

# northern sentry

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## WHATS INSIDE THIS WEEK:



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A MOTHER'S DAY TRIBUTE: MILITARY MOMS

A3



DEDICATED CREW CHIEF CEREMONY

C1



Last week Airmen from 742nd Missile Squadron from Minot Air Force Base volunteered their time to wrap diapers for Project Bee. They wrapped hundreds of diapers that will be distributed through the Dakota Diaper Pantry for local families in need. To learn more about Project Bee's Diaper Pantry or other services they provide, visit [projectbeend.org](http://projectbeend.org)

PROJECT BEE PHOTO

# Jerome's

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# The North Dakota Outdoors are Calling— Finally!

ERIN BEENE

The sun is shining, the grass is attempting to get greener and all of Minot AFB is aching to get out and enjoy some warmth! The Minot Outdoor Recreation Center is here to assist. Last Friday, the ODRC hosted an Open House to show off all the equipment they rent, the trips they plan and the plethora of activities and fun that can be obtained in the North Dakota outdoors. This event hosted the National Park System Park Rangers who were giving out FREE 2022 National Park passes to all military members and dependants! These passes can also be obtained by visiting any National Park and showing a Military ID. The Rangers took time to point out all the National Parks within driving distance from Minot, including Theodore Roosevelt National Park



Park Rangers Tabitha Cool and Andy Rankin informing MAFB residents about National Parks in North and South Dakota at the Outdoor Rec Open House.

and the Badlands National Park in South Dakota. Also present was a representative from the Minot Parks District with info from the Roosevelt Park Zoo, local trails, summer sports programs and much more! The event had free, sizzling hot dogs on the grill and a faux camping area complete with a tent and sleeping bags that displayed everything that can be rented from Outdoor Rec in a visually pleasing way.

Rounding out the really cool experiences offered by Outdoor Rec is the recreational vehicle and camper rental program, where one can rent any size RV for the day, weekend or longer! If new to North Dakota summers, one thing to be discovered is this state's obsession with camping. The mild days, cool breezy nights and extended daylight hours make North Dakota a camper's dream. To get some tips for new campers in the state, this reporter caught up with a local camping enthusiast, Thomas Pierce. Pierce's first camping trip in the state was in 2019 when he and his family rented an RV from Outdoor Rec. He recollected their first time camping and how the learning curve made the adventure even more memorable. He said, "... our first camping trip was memorable because...we forgot our bicycles but we remembered to take the helmets. The corkscrew broke when we tried to open the bottle of wine. The strangers next to us gladly let us borrow their bottle opener and we spent the rest of the weekend talking and sharing food with each other. Lastly, we

ran out of fresh water on our last day so instead of taking a shower, we used baby wipes." Pierce recalled that, " Instead of being angry and worrying about having a perfect vacation, I realized I was still having fun. I realized that my family was also delighted by the challenges and they were happy." After exploring over 9 campgrounds in the state, Pierce recommends newbie campers to not worry about forgetting something. He says most neighbors are happy to help out and if you're worried about how to do something, there are lots of YouTube videos to help you out in almost every situation. He also recommends that anyone interested in camping here should join the Minot AFB Camping Crew Facebook Page which has several hundred local campers willing to help and answer questions. When asked, Pierce mentioned that his favorite campground in the state was, "...Van Hook Resort near New Town because they have lake-front sites and family activities every weekend. There's also a small convenience store for the items that were forgotten. My little kids enjoyed the two different playgrounds, the swimming area, and the hikes around the lake." He also mentioned that his family loved Medora Campground because it's on the river and there are lots of trees for shade as well as very friendly staff. Why is he hooked on camping now? Pierce said camping brings him calm and "...I enjoyed seeing the sunsets over the lake and the sensation of leaving stress at work. Our family



Fishing Guide Brett Bloemendaal doing what he does best: Fishing and helping others enjoy it too.

enjoys camping because it makes us de-stress and spend time with each other."

If spending entire days outdoors does not sound enjoyable, what about just a few hours on the lake? Don't let fear of inexperience be a worry. This reporter caught up with North Dakota fishing guide, Brett Bloemendaal, at the ODR Open House and learned a thing or two. Bloemendaal grew up in the Midwest and often went fishing with family as a child. Later in life he ditched the outdoors to become an investment analyst. After a while, the outdoors were calling again so he decided to quit his job in the business world and return to the fresh air to become a Fishing Guide instead. Bloemendaal now offers fishing tours for all ages and all experience levels based in Garrison, an hour's drive south of the base. He is licensed, insured and

presented with a very forthcoming, yet relaxed and friendly demeanor that exudes fishing knowledge. He books tours all summer season, yielding positive online reviews and videos from satisfied customers. For more information about booking a fishing tour this summer, find Brett on bloemendaalfishing.com or Bloemendaal Fishing on YouTube.

It has to be said: North Dakota in the summer is beautiful. Whether it be camping, fishing, swimming or gardening, getting outside this summer to enjoy the expansive blue sky is a must. There are plenty of opportunities for all ages to try something new and give an outdoor interest a go. Stop by the Outdoor Rec Center for TONS of support and information, or just sit outside and have some lemonade with friends. The nice weather is finally here, so don't waste it!



Pierce Family RV Camping in North Dakota

POLICE WEEK

## GOLF

### TOURNAMENT

2022

THURSDAY

19 May 2022

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# A Mother's Day Tribute: Military Moms

ERIN BEENE

Mother's Day weekend is here again. It's the time of year where moms everywhere get extra love, hugs and 'maybe' a little extra time

to sleep. While this Sunday is a day to celebrate all moms everywhere, here at the Northern Sentry, we would like to give a special shout-

out to our active duty mothers here at Minot AFB. These moms not only wear the Air Force uniform bravely, but also show their

children how women can make a difference in the world. We thank you for all you do as moms and as Airmen! Check-out some of our

active duty moms and what they said being a 'Mom in the Military' means to them.



TSgt Laurielle McDermott  
891st Missile Security Forces Squadron



SrA Lynette Albo  
91st Missile Security Operations Squadron/Convoy Response Force



A1C Tayshia Pugh  
5th Security Forces Squadron



MSgt Adrian Galcik  
91st Missile Security Forces Squadron



TSgt Ariel Venne  
5th Operational Medical Readiness Squadron

"Sometimes it's stressful, but more often than not it's just a little hectic and messy. Morning daycare drop offs, late training days, and still have to come home and make sure dinner is ready or that my home is taken care of. My husband and I are both active duty so we divide and conquer and that really helps. I couldn't imagine doing it alone. Because it really takes a village. I have amazing leadership that is incredibly understanding about the struggles with finding childcare, so from time to time I bring my 4 month old to work with me." - TSgt Laurielle McDermott, 891st Missile Security Forces Squadron

"Being a mom in the military can be challenging but I'm in a great squadron that allows me to be home everyday to be able to see my little man. My leadership always has my back when it comes to any issue I may have with childcare or any other family issues. What made me stay in the military instead of getting out is all the amazing people I have met while being in."- SrA Lynette Albo, 91st Missile Security Operations Squadron/Convoy Response Force

"Motherhood is truly amazing. To me being a military mother is an added bonus. I get to be a positive role model in my son's life showing him that life is about continuously improving yourself. I'm able to simultaneously serve my country and provide for those closest to me. I can fulfill my career alongside caring for my child has been a tremendous blessing. It requires a little more sweat and tears some days but I'm grateful for this opportunity."- A1C Tayshia Pugh, 5th Security Forces Squadron

"As a military mother of 19 years being a mom is one of the greatest achievements. Being a mother has allowed me to be a better leader and First Sergeant for my Airmen. While some days may be challenging, my children are the reason why I am always excited to return home. Their warm smiles and hugs make the day melt away."- MSgt Adrian Galcik, 91st Missile Security Forces Squadron

"Being a mom in the military has been one of the most rewarding yet most difficult tasks I've encountered. Finding a perfect balance between work and home, especially as I progress in rank, is nearly impossible. However, I am proud to be a strong role model for my son and daughter. They are the light to my day and the strength I need when I feel like a failure. They motivate me to be the best mom and leader I can be. I cannot imagine life without them."- TSgt Ariel Venne, 5th Operational Medical Readiness Squadron

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**2022 National Police Week**  
Opening Ceremony Location: Minot AFB 5 BW/HQ flagpole, 16 May 2022, 0900hrs-1000hrs (Ruck into Opening Ceremony 0700 from Bldg 547 to flagpole)  
Coffee with a Cop Location: Bomber Bistro, 17 May 2022, 1300hrs-1600hrs  
Battle of the Badges Competition Location: Bld 437/JTC, 18 May 22, 0800hrs-till competition is complete  
Golf Tournament Location: Rough Rider Golf Course, 19 May 22, 0800hrs-1700hrs (Or when complete)  
Closing Ceremony Location: Minot City Hall, 20 May 22, 1300hrs-1400hrs  
Community Demo/Display Day Location: BX parking lot, 21 May 1400hrs-1800hrs  
May 15-21 | Locations Vary  
TSGT Tony A. Green  
tony.green.1@us.af.mil  
253-320-3407

## CONTACTUS

**Ted Bolton**  
 Publisher | Advertising  
 bagroup@srt.com

**Rod Wilson**  
 Business Development | Marketing  
 sentrysales@srt.com

**GRAPHIC DESIGN BY**  
**Nikki Greening**  
 nsads@srt.com or  
 nsgraphics@srt.com

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**PUBLIC AFFAIRS**  
**Chief**  
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**NEWS SUBMISSIONS**  
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**MAFB Public Affairs Office**  
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### MAIL

315 South Main Street, Suite 202  
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MINOT AIR FORCE BASE NEWSPAPER  
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## PHOTO FLASHBACK



Team Minot's Female Electronic Warfare Officers and Weapons System Officers pose in front of a B-52H Stratofortress on Minot Air Force Base, North Dakota, March 18, 2021. These women call themselves the baronesses and work in the 23rd Bomb Squadron.

U.S. AIR FORCE PHOTO | AIRMAN ALLISON MARTIN

# Stay Optimistic

The views on the local news of the extreme northwest corner of the state show mammoth snow drifts and downed power lines. Those in the 91st Missile Wing are also dealing with the extreme spring snow fall in that area, too. All three winter storms dumped massive snow amounts, and the last storm doubled up with rain that turned to ice downing power lines and leaving thousands without power.

Now in the aftermath of those snowstorms will be the melting snow that will leave roads flooded and some will be impassable.

Certainly, we think about the communities in that area as they try to deal with the situations presented now that spring has brought warmer temps. In talking to a couple of my 91st MW friends last week I heard about "mud and flood". Muddy roads and high water levels are always a challenge in the spring, but it becomes an even larger challenge when you are talking about 48 to 60 inches of snow, and more. So even though the work of the maintenance people from the 91st MW doesn't make the headlines, we know that the job

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



of staffing and maintenance on the missile system is 24/7, no matter what the weather or conditions.

So, stay optimistic friends, as spring in North Dakota has finally sprung. You can put away your snow shovels and talk about outdoor events, like a bar-b-que

or trip to the park, without much concern. Having been a life-long resident, I can remember snow on July 4th, albeit not much snow, but enough to make the ground white. So, Mother Nature still has the final trump card, always. Let's just hope that she doesn't play it!

## TODAY'S SMILES



No Appointments Necessary!

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# Cream of Mushroom Soup



**SHE'S NOT FROM AROUND HERE**  
AMY ALLENDER

We've got to talk about the blizzards one more time. Just once more. Then I'm done. Unless, of course we get another blizzard. If we get a blizzard in May, all bets are off and you betcha I'll write about it.

But for today, let's confidently hope that blizzard warnings are in the rearview mirror and we won't need to lace up our snow boots again until — at earliest — September.

Now that the snow is melting and we are getting glimpses curbs along the streets (who knew curbs could be so dearly missed?), things are starting to look a little more normal. People are running

errands. Dogs are being walked. Mail is being delivered. Store shelves are restocked.

It's the store shelves I want to draw attention to today. The grocery-buying frenzy prompted by an imminent storm has come to a close. So, I'll take this moment for a little commentary on the one item that flies off NoDak grocery store shelves when a blizzard is in the forecast.

Cream of mushroom soup. Okay, really any "cream of" soup. However, I have it on good authority that cream of mushroom is often the preferred "cream of" because of its versatility. Apparently cream of celery is a close second. Surprisingly, cream of chicken ranks low on the list.

Around here, stocking up on cream of mushroom soup before heavy snowfall or sub-zero temperatures is a survival technique. Before our recent blizzards the "cream of" soups seemed to disappear from shelves as though they were rolls of toilet paper in March 2020. As I did my

pre-storm shopping to stock up on my own version of necessities: coffee, coffee creamer, milk, and diapers, I couldn't help but notice the vacant can slots in the soup aisle.

I can't liken it to anything else I've ever seen anywhere else. Cream of mushroom soup just may be the most singularly unifying North Dakotan item there is.

The need to be well stocked with cream soups separates the native North Dakotans from those of us who aren't from around here. The weight you place on your cream soup inventory draws a distinct line between the casseroles and the hot-dishes.

Why cream of mushroom? Why cream soups? What do they need them for?

I have two words for you: Hot. Dish.

There's a reason I call this "Hot Dish Territory" and this is it. It's not just that folks here refer to casseroles as "hot dishes." It's the

prominent place a hot dish has in society. If one is well stocked with cream of mushroom soup, the hot dish possibilities are nearly endless. You could make hamburger hot dish, taco hot dish, chicken and rice hot dish — or, the most popular of all, tater tot hot dish. You could also go the pot-pie route, which I've been told is a close cousin to the hot dish.

When cold and snow encroach, the natives turn to cream of soup and tried and true hot dish recipes just as much as shovels and snow throwers. It's comfort, familiarity, warmth and faith that this storm will pass and summer will arrive. It's the beauty of a humble can of soup becoming a mascot for weathering the storm. It's all of that and more, served out of a 9x13 pan, held together with cream of mushroom soup.

It's something those of us who aren't from around here should stop and notice. How do they do it? How do they get through

a lifetime of brutal winters and unpredictable springs? Hot dishes. And cream of mushroom soup.

Do you have an observation that is uniquely Dakotan or Minot? I'd love to hear from you. Reach me on Instagram @amy\_allender or by email at amy.allender@mydakotan.com.



Tater Tot Hot Dish, in case you are not familiar.

AMY ALLENDER PHOTOS



A sign that survival instincts have kicked in across Hot Dish Territory.

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## Welcome Dr. O'Riley

### Clinical Psychology

Christine O'Riley, PsyD

Trinity Health is pleased to welcome Christine O'Riley, PsyD, to our behavioral health team. Dr. O'Riley is a board-certified clinical psychologist with 20 years of experience helping adult patients deal with cognitive impairments and sleep disorders due to trauma or illness.

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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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Monday: 7:30am – 6:00pm  
Tuesday: 9:00am – 6:00pm  
Wednesday: 7:30am – 6:00pm  
Thursday: 7:30am – 6:00pm  
Friday: 7:30am – 4:30pm  
Saturday: 2 a month by appt  
Sunday: Closed

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# 5th Medical Group Pharmacy Implements New Feature to Better Serve Patients

The 5th Medical Group Pharmacy is happy to announce that they will have a new text feature to let you know exactly when medications are ready for pick-up. During the check-in process simply alert the pharmacy staff that you would like to receive a text message when the medication is ready, and their team will verify telephone contact information. Patients can receive text messages when filling civilian or military provider ordered prescriptions. Furthermore, if there is any type

of issue with a prescription, a text message will alert you to contact the pharmacy for more details. Patients can get information about low stock or medications that need prior authorizations from providers faster and without a trip into the medical facility. Finally, if 5 MDG patients forget to pick up medications, a reminder text message will be sent to alert them that the medication is pending pick-up. 5 MDG is proud to serve you and excited to introduce this new communication feature.



A1C Rushanna Rayson, Pharmacy Technician.

## Baked Chorizo Cheese Dip



### INGREDIENTS

- 1 small Tomato, chopped
- 1 Serrano Chile, seeded & chopped
- 2 tbsp fresh Oregano, chopped
- 2 tbsp fresh Cilantro, chopped
- 8 oz mild Cheddar Cheese, grated
- 8 oz Monterey Jack Cheese, grated
- 1 tbsp All Purpose Flour
- 1 (4 oz) fresh Chorizo or Hot Italian Sausage, casing removed
- 1/2 cup Red Onion, minced
- 2 cloves Garlic, minced
- 1/2 cup Light Beer
- Tortilla Chips

1) Mix together the tomato, chile, cilantro and oregano in a small bowl. Season with salt and let stand for 30 minutes.

2) Meanwhile, toss both cheeses with flour in a medium bowl. Cook chorizo in a medium saucepan over medium heat, breaking up with a wooden spoon, until it begins to render (about 1 minute). Add onion and garlic and continue cooking until chorizo is cooked and onion is soft and translucent (about 5 minutes).

3) Transfer chorizo mixture to a small bowl and return saucepan to heat. Add beer and simmer stirring occasionally; scrap up any browned bits.

4) Whisking constantly, add cheese mixture a 1/4 cup at a time, allowing it to become blended and smooth between additions. Stir in chorizo mixture.

5) When ready to cook, set the temperature to 350°F and preheat, lid closed for 15 minutes

6) Transfer saucepan contents to a medium dutch oven and place directly on the grill grate. Cook 15-20 minutes until the top is lightly browned and bubbling.

Serve with tortilla chips. Enjoy!

\*Cook times will vary depending on set and ambient temperatures.

Access this, and over a thousand other Traeger recipes on the Traeger App.



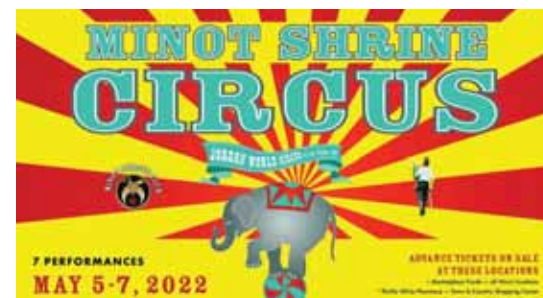
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HOE Minot

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# Upcoming Events

**5-7 MAY** MINOT SHRINE CIRCUS 2022  
VARIOUS TIMES  
North Dakota State Fair Center - All Seasons Arena  
2005 Burdick Expy, Minot

Advance tickets can be purchased at these locations after April 1: White Drug, Town & Country, All MarketPlace Foods, Stop & Shop, 529 Burdick Expy, Lien's Jewelry, Downtown, Outdoor Recreation at Minot AFB  
Advance tickets at the above merchant locations: Adult -- \$12, Teen -- \$10, Senior Citizens 65+ -- \$10, Children -- \$6, Preschool Children -- free. Active Duty Military -- \$12 (Active Military tickets are only available at the Outdoor Recreation on the Minot AFB or at the All Seasons Arena box office before each performance. Must present Military ID.) Tickets purchased at the All Seasons Arena box office before each performance: Adult -- \$15, Children -- \$7. See you there!!



For more information:  
www.minotshriners.com

**6 MAY** STRIDES FOR SUNNYSIDE SUPERHERO 5K  
6:00 PM  
Roosevelt Park  
1215 E Burdick Expy, Minot

Grab your family and/or friends, dress like your favorite SuperHero (or not), and join us for a fun run through Roosevelt Park! Tickets are \$20 a piece and can be purchased at www.runsignup.com. Registration ends May 6.



For more information:  
Facebook Event / SUPERHERO 5K

**7 MAY** GRANVILLE JUNKAHOLICS JUNKLOVER VINTAGE MARKET  
9:00 AM - 4:00 PM  
North Dakota State Fair Center,  
2005 Burdick Expy E. Minot

Granville JunkAholics are hosting their annual JunkLover Vintage Market. This is the largest indoor spring junk market in North Central North Dakota. You won't want to miss this junk event if you love shopping, reminiscing, and hunting for that one of a kind piece. \$5 admission

For more information:  
Facebook Event/Granville Junk Aholics

**8 MAY** MOTHER'S DAY AT THE ZOO  
10:00 AM - 1:00 PM  
Roosevelt Park Zoo  
1215 E Burdick Expy, Minot

Mom admission is free with the purchase of a child's admission. (Even if that child is 2 & under and free, even if that child is now an adult.)

For more information:  
Facebook Event/  
Roosevelt Park Zoo /  
Mother's Day at the Zoo



**9 MAY** BASICS OF BABY CARE  
6:00 PM - 8:00 PM  
Trinity Health (Health Center - Riverside)  
1900 8th Ave SE, Minot

Welcoming a new baby is a special and exciting time! A time that can also bring up many questions: How will I know my baby is hungry? When will my baby sleep? How do I keep my baby safe? This class will answer those questions and more! We will cover the basics of newborn care such as feeding, bathing, diapering, soothing, and sleep. This class does NOT include infant CPR. Available to expectant or parents of newborns. Classes are free of charge to parents delivering their baby at Trinity Hospital Family Birth Center. There is a charge if delivering at an outside facility. For more information call 701-857-2352 or toll free 800-862-0005, Monday - Friday, 8:00 a.m. to 3:30 p.m.



Registration required  
Facebook Event / Trinity Health / Basics of Baby Care

## On Base

**FAMILY LIP SYNC FACE OFF**  
13 May 2022  
6PM - 8PM  
Youth Center  
Pasta Dinner: \$5 per plate  
Eat, Drink, & Lip Sync!  
Join us for dinner and a show put on by YOU!  
For more information, call the Youth Center at 723-2638

**Golf Course Egg Hunt**  
at Rough Rider Golf Course  
May 14th - May 28th  
We have hidden eggs on the course!  
Each egg contains a prize including free range balls, range passes, free rounds of golf, or free carts. If you get a golden egg you could win a season golf pass or cart pass.  
Only paying customers are eligible to win. Limited to one prize per customer.

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# Discover Minot Excursion: Find Out Why You Might NOT Hate it Here

ERIN BEENE

The “Minot Meltdown” (not referring to the massive snow melt) is that familiar moment of dread and overwhelming despair that washes over many Airmen and their family members when they receive orders to the 5th Bomb Wing or the 91st Missile Wing. You know what I’m talking about. Deemed as one of the least ideal bases in the military from notable online sources as Military.com and Militaryspouse.com, not too many Airmen are putting Minot AFB on their dream sheets. However, despite the months of seemingly ever lasting cold and wind, there are people who have realized that Minot isn’t really all that bad if given a chance. In fact, some even say that they end up LOVING it here.

So what makes Minot a worthwhile and special assignment that can become a favorite? Besides the welcoming citizens, quaint small town feel and beautiful summers, the city of Minot has so many hidden gems that will bring a smile to even the most cynical newbie; however, sometimes these unique shops and fun experiences can be hard to uncover. Instead of waiting for you to discover all Minot has to offer, the Northern Sentry has made it its mission to bring the town of Minot to YOU with the brand new Discover Minot Excursion.

This tourist-style tour bus adventure will pick up Airmen and adult dependents on base and

give you a day of sight-seeing and discovery of your temporary home. We’re betting that even those who have been here a while will discover something new. Scheduled for Wednesday, May 25, the Discover Minot Excursion will not only show you around town and direct you to all the cool locations, it also offers a tasty lunch from ‘Cookies for You’, a chance to win a few hundred bucks in gift cards, plus other perks all for only \$10/person! This morning and afternoon excursion connects you with the city and all the hidden downtown Minot opportunities, allowing you to get established quicker and feel at home sooner. To help you have

a great assignment, the Discover Minot Excursion is open to new and seasoned Minot AFB members. Spaces are extremely limited, so visit downtownminot.com to find out how to sign up today.

We know, May is a crazy month. So if you are bummed that you can’t make it this time around, fear not! The Northern Sentry plans on making the Discover Minot Excursion a seasonal thing, having one in early Fall as well as a special holiday-themed excursion in early December. We will keep you posted on further dates and we look forward to showing you around town!



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## A LOOK BACK

### THIS WEEK IN USAF HISTORY

**LT. COL. JOE JACKSON SAVES A  
THREE MAN COMBAT CONTROL TEAM**

MAY 12, 1968

Retired Col. Joe Jackson poses with a permanent Medal of Honor display at the Pentagon in Arlington, Va. (USAF Photo by Scott Ash)

During the Vietnam War on May 12, 1968, former Lt. Col. Joe Jackson was commander of an unarmed C-123 transport aircraft. The plane was flying an emergency mission in South Vietnam after a special forces camp at Kham Duc was overrun by the enemies, who were in complete control of the area. Over the radio, Jackson learned that a three-man combat control team had been accidentally left behind after the camp was evacuated. Jackson made the decision to respond and descended to the landing strip of the camp under heavy fire. After landing, enemy forces dropped a rocket near the plane, but fortunately it was a dud. Jackson was able to rescue the CCT and bring them to safety in Da Nang. Despite the amount of enemy fire during the rescue, the C-123 was found to have no damage or bullet holes upon arrival. For his heroism, Jackson received the Medal of Honor on January 16, 1969. He passed away on January 12, 2019.

Information courtesy of: [af.mil](http://af.mil)

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# First female B-52 squadron commander takes charge

RACHEL NOSTRANT, AIRFORCE TIMES

The Air Force has officially welcomed its first female B-52 squadron commander at Barksdale Air Force Base in Louisiana.

Lt. Col. Vanessa Wilcox took command of the 96th Bomb Squadron, 2nd Operations Group, on April 21.

"I am humbled and grateful for the opportunity to lead this historic squadron," Lt. Col. Wilcox told the Shreveport Times. "I'm proud to serve alongside the men and women of the 96th BS to build upon a legacy left by so many great Airmen over its 105-year tenure. - First to bomb!"

Wilcox is a B-52H Weapon Systems Officer and most recently served as the deputy group commander for the 2nd Mission Support Group and director of operations for the 20th Bomb Squadron.

She has deployed multiple times to the Pacific area of operations.

Wilcox assumed command from outgoing Lt. Col. Christopher Duff.

In previous years, B-52s from the 96th Bomb Squadron have deployed as part of a Bomber Task Force to Guam and, more recently, in support of NATO operations in the Baltics.



Lt Col. Vanessa Wilcox, incoming 96th Bomb Squadron commander, poses in front of a B-52H Stratofortress at Barksdale Air Force Base, Louisiana, April 21, 2022. Wilcox is the first female B-52 squadron commander in the Air Force.

U.S. AIR FORCE PHOTOS  
AIRMAN 1ST CLASS  
CHASE SULLIVAN

## BABY ANNOUNCEMENTS







**BABY GIRL BORN ON TUESDAY, APRIL 26, 2022 TO: WHITNEY AND AUSTIN GLEAVE MINOT, ND**

**BABY BOY BORN ON WEDNESDAY, APRIL 27, 2022 TO: NICOLE AND BRANDON BIWER STANLEY, ND**

**BABY GIRL BORN ON FRIDAY, APRIL 29, 2022 TO: DANIELLE LINGHAM AND MONTAY HALL MINOT, ND**

**BABY GIRL BORN ON SATURDAY, APRIL 30, 2022 TO: YULISA AND CJ WASHBURN NEW TOWN, ND**

**BABY BOY BORN ON SATURDAY, APRIL 30, 2022 TO: MICHELLE AND SHANNON DIEATERLE KIEF, ND**

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

## Let's Plan Your Party!



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\$12 for each additional person

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Sunday, May 8, 2022

10am to 2pm

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### BALD EAGLE

**CREATURE FEATURES**

- The national bird of the United States, it is the only eagle unique to North America.
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- Its skeleton weighs about 1/2 lb, only 5 to 6% of its body weight. Their bones are hollow. This allows the Bald Eagle to soar to altitudes of over 10,000 feet.
- Their beak tip is used for tearing. Bald Eagles kill their prey with their talons by penetrating flesh.
- A Bald Eagle's skin is protected by over 7,000 feathers lined with down. Their feet are cold resistant, consisting mostly of tendons.

**Fact File**

Life Span	15 - 20 years
Weight	10 - 14 pounds
Body Height	30 - 37 inches
Wingspan	70 - 90 inches
Top Speed	30 - 35 mph
Wild Diet	Onion (Carnivore) Herbivore Fish, Other birds, Carrion

### WORD SCRAMBLE

Rearrange the letters to spell something pertaining to water quality.

**RILFTE**

Answer: Filter

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# DOD Celebrates Military Spouse Appreciation Day

DEPARTMENT OF DEFENSE

This year's Military Spouse Appreciation Day is May 6.

Traditionally, it is the Friday before Mother's Day, building on the idea that 92% of military spouses are female. C. Eddy Mentzer, associate director of military community support programs for the Office of the Deputy Assistant Secretary of Defense for Military Community and Family Policy, said.

Although the commemoration is only for a day, installations around the globe have a variety of spouse appreciation events throughout the month, as do many military and veteran service organizations.

Military OneSource has a variety of events on various days in May. Mentzer said the premier Military OneSource event this month is a three-day virtual symposium specifically designed for the military spouse community, scheduled for May 10 to 12.

Activities planned for that virtual symposium include:

- Sesame Street for Military Families
- Career building skills
- Discovering your talent
- Personal branding

- Job search tips
- Finding the right balance in life
- Tips on thriving in the workplace
- Money-saving ideas
- How to become an entrepreneur
- Guide to stronger relationships

"With a million military spouses across the active and reserve components, that's a million individual stories," Mentzer said, referring to the unique life experiences of each of those spouses.

"That's something as a department that we have to really recognize. While we can't solve every challenge, we have to listen to those unique individual stories," he said.

Military spouses are important for several reasons, Mentzer said, including manning the home front when the service member is deployed and providing moral and emotional support.

Knowing that the military is taking good care of spouses and families has a major impact on troop morale and readiness, he said. It also factors in their decision on whether to reenlist.

Mentzer can speak authoritatively

about military spouses because he's been one for 21 years and still is. He has also been at the forefront of military family readiness for more than 30 years as a federal civilian, spending more than a decade working in the office of the secretary of defense.

His wife, Eries, an Air Force colonel, is the wing commander of Maxwell Air Force Base in Alabama. They have one child, Jaxson, who is 11.

"One of the things we talk about quite often is focusing on having complementing, not competing careers. And you know, it is doable. It's not easy. We've each had to make sacrifices. But we've also been able to achieve quite a great deal," he said.

Mentzer mentioned that military life must have rubbed off on Jaxson, whose goal is to be a military broadcast journalist. He turns 12 this month so in just a few years that goal will be within reach.

Visit the Military Spouse Appreciation Month page for resources and information and to register for the symposium.

# DOD Hosts Annual Virtual Military Spouse Symposium

DEPARTMENT OF DEFENSE

In celebration of Military Spouse Appreciation Month in May, the Defense Department Spouse Education and Career Opportunities program will host its sixth annual Virtual Military Spouse Symposium on May 10-12.

This year's theme is "2022 for YOU — More for Your MilLife." The free event will introduce military spouses to proven tools and techniques for powering their approach to achieving career, personal and family goals. The event will close with an interactive networking opportunity with other military spouses from around the world, DOD leadership and SECO program team members.

During the symposium, military spouses can explore real world examples to develop their unique brand, setting goals and gaining work experience, understanding and tailoring the job search, mastering finances and improving relationships.

"The Virtual Military Spouse Symposium is the premier Defense Department event for military spouse empowerment and goal setting," said Deputy Assistant Secretary of Defense for Military Community and Family Policy Patricia Montes Barron. "We know investing in yourself translates into good outcomes for your family."

DOD will host the Virtual Military

Spouse Symposium via the Zoom platform, making it accessible to military spouses around the globe. All are welcome to attend no matter what phase of their military life and career they are in.

Registration is now open.

For more information, call Military OneSource at 800-342-9647 to speak with a SECO career coach, start a live chat and visit the SECO website to register for the event.

To learn about other events throughout May that celebrate and support military spouses, visit the Military Spouse Appreciation Month page on the Military OneSource website.



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## SNOW REMOVAL EFFORTS



A snow plow is clearing the streets of snow on Minot Air Force Base, N.D., April 6, 2022. The Pavements and heavy Equipment shop of 5th Civil Engineer Squadron assisted in clearing the roads during a blizzard.

U.S. AIR FORCE PHOTO | AIRMAN ALYSA KNOTT



Two Airmen pose for a photo together on Minot Air Force Base, N.D., April 26, 2022. The Airmen were assisting in the shoveling of snow to create a trench to help water flow away from a missile launch facility.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN CALEB KIMMELL



Airmen dig a trench April 26, 2022 at Minot Air Force Base, N.D.. They shoveled over two feet of snow to prepare for the possible flooding from the melting snow.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN CALEB KIMMELL



Airmen are shoveling snow April 26, 2022 on Minot Air Force Base, N.D.. They are digging a trench to make sure the launch facility isn't flooded by the melting snow.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN CALEB KIMMELL

<p><b>EVERYDAY HAPPY HOUR • 3PM – 6PM</b></p> <p>\$2 off All Apps</p> <p>\$3 House Wine &amp; Domestic Pints</p> <p>Bavarian Pretzels with Beer Cheese Sauce</p> <p>\$4 Rail Drinks, ND Brewery Pints &amp; 22oz Domestic Taps, 4 Lettuce Cups</p> <p>\$5 Moscow Mule</p> <p>\$6 Specialty Cocktails, Martinis &amp; 22oz ND Breweries Taps</p> <p>½ Flat Bread Pizza</p>	<p><b>DAILY SPECIALS</b></p> <p>Monday \$5 Moscow Mules (all day)</p> <p>Tuesday \$4 ND breweries (all day)</p> <p>Wednesday ½ Price Wine by the glass/bottle (all day)</p> <p>Thursday \$1 up for all Tall Taps (all day)</p> <p>Sunday BRUNCH (11am-2pm)</p> <p>\$7 TSR Bloody Mary &amp; Caesars</p> <p>\$12 Bottomless Mimosas</p> <p>\$6 Breakfast Shots</p>	<p><b>FAMILY PACKS</b></p> <p>Monday Pizza Pack Combo</p> <p>Tuesday Sandwich Pack</p> <p>Wednesday Chef Creation*</p> <p>*Changes Weekly – Check our Facebook Page</p> <p>Thursday Pasta Pack</p>
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## Local Cravings

# Restaurant Guide

<p style="text-align: center; color: red; font-weight: bold;">Applebee's Grill &amp; Bar</p> <p style="font-size: small;">2302 15th St SW, Minot, ND 58701 Phone: 701.839.2130 www.applebees.com</p>	<p style="text-align: center; color: red; font-weight: bold;">Bone's BBQ Smokehouse &amp; Grill</p> <p style="font-size: small;">1412 2nd Ave SW, Minot, ND 58701 Phone: 701.838.9140 www.bonesbbqminot.com</p>
<p style="text-align: center; color: red; font-weight: bold;">Badlands Restaurant &amp; Bar</p> <p style="font-size: small;">1400 31st Ave SW, Minot, ND 58701 Phone: 701.852.7335 www.blgrill.com</p>	<p style="text-align: center; color: red; font-weight: bold;">28 Tastes &amp; Taps</p> <p style="font-size: small;">1603 35th Ave SW Minot, ND 58701 Phone: 701.838.2828 www.facebook.com/28tastes</p>
<p style="text-align: center; color: red; font-weight: bold;">Mi Mexico</p> <p style="font-size: small;">3816 South Broadway Minot, ND 701-858-0777 Phone: 701.858.0777 www.mimexicominoind.com</p>	<p style="text-align: center; color: red; font-weight: bold;">Pink's Bar &amp; Grill</p> <p style="font-size: small;">102 128th Ave NW Minot, ND 58703 Phone: 701.852-2385 www.facebook.com/PinksBarGrill</p>
<p style="text-align: center; color: red; font-weight: bold;">Culver's Restaurant</p> <p style="font-size: small;">3000 S Broadway, Minot, ND 58701 Phone: 701.852.4800 www.culvers.com</p>	<p style="text-align: center; color: red; font-weight: bold;">Prairie Sky Breads</p> <p style="font-size: small;">3 1st St. SE, Minot, ND 58701 Phone: 701.858.0612 www.prairieskybreads.com</p>
<p style="text-align: center; color: red; font-weight: bold;">Ironhorse Kitchen + Bar</p> <p style="font-size: small;">21 E Central Avenue, Minot, ND 58701 Phone: 701.852.8183 FB: Ironhorse Kitchen + Bar Minot</p>	<p style="text-align: center; color: red; font-weight: bold;">The Starving Rooster</p> <p style="font-size: small;">30 1st St. NE, Minot, ND 58703 Phone: 701.838.3030 www.starvingrooster.com</p>
<p style="text-align: center; color: red; font-weight: bold;">Primo Restaurant</p> <p style="font-size: small;">1505 N Broadway, Minot, ND 58703 Phone: 701.838.7746 www.primominot.com</p>	<p style="text-align: center; color: red; font-weight: bold;">Souris River Brewing</p> <p style="font-size: small;">32 3rd St NE Minot, ND, Phone: 701.837.1884 www.sourisriverbrewing.com</p>
<p style="text-align: center; color: red; font-weight: bold;">Whiskey Nine</p> <p style="font-size: small;">109 Central Ave, Minot, ND 58701 Phone: 701.837.1090 www.whiskeyninennd.com</p>	

# Salute the Cute!

## Exchange's Photo Contest Gives Pets a Chance to Fetch \$3,000 in Gift Cards

ARMY & AIR FORCE EXCHANGE SERVICE PUBLIC AFFAIRS

DALLAS – America's furriest heroes can take their purr-ific patriotic looks all the way to the bank. Military pets can fetch a share of \$3,000 in Exchange gift cards for their humans when they show off their American pride in the Patriot Pet Just Say "Treat" Photo Contest presented by the Army & Air Force Exchange Service and Royal Canin.

From May 1 through May 31, authorized Exchange shoppers worldwide, including honorably discharged Veterans and Department of Defense and Coast Guard civilians and retirees, can visit ShopMyExchange.com/ sweepstakes and submit a photo of their pets dressed in a patriotic costume or with a patriotic background for a chance to win.

Two grand-prize winners will each receive a \$500 Exchange gift card. Eight runners-up will each receive a \$250 Exchange gift card.

"Pets are an integral part of the military family," said Air Force Chief Master Sgt. Kevin Osby, the Exchange's senior enlisted advisor. "This contest gives us a chance to salute and honor the pets in the

community for their support of service members year-round." Contest rules can be found

at ShopMyExchange.com/ sweepstakes. Winners will be selected on or around June 15.

Kim Albert Agency

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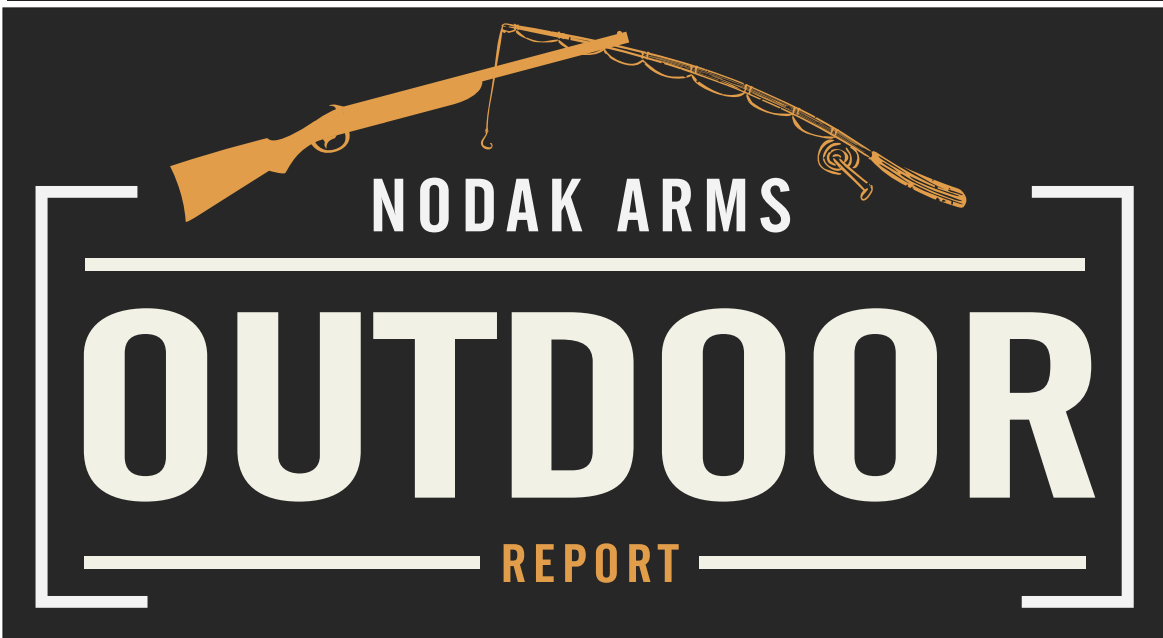
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## OUTDOOR NOTES:

PATRICIA STOCKDILL

### Fishing:

Lake Sakakawea elevation, May 2: 1,828.12 feet above mean sea level (MSL); 14,600 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,448.85 feet above mean sea level (MSL).

Stump Lake elevation: 1,448.67 MSL.

•N.D. Game & Fish Dept. game wardens: East end of Lake Sakakawea spotty for small walleye. Try jigs and minnows. Look for water to move into Lake Audubon soon with some early season walleye activity along with more activity on smaller area lakes with stable weather. Lakes along the northern tier of the state still had ice early in the week. Some activity along Channel A on Devils Lake with fair at best success.

•Devils Lake, Ed's Bait Shop, Devils Lake: Lots of water coming in from northern coulees and channels.

•Devils Lake, Woodland Resort, Devils Lake: Lots of water will continue to flow into Devils Lake after late April rains. Try the upper channels and bridges for walleye and pike pitching plastics.

•Lake Darling, Karma C-Store, Ruthville: Wind and weather limited activity but look for more anglers out with stable, warmer weather and as docks get into place.

•Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: Lake Darling now open to boat fishing. Docks will be put in place as weather permits. Landing 3 had water over the road early in the week. Grouse viewing blinds still available for free reservations. Contact the refuge, (701) 468-5467.

•Lake Metigoshe, Four Seasons, Bottineau: Limited activity with those going out finding some walleye success from shore.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Warmer weather bringing more angling activity on Lake Sakakawea with

•May 15: Spring turkey and light goose conservation order close.

•May 14: Fort Stevenson evening hike series, Full Flower Moon Fair Hike, 9 p.m., Fort Stevenson State Park, Garrison.

### TOURNAMENTS:

•May 14: Lake Darling; Lake Sakakawea, White Earth Bay.  
•May 21: Devils Lake, Creel Bay.

scattered success off the east end embankment along U.S. Highway 83, mouth of Steinke Bay, Garrison Bay, and west to Douglas Bay. Look for a mix of walleye with occasional salmon. Try jigs and minnows or crankbaits. Missouri River remains slow with limited reports from Lake Audubon.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Anglers looking for a pre-span walleye bite yet on the east end of Lake Sakakawea. Try jigs and minnows. Look for moving water coming into Lake Audubon as that rises to its normal summer elevation.

•Lake Sakakawea, New Town: Dock is in place in the Van Hook Arm but walleye activity slow yet.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace remains slow with occasional walleye and catfish from both boat and shore. Wing walls producing some walleye and a few catfish in early morning dark hours. Try jigs and minnows. Lake Sakakawea producing some pike, mostly small males, on the east end. Try casting crankbaits or bobber and smelt off the bottom. Try Steinke Bay or 7 Sisters pitching jigs and minnows in the shallows for walleye but still generally slow.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Look for paddlefish season to close early with good opening weekend success.

Yellowstone and Missouri rivers are both muddy and high after April snowstorms with catfish about the only activity. West end of Lake Sakakawea producing some walleye activity in shallow water using jigs and minnows. Smelt starting to slowly run for spawning.

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

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Limited activity with no reports from area lakes.

•Turtle Mtn. area lakes, Coast-2-Coast, Rolla: No activity with recent rain and muddy roads accessing area lakes.

### N.D. river flows:

•Little Missouri River, Long X Bridge: River stage, 5.78 feet; streamflow, 6,520 CFS.

•Missouri River, Williston: River stage, 14.93 feet.

•Missouri River, Washburn: River stage, 8.64 feet.

•Pembina River, Walhalla: River stage, 16.4 feet; streamflow, 16,000 CFS.

•Souris River, Foxholm: River stage, 10.15 feet; streamflow, 557 CFS.

•Souris River, Minot: River stage, 8.62 feet; streamflow, 1,050 CFS.

•Yellowstone River, Sidney, Mont.: River stage, 4.96 feet; streamflow, 11,000 CFS.

### Numbers to know:

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

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# Western Governors University Earns Military Friendly® School Designation for the 12th consecutive year

Nonprofit, fully online university ranked #1 Online School for service members, veterans and families

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

BISMARCK, N.D. (April 29, 2022) – Western Governors University (WGU) is pleased to announce it has received recognition by Military Friendly® Schools as a top school for servicemembers, veterans and their families for 2022-2023. The fully online, nonprofit university was ranked as the number one Military Friendly® online school in the country. This is WGU's 12th consecutive year receiving a Military Friendly® Schools designation.

WGU was selected for its continued commitment to offering affordable, flexible, and high-quality degree programs relevant to today's workforce to veterans and their families. Veterans are typically eligible for benefits that more than cover WGU's low-cost, flat-rate tuition of about \$3,800 per six-month term. WGU also offers many scholarship opportunities specifically designed for active-duty military service members, veterans and their families. WGU's degree programs are approved for VA education benefits under the GI Bill, and for tuition assistance for active-duty, reserve and National Guard service members.

WGU's competency-based learning model is ideal for adult learners—especially military personnel—because it allows students to study and learn on their own schedule and at their own pace. Students can apply what they have learned at work, in the service and in previous courses to move quickly through material they already know, while taking the time they need to focus on what they still need to learn. WGU faculty members work one-

on-one with students as mentors, offering individualized instruction, guidance and support.

"We are honored to once again be recognized by Military Friendly® Schools as a top university for military members and their families," said Dr. Angie Besendorfer, Regional Vice President of Western Governors University. "With almost 13 percent of our students being military or having military background, we recognize the sacrifices these individuals make on a daily basis and are committed to providing them with affordable, flexible and career-focused programs to make advancing their careers so much more attainable."

Now in its 12th year, the Military Friendly® School's list has come to set the standard for higher education institutions to provide the best opportunities for veterans and their spouses. This prestigious list provides a comprehensive guide for veterans and their families using data sources from federal agencies and proprietary survey information from participating organizations. Institutions earning the Military Friendly® School designation were evaluated using both public data sources and responses from a proprietary survey completed by the school. More than 1,800 schools participated in the 2022-2022 survey, with 947 schools earning the designation.

For more information about the 2022-2023 Military Friendly® Schools, visit [www.militaryfriendly.com](http://www.militaryfriendly.com). To learn more about how WGU serves military students, visit [wgu.edu/military](http://wgu.edu/military).

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## CELEBRATING THE JOY OF MIGRATION

Patricia Stockdill

The boisterous chirping was treasured morning music as the two Hunting Maniacs of the household and I started our early morning walking routine – they pretending to “hunt” along the muddy trail and me hoping they didn’t get too filthy in the process.

The mud was welcomed even though it came from the hands of two hard-hitting blizzards.

The boisterous chirping was equally welcomed for it meant my purple martins were finding their way back home. They’re late – about two weeks late, in fact – but that’s OK because it meant they didn’t get whacked by the blizzards like everyone else here did.

Tree swallows joined in with their chorus as they sailed and swirled overhead, announcing their belated return.

Their nesting boxes are clean and ready; awaiting the arrival of more of their brethren.

Out on the prairie other birds are moving in and through to the heartbeat of spring migration and nesting. Some will stay and call this home while others pause for a brief respite before continuing northward.

Birding and wildlife enthusiasts have celebrated spring migration on the second Saturday of May since 1993 with an event called International Migratory Bird Day. It evolved into two events with a global celebration of birds and migration now called World Migratory Bird Day – traditionally in May and again the second Saturday of October as many birds return to their wintering grounds.

But it takes habitat for animals of any type to survive, including birds. That’s why people erect purple martin nesting structures, especially because martins east of the Rocky Mountains depend on human-provided housing.

That’s why people put up nesting boxes for birds such as wrens, tree swallows, bluebirds, and other species.

And that’s why it’s critical to provide adequate nesting and brood-rearing habitat out on the prairie, along wetlands, and the woods for species nesting on the ground, in shrubs, and in trees.

The Audubon Society launched its Important Bird Areas (IBA) program in 1995 to identify, monitor, and conserve important bird habitats in conjunction with managing agencies on public land and participating private landowners. Becoming an IBA, whether Globally Important or State Important Bird Area, isn’t simply because an area is neat and has birds.

Instead, a technical committee studies science-based

criteria, looking at bird species population status, habitat, and other criteria. In the process, the goal is to also educate the public about the importance of habitat.

North Dakota has 12 designated Globally Important Bird Areas (GIBA) Audubon Dakota’s website, ([www.dakota.audubon.org](http://www.dakota.audubon.org)), described, along with several State Important Bird Areas.

Northwestern North Dakota provides opportunities for people to visit and enjoy the sights and sounds of some of the bird species that make those areas special: For example, local U.S. Fish and Wildlife Service National Wildlife Refuges with GIBA designation include Des Lacs near Kenmare, J. Clark Salyer near Upham, Lostwood north of Stanley, and Upper Souris National Wildlife Refuge northwest of Minot. The Nature Conservancy’s John E. Williams Preserve is also a Globally Important Bird Area in McLean County.

Simply google each refuge or the John E. Williams Preserve for visitor information, do’s and don’ts, and public wildlife observation opportunities.

Some migration activity may have been delayed by winter’s blast of weather but it’s still a busy time of year for birds. They’re on the move and readying for nesting, whether it’s boisterous purple martins in one’s yard, the hidden song of a grasslands sparrow on a National Wildlife Refuge, or the brilliant cheep of a rare piping plover along an alkali wetland on a nature preserve.

Get out and celebrate the migration – and it doesn’t have to just be May 14, 2022 World Migratory Bird Day.



The piping plover is a federally threatened shorebird nesting along alkali lake edges. The Nature Conservancy’s John E. Williams Preserve in McLean County is a Globally Important Bird Area because it has one of the largest breeding concentrations of piping plovers in world.

PATRICIA STOCKDILL PHOTO



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# The Blueprint: Roadmap to Enlisted Force Development

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

ARLINGTON, Va. (AFNS) -- It is critical to equip Airmen with accessible tools and resources, and to cultivate an environment for deliberate development, so Airmen remain the strongest competitive advantage for the Air Force to outpace emerging threats, according to Air Force leaders.

The Air Force released The Blueprint April 21. It serves as a foundational document to link enlisted development — from entry to departure. This new document is one of 28 Enlisted Force Development Action Plan (EFD-AP) objectives focused on developing tomorrow's enlisted Airmen ... today.

"We need Airmen who understand the complexity of the strategic environment, think critically through challenges, and provide real-time solutions across the air, land, sea, space, cyber and information domains," said Chief Master Sgt. of the Air Force JoAnne S. Bass. "The Blueprint consolidates resources otherwise populated in various electronic locations to highlight pathways, resources and opportunities for all Airmen to be successful during their career."

The 32-page document was created with the assistance of subject matter experts, diverse ranks and specialties — with representation from across the Total Force — and captures concepts in a visually

appealing way. Importantly, it will help Airmen better understand how they fit into the bigger picture and allows them to appreciate what other wingmen bring to the fight. It falls under the EFD-AP Front-Line Leader Development focus area, which is dedicated to creating deliberate leadership development for Airmen as they take on increased responsibilities supervising others at the tactical edge.

It also serves as a guide for open dialog among supervisors and peers and may be used during feedback sessions, professional development, goal setting and career planning.

"Front-line supervisors play a crucial part in developing the Airmen that will replace them," Bass said. "New supervisors deserve proactive coaching, mentorship, and quality resources to support the growth of both them and their people."

In addition to The Blueprint, the Air Force is developing a validation process for new supervisors, creating a modern toolkit for front-line leaders and creating a standardized Air Force writing guide — all of which are scheduled to be accomplished by December 2023.

The Blueprint will evolve and be updated when needed; the living document can be found at [https://www.af.mil/Portals/1/documents/ul/EFD-The\\_Blueprint.pdf](https://www.af.mil/Portals/1/documents/ul/EFD-The_Blueprint.pdf).



The Blueprint is a constantly-evolving foundational resource linking all enlisted development from entry to departure.

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NOTES ON BEING SAFE

## WARM WEATHER BRINGS CHILDREN TO STREETS, PLAYGROUNDS

It's hard to believe but summer almost is here! The snow is finally melting and weather is getting warmer, and children of all ages are outside playing more and more each day.

With more outside activities available to children, they have tendencies to use the streets and parking lots for skateboarding, rollerblading, bicycling, and playing outdoors. According to \*Safe Kids Are No Accident\*, published by the National Safe KIDS Campaign, children between 6 and 12 years old are at greatest risk for bike accidents. A head injury is the most serious outcome of an accident. A head injury is the most serious outcome of an accident. These types of activities could possibly lead to injuries from minor cuts and bruises or to more serious injuries that require some type of emergency care.

Parents need to make children aware of the dangers that surround their environment and take positive rather than negative actions and measures to keep children from becoming statistics.

Here are some of the basic dangers that seem to be more common in the summer months than other times of the year.

- Ensure children are aware of dogs or other animals in the neighborhood that they need to stay clear of.
- Teach children of all ages about traffic safety laws and how the laws apply to them while they are on their bikes or rollerblading, including the proper wear of helmets for these types of activities.
- Keep home swing sets and outdoor gym equipment in good operating condition. Give them a good check out before the children attack them. Some areas to look at include: Are the chains free from rust? Is the equipment secured to the ground and is strong as the previous year? Are all the screws and bolts tight or broken, and need to be replaced.
- Keep outdoor maintenance equipment and gasoline containers and other hazardous materials out

of the reach of children and pets at all times.

- Closely monitor wading or swimming pools. Encourage children to take swimming lessons. Remember, even children who know how to swim need to be supervised.
- When traveling in a motor vehicle, even for a short trip, all children as well as adults must be secured in a child restraint seat or seatbelt. Remember, never allow children to ride in the front seat of a vehicle with passenger side air bags.
- An important tip to remember: if you see a child playing in a front yard, or on a curb, anticipate the child running out into the street. If you keep this tip in the back of

your mind, you will always "see" a child well enough ahead of time before a mishap does occur.

Common sense and knowledge is the best defense against summer hazards. It's all adults' responsibility to teach children at an early age about safety. Of course, we are not trying to make children safety professionals, but give them the basic tools to develop good safety habits.

By following a few basic rules and by thinking what a child might be doing will reduce trips to the emergency room and enhance summer fun! If you need any safety related information, do not hesitate to call our office at ext. 3-2259.

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# Trinity Health Foundation Announces Upcoming Golf Tournaments

TRINITY HEALTH FOUNDATION

(MINOT, ND)— Trinity Health Foundation is excited to announce the 2023 fundraising golf tournament dates and open tournament registration.

This year, the Building Hope Women's Tournament is celebrating 24 years and we are again proud to support Trinity Health CancerCare Center patients. All proceeds from this event will benefit various patient assistance programs offered through the Trinity Health CancerCare Center.

Building Hope Women's Golf Tournament

Monday, June 13, 2022  
10am – Registration  
11am – Shotgun Start  
After Golf - Dinner  
Souris Valley Golf Course – 2400 14th Avenue SW Minot, ND

Proceeds benefit the Trinity Health CancerCare Center Patient Assistance Programs

As Trinity Health Foundation recently announced, a Capital Campaign has been established for the new Trinity Health Healthcare Campus and Medical District Capital Campaign to raise \$15 million. Proceeds from this year's Golf for Life Men's Golf Tournament will be allocated to the Capital Campaign in support of funding the new hospital construction and medical equipment.

Golf for Life Men's Golf Tournament

Monday, August 15, 2022  
10am – Registration  
11am – Shotgun Start  
After Golf - Dinner  
Souris Valley Golf Course – 2400 14th Avenue SW Minot, ND

Proceeds benefit the new Trinity Health Healthcare Campus and Medical District

Entry fees are \$125 per individual golfer and include tournament registration fee, cart, swag bag, lunch, snacks and refreshments, dinner, door prizes, and more. Team registration, sponsorships, and prize donation opportunities are also available. To register, or for more information, contact Cody McManigal at 701.857.2430 or cody.mcmanigal@trinityhealth.org.

Trinity Health Foundation was established in 1922 to assist in the establishment of the Trinity Hospital. Over the last 100 years, the foundation has been supported through the financial stewardship of individuals, families, foundations, corporations, civic clubs, and other organizations, with the purpose of significantly impacting healthcare and the quality of life in the region. Through generous donations, we are able to fulfill our mission of creating a system of care that provides the most significant impact on health and wellness throughout northwest North Dakota.



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**What it is:** Tire maintenance is important to the safety and longevity of your vehicle. Tires should be picked by the right dimension for the car make and model. Tires should be purchased in groups of four, or a minimum of matching groups of 2 on each axle. You can shop for tires on our site by dimension, label, or automobile make, style, and year. Browse our big stock of tires, and compare tire specifications and prices before you purchase, to ensure you are getting the best tires for your needs and price range.

**Why it should be done:** Tires wear eventually, tread starts to become thin, which may result in the worn tire losing traction. This develops safety hazards that can be avoided. Manufactures advise tires ought to not be used for longer than 10 years. Changing wheels is recommended every 6 years, but with typical usage tires being changed every couple of years is more common. Wear happens with normal driving. Various other factors such as driving habits, roadway conditions and weather could minimize the life of your tires.

You might need new tires if:

- Your tread is below 4/32, or can't pass the "penny" test
- Footstep is visibly lowered or flush with the tread bars
- Irregular tread wear
- Bulges, bumps or soft spots on the tire
- Damage to the tire that can not be repaired

Talk with our mechanics about how we appropriately setup your new tires. This includes:

- Inspecting the lug nuts for wear
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- Inspecting the disc brake caliper clearance
- Measure the distance in between calipers, tires and rims to inspect for potential disturbances
- Tightening up lugs to correct torque

We are your place for all of your tire questions and needs! Browse our sizable stock of tires, compare tire specifications and costs, and make certain you are receiving the best tires for your needs prior to purchasing. Call us now to set up your next Tire Installation and auto repair service. Tires Plus is thrilled to be your number one place auto repair services and provider of tires on Minot Air Force Base.

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"Don't feel bad," the pencil said.  
 "They, too, have put me to bed.  
 Sometimes, a pretty picture is on me,  
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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!

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### DEDICATED CREW CHIEF CEREMONY

On April 22, 2022, five Airmen from the 5th Aircraft Maintenance Squadron were appointed as Dedicated Crew Chiefs. They were given black coveralls and a certificate.

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# Boom Slam! 10th Annual Poetry Slam continues to be a success

National Poetry Month closed out with a bang, but with a BOOM! Last Friday, Central Campus hosted the 10th Annual Minot Area Teen Boom Slam. The house was packed and hundreds of students were in attendance in addition to many community members including the distinguished judge panel.

This year's judge panel: Michelle Arnold Nitengale represented the Striving Readers Literacy Grant; Officer Andy Casarez represented the Minot Police Department; Branda Lundgren represented the families of the Minot Air Force Base; Lindsey Bertsch, a former Boom Slam contestant herself, represented Main Street Books; SGT. Eric Linde represented the Army National Guard; and Rick Watson, 2014 North

Dakota Associate Poet Laureate, represented the local music and art scene in Minot.

The Minot community was extremely generous again this year, donating thousands of dollars worth of prizes allowing every poet brave enough to take the stage to take home a prize package. First place prize being \$500 cash.

"It is an exceedingly proud moment to see all of the hard work coming together when planning an event like this and it is incredible to see your students come out of their shell and share their work with others and to see the reaction of the peers; they were so supportive of each other!" "There were so many kids who came to the slam who aren't the typical attendees. I think many of them realized how fun

Spoken Word Poetry can be!" said event organizer Teresa Marquart.

The event winners were: Third Place: Olivia Peatross, a MHS senior. Second Place: Nakota OwnsPipe, a Junior. First Place and the \$500 cash prize went to Gabrielle Johnson, a Minot High Senior. Gabby said she signed up to perform at the slam "for herself" and didn't know there were prizes involved until she arrived.

Other teen poets: Allistor Korenkov (sophomore), Avarie Folven (freshman), Noah Urquijo (senior), Lila Kitts (sophomore).

Students wishing to sign up in the future should reach out to Marquart at Central Campus. They are always looking for judges and donations to keep the program running.



2022 Boom Slam Poetry Winners.

GRAPHIC CREATED BY TERESA MARQUART



Olivia Peatross, 3rd Place Winner



Nakota OwnsPipe, 2nd Place Winner



Gabrielle Johnson, 1st Place Winner

LOGAN WALDNER PHOTOS



L-R: Event organizer Teresa Marquart (teacher at Minot Central Campus), Emcee Joe Davis (Spoken Word Poet), Gabrielle Johnson (2022 Boom Slam Winner)

MICHELLE ARNOLD NITENGALE PHOTO



Teresa and Clayton Marquart using the photobooth at Boom Slam.



Event Emcee Joe Davis

ANGY EDISON PHOTOS

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## 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 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



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



website at <https://thrive.psu.edu> 410-916-6458/425-7905, or contact the School Liaison at 701-240-2380 or the MFLCs at

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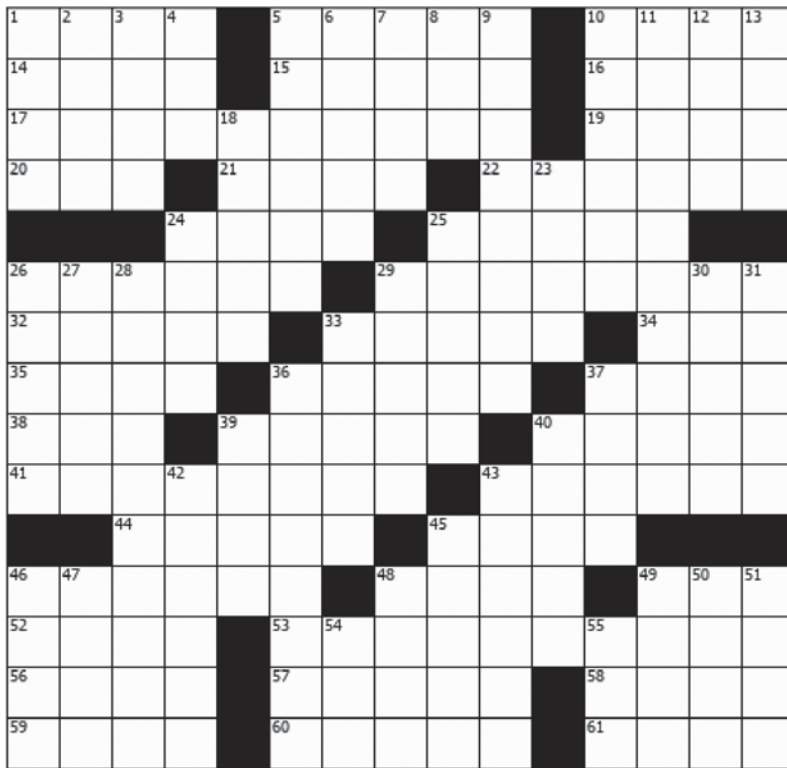
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FRI-SAT 11 AM TO 10:30 PM  
SUN 11 AM TO 9 PM

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# CROSSWORD PUZZLE

**Across**

- 1. Threatening
- 5. Not inactive
- 10. Lady of Sp.
- 14. Highly excited by eagerness
- 15. Not just decorative
- 16. Engine cover
- 17. Some bait for anglers
- 19. Alphabetic symbol of yore
- 20. Lichtenstein's forte
- 21. Stimulate
- 22. Type of appliance
- 24. Unfettered
- 25. Sort of syrup
- 26. Word with pin or net
- 29. Disciplines
- 32. Jogging gaits
- 33. Greeting items
- 34. In need of gas?
- 35. Fit of chills
- 36. Helps with the dishes
- 37. \_\_\_ as a button
- 38. Birling unit
- 39. Smashing
- 40. Lowered, as pressure
- 41. Surgeon's order of old
- 43. Where to find bear claws
- 44. Hoarded treasure
- 45. "Earth in the Balance" author Al
- 46. Two-sided affair
- 48. Isn't able
- 49. Merino communication
- 52. Loser's reaction
- 53. Gets rid of
- 56. Twine together
- 57. Game of chance
- 58. Sixth Jewish month
- 59. Printer's purchases
- 60. Positive feedback
- 61. Sub's cousin



**Down**

- 1. Toddler's call, sometimes
- 2. Mr. Stravinsky
- 3. Defeat utterly
- 4. "The \_\_\_ and I" (Colbert movie)
- 5. Illustrator Beardsley
- 6. "All the world's a \_\_\_"
- 7. Grouter's piece
- 8. Kind of wind
- 9. Writes back
- 10. Shows indifference, in a way
- 11. Play in a disorderly manner
- 12. Nobelist / novelist Morrison
- 13. Djibouti's gulf
- 18. Makes smart?
- 23. San \_\_\_ Obispo, California
- 24. Honor with a party
- 25. As good as new, healthwise
- 26. Timeworn
- 27. Insider's vocabulary
- 28. Mounted a defense
- 29. "Common Sense" author
- 30. Script direction
- 31. Debilitated
- 33. Mania
- 36. Passes, in a way
- 37. Party centerpiece
- 39. Poet's cave
- 40. Third rock from the sun
- 42. Clears a tape
- 43. Hand drums
- 45. Estimate
- 46. Surrealist artist
- 47. Verve
- 48. Penmen?
- 49. Kind of builder or suit
- 50. At a distance
- 51. Bushy coif
- 54. Tell it like it isn't
- 55. What spirits may do

# SUDOKU

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

Solution to puzzle on page C7



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# CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

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

## REEL TIME THEATER MOVIE SCHEDULE



AS OF PRESS TIME, REEL TIME MOVIE THEATER WILL NOT HAVE ANY MOVIE SHOWINGS THE WEEKEND OF MAY 6 TO MAY 8, 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><b>Chapel Services at MAFB</b> Protestant (North Plains Chapel in Base Housing) <b>Sunday Community Service</b> 1030 a.m. (Holy Communion 1st Sunday) Children's Church during school year</p> <p>Catholic Mass (Northern Lights Chapel across from Rockers) Sunday ..... 1000 Daily ..... Monday-Thursday at 1200</p>	<p><b>St. Peter The Aleut Eastern Orthodox Church</b></p> <p> <b>109 6th St. SE Minot • 838-3094</b></p> <p><b>Saturday, May 7</b> 5 PM, No Vespers</p> <p><b>Sunday, May 8</b> 10AM, Congregational Prayer Service</p>	<p> <b>Break Forth BIBLE CHURCH</b></p> <p>Wednesdays 7:00pm and Sundays 10:30am</p> <p><b>1821 W Burdick Expressway</b> For More Information: <b>701.353.9337   www.bfbc.tv</b></p>	<p> <b>An Evangelical Free Church</b> 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p>Sunday School &amp; Fellowship ..... 9:00 a.m. Worship ..... 10:30 a.m.</p> <p><b>www.trinitychurchminot.org</b></p>	<p> Worship Service at 10:45am Sundays Sunday School at 9:45am</p> <p><b>1720 4th Ave NW, Minot 838-0916</b> <b>MinotBibleFellowship.org</b></p>
<p> <b>Faith United Methodist Church</b></p> <p><b>5900 Highway 83 N, Minot</b> <b>www.faithumcminot.com</b></p> <p><b>Pastor Ken Mund</b> 701-838-1540</p> <p>Sunday School (All Ages): 9:45 a.m. Sunday Coffee Fellowship: 10:30 a.m. Worship Services: Sunday 11 a.m.</p>	<p><b>To Advertise your Church on this page,</b></p> <p><b>Call 839-0946</b></p> <p><b>Only \$9.00 a space / per week</b></p>	<p><b>Cornerstone Presbyterian Church</b></p> <p><b>1000 NE 3rd Street 852-0315</b></p> <p><b>Sunday Schedule</b> Contemporary Worship ..... 9:00am Sunday School (All Ages) ..... 10:00am Traditional Worship ..... 11:00am</p> <p><b>Wednesday Evening Schedule</b> Community Dinner ..... 5:30-6:30pm Contemporary Worship ..... 6:30pm Youth Group &amp; Small Groups.. 7:15pm <b>All are Welcome!</b> <b>www.ecominot.org</b></p>	<p> <b>OUR SAVIOR LUTHERAN CHURCH</b> 3705 11th St. SW Minot, ND 58701 701-852-6404 <b>www.oslcminot.com</b></p> <p><b>Rev. Heath Trampe</b> <b>Rev. Brian Doel</b></p> <p><b>SUNDAY MORNING</b> Worship Services 8:15, 9:30, &amp; 11:30 am Sunday School Age 4 - Grade 12 9:30 am (Sept-May) Adult Bible Study 9:30 am</p>	<p> <b>St. Mark's Lutheran Church</b> Missouri Synod</p> <p><b>Sunday Worship 9:30 AM</b></p> <p><b>2209 4th Avenue NW Minot, ND 839-4663</b></p> <p><b>Reverend Philip Beyersdorf</b> <b>www.minotstmarks.com</b> Join us on facebook</p>
<p> <b>Immanuel Baptist Church</b></p> <p><b>1615 2nd St. SE, Minot 701-839-3694</b></p> <p><b>Sundays:</b> 9:00 am ..... Fellowship 9:15 am ..... Sunday School 10:30 am ..... Worship</p> <p><b>Wednesdays:</b> 11:30 am ..... Soup Kitchen 5:30 pm ..... Family Supper 6:30 pm ..... Preschool/Kids' Club/ABY 6:30 pm ..... Adult Bible Study</p> <p><b>www.ibcminot.org</b> e-mail: immanuel@srt.com</p>	<p> <b>Christ Reformed Church</b></p> <p>Worship 11:00 a.m. Sunday 234 14th Ave SE <b>www.christreformedchurchminot.com</b></p>	<p><b>St. John the Apostle Catholic Church</b></p> <p>2600 West Central Ave • Minot, ND 58701 <b>839-7076</b></p> <p>Daily Mass Schedule: Tuesday ..... 5:15 p.m. Wednesday - Friday ..... 7:00 a.m. Saturday ..... 5:00 p.m. Sunday ..... 8:00 &amp; 10:30 a.m.</p> <p>Fr. David A. Richter, Pastor Parish website: <b>www.stjohnminot.com</b></p>	<p> <b>First Lutheran Church - ELCA</b> 120 5th Ave. NW 852-4853</p> <p>Sunday Worship 9:30 am</p> <p><b>www.firstlutheran.tv</b> (Live Stream &amp; Recorded) Radio Broadcast KRRZ 1390AM Sunday 9:30 am <b>www.flcminot.com</b></p> <p>Pastor Brandy Gerjets • Pastor Ellery Dykeman</p>	<p> <b>Gospel Tabernacle Community Church</b></p> <p>9999 27th St NE 4 miles south of MAFB <b>James W. Henderson</b> <b>Anna B. Henderson</b></p> <p><b>Church: 701-838-4492</b> <b>Home: 701-838-5759</b> <b>KHRT 1320: 9 a.m. Sunday</b></p> <p><b>Sunday School ..... 9:45 a.m.</b> <b>Adult/Children Worship.. 11 a.m.</b> <b>Family Hour ..... 6:30 p.m.</b> <b>Evening Worship ..... 7:30 p.m.</b> <b>Bible Study/Child-Adult</b> <b>Children Worship (Wed).... 7 p.m.</b> <b>Prayer (Friday) ..... 7 p.m.</b></p>
<p> <b>JOURNEYCHURCH</b> ASSEMBLY OF GOD</p> <p><b>1805 2nd St. SE 838-1111</b></p> <p><b>Sunday Services</b> 8:30 AM 10:00 AM 11:30 AM</p> <p><b>Wednesday 6:30 PM</b></p>	<p><b>Minot Baptist Church</b></p> <p>Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School ..... 9:45 a.m. Morning Worship .... 11:00 a.m. Evening Worship ..... 6:00 p.m. Wednesday Evening ..... 7:00 p.m.</p> <p><i>Independent/Fundamental/KJV</i> <b>500 46th Ave NE • 839-1351</b> Pastor David Miller</p>	<p> <b>Cross Roads Baptist</b></p> <p><b>Southern Baptist Convention</b></p> <p>Sunday School (all ages) ..... 9:45 a.m. Sunday Worship ..... 11 a.m. &amp; 6:30 p.m. Wednesdays (Prayer &amp; Missions) ... 6:30 p.m.</p> <p><b>www.minotcrbc.org</b> <b>email: minotcrbc@gmail.com</b> <b>Dr. Bob Farmer- Pastor</b></p> <p><b>415 28th Ave SE (Behind Menards) 838-1873</b></p>	<p> <b>West Minot Church of God</b> Family Worship Center</p> <p><b>1105 16th St. NW • 839-1407</b></p> <p>Sunday School ..... 9:30 a.m. Sunday Worship ..... 10:30 a.m. Children's Church &amp; Nursery Wednesday Family Training Hour Meal ..... 5:30 p.m. Classes for All Ages ..... 6:30 p.m. Youth Center, Friday ..... 7:00 - 11:00 p.m. ABC Child Care Center ..... 852-6352</p> <p><b>westminot.com</b> <b>facebook.com/westminot</b></p>	<p><b>Church: 701-838-4492</b> <b>Home: 701-838-5759</b> <b>KHRT 1320: 9 a.m. Sunday</b></p> <p><b>Sunday School ..... 9:45 a.m.</b> <b>Adult/Children Worship.. 11 a.m.</b> <b>Family Hour ..... 6:30 p.m.</b> <b>Evening Worship ..... 7:30 p.m.</b> <b>Bible Study/Child-Adult</b> <b>Children Worship (Wed).... 7 p.m.</b> <b>Prayer (Friday) ..... 7 p.m.</b></p>

**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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WITH CUSTOMER SERVICE.**

Sept. 2

April 29

tfm

June 27

# CLASSIFIEDS

www.northern Sentry.com | nsads@srt.com or sentrysales@srt.com | 701.839.0946 | 315 S. Main Suite 202 | Minot, North Dakota

## 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.

### PARK UNIVERSITY MINOT –

PARK UNIVERSITY MINOT – Your degree, Your way. Open enrollment for the 2021/2022 year! Earn your CCAF credits, AU-ABC, and your Bachelor's degree with PARK. Let's maximize your military experience! Find how many credits you can get from your military experience by going to military.park.edu. and confirmed your credits Or Ask Alexa! Enable the Park University skill on your Alexa device and say "Alexa, ask Park, How many credit hours can I get from my military experience?" She'll even tell you your graduation date! Minot AFB @ the Education Center RM 222 | 844-884-8612 | mino@park.edu PARK. YOU

### MINOT STATE UNIVERSITY

Minot State offering face-to-face classes at Minot Air Force Base. Minot State University is excited to again offer face-to-face classes at the Minot Air Force Base. The Spring 2022 semester begins Monday, January 10, 2022. There is no application fee for active-duty military personnel. Military personnel can complete their Community College of the Air Force (CCAF) degree and earn a bachelor's degree from Minot State. For more information, contact Brigitte Mikula at 701-727-9044 or by email at Brigitte.mikula@minotstateu.edu



### SUDOKU SOLUTION

PUZZLE ON PAGE C4

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

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# WHAT'S GOING ON MAFB

## FRIDAY 06

- 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
- Game Night Series: Mario Party, 1800, ESC, inside Bomber Bistro
- Karaoke Night, 2000, Rockers Bar & Grill

## TUESDAY 10

- Game Day, 1000-1930, Minot AFB Library
- Tactical Fit, 1130, Fitness Center
- Moving Out of the Dorms, 1300-1500, A&FRC
- Run for Fitness, 1700, Fitness Center
- Zumba, 1830, Fitness Center
- Barre Strength, 1930, Fitness Center

## FRIDAY 13

- Cycle & Strength, 0530, Fitness Center
- Family Zumba, 1000, Turf, hosted by the Fitness Center
- Tactical Fit, 1130, Fitness Center
- Wine & Paint Class, 1730-1930, Arts & Crafts Center
- Family Lip Sync Face Off, 1800-2000, Youth Center
- Game Night Series: Dota 2, 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

## WEDNESDAY 11

- HIIT Strength & Conditioning, 0530, Fitness Center
- Spouses Welcome on the Road, 0830, A&FRC
- Moving Out of the Dorms, 0900-1100, A&FRC
- Pre-Deployment/Remote Readiness Training, 1000, A&FRC, Zoom Meeting
- Special Lunch: Big-City Bites Seattle, 1030-1330, Dakota Inn Dining Facility
- Story Time, 1030, Minot AFB Library
- Fit to Fight, 1130, Fitness Center
- Modern Civilian Resume Workshop, 1400-1600, A&FRC
- Cycle, 1630, Fitness Center
- Nail Embroidery Class, 1730-1930, Arts & Crafts Center
- Swerk, 1730, Fitness Center
- Fighting Game Night, 1800, ESC, inside Bomber Bistro

## SATURDAY 14

- Golf Easter Egg Hunt Begins at Rough Rider Golf Course
- Barre Strength, 1000, Fitness Center
- Ocean Commotion, 1300, Minot AFB Library
- Magic the Gathering Family Day, 1600, ESC, inside Bomber Bistro

## SUNDAY 08

- Zumba, 1400, 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

## MONDAY 09

- Registration Opens – Horseback Riding & Rock Climbing at Outdoor Recreation
- HIIT Strength & Conditioning, 0530, Fitness Center
- Family Fit Bootcamp, 1000, Turf hosted by the Fitness Center
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Fit to Fight, 1130, Fitness Center
- Swerk, 1730, Fitness Center
- Yoga for Fitness, 1830, Fitness Center

## THURSDAY 12

- Pre-Separation Counseling, 0830, 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
- Run for Fitness, 1700, Fitness Center
- Zumba, 1830, Fitness Center
- Yoga, 1930, Fitness Center

**OCEAN COMMOTION**  
Minot AFB Library  
14 May 2022 • 1:00 PM

Celebrate oceans and sea creatures at the Minot AFB Library with stories, crafts, and activities.

Open to all ages!

For more information, call 723-3344 or visit [acc.army.mil/acc/clients/acc/US/Minot](http://acc.army.mil/acc/clients/acc/US/Minot)

**FORCE 5THFORCESUPPORT.COM**

**FAMILY LIP SYNC FACE OFF**  
13 May 2022  
6PM - 8PM  
Youth Center

Pasta Dinner: \$5 per plate  
Eat, Drink, & Lip Sync!  
Join us for dinner and a show put on by YOU!

For more information, call the Youth Center at 723-2838

**FORCE 5THFORCESUPPORT.COM**

**Rock Climbing & Horseback Riding Trip**  
with Outdoor Recreation in Easter State Park, SD

May 27th - 30th  
Register May 9th - 20th

Enjoy rock climbing at Sylvan Lake & horseback riding in the park!

Active Duty & Dependents \$170  
Civilians \$505

The price includes transportation to & from camp, 30 lbs of gear, camp meals, and horse riding. Rock climbing is dependent on the park's status by Outdoor Rec to Register.

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**Golf Course Egg Hunt**  
at Rough Rider Golf Course  
May 14th - May 28th

We have hidden eggs on the course! Each egg contains a prize including free range balls, range passes, free rounds of golf, or free carts. If you get a golden egg you could win a season golf pass or cart pass.

Only paying customers are eligible to win  
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