pm All are Welcome! www.ecominot.org</p>	<p> OUR SAVIOR LUTHERAN CHURCH 3705 11th St. SW Minot, ND 58701 701-852-6404 www.oslcminot.com</p> <p>Rev. Heath Trampe Rev. Brian Doel</p> <p>SUNDAY MORNING Worship Services 8:15, 9:30, & 11:00 am Sunday School Age 4 - Grade 12 9:30 am (Sept-May) Adult Bible Study 9:30 am</p>	<p> St. Mark's Lutheran Church <i>Missouri Synod</i> Sunday Worship 9:30 AM 2209 4th Avenue NW Minot, ND 839-4663 Reverend Philip Beyersdorf www.minotstmarks.com <i>Join us on facebook</i></p>
<p> Immanuel Baptist Church 1615 2nd St. SE, Minot 701-839-3694</p> <p>Sundays: 9:00 am.....Fellowship 9:15 am.....Sunday School 10:30 am.....Worship</p> <p>Wednesdays: 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>www.ibcminot.org e-mail: immanuel@srt.com</p>	<p> Christ Reformed Church Worship 11:00 a.m. Sunday 234 14th Ave SE www.christreformedchurchminot.com</p>	<p>St. John the Apostle Catholic Church</p> <p> 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. <i>Fr. David A. Richter, Pastor</i> Parish website: www.stjohnminot.com</p>	<p> First Lutheran Church - ELCA 120 5th Ave. NW 852-4853 Sunday Worship 9:30 am</p> <p>www.firstlutheran.tv (Live Stream & Recorded) Radio Broadcast KRRZ 1390AM Sunday 9:30 am www.flcminot.com</p> <p>Pastor Brandy Gerjets • Pastor Ellery Dykeman</p>	<p> Gospel Tabernacle Community Church 9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson</p> <p>Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday</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> 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</p>	<p>Minot Baptist Church</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. <i>Independent/Fundamental/KJV</i> 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p> Cross Roads Baptist Southern Baptist Convention</p> <p>Sunday School (all ages) 9:45 a.m. Sunday Worship 11 a.m. & 6:30 p.m. Wednesdays (Prayer & Missions) ... 6:30 p.m.</p> <p>www.minotcrbc.org email: minotcrbc@gmail.com Dr. Bob Farmer- Pastor 415 28th Ave SE (Behind Menards) 838-1873</p>	<p> West Minot Church of God <i>Family Worship Center</i> 1105 16th St. NW • 839-1407</p> <p>Sunday School 9:30 a.m. Sunday Worship 10:30 a.m. Children's Church & Nursery Wednesday Family Training Hour Meal 5:30p.m. Classes for All Ages 6:30 p.m. Youth Center, Friday 7:00 - 11:00 p.m. ABC Child Care Center 852-6352 westminot.com facebook.com/westminot</p>	<p>Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday</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>First Baptist Church</p> <p> 200 3rd St. SW • 852-4533 www.fbcminot.org</p> <p>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.</p> <p>Rev. Kent Hinkel, Senior Pastor Rev. Barry Seifert, Associate Pastor Pastor Sam Kautzmann, Student Ministries Elaine Carlson, Children's Ministry Director</p>	<p>Apostolic Faith Church, UPCI</p> <p>2929 19th Ave NW • Minot Located off Hwy 83 Bypass West (701) 838-0609</p> <p>Saturday School 2:00 p.m. Sunday Worship 3:30 p.m. Wednesday Bible Study 7:30 p.m.</p> <p>Jesse Starr, Pastor</p>	<p> OUR REDEEMER'S CHURCH <i>A Church of the Lutheran Brethren</i></p> <p>Sundays: Worship..... 9:00 a.m. & 11:00 a.m. 700 16th Ave SE • 701-838-0750</p> <p>For more information visit us on the web at: www.ourredeemers.org</p>	<p>ORCS Preschool</p> <p>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!</p> <p>NOW ACCEPTING REGISTRATIONS FOR THE 2022-2023 SCHOOL YEAR</p> <p>HIGHLIGHTS OF OUR PROGRAM</p> <ul style="list-style-type: none"> • Time-tested curriculum including STEM and Language Arts activities as well as Free Play • 2 and 3 day options available • Kindergarten readiness skills practiced each session • All teachers hold a North Dakota Professional Educator's License • Christ-centered environment <p>Please contact our school office or visit our website for more information. 701.839.0772 Email: jschultz@orcsknights.org Website: www.orcsknights.org</p>	
<p>ADVERTISE YOUR Church</p> <p><i>Advertise</i> FOR ONLY \$9 PER WEEK</p> <p><i>Revisions</i> MADE UPON NOTICE FROM THE CHURCH</p> <p><i>Deadline</i> TUESDAYS BY NOON WEEK OF PUBLICATION</p> <p>CONTACT US</p> <p>call 701-839-0946</p> <p>email NSADS@SRT.COM</p> <p>VIEW OUR PAPER ONLINE AT NORTHERNSENTRY.COM</p>		<p> OUR REDEEMER'S CHRISTIAN SCHOOL 700 16th Avenue SE Minot, ND 58701 info@orcsknights.org • 701-839-0772 www.orcsknights.org</p> <p>we've got the church you've been looking for <i>Your life matters to God!</i></p> <p></p>		

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MINOT AFB ANNOUNCEMENTS

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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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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



SUDOKU SOLUTION


PUZZLE ON PAGE C4

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

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WHAT'S GOING ON MAFB

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
- FAM-A-GANZA, 1800-2000, Turf, hosted by the Youth Center
- Murder Mystery Dinner Theater, 1800, Jimmy Doolittle Event Center
- Game Night Series: Fortnite, 1800, ESC, inside Bomber Bistro
- Karaoke Night, 2000, Rockers Bar & Grill

SATURDAY 30

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

SUNDAY 01

- Zumba, 1400, Fitness Center
- Finger Knitting Class, 1700-1900, Arts & Crafts Center

MONDAY 02

- Registration Opens - Garden Plot Renewals at Outdoor Recreation
- Registration Opens - Kids Fitness Day at the Youth Center
- HIIT Strength & Conditioning, 0530, Fitness Center
- TAP GPS Workshop, 0730-1600, A&FRC
- Family Fit Bootcamp, 1000, Turf hosted by the Fitness Center
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Fit to Fight, 1130, Fitness Center
- Barre Strength, 1930, Fitness Center

TUESDAY 03

- TAP (VA), 0800-1600, A&FRC
- Game Day, 1000-1930, Minot AFB Library
- Tactical Fit, 1130, Fitness Center
- Acrylic Paint Pouring Class, 1730-1930, Arts & Crafts Center
- Zumba, 1830, Fitness Center
- Yoga, 1930, Fitness Center

WEDNESDAY 04

- HIIT Strength & Conditioning, 0530, Fitness Center
- TAP (DoL) - Overview, 0730-1600, A&FRC
- Pre-Deployment/Remote Readiness Training, 1000, A&FRC, Zoom Meeting
- Story Time, 1030, Minot AFB Library
- Fit to Fight, 1130, Fitness Center
- Fighting Game Night, 1800, ESC, inside Bomber Bistro
- Yoga, 1830, Fitness Center

THURSDAY 05

- TAP (DoL) - Employment Workshop, 0800-1600, 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
- Cinco de Mayo Lunch Special, 1100-1300, Rockers Bar & Grill
- Tactical Fit, 1130, Fitness Center
- Mirror Etching Class, 1730-1930, 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.
- Military Appreciation Month: Dakota Inn Dining Facility
- Asian Pacific Heritage Month: Dakota Inn Dining Facility

FRIDAY 06

- Cycle & Strength, 0530, Fitness Center
- TAP (DoL) - Employment Workshop, 0800-1600, A&FRC
- Family Zumba, 1000, Turf, hosted by the Fitness Center
- Tactical Fit, 1130, Fitness Center
- EFMP Zoo Series, 1600-1700, Roosevelt Park Zoo, hosted by A&FRC
- First Friday, 1600-2000, Jimmy Doolittle Event Center
- Game Night Series: Mario Party, 1800, ESC, inside Bomber Bistro
- Karaoke Night, 2000, Rockers Bar & Grill

SATURDAY 07

- National Golf Day Scramble, 0900, Rough Rider Golf Course
- Barre Strength, 1000, Fitness Center
- Warhammer 40,000 Casual Game Day, 1600, ESC, inside Bomber Bistro

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

The B-Fifty Brew • Iced Coffee

Freshly brewed Starbucks® Iced Coffee Blend served chilled and sweetened over ice. An absolutely, seriously, refreshing lift to any day. Tall \$2.35 • Grande \$2.60 • Venti \$2.85

Rockers Bar & Grill • Shrimp Basket

Corkscrew shrimp lightly battered and fried golden brown served with fries, cocktail sauce, and a drink! Get yours today for \$9.95!

MAY SPECIALS

Bomber Bistro • Bacon, Ham, and Provolone Wrap

Smoked julienne ham, bacon, tomato, lettuce, provolone cheese, and chipotle mayo on your choice of spinach, flour, or garlic tortilla! Served with chips and a drink for \$9.25

The B-Fifty Brew • Tasty Refreshers

Start your day with a thirst-quenching Refresher! Available in Strawberry Acai, Mango Dragon Fruit, and Pink Drink flavors! Take it to go today! Available in Tall \$3.85, Grande \$4.35, Venti \$4.85

Rockers Bar & Grill • Big Bully Burger

2 seasoned 1/4lb patties, bacon, fried onion strings, cheddar, pepper-jack, provolone, swiss cheese, and barbecue sauce on a bed of lettuce and tomato. Served with fries for only \$10.75!

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