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MINOT AFB RECOGNIZES THREE CHIEF MASTER SERGEANTS



**CHIEF MASTER SERGEANT
GREGORY S. GOODRO**



**CHIEF MASTER SERGEANT
WHITNEY S. ROGERS**



**CHIEF MASTER SERGEANT
CHRISTOPHER W. YOUNG**

Interviews with the 2022 Chief Selects from Minot Air Force Base, N.D. See page A3

U.S. AIR FORCE PHOTOS

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AFGSC awarded Joint Meritorious Unit Award

DR. STEVEN WILSON, AIR FORCE GLOBAL STRIKE COMMAND PUBLIC AFFAIRS

BARKSDALE AIR FORCE BASE, La. --

Adm. Charles A. Richard, commander, U.S. Strategic Command, presented the Joint Meritorious Unit Award to Air Force Global Strike Command during a ceremony held at Barksdale Air Force Base, Louisiana, May 18.

The award was presented to AFGSC in recognition of the command's accomplishments during the height of the COVID-19 pandemic from April 1-Nov. 30, 2020.

what you've both accomplished individually and together as a team."

During the COVID-19 pandemic, AFGSC operations, maintenance, defenders, mighty medics, and support teams found ways to innovate and ensure the foundation of our national security was strong. AFGSC planned and executed 63 bomber task force missions and 112 National Airborne Operations Center sorties, totaling more than 1,658 hours in support of six

geographic combatant commands, and French, Turkish and Dutch allies.

Additionally, AFGSC's missileers and missile maintainers achieved the highest intercontinental ballistic missile readiness since the end of the Cold War, while AFGSC's UH-1N and Defender force ensured the success of the critical nuclear security mission across five states and more than 33,000 square miles.

AFGSC's Surgeon General

mitigation plans for two-thirds of the United States nuclear triad ensured the Air Force's nuclear capabilities were 100 percent mission ready, securing the health and readiness of the Command forces.

Gen. Anthony Cotton, commander, Air Force Global Strike Command, accepted the award on behalf of all Airmen assigned to AFGSC.

"I'm incredibly proud and even more confident in our future.

My greatest confidence is in the men and women who make up AFGSC," Cotton said. "Every Striker - civilian, enlisted, officer - you all hold the bar really high. And we see it every single day."

Airmen assigned to any Global Strike Command unit from April 1- Nov. 30, 2020, for a period of 30 days or more are authorized to wear the Joint Meritorious Unit Award ribbon, according to the Air Force Personnel Center.



I'm incredibly proud and even more confident in our future. My greatest confidence is in the men and women who make up AFGSC.

GEN. ANTHONY COTTON, COMMANDER, AIR FORCE GLOBAL STRIKE COMMAND



"This award is really about the command's performance throughout the COVID pandemic, but there's more to that ... what Global Strike accomplished inside the pandemic environment was nothing short of remarkable," Richard said.

"This is a unit award, which means that everybody had to participate," he said. "It took everyone in Global Strike responding to this challenge, and that's why you are all going to be honored with what I think is a very prestigious award given



Adm. Charles Richard, left, U.S. Strategic Command commander, and Gen. Anthony Cotton, right, Air Force Global Strike Command commander, pin the Joint Meritorious Unit Award ribbon on the Air Force flag at Barksdale Air Force Base, Louisiana on May, 18, 2022. The JMUA was given to AFGSC in recognition of the command's efforts and achievements during the height of the COVID-19 pandemic. AFGSC ensured mission success across three intercontinental ballistic missile wings and 495 remote facilities across the nation's northern-tier bases, enabling U.S. Strategic Command to meet mission readiness capabilities.



Adm. Charles Richard, left, U.S. Strategic Command commander, presents the Joint Meritorious Unit Award to Gen. Anthony Cotton, right, Air Force Global Strike Command commander at Barksdale Air Force Base, Louisiana on May, 18, 2022. The JMUA was awarded to AFGSC in recognition of the command's efforts and achievements during the height of the COVID-19 pandemic.

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN JONATHAN E. RAMOS

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Minot Air Force Base Chief Master Sergeant Selects

ROD WILSON



Chief Master Sergeant Whitney S. Rogers

Air Force Services Center and the Installation and Mission Support Center. Eventually that would lead her to Minot, North Dakota, where she arrived in May of 2021 to work in the 5th Force Support Squadron. Her stay in Minot is short lived, however, as she is headed to Peterson Space Force where she will join the United States Space Force, working with the 21st FSS.

When Rogers joined the Air Force, "I had my eyes on being a First Sergeant. I did not think I was going to be a Chief until I made Master Sergeant. I had some very great mentors that kept me forward thinking, and I began to see myself in their shoes. Had it not been for my mentors and my faith, I would not be this far," she says. CMSgt Rogers continues to be an inspiration for her eight year old son, Tavon, her 12 year old daughter, Tova, and the Airmen in her charge.

Chief Master Sgt. Gregory S. Goodro was born in Idaho where he lived until he was in third grade. He then moved to Wheatland, Wyoming where he would, in his words, "grow up," graduate from high school and join the Air Force. Now, Goodro has just passed his 25th year in the military on March 5, 2022. He and his family arrived in Minot in March of 2020, where he began working in the 5th Aircraft Maintenance Squadron. His journey here included a diversion and a choice of bases, but he chose Minot because of the B-52s



Chief Master Sergeant Gregory S. Goodro

and the nuclear mission. "I'm a weapons guy by trade," Goodro says. Making Chief in Minot will allow him to continue his career a little longer, "but the end of my career was definitely on the horizon when I came here." Goodro did not imagine himself as a Chief Master Sergeant when he entered the Air Force. "I was that four-year guy; [I saw it] as an adventure and a temporary thing." His first station was Luke AFB, Arizona, and it was more of a patriotic move for him to join the Air Force. "I had a great deal of respect for people who join the military. I looked at it as an opportunity, and I could say that I fought for my country."

Goodro's advice for younger Airmen is to "go someplace for three years, work your tail off and then apply to go to somewhere that you never imagined that you

would live. Work hard, and of course, enjoy life when you are off." As far as being chosen for Chief Master Sergeant? "Becoming a Chief is about your ability to be resilient. I have had so many great mentors that have influenced me in my life, that have never made Chief Master Sergeant. It's a lot of sacrifice, and doing what it takes to make things happen."

Chief Master Sgt. Christopher Young is originally from Harrisburg, Pennsylvania, and he too celebrated an anniversary in March of 2022. "I have been in the Air Force for 23 years on March 24th, and I have been in Minot for nine months," he remembers.

9/11 would drastically alter CMSgt Young's military journey. "I just wanted to enlist for four years and then get out. Being a Chief Master Sergeant was not really my goal, I really wanted to see the world a little bit," he shares. "But then things changed, and I changed. I was stationed at Polk AFB, and my first assignment was Security Forces." Young's list of deployments began to grow and to date he has had eight different deployments, including four overseas. Included in those deployments was a long tour in Japan, one at Joint Base Andrews, Maryland, and even a tour at the Pentagon.

But opportunity knocked. That opportunity was the 5th Security Forces Squadron at Minot AFB, and Young saw this move "as the best opportunity to reach as many



Chief Master Sergeant Christopher W. Young

Airmen as I could, to share my experiences. I saw it as a challenge and so I was pretty excited to take it." The position was the challenge he was looking for. "We have the largest Security Force of all the bases in the U.S. It's a challenge, every day."

CMSgt Young is married, and he and his wife Nica have three kids; Moises who is 14, Lukas who is 12 and Naomi who is seven.

"I pride myself in staying in shape. I work out every day, and I plan to retire once my assignment here ends in the coming year," he explains.

When asked about highlights of his time at Minot AFB? "I can honestly say that we have gotten a lot accomplished, and I know that I will finish what we started here, and leave it better than when I got it."



MINOT AFB COMPETITIVE SHOOTER BRINGS HOME WIN

United States Practical Shooting Association is the largest competition shooting organization in the US, and is affiliated on an International level. The US is broken down into Areas, and then Sections. This year is the first year the state of North Dakota joined the Great Plains Section along with South Dakota and Nebraska. The US Air Force has an 11-member national team that competes on a national and international level. The 2022 Great Plains Section Championships took place this past weekend in Sioux Falls, SD and welcomed competitive shooters from at least 5 states. This was the first year two members of the US Air Force Action Shooting Team produced two Section Champions. Team Captain Capt Casey Ryan of Ellsworth AFB, SD and Maj Rondre Baluyot of Minot AFB, ND. Maj Baluyot was the first medical officer to be selected on the team in 2018 and serves as Dental Support Element Chief and Comprehensive Dentist at the Med Group.

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MINOT AIR FORCE BASE NEWSPAPER
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PHOTO OF THE WEEK



Tech. Sgt. Dustin Dezotell, 54th Helicopter Squadron first sergeant, overlooks the B-52H Stratofortresses on the flightline at Minot Air Force Base, North Dakota, May 5, 2022. For more than 40 years B-52s have been the backbone of the strategic bomber force for the United States. The B-52 is capable of dropping or launching the widest arrangement of weapons in the U.S. inventory.

U.S. AIR FORCE PHOTO
SENIOR AIRMAN CHINA M. SHOCK

Memorial Day Colors

I happened to drive by a local cemetery on the weekend and marvel at the beautiful green that will be the background for the numerous flags and flowers that have already started to adorn the landscape for Memorial Day, 2022. The same could not be said last year, as the spring season started out extremely dry. The drought had left the grass in most cemeteries brown with very little, if any, new growth.

This year is much different. The snowstorms of April gave way to numerous rainy days in May. Volunteers are scrambling to get the grass mowed in time for visitors who come to pay tribute to their loved ones, planting flowers and placing memorial wreaths of red, white and blue, the colors of Memorial Day.

Even as I drove past the cemetery on Saturday, there were a few American flags placed on graves of veterans. The bright sun, blue sky and of course the green grass were a wonderful tapestry bringing back memories of Memorial Day celebrations in

the town where I grew up.

Maddock, ND is a small town, barely 500 people now, and on Memorial Day rows of white crosses were placed in the city park. Each cross bore the name of a resident of Maddock who died in service to their country. The names went all the way back through World War I. Our Memorial Day service would start promptly at 10:00 A.M. There was always a keynote speech, and the reading of the names of the veterans who had passed away the previous year.

The ceremony would end with the local American Legion color guard doing their 21 gun salute, and a musician playing taps. While taps was being played, Scouts would place American flags on every cross.

The flags would wave briskly in the wind, and a moment of silence would honor the names on the crosses once more.

Those names on the crosses really didn't represent people, they were just names; until I was a Senior in high school when I

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A VIEW FROM OUR SIDE
ROD WILSON, NORTHERN SENTRY



was given a task that made those names become very real. My high school shop teacher in Maddock came up to me one day and said, "Wilson, I need you to drop what you are doing, and build me something." He handed me 2- 1 x 4 pieces of wood, and a piece of paper. From the plan on the paper, I fashioned a cross. I painted it white, as instructed, and when it was done presented it to Mr. Simek. He handed me another piece of paper with a name I knew all too well. A young man, just a few years older than me, who had died in Viet Nam. Now I knew, this would become his cross. I used stencil letters to spell out the name, and with black paint completed the name on the cross. My recently fashioned cross took its place in the front row of the

Memorial Day crosses that spring. Its newness made it obviously different from those built decades before. I can remember standing there with my focus on that one cross. That day I took time to walk through the other rows of crosses, and read all the names.

From that point going forward, the names on the crosses were very real. The white crosses and American flags gave me pause to remember those who gave their lives for our freedom.

I encourage you to take the time to make a special trip through Rosehill Cemetery this Memorial Day weekend, and take a moment, like me, to remember the names on the crosses. And for those who serve at Minot Air Force Base, we say "thank you". Freedom is certainly never free.

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SHE'S NOT FROM AROUND HERE
AMY ALLENDER

It's Not a Vacation Destination

my friends. The offer is sincere, but I know it's unlikely that many will come. And that's okay. I get it. I have many things to say about life in Minot, but this may top the list:

Minot is a great place to come home to.

I'll never push to have Minot added to a list of America's best vacation destinations. You won't hear me claim Minot is a must-see city.

That's okay. It doesn't mean I love it any less.

My family loves welcoming guests. I adore showing them around and taking them along as we do life here in Hot Dish Territory. When friends and family come to visit, they are always pleasantly surprised by how much there is to do and how busy we stay.

Minot is a great place to come home to, but it's not a vacation destination.

As a newcomer, if you can wrap your head around that truth, you'll be free to enjoy Minot for exactly what it is: a great hometown.

So while we enjoyed our days in the Black Hills, I also enjoyed cresting the hill on 83 to see Walmart and the sign for Lucy's Amusement Park in the distance. I knew home was almost within reach. Familiarity began to wrap itself around me like a worn cardigan. Minot.

My family is on the brink of many big changes. Maybe you are too. That's the nature of life.

Nothing stays the same for very long. If I think too hard about the months to come, my stomach turns flips and I feel queasy.

Then I take a few deep breaths and look around. Once I pull myself back into the present moment, the familiar rhythm of life in Hot Dish Territory is like a white-noise machine in a nursery. Soothing and comfortable.

The trains in the distance and the traffic on Broadway sound like an old song. We'll go to the library today and the zoo tomorrow. In the morning, I'll hear the rapid tap-tap-tapping of a pesky woodpecker trying to drill into our eaves. I know what time mail arrives and who brings it. If the weather is nice I'll ask the neighbors to come play and we'll watch the boys get dirty and sweaty until dangerously close to bedtime. On Sunday, a friend will come for dinner. After dessert we'll offer lengthy Midwest goodbyes after slapping our knees and saying, "Whelp..." Even the unruly howl of the wind and the easy small talk about the weather creates a cadence of home.

These aren't the sounds of vacation, but they are beautiful nonetheless.

No, Minot isn't America's number one summer vacation locale, but it's a really great place to come home to.

(Earlier in this article I mentioned the fun I share on Instagram. If you'd like to connect with me there, my handle is @ amy_allender.)



Minot is a great place to come home to, but it's not a vacation destination.



My child taking in the sights at Mount Rushmore.

AMY ALLENDER PHOTOS

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Although SKYWARN® spotters provide essential information for all types of weather hazards, the focus is reporting on severe local thunderstorms. In an average year, the United States experiences more than 10,000 severe thunderstorms, 5,000 floods and more than 1,000 tornadoes.

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NWS encourages anyone with an interest in public service to join the SKYWARN® program. Volunteers include police and fire personnel, dispatchers, EMS workers, public utility workers and other concerned private citizens.

Individuals affiliated with hospitals, schools, churches and nursing homes or who have a responsibility for protecting others are encouraged to become a spotter.

Ready to learn more? Minot Air Force Base will host a training session, June 2, from 1300-1500 at the Base Theater. Training is free and typically lasts about 2 hours. You'll learn:

- Basics of thunderstorm development
- Fundamentals of storm structure
- Identifying potential severe weather features
- Information to report
- How to report information
- Basic severe weather safety

If interested but unable to attend the afternoon event, there will be

another session on June 2, from 1900-2030 at the Ward County Administrative building 225 3rd St SE, Minot, rooms 106 and 108.

This training is free and open to the public. There is no need to register.

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Minot Air Force Base Airmen accept coins from Col. Walters for a job well done during an April Blizzard. More photos can be found on Minot AFB Flickr page.

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- Itchiness
- Hives
- Swelling—in the face, ears, lips, eyelids, etc.
- Red, hot, and inflamed skin
- Diarrhea
- Vomiting
- Sneezing
- Runny eyes
- Constant licking or other restlessness

If you suspect that your pet might be having an allergic reaction, it's best to contact your vet immediately. They can administer quicker solutions for more severe reactions and can also give you advice on how to prevent future allergy attacks. Sometimes it's as easy as cutting out a specific trigger (such as chicken in the diet or a certain dog shampoo), but sometimes it may take a lot of trial and error to narrow down a culprit. Make sure you keep accurate tabs on which products you use on and around your pet, as well as all the foods that they ingest and what they are around when outside.

If your pet is showing severe signs of allergic reaction and even anaphylaxis (swelling, hives,

itching, excessive salivation/drooling, vomiting, diarrhea, pale gums, seizure, wheezing or trouble breathing, etc.) drop everything and get your pet to the emergency vet immediately! One of the closest emergency vets to Minot Air Force Base is Pinkerton Animal Hospital.

In more mild cases, Benadryl is usually the go-to at home remedy, but do not give your pet any medication or remedies without consulting your veterinarian first as you can potentially do more harm than good without the guidance of a professional.

In order to help our pets live their best lives, it's important to keep an eye on them, their habits and their reactions to catch any allergies as soon as possible. If you got sick every time you ate

Pets have allergies too!

chicken, you probably wouldn't want to keep eating it every day, would you? Neither does your pet!



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SECURITY FORCES TAKES AIM

Members of Team Minot train at the new Combat Arms Training and Maintenance facility on Minot Air Force Base, April 26, 2022. The new CATM range opened at the beginning of March and allows Defenders to train in better and safer conditions.

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



Upcoming Events

28 MAY CRAFT SATURDAY DOG PAINTING
12:00 NOON - 2:00 PM
Atypical Brewery & Barrelworks
510 Central Ave East Minot, ND

Join us for another Craft Saturday! This craft is for you AND your dog! Here's the jist, bring your doggos (friendly ones only)! Then you'll pick paint colors, add them to a canvas, put it in a ziplock bag, and add dog safe cheese whiz / peanut butter for them to lick off the bag, which will spread the paint on the canvas inside the bag. This project will take a few days to dry, but it will be worth it! We will send it home with you in a box that will protect the masterpiece - oh and your ticket includes beer too!



Tickets available:
Facebook/ Atypical Brewery & Barrelworks/Craft Saturday

3 JUNE ROOSEVELT PARK POOL OPENING DAY!
1:00 PM (WEATHER PERMITTING)
Roosevelt Pool
1215 E Burdick Expy, Minot

Summer Season Hours:
Monday-Thursday: 12:00pm-5:00pm, 6:30pm-8:30pm
Friday, Saturday, & Sunday 1:00 PM - 8:00 PM
Admission Rates: \$5 per person - Ages 6 & up (Includes pool and kiddie pool). Individual season pass - \$60.00. Family Season Pass -\$170 for a family up to 6 people. Additional passes can be purchased for up to 50% off. *5 and under are free - Passes can be purchased at the Roosevelt Park Pool and the Minot Parks Office Family Swim: Monday & Wednesday Evenings \$15.00 entire family. Cash, Card or Check with ID



For more information:
www.minotparks.com/pools-aquatics/roosevelt-park-pool

3 JUNE MOVIE IN THE PARK - SING 2
8:00 PM
Minot Oak Park
19th Ave SW, Minot

Minot Parks Summer Movies in the Park
Join us Friday, June 3rd at Oak Park
Sponsored by: Magic City Lions Club
*Movies start at sunset
*All movies are free to attend



For more information:
Facebook/Minot Parks/Events

3 JUNE 2022 ND HORSE EXPO
9:00 AM
North Dakota State Fair Center
2005 Burdick Expy E. Minot

Come join us for a weekend of Everything Equus! Vendors, clinicians, ride along workshops, entertainment, and more!
We welcome people of all disciplines and levels! Whether you are a horse owner or just an avid horse admirer we have something for you to enjoy!



For more information:
Facebook/North Dakota Horse Expo/Events

On Base



For more information visit: www.5thforcesupport.com

BABY ANNOUNCEMENTS

BABY GIRL BORN ON TUESDAY, MAY 17, 2022 TO: AMBER AND CHRISTOPHER CORPE BURLINGTON, ND

BABY BOY BORN ON TUESDAY, MAY 17, 2022 TO: NICOLETTE AND TREVOR EISENZIMMER MINOT, 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.

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MONDAY NIGHTS

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Almost Here, Horse Expo of North Dakota

ERIN BEENE

North Dakota is a large state that offers a wide range of interests and opportunities. One cannot live in this state without getting just a little bit of an appreciation for the outdoors, wildlife and the beauty of Mother Nature. The North Dakota Equine Association is a group of animal enthusiasts which supports horses and everything equine in this state. Active association member Amy Becker said, "The ND Equine Assn is a 501c3 Non Profit organization that was established to help further educate the general public about everything Equus and to help further the education opportunities provided to horse owners as well. We are a statewide association with no headquarters base and we hope to keep growing our membership to eventually create regions for those interested." As stated on their website, "We serve as a means of communication by furthering common interests of horse persons in North Dakota. We aim to be the central hub for 'everything equus' in North Dakota."

Their yearly Horse Expo is right around the corner on June 3-5 at the North Dakota State Fairgrounds. Becker described the event as "... geared towards all ranges of horse enthusiasts. For horse owners we offer mounted events, mounted clinics with free auditing, lectures, and used tack sale. For non-horse owners we have non-mounted events and activities: Rocky Top Ranch Petting Zoo, free wagon rides by the ND Draft Horse Assn, vendors to shop, lectures for new horse owners and horse businesses, etc. The evening show 'Equi-ganza!' shows some really neat bonds between humans and their equine and canine partners, along with encouraging cultural appreciation with the First Nations Dancers. It's three days that are jam-packed with something for everyone!" The event is a perfect way for horse

newbies to experience the majesty of equines. Becker mentioned how she loves to simply walk around at the expo and witness the joy on everyone's faces. "It's a world that not everyone gets the chance to experience, so it's a good feeling to know we are giving people that opportunity for both educational and entertainment purposes," she said.

Currently, the Association does not offer lessons or classes for horses, but they do offer encouragement and the ability for people of all ages to get comfortable with horses. Becker mentioned that the best way for a person who is interested in horses to start is to just

start learning about them. Becker encourages children and adults alike to understand how to care for horses and learn about them before jumping into riding. This develops a deeper understanding for the creature. To experience more about horses in almost every way possible make sure to mark the date for the Horse Expo, June 3-5, and get ready to spend an entire day learning and loving horses. Please find out more information on their website northdakotaequine.com. The North Dakota Horse Expo is also offering a 10% ticket discount for military members and their families, so make sure to ask about that while you're there too!



2021 Horse Expo

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 \$6 Specialty Cocktails, Martinis & 22oz ND Breweries Taps
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 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

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 Tuesday Sandwich Pack
 Wednesday Chef Creation*
 *Changes Weekly - Check our Facebook Page
 Thursday Pasta Pack

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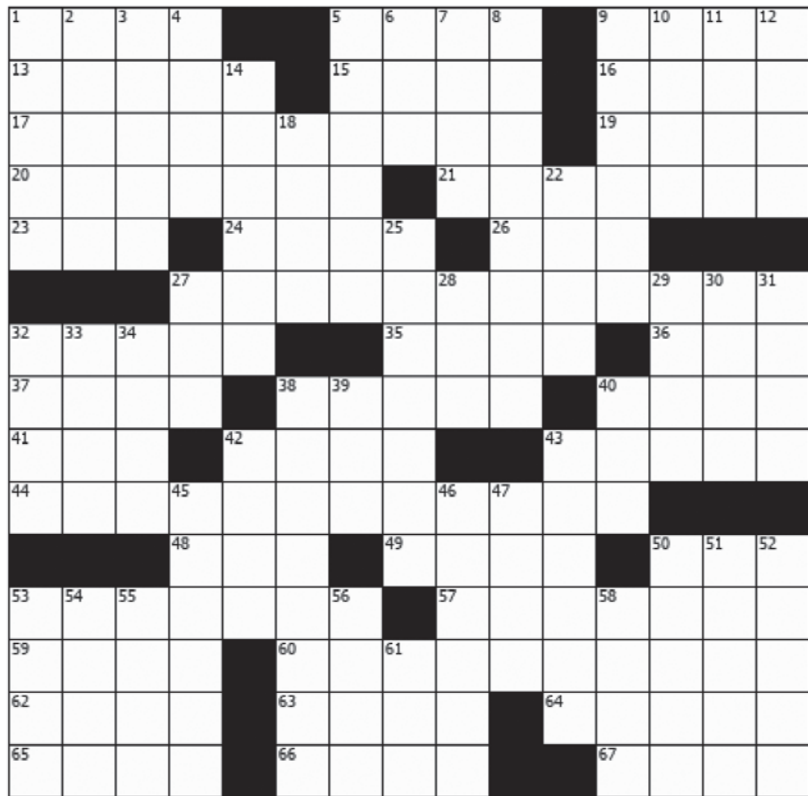
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CROSSWORD PUZZLE

Across

- 1. Frisbee, e.g.
- 5. Stay fresh
- 9. Trash collectors?
- 13. Ready to pour
- 15. "To Live and Die ___"
- 16. Apple computer
- 17. Director of "The Rules of the Game"
- 19. Strip in the Mideast
- 20. Alternatives
- 21. Like clay pots
- 23. Shorthand on a map of Montreal
- 24. Jab
- 26. Sticky stuff
- 27. "Mystic Pizza" star
- 32. Sting operation
- 35. Competes in 10Ks
- 36. Jack of "Barney Miller"
- 37. Part of BTU
- 38. Narratives
- 40. And others, in shorthand
- 41. "Catch you later!"
- 42. Hefty wrestler
- 43. Chopin's "Butterfly," e.g.
- 44. Hammett's portrayer in "Julia"
- 48. Talker's "gift"
- 49. "... ___ saw Elba"
- 50. Classified info?
- 53. "It slipped my mind!"
- 57. Consumed
- 59. Vine valley
- 60. Big-mouthed pitcher?
- 62. Decked out
- 63. Humorist Bombeck
- 64. "Good Times" actress
- 65. Foul-weather friend
- 66. New Mexico art center
- 67. ___ majesty (high crime)



Down

- 1. Martial arts schools
- 2. Bumbling
- 3. It's represented by a star
- 4. "Pretty please?"
- 5. Nastassja of "Tess"
- 6. Roxy Music's Brian
- 7. "Night" author Wiesel
- 8. Models of excellence
- 9. Item that's often stubbed
- 10. Asian nanny
- 11. Intense look
- 12. Read a bar code
- 14. Support
- 18. Organic compound
- 22. Plunders
- 25. Pierced place
- 27. Protrude
- 28. Feel regret
- 29. Run after Q
- 30. Pond hopper
- 31. Dover delicacy
- 32. Part of a sentence (Abbr.)
- 33. Single-named New Age singer
- 34. Dead heats
- 38. Aviator's craft, perhaps
- 39. Latin I verb
- 40. UFO crew
- 42. Hosiery woe
- 43. Newspaper bigwig
- 45. "Sweet Rosie ___" or golfer Mac
- 46. Sports centers
- 47. Tail end
- 50. Bracelet locale
- 51. Old sword contests
- 52. Shopping frenzy
- 53. Cuzco native, once
- 54. Succumb to gravity
- 55. Australian gemstone
- 56. 1/3 of a war film title
- 58. EPA's concern
- 61. Medical insurance abbr.

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

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

SUDOKU

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

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

Solution to puzzle on page C7







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REEL TIME THEATER MOVIE SCHEDULE



FIRST SERGEANT SYMPOSIUM

Airmen attend a First Sergeant Symposium on May 19, 2022, at Minot Air Force Base, N.D. The First Sergeant Symposium serves as a learning environment where Airmen who want to become First Sergeants receive information on what requirements they need to meet to become a First Sergeant, what duties they need to perform and what is expected of them as a First Sergeant.

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 Friday: 7:30am – 4:30pm
 Saturday: 2 a month by appt
 Sunday: Closed

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Trinity Health Honors Fallen with 'Missing Man' Tables

TRINITY HEALTH

Trinity Health will have Missing Man Tables on display at three of its locations in observance of Memorial Day.

Tables will be assembled Thursday, May 26, and remain on display through the Memorial Day holiday at the Trinity Hospital Cafeteria, Trinity Health St. Joseph's Hospital lobby, and Trinity Homes 1st Floor Centre.

A Missing Man or POW/MIA Table honors fallen, missing, or imprisoned military service members with specific items that symbolize their courage and sacrifice:

Table Set for One – Symbolizes frailty of one prisoner alone against his/her oppressors.

White Tablecloth – Represents the purity of their response to our country's call to service.

Empty Chair – Depicts an unknown face, representing no specific soldier, sailor, airman, or

marine.

Bible – Represents faith in a higher power and our country's founding as one nation under God.

Black Napkin – Stands for the emptiness the warriors have left in the hearts of their families and friends.

Single Red Rose – Reminds us of their families and loved ones.

Red Ribbon – Represents love of country, which inspired them to answer our nation's call.

Yellow Candle and Ribbon – Symbolizes the everlasting hope for a joyous reunion with those yet unaccounted for.

Lemon Slices and Salt Upon Bread Plate – Reminds us of their bitter fate and the tears of their families.

Inverted Glass – Reminds us that the distinguished comrades cannot be present to drink a toast or join in the day's festivities.



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BAKED CORNBREAD WITH CORN & HONEY BUTTER



INGREDIENTS

4 WHOLE CORN, EARS
1 CUP CORNMEAL
1 CUP ALL-PURPOSE FLOUR
2/3 CUP WHITE SUGAR
1 1/2 TEASPOON BAKING POWDER
1/2 TEASPOON BAKING SODA
1/2 TEASPOON SALT
1/2 CUP BUTTER, SOFTENED
1 CUP BUTTERMILK
2 WHOLE EGGS
1/4 CUP HONEY
1/2 CUP BUTTER, SOFTENED

When ready to cook, set temperature to high (500 °F) and preheat, lid closed for 15 minutes. Peel back the outer layer of the corn husk keeping it attached to the cob. Remove the silk from the corn and place the husk back into place. Soak the corn in cold water for 10 minutes. Place the corn directly on the grill grate and cook for 15-20 minutes turning occasionally until the kernels are tender. Remove from grill and set aside. Turn the grill temperature down to 350 °F.

In a large separate bowl, mix together the cornmeal, flour, sugar, baking powder, baking soda, and salt. In a separate bowl, mix together the butter, buttermilk, and eggs.

Pour the wet mixture into the cornmeal mixture and fold together until there are no dry spots (the batter will still be lumpy). Pour the batter into a greased 9" x 13" baking dish.

Cut the kernels from the corn and sprinkle over the top of the batter pressing the kernels down with a spoon to submerge. Bake the cornbread until the top is golden brown and a tester inserted into the middle of the cornbread comes out clean, about 20 to 25 minutes.

Remove the cornbread from the oven and let cool for 10 minutes before serving. To make the honey butter, mix honey and butter until combined. Serve with warm cornbread. Enjoy!



Ryan Davy - GM
Minot

www.HofE.com/BBQHQ



NODAK ARMS

OUTDOOR

REPORT

OUTDOOR NOTES:

PATRICIA STOCKDILL

Lake Sakakawea elevation, May 23: 1,829.3 feet above mean sea level (MSL); 18,800 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,450.18 feet above mean sea level (MSL).

Stump Lake elevation: 1,450.08 MSL.

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

•Devils Lake, Woodland Resort, Devils Lake: Continued walleye success around the bridges but no reports from main Devils Lake itself yet.

•Lake Darling, Karma C-Store, Ruthville: A few more anglers out around Grano and Lake Darling so look for some improving walleye success. Also try the Souris River around Upham.

•Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: Increasing activity on Lake Darling from both boat and shore with occasional walleye at best. All hiking trails and Auto Tour Route open for public use.

•Lake Metigoshe, Four Seasons, Bottineau: Fair to good for pike with OK walleye success but limited bluegill reports.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Improving success on Lake Audubon for a mix of smallmouth bass and pike with occasional walleye. No reports from Lake Sakakawea but stable weather bringing more anglers out on the east end.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Lake Audubon improving for walleye with fair to good success. Locate the warmest water in bays and try pitching jigs. East end of Lake Sakakawea starting to produce a few more walleye. Try shallow flats in 5 to 10 feet casting jigs and minnows. Smallmouth bass pre-spawn bite is also underway. Try same techniques as walleye.

•Lake Sakakawea, New Town: Fair to good walleye bite above New Town. Try 6 to 30 feet using a mix of Lindy rigs or jigs and minnows or crankbaits.

•Lake Sakakawea, Van Hook Bait & Tackle, New Town: Success

•May 28: Hatchery Fun Day, Garrison Dam Nat'l. Fish Hatchery, Riverdale. Free family fun activities, guided hikes, and guided tours with Riverdale Ambulance District serving free will hotdogs. 9 a.m. to 1 p.m. Contact the hatchery, (701) 654-7451, for more 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.

•June 4 & 5: Free Fishing Weekend.

•June 4: Special Needs Fishing Day, Upper Souris Nat'l. Wildlife Refuge Outlet Fishing Area, Foxholm.

•June 4: Nat'l. Trails Day hike, Fort Stevenson State Park, 2 p.m., Garrison.

•June 8: Deer gun and muzzleloader applications due.

TOURNAMENTS:

•June 4: Lake Sakakawea, Tobacco Gardens; Devils Lake, East Bay.

remains slow in the Van Hook Arm with limited activity. Look for more activity with stable weather and warmer water temperatures. Improving walleye success around New Town so look for better success soon in the Arm.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace remains quiet for angler numbers but try fishing from boat at night with 3-way swivels or off the rocks using crankbaits. Look for some ling and occasional trout during the day from boats. Shore success remains slow. Lake Sakakawea generally slow with occasional walleye at best. Try along the face of the dam for salmon. Lake Audubon improving for a mix of walleye, pike, and smallmouth bass with its warmer water temperatures compared to the east end of Lake Sakakawea.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Somewhat improving walleye success on the upper end of Lake Sakakawea with scattered, occasional walleye success. Increasing activity for bow-fishing for carp. Little Muddy River remains good for pike. Missouri and Yellowstone rivers still muddy and slow.

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

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: A few walleye coming from the pockets of warm water on the Souris River around Upham. Some small pike mixed in. Buffalo Lodge Lake starting to produce some walleye.

•Turtle Mtn. area lakes, Coast-2-Coast, Rolla: Continued good success along the bridges on Devils Lake and feeder coulees and creeks. Area lakes remain slow.

N.D. river flows:

•Little Missouri River, Long X Bridge: River stage, 1.65 feet; streamflow, 1,180 CFS.

•Missouri River, Williston: River stage, 16.31 feet.

•Missouri River, Washburn: River stage, 9.06 feet.

•Pembina River, Walhalla: River stage, 7.78 feet; streamflow, 3,060 CFS.

•Souris River, Foxholm: River stage, 7.1 feet; streamflow, 231 CFS.

•Souris River, Minot: River stage, 5.79 feet; streamflow, 354 CFS.

•Yellowstone River, Sidney, Mont.: River stage, 5.91 feet; streamflow, 14,400 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.

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FREE FISHING AND A CHALLENGE

Patricia Stockdill

Nowadays, it might seem weird that back in the early 1990s, the N.D. Game and Fish Department formed an internal committee to look at ways to promote fishing opportunities in the state.

After all, in a state with a population of less than 800,000 people, the agency anticipates more than 200,000 will be sold in 2022. Granted, that's a combination of residents and nonresidents but it doesn't include children under the age of 16 who fish because they don't need a license.

However, back in the early 1990s North Dakota was in the grasp of an extensive multi-year drought that began in 1987. In 1988, the Game and Fish Department managed a whopping total of 168 lakes across the state.

The committee developed ideas that provided the genesis for such programs as "Pathway to Fishing", lifejacket and fishing equipment loaner programs, and creation of urban fishing opportunities.

They're programs that still exist decades later in some fashion. For example, the urban fishing program is now blanketed as a community ponds program with small, fishable ponds established in conjunction with local entities within close proximity to several towns across the states – all stocked with catchable fish, including trout.

Back in the 1990s North Dakota was also participating in a national fishing promotional effort, "Free Fishing Weekend", a program originating in 1979 and driven by the boating and fishing industry to promote fishing throughout the United States.

North Dakota first offered Free Fishing Weekend in 1990, a year after the legislature gave gubernatorial authority for the free fishing opportunity to North Dakota residents.

But that was then and this is now. In 2022, the Game and Fish Department manages more than 400 lakes, a vastly different picture than the drought years of 1987-1993 after years of the opposite end of the weather scale with abundant and over-abundant moisture creating new, fishable waters across many areas of North Dakota after 1993.

Yet Free Fishing Weekend remains a staple in the repertoire of ways to encourage anglers and wanna-be

anglers older than 16 years of age who are required to possess a valid fishing license to head to an area lake or river and simply give casting a line a try.

June 4 and 5 marks the 2022 Free Fishing Weekend. After originally focusing on open water fishing – after all, the boating industry was a major supporter of the program's inception – North Dakota also offers a Free Fishing Weekend during ice-fishing season.

But it's finally open water fishing season and the Game and Fish Department isn't stopping with its long-time efforts to encourage folks to take to the shores and waters within the state.

In fact, the reality is that fishing license sales plateaued in recent years and the agency is once again ramping up efforts to bring anglers back and into the fold.

For example, it revamped its fishing information website to focus more on beginning anglers.

And now it recently launched the N.D. Game and Fish Department 2022 Fish Challenge, encouraging anglers to catch a northern pike, yellow perch, smallmouth bass, and channel catfish in the state because there really, truly are other species in lakes besides walleye.

It's a chance to try different fishing techniques, experience new lakes, and taste a new tasting fish (yes, other fish besides walleye taste good, too).

The challenge is already underway, beginning back on May 1 but continues until Aug. 15. Just go to the Game and Fish Department challenge website link, (gf.nd.gov/fish-challenge), sign up, complete the online submission form with a photo after catching one of the four species, and check the "Yes" box after catching that fourth species to complete the challenged.

Just remember that anglers over 16 years of age must possess a valid North Dakota fishing license, it has to be a legally caught fish, and perhaps equally as important, it has to be caught in North Dakota.

Basically, North Dakota offers a lot of ways and reasons to get out in its Great Outdoors – everything from Free Fishing Weekend to community ponds, improved access and better fishing information, along with tossing a fun challenge into the mix.

Now all a person has to do is get out there and fish.



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MINOT AFB CHAPLAIN CORPS MARATHON TRAINING

17 adults and children joined the first marathon training session held at Bud Ebert Park, Minot Air Force Base. Several participants are on leave but plan to attend in the future. Of those who have signed up, these 17 are planning on challenging themselves to run farther than they have before. One participant has run a marathon without enough training and now wants to do it "the right way" so he can improve his time and walk afterward. At this time, 12 people are signed up to run a marathon, for 10 of them it will be their first marathon. Four are signed up for their first half marathon, and two are signed up to run their first 10k. For more information on Minot AFB Chaplain Corps Air Force/Bismarck Marathon Training Community, see the advertisement to the right for full details and how to sign up!

MINOT AFB CHAPLAIN CORPS PHOTOS



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ELLSWORTH AIR AND SPACE SHOW

A B-52H Stratofortress assigned to Minot Air Force Base performed in a tri-bomber flyover alongside a B-1 and B-2 Spirit at the 2022 Ellsworth Air and Space Show, May 14, 2022.



U.S. AIR FORCE PHOTOS

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608th Air Communications Squadron: Supporting the Nuclear Mission

STAFF. SGT. BRIA HUGHES, 8TH AIR FORCE PUBLIC AFFAIRS

BARKSDALE AIR FORCE BASE, La. --

When you think of a traditional communications squadron, the first thing that may come to mind is basic computer troubleshooting and network support. However, there are cyber airmen assigned to 8th Air Force and the Joint-Global Strike Operations Center who support a larger nuclear command and control mission.

The J-GSOC is home to the 608th Air Operations Center, whose mission is to plan, direct, command, control, monitor and assess long-range strike missions to deliver operational and strategic effects for U.S. Strategic Command and theatre geographic combatant commands.

Within the 608th AOC there is a unique unit: the 608th Air Communications Squadron, or ACOMS.

Organizationally, the 608th ACOMS falls under 8th Air Force for administration purposes while

also aligning under the J-GSOC for operations support.

There are over 70 active-duty members in the squadron and 10 civilians and contractors.

“Our job is to employ, maintain, upgrade and secure the Air Operations Center Weapon System (AOC-WS) in support of higher headquarter-directed AOC missions,” said Master Sgt. Adam Adams, expeditionary communications non-commissioned officer in charge.

The AOC-WS is a system of systems incorporating numerous third-party software applications and commercial off-the-shelf products. ACOMS is able to provide capabilities such as air tasking order development, intelligence assessment, and bomber command and control (C2).

The squadron has several work centers ranging from network infrastructure maintenance to radio systems support and cyber mission defense. Airmen graduating from

different cyber and radio technical schools can be directly assigned to ACOMS instead of a traditional communications squadron, which could present some skill obstacles to overcome.

“The biggest challenge for me was having to learn new material aside from what I learned in tech school because some of the systems we work on are very specific,” says Airman 1st Class Dana Fletcher, 608 ACOMS system administrator. “But thankfully I have peers here with more experience to help me navigate through it.”

With the greatest challenges often come the best rewards, which 608th ACOMS airmen have the privilege to see firsthand.

“Due to our close proximity to mission execution, we get to see the fruits of our labor through direct mission integration and intel-effect reports,” said Adams,



Senior Airman Nathan Kennedy, 608th Air Communications Squadron system administrator, inspects servers in the 608th ACOMS data center. An important part of his job is to ensure all systems are on and running 24/7 with the most current upgrades.

U.S. AIR FORCE PHOTO | STAFF SGT. BRIA HUGHES

“which is something a traditional cyber support troop doesn’t often experience.”

Unlike traditional communications squadrons, ACOMS has higher privileged administration control over their systems, allowing for a higher understanding of how diverse

systems interoperate, accelerating cyber airmen for technical development.

This year, ACOMS expanded their support to encompass the Joint Nuclear Operations Center in a broader effort to unify conventional and nuclear operations under the Joint-Global Strike Operations Center.

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69TH BOMB SQUADRON KNIGHTMARES: TIP OF THE SPEAR

A B-52H Stratofortress assigned to the 69th Bomb Squadron out of Minot Air Force Base flies over North Dakota on May 3, 2022. Eight Pratt & Whitney TF33 engines power the B-52H enabling it to reach speeds up to 650 miles per hour, a range of 8,800 miles, and a ceiling of 50,000 feet giving the U.S. and its allies unique fighting capabilities and flexibility.

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



Two B-52H Stratofortresses assigned to the 69th Bomb Squadron out of Minot Air Force Base fly side by side over North Dakota on May 3, 2022.



69th Bomb Squadron B-52H Stratofortress Pilot Capt. David "Lumber" Mills monitors his B-52H instrument panel after taking off from Minot Air Force Base on May 3, 2022, over North Dakota.



69th Bomb Squadron B-52H Stratofortress Pilots Capt. David "Lumber" Mills communicates with Capt. Jake "Aft" Gill while piloting a B-52H on May 3, 2022.



69th Bomb Squadron B-52H Stratofortress Radar Navigator Capt. Brett "Ohm" Niemantsverdriet (left) and B-52H Stratofortress Navigator 1st Lt. Guil "Friz" Factor (right) conduct B-52H pre-flight procedures on May 2, 2022, at Minot Air Force Base, North Dakota.



69th Bomb Squadron B-52H Stratofortress Pilots Capt. Jake "Aft" Gill (left) lands a B-52H as Capt. David "Lumber" Mills (right) monitors the instrument panel on May 3, 2022, at Minot Air Force Base, North Dakota.



69th Bomb Squadron B-52H Stratofortress Electronic Weapons Systems Officer Capt. Amber "Mirc" Manuwa inspects a B-52H before takeoff on May 2, 2022, at Minot Air Force Base, North Dakota. The B-52H is a long-range heavy bomber, capable of carrying up to 20 air-launched cruise missiles.

NOTES ON BEING SAFE

SPRING CLEANING POSES ITS OWN HAZARDS



ROD KRAUSE
5TH BOMB WING
OCCUPATIONAL SAFETY
AND HEALTH MANAGER



One of the best times of the year is approaching us. Spring showers awaken the earth and calls forth new life. The birds will be chirping, the days will be longer and the trees will be in full bloom. It's also a dreaded time of year; spring cleaning!

Spring cleaning is a great time to get rid of clutter that was building up during winter, as well as getting rid of those winter time blues.

Whether you're tackling the spring cleaning or doing your weekly cleaning routine, it's important to use the cleaning products safely, especially if you have young children or pets. Be sure to read the label and use as directed, store them as directed and dispose of the empty contents safely.

Here are some spring cleaning tips:

- Make a list of things you want done.
- Schedule your family garage clean out. Create sufficient storage for all the summer equipment you may want this summer. Store all the winter stuff away.
- Inspect, clean and repair outdoor furniture.
- Clear away any remaining dead foliage and weeds from beds and lawn to make room for the new growth and it will also protect the new growth from damage and diseases.
- Wash the windows inside and out, to include the screens.
- Take down all draperies and window treatments to clean and vacuum.
- Change out the seasonal clothes. Set aside the ones the children out grew or the ones you

no longer wear for a garage sale.

- Clean out all of your closets and storage areas. Set aside those items that are not used any more to save room for new items.
- Spring clean your barbecue grill. Be sure to check for leaks and cracks and ensure propane tanks are properly stored

Remember, working safely in and around your home will not only keep you out of the emergency room, it can keep you from becoming the next Darwin Awards Winner!

Happy Spring Cleaning!



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I enjoy working out, photography, hiking, listening to music and tattoo art!

WHAT DOES BEING A SHADOW WARRIOR MEAN TO ME?

Being a Shadow Warrior to me means being a part of something bigger than yourself and having leaders push you out of your comfort zone to learn how to be a leader. Being someone who is trustworthy and being apart of a family that will fight for you and have your back.

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CAR CARE

Air Conditioning Repair

Heating and A/C systems can wear eventually with use, appropriate upkeep can maintain your vehicle cabin temperature for the comfort of you and your passengers. Tires Plus offers quality auto repair services and car air conditioning repair on Minot AFB.

What they do: Heating and A/C systems work to keep your vehicle cabin warm in the winter and cool in the summer. The A/C system also serves a double function of operating your defrost in the wintertime. Heating systems are made up of a heating system core that acts like a small radiator behind the dash, fan, and hoses that run the heat energy from the engine to the center. Air conditioning systems operate similarly, by delivering coolant to the fan to blow cool air in the cabin. Unlike house cooling and heating systems, your heater and A/C don't entirely run off electrical elements, however they utilize the engine's heat and the engine's cooling abilities to alter the temperature level.

Why service is essential: Heating and A/C systems may break gradually with usage, hose pipes may clog and leak if not serviced, leading to bad efficiency or a shortage of heating and cooling potentials. Appropriate upkeep may keep your automobile comfortable for you and your passengers.

The best ways to tell if your heating and A/C are having troubles:

- If your A/C blows only a little cooler than the air exterior
- Air that blows in smells moist, rotten, or like mildew
- Your cabin does not heat up in winter, or is only a little warmer compared to outdoors

- The defroster takes longer compared to regular to function, blows in filthy air, or does not operate
- Your heating system or air conditioning just functions when driving, not when idling, or quits blowing when the car is still
- Your heating unit blows cool air, or the air conditioning blows warm
- At the highest setting, your vents don't put out much air

A comprehensive evaluation of heating and a/c systems includes:

- Evaluating the interior and blower
- Examining radiator coolant level, hose pipes, pressure cap and thermostat
- Examining the compressor belt
- Examining for leakages or other damages.
- A cooling system pressure test
- Contrasting the air conditioning pressure to producer requirements
- Screening the A/C system for refrigerant leakages
- Examine the interior vent air temperature

Remember to arrange your heating or A/C check prior to the heat of the season, to guarantee you have the most comfy driving experience. Contact us soon to set up your next car A/C repair service. Tires Plus is proud to be your number one auto repair center and provider of tires on Minot AFB.

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Branden Alvarez

We are extremely proud of our God fearing, kind, loving, talented young football player and musician.

Congratulations!

As military children our Graduating Seniors have had to endure moves, deployments, stress, distance learning due to COVID and other military stressors. The Graduating Class of 2022 has earned their stripes. The families and members of the Minot Air Force Base Graduating Class of 2022 are proud to honor their hard work and dedication to get to this point of their lives. Graduation is a time honored tradition for any student, but means more to a military student. Countless schools and teachers have taught them but more often than not they are afforded an experience that not all students have. We have nurtured, taught, and encouraged these amazing young men and women in preparation for them to head out into the world.

Minot AFB Graduating Class of 2022, We Salute You!



Mattison Balas

Minot High graduate Mattison Balas, daughter of Matthew and Tania Balas, is a member of the North Dakota Air National Guard and will be attending the University of Mary majoring in Biomechanics.



Gabriel Denny

Gabe, we are filled with pride in the young man you have become. Always live your passion. Always challenge your limits and never limit your challenges!!! We love you!!!

Love, Mom, Dad & Dom



Madison Elliott

We are so proud of your accomplishments and can't wait to see where your future takes you! Congratulations!

Love, Mom, Dad and Allie.



Gavin Goodman

We are so proud of you and excited to see what your future holds. Congratulations!!

Love, Mom and Dad



Terry-Shay Martin

Terry-Shay will be attending Neumont College of Computer Science in Salt Lake City, Utah, in the Fall. He is also interested in joining the Air Force in the future.



Michael Menuey

Congratulations, Michael! We are so proud of you! Michael will attend Montana State University in the Fall to study Electrical Engineering.

class of 2022

Congrats



Bryce Toro

Congratulations on completing this major accomplishment, we are so proud of you and look forward to seeing what the future holds.

Love Always, Dad, Mom, Taylor and Chula



Conner Warbis

Congrats! We are so proud of you! Joe, Mom, Hector & Ryker



Brooklynn Watts

Brooke, We are so proud of you and we are excited to see what your future holds. Your possibilities are only limited by your imagination. Just BELIEVE! We love you!

Love, Your Family near and far



Katelyn Wood

Katelyn was accepted to the University of Alabama and Minot State University. She is planning to study Anthropology at Minot State University in the fall of 2022, with a possible transfer her sophomore year. She will also continue playing with the MSU band.

Aidan Adkins
Edward Allen
Matthew Austin
Abigail Barnum
Arianna Buck
Evelyn Byrne
Leah Calloway
Marina Cardoso

Evelynn Carlson
Caitlin Casey
Neven Cone
Duy Allan Duong
Trevor Emke
Blaze Ferry
Caleb Forgey
Liam Geyer
Ethan Grice

Kaedy Guerra
Kylie Harris
Kadin Hollenbeck
Aiden Ire
Antonio Isla
Hunter Kreutzbender
Trinity Larson
Raegan LeFors
Tristen Leys

Layton Ludwig
Noah Magcalas
Kennedy McCain
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Joshua Slama
Skyler Stoney
Isaiah Sutton
Kristopher Thomas
Dayon Walker
Chase Williams
Marc Williams
Xander Williams



YOUTH IN ACTION



AFA STEM TEACHER OF THE YEAR

On May 24, 2022, Ms. Katherine Heidt was awarded the Air and Space Forces Association Davis C. Jones chapter STEM Teacher of the Year for 2022. Ms. Heidt is one of the STARBASE STEM teachers at North Plains Elementary. Ms. Heidt has shown great dedication to education and enriching the young minds of the students of Minot Air Force Base. Thank you Ms. Heidt, we appreciate all that you do.

Pictured above: From left to right, Staff Sgt. John Conner, President of Davis C. Jones chapter AFA, award winner Katherine Heidt, Dr. Mark Vollmer, Minot Public School Superintendent, and Col. Michael Maginness, 5th Bomb Wing Vice Commander, pose for a photo.



Pictured below: From left to right, Gene Simmons of the AFA, Kalyn McCowan of STARBASE, Jon Dawson, STARBASE Manger, SSgt. John Conner, President of Davis C. Jones chapter AFA, Katherine Heidt, Dr. Mark Vollmer, Minot Public School Superintendent, Ned Strand, Principal of North Plains Elementary, Trisha Gower, and Col. Michael Maginness, 5th Bomb Wing Vice Commander, pose for a photo to commemorate this great achievement.

MINOT AFB SCHOOL LIAISON OFFICE PHOTOS

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- The White-Handed Gibbons arms are longer than its legs, which allow the gibbon to move nearly 10 feet with each pendulum swing of its body.

Fact File	
Life Span	25 - 30 years
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ACROSS

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INTRODUCING: Northern Sentry's Junior Journalism Program

ERIN BEENE

The Northern Sentry is launching a brand-new concept that focuses on getting kids excited about and creating good JOURNALISM! The official introduction will come soon, but we couldn't wait to start talking about it! The program will offer kids from Minot AFB a chance to write a story or article about an event or person around the base or town. They will then submit the article for publication. And if the story meets our requirements, it will be PUBLISHED in the Northern Sentry! There may or may not be

additional incentives and extra spotlights for extra special stories, but we're keeping that part a secret for now. The program will be open to dependents under age 18, and will officially kick-off within the

next few weeks. We can't wait to help spread the joy of journalism to the younger generation and help bring about more awareness to this important craft.



School Board Opening

School Boards are responsible for the education of local children and address a wide array of issues: setting spending priorities, approving budgets, adopting school calendars, approving staffing changes, responding to changes in education law, and advocating for the needs of students, families, teachers and staff. Members work closely with the district superintendent and other administration and are public figures who support and respond to the needs of their communities. For the Minot Air Force Base School Board #160 member duties include: using state and federal funds to ensure that the students on-base continue to receive the best education possible within the laws of the North Dakota Century Code, addressing concerns or questions from district families, and voting on matters that affect schools both on and off the installation. The Minot Air Force Base School Board is a coterminous school board that



ALICIA THOMPSON, GS-11
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CHILD AND YOUTH EDUCATION SERVICES



works alongside Minot Public School Board #1 with the mission of "Empowering all learners to succeed in a changing world". Both school boards consist of five board members, each member serves a three year term. For the Minot Air Force Base School Board there are three position requirements for members: 1. Member must reside on the installation 2. Member may be active duty enlisted, a reservist, or a dependent family member. Officers are not eligible to serve as school board members pursuant DoDD 1344.10, Para

4.2.2.4. 3. Members cannot be an employee of Minot Public Schools. The Minot AFB School Board often has to fill vacancies due to member resignations related to the military lifestyle.

If a member of the board resigns that position is filled to serve out the remaining portion of that term. The Minot AFB School Board currently has an open position. Interested parties can contact the School Liaison at mafb.school.liaison@us.af.mil for more information and to receive an application.

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215 2ND ST SE, MINOT, ND 58701
701.857.4400
www.minot.k12.nd.us

NICOLETTA POLLICE MEMBER



Nicoletta was born and raised in Italy and moved to the United States in 2015. She holds a Bachelor of Arts in Advertising, Public Relations and Strategic Communications from Penn State University. She is married to TSgt. Jason Hoffman. Their son currently attends Dakota Elementary.

Nicoletta believes that public schools represent who we are, but most importantly who we can be as a community. She looks forward to the opportunity of advocating on behalf of Minot AFB students and to act as a conduit between military families and the district.

In her spare time, Nicoletta enjoys watching Japanese anime, baking, reading, playing board games and walking her German Sheperd, Spock.

Phone: 661.609.3432



JOY-NICOLE SMITH
BOARD PRESIDENT
267-901-0383



ELLEN REED
MEMBER
701.885.9537




NICOLETTA POLLICE
MEMBER
661.609.3432

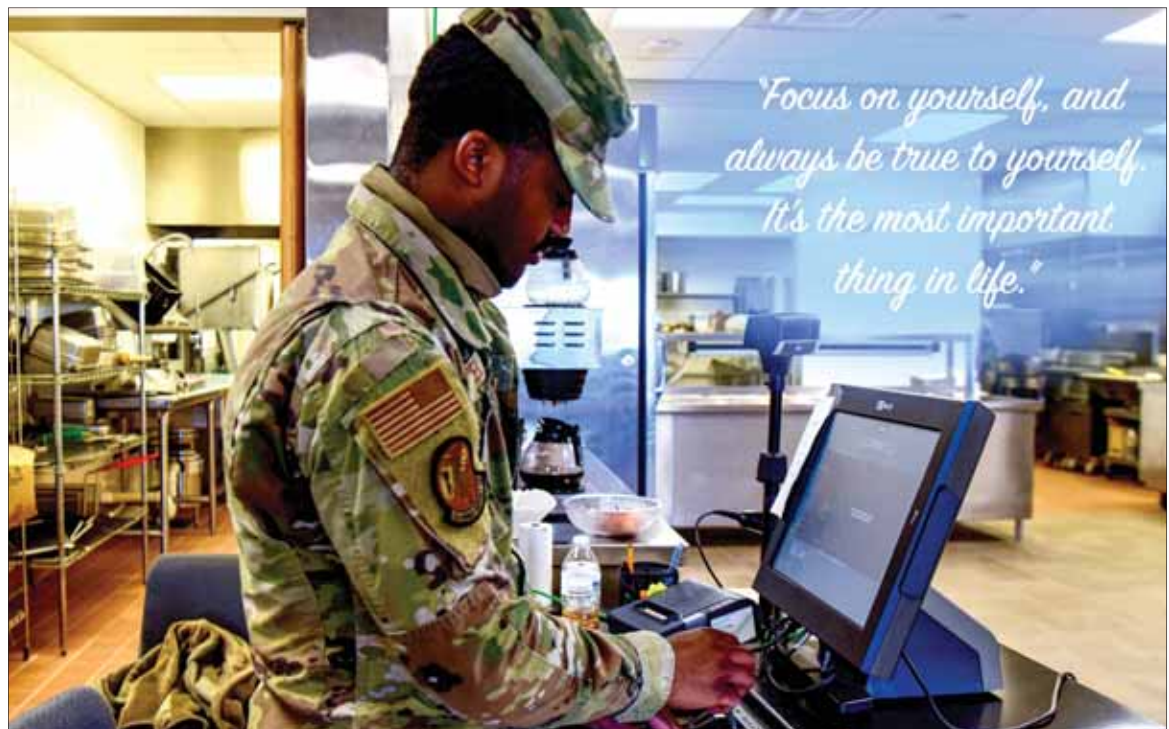


SCHOOL BOARD POSITIONS NOW OPEN!
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FOR MORE INFORMATION OR TO RECEIVE AN APPLICATION
E-MAIL MAFB.SCHOOL.LIAISON@US.AF.MIL
OR CONTACT MAFB SCHOOL BOARD PRESIDENT JOY-NICOLE SMITH.

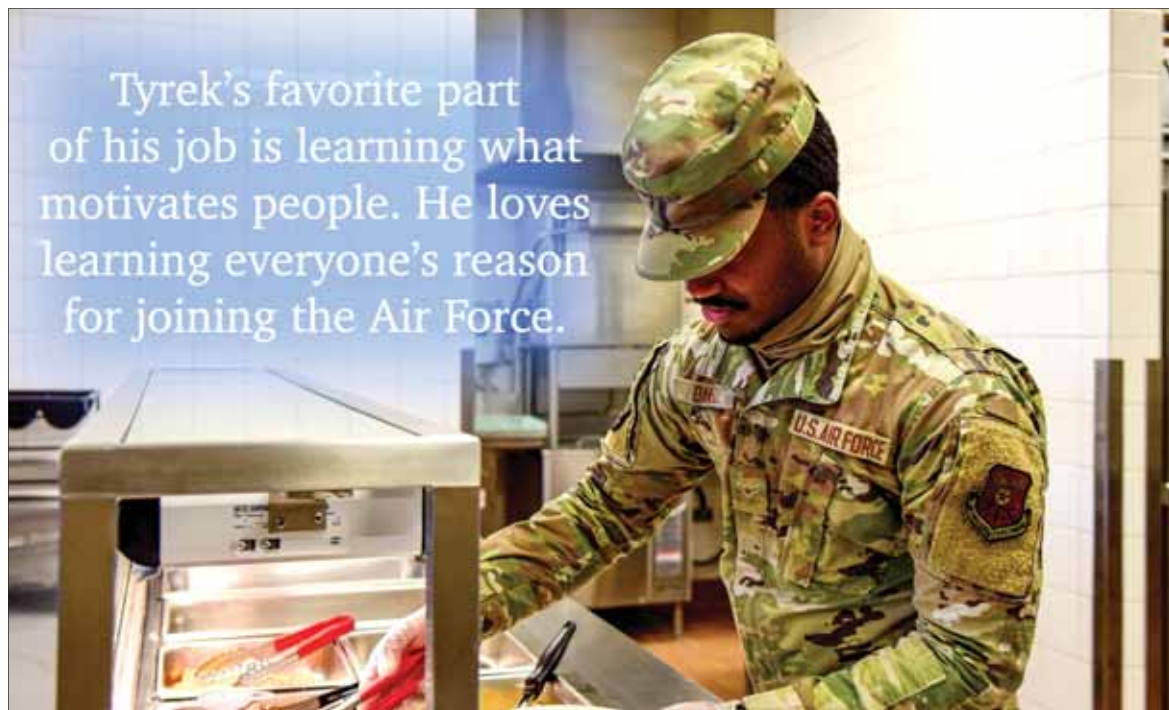


Airman  Minot
Airman Tyrek Daniel

Tyrek, originally from Georgia, has spent 1 year at Minot AFB and is in charge of cooking food for the Airmen of Team Minot. He makes sure everyone is fed for the mission and properly taken care of. His favorite thing about Minot is how peaceful it can be.



Focus on yourself, and always be true to yourself. It's the most important thing in life.



Tyrek's favorite part of his job is learning what motivates people. He loves learning everyone's reason for joining the Air Force.



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A LOOK BACK

THIS WEEK IN USAF HISTORY

CITIZENS OF MINOT & MINOT AFB WORK TOGETHER TO FACE SOURIS RIVER FLOOD

MAY 31, 2011



In early 2011, concerns of flooding began as local rivers and creeks ran abnormally high due to high soil content, above average snow pack, and persistent precipitation. The city of Minot began emergency operations on May 23, and by the 31st, a mandatory evacuation began. Over 10,000 residents of Minot, including over 500 off-base Airmen and families, evacuated to higher ground. The city partnered with Minot Air Force Base personnel and the North Dakota National Guard to set up flood walls and provide aid to displaced families in the area. According to FEMA, about 11,456 acres of Ward County land were covered in anywhere between two to 15 feet of water, causing nearly \$700 million in damages. Minot AFB provided temporary emergency shelter for military members, DoD civilians and families who were unable to secure other arrangements. The 2011 flood was a tragedy of its own, but it proved the strong partnership and sense of community that Team Minot shares with the city.

The Souris River rose to 1,561.72 feet above sea level, the highest recorded in Minot's history. (USAF Photo/A1C Aaron Forrest-Wainwright)

Information courtesy of: minotnd.org / minot.af.mil



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CHURCH DIRECTORY

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

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

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

St. Peter The Aleut Eastern Orthodox Church

 **109 6th St. SE**
Minot • 838-3094

Saturday, May 28
 Vespers, 5PM

Sunday, May 29
 Divine Liturgy, 10AM

V. Rev. Fr. Paul Hodge


Break Forth BIBLE CHURCH
 Wednesdays 7:00pm
 and Sundays 10:30am
1821 W Burdick Expressway
 For More Information:
 701.353.9337 | www.bfbc.tv


An Evangelical Free Church
 3500 4th St. SW • 839-5127
 (Just North of Super Wal-Mart)
 Sunday School
 & Fellowship 9:00 a.m.
 Worship 10:30 a.m.
www.trinitychurchminot.org


 Worship Service at 10:45am Sundays
 Sunday School at 9:45am

1720 4th Ave NW, Minot
838-0916
MinotBibleFellowship.org


Faith United Methodist Church
5900 Highway 83 N, Minot
www.faithumcminot.com

Pastor Ken Mund
 701-838-1540

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

To Advertise your Church on this page,

Call 839-0946

Only \$9.00 a space / per week

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

Wednesday Evening Schedule
 Community Dinner 5:30-6:30pm
 Contemporary Worship 6:30pm
 Youth Group & Small Groups.. 7:15pm
All are Welcome!
www.ecominot.org


OUR SAVIOR LUTHERAN CHURCH
 3705 11th St. SW
 Minot, ND 58701
 701-852-6404
www.oslcmminot.com

Rev. Heath Trampe
Rev. Brian Doel

SUNDAY MORNING
 Worship Services
 8:15, 9:30, & 11:00 am
 Sunday School
 Age 4 - Grade 12
 9:30 am (Sept-May)
 Adult Bible Study
 9:30 am


St. Mark's Lutheran Church
Missouri Synod
Sunday Worship
9:30 AM
2209 4th Avenue NW
Minot, ND
839-4663
Reverend Philip Beyersdorf
www.minotstmarks.com
Join us on facebook


Immanuel Baptist Church
1615 2nd St. SE, Minot
701-839-3694


Sundays:
 9:00 am Fellowship
 9:15 am Sunday School
 10:30 am Worship

Wednesdays:
 11:30 am Soup Kitchen
 5:30 pm Family Supper
 6:30 pm .. Preschool/Kids' Club/ABY
 6:30 pm Adult Bible Study

www.ibcminot.org
 e-mail: immanuel@srt.com



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

St. John the Apostle Catholic Church


 2600 West Central Ave • Minot, ND 58701
839-7076
 Daily Mass Schedule:
 Tuesday 5:15 p.m.
 Wednesday - Friday 7:00 a.m.
 Saturday 5:00 p.m.
 Sunday 8:00 & 10:30 a.m.
Fr. David A. Richter, Pastor
 Parish website: www.stjohnminot.com


First Lutheran Church - ELCA
 120 5th Ave. NW
 852-4853
 Sunday Worship
 9:30 am

www.firstlutheran.tv
 (Live Stream & Recorded)
 Radio Broadcast KRRZ 1390AM
 Sunday 9:30 am
www.flcminot.com
 Pastor Brandy Gerjets • Pastor Ellery Dykeman


Gospel Tabernacle Community Church
 9999 27th St NE
 4 miles south of MAFB
James W. Henderson
Anna B. Henderson
Church: 701-838-4492
Home: 701-838-5759
KHRT 1320: 9 a.m. Sunday
Sunday School 9:45 a.m.
Adult/Children Worship.. 11 a.m.
Family Hour 6:30 p.m.
Evening Worship 7:30 p.m.
Bible Study/Child-Adult
Children Worship (Wed).... 7 p.m.
Prayer (Friday) 7 P.m.


JOURNEY CHURCH
 ASSEMBLY OF GOD

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

Minot Baptist Church

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

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

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


Cross Roads Baptist
Southern Baptist Convention

Sunday School (all ages) 9:45 a.m.
 Sunday Worship 11 a.m. & 6:30 p.m.
 Wednesdays (Prayer & Missions) ... 6:30 p.m.

www.minotcrbc.org
 email: minotcrbc@gmail.com
Dr. Bob Farmer - Pastor
415 28th Ave SE (Behind Menards)
838-1873


West Minot Church of God
Family Worship Center
1105 16th St. NW • 839-1407

Sunday School 9:30 a.m.
 Sunday Worship 10:30 a.m.
 Children's Church & Nursery
 Wednesday Family Training Hour
 Meal 5:30p.m.
 Classes for All Ages 6:30 p.m.
 Youth Center, Friday 7:00 - 11:00 p.m.
 ABC Child Care Center 852-6352
westminot.com
facebook.com/westminot

Church: 701-838-4492
Home: 701-838-5759
KHRT 1320: 9 a.m. Sunday
Sunday School 9:45 a.m.
Adult/Children Worship.. 11 a.m.
Family Hour 6:30 p.m.
Evening Worship 7:30 p.m.
Bible Study/Child-Adult
Children Worship (Wed).... 7 p.m.
Prayer (Friday) 7 P.m.


First Baptist Church
200 3rd St. SW • 852-4533
www.fbcminot.org

Classic Worship Service 8:30 a.m.
 Sunday School (All Ages) 9:45 a.m.
 Contemporary Worship Service 9:50 a.m.
 Contemporary Worship Service 11:05 a.m.
 Children's Church 11:05 a.m.
 Wed. AWANA (Sept. to May) 6:30 p.m.
 Fridays, Celebrate Recovery 7:00 p.m.

Rev. Kent Hinkel, Senior Pastor
Rev. Barry Seifert, Associate Pastor
Pastor Sam Kautzmann, Student Ministries
Elaine Carlson, Children's Ministry Director

Apostolic Faith Church, UPCI

2929 19th Ave NW • Minot
 Located off Hwy 83 Bypass West
(701) 838-0609

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

Jesse Starr, Pastor


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A Church of the Lutheran Brethren

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

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www.ourredeemers.org

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

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HIGHLIGHTS OF OUR PROGRAM

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- Christ-centered environment

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

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Deadline TUESDAYS BY NOON WEEK OF PUBLICATION


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 email NSADS@SRT.COM


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By email or phone at

mmackey@kalixnd.org

701-852-1014

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or 420-5904 in Minot.

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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

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- ▶ Give a description on an easily identifiable article of clothing
- ▶ Verify member's military/ dependent status by showing identification

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(701) 727-AADD

THURSDAY, FRIDAY & SATURDAYS
09:00 PM – 02:00 AM

HOLIDAY WEEKENDS
08:00 PM – 03:00 AM

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MINOT AFB ANNOUNCEMENTS

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COLUMBIA COLLEGE

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

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MINOT STATE UNIVERSITY

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



SUDOKU SOLUTION

PUZZLE ON PAGE B4

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

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WHAT'S GOING ON MAFB

FRIDAY 27

- AFGSC Family Day
- For full listing Memorial Day holiday facility hours, visit 5thforcesupport.com
- Family Day, No Fitness Classes
- Karaoke Night, 2000, Rockers Bar & Grill

WEDNESDAY 01

- Registration Begins: Youth Outdoor Soccer at the Youth Center
- HIIT Strength & Conditioning, 0530, Fitness Center
- Pre-Deployment/Remote Readiness Training, 1000, A&FRC, Zoom Meeting
- Story Time, 1030, Minot AFB Library
- Swerk, 1730, Fitness Center
- Fighting Game Night, 1800, ESC, inside Bomber Bistro
- Yoga for Fitness, 1830, Fitness Center

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!

SATURDAY 28

- For full listing Memorial Day holiday facility hours, visit 5thforcesupport.com
- Golf Egg Hunt Ends, Rough Rider Golf Course
- Cycle, 0900, Fitness Center

THURSDAY 02

- Pre-Separation Counseling, 0830, A&FRC
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Run for Fitness, 1700, Fitness Center
- Zumba, 1830, Fitness Center
- Barre Strength, 1930, Fitness Center

SUNDAY 29

- For full listing Memorial Day holiday facility hours, visit 5thforcesupport.com

FRIDAY 03

- HIIT Strength & Conditioning, 0530, Fitness Center
- Family Zumba, 1000, Turf, hosted by the Fitness Center
- First Friday, 1330-2000, Jimmy Doolittle Event Center
- Single Airmen Free Paintball, 1700-1900, Paintball Field, hosted by Outdoor Recreation
- Game Night Series: Halo Infinite, 1800, ESC
- Karaoke Night, 2000, Rockers Bar & Grill

MONDAY 30

- For full listing Memorial Day holiday facility hours, visit 5thforcesupport.com
- Memorial Day, No Fitness Classes
- Memorial Day Special Lunch, 1030-1330, Dakota Inn Dining Facility

SATURDAY 04

- Outdoor Pool Opens
- Barre Strength, 1000, Fitness Center
- Magic The Gathering Pauper Tournament, 1600, ESC

TUESDAY 31

- Kids Drive Free Begins at the Rough Rider Golf Course
- Asian Pacific Heritage Month Ends at the Dakota Inn Dining Facility
- Military Appreciation Month Ends at the Dakota Inn Dining Facility
- Registration Ends: Single Airmen Free Paintball at Outdoor Recreation
- Game Day, 1000-1930, Minot AFB Library
- Newbery Book Club, 1600, Minot AFB Library
- Zumba, 1830, Fitness Center
- Barre Strength, 1930, Fitness Center

ONGOING

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

First Friday
June 3rd • 3:30pm - 8pm

Don't miss out! Bring your friends & family for delicious food, games, kids bounce house, & a CRUD face off!
Club Members: FREE • Non-Members: \$7 • Family: \$20

KIDS DRIVE FREE
AT ROUGH RIDER GOLF COURSE

MAY 31ST - AUGUST 1ST
JUNIOR GOLFERS AGES 5-17
RECEIVE ONE FREE BUCKET OF RANGE BALLS EVERY DAY!

SINGLE AIRMEN PAINTBALL
WITH OUTDOOR RECREATION

JUNE 3RD • 5PM - 7PM
REGISTER: MAY 17TH - 31ST

SINGLE AIRMEN!
GRAB YOUR FRIENDS & COWORKERS TO PLAY PAINTBALL!

FREE!

STOP BY OUTDOOR REC TO RESERVE YOUR SPOT!

MEMORIAL DAY
Honor the Brave

Special Lunch
30 May 2022 • 10:30AM - 1:30PM
Dakota Inn Dining Facility

Entrees:
Kansas City BBQ Chicken
BBQ Pork Ribs
BBQ Flank Steak
Hot Dog
Hamburger
Cheeseburger

Sides:
French Fries
Savory Baked Beans
Corn on the Cob
Roasted Zucchini
Farmhouse Potato Salad
Macaroni & Cheddar Salad
Watermelon

Magic The Gathering
Pauper Tournament

ESC • 4 June 2022 • 1600
\$5 entry fee per person. Beginners welcome!
Prizes awarded to 1st, 2nd, and 3rd place!

Bring your own Pauper format deck or use one of ours!
Maximum of 24 players.
1v1 Swiss tournament format.

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