

northern sentry

FREE | WWW.NORTHERNSENTRY.COM | VOL. 60 • ISSUE 19 | MINOT AIR FORCE BASE | FRIDAY, MAY 13, 2022

WHATS INSIDE THIS WEEK:



5TH CES PROVIDES ASSISTANCE TO LOCAL DISASTER RESPONSE

A3



SAPR 2ND ANNUAL SURVIVOR'S EXPERIENCE RUCK

B5



2022 FAM-A-GANZA EVENT

C4

E-3s FROM TINKER AFB RELOCATED TO MINOT AFB



An E-3 Sentry assigned to Tinker Air Force Base Oklahoma, also known as an airborne warning and control system (AWACS) aircraft, sits parked at Minot Air Force Base, N.D., May 04, 2022, as a part of a precautionary relocation effort due to severe weather warnings around the state of Oklahoma. U.S. Air Force planners typically maintain plans to minimize the impact of severe weather to aircraft and infrastructure, helping prevent damage to national assets. See more on page A2.

U.S. AIR FORCE PHOTO BY SENIOR AIRMAN JOSH W. STRICKLAND

Jerome's

COLLISION CENTER

Military Friendly and Proud to Serve Our Active Duty Military & Veterans
Closest Full Service Collision Center to Minot AFB

2705 North Broadway,
Minot, ND 58703
(701) 852-5126
jeromescollision.com



HOME OF THE GLOBAL STRIKER

Only The **BEST** Come North!

WWW.MINOT.AF.MIL

CONTACT MINOT AFB PUBLIC AFFAIRS
701.723.6212 • V35BW.PA@US.AF.MIL

Minot AFB Videos



Find us on **Minot Air Force Base**

E-3s from Tinker AFB relocated to Minot AFB

5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. -- E-3 Sentries from Tinker Air Force Base relocated to Minot Air Force Base due to severe weather in the area of central Oklahoma.

The four aircraft and air crews moved to Minot Air Force Base as a part of normal weather relocation plans to mitigate the possibility of damage during a tornado watch at their home station.



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



An E-3 Sentry assigned to Tinker Air Force Base Oklahoma, also known as an airborne warning and control system (AWACS) aircraft, sits parked at Minot Air Force Base, N.D., May 04, 2022, as a part of a precautionary relocation effort due to severe weather warnings around the state of Oklahoma. The E-3 Sentry/AWACS hosts an array of specialized capabilities, enabling it to detect, identify and track airborne forces far from the boundaries of the United States or other allied and partner countries while simultaneously directing friendly aircraft movements.

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN JOSH W. STRICKLAND



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

ND-021 Magic City Composite Squadron (Minot)
Commander: 1st Lt. Jeremy Skalicky

Civil Air Patrol, America's Air Force auxiliary, building the nation's finest force of citizen volunteers serving America.

Supporting America's communities with emergency response, diverse aviation and ground services, youth development and promotion of air, space and cyber power.

Come Fly With Us!
2400 N Broadway, Minot, ND 58703
Phone: (701)340-7954
Email: 021cc@ndcap.us

POLICE WEEK

GOLF TOURNAMENT

2022
THURSDAY
19 May 2022

Rough Rider Golf Course
220 Golf Dr Minot AFB, ND
58705

TEE AT 9AM Cheat bags available \$5 each bag Lunch included and 1 raffle ticket \$200 TICKET per team \$50

REGISTRATION: Scan the code!

77 points
Come in on Monday and Tuesdays from 10 AM-5 PM for 7x the points!

WE'RE HIRING!
\$1,500 SIGN-ON BONUS FOR ALL NEWLY-HIRED FULL-TIME EMPLOYEES.
IMMEDIATE HIRING:
• Promotions rep
• Buffet food service: Prep Cook, Cook, Cashier, Busser, Buffet Server/Attendant, Supervisor and Utility/Dishwasher
APPLY TODAY: 4bearscasino.com/employment

\$30K in May
MAY 13 Qualify May 1-12
MAY 14 Qualify May 1-13

COLE SWINDELL
June 24 8 PM
Tickets on sale now

CODY JINKS
July 15 | 8 PM
Tickets on sale now

Guests entering the casino and lodge are not required to wear a mask, but we highly encourage wearing one.

4 BEARS CASINO & LODGE
4 MILES WEST OF NEW TOWN

4bearscasino.com
800.294.5454

NEW HOURS
CASINO MON-THURS 10 AM-2 AM; FRI 10 AM-4 AM; SAT 8 AM-4 AM; SUN 8 AM-2 AM
BAR 12 PM-1:30 AM FRI/SAT AND 12 PM-12:30 AM WED/THUR/SUN

When gambling is no longer a fun hobby, but an addiction, know there is help. Call the 2-1-1 Hotline today for help and guidance. 4 Bears Casino & Lodge cares about you and wants you to know that help is available.

5th Civil Engineering Squadron provides assistance to local disaster response

SENIOR AIRMAN JOSH W. STRICKLAND, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D.

Early Sunday morning, May 1, 2022, many citizens in Ward County received a public safety notification informing them of a train derailment in Burlington, North Dakota and to evacuate their homes immediately.

Shortly afterward they received a follow-up notification indicating the situation was safe and to return home. However, for some members at Minot Air Force Base they started heading towards the scene of the incident.

Minot AFB Firefighters from the 5 Civil Engineer Squadron received a call to respond early Sunday morning and immediately dispatched to the accident in crews of three to assist Burlington and Minot Rural fire departments as a part of the Mutual Aid Agreement (MAA), under the standing Defense Support of Civil Authorities (DSCA), between Minot Air Force Base, United States Air Force and the Minot North Dakota Fire Department.

The train, transporting a variety of materials, derailed outside of the City of Minot limits near Burlington and ignited causing at least 11 cars to set fire. The 11 cars

on fire contained freight consisting of paper and frozen foods and contained no hazardous materials, according to the on-scene incident commander.

The local fire departments responded to the fire with trucks equipped with foam to put out the fire while Minot AFB firefighters used water. The location of the derailment proved difficult for the crews to fully reach due to wet conditions, prompting helicopter air support from the North Dakota Army National Guard to assist in putting out the fires.

Though over 20 years since the last time a derailment happened at Minot, this is not the first time the Minot AFB Fire Department provided to support to the local community. Recently, the base fire department responded to call when the Glenburn Fire Department caught fire, burning the volunteer fire station down and destroying seven vehicles in the process.

"I'm extremely proud of the relationship we've established and continue to maintain with our mutual aid partners," said Chief Master Sgt. Shanton Russell, 5 CES Installation Fire Chief. "Our Airmen and their families live, work, shop, go to school, and find

ways to have fun and enjoy the things this area has to offer. It's our home while we're here and the local residents are our neighbors."

The MAA provides authorities for both U.S. Air Force and local civilian fire departments to respond to incidents within each other's jurisdictions when requested.

"Over the years we've been asked to assist with numerous calls, such as the Glenburn Fire Station incident, a housing fire in Berthold, numerous farmland and brush fires, and a recycling plant fire just outside of town near U.S. Route 2," said Russell.

While Minot AFB Fire Department has made received requests for assistance, they have also made requests for assistance in the past. Just recently, community fire departments assisted with a smoke investigation at a facility off the main installation and before that they assisted in a hangar fire on base in 2020.

"We're grateful to be in a position to provide professional firefighters and equipment when needed, and it's good to know that our partners will have our back if we ever have to call on them," said Russell.



Minot Air Force Base firefighters respond to train derailment at Burlington, North Dakota, May 02, 2022. The train, transporting a variety of materials, derailed outside of the City of Minot limits near Burlington and ignited causing at least 11 cars to set fire.

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

Vintage City
 Minot's Hotspot for all things
 Antique, Vintage, & Repurposed!
 2100 SQ. FT.
 Open Thursday,
 Friday & Saturday
MAY 12-13-14
 10AM-5PM
 Buying and Selling everything
 antique, vintage and retro!
 701.720.0215 or 701.720.4494
 2001 8th Ave. SE Minot
 FIND US ON FACEBOOK

*Challenge Yourself 2
 Take the Next Step*
5k / 10k / 13.1 / 26.2
 Minot AFB Chaplain Corps
**Air Force / Bismarck
 Marathon
 Training Community**
 Will you rise to the challenge?
 E1-3: Full Scholarships available
 [Bismarck Reg & Hotel]
 Runners of all levels/goals welcome
 Contact: Sign Up w/QR Code:
 Chaplain Mark Bradshaw
 723-2456 / mark.bradshaw.2@us.af.mil
 Race Date:
 09/17/2022
 [both races]
 Weekly Runs
 (beginning 5/18):
 Wed @ 1800
 Bud EBert Park

**INVEST IN
 YOUR FUTURE**
 With Reduced
 Tuition Rates
MILITARY-AFFILIATED BENEFIT

CURRENTLY SERVING MILITARY MEMBERS, THEIR SPOUSES & DEPENDENTS AND INSTALLATION EMPLOYEES		SPOUSES & DEPENDENTS OF AFFILIATED INSTALLATION EMPLOYEES	
Undergraduate	Graduate	Undergraduate	Graduate
\$250 per credit hour	\$325 per credit hour	\$318.75 per credit hour	\$416.50 per credit hour

Visit **Military.CCIS.edu**
 or scan here

Columbia College
 established 1851
 Serving Minot AFB

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

MINOT AIR FORCE BASE

PUBLIC AFFAIRS
 Chief

Maj. Chris Mesnard
Public Affairs Officer
 1st Lt. Christopher Thibeaux-Moore
Superintendent
 Master Sgt. Jon Foster
Community Relations
 Mrs. Abigail Kinder

Staff Photojournalists

Technical Sgt. Benjamin Smith
 Senior Airman Josh Strickland
 Senior Airman Michael Richmond
 Senior Airman Caleb Kimmell
 Airman 1st Class Evan Lichtenhan
 Airman 1st Class Zachary Wright
 Airman 1st Class Alysa Knott
 Airman 1st Class Alex Nottingham

COMMANDERS

5th Bomb Wing Commander:
 Col. Michael O. Walters
5th Bomb Wing Vice Commander:
 Col. Michael D. Maginness
91st Missile Wing Commander:
 Col. Christopher E. Menuey
91st Missile Wing Vice Commander:
 Col. Johnny L. Galbert

NEWS SUBMISSIONS

Northern Sentry Office
 nsads@srt.com | 701.839.0946

MAFB Public Affairs Office

v35bw.pa@us.af.mil
 701.723.6212

MAIL

315 South Main Street, Suite 202
 Minot, ND 58701

VIEW ONLINE

www.northern-sentry.com
 www.minot.af.mil

FIND US ON FACEBOOK

Minot Air Force Base - Northern Sentry. The Northern Sentry is published by BAG, LLC., a private firm operating independently of the U.S. Air Force. Contents of the Northern Sentry are not necessarily the official views of, or endorsed by, the U.S. government, the Department of Defense or the Department of the Air Force. The official news source for Minot Air Force Base is www.minot.af.mil. The appearance of advertising in this publication, including inserts or supplements, doesn't constitute endorsements by the DoD, the Department of the Air Force or BAG LLC., of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchasers, users or patrons. We welcome your stories and photos of interest to the readership of the Northern Sentry. Minot Air Force Base Public Affairs reserves the right to not authorize publication. The Northern Sentry deadline for submission of materials is at noon the Tuesday before publication date.

**northern
 sentry**

MINOT AIR FORCE BASE NEWSPAPER
WWW.NORTHERNSENTRY.COM

I Am From Around Here...

**northern
 sentry**

A VIEW FROM OUR SIDE
 ROD WILSON, NORTHERN SENTRY



One of the most entertaining columnists we have at The Dakotan is Amy Allender. Her "She's Not From Around Here" column has brought smiles to our reader's faces as she reveals the true secrets of living, and not just existing, in Minot, North Dakota.

Well, being as I am from around here, I will give you some tips on getting your summer started out right. My tips are not in any particular order and may ramble a bit, but that's what being from around here tends to do.

We need to start with the Roosevelt Park Zoo. Spring is when all of the babies are brought out for their first look at the public. The now-famous tiger cubs will start to frolic in their new home, and what a home it is! Folks, I have traveled to a lot of zoos in my day and I don't mind saying with pride that The Roosevelt Park Zoo is one of the finest zoos I have visited, especially for a community the size of Minot. And by the way, if you are headed south to the Bismarck area, they have a mighty fine zoo also.

Been a long winter, maybe put on a few extra pounds, or are just ready to spread your wings a bit and do some walking? Check out the Trails tab on the Minot Park District website. Minot has a plethora of walking paths. A couple of my favorites are the Oak

Park walking path and for those of you with younger kids, you won't want to miss the Woodlands Trail. It's perfect for a couple of hours of fun and exploration.

Now if you've conquered the paths in Minot, I have a couple of more ideas and both are about an hour away. Just a short drive south is Fort Stevenson State Park; there is a trail system there that will require at least the better part of a morning to explore. At the Garrison Bay marina store you can rent one of those fat-tire bikes, a kayak, a canoe and even a pontoon. It is a ND State Park and will require an entrance fee...but here's another tip: buy a pass and plan on making a lot of trips to our state parks. For those of you who enjoy camping, the primitive camping area at Fort Stevenson provides campsites right next to Lake Sakakawea. Pulling a camper? Well, it appears the new campsites will be open this summer. All campsite reservations are done online at www.parkrec.nd.gov.

Continuing my whirlwind tour of paths that are best kept secrets, now we head north to Lake Metigoshe and Lake Metigoshe State Park. There is an old Boy Scout camp where they have reclaimed the trails that thousands of Scouts used to walk every year. Here you better

plan on a day and pack a lunch. You can rest on a downed tree and overlook beautiful Lake Metigoshe and enjoy the peaceful and serene atmosphere. If you feel really ambitious, there is a trail all the way to the Peace Gardens. It might take some planning on transportation back from your walk but again, it is certainly worth the time spent enjoying the Turtle Mountains, Bottineau, and Lake Metigoshe.

I'll end this segment with a promise to give you all a few more of those "best kept secrets" with a plug for The North Unit of Theodore Roosevelt National Park near Watford City. First of all, it is camping in the outdoors as it ought to be done, no matter how you like to camp. Tents, trailers, RVs under the stars...there is plenty of room in the North Unit for whatever experience you desire. We have witnessed the most spectacular Northern Lights shows while camped in the North Unit and awoke to a brilliant, sun-drenched landscape of beauty. On the way to the comfort station, we run into one of the friendly buffalo that ramble through the park. There are stories about buffalo rubbing on campers to itch their scratch. When the sun goes down, the stars seem to be brighter than anywhere else I have ever been. Get out your

book and flashlight and locate the many constellations in the sky. There are several hiking paths in the North Unit. There are two in particular that accommodate those of you who backpack for adventure. The Buckhorn, which may be for the family who has decided to try backpack camping, and the Achenbach Trail, which is a challenging 17-mile hike. This trail normally includes a trip across the Little Missouri river, so plan to get a little wet.

The final stop on our North Unit tour is the Maah Daah Hey Trail. This trail is certainly not for the first-time hikers. It stretches all the way from The North Unit of Theodore Roosevelt Park to the South Unit of the park located near Medora. There are numerous campgrounds along the trail to accommodate a multi-day backpacking trip. Sharing the trail will be hikers, bikers, and folks on horseback. And as far as wildlife? Well, no guarantees, but we have seen elk, buffalo, coyotes, deer, and bald eagles, just to name a few.

So, if you have questions, my email is sentrysales@srt.com. And I would be more than happy to share my years of knowledge of the area because you know, I Am From Around Here!

TODAY'S SMILES



FULL SERVICE CATERING

Holiday & Office Parties, Corporate & Private Events and Celebrations



10% OFF ALL MILITARY PERSONNEL
 WITH MILITARY I.D.



Locally Owned

ORDER NOW!

701-838-9140

BonesBBQMinot.com

1412 2nd Ave, SW, Minot

AFGSC Outstanding Airmen of the Year recognized

Air Force Global Strike Command recently named its Outstanding Airmen of the Year for 2021, commending the top enlisted Strikers across the command.

This past Monday, these six Airmen were recognized by Gen. Anthony Cotton, AFGSC commander, and Chief MSgt Melvina Smith, AFGSC command chief, during a Medallion Ceremony at Barksdale Air Force Base.

Huge congratulations to:
 Airman of the Year: SrA Monica Figueroa Santos, 341st Missile Wing Command Post, Malmstrom AFB, MT

NCO of the Year: TSgt Lucas Drake, 2nd Bomb Wing Command Post, Barksdale AFB, LA

SNCO of the Year: MSgt Cassie Holley, 5th Operations Support Squadron, Minot AFB, ND

First Sgt of the Year: SMSgt Yucari Brown, 5th Security Forces Squadron, Minot AFB, ND

Honor Guard Member of the Year: SrA Orry Arcemont, 90th Force Support Squadron, F. E. Warren AFB, WY

Honor Guard Program Manager of the Year: SSgt Karim Ibrahim, 7th Force Support Squadron, Dyess AFB, TX



AIR FORCE GLOBAL STRIKE COMMAND PHOTOS



SMSgt Yucari Brown, 5th Security Forces Squadron receives a Medallion from Gen. Anthony Cotton, AFGSC commander.

MINOT AIR FORCE BASE

Finest



Thank You to all **TEAM MINOT AIRMEN**, for all the effort and time clearing 36 inches of snowfall after Blizzard Haley hit Minot AFB.

MINOT'S Finest COLLISION CENTER

Proudly Serving MAFB for over 30 years!

701.839.0989
 524 31st Avenue SW • Minot, ND

www.minotfinest.com

Come in We're **OPEN**

- Bait & Tackle
- Green Mountain Grills
- Toro Mowers
- T & E Tools





Tool Surplus Center
 Best prices on tools in the state!

T & E USA TOOLS

Full-Time Outdoor Power Equipment Mechanic On-Site!
 Small equipment in need of repair?
Call us!

Check 'em Out!!



YAMAHA Golf Cars



1619 HWY 83 NW, GARRISON, ND
 Intersection of Hwy 83 & Hwy 37
701.337.2500

HOURS: Mon - Fri: 5:30 a.m. - 5:00 p.m.
 Saturday: 5:30 a.m. - Noon

STARTS FRIDAY

FANTASTIC BEASTS: THE SECRETS OF DUMBLEDORE
 (2022) Adventure, Family, Fantasy (PG-13)

UNCHARTED
 (2021) Action, Adventure (PG-13)

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

RENT THE THEATER FOR EVENTS
 CHECK OUR WEBSITE FOR MORE INFO

FOR SHOWTIMES
WWW.OAKPARKTHEATER.NET
 1500 4TH AVE NW, MINOT, ND



Cool relief for pain and swelling.

Say goodbye to messy ice packs. Choose the **Breg® Polar Care Cube™**. Quiet, compact and easy to use, it delivers 6-8 hours of motorized cold therapy to reduce pain and swelling following an injury or surgery. WrapOn Polar Pads are available for knees, shoulders, hips, ankles or backs. Ask your physician for a prescription today.



Available at two KeyCare Medical locations:

- 530 20th Ave SW, Minot
- 400 Burdick Expressway E, Minot (Trinity Health Medical Arts)

Call **701-857-7370**
 or visit trinityhealth.org/keycare-medical

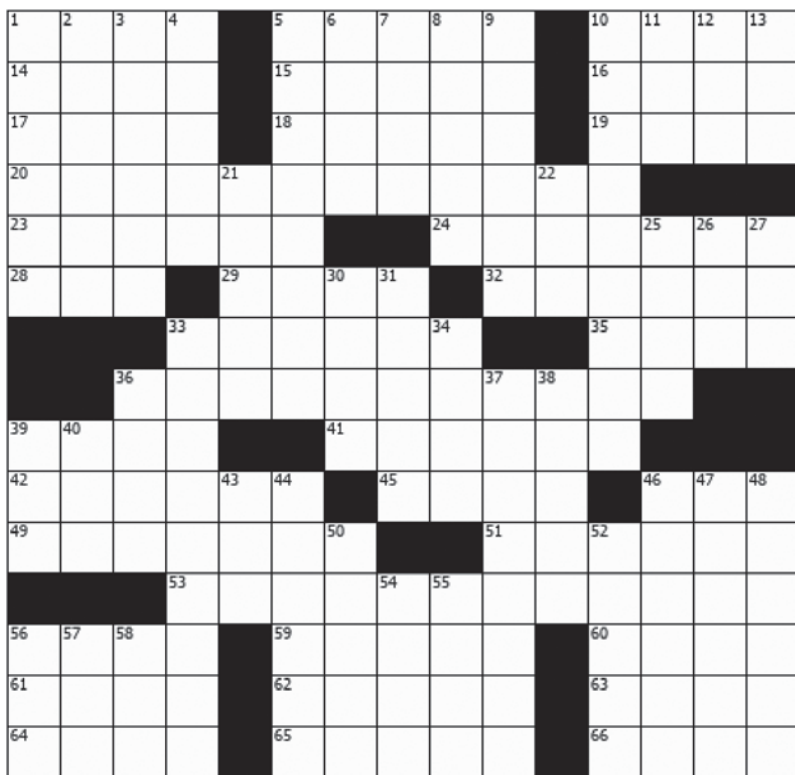


Affiliated with Trinity Health

CROSSWORD PUZZLE

Across

- 1. Palindromic band
- 5. "Steel" star
- 10. "When it's ___" (riddle end)
- 14. Author Chomsky
- 15. ___ Dame
- 16. "Chariots of Fire" highlight
- 17. Big name in slugging
- 18. Bother to no end
- 19. Wild goat
- 20. Song featured in "Jesus Christ Superstar"
- 23. Chipped stone
- 24. Parodied
- 28. Guff
- 29. Olive and palm, e.g.
- 32. Naval instruments
- 33. Film Dr. with an island
- 35. Med. school subject
- 36. Ante-nuptial purchase
- 39. Open-mouth sounds
- 41. Erechtheum locale
- 42. Chummier
- 45. Jacob's brother
- 46. Implement at Henley
- 49. Analogous
- 51. Telephone part
- 53. When to leave a message
- 56. Equalize
- 59. 1940s interneers
- 60. French 101 word
- 61. "Yes, yes!" somewhere
- 62. Like some cakes and cereals
- 63. Slangy lead-in for "boy!"
- 64. Blueprint detail
- 65. Moved on a curve
- 66. It may be rigged



Down

- 1. Countercharge
- 2. Insincere lament
- 3. Solidified lava
- 4. High-end viola
- 5. Foot, in relation to a yard
- 6. Wordsmith Webster
- 7. Novel ending?
- 8. Persian Gulf figures
- 9. Lulls
- 10. Sierra Vista folks
- 11. One-two part, sometimes
- 12. Cable TV's Emmy
- 13. Tarquinius Priscus' title
- 21. Remained firm
- 22. Disorganized situation
- 25. Point of attack?
- 26. Mesozoic, e.g.
- 27. "Spring ahead" abbr.
- 30. "Star Wars" character
- 31. "À votre ___" ("To your health!")
- 33. Like some sacred music
- 34. Test-kitchen turndowns
- 36. Pronoun in a Hemingway title
- 37. Arriving at
- 38. Toughen
- 39. Summer coolers
- 40. Boxer Laila
- 43. Present wrapper, maybe
- 44. Proportions
- 46. Single-named folk singer
- 47. Advisories
- 48. Echo
- 50. Further shorten, as a piece of wood
- 52. Crosswise, on deck
- 54. Alphabet sequence
- 55. "Boston Public" extra
- 56. Pothook shape
- 57. Type of lounge
- 58. Computer add-on?

SUDOKU

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

Solution to puzzle on page C7



NOW OPEN

21 E CENTRAL AVENUE
DOWNTOWN MINOT

701.852.8183

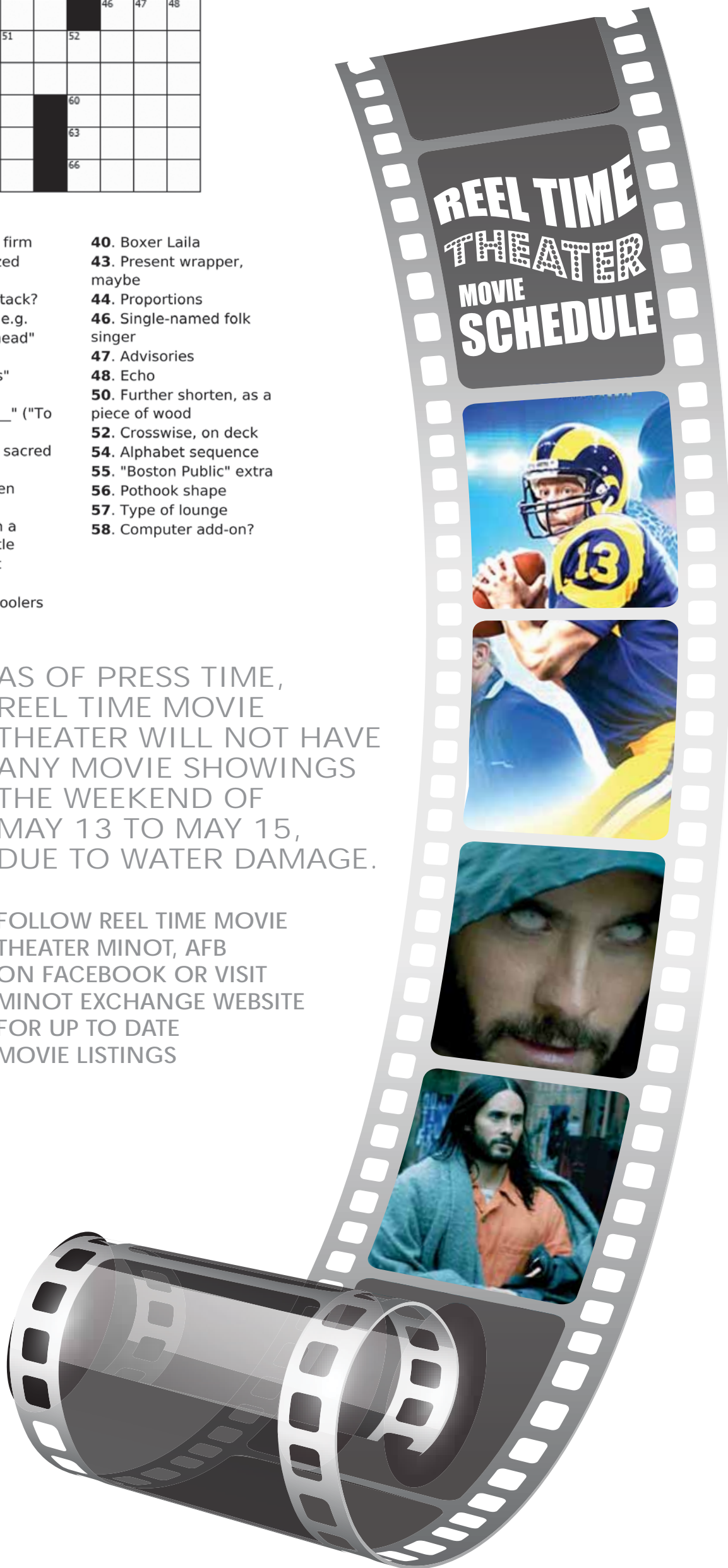
CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

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

AS OF PRESS TIME, REEL TIME MOVIE THEATER WILL NOT HAVE ANY MOVIE SHOWINGS THE WEEKEND OF MAY 13 TO MAY 15, DUE TO WATER DAMAGE.

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



Blizzard Haley Snow Removal Efforts

AIRMAN ALYSA KNOTT, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

Recently, April 12-14, 2022, people at Minot Air Force Base and the surrounding North Dakota communities witnessed a massive amount of snow during the historic late-winter storm, Blizzard Haley.

The blizzard bombarded Minot AFB for over 48 consecutive hours, leaving the area with a whopping initial 36 inches of snowfall. The ensuing snow drifts reached over 6 feet tall covered vehicles and left many temporarily stuck in their homes or dorms, before another system moved in a few days later, adding at least another 10 inches of snow to the total.

When many people think snow removal, shoveling a sidewalk or driveway may come to mind; however at Minot and other Northern Tier bases, whether through repairs, planning, or action, snow removal is a year-round consideration.

The initial snow removal team consisted of over 54 Airmen from many different agencies, including the 91st Maintenance Group, 5th, 91st Operations Group, and 5th Maintenance Group, however by the end of the storm, well over hundreds were involved at all levels, clearing roads, parking lots, access ways, sidewalks, and digging ditches to mitigate the flood and mud impact caused by melting snow.

The Airmen and civilians conducting snow removal efforts used multiple types of equipment, to include front-end loaders with different attachments like blowers, street plows, box blade pushers and buckets. Additionally, they employed graders and airfield plows, brooms and blowers.

Overall, more than 50 pieces of equipment played a role in the fight to keep the base operational. "I've been in Minot since 2005 and this is the most snow we've gotten," said Mike Grady, Work Leader Equipment Operator for the 5th CES. "The longevity of the storm, the wind and the amount of snow, stood out from other storms, it's something to be reckoned with."

During the storm Grady worked 12 hour shifts, consisting of driving plows and blowers to remove the snow. Conditions from Tuesday evening to Wednesday were whiteout with very low visibility and wind gusts up to 50 miles per hour. At one point, Grady and his team paused clearing snow for safety reasons until the storm died down.

Even though the storm remained constant for 48 hours, families stuck in their homes and in need of emergency were still accessible if the need arose, which it did.

During the second day of the storm, on-base first responders received a dispatch call to respond to a non-life-threatening, medical emergency at around 3 a.m. The ensuing, combined response proved the team's effectiveness to prioritize their efforts to reach a common goal.

The 5th CES snow control team cleared a path for Emergency Medical Services from the medical facility to the patient's residence. Upon evaluation, the EMS crew determined the patient required further medical treatment not typically provided by first responders.

Additional assistance from the snow control team then plowed a safe route for, Lt Col Nicole Croley, MD, Chief of Medical Staff for the 5th MDG, from her residence to the medical facility.

"I followed the snow plow as they cleared a way to the hospital to treat the patient," said Croley. "It was completely surreal to drive through what was essentially a tunnel of man-sized snow drifts. The wind was so forceful, it seemed like the path filled in almost as soon as it was cleared."

She also stated that without the efforts of the emergency medical team and the snow control members, this patient would not have received the additional treatment necessary for their wound.

"Thanks to the 5th CES snow control team, we were able to provide uninterrupted medical care in spite of the road closures and white out conditions," said Croley. "It was truly miraculous!"

Many Airmen have had to endure longer work hours than normal and extreme cold, and biting winds, but there was a bright side to things. Their support system.

Due to proper preparation for the storm, the Airmen had temporary lodging at the hotel on base, and on cots in common areas to minimize the drain on low density snow clearing resources, or for some, in of the residents on the opened their home for their fellow Airmen to stay.

Finally, members of the spouse network banded together to help support the Airmen on shift by providing cooked meals, sandwiches and snacks.

One of the most impacted groups by the storm were those who still stood alert, both in the 91st MW missile fields where people continued the nation's 24/7, 365 ICBM alert status, and

on the main installation with the 5th Security Forces Squadron defending the base.

"The men and women of the 5th SFS stand watch 24 hours a day, seven days a week, 365 days a year," said Chief Master Sgt. Jane Walker, 5th SFS command chief. "The recent blizzard was no exception, and they endured long hours in harsh conditions while remaining steadfast in their duties."

During the storm, several Airmen were credited with going above and beyond their requirements, pulling duty for more than 30 hours at their post, rotating sleeping times with others on post with them. According to Walker, they were offered the option to come in from their post, but the result would have left the base's inbound gate closed to any who might seek shelter from the adjacent traffic artery, Highway 83. The Airmen opted to stay on shift and fight through the weather together in case someone needed their help.

"We are grateful for the resiliency, the professionalism, and the grit of our Defenders bring to the table every day," said Walker. "Take a moment to thank our team when you see them. Without them, the critical mission here at Minot would not be possible."

All-in-all, one might assume a blizzard of this magnitude might weigh on the morale of their Airmen, however for many, quite the opposite seemed the case.

"The morale of the team was great," explained Tech. Sgt. Ryan Powell, noncommissioned officer in charge of Pavements and Equipment. "The whole team ensured everybody was good and helped each other stay motivated to accomplish the snow removal efforts."

Recently, the 5th Civil Engineering Squadron earned recognition as the runner up for best Large Civil Engineering Squadron in the U.S. Air Force, however they're already looking forward to earning top spot next year with such an impressive start to 2022.



A snow plow operated by an Airmen assigned to the 5th Civil Engineering Squadron plows the flight line on Minot Air Force Base, North Dakota, April 17, 2022. Team Minot Airmen cleared the snow with heavy equipment after Blizzard Haley left Minot Air Force Based covered in over 36 inches of snowfall.

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

EVERYDAY HAPPY HOUR - 3PM - 6PM
 \$2 off All Apps
 \$3 House Wine & Domestic Pints
 Bavarian Pretzels with Beer Cheese Sauce
 \$4 Rail Drinks, ND Brewery Pints & 22oz Domestic Taps, 4 Lettuce Cups
 \$5 Moscow Mule
 \$6 Specialty Cocktails, Martinis & 22oz ND Breweries Taps
 1/2 Flat Bread Pizza

DAILY SPECIALS
 Monday \$5 Moscow Mules (all day)
 Tuesday \$4 ND breweries (all day)
 Wednesday 1/2 Price Wine by the glass/bottle (all day)
 Thursday \$1 up for all Tall Taps (all day)
 Sunday BRUNCH (11am-2pm)
 \$7 TSR Bloody Mary & Caesars
 \$12 Bottomless Mimosas
 \$6 Breakfast Shots

FAMILY PACKS
 Monday Pizza Pack Combo
 Tuesday Sandwich Pack
 Wednesday Chef Creation*
 Thursday Pasta Pack
 *Changes Weekly - Check our Facebook Page

MILITARY DISCOUNT 10% OFF

thestarvingrooster.com

Local Cravings Restaurant Guide

Applebee's Grill & Bar

2302 15th St SW, Minot, ND 58701
 Phone: 701.839.2130
 www.applebees.com

Bone's BBQ Smokehouse & Grill

1412 2nd Ave SW, Minot, ND 58701
 Phone: 701.838.9140
 www.bonesbbqminot.com

Badlands Restaurant & Bar

1400 31st Ave SW, Minot, ND 58701
 Phone: 701.852.7335
 www.blgrill.com

28 Tastes & Taps

1603 35th Ave SW Minot, ND 58701
 Phone: 701.838.2828
 www.facebook.com/28tastes

Mi Mexico

3816 South Broadway Minot, ND 58701
 Phone: 701.858.0777
 www.mimexicomintd.com

Pink's Bar & Grill

102 128th Ave NW Minot, ND 58703
 Phone: 701.852.2385
 www.facebook.com/PinksBarGrill

Culver's Restaurant

3000 S Broadway, Minot, ND 58701
 Phone: 701.852.4800
 www.culvers.com

Prairie Sky Breads

3 1st St. SE, Minot, ND 58701
 Phone: 701.858.0612
 www.prairieskybreads.com

Ironhorse Kitchen + Bar

21 E Central Avenue, Minot, ND 58701
 Phone: 701.852.8183
 FB: Ironhorse Kitchen + Bar Minot

The Starving Rooster

30 1st St. NE, Minot, ND 58703
 Phone: 701.838.3030
 www.starvingrooster.com

Primo Restaurant

1505 N Broadway, Minot, ND 58703
 Phone: 701.838.7746
 www.primominot.com

Souris River Brewing

32 3rd St NE Minot, ND,
 Phone: 701.837.1884
 www.sourisriverbrewing.com

Whiskey Nine

109 Central Ave, Minot, ND 58701
 Phone: 701.837.1090
 www.whiskeynined.com

BUSINESS HOURS

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

(701) 852-2800

1350 20TH AVE SW, MINOT, ND 58701



COMMANDERS CALL

Congratulations to everyone who was presented an award at the Commanders Call. We would also like to extend a warm welcome to our new members and a friendly farewell to those getting ready to PCS.

891ST MSF SHADOW WARRIORS PHOTOS

Let's Plan Your Party!

Birthday PARTIES
X-TREME OR OPEN BOWLING

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

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

Additional \$10 for X-treme Bowling

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

1901 NORTH BROADWAY MINOT, ND
NORTHHILLBOWL.COM

FOR RESERVATIONS PLEASE CALL **852-4108**

Party Room

FROM KID'S BIRTHDAY PARTIES TO GIRLS NIGHT OUT, OR TEAM BUILDING!

We have a party space available for all of your fun!
Call for details!

TAG STUDIO

109 South Main St. Minot **701.837.8555**

Blake Krabseth
Comedian / Magician
Great for Parties and Conventions
701-720-1786
magic@blakekrabseth.com
BLAKEKRABSETH.COM

BOOK YOUR PARTY!

BIRTHDAYS, GAMING PARTIES, PRIVATE MOVIE EVENTS, FAMILY GATHERINGS

Monday-Thursday
Time Slots Available:
• 10 AM-12:30 PM
• 1 PM-4 PM
• 6 PM-10 PM

Email for details:
alatoakpark@gmail.com
WWW.OAKPARKTHEATER.NET

High Air Ground
• TRAMPOLINE PARK •
1210 4th Ave NW / Minot, ND 58703
701-837-JUMP

FAMILY NIGHT
\$45.00

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

www.highairground.com



MARGIE'S



109 South Main St. Minot ~ 701.837.8555

No Appointments Necessary!

explore, experience, discover



Bring out your inner artist!

Gift Shop • Coffee & Smoothie Bar • Ceramic & Glass Studio

margiesartglass.com



RECEIVE **10% off**

Team Minot

includes Ceramics, Glass, Giftware & Coffee

Every Tuesday from 5:30-8:30pm we invite our neighbors to the North at Minot AFB to come in!

It's our thank you for serving!

Must have a active AF ID card at time of purchase.

Culver's
Welcome to delicious.[®]

10% DISCOUNT FOR ALL MILITARY PERSONNEL
(with valid ID and cannot combine with other offers/discounts)

CULVER'S OF MINOT
3000 S Broadway Minot, ND 58701
701-852-4800

North Star Farms
Organically Grown
Prairie Produce

CSA Shares Now Available
weekly delivery starting in July
Full Share \$600, Half Share \$425
Home delivery in Minot \$100

If you would like to receive the freshest produce in northwestern North Dakota, log on to www.northstarorganic.com, email mbaker@northstarorganic.com or dial 701-720-2635. North Star Farms takes shares on a first-come first-serve basis so sign up before it's too late.

SkinnyWeek provides the tools for sustainable weight management.
skinnyweek.com

skinny week

Military Special!
Get 50% off your first month after you attend two meetings!

AFGSC conducts Senior Leader Conference at F.E. Warren

STAFF REPORTS, 90TH MISSILE WING PUBLIC AFFAIRS

F.E. WARREN AIR FORCE BASE, Wyo. --

Commanders, command chiefs, civic leaders and staff from across Air Force Global Strike Command converged upon F.E. Warren Air Force Base, Wyoming, April 5-8 for the command's spring senior leader conference.

The SLC allows senior leaders to come together and share best practices, discuss unique challenges and collaborate on solutions for issues that affect the Global Strike mission and its people.

"As a team, we really need to understand who we are as Global Strike Command," Gen. Anthony Cotton, AFGSC commander, told the group. "Not 8th Air Force, not 20th Air Force, not civic leaders, but collaborators of Global Strike."

Cotton told the group rather than have the typical A-staff briefings and updates, he wanted to do something a little different this year and really focus on the current strategic challenges and also focus on some key issues faced by Airmen and their families.

With that in mind, conference topics included AFGSC goals and objectives for the year, dealing with mental health issues, education challenges faced by military families, modernization efforts and the current geopolitical environment, including China and Russia.

Gordon Chang, a columnist, author, lawyer and analyst, kicked off the conference with a discussion on Chinese culture and the importance of American nuclear deterrence.

"The ground based missiles are the most important leg to the nuclear triad, and they provide the true deterrence that we absolutely need," Chang said. "We live in different times, so we may not comprehend the danger.... but we cannot deter China if we don't even try."

Air Force Chief of Staff Gen. CQ Brown, Jr., joined the attendees for a VTC during the conference, highlighting the Air Force role in the 2022 National Defense Strategy and the fiscal year 2023 budget request. Brown also spoke to the importance of research and development in accelerating change.

"We have to have collaboration with industry partners and we have to have great teamwork and my hat is off to Global Strike Command based on two key programs, the Sentinel GBS (ground based strategic deterrent) and the B-21," Brown said. "This is partly because of the partnership we have between our operators,



Attendees of the Air Force Global Strike Command Senior Leader Conference pose for a group photo April 6, 2022, in front of Quarters 92 on F.E. Warren Air Force Base, Wyoming. Nearly 100 leaders from 12 units and their local communities came together to participate in the SLC, an opportunity for leaders to discuss pertinent issues that affect the AFGSC mission and its people.

U.S. AIR FORCE PHOTO | ROBERT J. HILL

acquisition professionals and our industry partners. That's the way programs need to go."

Brown said being flexible is an important aspect of ensuring positive change.

"We can't be so tied to the way we're organized today that we put ourselves in a position such that we're not prepared for tomorrow," he said.

The CSAF also took time to thank AFGSC leaders for the important work Strikers do on a daily basis and what that effort means to national defense.

"It is this command that provides our nation the advantage of global strike," Brown said. "It is a critical backstop for our diplomats and the reassurance to our allies and partners."

Following the VTC, Cotton spoke in depth about the importance of engagement across multiple channels, one of the new AFGSC lines of effort.

"Engagement is the full gauntlet. It is engaging with our Airmen to weave in the other lines of effort and us explaining to them how we're treating them as human beings and what we're trying to do to deliberately develop them," Cotton said. "Yet, it's also an engagement with the civic leaders of our world to say 'we are part of your community'."

One of those civic leaders, Carolyn Ritschard from Cheyenne, Wyoming, praised the opportunity to engage with other civic leaders and command leadership.

"This SLC was informative, thought provoking and inspiring," she said. "I especially enjoyed the opportunity to talk with other civic leaders and exchange ideas on how

to be supportive communities."

The second day of SLC began with a focus on the enlisted force, with Chief Master Sgt. Melvina Smith, AFGSC command chief, providing insight on a number of topics important to the enlisted community. Smith also looked to the future of leadership within AFGSC and ensuring the Airmen of tomorrow are prepared for changing environments.

"What does a Striker of 2032 look like? I think our foundational competencies are solid - it will require an agile, creative and innovative leader," Smith said. "It'll be someone who has been empowered and knows their leadership trusts them to make the right decision and take some risks."

Continuing with the theme of looking after Airmen and families, Alicia Pepper, spouse of a U.S. Space Force Brig. Gen. Devin R. Pepper, reminded leaders of the importance of school systems to military families and how it can become a major stress point as families move location to location.

Cotton emphasized her point, mentioning that education and schools have become a retention issue, as some members are choosing separation or retirement over forcing their children to change schools.

To that end, Pepper has actively worked toward the passage of Colorado House Bill HB21-1217, a law giving military families a more equitable playing field in Colorado's public schools, while advocating for a federal version of the law and passage of similar laws in several different states.

We Specialize in All Things Glass...



Get **\$25 off** a service of **\$275 or more**

Limited time offer. One per customer. Cannot be combined with other offers. Valid at participating locations.



Shower Enclosures • Table-top Glass/Curio Cabinet Glass
Automotive Glass Repair and Replacement • Mirrors

GLASS DOCTOR
a neighborly company

701.852.3741 • GlassDoctor.com/Minot
1122 S. Broadway Minot, ND 58701

Locally Owned and Operated Franchise

The AFGSC civic leaders in attendance took Pepper's challenge to heart, and pledged to work on bringing similar legislature to the national stage.

Later in the day, retired Army Lt. Gen. Daniel Bolger, provided some historical context to the current conflict between Russia and Ukraine and how that history will likely drive new challenges for the U.S.

Bolger stressed the importance of American modernization, training and upkeep to meet those challenges of tomorrow.

"[Fear of our capabilities] is not a birthright. It doesn't come because we put a patch on and wear the right uniform," Bolger said. "We must train and while we're waiting for modernization, we need to squeeze every last drop of capability out of the weapons we have now."

At the end of the conference, Cotton and Smith emphasized the importance of the lessons learned during the group's time together, and stressed the importance of the Command's deterrence mission.

"What we heard from every single speaker - renowned speakers in their professions - the one thing that all of them said was that global strike is key to the success of our democracy," Cotton said.

Smith concluded by stressing the importance of relationship building to all leaders from generals to front-line supervisors.

"It's not just about relationships, it's all about relationships," said Smith. "And we are Striker Strong."



Chief Master Sgt. Melvina Smith, command chief for Air Force Global Strike Command, talks to attendees of the AFGSC Senior Leader Conference about the enlisted force April 7, 2022, on F.E. Warren Air Force Base, Wyoming. Nearly 100 leaders from 12 units and their local communities came together to participate in the SLC, an opportunity for leaders to discuss pertinent issues that affect the AFGSC mission and its people.



Col. Catherine Barrington, commander of the 90th Missile Wing, briefs the attendees of the Air Force Global Strike Senior Leader Conference April 7, 2022, on F.E. Warren Air Force Base, Wyoming. Nearly 100 leaders from 12 units and their local communities came together to participate in the SLC, an opportunity for leaders to discuss pertinent issues that affect the AFGSC mission and its people.

U. S. AIR FORCE PHOTOS | GLENN S. ROBERTSON



Kim Albert Agency

701-852-1460

2825 S. Broadway, Suite 2

abby.martinson@allstate.com



Allstate

You're in good hands.

© 2019 Allstate Insurance Co.

10585723

A LOOK BACK THIS WEEK IN USAF HISTORY

USAF MOBILIZES IN WAKE OF CATAclySMIC MOUNT ST. HELENS ERUPTION

MAY 18, 1980



On May 18, 1980, Mount St. Helens, located in Washington, erupted with a force 400 times stronger than the atomic bombs dropped on Japan nearly 35 years earlier. The Washington State Department of Emergency Services called for Air Force assistance for disaster relief operations shortly after. Personnel and planes from the 62nd Military Airlift Wing (MAW) and 36th Tactical Airlift Squadron at McChord AFB, Wash., the 63rd MAW at Norton AFB, Ca., the 303rd Aerospace Rescue and Recovery Squadron from March AFB, Ca., the 920th Rescue Wing at Patrick AFB, Fla., and many more units provided humanitarian support and communications assistance in the wake of the eruption. While McChord was able to evacuate all aircraft before the smoke arrived, many planes stationed at nearby Fairchild AFB were grounded and by the morning of the 19th, over an inch of ash covered the entirety of the base. The eruption killed 57 people and caused over a billion in damages. 24 square miles of the valley were leveled by a debris avalanche, and hundreds of square miles of forest and farmland were destroyed. Mount St. Helens continued to erupt sporadically throughout the summer.

Mount St. Helens erupted on May 18, 1980, creating the deadliest and most economically destructive volcanic event in U.S. history. (USGS photo)

Information courtesy of: mcchord.af.mil / 920raqw.afrc.af.mil / United States Geological Survey

CELEBRATE LIFE
SERVING YOU SINCE 1926



304
S MAIN ST
MINOT, ND

THOMAS
FAMILY
FUNERAL HOME

CALL
701-838-2832

WWW.THOMASFAMILYFUNERALHOME.COM

SATURDAY

LATINO NIGHT

TACOS & TEQUILA EDITION

MAY 14TH

THE SPOT FREE PARKING / \$10 COVER
FOOD TRUCKS/TEQUILA TASTING

6 2ND STREET NE MINOT ND

EMPIRE SOUNDS & ENTERTAINMENT

North Dakota HORSE EXPO

June 3-5, 2022
ND State Fairgrounds, Minot, ND

- SHOWDEO • PETTING ZOO • WAGON RIDES
- YOUTH RANCH RODEO • KIDS KORRAL • EQUI-GANZAI
- WORLD FAMOUS CLINICIANS • DOMINGO THE LONGHORN

NORTHDAKOTAEQUINE.COM/ND-HORSE-EXPO

NODAK ARMS

OUTDOOR

REPORT

OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, May 9: 1,828.39 feet above mean sea level (MSL); 14,400 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.44 feet above mean sea level (MSL).

Stump Lake elevation: 1,449.01 MSL.

•N.D. Game & Fish Dept. game wardens: Lake Sakakawea and Lake Audubon generally slow. Several roads are underwater and washed out that would access Devils Lake northern feeder creeks and coulees so use caution and check local conditions. Devils Lake is ice-free. No reports from north-central area lakes or the Missouri River.

•Devils Lake, Ed's Bait Shop, Devils Lake: Good walleye success in Devils Lake feeder coulees and creeks but consider releasing large spawning female fish and use caution on muddy roads.

•Devils Lake, Woodland Resort, Devils Lake: Continued good walleye and pike success in Channel A. Devils Lake is completely open.

•Lake Darling, Karma C-Store, Ruthville: A few more anglers out on area lakes, weather permitting, but limited reports yet. Try smelt for pike on Steinke Bay on the east end of Lake Sakakawea.

•Lake Metigoshe, Four Seasons, Bottineau: A few anglers fishing off docks and finding a few nice-sized walleye and pike with fish moving into shallower water. Not many docks in place yet. Limited bluegill reports.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: East end of Lake Sakakawea producing scattered walleye success using Lindy rigs, jigs and minnows, or pulling crankbaits in a variety of depths from Douglas Bay to the Highway 83 east end embankment. Lake Audubon slow.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn &

•Paddlefish snagging season closed but remains open for snag-and-release. Go to the Game & Fish website, (gf.nd.gov) for snagging regulations.

•Deer gun and muzzleloader applications now available. Go to the Game & Fish Dept. website to apply by the June 8 deadline.

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

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

•May 21: EMS Kids Day, Fort Stevenson State Park, Garrison. Free family activities with emergency personnel equipment tours and other kid's activities. Contact the park, (701) 337-5576, for details.

•May 28 – May 30: Sky Fest over Fort Stevenson Kite Festival, Fort Stevenson State Park, Garrison. Go to the festival website (www.skyfestnd.com) for details.

•May 30: Military Service Personnel Day, Fort Stevenson State Park, Garrison.

TOURNAMENTS:

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

Leisure, Garrison: Improving pre-spawn walleye bite on the east end of Lake Sakakawea. Try pitching jigs in Steinke Bay in 2 to 4 feet or as deep as 15 to 20 feet. Lake Audubon remains slow.

•Lake Sakakawea, New Town: Van Hook Arm and river portion around New Town remain slow for walleye with spawn still possibly underway.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace remains generally slow. The east end of Lake Sakakawea has some boat and shore activity but also remains generally slow.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Lake Sakakawea smelt and walleye spawn winding down on the upper end of the lake. Slight walleye bite but generally a tough bite on the upper end. Look for more activity as fish move out of the post-spawn lull but try shallow water with jigs and minnows or plastics in 2 feet. Continued pike success on Trenton Lake with a few crappie mixed in. West Spring Lake Park and Kota-Ray Dam producing catchable trout.

•Lonetree WMA area lakes,

Harvey: Mixed reports from area lakes with a little success but overall still generally slow.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: A few more anglers on area lakes but overall success remains slow yet.

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

N.D. river flows:

•Little Missouri River, Long X Bridge: River stage, 2.85 feet; streamflow, 2,180 CFS.

•Missouri River, Williston: River stage, 13.97 feet.

•Missouri River, Washburn: River stage, 8.43 feet.

•Pembina River, Walhalla: River stage, 12.67 feet; streamflow, 7,430 CFS.

•Souris River, Foxholm: River stage, 7.52 feet; streamflow, 177 CFS.

•Souris River, Minot: River stage, 5.27 feet; streamflow, 264 CFS.

•Yellowstone River, Sidney, Mont.: River stage, 3.67 feet; streamflow, 7,130 CFS.

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.

THIS SPECIAL FEATURE IS SPONSORED BY:

NODAK ARMS

THE DAKOTA'S AR AUTHORITY

Parts, Accessories, Modifications, Repair & Custom Builds

Shop Online www.NodakArms.com

Sales@nodakarms.com • 701.839.0005

2 Miles East of Minot on Highway 2

Follow us on Facebook

DVCC WALK A MILE EVENT



In support of the Domestic Violence Crisis Center in what they represent, Team Minot Airmen decided to wear their Women's History Month patches to show support of the Walk A Mile event held at the MAYSA Arena, April 22.

U.S. AIR FORCE PHOTOS | MINOT AFB PA



The Women's History Month Committee from Minot AFB attended the Walk a Mile event and donated \$1000 to the Domestic Violence Crisis Center to help serve survivors!

DOMESTIC VIOLENCE CRISIS CENTER PHOTO

STORYTIME

and activity with Miss Kristi
Tuesday and Friday 11 am

MILITARY ID DISCOUNT!

10% Off Everything, Every Day!
WITH A MILITARY ID

TRADE YOUR LIKE-NEW USED BOOKS FOR STORE CREDIT - DETAILS ONLINE AND IN-STORE!

OPEN: Monday - Saturday: 10am - 6pm • Sunday: 12n - 4pm
8 Main St S • Downtown Minot • 839-4050 • www.mainstreetbooksminot.com • mainstreetbooks@srt.com

Experienced VA Realtor

Michael Busetz

REALTOR®

701-720-2542

ELITE

REAL ESTATE

1829 S. Broadway
Suite 1, Minot, ND

SAPR 2ND ANNUAL SURVIVOR'S EXPERIENCE RUCK

Minot AFB Sexual Assault Prevention & Response - SAPR held their 2nd Annual Survivor's Experience Ruck March, April 27, held at the Turf. The April event is held in recognition of Sexual Assault Awareness Prevention Month.

MINOT AFB SEXUAL ASSAULT PREVENTION & RESPONSE - SAPR PHOTOS



FOR ALL YOUR HOME LOAN NEEDS



BENCHMARK MORTGAGE
Ark-La-Tex Financial Services, LLC NMLS# 2143

We appreciate you & put you FIRST!

Offering a \$700 off closing cost credit in appreciation for your service

Mention this ad for the \$700 off



701-839-3360
2080 36th Ave SW, Suite 205, Minot

APPLY NOW ONLINE
www.teamnd.benchmark.us

Steve Fennewald NMLS #766570
Sarah Burckhard NMLS #766557

This is not a commitment to lend. Offer valid to qualifying borrowers. Borrower receives credit for lender origination fees up to \$700.00 at loan closing. Loan must close and fund with Ark-La-Tex Financial Services, LLC NMLS# 2143 (www.nmlsconsumeraccess.org). Information, rates, and pricing subject to change without prior notice at the sole discretion of Ark-La-Tex Financial Services, LLC. Other restrictions may apply. (https://benchmark.us) Must present this coupon for it to be valid.

SPONSORED BY



NORTHERN CELEBRATIONS

EMBRACING OUR NORTH DAKOTA LIFESTYLE

IT'S SPRING - THINK ABOUT NOVEMBER DEER HUNTING

Patricia Stockdill

It's almost mid-May but it's time to start thinking about deer hunting.

Especially because the 2022 North Dakota deer gun and muzzleloader applications are available with the June 8 deadline typically approaching faster than what one realizes.

The early June deadline is a decades old tradition. Even though license applications aren't due until June, the N. D. Game and Fish Department sends its deer gun proclamation recommendations to the governor in late April each year. The goal is to have applications available in early May. The time lag between the early June application deadline and the season allows time for license printing and distribution.

A specific number of antlered and antlerless licenses for each unit is determined after factoring in an array of information, including harvest and hunter observation surveys, big game surveys, and other information.

For example, unlike some states where deer applications can be submitted in winter or early spring, the Game and Fish Department waits until April aerial mule deer surveys are complete and population modeling is tallied.

Adding that information with winter aerial white-tailed deer survey data helps biologists provide concrete numbers for hunters: X number of either white-tailed or mule deer antlerless licenses, X number of either antlered species, or in areas of the state broken down more specifically by species, X number of mule deer antlerless or antlered.

A landowner's role is critical for wildlife habitat, wildlife, and hunting opportunities, especially in a state with more than 90 percent land in private ownership, North Dakota has recognized and shown its appreciation to landowners by allowing them to receive a free gratis deer gun hunting license to hunt their land. It's a way to say "thanks" as well as an opportunity for a landowner to harvest a deer.

However, the number of gratis licenses must be factored in when determining each unit's number of available licenses, which makes a difference on the number of licenses available to the general public.

Gratis license numbers are determined by looking at the long-term trend of the number of gratis licenses issued and calculating the 5-year mean. That number is removed from the number of available licenses in each unit before the lottery is held

The number of available licenses, less the amount deducted for gratis licenses, is included on applications so hunters know the number of available licenses.

If hunters aren't keyed into hunting a particular unit for any reason, they can also get an idea of their odds in a unit from the previous year because applications also include the number of applications received for both residents and nonresidents.

Nonresident landowners, while guaranteed a gratis license, must pay nonresident license fees.

Some tips to consider when applying for a North Dakota deer gun or muzzleloader license: First, factor in what type of deer would you like to get. Hunters truly wanting to focus on a mule deer Badlands experience or opportunity to get a mule deer should select a western North Dakota unit where licenses are broken down by white-tailed or mule deer, as well as antlerless or antlered.

Select an "either" unit if wanting an opportunity to hunt regardless of species.

Secondly, what's the desired hunting experience? Is it to harvest a deer? Then selecting "antlerless" is a good first or second choice option. That's because most units often have more antlerless licenses available than antlered. If a hunter wants an opportunity to match wits with a buck, then look at the number of available antlered licenses in the various units.

Think about access. Western units offer one million acres of public land but it's often intermingled with private land so knowing exactly where one is hunting is important. Mule deer licenses are often harder to draw than white-tailed deer licenses although some white-tailed units can be as difficult, if not more so, to get a license in than mule deer units.

Do your homework, apply, and enjoy a North Dakota deer gun or muzzleloader hunting season if you're drawn. Applications are available online at the Game and Fish Department website, (gf.nd.gov).



North Dakota deer gun and muzzleloader applications are due in early June.

PATRICIA STOCKDILL PHOTO



BEST SMOKED RIBS & BRISKET IN TOWN!
FRESH SMOKED MADE FROM SCRATCH RECIPES

1412 2ND AVE, SW. MINOT 701.839.9140
BONESBBQMINOT.COM

Gun safes excluded from household goods weight allowance

STAFF SGT. ELORA J. MCCUTCHEON, SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

ARLINGTON, Va. (AFNS) -- As of May 2022, the Joint Travel Regulations for service members were updated to exclude the weight of gun safes from the total weight allowance of household goods in a permanent change of station.

As the number of accidental child injuries and deaths continue to rise, more and more incidents are attributed to unsecured, loaded guns. Defense leaders are confident this update will help improve overall gun safety in homes, while also helping to decrease service member suicides.

"We will continue to prioritize the health, safety, and welfare of our Airmen, Guardians, and their families," said Secretary of the Air Force Frank Kendall. "We want to ensure our service members have a safe home."

The weight allowance for household goods falls between 5,000 and 18,000 pounds, based on rank and whether or not a service member has dependents.

With the weight of gun safes typically ranging from 200 to over 1,000 pounds, some service members may have experienced a conflict when choosing between safety and convenience. Now, service members are allowed to ship empty gun safes, not to exceed 500 pounds, in addition to respective household goods weight allowances.

Leaving loaded guns in unsecured areas of the home, such as bedside tables, closet storage rooms and unlocked gun cabinets, creates an opportunity for children to gain access to weapons, putting

themselves or others in danger.

The Centers for Disease Control and Prevention found that firearms were the leading cause of death among U.S. children and adolescents in 2020.

Beyond the impact unsecured guns have on child safety, the Department of Defense has recognized the significant rise in service member suicide rates and established the Suicide Prevention and Response Independent Review Committee in March to address and prevent suicide in the military.

The Department of the Air Force Suicide Prevention Program, Integrated Resilience, Security Forces and the Safety Office combined to promote an effort focused on putting time and space between distressed individuals and the means to harm themselves named "Time-Based Prevention," which became a part of the Department of the Air Force's comprehensive suicide prevention strategy.

"We know that increasing the time between one's suicide ideation and one's access to a firearm can play a critical role in preventing a suicide. If this policy change prevents just one suicide, it'll be a success in my eyes," said Under Secretary of the Air Force Gina Ortiz Jones.

The concept was presented to Total Force Airmen who shared that the cost of going over their household goods limits is a barrier to using weapon safes in the home, leading the Department of the Air Force to pursue this change to the

JTR. The DoD went on to adopt the "Time-Based Prevention" approach as a part of the DoD suicide prevention strategy.

In addition to the JTR update, the Department of the Air Force implemented a cable gun lock safety program in 2020, sending 150,000 cable gun locks to every installation in the United States for distribution to service members on a first-come, first-served basis.

"The bottom line is our first obligation is to the Airmen, Guardians, and families who were courageous enough to raise their right hand to serve this country," Kendall said. "Everything we do is with them in mind, and this regulation update is no different."

Motorcycle Safety classes benefit riders of all skill levels

NORTH DAKOTA DEPARTMENT OF TRANSPORTATION

STATEWIDE, N.D. – No matter the experience level, the North Dakota Department of Transportation (NDDOT) and American Bikers Aiming Toward Education (ABATE) of North Dakota recommend all motorcycle riders take a rider safety course.

In North Dakota in 2021, fatalities from motorcycle crashes decreased overall from 2020, a positive sign that taking classes and wearing All The Gear, All The Time (ATGATT) can improve rider safety.

"Motorcycle safety classes prepare riders for the road through reinforcement of obeying all traffic laws, riding with courtesy and

wearing All The Gear, All The Time," said Lonnie Bertsch of ABATE. "Classes provide skills to heighten awareness and skill levels. Even if you have been riding for some time, there's always something new to learn."

Basic and experienced rider courses are offered across the state throughout the summer. Information on motorcycle safety courses can be found at <http://ndmtp.com>.

Learn more about motorcycle safety and how ATGATT and rider safety courses saved the lives of local motorcyclists at VisionZero.ND.gov.

NOTES ON BEING SAFE

SPRING MOTORCYCLE PRE RIDE CHECK



ROD KRAUSE
5TH BOMB WING
OCCUPATIONAL SAFETY
AND HEALTH MANAGER



For those of us that live in an area where we have to winterize our bikes and put them up for several months, this article is about getting our bikes dusted off and "ready to ride" for the upcoming riding season.

Before you set out to ride your bike, you should do a quick visual pre-ride motorcycle inspection of the chassis. Look for cracks, bent or missing spokes, loose nuts and bolts, missing nuts, bolts, clips, or pins, and fluid leaks in hoses, seals, or gaskets. Do a quick inspection of the throttle and levers. Ensure that all cables are secured and in good condition. If your motorcycle is chain driven, make sure it is lubricated and not rusted. If your motorcycle is belt driven, make sure there are no cuts or tears in the belt. Refer to your owner's manual to make sure you are not coming due on any scheduled maintenance for mileage or time. Examples of maintenance could be adjusting brakes, clutch or changing fluids.

Always, check the tire pressure before going out on the road. Ensure that the valve stems are seated correctly and are tight. Check to ensure the tire pressure matches the recommended manufacturer air pressure for your specific tire. Usually, you can find this information in your motorcycle user manual or the tire manufacturer's website. Check the tread depth; look for foreign objects, or uneven wear.

Check the fluid levels. Always check the oil and make sure you have a full tank of gasoline. One tip I can pass on is to also go by your miles, rather than the float on the gas tank, because often it can be off by as much as 2 gallons. I make sure I keep track of my miles, that way I know when it is time to fill up. If you have a locking tank, take your key with you in case you run out of gas. Don't assume that all tank keys are made the same because they aren't, take this from the voice of experience.

Check the battery to make sure the terminals are clean and tight fitting. A battery that has discoloration or bulging is a sign of a bad battery needing replacing. Test your horn, turn signals, headlights, instrument lights, and brake lights to ensure proper

operating order. Replace any burnt out bulbs before riding.

Check to make sure your safety features of your motorcycle are working properly. Make sure your engine kill switch works when used. If your motorcycle won't let you put it in gear with the kick stand down, make sure the motor shuts off when you do. If your motorcycle is equipped with a neutral indicator, check to verify if it indicates when you are in neutral.

Check the mirrors to ensure they are securely bolted and crack free. Adjust the mirrors to the proper position before riding and make sure they are clean and streak free. It isn't easy to adjust your mirrors while riding, nor is it safe.

Do a visual inspection of your exhaust system. Making sure connections are tight and no baffling is loose or missing. You can then start the motorcycle to make sure nothing sounds abnormal. Examples would be

a ticking engine, loud exhaust, or something vibrating that could come loose.

Lastly, when you are on your bike and "ready to ride" and you take up the kickstand, check to make sure that the spring in the kickstand has enough tension to hold it in position. There is nothing like everyone getting in line to ride and when they make the left hand turn out of the parking lot, the one motorcycle that either didn't check their kickstand for faulty springs or left it down, goes belly up in front of everyone.

All of this may sound like it will take a long time, but in reality, once you do it a couple of times, it takes about five to ten minutes each ride. The time invested in a pre-ride motorcycle inspection is certainly better than paying for a tow home or being stranded on the side of the road.

BABY ANNOUNCEMENTS

BABY GIRL BORN ON
MONDAY, MAY 02, 2022 TO:
LAURA PETTIE AND LUTHER CONWAY
BOTTINEAU, 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.

BAKED ZITI WITH ITALIAN SAUSAGE

INGREDIENTS
1 POUND ZITI, COOKED 1 MINUTE LESS THAN DIRECTIONS, AND DRIED
1 JAR SPAGHETTI SAUCE
1 TEASPOON GARLIC, MINCED
1 PINCH RED PEPPER FLAKES
1 POUND ITALIAN SAUSAGE, COOKED
SALT AND PEPPER
2 CUP GRATED MOZZARELLA CHEESE
1/4 CUP PARMESAN CHEESE

When ready to cook, set the temperature to 450° F and preheat, lid closed (10 to 15 minutes). In a large bowl, pour your spaghetti sauce over the cooked pasta, add garlic, red pepper flakes, and salt and pepper to taste. Toss. Fold the sausage into the pasta mixture. Coat a 9 x 13 x 2-inch baking dish with nonstick cooking spray.

Pour half of the pasta mixture into your prepared baking dish. Sprinkle with half of the mozzarella. Pour remaining pasta into the dish, smooth out the top and add the remaining mozzarella.

Bake in Traeger until cheese is golden brown and bubbly, about 20 minutes. Remove and sprinkle with parmesan cheese. Enjoy!

Ryan Davy - GM
Minot

www.HofE.com/BBQHQ

Welcomes you to Minot AFB

Checking & Savings
Online Banking for those on the go!
Loans for Autos, RV's, Life in General

ATM conveniently located at Rockers on Minot AFB.

Minot AFB • 210 Summit Drive
Minot • 1819 S Broadway

nscu.com

Verendrye Electric Co-op urges safety around power lines statewide

Cleanup and maintenance to last for several weeks

VERENDRYE ELECTRIC

Power was restored to all Verendrye members on Monday night, but Verendrye Electric Co-op urges people to be aware of potential safety issues as crews continue to work on damaged power lines across North Dakota.

“Our first priority during a large outage like this one is to get people’s power back on as quickly and as safely as possible. Once that’s done there is a lot of work left to do to” said Verendrye Electric Manager Randy Hauck.

Crews will be working for weeks conducting detailed inspections on thousands of poles and hundreds of miles of power lines and many substations in many parts of the state. Problem spots such as lines hanging lower than normal could still be encountered.

“We know farmers are anxious to get into the field. We urge caution as they drive machinery underneath power lines. Don’t take chances if you are questioning the clearance. Either find another way into the field or call us.” Hauck said.

Verendrye urges everyone in North Dakota to think about safety around power lines. Other cooperatives in Northwest ND including Burke-Divide Electric Co-op, Mountrail-Williams Electric Co-op and McLean Electric Co-op were also hit hard by the ice storm. Many power lines clearances will be lower than normal anywhere in this area.

Verendrye crews replaced around 439 poles during the ice storm that left some out of power for more than a week. Maintenance left to do also includes removing broken poles from farmers’ land and repairing damage done to fields. Verendrye thanks all of the people who helped lineworkers gain access to downed lines. We also thank people for their patience during the outage.

You can report safety issues or concerns to Verendrye Electric 24/7 by calling 1-800-472-2141.

20% Military Discount

1505 N Broadway, Minot, ND 58703
(701) 838-7746

Grand Hotels

Closed Mondays
Tuesday-Saturday
7:00 am – 1:00 pm

Thursday-Saturday
5:00 pm – 9:00 pm

Sunday
7:00 am – 1:00 pm

Vibeto Orthodontics

BEAUTIFUL SMILES FOR A LIFETIME

GREAT SMILES COME FROM VIBETO ORTHODONTICS

- Traditional metal and clear braces
- Invisalign® and Invisalign Teen™ clear aligners

SCHEDULE A COMPLIMENTARY INITIAL ORTHODONTIC CONSULTATION TODAY!

Bryan Vibeto, DDS, MS

(701) 839-6010

2615 Elk Drive Suite 2
Minot, ND 58701

Auto Care - Valvoline Instant Oil - Tires

Minot | 1301 20th Ave SW | 701-837-1301

Minot AFB | 61 Missile Ave | 701-727-4141

SPRING

CAR CARE

How Often Should You Change Engine Oil

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

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

Depending on vehicle age, type of oil and driving conditions, oil change intervals will vary. It used to be normal to change the oil every 3,000 miles, but with modern lubricants most engines today have recommended oil change intervals of 5,000 to 7,500 miles. Moreover, if your car’s engine requires full-synthetic motor oil, it might

go as far as 15,000 miles between services! You cannot judge engine oil condition by color, so follow the factory maintenance schedule for oil changes.

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

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

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

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

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

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

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

Courtesy of AAA

OIL & FILTER SERVICE

OIL, LUBE AND FILTER SERVICES CONSIST OF:

- REPLACING THE OIL FILTER
- CHECKING THE AIR FILTER
- INSPECTING AND TOPPING OFF ALL FLUIDS UNDER THE HOOD
- OILING ALL FITTINGS
- CHECKING ENGINE FOR HOLES
- CHECKING BELTS AND HOSES
- INSPECTING TIRE PRESSURE
- CHECKING ENTIRE UNDERCARRIAGE

\$10 off

VALVOLINE OIL CHANGE

Auto Care - Valvoline Instant Oil - Tires

Minot | 1301 20th Ave SW | 701-837-1301

Minot AFB | 61 Missile Ave | 701-727-4141

Your vehicle counts on new oil and oil filters to keep it operating efficiently. Oil should be kept full, clean from particles and not burnt. Oil lubes crucial engine parts. Moving components create rubbing, and over time that heat wears the parts down. Oil or a synthetic lubricating substance can minimize the damage from the rubbing by those moving components. By performing a regular oil change schedule you will effectively increase your engine’s efficiency as well as maintain the life of your car’s engine.

WHEN TO CHANGE/CHECK YOUR OIL

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

YOU CAN DEPEND ON YOUR HOMETOWN EXPERTS TO SERVE ALL YOUR CAR CARE NEEDS IN MINOT.

Auto Care - Valvoline Instant Oil - Tires

Minot | 1301 20th Ave SW | 701-837-1301

Minot AFB | 61 Missile Ave | 701-727-4141

Friday, Fri-YAY!

Exchange Celebrates Military Community with Weekly Giveaways

ARMY & AIR FORCE EXCHANGE SERVICE
PUBLIC AFFAIRS

Minot AFB – Military shoppers have another reason to enjoy Fridays. Minot AFB Airmen and their families can end each week with a chance to win a popular prize with the Army & Air Force Exchange Service's Free Friday giveaways.

The Department of Defense's largest retailer is giving away top and trending products to authorized military shoppers worldwide who comment on the Free Friday post each Friday at Facebook.com/shopmyexchange.

"Giving back to service members and their families gives the Exchange that Friday feeling," said Minot AFB Exchange General Manager Brian M. Read. "Free Friday giveaways are another way the Exchange honors the

sacrifice and support of the military community."

In its sixth year, the Free Friday program has celebrated military shoppers with more than \$66,000 in prizes. Free Friday winners took home more than \$17,000 in prizes last year including air fryers, gardening packages, cookware, bedding and more. The Exchange has given away more than \$9,000 so far this year.

Authorized shoppers 18 and older are eligible to enter. Honorably discharged Veterans and Department of Defense civilians and retirees with shopping privileges can participate, too. Comments made on a Free Friday post by 11:59 p.m. Central on the day of the post will be entered into the weekly drawing.

WHISKEY NINE
golf. food. cocktails.

www.whiskeynined.com 109 West Central Avenue
701-837-1090 Minot, ND

NODAK ARMS

INDOOR INTERACTIVE SHOOTING RANGE

Range Time **HAPPY HOUR:** 10 AM - 2 PM Mon.-Thurs.
\$7.50 per 50 Rounds 6 PM - 10 PM Fri. & Sat.

Book Range Time: www.nodakarms.com/bookings *Guns Supplied Free if Needed

2 Winners Every Week!

BADLANDS RESTAURANT & BAR

WE'LL BUY YOU DINNER!

1. Take a selfie photo showing this ad!
2. Like Badlands Restaurant & Bar on Facebook!
3. Send a message to the Badlands Facebook inbox.
4. In the message, provide your e-mail information and make sure to attach your selfie/photo.

\$25.00 Gift Certificate From Badlands Restaurant & Bar

No Limit, Enter As Many Times As You Wish!

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

Jerome's COLLISION CENTER



Your Collision Experts

What We Do

-  Vehicle Collision Repair
-  Boat & Fiberglass Repair
-  Semi-Tractor Body Work
-  RV Body Repair
-  Vehicle Detailing
-  Nationwide Lifetime Warranty

Don't Settle for Less,
Choose Jerome's

(701) 852-5126 | (800) 761-1160

Fax: (701) 839-4488

2705 North Broadway, Minot, ND 58703

Connect with us!

jeromescollision.com

RESERVE YOUR NEW SUBARU AT KRAMER

GET THE **Kramer** ADVANTAGE

At Kramer Subaru, you can get the vehicle you need, without the hassle.

With our one price, clearly marked, you know you're getting a great price from the start. Our 7-day money-back guarantee gives you the freedom to bring the car back within 7 days, no questions asked; and our 30-day exchange gives you even more time to change your mind if you need it. Top all that off with our Warranty Forever and you're sure to find the perfect vehicle.

Love is what makes Subaru, Subaru — and at Kramer you'll love not only your Subaru, but our service as well.



LOVE.
It's what makes
Subaru, Subaru.

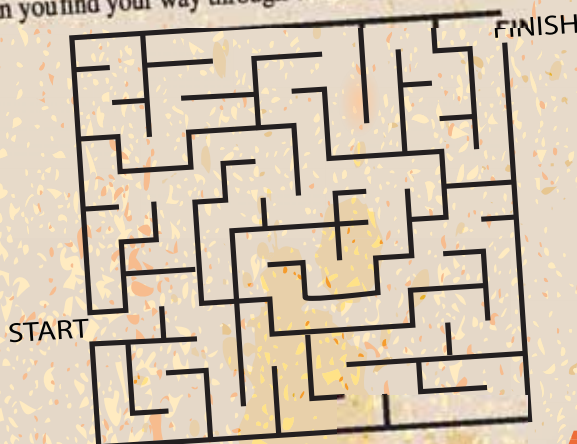


700 Old Red Trail NW • Mandan, ND
888.852.6376 • KramerSubaru.com



MAZE CRAZE

Can you find your way through to the other side of the maze?



SNOW LEOPARD


CREATURE FEATURES

- Known throughout the world for its beautiful fur and elusive behavior, the Snow Leopard is found at high altitudes of 9,800 to 17,000 feet in the rugged mountains of central Asia.
- Snow Leopards have short front legs and longer hind limbs. Their powerful hind legs help them leap up to 30 feet, equaling 6 times their body length!
- They have a wide, short nose cavity that heats the chilled outside air before it reaches its sensitive lungs. A Snow Leopard's round, short ears help prevent heat loss.
- The Snow Leopard's long, thick tail helps them keep their balance and acts as a scarf to help warm the cat's body during the long, cold nights.

Fact File

Life Span	13 - 20 years
Weight	75 - 120 pounds
Height to Shoulder	2 feet
Body Length Including Tail	6 - 7.5 feet
Tail Length	Over 3 feet
Wild Diet	Chickens, Caribou, Muskox, Hares, Birds, Wild goats, Sheep

HOURS:
OPEN DAILY
10AM-6PM

FOLLOW US ON FACEBOOK 
1219 BURDICK EXPY EAST MINOT, ND
www.RPZoo.com • 701-857-4166

UPCOMING EVENTS

MAY 31
SUMMER STARTS
AT THE ZOO

MILITARY DISCOUNT

\$5.00 off a \$85.00
Annual Family Pass



Upcoming Events

14 MAY **TASTE OF MINOT DOWNTOWN FOOD TOUR**
2:00 PM - 5:00 PM
Various Locations
Downtown Minot

Join us on a tour of beautiful downtown Minot where we will be stopping at 5 different spots to sample food and beverages and get to hear different facts you may not know about the area along the way. Cost is \$55 and you must be over 21. Please purchase tickets at the following link: www.tasteofminot.com



For more information:
www.tasteofminot.com

14 MAY **STORY TIME WITH MISS KRISTI & MEET A CHINCHILLA**
9:00 AM - 4:00 PM
Main Street Books
8 Main St S Minot

In partnership with the Roosevelt Park Zoo, we're bringing a chinchilla to the bookstore! Miss Kristi will read a special story, and we'll have a craft!



For more information:
mainstreetbooksmilot.com

15 MAY **SPRING AT THE MARKET**
10:00 AM - 2:00 PM
Market on the 4th
1900 4th Ave NW, Minot


Spring is here at The Market on 4th! Join us for a fun day of shopping with additional vendors, make and take projects for all ages and lots of fun shopping. We will see you all there - admission is free!



For more information:
Facebook Event / The Market on 4th

18 MAY **A START IN ART**
9:30 AM - 10:30 AM
Taube Museum of Art
2 Main Street North, Minot

Parents can register kids for either Tuesday OR Wednesday classes. Runs twice a month through May 2022. During the first session, kids will be read a fun story by one of our teachers and get to create multiple related hands on art projects. The second session each month children will be visited by a mystery animal from the Roosevelt Park Zoo! Then, they will make art based around the animal. Open to ages 9 Months - 5 years old. Parent Participation required. There are 16 sessions in total. Program Fees: Members - \$85 | Nonmembers - \$100. Drop in rate - \$7.00 per class. Drop in rates can be paid ATD, but please call ahead and let us know you're coming!



For more information:
Facebook Event / Taube Museum of Art / A Start in Art

21 MAY **HAIR OF THE DOG 5K, BEER MILE, AND WEINER DOG DERBY**
10:00 AM
Atypical Brewery & Barrelworks
510 Central Ave East, Minot

5k Run/Walk and Dog Jog - This is a traditional, family friendly, 5K event and will be timed. You can run it as fast as you can or jog/walk it for fun. Feel free to bring your dog with you as this event is "for the dogs", but dogs are not required! All human participants will get a signature Hair of the Dog mug as well as a free post run beer at Atypical.

10:00 - 5K
12:00 - Beer MILE
2:00 - Weiner Dog Derby
and a full day of run, dogs, beer, and FUN!



Registration required
runsignup.com/Race/ND/Minot/HairoftheDogND

On Base



Coffee with a Cop
Hosted by Bowler Brothers
May 17, 2022 1300-1600

Presented by 5th Security Forces Squadron

FORCE 5THFORCESUPPORT.COM



SUPER SMASH BROS ULTIMATE TOURNAMENT
ESC • 21 May 2022 • 1300

\$10 entry fee per person.
Prizes awarded to 1st & 2nd place!

Tournament Format: 1v1 double elimination.
Maximum of 36 contestants.

Bring your own controllers or use one of ours.

FORCE 5THFORCESUPPORT.COM

For more information visit: www.5thforcesupport.com



NOTHING BEATS SUNDAY BRUNCH

SERVING FROM 10AM - 2PM

BLGRILL.COM | 1400 31ST AVE | MINOT, ND | 701-852-7335

Family Child Care Celebrates Month of the Military Child

FAMILY CHILD CARE

Family Child Care providers offer valuable in-home child care services to Minot AFB families and these professionals actively celebrated Month of the Military Child!

Individually, many showcased decorative home displays donning purple paint, family pictures, and that dandelion message of resilience that we've all grown to love. Some dyed purple shirts and others baked purple treats and arranged fun family get-togethers!

Collectively, the FCC providers participated in Spirit Week from April 11th-15th. Monday was wacky hair/outfit day, Tuesday was Superhero day, and Wednesday was Red/White/Blue Day! The blizzard did not extinguish their spirit, as PJ day on Thursday—in light of school/road closings—was universally followed! Friday's Purple-Up Day was also enjoyed.

In addition to Spirit Week, all providers participated in weekly crafts and trainings. All FCC Office Staff took part by sharing their knowledge with the providers.

The first craft: decorate a paper banner. The corresponding training was given by Community Child Care Coordinator, Ms. Kelly Pringle, and discussed the importance of Social Media Presence. Regarding her training, Pringle states, "Social Media is a tool that we have at our disposal and can be both positive and effective when used correctly. In our program, we use it daily as a way to communicate with our providers, and I have emphasized the importance of being professional when marketing their FCC businesses. It matters." FCC Provider, Tamesha DenBleyker says, "They [my FCC children-in-care] loved decorating the banner! I told them that military children are special, because unlike other kids, they move around a lot and have to adapt." DenBleyker adds, "my son, Timothy (7 years-old) said, 'So that's why we moved from Arkansas to Guam to here!' and I told him that's exactly why!"

The second craft: decorate a cloth potholder. The corresponding training was given by USDA Coordinator, Ms. Stephanie Hazen, and discussed the importance of Family Style Dining. Regarding her training, Hazen states, "This type of dining promotes togetherness and builds early childhood skill development. Social/Emotional Development and Fine Motor Skills are cultivated through active conversation and serving of food. I supplied each provider with a handout on Family Style Dining,

provided by cacfp.org, which lists tips to effectively implement this dining method in their programs." FCC Provider, Taylor Rodriguez says, "They liked working together to make something we can use while cooking. I told them it's important to celebrate military children, because they go through a lot with their parents leaving [deployment] or working long hours. So, it's important we celebrate all that they do!"

The third craft: decorate a canvas bag. The corresponding training was given by Family Child Care Coordinator, Ms. Alyssa Kelly, and discussed the importance of Playground Safety. Regarding her training, Kelly states, "Playground Safety is evolutionary in nature—as little guidance in this area is supplied to care providers—so I assisted in a hands-on way! As a certified Early Childhood Playground Inspector, I shared my knowledge of playground hazards and focused on injury prevention by supplying each provider with a laminated no-sign (to be secured to unsafe areas on the playground) and a laminated list of Recommended Playground Safety Items: Duct Tape & No Sign (block off unsafe items), Thick gloves (remove trash), Towel (wipe slides/wet surfaces), Small broom (hand-held) and dustpan, and First-Aid Kit. It is then up to the providers to buy the necessary items; held within the bag they decorate." FCC Provider, Tena Holmgren says, "I had my 6 year-old, 5 year-old, and two 4 year-olds. We talked about rules at the park and how to stay safe. My 6 year-old said she wanted to draw a picture of two friends playing at the park. I handed her the markers to draw that and the others scribbled on the other side. Then we chatted about how sometimes life can be tricky and this month is a time to celebrate all the tricky times in our lives. I called it 'tricky,' because on the 27th of April one of our friends PCS'd and it was hard for all of us to say goodbye. All these fun activities were for them to celebrate themselves and the tricky times!"

Minot AFB's Family Child Care program annually benefits from their active involvement in celebration of Month of the Military Child. Last year, the FCC Office delivered weekly STEM challenges focusing on Age-Appropriate Development. Overall, the Military children in FCC thrive within a fun-loving, knowledge-based program that celebrates their resilience!



North Hill BOWL X-TREME BOWLING
FRIDAY & SATURDAY

OPEN BOWLING 7 DAYS A WEEK
NO OPEN BOWLING WEDNESDAYS 5PM-9PM

X-TREME BOWLING HOURS:
FRIDAY 9:15PM-CLOSE
SATURDAY 6PM-CLOSE

CELEBRATE WITH US!
WE DO BIRTHDAY PARTIES FOR ALL AGES!

Military Discounts Available!

1901 NORTH BROADWAY, MINOT, ND
852-4108
WWW.NORTHHILLBOWL.COM

YOUTH IN ACTION

Work Hard, Earn Big!

Minot AFB Students Can Score Gift Cards in Exchange's You Made the Grade Program

ARMY & AIR FORCE EXCHANGE SERVICE PUBLIC AFFAIRS

Minot AFB— The Minot AFB BX is continuing its tradition of rewarding academic excellence through the Army & Air Force Exchange Service's You Made the Grade program—honoring the resiliency of military kids worldwide.

In its 22nd year, the You Made the Grade program honors academic excellence for students in first through 12th grades, including those who are home schooled. Minot AFB students who maintain a B average or higher are eligible to receive a \$5 Exchange gift card each grading period.

"Our youngest heroes move

multiple times, change schools and face parental deployments during their childhood," said Minot AFB BX General Manager Brian M. Read. "The Exchange's You Made the Grade program celebrates military students for their resiliency during the challenges of military life. Their hard work pays off at the Exchange."

Minot AFB students who make the grade qualify to enter a worldwide sweepstakes to win a \$2,000, \$1,500 or \$500 Exchange gift card. Drawings are held in December and June. The most recent sweepstakes winners were from Camp Foster, Fort Knox and

U.S. Army Garrison Humphreys.

To receive the \$5 gift card, students can visit the BX customer service area and present a valid military ID with proof of a B average or higher.

To enter the You Made the Grade sweepstakes, students can complete the form on the back of the gift card reward sleeve and mail it to:

You Made the Grade
PO Box 227398
Dallas, TX 75222-7398

Students can submit one sweepstakes entry for each grading period. The next drawing will take place in June.

Graduates

The MAFB School Liaison and Northern Sentry would like to honor this year's military affiliated high school graduates in a special addition of the paper.

Please know that your students success is something we honor and respect. We would like the opportunity to showcase them and provide you an opportunity to submit their photos and a sentiment to be printed in the



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



paper. Participation is FREE. Just send a photo of your senior, a sentiment to share to

mafb.school.liaison@us.af.mil NLT 15!!! We look forward to sharing your pride for your seniors.

COOKIES for YOU and cupcakes too
A Cookie Gift + Bouquet Company

- Cookie & Candy Bouquets
- Cookie Pizzas • Sweets Trays
- Assorted Cupcake Flavors
- Homemade Fudge & Caramels
- Assorted Artisan Truffles
- Pop, Beer & Wine baskets - with a little sweet & salty too!

117 S Main Street
701-839-4975
www.cookiesforyou.com

HAVE FUN AS A VOLUNTEER AT

ROOSEVELT PARK ZOO

Team building?
We have volunteer opportunities that fit your style and your schedule!
Painting, lifting, raking, chopping, staining, picking, etc.

CALL US TODAY!

FOLLOW US ON FACEBOOK
1219 BURDICK EXPY EAST MINOT, ND
www.RPZoo.com • 701-857-4166

Minot Air Force Base and Northern Sentry

SENIOR 2022

Military Salute

Help us celebrate your graduating 2022 High School Students!

Northern Sentry would like to conduct a "Senior Salute" for the graduating class of 2022. Please submit the following to MAFB.school.liaison@us.af.mil

- 📷 Digital photo of your soon to be graduate.
- 📝 Details about the graduate (well wishes, future plans, congratulations, anything you would like featured about your graduate.
- 📷 Submit photo and sentiments to mafb.school.liaison@us.af.mil

Submissions due NLT 15 May

NEW LOCATION

Mi Mexico

AUTHENTIC MEXICAN FOOD

**3816 SOUTH BROADWAY
MINOT, ND
701-858-0777**

CALL AHEAD AND TAKE OUT DELIVERY AVAILABLE!

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

WWW.MIMEXICOMINOTND.COM

YOUTH IN ACTION



FAM-A-GANZA 2022

In recognition of Month of the Military Child, 5th Force Support Services hosted their annual FAM-A-GANZA event on April 29, held at The Turf. Families gathered for this free event that included inflatables, carnival games, STEAM activities, and giveaways!

MAGIC CITY DISCOVERY CENTER PHOTOS

GOLDEN TICKET WINNER!

Pick up a copy of the Northern Sentry for your chance to win!



Melissa Madrid found a \$45 Golden Ticket in the Northern Sentry delivered to their door step!

All About Pets

The scoop on dog grooming



Whether you go to the groomer or do it yourself at home, grooming your dog is essential. Every dog's needs are different, but here are a few pointers to get you started at home or in between visits to a professional!

•**Bath time:** the ASPCA recommends bathing your dog at least once every three months. If your dog has skin problems or spends a lot of time outdoors, you may need to bathe more often. However, bathing too often can lead to more skin irritation and dryness, so use your best judgement and be sure to keep an eye on your dog's condition. If you're bathing at home, be sure to do your research on the best bathing method for your dog's coat. Keep the water warm but not hot, and use a shampoo and conditioner that is best for them (medicated, puppy formula, detangling, etc.). Make sure to keep water out of your dog's ears and use a wash cloth or towel to gently wipe their face clean.

•**Brushing:** Regular fur brushing will help spread natural oils throughout your dog's coat, remove dirt, and prevent tangles and matting. Slicker brushes will help remove loose fur and detangle all coat types, but are best for medium-long haired dogs. Don't use too much pressure with a slicker, as this can cause discomfort. Pin brushes are like slickers, but they have pins tipped with plastic or rubber. These are great for longer, silkier, or curly coats. A bristle brush is a great option for a dog with a short or wiry coat and will remove excess fur and give your dog's coat a beautiful shine. Rakes are designed to penetrate a thick undercoat and remove tangles and debris in long-haired dogs. Make sure you pick the best brush for your dog's coat and brush them at least every few days. Brushing is also a great time to check out your dog's skin for signs of irritation, skin conditions, or bugs.

•**Dental care:** Dogs need their teeth brushed too! You can use a toothbrush/finger brush and dog safe toothpaste and you can also keep your dog's teeth healthy by providing a healthy diet, plenty of chew toys/bones, and treats that are specially formulated for their dental needs. It is best to brush their teeth every day, but even three times a week is better than none. Just like brushing fur, it gives you a chance to check out your dog's condition and find any signs of illness or irritation.

•**Ear care:** Regularly checking your dog's ears is important, especially for those who produce excessive earwax! If your dog's ears are dirty,

you can gently clean them with a cotton ball dampened in a liquid ear cleaner. You may want to contact your vet before doing this to make sure that you are using the proper technique/products and not accidentally causing harm to your pooch.

•**Nail trimming:** Many dogs are uncomfortable having their nails trimmed, but trimming your dog's nails is one of the most important things you can do to keep them happy and healthy! Nails should be cut when they almost touch the ground when your dog walks. This could be every week or every few weeks, depending on the dog and its activity level/type. You can use scissor or guillotine type clippers, a nail grinder, and some owners even opt to train their dog to use a scratch board for light nail maintenance. Be careful not to cut your dog's quick, as this can cause bleeding and lots of pain. If your dog is really struggling with feeling comfortable during nail clipping, be sure not to force them to continue or you can risk putting your dog off from it completely. Some owners are able to clip all their dog's nails in one sitting, some can only do one nail a day. Either way, with the proper training, plenty of patience, and rewards, you can teach your dog to tolerate nail maintenance. If you are unable to train your dog to tolerate it, contact a professional groomer or event a veterinarian immediately. If your dog's nails get too long, it can cause discomfort, pain, or injury.

•**To shave or not to shave:** There are many reasons why a dog may need to be shaved, especially in severe cases of matting, but you should try to avoid this if possible. A dog's coat serves a purpose to insulate them in hot or cold temperatures and protect from sunburn, among many other things. If you have a double-coated dog, it is especially important not to shave as it can cause more damage than good! A light trim is acceptable to make their coat more manageable or presentable. If you think your dog might need to be shaved, be sure to ask a professional for their input. There may be other ways to resolve the problem before resorting to that.

With the right tools and research, you can successfully groom your dog at home. However, be sure to consult your vet or a professional with any questions you may have! And if you don't have the time or knowledge to groom at home, make sure you keep up by taking your dog to the groomer regularly.

Your favorite neighborhood store serves up big fun.



Join Our Pack!

Sign up in store or online today.

Preferred Pet Club Benefits Include:

Freebies, exclusive coupons, member only pricing, birthday gift for your pet.



PET SUPPLIES PLUS.

Minus the hassle.

2215 16th St NW, Minot, ND
701-857-4070
HOURS Mon-Sat: 09:00 AM - 09:00 PM
Sun: 10:00 AM - 06:00 PM

Stay Connected with Pet Supplies Plus



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 Protestant (North Plains Chapel in Base Housing) Sunday Community Service 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>St. Peter The Aleut Eastern Orthodox Church</p> <p> 109 6th St. SE Minot • 838-3094</p> <p>Saturday, May 14 5 PM, No Vespers</p> <p>Sunday, May 15 10AM, Congregational Prayer Service</p>	<p> Break Forth BIBLE CHURCH</p> <p>Wednesdays 7:00pm and Sundays 10:30am</p> <p>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)</p> <p>Sunday School & Fellowship 9:00 a.m. Worship 10:30 a.m.</p> <p>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</p> <p>5900 Highway 83 N, Minot www.faithumcminot.com</p> <p>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</p> <p>1000 NE 3rd Street 852-0315</p> <p>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, & 11:30 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 Missouri Synod</p> <p>Sunday Worship 9:30 AM</p> <p>2209 4th Avenue NW Minot, ND 839-4663</p> <p>Reverend Philip Beyersdorf www.minotstmarks.com <i>Join us on facebook</i></p>
<p> Immanuel Baptist Church</p> <p>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</p> <p>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</p> <p>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.</p> <p><i>Fr. David A. Richter, Pastor</i> Parish website: www.stjohnminot.com</p>	<p> First Lutheran Church - ELCA 120 5th Ave. NW 852-4853</p> <p>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</p> <p>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</p> <p>1805 2nd St. SE 838-1111</p> <p>Sunday Services 8:30 AM 10:00 AM 11:30 AM</p> <p>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.</p> <p><i>Independent/Fundamental/KJV</i> 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p> Cross Roads Baptist</p> <p>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</p> <p>415 28th Ave SE (Behind Menards) 838-1873</p>	<p> West Minot Church of God Family Worship Center</p> <p>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 5:30 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>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>

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


OUR REDEEMER'S CHURCH
A Church of the Lutheran Brethren

Sundays:
Worship 9:00 a.m. & 11:00 a.m.

700 16th Ave SE • 701-838-0750

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


ORCS KNIGHTS



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

ORCS Preschool

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

NOW ACCEPTING REGISTRATIONS FOR THE 2022-2023 SCHOOL YEAR

HIGHLIGHTS OF OUR PROGRAM

- 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

Please contact our school office or visit our website for more information.
701.839.0772
Email: **jschultz@orcsknights.org**
Website: **www.orcsknights.org**

ADVERTISE YOUR **Church**

Advertise FOR ONLY \$9 PER WEEK

Revisions MADE UPON NOTICE FROM THE CHURCH

Deadline TUESDAYS BY NOON WEEK OF PUBLICATION

CONTACT US
call 701-839-0946
email NSADS@SRT.COM

VIEW OUR PAPER ONLINE AT **NORTHERNSENTRY.COM**

we've got the church you've been looking for

Your life matters to God!



CLASSIFIEDS

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

RUMMAGE SALE

A Little Bit Of Everything...
With A Lot Of Savings!

4R HOME THRIFT

2031 N Broadway

Furniture, Tools, Movies,
Misc. & Interesting Items

Monday - Saturday -
8:30 AM to 6 PM
Sunday - 12 PM to 5 PM

15% Military Discount!
<https://www.facebook.com/4rhometrthrift>

FLEA MARKET

ANTIQUES, JUNK,
OLD & NEW

DAKOTA FLEA MARKET

NEXT MARKET DATES:
SEPTEMBER 10 & 11
OCTOBER 8 & 9
NOVEMBER 12 & 13
DECEMBER 3 & 4

N.D. State Fair Grounds.
Admission: 10 & Under Free
Ages 11+ \$2. Vendor information
dakotafleamarkets@gmail.com or
call 701.278.0866

WANTED TO BUY

AUTO BENT UP OR JUNKED??
We'll buy!! Also Scrap iron!!
CALL 701.240.2147 OR
701.240.7453.

PROFESSIONALS

**LEE CLOUSE INDEPENDENT
BEAUTY CONSULTANT**
www.marykay.com/1clouse.
701-839-0475 or 701-721-
0475.

STORAGE

ALL STORAGE
Various Sizes, Low Rates, 24
Hour Access. 833 52nd Street SE
Call (701) 837-1687 or (701)
720-1933

HELP WANTED

LOOKING FOR A CAREER THAT IS BOTH CHALLENGING AND REWARDING?

Kalix is seeking caring and compassionate
people to provide support for
people with disabilities.
We have schedules to fit your needs.
We offer competitive wages and
excellent benefits.

We are an equal opportunity employer and a drug free workplace.

Apply in person at:
605 27th St SE, Minot ND 58701
Or contact: Matt Mackey
By email or phone at
mmackey@kalixnd.org
701-852-1014

ADULT & TEEN BAGGERS NEEDED AT THE MINOT AFB COMMISSARY

Baggers Work for Tips Only
• Adult Hours Tuesday-Friday
7am-4pm
• Later start times available but
must be able to stay until
4pm & Sunday 11am-6pm
• Teen Hours
Tuesdays-Friday 4pm-7pm &
Saturday 7am-6pm
• Morning start times rotate &
vary. Please speak to Charlie at
the commissary if interested or
leave contact information with
customer service.

**MATURE, RELIABLE, AND A
TRUSTWORTHY INDIVIDUAL.**
Part-Time Retail sales 25-35 hrs/
week occasional Sat. closed
Sun. Apply in person at Aeroport
Hobby Shoppe, 2112 N.
Broadway.

**THE NORTH DAKOTA
NATIONAL GUARD** have
openings available in a variety of
career fields across the state and
in Minot. Continue your military
career on a part-time basis. For
more information call 420-5903
or 420-5904 in Minot.

IMMEDIATE FULL AND PART TIME OPENINGS

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

AUTOMOTIVE

\$\$\$ QUICK CASH \$\$\$ Paying cash now for any car or truck, running
or not. We also sell cars \$500-\$1500, give us a call. Edwardson
Sales 839-9512 (Will haul junk cars or trucks away, no charge)

NORTHERN AUTO AUCTION

**1st & 3rd Saturday
Every Month!**

Approx. 75-100 Cars, Pickups, Trucks, Etc.!

Bring vehicles & title to auction yard

BUY or SELL!

All units sold AS-IS condition

Terms: Cash or check supported by a bank letter of credit
Auctioneers: Clint Beeter, Lic. #199 &
Kevin Beeter, Lic. #464 - Clerk Lic. #199

3035 Valley St., Minot, ND 58701
701-838-3733 or 1-800-210-8995

JOHN'S



AUTOBODY

**Pays Up To
\$500**

Insurance Deductibles

**We Guarantee All
Work & Color Match**

**4121 S. Broadway
839-8896**

KRAMER SUBARU SERVICE

700 Old Red Trail NW • Mandan, ND

888.856.2383

Kramer



SCHOOL BOARD MINUTES

**MINOT AIR FORCE BASE SCHOOL DISTRICT #160
REGULAR SCHOOL BOARD MEETING
FEBRUARY 9, 2021**

Members Present

Kristyn Kuehn
Mark Nemish
Ellen Reed
Branda Tanner
Lauren Vengels

Members Absent

The meeting was called to order by Board President Kuehn at 5:00 P.M.
MAFB School Liaison Officer Racquel Labadie reported to the board on the
following:

- A "Use of Masks" memo was issued by the Secretary of Defense on 4
Feb 2021 detailing the requirement for all individuals on military installations
performing official duties to wear masks and maintain social distancing. Due
to the current HPCON guidance of Minot AFB and the Reintegration Plan for
Minot Public, the base schools already align with the stated requirements.

- Last day of on-base 'Yellowfin' bussing for the 3 base schools is 2 April 21.
- April is Month of the Military Child- Wear purple on 16 April and requesting
both MAFB and Minot #1 Boards to mention the commemorative month
during their meetings in April.

Superintendent Mark Vollmer gave the board a COVID-19 update and
report from the reintegration committee. Vollmer noted that, present plans are
to continue the use of masks.

Moved by Vengels, seconded by Nemish, to approve the MAFB PSD#160
school board meeting minutes of January 12, 2021.

Roll Call: All members voted "Yes."

Moved by Tanner, seconded by Vengels, to approve the December, 2020
Financial Reports to include the Accounts Payable of \$47,562.91.

Roll Call: All members voted "Yes."

The board was informed of the following resignations in school buildings
which serve military connected students: Jesse Cook (MCC), Charles Kranz
(CC), William McCann (CC), Susan Packulak (Memorial), Lacey Eckmann
(MCC), Angelina Edison (MCC), James Ritchie (CC/MCC) and Nolan
Spooner (CC).

Moved by Nemish, seconded by Vengels, to approve 2021-2022 Service
Agreement (with addendums #1 & #2) between the Minot Air Force School
District #160 and Minot Public School District #1.

Roll Call: All members voted "Yes."

Business Manager Scott Moun presented the 2019-2020 school district
audit report from Brady, Martz & Associates, P.C. Moun noted that it was a
clean audit. Moved by Tanner, seconded by Vengels, to approve June 30,
2020 MAFB PSD#160 audit.

Roll Call: All members voted "Yes."

Dr. Vollmer noted that the Spring NAFIS conference will be virtual.
The next MAFB School Board meeting is scheduled for March 9, 2021.

The meeting adjourned at 5:26 P.M.

Scott Moun
Business Manager
Kristyn Kuehn
President

FOR SALE

FRESH CHICKEN
Farm-raised Butchering Chicken
GRASSFED BEEF
(no antibiotics, no GMOs),
FRESH FARM EGGS
Located just 20 minutes with
delivery to the base.
email: esavekoul@srt.com

RENTALS

AVAILABLE NOW! Several apts
on North Hill available 4 rent. 2
Bdrm + 1 bath. \$655 to \$795.
Call Matt or Jerry at IPM. 852-
1157

**HOUSE FOR RENT - 30 PAVED
MILES FROM MAFB.** Choice of
4 School Districts. 2 Bedroom- 1
Bath. Double Garage. \$550.00
Call (701) 768-2692 or (701)
263-2093

REAL ESTATE

Find ALL listed homes for sale
in Minot and the surrounding
areas at www.brokers12.com.



**FOR SALE- AWESOME 3
BEDROOM HOUSE ON MAIN ST
IN DEERING** - 18 miles to MAFB.
All electric. Radiant floor heat.
Galley kitchen w/solid maple
cabs, quartz countertops, tons
of storage. Full bath downstairs.
Upstairs master - 1 3/4 bath,
walk-in closet. Garage-19'X39'.
In McHenry county=much lower
property taxes. \$169,500 e-mail:
cheiflou@srt.com



Tour our
HOUSING
OPTIONS



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

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

Embry-Riddle Aeronautical University is the world's pre-eminent university for aviation and aerospace education. However, our dynamic, hands-on programs will prepare you for careers well beyond the limits of the sky. Our Worldwide Campus has been working with U.S. military service members since 1970, helping them to earn a degree while on active duty or as veterans. And we do it at more than 90 military installations around the globe. The Embry-Riddle Minot Campus — located at Minot Air Force Base — offers associate, bachelor's, and master's degrees, as well as undergraduate and graduate certifications, that will help you whether you are an active-duty military service member, a veteran, or a civilian working at or around Minot Air Force Base, Embry-Riddle Worldwide is here to help you earn your college degree. A degree from Embry-Riddle Worldwide will help service members to become commissioned officers, will make veterans more desirable job candidates as they enter the civilian workforce, and will assist civilians with job advancement or career changes. Our modes of instruction are: Online, Eaglevision Home and Eaglevision Classroom. Our next term is: 23 May-24 July. For more information, please visit us in Room 223 located in the Base Education Center Building (2nd floor), email: minot@erau.edu or call office phone: 701-727-9007 and/or Teams phone: 904-513-9734.

COLUMBIA COLLEGE

For nearly fifty years Columbia College has offered educational opportunities to the military and is proud to establish our newest location here, at Minot AFB. Founded in 1851, Columbia College is a private, nonprofit liberal arts and sciences college that serves approximately 18,000 students annually and is proudly recognized by numerous organizations as a Military Friendly institution of higher education. Check out our website (ccis.edu) for the list of organizations that recognize the hard work the college puts in to serve those who serve our country and their families. With 29 online degrees the college is working to offer classes this summer on the installation. In the meantime you can choose your mode of education from strictly online classes to in-person ZOOM synchronous classes. Chose from the many associate, bachelor, or master's degree programs available and know your degree can be completed at Minot or anywhere you have internet connectivity or explore in-seat opportunities if you re-locate near one of our 30 locations nationwide. Fully accredited by the Higher Learning Commission (HLC) we are delighted to establish this location at Minot. Come talk to us at the education center and explore your options for your next step down the path to your educational goal. We are located in Room 219 or call (701) 727-8386.

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



Contact Rod Wilson to get your business listed here!
E-mail: sentrysales@srt.com | 701.839.0946

SUDOKU SOLUTION

PUZZLE ON PAGE C4

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

STORAGE UNITS

NORTHERN PRAIRIE CONDOS & STORAGE, INC.
Meeting your Storage needs is our priority!

NPCS

- Excellent Location with Security Fencing and Lighting
- 24 Hour Access with Keyless Entry
- Many Sizes Available
- Auto and Recreational Storage
- Best Rates Guaranteed

Duane W. Block "Dewy" Owner

Call: **701.720.1093**

Today for more Information.

NPCS

8 46th AVE NE
Minot, North Dakota
58703

NEED EXTRA STORAGE SPACE?

3401 NORTH MAIN STREET
JUST NORTH OF THE AIRPORT
8X12, 10X20 & 12X20'S AVAILABLE
SECURITY CAMERAS
LOCALLY OWNED

CALL **701-839-4200**

AUTOMOTIVE

QUICK CASH!!
Running & Non-Running Cars & Trucks

Edwardson Sales
839-9512
We also sell cars \$500 - \$1500
Give Us A Call!
Will Haul Junk Cars Free Of Charge

ACCOUNTANT

BradyMartz
Make Every Day Count

CERTIFIED PUBLIC ACCOUNTANTS
24 W. Central, Minot • 852-0196
www.bradyartz.com

HOBBY SHOP

AEROPORT HOBBY SHOP
RC Cars, RC Airplanes, Rockets, Trains, Plastics, Testors Paints, Engines & Accessories, Helicopters, Balsa Wood & Glues.

838-1658
2112 N. Broadway • Minot, ND
Ask for Eva • www.airporthobby.com

FLOWER SHOP

FLOWER Central

Voted Minot's #1 Flower Shop for the last 7 years!

405 Central Ave. E. • 701.852.6224

REAL ESTATE

BUY OR SELL ONLY WITH THE BEST!

#SOLD WITH US!

BROKERS12.COM

WHAT'S GOING ON MAFB

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

TUESDAY 17

- Registration Opens: Single Airmen Free Paintball at Outdoor Recreation
- TAP (VA), 0800-1600, A&FRC
- Moving Out of the Dorms, 0900-1100, A&FRC
- Game Day, 1000-1930, Minot AFB Library
- Coffee with a Cop, 1300-1300, Bomber Bistro, hosted by 5th Security Forces Squadron
- Run for Fitness, 1700, Fitness Center
- DIY Bath & Beauty Products Class, 1730-1930, Arts & Crafts Center
- Zumba, 1830, Fitness Center
- Barre Strength, 1930, Fitness Center

FRIDAY 20

- Registration Ends: Horseback Riding & Rock Climbing Trip at Outdoor Recreation
- Registration Ends: Intramural Softball at the Fitness Center
- Cycle & Strength, 0530, Fitness Center
- Minot 1st SGT 5K, 0730, Fitness Center
- TAP (DoL) – Employment Workshop, 0800-1600, A&FRC
- Family Zumba, 1000, Turf, hosted by the Fitness Center
- First Friday, 1530-2000, Jimmy Doolittle Event Center
- Epoxy Cutting Board Class, 1730-1930, Arts & Crafts Center
- Fantasy Movie Night, 1800, ESC, inside Bomber Bistro
- Karaoke Night, 2000, Rockers Bar & Grill
- Passport to Keystone Lock-In, 2030-0630, Youth Center

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

WEDNESDAY 18

- HIIT Strength & Conditioning, 0530, Fitness Center
- TAP (DoL) - Overview, 0730-1600, A&FRC
- Bundles for Babies, 0900-1030, A&FRC, Zoom Meeting
- Pre-Deployment/Remote Readiness Training, 1000, A&FRC, Zoom Meeting
- Story Time, 1030, Minot AFB Library
- First Duty Station Officer Financial Course, 1400-1630, A&FRC
- Epoxy Wine Caddy Class, 1730-1930, Arts & Crafts Center
- Swerk, 1730, Fitness Center
- Fighting Game Night, 1800, ESC, inside Bomber Bistro
- Yoga for Fitness, 1830, Fitness Center

SATURDAY 21

- Why Not Minot National Police Week Scramble, 0800, Rough Rider Golf Course
- Barre Strength, 1000, Fitness Center
- America's Kids Run, 1000-1300, Youth Center Baseball Fields
- Kids Fitness Day, 1000-1300, Youth Center Baseball Fields
- Super Smash Bros Ultimate Tournament, 1300, ESC, inside Bomber Bistro

SUNDAY 15

- Zumba, 1400, Fitness Center

MONDAY 16

- Registration Opens: Garden Plots at Outdoor Recreation
- HIIT Strength & Conditioning, 0530, Fitness Center
- TAP GPS Workshop, 0730-1600, A&FRC
- Voting Assistance Workshop, 0800-1000, Jimmy Doolittle Event Center, hosted by A&FRC
- Family Fit Bootcamp, 1000, Turf hosted by the Fitness Center
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Swerk, 1730, Fitness Center

THURSDAY 19

- TAP (DoL) – Employment Workshop, 0800-1600, A&FRC
- Short Notice Pre-Separation Counseling, 0930, A&FRC
- Family Fit Bootcamp, 1000, Turf, hosted by the Fitness Center
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Run for Fitness, 1700, Fitness 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

KIDS FITNESS DAY
21 MAY 2022 - 10AM - 1PM
YOUTH CENTER - SAGEBRILL FIELDS

REGISTRATION:
2-20 MAY 2022
REGISTER BY EMAIL AT
5.FSSFITNESS@USAF.MIL

EVENTS:
TUGGY WAR
3-LEGGED RACE
BALLOON TOSS
MINI OBSTACLE COURSE
SACK RACE

VOLUNTEERS NEEDED!
EMAIL 5.FSSFITNESS@USAF.MIL TO HELP OUT!

FOR MORE DETAILS, CALL THE
FITNESS CENTER AT 724-0125

FORCE 5THFORCESUPPORT.COM

MINOT AFB 5K
IN PARTNERSHIP WITH THE MINOT FIRST SERGEANTS

MAY 20TH • 0730
REGISTER BY MAY 16TH
CALLING ALL RUNNERS!

JOIN THE 1ST SGT'S OF MINOT AFB IN A FRIENDLY
COMPETITION! MEDALS WILL BE AWARDED
BY BEST FEMALE & MALE IN AGE BRACKETS

FOR MORE INFORMATION OR TO REGISTER, CONTACT THE FITNESS CENTER AT 724-2145

AGE BRACKETS: 18-24 • 25-34 • 35 & OVER

FORCE 5THFORCESUPPORT.COM

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!

GAS UP. SNACK UP. GET GOIN'.

FUEL RESTROOMS COFFEE FOOD & DRINKS

2625 N. Broadway 2005 N. Broadway 1105 S. Broadway 7141 US HWY 2

ON the RUN

QUALITY HEALTHCARE FOR ALL

- Non-emergency walk-ins welcome Monday–Friday 1–4 p.m.
- Ob/Gyn Care
 - Newborn Care
 - Well Child Visits
 - Pediatrics
 - Free Pregnancy Tests
 - Geriatric Care
 - Preventive Healthcare
 - Full Service Pharmacy



UND SCHOOL OF MEDICINE & HEALTH SCIENCES
UNIVERSITY OF NORTH DAKOTA

