

# northern sentry

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## WHATS INSIDE THIS WEEK:



FEMALE DEFENDER INITIATIVE HELPS SF WOMEN THRIVE

A2



BEST OF AWARD WINNERS ANNOUNCED

A7



SO THAT'S THE USO!

B2

# BOMBER MISSION GOES GLOBAL



Members of the 23rd Expeditionary Bomb Squadron air crew pose for a squadron photo on a B-52H Stratofortress at Morón Air Base, Spain, Mar. 15, 2023. See more Bomber Task Force 23-2 on page B1 & B15.

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



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# Women's HISTORY month



## Women of Wisdom Symposium

SSGT. JAN MARIEL P. DECOSSE

On March 15, from 1530-1730, the Women Inspiring Next Generations Organization hosted a Women of Wisdom (WOW) Symposium where guest speakers such as 5th Bomb Wing Command Chief Master Sgt. Tori Jones, 742nd Missile Squadron Commander Lt. Col. Amanda Filiowich, Maj. Holly Black of the 5th Medical Group, Capt. Christina Langel of the 5 MDG, Senior Master Sgt. Jessica Thompson of the 5th Force Support Squadron, and Program Coordinator Mrs. Bailey Bess of the 791st Missile Security Forces Squadron were present to discuss key talking points for Women's History Month. They discussed their "why" behind joining the Air Force and what kept them going, experiencing and

overcoming adversity, how to "get out of your own way" and not hold yourself back, their vision of success, and "raising our voices" to be heard about infertility issues within the military and how we can promote women's health and wellness. Various female Airmen from different career fields and backgrounds were present during the event, asking personal and professional-related questions on how to succeed both at work and at home. The panel discussed how mentorship and laying the foundation for a support system are vital keys toward success and overcoming challenges. The panel discussed how to find your own individuality after serving for some time and how to find yourself

outside of just your rank, being a mother, and/or wife.

The purpose of the Symposium was to gather Airmen together, showcasing the phenomenal women who serve and have served, how their time in the military was compared to now, and the positive changes that are being made for our future Airmen. It was an opportunity to network, grow, and find female mentors from different career fields, reflecting on the importance of mentorship and how having a female mentor helps to pave the way for other female Airmen. The Symposium was heartfelt, vulnerable, open, and welcoming to everyone that attended. No question was out of bounds, and all that attended were reminded that they are not alone in their career or their life.

Perspective: words of encouragement, reality, and being true to yourself were the reoccurring themes throughout the panel. Each woman speaker was of a higher rank, speaking to our younger Airmen about their experiences and how they are always willing to be there to help them. There were a lot of laughs shared, a few tears, and at the end, we all shook hands and embraced, finding a little more comfort and community amongst each other.



## A LOOK BACK THIS WEEK IN USAF HISTORY

"DUDETTE 07" AIRMEN MAKE HISTORY AS THE FIRST ALL-FEMALE COMBAT TEAM IN AFGHANISTAN MARCH 30, 2011



"Dudette 07" team posing before their mission at Bagram Airfield, Afghanistan. (USAF Photo / Senior Airman Sheila deVera)

On March 30, 2011, at Bagram Airfield, Afghanistan, a team of female Airmen made history by performing the first combat sortie involving only women. Maj. Tracy Schmidt, Capt. Kimberly Volk, Maj. Christine Mau, and Capt. Jennifer Morton provided close air support for coalition and Afghan ground forces as a part of "Dudette 07," which consisted of two F-15E Strike Eagles. The mission, which was planned in honor of Women's History Month, included female pilots, weapons officers, mission planners, and maintainers from the 389th Expeditionary Fighter Squadron and 455th Air Expeditionary Wing. The Air Force officially permitted women to train as pilots in 1976, but they were not allowed to fly combat missions until 1993. "I thought it was kind of cool and something that I have never seen before," said Staff Sgt. Tamara Rhone, a 455th Expeditionary Aircraft Maintenance Squadron crew chief. "The women throughout time have paved the way for us today and they made it possible for us to be equal as well as respected as individuals. Females are a rare breed on the flight line." As women continue to pave the way in the military, events like this are important reminders of the dedication, solidarity, and strength of the females fighting for this country.

Information courtesy of: af.mil

### Gardening Saturday March 25<sup>th</sup>

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# Female Defender Initiative helps SF women thrive

5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

Representatives from Headquarters Air Force/Security Forces and the Female Defender Initiative visited Minot AFB this week to discuss issues faced by women serving in security forces careers.

The FDI team chose to visit Minot AFB due to the large number of security forces Airmen stationed here. The program, which is entering its second year, was initially created to address retention and job satisfaction concerns among security forces women.

"FDI is focused on creating environments where women can thrive," said Maj. Kimberly Guest, FDI mentorship program subject matter expert. "We're looking to identify policy barriers and environmental barriers that inhibit a woman's ability to thrive and grow. Some of those are things that can be addressed through policy, and some of those just need to be shared with commanders so we can be aware of what our blind spots are."

The team met with Airmen and leaders assigned to the 91st Security Forces Group and the 5th Security Forces Squadron during their visit. The representatives facilitated open dialogue with both female and male security forces Airmen at all levels to get an idea of the logistical and

cultural challenges faced by women serving in security forces careers.

"We got some really good feedback," said Col. Jason Medsger, HAF/SF officer career manager. "Things we didn't even think about, like why isn't there cold weather gear for pregnant females? That's a moment where I sit back in my chair and say, 'I don't know but thanks for telling me.'"

The team expressed hope that the FDI will continue to grow, and that any programs and resources created as a result will benefit all security forces Airmen, regardless of gender or any other point of difference.

"At some point an initiative is no longer a thing you started, it's just a thing you do," said Guest. "I think we're all excited to see what's next."



Above: Maj. Kimberly Guest, Female Defender Initiative (FDI) mentorship program subject matter expert, addresses a group of Airmen assigned to the 91st Security Forces Group during an FDI briefing at Minot Air Force Base, North Dakota, March 14, 2023. The initiative aims to identify policy barriers affecting women in security forces careers, promote information sharing across command teams to improve security forces culture, and advocate for programs that will positively impact all security forces Airmen.



Left: Col. Jason Medsger, Headquarters Air Force/Security Forces (A4S) officer career manager, speaks to an Airman assigned to the 91st Security Forces Group during a Female Defender Initiative briefing at Minot Air Force Base, North Dakota, March 14, 2023.

U.S. AIR FORCE PHOTOS | TECH. SGT. ZADE VADNAIS

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 MINOT AIR FORCE BASE NEWSPAPER  
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# It's My Pleasure

It's always a pleasure to write about those experiences in life that give you an "Ah Ha" moment. This past week has been filled with those moments, the first being my return to Minot AFB, and North Plains Elementary School to teach the Junior Achievement course sponsored by Minot Chamber/EDC. A room full of 1st Graders is always an interesting experience, and I was introduced to 19 smiling young folks who were introduced to Mr. Wilson by their teacher, Ms. White. This is my second year of teaching Junior Achievement to first graders, but this group of kids were absolutely great! They asked questions, offered input, and did so very respectfully. Junior Achievement is 5, ½ hour sessions, and I can hardly wait to return for session #2. This week we learned about community. We started with family, went on to neighborhoods and finished with businesses, all very important to their community. All of the kids promised to read the Northern Sentry on Friday (of course they will), so hello to all of the students from Ms. White's 1st Grade class at North Plains Elementary.

### THE HEART OF A LION

Because of my ties to downtown Minot, I was recently asked to join the Magic City Lions club, which meets every Tuesday at 7:30 AM at the Parker Center in Downtown Minot. I have been the guest speaker at several Magic City Lions meetings, and I was impressed with the energy of

the club. My first three meetings I was able to witness three very important check presentations. 1) \$10,000 to the Union Silo Project in downtown Minot, 2) \$30,000 to Service Dogs For America and 3) \$3,100 to the Minot Police Department for support of their K9 Unit with the purchase of a vest for the K9 officer.

If you are interested in joining Magic City Lions, they have both a web site, and a Facebook page. They end their oath with "They Shall Have The Heart of a Lion". Even though many service clubs have decreased in membership over the years, they are a much needed part of the community with their donations of both time and money. So, to the Magic City Lions, thanks for asking me to



Magic City Lions Club meets at 7:30 AM every Tuesday at The Parker Center in downtown Minot.



### UPSIDE DOWN UNDER

MARVIN BAKER

Anyone who is a gardener in North Dakota should consider attending the North Dakota Farmers' Market and Growers Association local foods conference May 4 and 5 at Dakota College in Bottineau.

Each year the conference is geared toward better educating gardeners about a myriad of subjects regarding growing, harvesting, having a better display at farmers' market to increase profit and food safety.

It's also about networking, and that is the main reason I go every year, no matter where it is in North Dakota. You can learn so much about the work you're doing from other like-minded individuals and I truly believe that's one of the most important aspects of this annual conference.

I've been involved with the North Dakota Farmers' Market and Growers Association since 2004 and over the years I've seen some of the after-conference comments about the location of the event. Generally speaking, it's too far away.

In recent years we've had poor attendance in Minot because "it's too far away" for people in the Red River Valley. If it's in Fargo or Grand Forks, "it's too far away" for people in the west.

Splitting it is not an option because that would dilute the quality of the event. It's a statewide

conference and everyone should attend. It exists solely to make us better at what we do.

This year it's going to be in Bottineau for the first time and if you don't already know this, Dakota College has an impressive horticulture program with several greenhouses and growing areas. People teach about horticulture at Dakota College which will definitely add a professional element to this year's event.

For the past several years we've partnered with the North Dakota Grape and Wine Association and Pride of Dakota. It may have been good for everyone involved for a couple of years, but NDFMGA began to lose its identity. As a result, this year the organization is doing its own conference to regain that stability as a statewide organization.

A number of educational seminars are set up, there will be horticulture tours and panel discussions from a variety of people throughout the state involved in separate aspects of gardening.

For myself, I've attended the

conference every year no matter where it has been except 2007 when I was on active military duty at U.S. Central Command. I live northwest of Minot and those frequent trips to Fargo weren't too far, nor did they drain my bank account. Honestly, I'd go every year if the conference was in Fargo, just for the education and networking.

But it rotates around the state and that's good for all of us.

One of the things that most of us have really enjoyed, were the years the conference was in Mandan, Minot and West Fargo. All three communities have hotels that allowed us to serve food grown from our own gardeners. The Baymont in Mandan and West Fargo and the Grand Hotel in Minot have all embraced this, giving those of us who attend an even better experience. We have to get back to that.

We've also had five-star chefs come to speak to us about preparing meals and what they look for in producing award-winning dining.

One in particular is Stuart Tracy

of Pirogue Grille in Bismarck. Stuart is in a class all by himself because he will take the most mundane vegetables, fruits and leafy greens and turn them into mouth-watering meals.

People have spoken about food safety, organic growing, mass production of an item such as carrots or cucumbers and catering to children to get them involved in gardening.

One year we brought in Christy Rost, a chef since the early '90s whose written several books and has a show on PBS. Christy was a big hit for everyone that year in Minot.

Those kinds of guests can happen again, but interest has to be built back up in order for the association to justify the cost of their services.

Come to Bottineau in May and see for yourself what this local foods conference is all about. If you're new, you'll be pleasantly surprised and you'll make some new friends in the process. If you haven't been there in a while, "welcome back."

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**A VIEW FROM**  
**OUR SIDE**  
 ROD WILSON



join, and I look forward to being a part of your organization.

### DOWNTOWN MINOT EVENT RE-SCHEDULED

It was once the "Just About St. Patrick's Day" pub crawl. A chance to visit the many spots in downtown Minot that serve alcohol and food. Each of the participating businesses are offering a special drink for the evening. To participate you only need to go on downtownminot.

com and register. The cost is only \$10.00. Now the "Slightly After St. Patrick's Day" pub crawl is scheduled for this Friday, March 24th. More information on both the Downtown Minot Facebook page and website.

### A GREAT EXPERIENCE

A lot of the ski resorts have experienced record breaking snow this year, and that includes Bottineau Winter Park. Still don't have plans for the weekend? Just head north to the Turtle Mountains and enjoy skiing or tubing on what is described by many of my friends as "awesome snow".

### BEST KEPT SECRETS

The city of Minot is host to iMagicon on April 28-30. Once again, the iMagicon group has gone out of their way to bring top notch talent to Minot, including John Ratzenberger, the voice of many characters and once Mailman Cliff on the sitcom "Cheers". Tickets and information are available online.

### TODAY'S CHUCKLE

Old pirates never die. They just become presidents of banks.

# Rebranding the association...

### TITUS & PHILEMON

Everyday adventures of Titus and Philemon and their owner Joe.

### TIMMOTHY TIMM

Timothy Timm of Minot currently attends Minot State University, is a Minot High School graduate, artist, cartoonist, author and illustrator. Timm has also created other works of art that are on display in his art studio downtown located at 201 Main St. S. in Minot.





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

# Where are we going, Mama?

story times, special activities each month, and an open craft corner with all kinds of supplies for DIY make-and-take projects. (Insider tip: they've even got those iron-together Perler bead kits, and the librarian will iron them for you before you go!)

And obviously, we take advantage of loanable items, and it's lots more than books. We check out pre-loaded tablets with educational games, STEM problem-solving kits, board games, and DVDs.

For a different story-time wetting, we go to Main Street Books. Ms. Kristi is probably the best story-time leader I've ever witnessed. There are books, songs, games, and a craft at the end. Check their site for details, but this one usually happens every Tuesday and Friday at 11am.

**Free Indoor Play Spaces.** For those times that we need to run off some energy, we head to an indoor play space. In town there's the Fun Zone, operated by Minot Parks. It includes three bounce houses, and wheeled toys of all kinds. They're open Tuesday, Wednesday, and Thursday 9am-12pm—but get there quick because they close for the season March 30.

My boys enjoy meeting friends at the small play space in the mall. It's not elaborate, but it's free play for them and free WiFi for me. A win-win.

Not as frequently, we run/walk at the community track in the dome at MSU. Check their site for hours, strollers are welcome inside!

On base we frequent the indoor playground, Li'l Riders inside Bomber Bistro. The space is large, the equipment is fun, and it acts as a weekly bribe for making a trip to the commissary each week.

**Paid Indoor Play.** When it comes to indoor play for a fee, we have two go-to options. My kids love going to HighAir Ground Trampoline Park. Check their website for deal days, and toddler time. Pro-tip, if you've got really small kids you can opt for a 30-minute jump for half price.

If we aren't at the trampoline park, we frequent GymMagic for open gym. The whole, well-padded facility is open for preschool play on Monday and Fridays from 11am-12pm. Admission is \$5 per child, and hours change at the end of the academic year.



My youngest son, Silas is quite a ham.

AMY ALLENDER PHOTO

For a special treat and some swimming we go to Splash Down inside the Sleep Inn. And if water is your thing, I just learned that most hotels in town will let you swim in their pools for a small fee.

**The Taube Art Activities.** I find that a lot of people—especially transplants to the area—overlook the Taube when it comes to finding activities for children. They have two really fun options for the preschool crowd, and other options for older children. "A Start in Art" is a program in conjunction with the Roosevelt Zoo that happens twice each month through April. There are stories, a visit from a zoo critter, and art projects.

Also held twice monthly through April is "Art Explorers." This program is for four and five-year-olds and focuses on art processes. Check their website for details. Both programs require a fee.

**Special Events.** When we aren't doing one of the above-mentioned activities we fill our days, and evenings with special events—like the upcoming spring rodeo, Shrine circus, Downtown Bunny Hop, and Easter at the zoo.

Like I always say, there's plenty to do in Minot. It's all about choosing to believe this is a great place to live, and finding the fun stuff. I'm here to help. But if you still can't think of anywhere to go, you can always head to Tah-get or church.

*For more stories of life in Hot Dish Land, tips on living in Minot, and encouragement for a positive mindset, join me on Instagram (@amy\_allender) or Facebook (@amyallenderblog).*

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**SrA Derek Matamoros**

791st Maintenance Squadron  
Home town: Edinburg, Texas

SrA Matamoros is the Instructor and Team Chief for the 791MXS Mechanical and Pneudraulics Section. Because of your commitment to excellence in training Airmen, inspecting and maintaining over 1000 pieces of equipment, vital to the 91st Missile Wing's Nuclear Mission, we salute you SrA Derek Matamoros!

GAME SALUTE: MARCH 17



**SSgt Mariel DeCosse**

372nd Training Squadron  
Home town: Bakersfield, California

In addition to the responsibilities of her job as a B-52 armament systems instructor, SSgt DeCosse is an adviser for Airmen Against Drunk Driving. AADD is a volunteer organization committed to getting individuals home safely. They have saved countless lives and careers. SSgt DeCosse is also involved with another volunteer organization "Women Inspiring the next Generation". WINGS is a non-profit, private organization on base that is meant to inspire and advocate for the next generation of Airmen. We salute SSgt DeCosse's commitment to serving not only our Country, but her fellow Airmen as well!

GAME SALUTE: MARCH 18

Recipients of the Northern Sentry Salute will be honored at the respective Minot Minotauros home game. In recognition, each recipient and three guests will receive V.I.P. seating to the noted home game, a \$25.00 Gift Certificate good for concessions at the game, and during the game they will be recognized by the Minotauros public address announcer as well as having their photo and nomination published in the Minotauros Magazine.



Silas loves to go places, but only ever has two guesses about where we're headed.

AMY ALLENDER PHOTO

**The Libraries and Story Time.** Yes, you read that correctly. If you live in or near Minot, you can take advantage of both the Minot Public Library, and the lesser-known Ward County Library. If you've got kids and need free fun, this should be your first stop.

The Public Library offers free children's programs nearly every weekday. There are story times, crafts, "Smart Start" preschool enrichment (think practice walking in lines, using scissors, gluing, and finger grip activities), and Lego club (a personal favorite of my five-year-old.)

The County Library also offers



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**SLICE OF LIFE**  
KIM FUNDINGSLAND

What follows is somewhat difficult to write. However, I can assure you, dear reader, that my intention is not to sway anyone into thinking I am some sort of fearless adventurer. Quite the opposite, more an example of why women live longer than men.

As you will see, and undoubtedly agree, what I am about to reveal is more properly categorized as foolish than fearless. It is that conclusion of which I am quite certain, although I was an agreeable participant in the events of several years ago which I am about to detail.

The first incident, a rattlesnake roundup, was followed by a second episode of foolishness that confounds me to this day. Why I engaged in such a foolhardy activity twice remains an unsolved mystery. I must say though, as I ponder the many choices a person makes in life, the phrase “young and dumb” comes to mind.

A few years back I was contacted by an acquaintance about participating in a rattlesnake roundup. Now, these are not farmyard chickens I’m talking about but rather poisonous, lethal, slithering, nasty snakes with warning rattles on one end and sharp fangs on the other. Sounds like fun, right?

As I recall, my excitement for this adventure had diminished between the time I confidently said yes and when the actual day arrived. Secretly, I was hoping for some sort of natural disaster to postpone the event, which would have given me more time to develop a plausible excuse to avoid being surrounded by what I was certain would be hissing death.

It wasn’t to be. The spring day arrived with brilliant sunshine, a forecast of unusually high temperatures, and a phone call reminding me of where to meet the reptilian acquaintance I had hoped overslept. Within minutes I was on the road, headed for a known rattlesnake den near Killdeer. As my friend told me, more like a challenge than valued information, it would be a perfectly warm day for rattlesnakes to be active and leaving their den.

We made the appointed rendezvous and were soon on a two-track trail that probably hadn’t been traversed since the 1880s, or so it seemed. When we stopped, I

## Rattlesnakes and Bear Breath

was directed toward a rocky knob rising above unbroken ground. It was that knob, my friend proudly said, that housed the largest den of rattlesnakes in the Dakotas. Time to tighten up the boots which, incidentally, were not tall enough or thick enough to thwart the quick strike of any sour prairie rattlesnake.

As we ascended the nearby knoll, my friend carrying a long, snake grabbing tool and I a camera, the calm air was suddenly alive with incessant buzzing. There were rattlesnakes everywhere and, I thought, most had me in their sights. Where I initially stopped on that knoll there were at least a dozen rattlers within a few feet of me. Sometimes there’s not much difference between fearless and foolish. This was one of those times.

I don’t remember how many rattlesnakes my friend picked up with his special grabber, but I do remember him milking a couple of the larger snakes. Snake milking involves grabbing them tightly behind the head, which caused the rattlers to drip poison from their fangs. Just lovely.

As this was taking place, I vowed never to do it again. Once was enough. Then, a year later, my friend called with another rattlesnake roundup invitation. I can’t explain it, but I foolishly accepted. It’s true. There’s a fool born every minute.

Minutes later I was making inquiries to medical facilities to see if they had any anti-venom. A hospital in Dickinson said they had some “once in a while” but didn’t know if there was any on hand when I called. Uh-oh.

Before you get ahead of me, I must say, thankfully, that I never got bit by a snake. Should have, just didn’t.

What I am referring to is my second trip to the infamous den of poisonous reptiles, this time with three more people, in which it was decided to put captured snakes in a container with a lid, sort of like a small trash container with a lid. Since the ground was too uneven to place the bucket-like container down, I was asked if I would hold it. I agreed.

So, there I was, standing on uneven ground where rattlesnakes were crawling and rattling and seeking something to sink their fangs into while holding onto a trash container into which fellow snake rounder-uppers were placing, actually tossing, angry rattlesnakes. Of course, each time a snake was to be placed into the container the



KIM FUNDINGSLAND PHOTO

lid had to be removed, or at least opened enough to put in another snake or two.

This was uneasy business at best. The sounds coming from inside that container haunt me to this day. It was obvious the rattlesnakes were not at all fond of their new environment. Equally obvious to me was that I dare not move, lest I stumble amongst a poisonous nightmare.

There was another issue too, that being the captured snakes made such a noise that it was impossible to hear any warning rattles coming from the numerous snakes on the ground. At one point I felt something through the thin leather of my boot. Pushing the snake-filled container away from my body a few inches and looking down, I watched frightfully as a fully grown rattlesnake crawled over one boot and then the other. I don’t recall ever being so still in my lifetime.

Somewhere during that miserable episode I came to the realization that this absolutely had to be, if I survived, my last, final rattlesnake round-up. The count in the basket I was holding got up to forty-something when it was decided to call it quits and release the entire ball of utterly disgruntled snakes.

The entire affair served no real purpose, other than to say we did it, which is more a measure of foolishness than anything else. Fortunately for me, my snake worshipping friend who led these dubious expeditions moved out of state, thus ending my invitations to his annual snake round-up. I was greatly relieved, although I’ve never admitted that until this writing.

Somehow, I managed to be talked into another of nature’s encounters that placed me, or rather I placed myself, in a very perilous situation. I can still smell the hot, salmon breath of that Alaskan brown bear. As I wrote earlier in this “Slice of Life”, quite often there’s little difference between fearless and foolish. I’ll save that story for another time.

## All About Pets



**Adopting a Furever Friend**

Are you ready to add another member to your family? Adoption is a great way to go! According to the ASPCA, approximately 6.5 million companion animals enter U.S. animal shelters nationwide every year. Dogs make up about 3.3 million of those and cats make up about 3.2 million. While buying from a reputable breeder is one way to get a purebred animal with specific information about history and breed, there are many adoptable pets available that are just as obedient, fun, and unique. Adoption not only brings a loving companion into your home, but it gives the pet another chance at living a happy and healthy life.

There are many things to consider when adopting a pet. You must be ready to make the commitment, which can be about 10 to 15 years for dogs and up to 20 years long for cats. You also need to be able to meet all of your pet’s needs, which includes being financially stable enough to pay for food, enrichment, vet bills, and medical emergencies, as well as making time to build a bond and exercise your pet as often as it needs, depending on the individual.

It’s important to also have patience throughout the adoption process and to research what kind of pet will fit your lifestyle best. Finding the perfect companion is not always as easy as “love at first sight,” and some pets take more time than others to acclimate to their new owners and homes. Often, rescues will begin to feel comfortable in their new home anywhere from three weeks to three months in, but it can vary. The initial time after bringing home your pet is imperative for creating a bond, but be sure not to rush the process. Always move at the pace your rescue pet feels most comfortable at. Shoes may be chewed, carpets may get messy, and couches may suffer, but having the companionship of a pet can be well worth it with the proper time, training, and love.

These local animal shelters work hard every day to find loving homes for the pets they bring in. If you’re ready to find your furever friend, please consider contacting a shelter to adopt today!

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# Best of Awards Announced

ERIN BEENE, NORTHERN SENTRY

The first ever Northern Sentry "Best of Minot AFB" Awards are finally complete! The votes have been counted, tallied and the people of Minot AFB are ready to have their voices heard! The entire process of the awards, from the nominations to the voting, was based solely on the popular vote and the voice of the people at Minot AFB. We wanted to hear about what YOU like to eat, what YOU like to do and where YOU like to do it! These awards do just that. So YOUR winners are.....

**BEST LOCAL RESTAURANT:**  
Casa Jalisco Mexican Restaurant

**BEST LOCAL FAMILY ACTIVITY:**  
Minotauros Hockey

**BEST LOCAL ADULT ACTIVITY:**  
North Dakota State Fair

**BEST SCHOOL:**  
Memorial Middle School

**BEST MINOT AFB FOOD:**  
Son of a Brunch

**BEST MINOT AFB HANG OUT:**  
Rough Rider Lanes

We had a blast working on these awards this year and hope to continue in the years to come! Huge thanks to everyone who nominated, voted and shared our content! And a major congratulations to the few that can now call themselves Minot AFB's "The Best"!

Winners: Over the next few days you will be contacted via email or phone and we'll find a good time to present you with your award in person. Now, feel free to share with friends, family and social media that YOU are indeed a BEST of Minot AFB!



**northern sentry**  
MINOT AIR FORCE BASE NEWSPAPER

# BEST of Awards

**BEST LOCAL RESTAURANT**  
Casa Jalisco Mexican Restaurant

**BEST LOCAL FAMILY ACTIVITY**  
Minotauros Hockey

**BEST LOCAL ADULT ACTIVITY**  
ND State Fair

**BEST SCHOOL**  
Memorial Middle School

**BEST MINOT AFB FOOD**  
Son of a Brunch

**BEST MINOT AFB HANG OUT**  
Rough Rider Lanes



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**AFAF CAMPAIGN**

Col. Hoadley and Col. McGhee officially kicked off the Air Force Assistance Fund Campaign on March 21! The AFAF supports foundations dedicated to Airmen helping Airmen! If you want to learn more about AFAF, visit [www.afassistancefund.org/index.php/about-afaf/](http://www.afassistancefund.org/index.php/about-afaf/)

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**BOMBER TASK FORCE 23-2**

# Bomber Task Force 23-2: Global Reach

1ST LT. CHRISTOPHER THIBEAUX-MOORE, MINOT AIR FORCE BASE PUBLIC AFFAIRS

MORÓN AIR BASE, SPAIN – This week the 23rd Expeditionary Bomb Squadron, operating out of Morón Air Base, Spain, performed missions in three different areas of responsibility.

On March 12, the 23rd EBS flew through the U.S. Central Command area of responsibility and integrated with a host of partner nations, building partner capacity in the region. Seven coalition nation’s fighter aircraft performed escort for the B-52H Stratofortress, demonstrating the ability to rapidly deploy integrated airpower across the region.

“The bomber task force mission is to continually assure allies and partners around the theater and to enhance the readiness and training necessary to respond to any potential crisis or challenge across the globe,” said Capt. William Godby, weapons system officer assigned to the 23rd Expeditionary Bomb Squadron.

“This commitment extends to partners in the surrounding regions.”

In addition, on March 14, the 23rd EBS also traveled to the U.S. Africa Command AOR. Departing from Spain, the B-52 flew south through Europe and into the continent of Africa, conducting a low-altitude flyby over the Volta region, Ghana in support of Exercise Flintlock, U.S. Africa Command’s premier and largest annual special operations exercise with the intent of strengthening the ability of key partner nations in the region.

“Our mission was to demonstrate our resolve in the African and European command area of responsibility,” said Capt. Justin Kinker, weapons systems operator assigned to the 23rd Expeditionary Bomb Squadron.

Bomber Task Force missions enable aircrew to familiarize themselves with air bases and

operations in different geographic combatant command areas of operations and reinforce our interoperability capability with our NATO Allies and Partners. The 23rd EBS has conducted a multitude of missions alongside ally and partner nations throughout multiple AORs, demonstrating the U.S. extended deterrent commitment to our Allies and Partners and enhanced regional security.

A B-52H Stratofortress assigned to the 23rd Expeditionary Bomb Squadron flies over Norway during a Bomber Task Force mission March 16, 2023. BTF missions familiarize aircrew with air bases and operations in different geographic combatant command areas of operations.

U.S. AIR FORCE PHOTOS  
SENIOR AIRMAN ZACHARY WRIGHT



A B-52H Stratofortress assigned to the 23rd Expeditionary Bomb Squadron flies over Norway during a Bomber Task Force mission March 16, 2023. Bomber Task Force missions demonstrate the credibility of our forces to address a global security environment that is more diverse and uncertain than at any other time in recent history.





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# So that's the USO!

ERIN BEENE, NORTHERN SENTRY

The United Service Operations (USO) grew out of a need for service member support in 1941. During WWII the anguish of American military members missing their home was taking its toll on their morale. So the USO was created by Americans to bring a little bit of comfort to wherever the US Military resides and bring home to them. Although it has evolved in the last 80 years to now reach both active duty and their families, the USO strives to be a place and concept where a Soldier, Airman, Sailor, Marine or Guardian can be taken care of with a little food, wifi, games, support and a smile.

## SO WHAT DOES THE USO DO NOW?

The USO does so many things it is impossible to describe it all, but here's a run down. The USO offers free airport lounges for US active duty military members and dependents to get free snacks, wifi, game opportunities and a place to rest while traveling. They also provide world-wide entertainment to troops and families overseas, such as major concerts with A list singers and bands. Additionally, they service stateside locations with USO centers near some large basic training bases and other military bases with huge forces that need support. They also have large buses that travel providing fun and food as well as military spouse connect programs, care package delivery programs, the Reading Program (in

which US troops can read stories to their children from around the world) and so many more things!

To get a full list of the ever growing ways the USO takes care of their US Military, check out their website: <https://www.uso.org/programs>. Essentially if the US has a military presence somewhere, even in the most remote corners of the world, one could bet that the USO has made an appearance in some shape or form.

## WHERE IS THE USO LOCATED?

There are over 250 + USO locations around the world including airport lounges, recruiting stations, overseas deployed locations and even some stateside bases. Search for locations at [uso.org/locations](https://www.uso.org/locations).

## HOW DOES THIS AFFECT THOSE STATIONED IN NORTH DAKOTA?

According to Josh Sova, the director of regional operations in the Midwest region (which includes North Dakota), the USO supported 35 different programs in North Dakota last year. While support to the state also includes Grand Forks Air Force Base and various Army and Air National Guard units, it goes to show that this less populous state still gets national level support from this very active organization.

Even with their stronghold of 30,000 volunteers worldwide, but

the USO still strives to uphold their belief and be present where the military is. They plan on sending one of their fully-loaded "Mobile USO" (aka an enormous RV style bus filled with wifi, video games and snacks) to the Minot AFB's Freedom Fest in June of this year.

Sova also mentioned that they will be sending a team to the state later in the fall to discuss ways in which the USO can better support the local area and North Dakota military installations. While speaking with Sova, it was evident that they are open to new ideas and love feedback from the community about how to serve them better.

This non-profit organization strives to support current active duty members and their family by simply being there, bringing snacks, making people feel comfortable and offering a little bit of home comfort no matter where the military member may be stationed. The next time you're stranded in a large airport or see that American colored USO logo, go in and say "hi". You will be greeted with smiles, food, a place to call home, if only for a little while.



USO Mobile support of Hurricane Ida relief efforts.

USO PHOTO



2022 USO NFL Mobile at Pier 86.

ANDREW WERNER/USO PHOTO

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# Blizzard emergency prompts CE, ambulance response

5TH BOMB WING PUBLIC AFFAIRS

There's no perfect time or place to contend with a medical emergency. But if it's going to happen, one would hope it wouldn't be 14 miles from the nearest emergency room under near-blizzard conditions.

Airmen assigned to the 5th Civil Engineer Squadron and 5th Healthcare Operations Squadron teamed up to respond to a medical emergency under those exact circumstances at Minot AFB, March 11.

During severe weather events, snow on Minot is plowed almost as soon as it begins to accumulate, explained Staff Sgt. Cody Hill, 5th CES day shift snow lead. Snow removal teams work in phases to clear the roads on base, starting with the main gate, the command post, the weapons storage area and other critical infrastructure. Hill and his team were hard at work clearing "phase one" assets Saturday morning when he heard something unusual over the radio.

"I got a call that someone in the base housing area was having a medical emergency and we needed to ensure the first responders could get them off base," recalled Hill. "Two of the main roads in that area had already been cleared but because of the winds, the snow was drifting back onto

the road as soon as we cleared it."

Meanwhile, Senior Airman Easton Jones, 5th HCOS Ambulance Services Flight aerospace medical technician, and Alyssa Rau, a paramedic contracted with the 5th Medical Group, were responding via ambulance to the same radio call. Hill's team had already cleared the area surrounding the 5th MDG clinic, but the wind had been working against them from the minute they left the premises.

About a foot and a half of snow had been blown directly against the ambulance garage door, explained Jones. With help from Rau, he managed to get the emergency vehicle through the snowdrift and was on the move in a matter of minutes.

Back in the snowplow, Hill was making moves of his own.

"I got on the radio and told all available personnel to take a break from whatever they were plowing and make sure Bomber Boulevard was cleared all the way from Peacekeeper Place to the main gate," said Hill. "I was just trying to ensure they could get to the patient and get them off base, because I knew Highway 83 would be relatively clear once they made it past the main gate." Jones and Rau made their

way steadily to the scene of the emergency. Upon arrival, they safely transported the patient into the ambulance and began the 14-mile journey to the nearest emergency room.

Thanks to Hill's forethought and the quick action of his team, Jones was able to drive the ambulance off base without incident while Rau attended to the patient in the back. Once off base, the ambulance was the only vehicle on the road. Driving as quickly as the circumstances allowed, Jones navigated snowdrifts, icy pavement and strong winds for 14 miles in whiteout conditions before delivering the patient to off-base emergency room personnel.

"After getting to the hospital and seeing how relieved the patient was, I felt really good," said Jones, acknowledging the gravity of the situation. "I definitely drove back to base much calmer."

The patient received appropriate care and was returned home in good health the very same day. Jones said the lesson here is that members of Team Minot should never think twice about requesting help in an emergency, regardless of weather or any other factor.

"No matter what, we'll get there," he affirmed.

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# Magic City Discovery Center: When Can We Go?

ERIN BEENE, NORTHERN SENTRY

Everyone in Minot sees it. It's there on the hill taunting those that drive north on Hwy 83. The Magic City Discovery Center is a glowing, captivating building with untapped and mysterious treasures within. Well, that's what we all have seen on the glimpses releases and what imaginations seem to explore. However, what is really going on and the biggest question on every one's mind is: When Will it OPEN?

Executive Director, Wendy Keller said that even though the opening date has been pushed countless times, they will not open until all the buildings and exhibits are at 95%. She said, "You only get one chance to make a first impression". The current opening time frame is set for mid April 2023.

Keller continued to explain that when the Discovery Center does open they will have a wide range of activities for all age groups and plan to add new exhibits as time goes on. She wanted to make a special point telling Military families that, "We offer a 20% military discount on admissions, memberships (which gives you 20% off camps) and 10% off merchandise and birthday parties." She also noted that yearly memberships start when purchased and last a full calendar year, so they can be bought any time!



MAGIC CITY DISCOVERY CENTER PHOTOS



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- The Ring-Tailed Lemur holds its tail vertically as it moves to serve as a flag to help keep the troop together while traveling or foraging.
- Their "sunning" posture is part of a behavior called Thermoregulation. Ring-Tailed Lemurs will sit upright with their forearms on their knees exposing their underside to the sun to rewarm themselves from the chilly nights.

**Fact File**

Lifespan	16 - 19 years
Weight	4 - 7 pounds
Tail Length	20 - 22 inches
Body Length (head to tip of tail)	3 - 3 ½ feet
Wild Diet	Omnivore Carnivore Herbivore Fruits, Leaves, Tree saps, Flowers, Tree bark

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# A View From Above

## Minot AFB Using Unmanned Aerial Surveillance Vehicles

ROD WILSON, NORTHERN SENTRY

The view from above is always much different than a view from ground level. Take the example of a bird that has taken flight to hunt for, or attack prey. The slightest movement on the ground can be detected and followed.

For the U.S. Air Force, drone technology is not new, however the implementation of that technology is evolving.

Tech. Sgt. Christopher Lier is the new sUAS (small Unmanned Aerial Systems—commonly called drones) program manager at Minot AFB. “It’s been something I’ve been trying to get into for a while. I heard about the program, and it all seemed really interesting. When the position opened up here, I guess I was the loudest voice saying, ‘Hey, I want this job’, and thankfully they gave it to me,” according to Lier.

sUAS technology is described as a modernization of the force that was started in late 2020. “We had to get all the proper procedures, authorizations and permissions to fly because it is an air space over a military installation, so there are certain restrictions that come into play, and that requires additional training,” continues Lier. “We just finalized details on our main document about two months ago,” and the pilots have just started flying the vehicles in the past month. These vehicles can be used for security augmentation, emergency awareness and a list of other situations where the sUAS vehicles are useful tools. Lier said, “As this technology expands and more and more people are having drones, we also have to remind people that when you are on base you can’t fly drones.” TSgt. Lier’s program allows the Security Forces to get familiar with the look of an area as well as concrete information on what a drone looks like and what it sounds like.

Those who own a drone are familiar with their limited ability to fly close to military air space. “Those drones have technology built into them that keeps them from infringing on military air space,” says Lier.

Because of the newness of the program, there is still room for those who may be interested to look into the program as it expands into the future.

Lier can see the advantage of using sUAS vehicles in environmental conditions where it is difficult, if not impossible, for a human to navigate. “It may allow us to get out there and gather information.”

In the future, the sUAS vehicles could be on call 24/7 when called upon for a specific mission.

TSgt. Lier wants to make sure that people know that the sUAS vehicles are not used above the residential area on Minot AFB. “It would take much higher authorization, if at all, for that to take place.”



*welcome baby*

BABY BOY BORN ON  
TUESDAY, MARCH 14, 2023 TO:  
HANNAH AND REED JOHNSON  
MINOT, ND

BABY BOY BORN ON  
SATURDAY, MARCH 18, 2023 TO:  
EMILY AND MATTHEW HANNA  
MINOT, ND

*If you wish to put a photo of your baby in the Northern Sentry,  
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# Magic City Discovery Center, April 25

ERIN BEENE, NORTHERN SENTRY

The quarterly Discover Minot Excursion is a fun event put on by the Northern Sentry to help Minot AFB residents explore the city of Minot and get a little taste of why they may not hate it here after-all.

The Excursion includes a bus ride from Minot AFB into Minot and back, lunch, special stops at various shops, recreations and surprises along the way, plus a chance to take a day and explore the community you are a part of in new ways. Previous riders have said that the Discover Minot Excursion is: "...a wonderful way for military members and spouses to get to know Minot and all that it has to offer. And a great way for spouses to meet each other!" Another spouse said, "The spouse tour was a day well spent. I learned about both new and existing offerings in the community."

While every Excursion tour shows off places around Minot, each one also includes something exclusive to that particular tour. The spring 2023 Excursion's main draw will be a tour of the much anticipated Magic City Discovery Center! Previous tours have stopped here to view the construction in progress but this will be the first one to get a sneak peek inside the first children's/science center in North Dakota! This tour also features a full lunch taste of the new Jamaican Vybz Kitchen!

The cost for the complete tour, bus ride, lunch and so much more is only \$18 per person! It is slated to run on Tuesday, April 25 from 9am-2/2:30 pm. If it's anything like the last few tours, this will fill up! So grab a friend and sign up for a day of discovery and community!



Reserve your spot today!



Dependents from Minot AFB took off on the Discover Minot Excursion in September to explore the many places that make Minot a worthwhile assignment.

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# OUTDOOR

## REPORT

## OUTDOOR NOTES:

PATRICIA STOCKDILL



PATRICIA STOCKDILL



**Fishing:**

Lake Sakakawea elevation, March 20: 1,824.85 feet above mean sea level (MSL); 15,800 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.47 feet above mean sea level (MSL).

Stump Lake elevation: 1,445.41 MSL.

•N.D. Game & Fish Dept. game wardens: Access remains difficult throughout area lakes.

•Devils Lake, Ed's Bait Shop, Devils Lake: Watch out for slush on the lake and under the snow with extreme difficulty in moving around on the ice. Limited activity at best on Devils Lake.

•Devils Lake, Woodland Resort, Devils Lake: Access remains difficult along with moving around on the lake. Tracked vehicles a necessity although anglers that are out continue finding good perch and walleye activity on the east end of Devils Lake. Creel Bay slow. Lots of slush on the ice.

•Lake Darling, Karma C-Store, Ruthville: Limited activity with generally quiet success around Grano.

•Lake Metigoshe, Four Seasons, Bottineau: Look for some nice pike spearing success. Try evening hours for walleye but bluegill activity remains slow.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Limited activity on the east end of Lake Sakakawea but look for some pike activity when anglers can get on the ice. No reports from Lake Audubon.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Little activity on Lake Sakakawea but look for increasing pike activity if anglers can get on and around on the ice on the east end.

•Lake Sakakawea, New Town: Access

- Permanent ice houses can't be left unattended on lakes.
- Be mindful of parking when accessing area lakes; not blocking roadways or snow removal operations.
- Reminder that it's illegal to chase, harass, or pursue any wildlife species with motorized vehicle.
- Ice is never completely safe. Avoid areas with vegetation, moving water, pressure ridges, and springs. Check conditions as you go along on the ice and don't move around at night.
- March 25: Ducks Unlimited Crawfish Boil, Watford City Eagles Club, 5 p.m.
- March 29: Elk, moose, & bighorn sheep applications due.
- April 1: New 2023 fishing licenses due.
- April 1: Williston Ducks Unlimited banquet, Upper Missouri Valley Fairgrounds, Williston, 5 p.m.

to and mobility around the midsection of Lake Sakakawea difficult with little to no activity.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace and east end of Lake Sakakawea remain quiet.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Anglers continue finding walleye and sauger activity on the Yellowstone and Missouri rivers. Look for pike activity in just about any shallow bay using larger bait such as smelt or herring. Try White Earth Bay for walleye with some success yet around the Guard Camp. Mobility on the ice is more difficult, however.

•Lonetree WMA area lakes, Harvey: Area lakes remain quiet.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: No activity throughout area lakes.

**Downhill skiing:**

•Big Sky Ski Resort, Big Sky, Mont.: 70- to 75-inch packed powder, machine groomed base with 30 lifts and 310 runs open.

•Bottineau Winter Park, Bottineau: 36- to 40-inch base with good conditions. 2 Magic Carpets and 1 lift, 7 runs, and tubing and terrain parks open.

•Huff Hills Ski Area, Mandan: 30- to 35-inch powder, packed powder base. All runs open along with 2 lifts, 1 tow, and Green Lift Terrain Park open. Donut Hole Hiking Area also open.

•Terry Peak, Leads, S.D.: 26- to 36-inch base. 30 trails and 5 lifts open.

**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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# Airmen of Minot: SrA Garrett Hightower, 54th HS

SENIOR AIRMAN EVAN LICHTENHAN, MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D.

When the term "flight engineer" is heard, some may assume it's a job that requires intense desk work, calculations, and mathematical wizardry. In reality, a flight engineer is far more than that; they also fill the role of a loadmaster, sensor operator, hoist operator and aerial gunner.

Senior Airman Garret Hightower, 54th Helicopter Squadron flight engineer, described his job as a "jack of all trades."

"When I joined, flight engineer just sounded cool," said Hightower. "I didn't really know what it was until I started training. It ended up being a lot more than I was expecting, but I'm glad I got this job."

No helicopter ever leaves the ground without being thoroughly inspected to ensure it's in top flying condition. It's the responsibility of flight engineers to inspect and know how to operate the mechanical systems of all assigned aircraft. The job requires a high degree of technical skill and attention to detail to ensure pilots can complete their missions and return home safely.

When Hightower gets to work, he begins the day by checking maintenance records of the Huey H-1 that will be flying that day, then proceeds to do a pre-flight inspection. Once the pre-flight inspection is completed the aircrew conduct a mission brief, during which they discuss the emergency procedure of the day, weather and mission objectives of the flight.

Once the team is ready for flight, Hightower's duties are far from over. While flying with convoys, he is responsible for scanning for hazards, ensuring any turns the pilots intend to make can be done

safely, keeping pilots informed on positions of other aircraft in formation, updating crew on changing aircraft performance data, and scanning for possible threats.

"My favorite thing about my job is that I get to go out and fly, see and do things other people would never get the opportunity to do," said Hightower. "Now that I've been flying on helos, I've kind of fallen in love with it. I eventually want to commission and become a helicopter pilot."

Becoming a UH-1N Huey pilot would not only give Hightower the opportunity to fly the aircraft, but would also allow him to apply the knowledge he gained from his years spent operating as a loadmaster, sensor operator, hoist operator and aerial gunner.

Off the clock, Hightower, who spends the warmer months hunting and fishing, finds ways to build camaraderie between himself and his teammates in an effort to keep them connected and out of trouble during long North Dakota winters.

"He invites all the guys that live in the dorms over to his house," said Tech. Sgt. Bradley Engelmann, 54th HS flight chief. "The guys that don't have a real place or family nearby, Hightower is always the guy who cares, and tries to make everyone feel involved."

Being a flight engineer has given Hightower the ability to fly all over the U.S., from border to border. He has flown from North Dakota to Louisiana, Utah, Kansas and even to the firing range at Canadian Forces Base Shilo, Manitoba, Canada.

"I'm very grateful for all of the training and opportunities that are and have been provided to me; there's no other job I would rather be doing," said Hightower.



Senior Airman Garrett Hightower, 54th Helicopter Squadron (HS) flight engineer, poses for a portrait in front of a UH-1N Huey at Minot Air Force Base, North Dakota, March 13, 2023. In addition to providing helicopter security response for the 91st Missile Wing, the 54th HS also conducts priority passenger and cargo airlift, in addition to executing search and rescue and medical evacuation operations.

U.S. AIR FORCE PHOTOS | STAFF SGT. MICHAEL A. RICHMOND

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## NOTES ON BEING SAFE

### What is Lockout/Tagout?



SSGT JOE VERGARA  
5TH BOMB WING  
NCOIC OCCUPATIONAL SAFETY



Have you ever been to a job site, or even a local business when you hear someone call out "Hey Joe, be sure to lock and tag out that piece of equipment?" or "You better de-energize that system before you work on it!"

This common practice is known throughout the industrial and non-industrial world as Lockout/Tagout, better known as LOTO. So what is LOTO?

Lockout-Tagout is a safety procedure which is used in industry and research settings to ensure that dangerous machines are properly shut off and not started up again prior to the completion of maintenance or servicing work. It requires that hazardous power sources be "isolated and rendered inoperative" before any repair procedure is started. "Lock and tag" works in conjunction with a lock usually locking the device or the power source with the hasp, and placing it in such a position that no hazardous power sources can be turned on. The procedure requires that a tag be affixed to the locked device indicating that it should not be turned on.

Modern machinery can contain many hazards to workers, from things like electrical, mechanical, pneumatic or hydraulic sources. For example a typical industrial machine may contain things like hot fluids, moving presses, blades, propellers, electrical heaters, conveyor belts with pinch points, moving chains, ultraviolet light, etc. Disconnecting or making safe the equipment involves the removal of all energy sources and is known as isolation. The steps necessary to isolate equipment are often documented in an Isolation Procedure or a Lockout Tagout Procedure. The isolation procedure generally includes the following tasks:

1. Identify the energy source(s)
2. Isolate the energy source(s)
3. Lock and/or Tag the energy source(s)
4. Prove that the equipment isolation is effective

Modern safety manufacturers provide a range of isolation devices specifically designed to fit various switches, valves and effectors. For example most modern circuit-breakers have a provision to have a small padlock attached to prevent their activation. For other devices such as ball or gate valves, plastic pieces which either fit against the pipe and prevent movement, or clam-shell style objects, which

completely surround the valve and prevent its manipulation are used. A common feature of these devices is their bright color, usually red to increase visibility and allow workers to readily see if a device is isolated. Also, the devices are usually of such a design and construction to prevent it being removed with any moderate force. That is to say that an isolation device does not have to stand up to a chainsaw, but if an operator forcibly removes it, it will be immediately visible that it has been tampered with.

With all this information, you are probably asking yourself "How does this program apply to me?" Employees can be seriously or fatally injured if machinery they service or maintain unexpectedly energizes, starts up, or releases stored energy. OSHA's standard on the Control of Hazardous Energy (LOTO), can be located in Title 29 of the Code of Federal Regulations (CFR) Part 1910.147. This regulation spells out the steps all employers must take to prevent accidents associated with hazardous energy. The

standard addresses practices and procedures necessary to disable machinery and prevent the release of potentially hazardous energy while maintenance or servicing activities are performed. With this being said you may ask yourself "if I unplug a radio or microwave oven after use, do I need LOTO?" No you do not. Exposure to hazardous energy is controlled completely by unplugging the equipment from an electric outlet and where the employee doing the service or maintenance has exclusive control of the plug. This applies only if electricity is the only form of hazardous energy to which employees may be exposed. This exception encompasses many portable hand tools and some cord and plug connected machinery and equipment.

In closing, when dealing with LOTO and you are not sure, do not hesitate to ask for assistance. The shop supervisor, the person doing the actual work, or the Wing Safety office can provide more extensive detail concerning LOTO in your work center.

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## KNOW YOUR CAR

Read your vehicle's manual to familiarize yourself with the safety features on your vehicle—such as antilock brakes and electronic stability control—and how the features perform in wintry conditions. When renting a car, become familiar with the vehicle before driving it off the lot.

## PLUG IT IN

For electric and hybrid-electric vehicles, minimize the drain on the battery. If the vehicle has a thermal heating pack for the battery, plug your vehicle in whenever it's not in use. Start your vehicle and preheat the interior before you unplug your vehicle in the morning.

## PLAN YOUR TRAVEL AND ROUTE

Before heading out, make sure to check the weather, road conditions, and traffic. Don't rush through your trip, and allow plenty of time to get to your destination safely. And always familiarize yourself with directions and maps before you go, even if you use a GPS system, and let others know your route and anticipated arrival time.

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# JR JOURNALISM PROGRAM

northsentry

## Visit South Dakota

HAILEY LAWYER, AGE 5

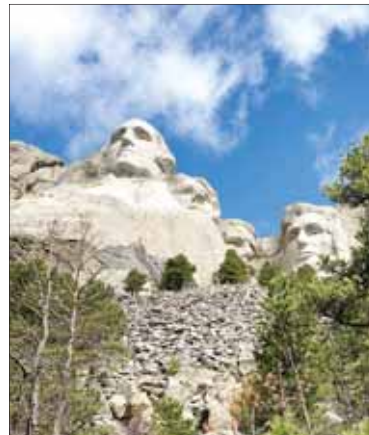
You should go to South Dakota to go to Mount Rushmore, the Wind Caves and the Black Hills.

My dad and mom and my sisters went to Mount Rushmore. We saw presidents on the mountain. We saw flags of the United States. It was cool.

We walked underground in the Wind Caves. I kind of heard some wind. It was dark but there were

lights on the ground to help us walk. If that would have been my very first time there without any light I would not want to be there. I liked the view in it.

We saw Buffalos at the Black Hills. There was buffalo crossing the street. We saw baby buffalo and they came right to our car. They were cute. I enjoyed all the buffalos.



This is Mt. Rushmore.



This is the cave.



These are all the buffalo

Find specifics about Northern Sentry's Jr. Journalism Program and how your story can be featured:



# MONTH OF THE MILITARY CHILD

APRIL 3RD, 2023: "CLAP IN" AT DAKOTA ELEMENTARY, NORTH PLAINS ELEMENTARY, AND MEMORIAL MIDDLE SCHOOL

APRIL 5TH, 2023: MAFB LIBRARY HEALTHY STORY TIME

APRIL 6TH, 2023: "PURPLE UP" DAY IN NORTH DAKOTA

APRIL 6TH, 2023: MOMC PROCLAMATION SIGNING WITH GOVERNOR BURGUM

APRIL 8TH, 2023: MAFB LIBRARY "ROYAL PURPLE CASTLE CAPERS"

APRIL 11TH, 2023 AND 13TH, 2023: EFMP EGG HUNT

APRIL 14TH, 2023: YOUTH PROGRAMS' MOMC SKATE NIGHT

APRIL 20TH, 2023: YOUTH PROGRAMS' MOMC CARNIVAL

MINOT AIR FORCE BASE



# YOUTH IN ACTION

## MOMC "Clap In" at Minot AFB Schools



**JOY-NICOLE SMITH**  
SCHOOL LIAISON PROGRAM MANAGER, GS-11  
DEPARTMENT OF THE AIR FORCE SCHOOL LIAISON PROGRAM



The Month of the Military Child (MOMC) occurs in April and is an opportunity to show our military connected children and students appreciation, support, commitment and dedication.

To kick-off the month, we are reaching out to our community to join us in our effort to "Clap In" our students that attend North Plains Elementary, Dakota Elementary, and Memorial Middle Schools.

On Monday April 3, 2023, come

out and show your support at the following times:

- Memorial Middle School: 7:15 am
- North Plains Elementary: 8:15 am
- Dakota Elementary: 8:45 am

This will be a coordinated effort and an incredible way to show appreciation for our military connected students. If interested in participating, please email [mafbschool.liaison@us.af.mil](mailto:mafbschool.liaison@us.af.mil).



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## Upcoming Events

24 MAR

**SAFE KIDS MINOT FREE CAR SEAT CHECK**  
 11:00AM- 2:00PM  
 Minot Rural Fire Department  
 400 31st Ave SW, Minot

Is your car seat: Installed correctly? Right for your child? In safe condition? Recalled or expired? Have your car seat checked by a Child Passenger Safety Technician and be sure your precious cargo is safe. Please specify what time you prefer on your ticket reservation. Event is from 2-5pm. Questions regarding this event? Call 857-7300 or send a Facebook message to Safe Kids Minot  
 Other dates available:  
 Fri, Apr 21  
 Fri, May 19  
 Fri, Jun 23

**Free Car Seat Checks**  
hosted by the Minot Fire Department

**Is your car seat:**  
Right for your child?  
Properly installed?  
In safe condition?  
Recalled or expired?

**Minot Car Seat Coalition:**  
 First District Health Unit  
 Minot Fire Department  
 Trinity Health  
 Safe Kids Minot  
 and Community Partners

For more information:  
Facebook/ Safe Kids Minot/ Events

26 MAR

**SOUP IT UP FUNDRAISER**  
 9:30AM- 10:30AM  
 Taube Museum of Art  
 2 Main St N, Minot

Join us at the Taube Museum of Art for our annual Soup it Up fundraiser! Enjoy foods from local vendors and members TBD soon! There will be a dessert bar filled with locally made goodies, an art auction, and a gift card raffle! The first 80 attendees will get a free handmade ceramic bowl made by the MSU Ceramics Department. This lunch social will include beautiful art, a silent auction, and a raffle for a gift card bundle! Proceeds will go towards continuing our mission, to enrich lives through the visual arts; and towards the MSU Ceramics Scholarship! We hope to see you there! Prices are \$20 for non-members and \$17 for members. Sign up for a new membership or renew an expired one and receive a \$10 ticket! (membership renewal must be done at the Taube.)

**SOUP IT UP**  
 MARCH 26, 2023 | 12-3PM

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FIRST 80 ATTENDEES RECEIVE A HANDMADE CERAMIC BOWL, BY MSU

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TAUBE

For more information:  
Facebook/ Taube Museum of Art/ Events

27 MAR

**EASTER BUNNY PET PHOTOS**  
 9:30AM- 10:30AM  
 Dakota Square Mall  
 2400 10th St SW, Minot

Bring your furry friends for photos with the Easter Bunny during this special Monday series!  
 Pets are welcome all day on these dates:  
 Monday, March 27  
 Monday, April 3  
 Pets must be on a leash or in a carrier, and pet owners are responsible for cleaning up after them.  
 Photo packages will be available for purchase.

**EASTER BUNNY PET PHOTOS**

For more information:  
Facebook/ Dakota Square/ Events

31 MAR

**PSND ACTIVITY FAIR**  
 6:00PM  
 Grand Hotel  
 1505 North Broadway, Minot

Please join us on Friday, March 31 for our Activity Fair! It will be a free event open to families and their children. Registration is not required to attend the Activity Fair.  
 The activity fair will be a 1-hour event open to families and their children to visit vendor booths and to participate in each vendor's activity. A free taco bar will be available to attendees on a first come, first served basis.

## Activity FAIR

FOOD  
FAMILY  
FUN

For more information:  
Facebook/ Pathfinder Services of North Dakota/ Events

## NEW Community at the Northern Sentry

It's more than Minot and more than Minot AFB, it's a Shared Community.

For more events visit our online Community Calendar at [www.northern Sentry.com/calendar/](http://www.northern Sentry.com/calendar/)

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# Junior Day at Minot State

MINOT STATE UNIVERSITY

High school juniors are invited to Minot State University's campus on Saturday, March 25 for Junior Day.

Running from 10 a.m. until 2:30 p.m., the open house allows high school juniors and their families to see if the University is the right fit for them. With campus tours, admission meetings, a campus resource fair, academic sessions, and a complimentary meal, the event

empowers attendees to explore Minot State a la carte style.

"Junior Day is an opportunity for 11th grade students to learn about our campus and the variety of programs we offer by choosing different sessions based on their

interests," said Liz Krebsbach, enrollment services administrative coordinator. "This will help students discover if Minot State is the best place for them to begin their journey towards the career they want."

When registering for Junior Day, students will create their own schedule for the day. Each session lasts approximately 30 minutes except for the campus tour, which lasts around an hour. To learn more or register, visit [askMSU.com/JuniorDay](http://askMSU.com/JuniorDay).

For questions about Junior Day, contact Krebsbach at [liz.krebsbach@MinotStateU.edu](mailto:liz.krebsbach@MinotStateU.edu).



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## THE CALENDAR SAYS SPRING

Patricia Stockdill

The calendar shows that it's officially Spring, which means... nothing.

Well, that's not exactly true: It means North Dakota may have a pretty fair chance of more snow and cold.

Or it could mean North Dakota is quickly basking in warmth, the rebirth of crocuses (OK, technically pasque flowers but who's being technical?) and other signs of the coming of summer.

It could mean a snow melt to replenish dry wetlands and small lakes that have been taking a hit in recent dry years when precipitation was at a premium.

It means walking and hiking opportunities on trails albeit likely in mud unless that trail happens to be concrete or asphalt.

It means the arrival of birds that were wintering in warmer climates than what North Dakota is from about November through whenever it decides to warm up.

Or it could mean another April blizzard akin to what blasted northwest and western North Dakota in 2022, which coincidentally helped replenish dry wetlands and lakes – even bolstering runoff into the Missouri River System and Lake Sakakawea.

See, there is a bright side to everything, even April blizzards, spring-like weather that wants to stay away until June, and ongoing wind.

Living and working in the Northern Great Plains means being an eternal optimist.

It means not caving into Old Man Winter and Mother Nature.

It also means one tends to appreciate – really appreciate – that first little pasque flower (AKA crocus) peeking its lavender petals out of the snow. It also means there is a "to do" list with the advent of spring that because it can arrive rather quickly, is best tackled when the first spring-like days arrive.

A few things on that checklist include:

- Put up a birdhouse – even one as simple as something that hangs from a tree readily visible from a home or office window.
- If those birdhouses are already up, it's a good time to clean them out and inspect for any necessary repairs.

- Go online to the N.D. Game and Fish Department's website, ([gf.nd.gov](http://gf.nd.gov)), and order one's 2023 fishing license. The April 1 deadline for new licenses is rapidly approaching.

- And as long as a person is exploring the Game and Fish website, check out the Hunter Safety Education schedule to see if any area classes are available in the coming weeks. There might even be an archery course. Unlike hunting with firearms, which requires Hunter Education certification, it's voluntary to take an archery course. It's also a good idea, even though voluntary, because other states may require archery certification in order to hunt.

- Check out U.S. Fish and Wildlife Service's Upper Souris National Wildlife Refuge for an opportunity to reserve a wildlife observation blind. There's no charge to reserve blinds, either. Their locations are set up to focus on sharp-tailed grouse "dancing" leks and provide an awesome sense of life on the prairie. The birds are most active in April but males will begin "dancing" in March. Besides, April will be here sooner than we think.

- Speaking of refuges, spring means the opening of many auto tour routes and hiking trails on several area National Wildlife Refuges, including Upper Souris, Audubon, and Des Lacs, for example.

- And circling back to fishing, now is a good time to check over that open water fishing gear – especially tackle because one NEVER has enough tackle.

- Spring is also a good time to shop for a kayak or canoe. Or maybe a stand-up paddleboard. The nice thing about North Dakota is that while it has the nation's third largest manmade reservoir – Lake Sakakawea – it also has smaller area lakes ideal for paddle sports.

- And lastly, go online to the N.D. Parks and Recreation Department's website, ([parkrec.nd.gov](http://parkrec.nd.gov)), and make camping reservations for the coming summer. Several state parks are in the area, including Cross Ranch, Fort Stevenson, Lake Metigoshe, Lewis & Clark, and Sakakawea state parks. Each has uniqueness worth exploring.

Once spring actually arrives for good, that is.

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# CHURCH DIRECTORY

<p><b>Chapel Services at MAFB</b></p> <p><i>North Plains Chapel in Base Housing</i></p> <p><i>Protestant Liturgical Service</i></p> <p><b>Christ Chapel</b> 0900</p> <p><i>Protestant</i></p> <p><b>Sunday Community Service</b> 1030</p> <p>(Holy Communion 1st Sunday) Children's Church during school year</p> <p><i>Wicca, Pagan, and Neopagan Services</i></p> <p><b>Open Circle</b> 1000 on the 1st and 3rd Saturdays of every month</p> <p><i>Northern Lights Chapel across from Rockers</i></p> <p><b>Catholic Mass</b></p> <p>Sunday ..... 1000 Daily ..... Monday-Thursday at 1200</p>	<p><b>St. Peter The Aleut Eastern Orthodox Church</b></p>  <p><b>109 6th St. SE</b> <b>Minot • 838-3094</b></p> <p><b>Saturday, March 25</b> 5 PM, Great Vespers</p> <p><b>Sunday, March 26</b> 9:30AM, Holy Liturgy</p> <p><b>V. Rev. Fr. Paul Hodge</b></p>	 <p><b>Break Forth BIBLE CHURCH</b></p> <p>Wednesdays 7:00pm and Sundays 10:30am</p> <p><b>1821 W Burdick Expressway</b></p> <p>For More Information: 701.353.9337   <a href="http://www.bfbc.tv">www.bfbc.tv</a></p>	 <p><b>An Evangelical Free Church</b> 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p>Sunday School &amp; Fellowship ..... 9:00 a.m. Worship ..... 10:30 a.m.</p> <p><a href="http://www.trinitychurchminot.org">www.trinitychurchminot.org</a></p>	 <p>Worship Service at 10:45am Sundays Sunday School at 9:45am</p> <p><b>1720 4th Ave NW, Minot</b> <b>838-0916</b></p> <p><a href="http://MinotBibleFellowship.org">MinotBibleFellowship.org</a></p>
<p><b>Immanuel Baptist Church</b></p> <p><b>1615 2nd St. SE • <a href="http://www.ibcminot.org">www.ibcminot.org</a></b> <b>701-839-3694</b></p>  <p><b>SUNDAYS:</b> 9:00 AM FELLOWSHIP 9:15 AM SUNDAY SCHOOL 10:30 AM WORSHIP</p> <p><b>WEDNESDAYS:</b> 11:30 AM SOUP KITCHEN 5:30 PM FAMILY SUPPER 6:30 PM PRE-K/KIDS' CLUB / ABY &amp; ADULT BIBLE STUDY</p>	 <p><b>Christ Reformed Church</b></p> <p>Worship 11:00 a.m. Sunday 234 14th Ave SE</p> <p><a href="http://www.christreformedchurchminot.com">www.christreformedchurchminot.com</a></p>	<p><b>St. John the Apostle Catholic Church</b></p>  <p>2600 West Central Ave • Minot, ND 58701 <b>839-7076</b></p> <p>Daily Mass Schedule:</p> <p>Tuesday ..... 5:15 p.m. Wednesday - Friday ..... 7:00 a.m. Saturday ..... 5:00 p.m. Sunday ..... 8:00 &amp; 10:30 a.m.</p> <p>Fr. David A. Richter, Pastor Parish website: <a href="http://www.stjohnminot.com">www.stjohnminot.com</a></p>	 <p><b>First Lutheran Church - ELCA</b> 120 5th Ave. NW 852-4853</p> <p>Sunday Worship 9:30 am</p> <p><a href="http://www.firstlutheran.tv">www.firstlutheran.tv</a> (Live Stream &amp; Recorded) Radio Broadcast KRRZ 1390AM Sunday 9:30 am <a href="http://www.flcminot.com">www.flcminot.com</a></p> <p>Pastor Brandy Gerjets • Pastor Ellery Dykeman</p>	 <p><b>Gospel Tabernacle Community Church</b></p> <p>9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson</p> <p><b>Church: 701-838-4492</b> <b>Home: 701-838-5759</b> <b>KHRT 1320: 9 a.m. Sunday</b></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><b>1805 2nd St. SE</b> <b>838-1111</b></p> <p><b>Sunday Services</b> 9:00 AM &amp; 11:00 AM</p> <p><b>Wednesday</b> 6:30 PM</p>	<p><b>Minot Baptist Church</b></p> <p>Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School ..... 9:45 a.m. Morning Worship .... 11:00 a.m. Evening Worship ..... 6:00 p.m. Wednesday Evening..... 7:00 p.m.</p> <p><i>Independent/Fundamental/KJV</i></p> <p><b>500 46th Ave NE • 839-1351</b> Pastor David Miller</p>	 <p><b>Cross Roads Baptist</b></p> <p><b>Southern Baptist Convention</b></p> <p>Sunday School (all ages) ..... 9:45 a.m. Sunday Worship ..... 11 a.m. &amp; 5:30 p.m. Wednesdays (Prayer &amp; Missions) ... 6:30 p.m.</p> <p><a href="http://www.minotcbbc.org">www.minotcbbc.org</a> email: <a href="mailto:minotcbbc@gmail.com">minotcbbc@gmail.com</a> <b>Dr. Bob Farmer- Pastor</b></p> <p><b>415 28th Ave SE (Behind Menards)</b> <b>838-1873</b></p>	 <p><b>West Minot Church of God</b> <i>Family Worship Center</i></p> <p><b>1105 16th St. NW • 839-1407</b></p> <p>Sunday School ..... 9:30 a.m. Sunday Worship ..... 10:30 a.m. Children's Church &amp; Nursery Wednesday Family Training Hour Meal..... 5:30p.m. Classes for All Ages ..... 6:30 p.m. Youth Center, Friday..... 7:00 - 11:00 p.m. ABC Child Care Center..... 852-6352</p> <p><a href="http://westminot.com">westminot.com</a> <a href="https://facebook.com/westminot">facebook.com/westminot</a></p>	<p><b>To Advertise your Church on this page,</b></p> <p><b>Call 839-0946</b></p> <p><b>Only \$9.00 a space / per week</b></p>
<p><b>First Baptist Church</b></p> <p>200 3rd St. SW • 852-4533 <a href="http://www.fbcminot.org">www.fbcminot.org</a></p> <p>Classic Worship Service ..... 8:30 a.m. Sunday School (All Ages)..... 9:45 a.m. Contemporary Worship Service..... 9:50 a.m. Adult Sunday School ..... 11:00 a.m. Contemporary Worship Service..... 11:05 a.m. Children's Church ..... 11:05 a.m. Wed. AWANA (Sept. to May) ..... 6:30 p.m. Fridays, Celebrate Recovery ..... 7:00 p.m.</p> <p>Rev. Kent Hinkel, Senior Pastor Elaine Carlson, Children's Ministry Director</p>	<p><b>Apostolic Faith Church, UPCI</b></p> <p>2929 19th Ave NW • Minot Located off Hwy 83 Bypass West <b>(701) 838-0609</b></p> <p>Saturday School ..... 2:00 p.m. Sunday Worship ..... 3:30 p.m. Wednesday Bible Study ..... 7:30 p.m.</p> <p><b>Jesse Starr, Pastor</b></p>	 <p><b>Grace Baptist Church of Minot</b> <i>A Reformed Baptist Church</i></p> <p><b>Sunday Service: 4:00 p.m.</b> <b>Wed. Prayer: 5:30 p.m.</b> at Living Word Lutheran bldg 710 46th Ave NE, Minot</p> <p><b>Web:</b> <a href="http://gracebaptistminot.com">gracebaptistminot.com</a> <b>E-mail:</b> <a href="mailto:gbcminot@gmail.com">gbcminot@gmail.com</a></p> <p><b>RADIO BROADCAST</b> KFLK 95.9 LPFM 8:30 a.m./p.m. Sat/Sun</p>	 <p><b>OUR SAVIOR LUTHERAN CHURCH</b> 3705 11th St. SW Minot, ND 58701 701-852-6404 <a href="http://www.oslcminot.com">www.oslcminot.com</a></p> <p>Rev. Heath Trampe Rev. Brian Doel</p> <p>Sunday Worship 8:15am Traditional Service 9:30am Contemporary (w/ livestream) 9:30am Sunday School &amp; Adult Bible study 11:00am Contemporary Service</p> <p>Wednesdays 6-7pm Adult Choir OSKids (age 4-5th gr.) Bible Class (6th gr.) High School Youth Group (6-8pm)</p>	<p><b>To Advertise your Church on this page,</b></p> <p><b>Call 839-0946</b></p> <p><b>Only \$9.00 a space / per week</b></p>



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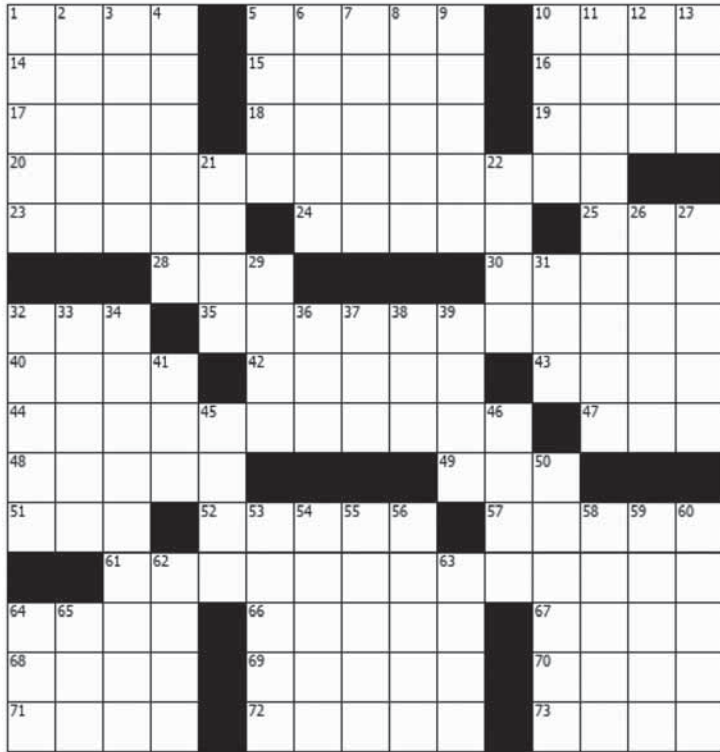
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# CROSSWORD PUZZLE

**Across**

- 1. Professor in Clue
- 5. African master
- 10. Trojan War hero
- 14. Notes after do
- 15. Loop-the-loop and flume
- 16. Toothpaste holder
- 17. Butterfingers's remark
- 18. '40s-'50s computer
- 19. What the nose knows
- 20. Start of a ristorante order for the family
- 23. Shipper's choice
- 24. "Wake Up, Little \_\_"
- 25. Fr. holy woman
- 28. Driver's lic. datum
- 30. Shed tools
- 32. Folk singer DiFranco
- 35. More of the order
- 40. Boxing venue
- 42. Greet casually
- 43. "The Thin Man" dog
- 44. More of the order
- 47. Bashful
- 48. In any way
- 49. Part of CBS: Abbr.
- 51. "Wheel of Fortune" buy
- 52. Rust, e.g.
- 57. The blahs
- 61. End of the order
- 64. PlayStation 2 rival
- 66. "\_\_ to say this, but ..."
- 67. Presidential office shape
- 68. Singer Lovett
- 69. Cruise ship
- 70. "¿Qué \_\_\_?"
- 71. Watermelon discard
- 72. Fencing swords
- 73. Tom Sawyer affirmative

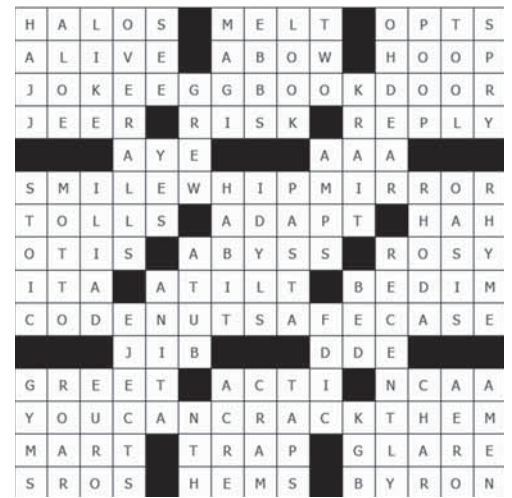


**Down**

- 1. Logic exercise
- 2. Sierra \_\_
- 3. Called the game
- 4. Planted a red herring, say
- 5. Uncle Remus address
- 6. Flying things
- 7. A word before you go
- 8. Semimonthly tides
- 9. Computer text code
- 10. The gamut
- 11. Act of betrayal that appears friendly
- 12. Blood-typing letters
- 13. Gen-\_\_: baby boomer's follower
- 21. Cell impulse transmitter
- 22. Goose egg
- 26. Pearly whites
- 27. English test component
- 29. Pear variety
- 31. Actress Gardner
- 32. Boxing venue
- 33. Ike's veep
- 34. Where an ace might be
- 36. Sound of relief
- 37. Bill, the "Science Guy"
- 38. Guerrilla Guevara
- 39. Greet the villain
- 41. Miracle-\_\_
- 45. Missing GI, perhaps
- 46. Looker
- 50. Schulz beagle
- 53. Folder for Mulder
- 54. Beatnik's "Got it"
- 55. An Allman Brother
- 56. First name in cosmetics
- 58. Super stars
- 59. Sch. at Amherst
- 60. Koran faith
- 62. Fired
- 63. The lady's
- 64. T-shirt sizes, briefly
- 65. A word before you go

## CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.



# SUDOKU

Solution to puzzle on page B14

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

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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.

### 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.

### 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

### 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.

## SUDOKU SOLUTION

PUZZLE ON PAGE B12

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

## 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: 20 Mar-21 May. 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: 928-777-6342.

### 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 701-714-0000.

### PARK UNIVERSITY MINOT –

Your degree, Your way. Park University is enrolling now for Spring II Term. Classes start March 13, 2023! 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. 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



# VOLUNTEER OPPORTUNITIES

#### AADD Volunteers

AADD is seeking volunteers to support various event request. Below are a few upcoming volunteer opportunities we're hoping to support along with our regular schedule for weekends, please disseminate to your members.  
- ALS GRADUATION 30MAR (JDC, 2000-2130, dress code: appropriate civilian clothes, LOAs from ALS commandant for volunteers)- <https://volunteersignup.org/YEFET>  
- REGULAR 2023 WEEKLY SCHEDULE- <https://volunteersignup.org/FHLLR>  
POC: SSGT Kristal A. Cruz Leon, 723-4633, kristal.cruz\_leon@us.af.mil  
Minot AADD, MinotAFB2233@gmail.com

#### Women's History Month Panel Volunteers

(March 29)  
The 91st OG is putting together a panel in honor of Women's History Month and is looking for women in leadership roles around the base to be a part of this discussion from 1000-1230 on 29 March. If you're interested in being a part of this panel and discussing your experiences, please reach out to Lt Kathryn Mainland (kathryn.mainland.1@us.af.mil) for more details.  
POC: CHRISTINE A. CHERRY, TSgt, USAF  
701-723-4592

#### Women's History Month Volunteers

During the month of March, the Women's History Month events coordinators are seeking volunteers for the following event:  
- March 31st (1630-1830) WINGS Fly (Closing Event) at TURF.  
If you have any questions or want to get more involved with WINGS (Women Inspiring the Next Generations Success), please let me know  
POC: DIXIE L. SCOTT, SSgt, USAF, NCOIC, Mortuary Affairs  
DSN: 701-723-4290  
Mortuary Affairs Cell: 701-818-0192

#### Magic City Civil Air Patrol Composite Squadron Volunteers

Civil Air Patrol is the official, Congressionally chartered US Air Force Auxiliary open to all adults and children 12+. Its all-volunteer members serve in a multitude of roles in support of CAP's three primary missions: Cadet Programs, Aerospace Education, and Emergency Services. As adult opportunities include working as part of an Aircrew, sUAS operator, Aerospace and STEM instruction, and many other opportunities! Whether you are looking to bring your skills to a new venue, expand your experience, or learn something new, there's certainly a role for you! No prior experience or military affiliation is necessary. For more information about Civil Air Patrol, visit <https://www.govcivilairpatrol.com> or contact the POC below.  
POC: 1st Lt Jon McEmore, CAP | Jonathan.mcemore@ndcap.us  
701-720-6410 | <https://nd021.cap.gov>  
Meeting location: AvFlight, Minot Airport, 2400 N. Broadway Suite E, 1830-2030 every Thursday

To have your volunteer opportunity posted, please contact Military & Family Readiness Center (M&FRC)

5fss.family.support@us.af.mil

#### Month of the Military Child (MOMC) Clap-In Volunteers

(April 3)  
The Month of the Military Child (MOMC) occurs in April and is an opportunity to show our military connected children and students appreciation for their support, commitment and dedication. To kick-off the month, we're reaching out to our community to join us in our effort to "Clap in" our students that attend North Plains Elementary, Dakota Elementary, and Memorial Middle Schools. Come out and show your support at the following times: • Memorial Middle School: 7:15 am • North Plains Elementary: 8:15 am • Dakota Elementary: 8:45 am. This will be a coordinated effort and an incredible way to show your appreciation for our military connected students. If interested in participating, please email mafb.school.liaison@us.af.mil.  
POC: Joy-Nicole Smith, GS-11, MAT, DAF, School Liaison Program Manager  
Comm: 701-723-1447, DSN- 453-1447

#### AF K12 STEM-to-Sky Program Volunteers

Volunteers are needed to assist with the AF K12 STEM-to-Sky program; a new annual outreach effort connecting Airmen & Teachers enabling them to produce direct classroom engagement. The purpose of this effort is to directly engage Airmen with classrooms around the world to share experiences, emphasize the importance of STEM education, and create personal military-to-classroom connections. Within the classroom, Airmen will discuss their associated roles and emphasize the importance of STEM (connect); and create propensity for students to pursue STEM and Air Force fields (inspire). Anyone can volunteer, and we especially encourage those who work in STEM-focused career fields! For Airmen sign-up and information/instruction - <https://forms.osi.apps.mil/r/fkmgNeYulr>  
POC: Abigail Kinder, Community Relations & Media Operations  
Minot Air Force Base Public Affairs  
Comm: 701-723-6768  
DSN: 453-6768

#### Minot Shrine Circus Volunteers

(May 11, 12, 13)  
We are looking for volunteers to help with various tasks before, during, and after performances at the ND State Fair Center. Meals/snacks will be provided to volunteers.  
POC: Minot Shrine Club Circus Director, John Young  
701-214-0928 or jrjyoung85@gmail.com

#### North Dakota State Fair Volunteers

(July 21-29)  
The North Dakota State Fair is North Dakota's largest annual event with traditionally over 300,000 attendees. We need volunteers to help with various community groups performing services or leading projects during the annual North Dakota State Fair event held on July 21 -29. Projects involved might include working concerts, shuttling golf carts, cleaning stalls, security, grounds clean-up, or gate attendants.  
POC: Daryl Fry at 701.857.7620 ex 803 or daryl@ndstatefair.com

# Local Cravings Restaurant Guide



### Applebee's Grill & Bar

2302 15th St SW, Minot  
Phone: 701.839.2130  
[www.applebees.com](http://www.applebees.com)

### Badlands Restaurant & Bar

1400 31st Ave SW, Minot  
Phone: 701.852.7335  
[www.blgrill.com](http://www.blgrill.com)

### Bone's BBQ Smokehouse & Grill

1412 2nd Ave SW, Minot  
Phone: 701.838.9140  
[www.bonesbbqminot.com](http://www.bonesbbqminot.com)

### 28 Tastes & Taps

1603 35th Ave SW Minot  
Phone: 701.838.2828  
FB: 28 Tastes & Taps

### Culver's Restaurant

3000 S Broadway, Minot  
Phone: 701.852.4800  
[www.culvers.com](http://www.culvers.com)

### Ironhorse Kitchen + Bar

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

### Jamaican Vybz Kitchen

Suite 200 315 Main Street S Minot  
Phone: 701.441.9309  
FB: Jamaican Vybz Kitchen

### Pink's Bar & Grill

102 128th Ave NW Minot  
Phone: 701.852.2385  
FB: PinksBarGrill

### Prairie Sky Breads

3 1st St. SE, Minot  
Phone: 701.858.0612  
[www.prairieskybreads.com](http://www.prairieskybreads.com)

### Noodles & Company

304 4th Ave NW Minot  
Phone: 701.491.9103  
[www.noodles.com](http://www.noodles.com)

### Mi Mexico

3816 South Broadway Minot  
Phone: 701.858.0777  
[www.mimexicomino.nd.com](http://www.mimexicomino.nd.com)

### Primo Restaurant

1505 N Broadway, Minot  
Phone: 701.838.7746  
[www.primominot.com](http://www.primominot.com)

### Souris River Brewing

32 3rd St NE Minot  
Phone: 701.837.1884  
[www.sourisriverbrewing.com](http://www.sourisriverbrewing.com)

### The Starving Rooster

30 1st St. NE, Minot  
Phone: 701.838.3030  
[www.starvingrooster.com](http://www.starvingrooster.com)

### Whiskey Nine

109 Central Ave, Minot  
Phone: 701.837.1090  
[www.whiskeyninennd.com](http://www.whiskeyninennd.com)

**BOMBER TASK FORCE 23-2**



**GUARDIA CIVIL VISIT**

Members of the 23rd Expeditionary Bomb Squadron provide members of the Spanish Civil Guard a tour of the B-52H Stratofortress. On the tour air crew demonstrated the capabilities of the aircraft and how its presence on the global theater is a symbol of deterrence at Morón Air Base, Spain, Mar. 13, 2023. Bomber missions demonstrate the credibility of our forces to address a global security environment that is more diverse and uncertain than at any other time in recent history.

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



**REFUEL**

A B-52H Stratofortress assigned to the 23rd Expeditionary Bomb Squadron receives fuel from a KC-135 in the United States European Command Area of Operations March 9, 2023. Strategic bomber missions enhance the readiness and training necessary to respond to any potential crisis or challenge across the globe.

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN ZACHARY WRIGHT



**SCHOOL TOUR**

Members of the 23rd Expeditionary Bomb Squadron provide members of the local school a tour of the B-52H Stratofortress at Morón Air Base, Spain, Mar. 13, 2023. Bomber missions demonstrate the credibility of our forces to address a global security environment that is more diverse and uncertain than at any other time in recent history.

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

**Home of ECONOMY**

## CHOCOLATE CHIP COOKIES

**INGREDIENTS**

- 2 1/2 CUPS ALL-PURPOSE FLOUR
- 1 TSP. BAKING SODA
- 1/2 TSP. SALT
- 1 1/2 STICKS BUTTER, SOFTENED
- 1 CUP PACKED LIGHT BROWN SUGAR
- 1/2 CUP GRANULATED SUGAR
- 2 EGGS
- 1 TSP. VANILLA EXTRACT
- 2 CUPS (12 OZ) SEMI-SWEET CHOCOLATE CHIPS
- 1 1/2 CUP WALNUTS OR PECANS, CHOPPED (OPTIONAL)

In a large bowl, combine flour, baking soda, and salt; set aside.

In another bowl beat butter until fluffy. Add brown sugar, sugar, eggs, and vanilla.

Gradually mix the flour mixture in. Gently fold in chocolate chips and nuts into dough.

Drop spoonful amounts of dough onto a sheet of aluminum foil.

When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Increase temperature to 350F and preheat, lid closed, for 5 to 10 minutes.

Bake for 17 minutes Tip From the Pro: Use a new sheet of foil for each batch of cookies to prevent sticking. Enjoy!

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

**Ryan Davy - GM**  
Minot

[www.HofE.com/BBQHQ](http://www.HofE.com/BBQHQ)

# 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  
**\$165+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  
**\$195+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  
NORTH HILL BOWL.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!

**109 South Main St. Minot**     **701.837.8555**

## 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](mailto:alatoakpark@gmail.com)  
**WWW.OAKPARKTHEATER.NET**

## High Air Ground

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

### FAMILY NIGHT

\$55.00

Includes:

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

[www.highairground.com](http://www.highairground.com)

## New at Cookies For You Birthday Parties!

Your party will include: two hours of time which includes one hour of cookie decorating time with one of our talented decorators, up to 6 cookies to take home, and a drink for up to 8 kids for \$200.  
Available weekdays after 5:00pm and Saturdays after 3:00pm.  
For more details or to schedule, call Cookies For You at 701-839-4975.

cookies for you and cupcakes too  
A Cookie Gift + Bouquet Company

# WHAT'S GOING ON MAFB

## FRIDAY 24

- HIIT Strength & Conditioning, 0500, Fitness Center
- TAP (DoL) – Employment Workshop, 0800-1600, M&FRC
- Club Member Appreciation Luau, 1630-2100, Bomber Bistro
- Family Night, 1700-1900, Bomber Bistro
- Friday Night Mixed No Tap League, 1800, Rough Rider Lanes

## TUESDAY 28

- Registration Ends: Dog Sledding Trip to Ely, MN, hosted by Outdoor Recreation
- Sr. TAP VA Services and Benefits Briefing, 0800-1600, M&FRC
- Game Day, 1000-1930, Minot AFB Library
- Newbery Book Club, 1600, Minot AFB Library
- Magic The Gathering Commander Night, 1800, ESC
- Zumba, 1800, Fitness Center

## FRIDAY 31

- Registration Ends: Youth Outdoor Soccer, Youth Center
- 9th Annual Winter Games, Fitness Center
- HIIT Strength & Conditioning, 0500, Fitness Center
- Sr. TAP DoL Employment Workshop, 0800-1600, M&FRC
- Winter Games Call of Duty 4v4 Tournament, 0900-1600, ESC, hosted by the Fitness Center
- Friday Night Mixed No Tap League, 1800, Rough Rider Lanes

## SATURDAY 25

- Cycle, 0900, Fitness Center

## WEDNESDAY 29

- HIIT Strength & Conditioning, 0500, Fitness Center
- Sr. TAP DoL Overview, 0800-1600, M&FRC
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- Storytime, 1030, Minot AFB Library
- Yoga for Fitness, 1830, Fitness Center

## SATURDAY 01

- Dog Sledding Trip to Ely, MN, hosted by Outdoor Recreation
- Golf Season Passes on Sale, Rough Rider Golf Course

## SUNDAY 26

- Zumba, 1400, Fitness Center

## THURSDAY 30

- Sr. TAP DoL Employment Workshop, 0800-1600, M&FRC
- Pre-Separation Counseling, 0830-1130, M&FRC
- Family Zumba, 1000, Turf, hosted by Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- EFMP Craft – St. Patty's Day, 1530-1730, Arts & Crafts Center, hosted by M&FRC
- Delayed Affected & Single Airmen Epoxy Cutting Board Class, 1730-1930, Arts & Crafts Center
- Extramural Bowling, 1730, Rough Rider Lanes

## MAR. SPECIALS

**Bomber Bistro • Chicken Caesar Wrap**  
Grilled chicken, lettuce, parmesan cheese, croutons, and caesar dressing.

**The B-Fifty Brew • Breakfast Burritos**  
A burrito stuffed with eggs, cheese, hash browns, and your choice of ham, bacon, or sausage.

**Rockers Bar & Grill • Chicken Tender Basket**  
Tasty tenders served with our famous fries and your choice of dipping sauce.

**DOG SLEDDING TRIP TO ELY, MN**  
WITH OUTDOOR RECREATION  
**TRIP DATE: APRIL 1ST - 3RD**  
**REGISTRATION: MARCH 16TH - 28TH**



COME DOG SLEDDING WITH OUTDOOR REC IN THE BEAUTIFUL SUPERIOR NATIONAL FOREST IN THE HEART OF MINNESOTA. LEARN TO DRIVE YOUR OWN DOG TEAM & HAVE LUNCH IN THE FOREST!

ACTIVE DUTY	CIVILIAN
SINGLE: \$355.00	SINGLE: \$705.00
DOUBLE: \$215.00	DOUBLE: \$565.00
TRIPLE: \$165.00	TRIPLE: \$520.00
QUAD: \$145.00	QUAD: \$495.00

PRICE WILL INCLUDE LODGING, DOG SLEDDING & LUNCH.

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**DESIGNER BAG BINGO**  
JIMMY DOOLITTLE CENTER  
**MAY 4TH • 5:30 - 9:30**  
\$55 FOR MEMBERS • \$40 FOR NON MEMBERS



10 GAMES OF BINGO MEANS 10 CHANCES TO WIN!

EARLY REGISTRATION FOR CLUB MEMBERS ONLY FROM MARCH 15TH TO MARCH 29TH!  
ALL OTHERS MUST REGISTER AFTER RAISER START OF MARCH 30TH.

FOR PRICING INFO & HOW TO PURCHASE TICKETS SCAN HERE OR GO TO [5THFORCESUPPORT.COM/EVENT/DESIGNER-BAG-BINGO](http://5THFORCESUPPORT.COM/EVENT/DESIGNER-BAG-BINGO)

**FORCE 5THFORCESUPPORT.COM**

**9TH ANNUAL WINTER GAMES**  
MCADDO FITNESS CENTER  
**MARCH 31ST • 8AM - 4PM**



COMPETE WITH OTHER SQUADRONS TO WIN TROPHIES & EARN POINTS FOR THE COMMANDER'S CUP!

TO SIGN UP FOR THE EVENTS SCAN HERE OR GO TO [MCADDO.FITNESSCENTER-MINOT.WINTERGAMES\(SIGNUPGENIUS.COM\)](http://MCADDO.FITNESSCENTER-MINOT.WINTERGAMES(SIGNUPGENIUS.COM))



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- Well Child Visits
- Pediatrics
- Free Pregnancy Tests
- Geriatric Care
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UNIVERSITY OF NORTH DAKOTA

1201 11th Avenue SW | Minot, ND | Phone 701.858.6700 | 800.841.7321 | Hours: M-F 8 AM-5 PM | [cfmminot.UND.edu](http://cfmminot.UND.edu)



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