

northern sentry

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WHATS INSIDE THIS WEEK:



WHAT IT TAKES TO WEAR THE DIAMOND

A7



BREAKING STUFF IS ALL THE RAGE

A11



TSGT AWARDED AAFM SCHOLARSHIP FOR SCIENCE DEGREE

B3



Airmen with the 5th Bomb Wing deboard a passenger jet upon return from a Bomber Task Force (BTF) mission on the flightline at Minot Air Force Base, North Dakota, March 29, 2023. The Airmen supported a BTF mission that took place primarily at Morón Air Base, Spain, over the course of five weeks. See more coverage on page A3 and A10.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN EVAN LICHTENHAN



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Hemp, CBD, THC8, THC9, and Marijuana

MINOT AIR FORCE BASE STAFF JUDGE ADVOCATE

The possession, distribution, and/or ingestion of hemp products, cannabidiol (CBD), delta-8-tetrahydrocannabinol (THC8), delta-9-tetrahydrocannabinol (THC9), and marijuana are illegal in the military and are cause for discharge from the United States Air Force. Use of these substances is preventable and has real consequences. This article focuses on THC8 and THC9 and is intended to provide transparency and education concerning its consequences.

WHAT IS THC8?

THC8 is an isomer (two molecules with the same formula but different structure) of THC9. THC9 is the molecule that is the source of marijuana's inebriating effect. THC8 exists naturally in the cannabis plant, but at very low levels. THC8, such as that available for purchase at local vape and smoke shops, is often produced through synthetic conversion of hemp-derived CBD. THC8 is a psychoactive cannabinoid that causes users to experience a level of euphoria like that of THC9; thus, is considered an intoxicating substance.

WHAT IS THC9?

THC9 is the cannabinoid molecule in marijuana. It is the main psychoactive ingredient that causes a user to experience a euphoric sensation. The use of THC9 stimulates the release of dopamine in the brain which causes effects on the user's body. Like THC8, it is also considered an intoxicating substance.

LAW AND REGULATION

Article 112a, Uniform Code of Military Justice (UCMJ), codified at 10 USC 912a, prohibits the wrongful use, possession, and distribution of marijuana and its derivatives. Under Article 112a, UCMJ, "Use" means to inject, ingest, inhale, or otherwise introduce into the human body, any controlled substance. "Use" includes such acts as smoking, sniffing, eating, drinking, or injecting. "Possess" means to exercise control over something.

Similarly, DAFMAN 44-197, *Military Drug Demand Reduction Program*, dated 23 September 2022, paragraph 1.2.2.1, prohibits "the use of products containing, or products derived from hemp, including but not limited to delta-8-tetrahydrocannabinol (delta-8-THC) and cannabidiol (CBD)" and "Failure . . . to comply . . . is a violation of Article 92, UCMJ." Ingestion of hemp products, CBD, THC8, THC9, and marijuana can be punished under both Article 112a, UCMJ, and Article 92, UCMJ. Article 92, UCMJ, prohibits violations of lawful general orders, failures to obey lawful orders, and derelictions of duty. Moreover, lack of knowledge of general orders is not a defense: "Knowledge of a general order or regulation need not be alleged or proved as knowledge is not an element of this offense and a lack of knowledge does not constitute a defense."

CONSEQUENCES

Commanders retain full discretion over administrative, nonjudicial, and judicial action under the UCMJ and Air Force regulations.

Under Article 15 of the UCMJ, codified at 10 USC 815, a commander may impose nonjudicial punishment on members of their command for violations of the UCMJ. Nonjudicial punishment provides commanders with an essential and prompt means of maintaining good order and discipline outside of the court-martial process. It is intended to promote positive behavior changes in service members without the stigma of a court-martial conviction. The punishment reflects the commander's determination of an appropriate punishment after

considering the circumstances of the offense and the member's record. The maximum punishment for an Article 15 action depends on the rank of the member being punished and the rank of the officer imposing punishment. Typical punishments include, but are not limited to, reduction in rank, forfeiture of pay, extra duty, restriction to base, or a reprimand.

Under Article 112a, UCMJ, the maximum punishment for wrongful use and possession of marijuana and its derivatives is a dishonorable discharge, 2-5 years of confinement,

reduction to E-1, and forfeiture of all pay and allowances. Under Article 92, UCMJ, the maximum punishment for violations of lawful general orders is a dishonorable discharge, 2 years of confinement, reduction to E-1, and forfeiture of all pay and allowances.

Finally, under DAFI 36-3211, *Military Separations*, dated 24 June 2022, paragraph 7.43, "Drug abuse is incompatible with military service and members who abuse drugs one or more times are subject to discharge for misconduct." In accordance with paragraph 7.43.1,

"Drug abuse for purposes of this regulation is the illegal, wrongful, or improper use, possession, sale, transfer, or introduction onto a military installation of any drug . . . and any intoxicating substance, other than alcohol or tobacco." Thus, ingestion of hemp products, CBD, THC8, THC9, and marijuana is cause for discharge.

CONCLUSION

The bottom line is that possession, distribution, and/or ingestion of hemp products, CBD, THC8, THC9, and marijuana is illegal and carries serious consequences. While these

products might not be illegal under state law, they remain illegal for military members. Thus, military members must exercise extreme caution with regard to the products they purchase and ingest. Just because a product can be purchased locally does not mean that product is legal for use by military members. In the past year, cases across team Minot involving drug abuse resulted in serious consequences: 40 resulted in discharge, 47 resulted in nonjudicial punishment, and 5 resulted in a court-martial conviction.



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BOMBER TASK FORCE 23-2

World Famous Bomber Barons Return from Bomber Task Force Europe 23-2

1ST LT. CHRISTOPHER THIBEAX-MOORE, 5TH BOMB WING PUBLIC AFFAIRS



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.

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

MINOT AIR FORCE BASE, N.D. --

U.S. Air Force B-52H Stratofortress strategic bombers and Airmen from the 5th Bomb Wing, Minot Air Force Base, North Dakota, operating out of Morón Air Base, Spain, returned home on March 25, 2023.

For the past five weeks, the world famous 'Bomber Barons' of the 23rd Expeditionary Bomb Squadron executed Bomber Task Force missions across the United States European Command area of responsibility and beyond. The squadron participated in more than 30 missions, alongside allies and partners across Europe, Africa and the U.S. Central Command AOR. The deployment was capped off by a BTF mission in the U.S. South Command AOR, in which they executed operations aimed at strengthening regional relations and improving interoperability.

"We flew a variety of B-52H mission sets, everything from close air support, stand off weapons, mining, mid-air interdiction and dynamic targeting," said Lt. Col. Joseph Cangelose, director of operations for the Barons and bomber pilot. "We have accomplished every mission we set out to accomplish and each of those has incorporated more than one of our Partners or Allies throughout the region."

Alongside the 23rd EBS, Airmen from the 5th Bomb Wing including the 23rd Aircraft Maintenance Unit, 5th Operations Support Squadron, and 5th Logistics Readiness Squadron spent the duration of the 5 weeks providing support for the flying mission. Their contributions highlighted the capability to maintain a high state of readiness proficiency and global strike capability anytime, anywhere.

"We brought the squadron out

here to Morón because of the access it affords us to multiple areas of responsibility, which increases our ability to integrate with our Allies and Partners," said Lt. Col. Ryan Loucks, commander of the 23rd Expeditionary Bomb Squadron. "We flew all mission types with the intent of training our air crew and to hone our relationship with our NATO Partners and Allies and of our partner nations."

The U.S. routinely and visibly demonstrates commitment to our Allies and Partners through the global employment of our military forces. BTF missions familiarize aircrew with air bases and operations in different geographic combatant command areas of operations. By executing BTF operations and engagements with our Allies and Partners, the U.S. strengthens our shared commitment to global security and stability.



Aircrew perform pre-flight checks on a B-52H Stratofortress assigned to the 23rd Expeditionary Bomb Squadron prior to take off at Morón Air Base, Spain, March 16, 2023. Strategic bomber missions enhance the readiness and training necessary to respond to any potential crisis or challenge across the globe.



A B-52H Stratofortress assigned to the 23rd Expeditionary Bomb Squadron land at Morón Air Base, Spain, Mar. 22, 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.

Frozen Fingers Festival

April 14 & 15, 2023
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www.frozenfingers.org

Walt Storey

Darryl Hicks Trio

"Crazyfingers" Gordy Lindquist

<p>Friday, April 14</p> <p>5:00pm Doors Open</p> <p>5:30pm Hors d'oeuvres will be served. Dinner music by Jerry Schlag</p> <p>6:20pm Flag Presentation</p> <p>6:30pm American Legion Post 26</p> <p>6:30pm "Country Western Jubilee" By Frozen Fingers Members</p> <p>9:00pm Dance to the music of Dakota Drifters</p>	<p>Saturday, April 15</p> <p>Noon "Crazyfingers" Gordy Lindquist</p> <p>1:00pm Walt Storey</p> <p>2:00pm Darryl Hicks Trio</p> <p>3:00pm Randy Karr Band</p> <p>4:00pm The Replacements</p> <p>5:00pm Dakota Drifters</p> <p>Door Prizes and Silent Auction All Dancers Welcome Heart of Dakota Cloggers both days!</p>
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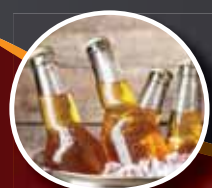
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MINOT AIR FORCE BASE NEWSPAPER
 WWW.NORTHERNSENTRY.COM

Looking For That First Robin

Here it is, the first week in April, and this weekend is Easter Sunday. Looking out my back window, there is very little bare grass, and if the weather forecast is correct, we will have had yet another spring snowstorm, or even stronger than that, they are saying blizzard! Not talking a trip to the local Dairy Queen here; 4-8 inches of snow is possible, 50+ MPH winds and just horrible conditions for a couple of days.

When we were kids, my Mom used to mark our calendar on the date that the first robin arrived in Maddock, North Dakota. Mom was an outdoors type, lots of gardens, trees and bushes in our yard, so in general I had to believe that our yard would be the destination for robins headed back to their nesting homes in North Dakota. So, you ask, did you continue the springtime ritual of marking your calendar at the first site of our red breasted friends? The answer is yes, and last year we had robins in our yard a full week before the April 12th to April 14th snowstorm. In fact, there were reports of robins in Minot as early as the 31st of March!

However, as of Tuesday, April 4th when this article is being published, there have been no robins, or reports of robins. Maybe they (the robins) have a better handle on spring weather this year. Who knows where those early arriving robins spent the April snowstorm of 2022.

A friend of mine explained it this way; "There has been a continuous jet stream that

has kept the upper part of the United States in colder than average temperatures. Once the robins flew into those colder than average wind currents, they would hesitate their migration." So if that is true, next Tuesday, April 17th, it is supposed to be around 55 degrees. Let's mark our calendars and see if that is the day they make it to North Dakota, and start shoveling out like the rest of us.

THE 95 DAY WINDOW

If you brought an RV with you, or in general you are an active camping person, we want to inform you of the 95 day window. Most easily explained, if you want to reserve a campground space at a North Dakota State Park, your opportunity comes 95 days before you a planning your camping trip. Normal summer weekends fill up fast. Holiday weekends? Be ready at 12:01 AM exactly 95 days before the first day of your trip for the more popular state parks like Lake Metigoshe, Fort Stevenson south of Garrison and Lake Sakakawea near Pick City, North Dakota.

There are many other camping areas that do not have reserved sites, and they are a on a first come-first served basis. For tent campers, there are a lot of opportunities as these sites don't fill up quite as fast.

Also, check out the many cabins and yurts on the ND State Parks web site. Some are completely furnished and have indoor running water and bathroom facilities.



UPSIDE DOWN UNDER
 MARVIN BAKER

Last week's article was about a unique recycling of wood from grain elevators. This week it's closer to home, maybe even in your own back yard.

There are vacant buildings in all 53 counties in North Dakota. Just drive around sometime and see it for yourself. Some of those buildings are in such bad shape, it's a wonder they still exist.

But they do and you have to wonder why more people aren't recycling the lumber they could get out of those structures.

Just to give you an example, in 2009 my brothers and I tore down a condemned house that was sitting on property we purchased. The house had to go away so we could build a greenhouse in the same spot.

We basically spent that summer tearing down the two-story, 1927 structure. It seemed there was a roll-off dumpster sitting there the entire summer.

The good news is, we were able to recycle a lot of the wood from that old house that was an eyesore to the community of Carpio.

First of all there were laths from the walls. Mostly useless, you'd think. But as a gardener, I've used those old laths as row markers ever



A VIEW FROM OUR SIDE
 ROD WILSON



ONE EXTRA DAY

Just got word from Bottineau Winter Park that they will be open for one more day, this Saturday, April 15th. The snow conditions are already awesome, and there is a good chance they will add an inch or two this week. So if you have procrastinated on heading north to the Lake Metigoshe area and Bottineau Winter Park, maybe Saturday is your day. As usual rentals for both the ski hill and tubing hill are available, and the snack bar will be open and ready to serve lunch.

BEST KEPT SECRETS

Eventually spring will arrive, and North Dakota will be filled with wildflowers and wild grasses. In general, look south of

Lake Sakakawea, and west of the Missouri River to the grasslands and badlands of Southwest North Dakota. There is a pamphlet "Prairie Wildflowers and Wild Grasses" on the ND Game and Fish website. It can easily be downloaded to your smart phone for identifying the many species that are native to North Dakota. In our area the sure sign of spring is the Prairie Crocus, a beautiful purple, yellow and white wildflower found in area pastures and on hillsides of river and stream valleys.

TODAY'S CHUCKLE

Why have an identity crisis? That's why we carry driver's licenses.



Four prairie crocus spring flowers with closed buds hovering over ground in the sunset lit field.

There's value in vacant buildings...

since. I've never run out and most likely won't as long as I continue as a commercial gardener.

The front door was in good shape so that was saved. A picture window in the living room was dirty, but wasn't cracked and we were able to get it out and later sell it.

We also used tongue and groove floor boards to build a floor in our garage that has now been used for 10 years and continues to look good. Had I poured concrete for that garage, it would have cost nearly five times as much. Any cost incurred came from deck screws, an occasional sheet of plywood and equipment.

But here's the real prize. When we dug into that house to bring it down, we had no idea what was in store for us.

Most of the siding remained intact so we thought we'd salvage what we could. Some of the boards

were quite fragile and cracked when we ripped them away from the structure. But, we were able to keep most of it and as it turned out, 100 percent of that siding is cedar.

Have you priced cedar lately? Because we've been organic and can't use treated lumber, we've always used cedar. Not only did we save a boat load of money by collecting that cedar, it's easily available for a variety of uses.

We salvaged 700 square feet of cedar siding, which translates into \$7,350 worth of lumber. We paid \$200 for the house and the property on back taxes.

As mentioned, we didn't realize the siding had that sort of value. We just decided to tear the house down and recycle because that's how we roll, not knowing the value we were extracting when we started.

So every county across the state

most likely has these kinds of buildings. Houses, barns, garages, wood grain bins, chicken coops, you name it, it's there.

And, of course, it's up to the property owner to tear it down, burn it, or leave it standing until it collapses. There's value in it. We found that out in the summer of 2009.

It should also be mentioned that good lumber can be salvaged from buildings in the worst condition. Go to a trade show sometime and see how people have repurposed trim from houses and barns. Barn-wood picture frames have become quite popular.

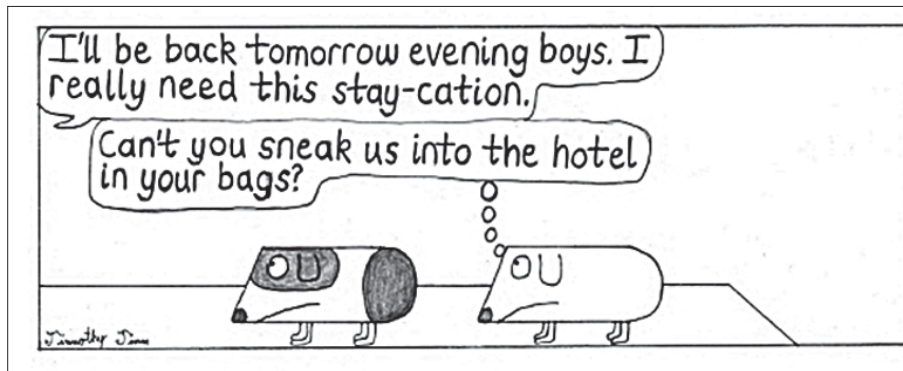
The downside is it's a time consumer. It's not something that can happen overnight. But, it would behoove any property owner to at least take a closer look and assess the value of the materials.

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

At this point in the year, it would be easy to bemoan the seemingly endless chilly days. I could fill this week's column with witty comments about how I'm getting tired of hearing about flurries in the forecast. Or maybe I could come up with a cheeky way to reminisce about the Easter blizzard we were facing at this time last year.

I could write about those things, but I won't.

Today, instead of encouraging you to draw your gaze skyward to marvel at the warmth of the faithful spring sun—I'd like us all to collectively cast our eyes to the ground. Let's all take a moment to appreciate the humble beauty of something often overlooked in the excitement of a new season emerging. While most will never think twice about it, this underappreciated aspect of spring just may be the thing I most look forward to seeing after the deep-



The reappearance of these faint lines is one of my favorite aspects of spring.

AMY ALLENDER PHOTOS

The Best Part of Spring

freeze of a long winter.

Am I referring to fresh blades of grass poking through frosty soil? Or perhaps to the first leaves growing from wooded stems? Maybe to movement underfoot as brave insects decisively begin to forage above ground?

All good guesses and worthy of admiration, but no.

As a not-from-around-here person, the thing I most look forward to seeing consistently upon the return of spring is parking lot lines.

The snow this week reminded me just how much I miss seeing those sweet yellow, white, and blue lines. A few balmy, above-freezing days spoiled me. I parked so confidently, so accurately. Then this week's snow threw it all into chaos again.

The exact amount of anarchy which ensues the moment layers of snow and ice begin to permanently cover our lots cannot be fully explained, or exaggerated. To the born and raised Hot Dishers, this is normal winter protocol. For a large portion of the year most parking is a rough estimate at best, and flippant carelessness at worst. For me, the absence of parking lines and the order they command is jarring each and every year.

Everything is in order. You pull into the parking lot and all the cars are lined up in neat little

rows. There is plenty of space to maneuver. Even if you've never been to a certain establishment, there is something calming about knowing where and how to leave your car.

Then one day, BAM! Snow and ice cover the asphalt. Suddenly the quaint orderly town you thought you knew turns into a lawless wasteland. Are the lines slanted or straight? No one knows—some park at an angle, others don't. It doesn't matter—there are no lines. Where exactly does that second line of cars begin? Again, no one knows. Anything goes. Every car is at the mercy of the first driver's best guess. Too close to the first row, or too far apart and the whole lot is off.

And don't even get me started about the pressure I feel when I am that first driver. Forget about the stress of sitting for the SAT, or wedding day jitters. There is no weight greater than that of being the car that sets the tone for a blind parking lot. For the record, no one should trust me to be the



I love seeing the return of plants, and hatching chicks as much as the next person, but my favorite sign of spring is much more mundane.

tone-setting first car in the lot. I do my best, then just try to avoid eye-contact with others, because I know my parking only adds to the chaos I so loathe.

Sure, lots of places experience snowy parking lots. This isn't something only NoDak drivers face. But there's a key difference. Those other places get mid-winter melts. Temperatures rise above freezing long enough to let the lines peek through. Drivers receive regular "refreshers" on where to park and how. Around here, the lines disappear—and depending on which lot you're in, and how

the season shakes out—you may only glimpse them once or twice all winter.

So yes, I'll be happy to welcome back warmer temperatures, grass, budding tress, birds, and bugs. But while we wait for the slush to dry up, and flowers to emerge, let's be grateful that days of parking lot pandemonium are (fingers crossed) behind us until next year.

For more stories of life in Hot Dish Land, and tips for cultivating a positive mindset, join me on Instagram @amy_allender, and Facebook @amyallenderblog.



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- Nephrology
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- Podiatry
- Pulmonology
- Urology

- April 27**
- Midwifery (formerly in Town & Country)
- OB/GYN (formerly in Town & Country)

- May 1**
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the northern sentry Salute

SSgt Edward Maruna



742nd Missile Squadron
Home Town: Ramona, California

Staff Sergeant Edward Maruna serves as a Facility Manager of the 742nd Missile Squadron, Minot AFB, North Dakota. Sergeant Maruna manages a Missile Alert Facility, providing safe and reliable operations for his facility which supports 10 Minuteman III ICBMs. He has deployed for 145 days supporting missile operations, was elected as a Wolfpack Association treasurer and helped earn \$6.2K for annual morale events for the squadron.

GAME SALUTE: APRIL 7

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.



SLICE OF LIFE
KIM FUNDINGSLAND

I can't remember the first time I went fishing, or the first fish I caught. I'm thinking I was about six years old or so and do know that I've been an avid fisherman to this day.

Every fisherman has a few tales to tell. Many have much better recollection than I. Mostly I have more than enough memories of tails swimming away to fill a thousand pages with ease. Seems I remember the ones that got away far better than those fish I've caught.

What I'm going to share here is a small collection of observations and incidents related to fishing, each a slice of life that left some sort of impact on me, big and small. The source of inspiration for what follows comes from my gazing at three old fishing reels I have sitting on a windowsill – a Zebco 33, dad's old Shakespeare bait caster, and a Mitchell 300.

The Zebco is a push button, closed-cased reel that I used for several of my early years of fishing. I saved my allowance until I had enough to buy the Mitchell open-faced spinning reel. I was probably 12 or 14 years old. It was as though I owned a new Cadillac.

The Shakespeare was used by dad for trolling Daredevils and Lazy Ikes for northern pike on Lake Darling. His fishing was mostly from a 12-foot wooden boat he kept propped up against the garage. He co-owned

it with the next-door neighbor. It was powered by the largest motor allowed on Lake Darling back then -- 10-horsepower. There is no such horsepower limit today.

SALAMANDERS AND SPIDERS

I had to work them in this story somewhere. Guess this is it.

Salamanders used to be so abundant in the sloughs along Highway 83 south of Minot that there were times when you could not drive the speed limit. The reason? The road was too slippery from the thousands of salamanders that had been run over. I collected a few of the live ones now and then for shore fishing on Lake Sakakawea. They worked.

What about the spiders? How weird is this guy? Weird, maybe, but not that weird.

This is about rubber spiders. The fake ones. They used to sell them as fishing lures for panfish, probably still do. Of course, I had to try them.

The body size of those creepy things was about the size of a pencil eraser. They had jiggly, rubber legs about 3/8 inch long. I tied one of those fake spiders to light monofilament line attached to a cane pole and dropped the phony arachnid into the water at Strawberry Lake. Within seconds it was surrounded by little bluegills, like spokes on a wheel.

Those young fish approached slowly until they were within an inch or two of the spider. None would grab it. Oh, how cautious they were!

Sometimes a little bluegill would be about to take it but would suddenly spook, scaring the other bluegills too. With a few seconds they would gather again, always an inch or two away from the spider.

Some Things Fishy

Finally, one of those four-inch bluegills slowly moved forward. It grabbed the very end of one the spider's very tiny legs in and pulled on it. Then quickly let it go, which was cause for great alarm for the other bluegills that darted out of sight. Then they'd return and the whole silliness would start over again. Fishy stuff? I think so.

Now to other fishing-related incidents that left a lasting impression. I still have a scar on the little finger of my right hand, sliced for life, courtesy of a tooth of a large northern pike caught by my brother. Crazy thing though, but very pike like, that fish was on the

cleaning table when it made one last flip and sliced me.

Imbedded in the finger next to it, and it has been there for many years, is part of a treble hook. I was using my Mitchell 300 and casting a Cisco Kid, orange with black dots, off the shore at Wolf Creek on Lake Sakakawea when I got hooked good. It was my 12th fish on consecutive casts, some walleye but mostly goldeyes, one of which I still hold responsible.

I slipped, that darned goldeye flipped, and I had a hook buried in my finger. I tried to pull it out with a fishing pliers but only got part of it. The rest I've seen on X-ray a few



KIM FUNDINGSLAND PHOTO

times, stuck right in the bone.

A slow learner, I've had visits with emergency room doctors more than once for similar "accidents". Several years back I learned to put on Kevlar gloves before unhooking any fish. It's saved me several ER visits too.

Aah! Those wonderful fishing memories.



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What It Takes to Wear The Diamond

ROD WILSON, NORTHERN SENTRY

MSGT. RICHARD BALTAZAR
Hometown- Los Angeles, CA
Wife- Amaris
Family- Daughter, Brenee, 16
Son, Elijah 13

"I'm grateful and eager to start my journey as a First Sergeant. Mentoring and helping others in need has always come natural to me, this position can help showcase my helping nature. I hope to have a positive impact on Airmen's careers and lives."

For Master Sgt. Richard Baltazar, his path to First Sergeant was started in part by a former First Sergeant, and part by a Flight Chief, Senior Master Sgt. Todd Armstrong, while he was stationed in Korea. At the time, Baltazar's family had already been moved to his next duty station, Hickam Air Force Base in Hawaii. "My wife was 25 weeks pregnant and had a routine sonogram at Hickam AFB. She called me and told me that they

couldn't hear the babies' heartbeat anymore. I went to work, and my Flight Chief recognized that I wasn't myself. He took it upon himself to ask me multiple times, and finally he took me in his office and asked again. He had been a former First Sergeant and was trained to notice slight changes in personality. I just wanted to get it off of my chest, so once I told him the story, he was able to find a way to get me back to Hickam and my wife. The next day my wife had a DNC, and I was there. Once I got settled into Hickam, I called SMSgt. Armstrong and thanked him for what he did. He said that all he wanted was for me to pay it forward."

And Baltazar did find that opportunity at his next base, Spangdahlem Air Base in Germany.

"It was 2018, and at Spangdahlem there was an assistant First Sergeant position available, so I interviewed

for the position and got the job," according to Baltazar. "I held that position for 18 months." Fast forward to Minot AFB and 2023 where Baltazar graduated for the First Sergeant Academy and started his new position on Monday, April 3rd.

Baltazar joined the Air Force in July of 2008. Originally from Los Angeles, he finds the weather to be a bit colder than he had thought, but in general he likes Minot and the base.

For most of his career, he has been in aircraft maintenance. "[I have spent my career] maintaining ejection seats on some of our finest aircraft," explained Baltazar. When asked about ejection seats on a B-52, Baltazar explained that there are six.

For a First Sergeant, the job is 24/7, but as Baltazar explained, "You need to find the proper balance. I am in the office from 7 AM to 4

PM, but when I walk out the door I am always on call. I do know that when I leave the office, my main focus has to be my family. Still, my family knows what I signed up for, and that a phone call can change what we are doing."

Baltazar was quick to point out that he can always lean on his "amazing Flight Chiefs to help out if I need them. They know the personnel, and everyone wants to help out if needed."

First Sergeant is a controlled tour for four years, with an option to extend another two. Baltazar may end up remaining in Minot for the balance of his time as a First Sergeant. But, he explained, "They may move me. It's a situation of wherever the Air Force needs me."

Baltazar is currently assigned to the 891st Missile Security Forces Squadron, despite his background in maintenance. "They want you



MSGT. RICHARD BALTAZAR

to experience something different. Then in 12-18 months they rotate you somewhere else."

According to Baltazar, "I grew up helping people. It's just what I learned to do."

MSGT. RENEE HELGESON

Hometown- Johnstown, PA
Spouse- Gaylen

Renee and Gaylen have 4 Puppies
"I wanted to become a First Sergeant to pass on the knowledge and encouragement that I have received from my previous leadership teams. I also believe that I have a lot of negative and positive life experiences that others can learn and grow from. My goals for my time as a First Sergeant are plentiful. The most important ones are to help as many people as possible as well as ensuring that people are treated fairly and with the dignity that we all deserve. I couldn't be happier and am honored to serve as a First Sergeant in the Air Force. I believe that it is the perfect job towards the end of my career that will culminate everything that I have been able to learn and share with every Airman possible. I hope that I am able to strive every day to do my absolute best and exemplify those that came before me and leave an impression for those to follow."

For Master Sgt. Renee Helgeson, a plumber by trade in the Civil Engineer Squadron at Minot AFB, her incentive for staying in was to never give up on her goal of being a First Sergeant during her tenure in the Air Force. She joined the military in 2004.

It was in 2011 that Helgeson developed a drinking problem that led her to seek treatment with ADAPT (Alcohol and Drug Abuse Prevention and Treatment), which by her own admission, did not go well at first. "It really should have

been the end of my career, but I had guidance from an amazing First Sergeant," she said. "He was there to make sure that I wasn't drinking, things got better and then I PCS'd to Minot," according to Helgeson.

"All through my Air Force career, I had run into some First Sergeants who were not great, and others who were amazing," says Helgeson.

Her tenure in CE would be the final encouragement she needed as the two command teams she work for, led by Col. David Dammeier and Col. Matthew Altman, encouraged her to achieve the rank of Master Sgt., which would allow her to take the next step and apply for First Sergeant.

As an Executive for the 5th Civil Engineer Squadron, she would meet then First Sergeant, Senior Master Sgt. Sergio Gonzalez. "I watched how he handled his job, how he

dealt with the really ugly situations and maintained his composure. I told him that I didn't think I would be able to do what he was doing. But he assured me that I certainly would be able to handle those situations if I was a First Shirt. I wouldn't trade those moments for anything."

If it were up to Helgeson, she would remain in Minot for her full four-year tour as a First Shirt She continued, "but it looks like I may be headed back to Germany. I don't have orders yet, but it would be okay. And then most likely I would probably retire, and we return to Minot after that."

Helgeson said you have to want to

be a First Sergeant in order to take on the responsibility. "It's all about serving the Airmen. I always want to do the best by my Airmen. You need to give everything you've got for the Airmen in your squadron."

And her advice to others who may be thinking about the First Sergeant role? "I would advise them to shadow a First Shirt in a squadron outside of their career field, because you pretty much know how it works in your squadron."

Helgeson estimates that she is the First Shirt to around 240 Airmen. "It was daunting at first, but I have been groomed to handle being a First Shirt, and I've definitely grown into the position."



MSGT. RENEE HELGESON

continued on the next page



MSgt. Renee Helgeson holds back tears when presented her selection of First Sergeant.

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continued from page A7

MSGT. EVAN OEHLBECK
Hometown- Rochester, NY
Spouse- Megan

"Becoming a First Sergeant in the United States Air Force has been a career goal. At my first duty station, Tyndall Air Force Base in 2006, I remember the leadership, professionalism, and compassion of the Shirt and that always stuck with me throughout my career. Having that kind of impact is an awesome responsibility. The trials and tribulations that people experience both in their personal and professional lives while serving on active duty can take a toll. Airmen need a confidant with a wealth of knowledge and experiences, and I am eager to be a servant leader in that role."

Master Sgt. Evan Oehlbeck was alone in Korea and worried. Worried because he had no idea what his next base assignment was going to be. Alone because it was only his second duty station after being stationed at Tyndall Air Force Base. It was a First Sergeant, MSgt.

Carter, that reached out with some words of encouragement. "The First Sergeant talked to me and walked me through what it would take to get through the situation. "He gave me some of my first resiliency tools" said Oehlbeck. Although Oehlbeck did not have his journey completely charted out at just that moment, he knew that someday he would like to be a First Sergeant and help a young Airman just as he was helped. "What I learned is that you aren't always going to understand life, and what it throws at you. Some situations are difficult. As a First Sergeant, I want help [the younger Airmen] in a good capacity, because I've been there," said Oehlbeck.

His journey would take him back to Tyndall AFB, where he would eventually meet his wife, Megan, but there was no happily ever after scenario quite yet. There would be a divorce from his first wife and a return to Korea, once again without a follow-on assignment. It was during his second assignment in Korea where he thankfully had

council from an old supervisor Chief Master Sgt. Jennifer Jones. "The Air Force was going through a strange time at that point following the ERB, none of my follow-on choices went through and I would once again have to wait nine months to find out where I would be going next." It left the Air Force with an option, and that option would be to send him, and his wife who is originally from Alabama, to Minot Air Force Base. "[Minot] was not on my EQUAL listing. I honestly was ready to quit, go guard or reserve, but CMSgt. Jones talked me down off the edge. She said that if I made that decision [to quit], I would regret it. She said that later in life I would thank her, and she was right." Oehlbeck tells the story of arriving in Minot, and driving to Walmart in September of 2018 when it started to snow. "My wife broke down and cried." But better days were on the horizon as MSgt. Oehlbeck accepted a deployment to Guam, and he was able to bring this wife along. Next, he became the Wing Level Weapons Safety

Manager, a job he really enjoyed. It was while in this position in the Wing Staff Agencies he had the opportunity to be a full-time First Sergeant.

MSgt. Oehlbeck figured that he had a large amount of experience in dealing with life's difficulties. He had lived in the dorm whereby his own admission he got in a little bit of trouble. MSgt. Oehlbeck feels that the best First Shirts are those who have experienced the ups and downs of life and persevered.

The journey could have ended right there, but the story would not have been complete. Also in the journey, while being stationed here at Minot AFB, Megan would be diagnosed with stage 2 breast cancer. During the pandemic, the Oehlbecks have made several trips to Rochester, Minnesota, to Mayo Clinic as they have battled Megan's breast cancer.

"This summer we will PCS to Davis Monthan, where we will be only 90 minutes from a Mayo Clinic in Arizona. We need to finish the battle and being there is important



MSGT. EVAN OEHLBECK

for us."

So as MSgt. Oehlbeck puts on the diamond of a First Sergeant, he has some advice for someone looking at the journey to First Sergeant. "Becoming a First Sergeant is worth the trip. You're going to face sacrifices along the way. Sacrifice for the things you want in life, otherwise the things you want in life will become your sacrifice."



Left to Right - First Sergeants MSgt. Richard Baltazar, MSgt. Renee Helgeson and MSgt. Evan Oehlbeck.



The AF First Sergeant Academy (FSA) is a leadership development and technical training course designed to train, educate, and develop select senior noncommissioned officers to serve as United States Air Force first sergeants. First sergeants advise commanders on the readiness, health, morale, welfare, and quality of life of Airmen and families to ensure a mission-ready force.

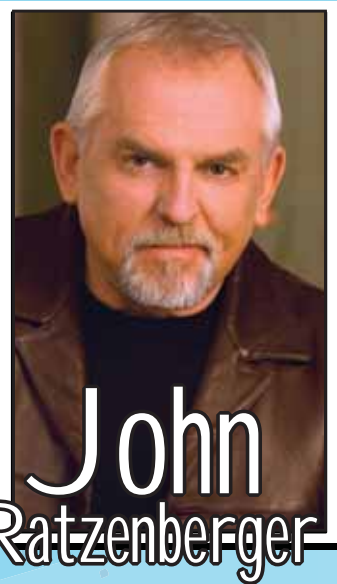
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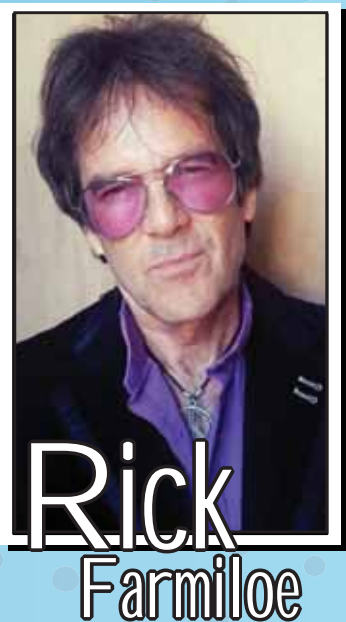
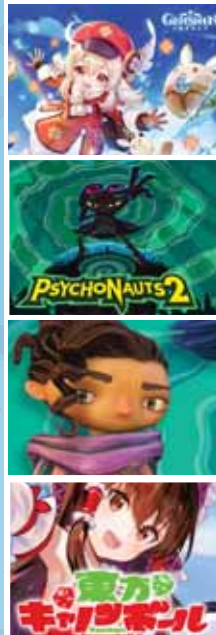
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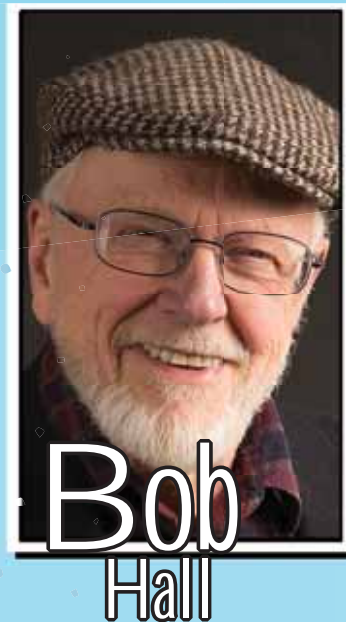
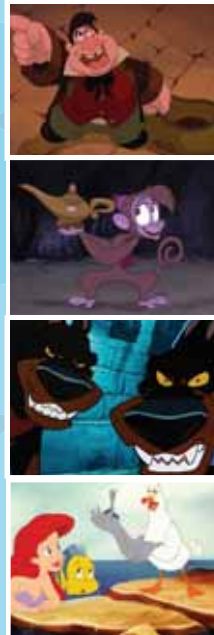
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Squadron unveils one stop website for enlisted promotion study materials

STUDIES AND ANALYSIS SQUADRON, AIR EDUCATION AND TRAINING COMMAND

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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BTF-23-2: RETURN



Team Minot leaders greet Airmen returning from Morón Air Base, Spain, on the flightline at Minot Air Force Base, North Dakota, March 29, 2023. The Airmen spent five weeks at Morón in support of a Bomber Task Force mission.



Col. Daniel Hoadley, 5th Bomb Wing commander, welcomes Airmen home from a Bomber Task Force (BTF) mission at Minot Air Force Base, North Dakota, March 29, 2023. U.S. Strategic Command BTF missions provide opportunities to train and work with allies and partners in joint and coalition operations and exercises.



Lt. Col. Benjamin Chapman, 5th Aircraft Maintenance Squadron (AMXS) commander, presents Senior Airman Grayson Jones, 5th AMXS crew chief, with Senior Airman Below The Zone (BTZ) upon return from a Bomber Task Force (BTF) mission at Minot Air Force Base, North Dakota, March 29, 2023. Jones had been selected to receive BTZ, a one-time advancement consideration to earn the rank of senior airman from the rank of airman first class six months before the standard fixed promotion date, while participating in a BTF mission at Morón Air Base, Spain.



Senior Airman Christina Long, 5th Operations Support Squadron weather forecaster, greets her daughter upon return from a Bomber Task Force (BTF) mission at Minot Air Force Base, North Dakota, March 29, 2023. U.S. Strategic Command BTF missions provide opportunities to train and work with allies and partners in joint and coalition operations and exercises.



Senior Master Sgt. Thad Burton, 5th Munitions Squadron armament flight chief, is welcomed back from a Bomber Task Force (BTF) mission by his family at Minot Air Force Base, North Dakota, March 29, 2023. U.S. Strategic Command BTF missions provide opportunities to train and work with allies and partners in joint and coalition operations and exercises.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN EVAN LICHTENHAN

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Breaking Stuff is all the RAGE

ERIN BEENE, NORTHERN SENTRY

The “rage room” may not be a new notion, but its commercialization has become a fairly new craze. But, new or old, the concept is creating a mess of destruction across the US and it has made its way to Minot too! The Let’s Destroy It Rage Room located in Minot at 300 30th Ave NW has been open since June of 2022 and offers customers the chance to get mad, break stuff (lots of stuff) and not have to clean up afterwards. Confused? Or interested?

Owner and military veteran, Shaun Lewellyn, and his wife Crystal saw the need for such a place during the pandemic. They looked around at their friends, family and the community and realized that a lot of people were angry, frustrated and had pent up energy. Shaun recalled thinking at that time, “I wish I had something to break!” They recognized the unique opportunity to offer our region of North Dakota something that wasn’t available anywhere else in the state at that time. They wanted to give people a healthy, safe and fun way to show their rage, aggression and get mad without bad consequences. The couple is also very passionate about mental health and saw this as another way to reach those struggling with finding the right outlets.

So after never having even experienced the “rage room”

themselves, Shaun and Crystal took a leap of faith and opened Let’s Destroy It Rage Room without looking back. Today, the space contains two rooms dedicated for breaking bottles, smashing glass objects and beating appliances with sledge hammers and baseball bats. Although Let’s Destroy It is open by appointment only, Shaun and Crystal are willing to work around many schedules and accommodate groups too. Still confused about why and how this works? Shaun said not to worry, “You won’t get it until you try it.” So that’s exactly what we did.

A session in the rage room lasts approximately 30 mins and before stepping in, each person will need to sign a waiver and be given a short safety brief. Each person is also given protective gear in the form of coveralls, glass proof gloves and a hard hat with face protection. Inside the room the place is scattered with lots of glass bottles, ceramic plates, large appliances and other items only there to be smashed to pieces. Of course, each session’s items are subject to availability but there is plenty in there to work up a sweat-filled half an hour. Loaded with gear, many breakable items and a plethora of smashing weapons (bats, sledgehammers & wrenches) it’s time to “rage out” and break everything! As the music of choice

blares in the background, each customer starts destroying items as quickly or as slowly as they feel comfortable. This writer found it especially enjoyable to shatter ceramic plates on the ground in a dramatic fashion! But some of the men found beating a dryer to pulp with a sledge hammer the most satisfying.

By the time the music ends and the entire room is in shambles, everyone is sweaty and feels so much lighter and less stressed. The Lewellyns said the room has helped many people struggling with post-traumatic stress and other mental struggles as well as offers a unique and fun challenge for those who just want to try something new.

The couple explained that they are working on creating a traveling “rage room” in a cleared out RV. The mobile version will be able to accommodate smaller groups all over the city and be able to be rented out for parties and events. Shaun encourages everyone to give it a try and said they allow kids to also participate with some stipulations. They also offer a military discount. Try something new, support a small business and get out some stress in the new Let’s Destroy It Rage Room this year! Find more about them and schedule an appointment at their website letsdestroyit.com .



Right: Let’s Destroy It Rage Room owners Shaun & Crystal Lewellyn with their daughter Angel.



Military Members Maj Jeffrey Beene, 91 MSFS and MSgt Jason Lawyer, 5 CES with their spouses Erin Beene and Melissa Lawyer had a blast destroying bottles, plates and a clothes dryer!



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On behalf of the Twentieth Air Force Commander, we are extremely proud to announce the following as the Twentieth Air Force nominees: **2022 BLACKS IN GOVERNMENT MERITORIOUS SERVICE AWARD:**

TSgt Tiffany N. Cooke – 91 MSOS, Minot Air Force Base, ND
2022 AIR FORCE KEY SPOUSE OF THE YEAR AWARD:
 Mrs. Katie M. Baugh – 341 OSS, Malmstrom Air Force Base, MT
 The nominees will now compete at the AFGSC level.




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A LOOK BACK

THIS WEEK IN USAF HISTORY

YB-52 STRATOFORTRESS FLIES ITS MAIDEN VOYAGE
 APRIL 15, 1952



The YB-52 Stratofortress was the first B-52 prototype to take flight, marking a new chapter in US nuclear deterrence. (Robert F. Dorr Collection)

On April 15, 1952, the Boeing YB-52 Stratofortress prototype became the first of its kind to take flight. While the XB-52 was actually the first prototype that Boeing created, it was not operational until October of 1952 due to ground testing damage, making the YB-52 the first Stratofortress in the sky. The prototype, which was piloted by Alvin 'Tex' Johnston and Lt. Col. Guy Townsend, took off from Boeing Field in Seattle, Washington. After 2 hours and 51 minutes of in-flight system checks and flying at 25,000 feet, the Y-B52 successfully landed at Larson Air Force Base, Washington. At the time, this set the record for the longest first flight in Boeing's history. A long line of bomber models came after the X and Y-B52s, eventually landing on the last and most current model: the B-52H. The first flight of the B-52 was the beginning of a new generation of bombers that would aid the USAF in nuclear deterrence for over 60 years.

Information courtesy of: Air Force Nuclear Weapons Center / historylink.org

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TEAM MINOT LEADERS SIGN JOINT PROCLAMATION

Top Left: Col. Daniel Hoadley, 5th Bomb Wing commander (left), and Col. Kenneth McGhee, 91st Missile Wing commander, sign the April observances proclamation at Minot Air Base, North Dakota, March 27, 2023. The proclamation recognizes several different observances that take place in April, including National Child Abuse Prevention Month, Alcohol Awareness Month and Sexual Assault Awareness and Prevention Month. Bottom Left: Team Minot leaders pose for photo following the April observances proclamation signing.

The signed April observances proclamation sits on a table at Minot Air Force Base, North Dakota, March 27, 2023.

U.S. AIR FORCE PHOTOS SENIOR AIRMAN EVAN LICHTENHAN



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Northern Sentry Publisher Ted Bolton awards Ken Oda, Director of Operations of Minotauros Hockey with the Best of Minot AFB Award for Best Local Family Activity.



Son of a Brunch Owner Lee Drummelsmith accepts the Northern Sentry's Best of Minot AFB Award for Best MAFB Food.

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Upcoming Events

7-8 APR SUCCULENT BAR AT THE MARKET
10:00 AM - 3:00 PM
The Market on 4th
1900 4th Avenue NW, Minot

Our Succulent Bar is back for the 6TH YEAR!! Join us for a fun event for all ages. Use your creativity in planting your own succulent garden. We will have a variety of pots, containers, succulents and houseplants that are all priced separately. Each pot planted will have a \$3-\$7 planting fee which includes potting soil, moss and rocks to personalize your own creation. Have your own pot? No problem! Just bring it with and fill it with succulents at the shop! No need to sign up, just show up with your friends and start planting!



For more information:
Facebook/ Market on 4th/ Events

8 APR DOWNTOWN MINOT EASTER EGG-STRAVAGANZA
10:00 AM
1 Main Street S Minot, ND

Participating businesses will have a basket of plastic Easter eggs filled with coupons or deals to use in their business. You just need to show your event ticket to pick out an egg of your choice and then it give to a staff member to open and find out what's inside. You can choose to use it right away or save it for another time. [Tickets are \$10 + tax and fees] Show your ticket at participating businesses to pick an egg filled with various deals! (Event runs until 2pm or as supplies run out.)



For more information:
Facebook/ Downtown Minot/ Events

14-15 APR 32ND ANNUAL MINOT SPRING BIG ONE ART & CRAFT FAIR
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Mark your calendars and come out to the ND State Fair Center on April 14th & 15th! There will be over 150 exhibitors filling 275+ booths with arts, crafts and baked goods that all have a touch of being hand made! The doors are open on Friday, April 14th from 10am-8pm and on Saturday, April 15th from 9am-5pm! Admission is \$5.00 at the door only. 12 and under are free! For more information on our shows, visit our website at www.thebigone.biz Admission: \$5.00 Friday, April 14th, 2023 10am - 8pm Saturday, April 15th, 2023 9am - 5pm



For more information:
Facebook/ The Big One Art & Craft Fair/Events

24 APR ATYPICAL BREWERY SIP & PAINT
6:00 PM
Atypical Brewery & Barrelworks
510 Central Ave East, Minot

As you sip on a delicious craft beer from Atypical Brewery, our artist will guide you through the steps to create your own unique painting. Whether you prefer to follow along with the provided design or put your own spin on things, our Sip and Paint event is all about having fun and enjoying the creative process. All of the materials you'll need are provided, including paint, canvas, brushes, and aprons to keep your clothes clean. Just bring your creativity and a sense of adventure, and we'll take care of the rest. Be sure to check your ticket for dates, times, and location. No Refunds - Credit for Future Classes Only.



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TSgt Awarded AAFM Scholarship for Science Degree

ERIN BEENE, NORTHERN SENTRY

Tech. Sgt. Maxie Cardinal, 91st Missile Maintenance Squadron, was recently awarded a \$500 scholarship by the Association of Air Force Missileers (AAFM). The CMSgt Dick "Hawk" Hochheiser Memorial Scholarship was founded because of Hawk's "unrivaled technical expertise coupled with his humble, approachable, and humorous personality" which "positively influenced thousands of contractors, and active duty ICBM personnel." The AAFM offers many scholarships and programs with their mission to "...preserve

the history of USAF missile systems and the people who develop, test, deploy, operate, maintain, and support them."

After completing a questionnaire on the AF Portal, Cardinal discovered the CMSgt Hochheiser scholarship and others that he was eligible for because of his work with ICBMs and his other accomplishments. Because he was working towards his bachelor's degrees, Cardinal was then awarded the scholarship due to his dedication within his field. Cardinal mentioned that he had

been previously unaware of the vast amount of scholarships and aid that were available in this regard.

The Association of Air Force Missileers is a non-profit organization that is open to any person that worked within the missile frame, not just missile operators. Their website <https://www.afmissileers.org/About> states, "Our membership includes over 4,000 former and current missileers and friends of missileers. Members represent every USAF missile system from the earliest

development programs in the 1940s to current missile and space systems. Members are active duty, retired or discharged missileers or civilians who served in operations, maintenance, munitions, research and development, communications, training, security, safety and all areas of support of Air Force missiles and represent every rank from young airmen to senior leadership in both the officer and enlisted ranks."

Cardinal has been stationed at Minot AFB for nearly 20 years and currently serves as an electrical mechanical technician. He said that even though he has been only stationed at one location, he has worked for four different major commands and that he and his family absolutely love it here in Minot.

Looking to the future and Air Force retirement has forced Cardinal to think about what his life looks like after military service. He is currently pursuing a bachelor's degree from Minot State University to get his teacher certification in high school sciences. Cardinal loves to utilize his critical thinking skills by understanding the principles behind scientific methods and is specifically interested in earth sciences. His degree is still in process, but Cardinal is grateful for the scholarship opportunities



TSgt Maxie Cardinal
91st Missile Maintenance Squadron

to help him work for his goal. When asked what the most important part of the process was, Cardinal explained that he wanted to spread awareness for the AAFM and all that they do. He said he has been a part of the ICBM community for a long time and was not previously aware of all the things the AAFM organization offers and does for those in the missile community. He wished he had been a part of it sooner. The scholarship also comes with a three-year complimentary membership to the AAFM. Congratulations to TSgt Cardinal and good luck in your future both in and out of the Air Force!



2023 NUCLEAR CONVOY COURSE

In March the Convoy Response Force Vikings team from 91 MSOS came together and crushed the '23 Nuclear Convoy Course along with Tactical Response Force, Air Defense and 54th Helo Squadron!

U.S. AIR FORCE PHOTO | 91ST SECURITY FORCES GROUP

welcome baby

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Please include your name and the birth date of your baby. Baby listings will come from Trinity Health.

Local Cravings Restaurant Guide



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Phone: 701.839.2130
www.applebees.com

Badlands Restaurant & Bar

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Phone: 701.852.7335
www.blgrill.com

Bone's BBQ Smokehouse & Grill

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

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FB: 28 Tastes & Taps

Culver's Restaurant

3000 S Broadway, Minot
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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

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www.primominot.com

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Phone: 701.837.1884
www.sourisriverbrewing.com

The Starving Rooster

30 1st St. NE, Minot
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Final Environmental Impact Statement for the Sentinel Deployment and Minuteman III Decommissioning and Disposal Published

AIR FORCE GLOBAL STRIKE COMMAND PUBLIC AFFAIRS

BARKSDALE AIR FORCE BASE, La. --

Pursuant to the National Environmental Policy Act (NEPA), the Air Force has prepared a Final Environmental Impact Statement (EIS) that analyzes the potential environmental consequences associated with the proposal to deploy the Sentinel Intercontinental Ballistic Missile weapon system, formerly the Ground Based Strategic Deterrent, and decommissioning and disposal of the aging Minuteman III ICBM weapon system.

Construction and operational activities would take place on-base and in the missile fields at F.E. Warren Air Force Base, Wyoming; Malmstrom AFB, Montana; and Minot AFB, North Dakota. Additional construction, maintenance, training, storage, testing, support, decommissioning, and disposal actions would occur

at Hill AFB, Utah; the Utah Test and Training Range, Utah; Camp Guernsey, Wyoming; and Camp Navajo, Arizona.

The deployment of the Sentinel system would begin in 2023 at F.E. Warren AFB and be implemented at Malmstrom AFB and Minot AFB over the next 15 years. The Proposed Action would not include generating or disposing of nuclear material, and the number of land-based nuclear missiles would remain unchanged.

Members of the public who reviewed the Draft EIS published in July 2022 and provided comments in any format, are asked to see Appendix B of the Final EIS to review a response to their comment.

The Final EIS is available for download from the project website located at www.gbsdeis.com. An electronic copy may be requested by calling (307) 773-3400 or emailing gbsdeis@tetrattech.com.

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OUTDOOR

REPORT

OUTDOOR NOTES:

PATRICIA STOCKDILL



PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, April 3: 1,824.74 feet above mean sea level (MSL); 15,900 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.53 feet above mean sea level (MSL).

Stump Lake elevation: 1,449.44 MSL.

•N.D. Game & Fish Dept. game wardens: Little activity on the east end of Lake Sakakawea. North-central area lakes quiet with lots of slush and snow. No Lake Darling or Devils Lake reports.

•Devils Lake, Ed's Bait Shop, Devils Lake: Lots of slush on Devils Lake

•Devils Lake, Woodland Resort, Devils Lake: Weather and access permitting, angler finding nice perch success on the east end of Devils Lake. Beware of slushy conditions and moving around on the lake remains difficult.

•Lake Darling, Karma C-Store, Ruthville: Lake Darling generally quiet. No reports from Lake Audubon.

•Lake Metigoshe, Four Seasons, Bottineau: Angling activity slowed but those still going out continue finding some nice-sized pike with a few walleye mixed in.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Somewhat improving walleye activity around Steinke Bay on the east end of Lake



- New fishing licenses are now required.
- Permanent ice houses can still be used but 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.
- April 8: Maple Sugaring Day, Fort Stevenson State Park, Garrison, 10 a.m.
- April 8: Spring turkey season opens.

Sakakawea. Lake Audubon remains slow.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Look for pike activity around back bays on the east end of Lake Sakakawea. Try 6 to 12 feet around Steinke, Centennial, Garrison, Douglas bays. No walleye reports.

•Lake Sakakawea, New Town: Van Hook Arm and river portion of Lake Sakakawea around New Town remain quiet. Look for pike activity to start once the creeks start running into the back bays.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River and Lake Sakakawea remain quiet with little activity.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Best walleye activity

on the upper end of Lake Sakakawea remains around Little Beaver and White Earth bays. Also try Lund's Landing. Most activity is in early morning or late evening in 8 to 14 feet with scattered daytime success. Improving pike success in shallow bays, working any bay with flowing feeder creeks. No reports from small area lakes.

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

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Area lakes remain quiet.

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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Planned Minuteman III test launches validate reliability of ICBM force

CARLA PAMPE, AIR FORCE GLOBAL STRIKE COMMAND PUBLIC AFFAIRS

BARKSDALE AIR FORCE BASE, La. --

Members of Air Force Global Strike Command's missile community regularly participate in intercontinental ballistic missile operational test launches, called Glory Trips, to validate the safety, security and reliability of the Minuteman III ICBM force.

The next operational test launch, GT 246, is currently scheduled for the third week in April, and planning and preparation for this mission began more than a year in advance.

"This test launch will validate the ability of the Airborne Launch Control System to provide a secondary launch platform for our nation's ICBM force," said Lt. Col. Brian Lane, 625th Strategic Operations Squadron commander. "The ALCS is routinely used in test launches to validate the backup launch capability provided by the weapon system and guarantee that an adversary cannot carry out a paralyzing first strike on the United States."

Unlike the fixed Launch Control Centers located at the three Missile Wings, the ALCS resides aboard a U.S. Navy E-6B Mercury aircraft, Lane said.

"The ALCS mission is a perfect example of the teamwork and close coordination required by the Joint Force," he added. "We cannot accomplish our nuclear deterrent mission without the outstanding Navy professionals who operate and maintain the E-6B Mercury fleet. It is a privilege to work alongside our mission partners from Strategic Communications Wing One."

While nuclear professionals of the 625th STOS are integral to working GT 246 from start to finish, in order to ensure the most effective operational test launch, a test launch calendar is forecast five years out. Missiles used in each test are selected at random from either F.E. Warren Air Force Base, Wyoming, Malmstrom AFB, Montana, or Minot Air Force Base, North Dakota.

For this launch, the missile was selected and pulled from Malmstrom AFB and shipped to Vandenberg months before the launch task force will arrive on station.

Maj. Eric Schoenhals is serving as the launch director for GT246.

"Each mission is built around very specific objectives. Whether it is accuracy, reliability or performance, it all comes back to enhancing the weapon system and showing the world that the Minuteman III is still capable of doing its job," he said. "Each test launch validates something different, which is why we schedule them so far in advance."

Capt. Zach Dennis is a test manager with the 576th Flight Test Squadron at Vandenberg Space Force Base, California.

"These launches are important because they allow us to test the world's most dynamic weapon system in real time," he said. "They allow us to make the appropriate upgrades to keep the system current



A team of Air Force Global Strike Command Airmen launched an unarmed Minuteman III intercontinental ballistic missile equipped with a test reentry vehicle at 11:01 P.M. Pacific Time Feb. 9 from Vandenberg Space Force Base, Calif. This test launch is part of routine and periodic activities intended to demonstrate that the United States' nuclear deterrent is safe, secure, reliable and effective to deter twenty-first century threats and reassure allies.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS LONDON GUNSAUL

while also showing the world the capability of the Minuteman III."

Dennis said the most rewarding part of a test launch is sharing the preliminary accuracy score with the Task Force members who built and launched the missile.

"They are the warfighters and it's the best way I can say "thanks and phenomenal work," he said.

"Each test marks the culmination of dedicated individual effort as well as effective coordination between multiple DoD organizations. However, most importantly, each test validates the Air Force's capability to provide a flexible nuclear deterrent capability in support of the defense of our nation."

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VOLUNTEER OPPORTUNITIES

Volunteer Coaches

The new Youth Sports Coordinator at Minot AFB is looking for volunteer coaches for this upcoming soccer season. Right now, I'm seeking the following number of volunteers for each of the following age groups:

- Ages 2-4 - 8 Volunteers - Ages 5-6 - 2 Volunteers (Mondays and Wednesdays)
- Ages 7-8 - 2 Volunteers - Ages 9-12 - 2 Volunteers (Tuesdays and Thursdays)
- The season will run from 8 May - 15 June with 2 practices per week.
- All ages will practice 1730-1830. No experience with the sport is necessary to volunteer. All coaches will need to be background checked (different from any AD security clearances). For questions simply call the youth center directly or stop-by for more info.

POC: Ms. April Lawrence 723-1477 of Youth Center at 723-2838.

Scouting Power 5K Color Dash Volunteers

(May 6)

Scout Troop 5401 are looking for volunteers, they're hoping for 40-50 people to help with a color run at Oak Park.

POC: RYAN J. MCBERMOTT, MSgt, USAF First Sergeant, 5th Medical Group
DSN: 723-5137 Cell: 701-240-5643

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.goviairpatrol.com> or contact the POC below.

POC: 1st Lt. Jon McLemore, CAP | jonathans.mclemore@ndcap.us
701-720-6410 | <https://nd021.ccap.gov>
Meeting location: Air Flight, Minot Airport, 2400 N. Broadway Suite E, 1830-2030 every Thursday

Winter Career Development Event Volunteers

The ND FFA Association needs judges for our upcoming Winter Career Development Events (CDEs). We're seeking approximately 30 judges. We need 60 total! There are 239 FFA members registered. Students competing in the Agricultural Career Development Event (CDE) gain experience & skills essential to the production/marketing of agricultural products. There's a team component and an individual component that illustrates related careers and offers a firsthand look at developing product knowledge. Judges will be assigned to either the individual or team event. You do not need any agriculture experience! Details for the Day: If you sign up to judge, a confirmation email with more details will be sent to you. - Located at: ND State Fair Center, Magic Place - Judges Arrival Time: 7:45 am - ND State Fair Center Upper Atrium - Coffee and Donuts - * You will receive a complimentary lunch ticket. - Judges Meeting Start Time & Location: 8:00 am - ND State Fair Center Upper Atrium - Event Start Time: 8:30 am - Event Materials: ND FFA. For those interested in serving as a judge, please go to Agricultural Judges Sign Up (go.nidfffa.com) to sign up. If you could promptly do this, it would be greatly appreciated as it helps us in finalizing our CDE arrangements.

POC: ERIN D. PARKER, MSgt, USAF, COMMC: 701-723-2717 DSN: 453-2717

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 jilyoung85@gmail.com

To have your volunteer opportunity posted, please contact
Military & Family Readiness Center (M&FRC)
5fss.family.support@us.af.mil

AF R12 STEM-to-Sky Program Volunteers

Volunteers are needed to assist with the AF R12 STEM-to-Sky program, a new annual outreach effort connecting Airmen & Teachers enabling them to provide 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 transparency 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.osl.af.mil/vr/turnupthurs>

POC: Abigail Kinder, Community Relations & Media Operations, Minot AFB PA
Commc: 701-723-6768, DSN: 453-6768

AADO Volunteers

AADO is seeking volunteers to support our regular schedule for weekends. - REGULAR 2023 WEEKLY SCHEDULE - <https://volunteering.us.af.mil/>
POC: SSGT Kristal A. Cruz Leon, 723-4633, kristal.cruz_leon@us.af.mil
Minot AADO, MinotAFB2233@gmail.com

Pride Month Volunteers

(June)

If you're interested in supporting the Minot AFB LGBTQIA+ community, including volunteering for June's Pride Month events, please contact SrA Edwin Washington. You can also join the Minot AFB LGBTQIA+ Support Club on Facebook at www.facebook.com/groups/990024054132263.

POC: SrA Edwin Washington, edwin.washington.3@us.af.mil
701-723-3011

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 of 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, of gate attendants.

POC: Dayl Fry at 701.857.7620 ex: 803 of dayl@ndstatefair.com

Minot ND Men's Winter Refuge Volunteers

(until April 30)

The Men's Winter Refuge, is a non-profit homeless shelter that is looking for volunteers to assist with a wide-range of support. Our shelter provides assistance as well as a safe place for men in need during the coldest months. We now have a facility that features 12 beds in 4 bedrooms with 2 full bathrooms and large kitchen/dining and living room area. We provide support and assistance like transportation, clothing, and of course, lodging.

We would like to humbly ask the Minot Air Force Base community to share with us their time by volunteering. We're in urgent and dire need of overnight attendants (7pm-5am). Bring a friend or colleague to volunteer, make connections, inspire and encourage people in the facility.

POC: Mike Zimmer, Executive Director
winterrefuge@rtf.com - (701) 622-2585

Caring Edge Hospice Volunteers

Caring Edge Hospice is looking for volunteers to assist with a wide-range of support. It's an honor to be part of our patients' and their families' journeys. Making connections with our amazing hospice team is just one of the many personal and professional rewards you will experience through the gift of volunteering. Our team and our community would like to offer that gift to the Airmen at Minot Air Force Base.

POC: Shelby Stuckey, Volunteer Coordinator
(888) 223-4267
sheby.stuckey@caringedge.com

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Every Week!



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

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



ALS CLASS 23-C GRADUATION

Airman Leadership School is a program designed to teach Airmen the principles of leadership and prepare them to become supervisors of other Airmen in the future. There are approximately six to eight ALS classes held each year with 48 to 60 students in each class. The students are then divided into three separate flights until the end of the course. There are four main lessons Airmen are taught during the course: professional Airmen, supervisor of Airmen, supervisory communicator and expeditionary Airmen. These sections teach Airmen drill, ceremony and retreat procedures, team leadership skills, how to perform tasks that involve both verbal and written communication, and the rules of engagement when deployed. Throughout the six week course, Airmen go through peer assessments, enlisted performance reports, problem solving and team building exercises in order to strengthen their bonds with one another as well as their leadership capabilities. *More photos can be found on Minot AFB PA Flickr page.*

U.S. AIR FORCE PHOTOS | MINOT AFB

Hotel REVEL Weddings for Warriors

Revel Hotel, a newly renovated hotel next to Dakota Mall, will be giving away use of the Pilot's Bar and adjoining banquet space at its venue to Airmen.

The new giveaway, **Weddings for Warriors**, will honor the men and women who serve the United States by giving away use of the Pilot's Bar and banquet space once every month.

At least one partner must be serving or must be an active member of the U.S. Air Force.

For further information, please send a message to the hotel at revelnd.com or contact Chelewa Springs or Ashley Cutler at 701-607-4557 or 701-306-3338.



TIPS BEFORE BUYING NEW TIRES

Though vehicles can't function without them, tires are something few drivers think about until something goes wrong. A roadside flat tire or a tire rotation recommendation from a mechanic during a routine oil change appointment may be the only time many drivers give much thought to their tires. That no doubt leads to some confusion about what to do when tires inevitably need to be replaced.

The automotive resource Kelley Blue Book notes that the life expectancy of most tires falls between 25,000 and 50,000 miles. That's a big gap, and car owners can check their vehicle manuals to see if their vehicle manufacturer recommends a more specific replacement interval. It's worth noting that mileage is not the only barometer drivers should use to determine if they need to buy new tires. The following tips can help drivers determine if now is the time to outfit their vehicle with new tires.

- Measure the tread. KBB notes that a tire assessment should always include measuring the amount of remaining tread. Drivers can do this on their own in various ways. One method involves looking at the tread wear bars, which are little bridges in the grooves between the ridges. If the bars are even with the tread pattern, then the tire has very little tread remaining and must be replaced. The penny or quarter test is a popular way to determine if tires must be replaced. Insert

a penny or quarter into the center of the tread between two ridges with Lincoln's or Washington's head facing you. If you can see the very top of the head or the space above the head, the tire must be replaced. If only a little bit of hair is visible, then the tire is nearing its end. The tire has sufficient remaining tread if the some of the forehead is concealed.

- Check for other signs of wear and tear. Little remaining tread is not the only sign tires must be replaced. Tires with cracked sidewalls, discoloration and/or bulging need to be replaced.

- Confirm a larger issue isn't lurking. Uneven wear on tires is typically a byproduct of a larger issue. Though tires that have worn unevenly will need to be replaced, replacing them without correcting the larger issue will only lead to more uneven wear on the new tires. That's a costly mistake. KBB notes that poor wheel alignment or suspension issues are typically to blame for uneven wear. This issue can be fixed and should be addressed prior to purchasing a new set of tires.

Tires sometimes exhibit telltale signs that they need to be replaced. Before buying replacement tires, drivers can inspect their existing ones and ask their mechanic to confirm that a larger issue isn't affecting their performance.

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- CHECKING ENGINE FOR HOLES
- CHECKING BELTS AND HOSES
- INSPECTING TIRE PRESSURE
- CHECKING ENTIRE UNDERCARRIAGE



Auto Care - Valvoline Instant Oil - Tires
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Minot | 1301 20th Ave SW | 701-837-1301



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Auto Care - Valvoline Instant Oil - Tires
Minot AFB | 61 Missile Ave | 701-727-4141
Minot | 1301 20th Ave SW | 701-837-1301



Women's HISTORY month

All-woman aircrew, maintenance and missileer teams assigned to the 5th Bomb Wing and 91st Missile Wing carried out training missions throughout March in support of Women's History Month.

U.S. AIR FORCE PHOTOS
MINOT AFB PA



ROASTED SLOPPY JOE STUFFED PEPPERS



- INGREDIENTS**
- 2 TABLESPOON EXTRA-VIRGIN OLIVE OIL
 - 1 YELLOW ONION, CHOPPED
 - 1 TABLESPOON TOMATO PASTE
 - 3 CLOVE GARLIC, MINCED
 - 1 POUND GROUND BEEF
 - TO TASTE SALT AND PEPPER
 - 1 CUP TOMATO SAUCE
 - 1/3 CUP KETCHUP
 - 1 TABLESPOON WORCESTERSHIRE SAUCE
 - 1 TABLESPOON APPLE CIDER VINEGAR
 - 1 TABLESPOON BROWN SUGAR
 - 4 BELL PEPPERS, HALVED (LENGTHWISE)
 - 1 CUP MONTEREY JACK CHEESE
 - AS NEEDED GREEN ONION, DICED

When ready to cook, set the Traeger to 350 ° F and preheat, lid closed for 15 minutes. Heat oil in a large skillet over medium heat. Cook onion until translucent. Stir in tomato paste and garlic and cook until fragrant.

Add ground beef, season with salt and pepper and brown. Reduce heat to low and stir in tomato sauce, ketchup, Worcestershire sauce, apple cider vinegar and brown sugar. Let simmer until slightly thickened.

Divide the mixture evenly into 8 pepper halves and top with cheese. Arrange peppers directly on grill grate and roast until peppers are tender, about 45 minutes.

Garnish with green onions and serve immediately. Enjoy!



Ryan Davy - GM
Minot

www.HofE.com/BBQHQ

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NORTHERN CELEBRATIONS

EMBRACING OUR NORTH DAKOTA LIFESTYLE

LOVE 'EM OR HATE 'EM, YOU HAVE TO ADMIRE THEM

Patricia Stockdill

Northern Celebrations readers may recall the March 31 lament of Garnet and Magnum's squirrel encounter earlier in the month – when the two Hunting Maniacs of the household attempted to play tug-of-war with one of the bushy-tailed, chattering critters.

The reality is they're not the only ones who aren't totally enamored with squirrels.

In carrying with the theme of the recent NCAA national men's basketball tournament, the reality is squirrels are in the critter world the equivalent of what Duke University is to the world of major college basketball fans – ya either love 'em or hate 'em.

Rarely is there any other in-between emotion. You're either a rabid Duke Blue Devil fan or it's a shade of blue you wish had never been invented – and are delighted they got beat in their second game this year.

Squirrels, yes squirrels, are the critter equivalent of the "Dukies", the "Cameron crazies" in men's college basketball.

They're adorably entertaining.

Or they're the scourge of the critter world, created only to irritate the devil (Blue Devil, perhaps?) out of a person.

Technically for folks up in this part of the country they're the fox squirrel, the largest member of the tree squirrel family as opposed to ground squirrels the likes of thirteen-lined ground squirrels, chipmunks, Richardson's ground squirrels, or prairie dogs, all calling North Dakota home.

They scurry up and down trees and scurry equally as well up and down most bird feeders. They love to feast on sunflowers, corn, or corn on the cob. Roasted-in-the-shell peanuts are a delicacy. Not only can they eat them on the spot, but they're great to cache – if you're a squirrel (or blue jay), that is.

People either love to watch their comedian-like antics as they scurry, scamper, and dart and dash.

Or they try like the devil (Blue Devil, perhaps?) to discourage them from raiding bird feeders.

Here's a news flash: The odds are stacked against humans. In most, if not a vast majority of time, the squirrel will eventually win and get his meal.

Yes, a bushy-tailed, chattering mammal with large beady eyes outwits most humans.

The trick is to put feeders up high enough (at least 5 feet) on a smooth metal pipe with a baffle beneath the feeder.

Or put them far enough away from trees so it can't launch itself from the tree onto the feeder (think well beyond 5 feet on that idea).

A dome baffle over the top of a feeder might help. A squirrel "cage" around the outside is another alternative that may or may not work, depending on the squirrel's mood and determination.

Another alternative is to just face reality and enjoy them.

One way to feed them and retain some semblance of seeds for feathered critters is creating an area designed to attract squirrels to a particular location away from feeders. A corncob feeder is easily made by hammering a long nail through a 4-inch square board with a second 4 x 6-inch board as a backboard, fastening it to a tree or pole. Stick the cob on the nail for the squirrels.

Cracked corn is cheaper than sunflowers so that works well in tray feeders.

Those who feed squirrels peanuts-in-the-shell can expect to find peanuts – cached, uneaten, and saved for a future dinners - or empty peanut shells in some of the strangest places.

Admittedly, squirrels eat a lot of food intended for birds. They can also out-compete their feathered counterparts.

And while this may seem surprising, squirrels aren't strictly vegetarians.

They might rob eggs from bird nests or chew birdhouse entrances in an effort to convert it to their personal squirrel dwelling.

But, really, admit it.

They are kind of cute.

They're entertaining.

And it can be fun to attempt to outwit them.

But just like the Duke Blue Devils of the men's college basketball world, in their squirrel world they're more likely to win at the feeder than they are to lose – even though they – the Blue Devils, that is - have a new coach replacing a legend.

When it comes to squirrels, it might be best to follow the advice of a quote from the book "Attracting Birds to Your Backyard" by Sally Roth - "If you can't beat 'em, you may as well learn to love 'em".

Garnet and Magnum might have to learn to love 'em, as well – and leave them alone.



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YOUTH IN ACTION

April 2023

Month of the Military Child

Exchange Celebrating Military Kids with April Art Contest

ARMY & AIR FORCE EXCHANGE SERVICE PUBLIC AFFAIRS

The Army & Air Force Exchange Service is partnering with Kellogg's, the commissary and the Military Child Education Coalition to celebrate military kids with an art contest during the Month of the Military Child.

From April 1 through April 30, military children younger than 18 can submit original artwork for a chance at a \$300 gift card prize pack. Each of the six winners will receive a \$100 Exchange gift card,

a \$100 commissary gift card and a \$100 Visa gift card. There will be two winners in each of the age categories: kindergarten through fifth grade; sixth through eighth grade; and ninth through twelfth grade.

Visit www.celebratemilitarykids.com to view complete rules, eligibility requirements and contest categories and to submit entries. One entry per child.




MOMC CLAP IN

To kick-off the Month of the Military Child, a Clap In was held April 3 for students at North Plains Elementary, Dakota Elementary, and Memorial Middle Schools on Minot Air Force Base, North Dakota.

A special "thank you" to 5th Bomb Wing Leadership, the 5th Mission Support Group and the 54th Helicopter Squadron! In addition, there were many Airmen clapping students in representing the 5th Maintenance Group and beyond! Another thank you to the spouses and families that also joined in. This was a great opportunity to share our appreciation for our military connected students and their smiles reflected their gratitude and joy.

MINOT AFB SCHOOL LIAISON OFFICE & MEMORIAL MIDDLE SCHOOL PHOTOS



Memorial Middle School

2022-2023 Quarter 3

Honor Roll

Highest Honors

Grade 8
• Aiden Finney • Khylah Jacinthe • Joshua Meyers Jr • Keira Venable

Grade 7
• Isabelle Brown • Sophia Cain • Lanaiya Edwards • Ian Finney
• Mason Foerster • Sara Garver • Ariana Gonzalez • Hailey Kennedy
• Ilyana Lavalais • Krishal Mahat • Asher Muhs • Stella Prebble
• Jacob Russell • Leilani Smith • Lilith Straut • Nichelle Williams

Grade 6
• Chloe Bailey • Aiden Beaton • Tucker Black • Yara Boscarino
• Olivia Calo Santiago • Isaiah Coon • Caitlyn Cummock • Zaire Dorsey
• Milania Gomez • Tyson Hann • Mason Lee • David Maginness
• Samuel Martinez Jr • Melanie Monson • Braelyn Ramirez
• Ava Richards • Keegan Roth • Rilo Smith • Nora Turner
• Alexander Vadala • Amauri Vinson • Jayden Whitfield • Thor Winn

High Honors

Grade 8
• Kayla Bates • Dylan Graham • Olivia Jones • Layton Kelly
• Gabriel Montgomery • Braivyn Patterson • Davinity Perez-Williams
• Madelyn Rivera • Samiya Shoemaker • Sadie Tilstra • Taylor Toro
• Jonas Turner

Grade 7
• Addison Ayers • James Elizondo • Moses Ellis III • Evelyn Filiowich
• Wesley Hoadley • Henry Karabelski • Jack-Tyler Karst • Anthony King
• Charlee Morris • Frank Prebble • William Rector • Penelope Reed
• Aiden Skates

Grade 6
• Iverrie Brim • Jahbari Edwards • Robert Gomez • Paycen Irvin
• London James • Brooklyn McDougale • Michael Scheller
• Jeremy Selman • Chloe Stitt • Landon Wilson

Honors

Grade 8
• Parker Bailey • Glen Geyer • Tryston Keilman • Madilynn Knupp
• Malia Magee • Carsen Palmer • Talan Patterson • Elizabeth Patton
• Evangelina Reed • Caion Stoner • Kaylee Thorn

Grade 7
• Michael Carriker • Mason Culver • Kendalyn Hansen
• Jocelyn Isza • Mckenna Jackson • Mylah Jackson-Montgomery
• Ava Loucks • Melanie Loving • Neveah Lowery
• Jandiel Melendez-Ortiz • Christian Mendoza
• Nicole Szabo • Miles Wheeldon

Grade 6
• Zahara Aguilera • Elena Catahay-Soles • Kadon Fitzgerald
• Logan Fry • Alexander Gandadal • Rylan Gardner • Vaeh Geske
• Alexandra Guzman Munoz • Aria Jeong • Brandon Judge
• JayShon Linzy • Aethan Long • Wyatt McDole • Madison Palmer
• Jayden Shoemaker • Colton Terral • Jude Venable



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BUSINESS HOURS

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

(701) 852-2800

Month of the Military Child: Deployment

Since 9/11 more than two million children have had a parent deploy and nearly nine hundred thousand children have had a least one parent deploy multiple times. Deployment and separation are characteristic experiences for the military child. Despite the common nature of these experiences, it makes it no less difficult for children and families. The deployment cycle consists of five stages: predeployment, deployment, sustainment, redeployment, and post-deployment. Each of these stages introduces varying levels of stress to children. During deployment, children may face changes in school performance, lashing out in anger, worrying, hiding emotions, disrespecting parents and authority figures, feeling a sense of loss, and symptoms consistent with depression. An American Academy of Pediatrics study stated that 1 in 4 military-connected children will have an emotional-behavioral challenge related to deployment. As a military community we have built-in support for our children and youth who are facing deployment. The Airmen & Family Readiness Center has numerous resources for spouses and children in preparation of deployment, give AFRC a call at 701-723-3950 to see about upcoming family deployment briefings or schedule a time to speak with someone. Families can also reach out to The Military and Family Readiness Center at 701-500-4826 who will provide free, non-medical counseling services and are well versed in deployment needs of adults and children. Your child's school is also prepared to support your student during deployment. Families can work with their student's teacher or



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



contact the School Liaison at 701-723-1447 for school specific support. Online resources include militaryonesource.mil, militarychild.org, and sesamestreetformilitaryfamilies.org.

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

2022-2023 MPS CALENDAR

April 2023							18 days
S	M	T	W	T	F	S	
						1	
2	3	4	5	6	7	8	
9	10	11	12	13	14	15	
16	17	18	19	20	21	22	
23	24	25	26	27	28	29	

May 2023							19 days
S	M	T	W	T	F	S	
						1	
2	3	4	5	6	7	8	
9	10	11	12	13	14	15	
16	17	18	19	20	21	22	
23	24	25	26	27	28	29	

- Vacation Days - not contracted day
- Early Release Days - 1:15pm
- PD Days - contracted day
- Holidays
- Parent/Teacher Comp Days
- Weather Make-up Day

- April 6**
Early Release Day - 1:15pm
- April 7**
Good Friday - No School
- April 10**
Vacation - No School
- May 10**
Early Release Day - 1:15pm
- May 25**
Last Day for Students if make-up days are not needed
- May 26 & May 30**
Make-up day if necessary or PD Day if make-up day isn't used
- May 28**
Graduation @ MSU Dome 2:00 pm
- May 29**
Memorial Day
- May 31**
Prof Devel Day (for teachers) - if make-up days are both used



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April is MONTH OF THE MILITARY CHILD

Throughout the month of April, the Minot Downtown Business and Professional Association will be promoting the Month of the Military Child by offering specials at participating businesses. With a Military ID Minot Air Force Base families can get these "meant for kids specials" all month long.

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304 4th Avenue NW, Minot, ND

THE PUTT DISTRICT

Free Child Pass* with the purchase of an adult military pass

*Child between the ages of 2-12 years

17 South Main Street, Suite A, Minot, ND

Gourmet Chef

With every military child sign up for kids class receive a \$5 Gourmet Chef Gift Certificate

122 South Main Street, Minot, ND

MAGIC CITY SWEETS

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123 South Main St, Minot, ND

COOKIES FOR YOU and cupcakes too
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Use Your Military ID for In-Store Specials

117 South Main Street, Minot, ND

High Air Ground
TRAMPOLINE PARK

Free Slushy with purchase of military child jump pass

1210 4th Avenue NW, Minot, ND

OAK PARK THEATER

Free Admission For Kids*
*Under 18. April 18 Only. Showing Puss in Boots: The Last Wish 11:00 am & 4:30 pm (See details on previous page)

1500 4th Ave NW, Minot, ND

MAG STUDIO **Black Iguana**

Free Regular Child's Orange Creamsicle Cooler with the purchase of an adult espresso drink

109 South Main Street, Minot, ND

Must show Military ID at these participating locations

YOUTH IN ACTION

Bishop Ryan Catholic School 3rd Quarter Honor Roll

HIGHEST HONORS (3.667-4.000+)

SENIORS: Ajah Braun, Haley Buck, Caina Dauphinais, Braelyn Deeter, Mikel Green, Emily Hanson, Raymond Hawk, Joey Johnson, Christian Lormejuste, Braden McCurry, Brett McKay, Christopher McMahan, Carson Merck, HayLee Ritzke, Sabryn Ronning, Magee Rovig, Slestia Walkup

JUNIORS: Gabriel Alexander, Brayden Howe, Brekken Johannes, Gwynnie Johnson, Blake Kaylor, Arwen LaVallie, Katelyn O'Farrell, Chuka Osuala, Gianmarco Renda, Sienna Ronning, Chinelo Udekwe, Tyanna Weeks

SOPHOMORES: Emma Brandt, Leah Charley, Teagan Coonrod, Rylie Deeter, Olivia Demars, Violet Demars, Boden Erck, Cambrie Johannes, Alena Johannsen, Aidan Kelly-Binkoski, Jett Lundeen, Taylor Lundeen, Margaret O'Riley, Autumn Steckler, Ramsey Walz, Riley Weeks, Drew Zwak

FRESHMEN: Ella Boyle-Clark, Mia Braunberger, Kirstin Brunner, Katherine Castaneda, Anne Fricke, Bentley Schneider, Hayden Seay, Tochi Udekwe

EIGHTH GRADE: Charles Anderson, Lauren Burns, Seth Finley, Lilly Jundt, Dani Martinez, Hailey O'Farrell, Chisom Osuala, Thomas Postula, Michael Prough, Adelynn Selk

SEVENTH GRADE: Viosa Cumani, Hayden Deeter, Sage Feininger, Joshua Franks, Caleb Haverstock, Cecilia Johannsen, Helen Kamba, Gryphen Leier-Wangler, Justice Lundeen, Izabella Mocko, Russell Norman, Calvin Olson, Cambree Zwak

SIXTH GRADE: Luke Anderson, Ella Brandt, Liam Finley, Graham Gaddie, Paige Hale, Liam Hulm, Penelope Morales, Afton Ost, Kene Osuala, Jack Prough, Hannah Schaefer

HIGH HONORS (3.333-3.666)

SENIORS: Brady Feller, Ian Johnson, Emily Merck, Connor Thompson

JUNIORS: Peyton Beeter, Connor Harvey, Coy Okeson, Christopher Willson

SOPHOMORES: Tyler Burns, Cassandra Feller, Wyatt Hanson, Eva Hernandez, Macksen Shean, Bennet Warren

FRESHMEN: Annyka Anderson, Ashlyn Burgardt, Carmyn Durand, Claire Fegley, Celia Martinez, Cade Okeson, Haylee Schwan

EIGHTH GRADE: Jaidyn Braunberger, Abigail Frey, Tytan Lundeen, Elijah Penton

SEVENTH GRADE: Anjo Allison, Taylor Brintnell, Tatiana Coronell, Akasha Pacheco, Lily Palumbo, Francesca Renda, Cohen Schneider, Zachary Spain

SIXTH GRADE: August Bice, Branson Bosch, Lucas De Vera, Grady Keyes, Sasha Kowalczyk, Sladen Pfeifer, Bailey Weigel

HONORS (3.000-3.332)

JUNIORS: Tayler Christianson, Jaidyn Crossett, Michael Little

SOPHOMORES: Conner Brintnell, Clay Fegley, Emily Plessas, Jace Schwan

FRESHMEN: Lilly McGough, Jeremy Miller, Jason Spain, Ella Zaback

EIGHTH GRADE: Nolan Braun, Blake Page

SEVENTH GRADE: Paxton Schwan

SIXTH GRADE: Samuel Haverstock, Ty Murphy

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NOTES ON BEING SAFE

AF needs members to get 'backs' in shape

SSGT JOE VERGARA
5TH BOMB WING
NCOIC OCCUPATIONAL SAFETY

What costs more than \$80 billion a year, affects eight out of ten people sometime in their life and is the leading medical reason for people to miss work?

Another hint: it costs more money and causes more disability than any other work-related injury. It may surprise you that the answer to these questions is back pain. Sometimes there is a specific injury that causes back pain, but most of the time back pain occurs gradually as the result of cumulative daily stress.

There are many things that can be done to reduce the risk for future back injury. Unfortunately, most of us neglect our backs until an injury does occur.

In the Air Force we recognize that a rigid program of preventative maintenance saves countless lives and millions of dollars by preventing aircraft failures. We certainly would not accept an 80 percent mishap rate for the life expectancy of our jets. So why don't people practice preventative care to avoid disabling back pain?

Our back is a complex structure made of bones, muscles and ligaments. Its complexity makes it prone to degenerate naturally with time.

Poor posture, faulty body mechanics, stressful living and working habits, loss of flexibility and strength and general decline of physical fitness all contribute to the back's degeneration. Preventative maintenance slows down the daily wear and tear by keeping the back healthy. Some things you can do to prevent and reduce back pain are: improve posture, increase flexibility, strengthen abdominal muscles, improve overall fitness, quit smoking and lose excess weight.

Improve posture and body mechanics: To improve posture, avoid slump sitting, standing stooped with rounded shoulders or getting into awkward positions. Lifting should be done with your legs instead of your back, and your back should be kept straight (avoid twisting and lifting).

Increase flexibility: To increase flexibility, work on the hamstrings by lying flat on your back with your legs stretched out, then raise one leg as high as you can without bending your knee (hold for 15-30 seconds). Then switch legs. While also on your back, bend each knee individually up to your chest. Then bring both knees up to your chest.

Strengthen the abdominal muscles: Mini crunches, or partial sit-ups where the back remains on the floor, are the most effective way to strengthen your abdominal muscles without stressing your back. Lie on your back with your knees bent. Slowly raise your shoulders off the floor. Your lower back always stays in contact with the floor. Work on increasing the duration you can perform this exercise.

Get fit: To increase your general fitness there are a variety of exercises you can do. The guideline is to exercise continuously for 20-30 minutes four to five times a week. It doesn't matter what specific activity you choose. It is better if you enjoy the activity because you will be more likely to continue exercising on a regular basis.

Stop smoking: Recent research determined that smoking increases your chances for getting back pain. Nicotine causes contraction of small blood vessels, thus decreasing the vital blood supply to muscles that are in constant use in the back. Smoking also slows down the healing process therefore prolonging the back pain.

Lose weight: If you are overweight, the extra weight puts added daily stress on your back and other joints. This added stress accumulates over time and accelerates the natural degeneration of your spine.

One of the major factors that contributes to the development of back pain is a person's attitude. When people get back pain they fail to accept the responsibility that their neglect has contributed.

People with back pain often believe they shouldn't have to change anything they do. They always say "I've done it that way for years and it never hurt me before." But it is important to understand that it may take years of accumulative stress from bad habits to damage the back before it actually causes pain.

Once the injury occurs, pain is the clue that bad habits need to be changed. Unfortunately, injury should not have to occur before you decide to implement the above recommendations. If you make a conscious effort to take care of your back, you decrease your chances for back pain or at least reduce the severity of it.

So, don't fly in a plane that hasn't had its proper scheduled maintenance. Don't take a trip in a car that has never had its oil changed and don't live with a back that hasn't been properly taken care of. Take care of your back.

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CHURCH DIRECTORY

MINOT AFB CHAPLAIN CORPS
HOLY WEEK & EASTER WORSHIP
Holy Thursday 6 April
 Catholic - Northern Lights Chapel
 1730 Mass of the Last Supper
 Protestant - North Plains Chapel
 1200 Liturgical Eucharist with Foot Washing
 Protestant - Medical Group Chapel
 Holy Communion Only
 (Stop in anytime between the hours of 1100-1300)

Good Friday 7 April
 Catholic - Northern Lights Chapel
 1730 Veneration of the Cross
 Protestant - North Plains Chapel
 1200 Liturgical Stations of the Cross

Holy Saturday 8 April
 No Services

Easter Sunday 9 April
 Catholic - Northern Lights Chapel
 1000 Mass & 1700 Mass
 Protestant - North Plains Chapel
 0900 Liturgical Resurrection Day/Eucharist Service
 1030 Community Easter Service

*Northern Lights Chapel
 Bldg. 155 at 230 Missile Ave.
 North Plains Chapel
 Bldg 290 at 18 Peacekeeper Place
 RoadCon Red - Events Cancelled*

St. Peter The Aleut Eastern Orthodox Church

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 Minot • 838-3094**

Saturday, April 8
 5PM, Great Vespers

Sunday, April 9
 10AM, Palm Sunday Liturgy

Monday, April 10
 6PM, Monday Eve
 Bridegroom Matins

Tuesday, April 11
 6PM, Tuesday Eve
 Bridegroom Matins

Wednesday, April 12
 6PM, Wednesday Eve Holy Unction

Thursday, April 13
 6PM, Thursday Eve
 12 Gospels Matins

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 701-839-3694**




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 9:15 AM SUNDAY SCHOOL
 10:30 AM WORSHIP

WEDNESDAYS: 11:30 AM SOUP KITCHEN
 5:30 PM FAMILY SUPPER
 6:30 PM PRE-K/KIDS' CLUB /
 ABY & ADULT BIBLE STUDY



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


St. John the Apostle Catholic Church


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


First Lutheran Church - ELCA
 120 5th Ave. NW
 852-4853

Sunday Worship
 9:30 am

www.firstlutheran.tv
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 Sunday 9:30 am
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 Anna B. Henderson

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 Home: 701-838-5759
 KHRT 1320: 9 a.m. Sunday**

Sunday School 9:45 a.m.
 Adult/Children Worship.. 11 a.m.
 Family Hour 6:30 p.m.
 Evening Worship 7:30 p.m.
 Bible Study/Child-Adult
 Children Worship (Wed).... 7 p.m.
 Prayer (Friday) 7 P.m.


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

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 Pastor David Miller


Cross Roads Baptist
 Southern Baptist Convention

Sunday School (all ages) 9:45 a.m.
 Sunday Worship 11 a.m. & 5:30 p.m.
 Wednesdays (Prayer & Missions) ... 6:30 p.m.

www.minotcbbc.org
 email: **minotcbbc@gmail.com**
Dr. Bob Farmer- Pastor

**415 28th Ave SE (Behind Menards)
 838-1873**


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1105 16th St. NW • 839-1407

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

westminot.com
facebook.com/westminot

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

Classic Worship Service 8:30 a.m.
 Sunday School (All Ages) 9:45 a.m.
 Contemporary Worship Service..... 9:50 a.m.
 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.

Rev. Kent Hinkel, Senior Pastor
Elaine Carlson, Children's Ministry Director

Apostolic Faith Church, UPCI

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(701) 838-0609

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

Jesse Starr, Pastor


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Sunday Service: 4:00 p.m.
Wed. Prayer: 5:30 p.m.
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E-mail: gbcminot@gmail.com

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 9:30am Sunday School & Adult Bible study
 11:00am Contemporary Service

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Website: www.orcsknights.org



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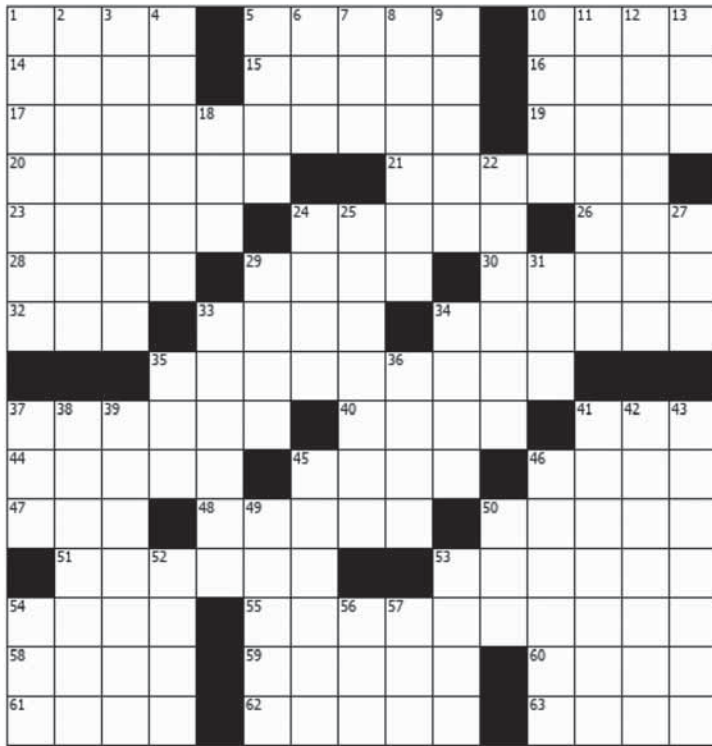
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CROSSWORD PUZZLE

Across

- 1. Nice word to see on a bill
- 5. Dummkopfs
- 10. Charitable offerings
- 14. Teen outbreak
- 15. Unwelcome kitchen visitor
- 16. Partiality
- 17. Seafood entree
- 19. Small soldiers
- 20. Dined at the diner
- 21. Ring follower
- 23. Negative stipulations
- 24. Expression of displeasure
- 26. Letters of assent
- 28. Cognizant of
- 29. Just one of those things?
- 30. Cum laude modifier
- 32. Makes one's mark?
- 33. Leisurely pace
- 34. Obscure of trees, for some
- 35. It's served at some dinners
- 37. More than whimper
- 40. Word with kill or hog
- 41. Glutton
- 44. English racetrack town
- 45. Saucy
- 46. Train sound syllable
- 47. Equine mother
- 48. Chipmunk snack
- 50. Wonder Woman alias
- 51. Commercial attache
- 53. Sight in the west
- 54. Be revolting?
- 55. Type of salad dressing
- 58. Mayberry tippler
- 59. Central artery
- 60. Pointing devices
- 61. Computer game set in an island world
- 62. Forty-___ (prospector)
- 63. Years in Madrid

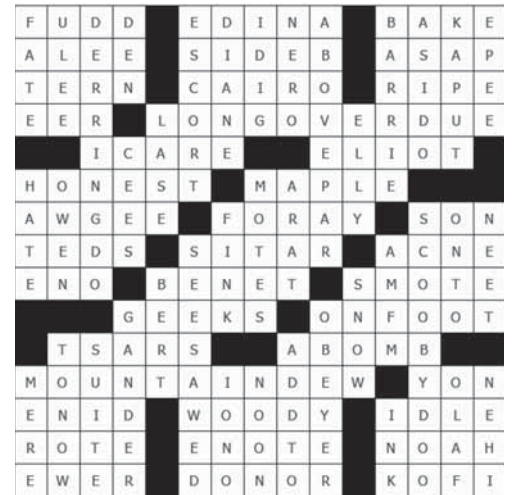


Down

- 1. Contradiction in terms
- 2. Paint solvent
- 3. Starts a paragraph, in a way
- 4. Explorer Hernando
- 5. Unruly tyke
- 6. Alley-___
- 7. Use a microwave on
- 8. Yellow and black cat
- 9. Shakespearean title character
- 10. Having ___ hair day
- 11. Family tree
- 12. Dowagers
- 13. Leaky radiator sound
- 18. Xi preceders
- 22. California nut
- 24. Ounce of liquor
- 25. One at a wedding reception
- 27. Crazy of the comics
- 29. Quartet minus one
- 31. "___ we there yet?"
- 33. Wendy's founder
- 34. Royal decree
- 35. Reporter's question
- 36. Threadbare
- 37. It's made daily
- 38. Lack of transparency
- 39. One way to learn by
- 41. Introduce gradually
- 42. "The Bald Soprano" playwright
- 43. Small, pointed beards
- 45. Hoi follower
- 46. Fellini's medium
- 49. Castro, for one
- 50. "Well, that's obvious!"
- 52. Tree house
- 53. An unwanted lasting impression
- 54. CD-___
- 56. Keats subject
- 57. Summer along the Seine

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.



SUDOKU

Solution to puzzle on page B13

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

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SUDOKU SOLUTION

PUZZLE ON PAGE B12

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

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Mail / email resume to Ward County Water Resource Board,
 PO Box 5005, Minot, ND 58702 | email: wardwater@srt.com,
 or apply in-person at 200 72nd St. SE, Minot, ND 58701

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.

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MINOT AFB ANNOUNCEMENTS

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COLUMBIA COLLEGE

For nearly fifty years Columbia College has offered educational opportunities to the military and is proud to establish our newest location here, at Minot AFB. Founded in 1851, Columbia College is a private, nonprofit liberal arts and sciences college that serves approximately 18,000 students annually and is proudly recognized by numerous organizations as a Military Friendly institution of higher education. Check out our website (ccis.edu) for the list of organizations that recognize the hard work the college puts in to serve those who serve our country and their families. With 29 online degrees the college is working to offer classes this summer on the installation. In the meantime you can choose your mode of education from strictly online classes to in-person ZOOM synchronous classes. Chose from the many associate, bachelor, or master's degree programs available and know your degree can be completed at Minot or anywhere you have internet connectivity or explore in-seat opportunities if you re-locate near one of our 30 locations nationwide. Fully accredited by the Higher Learning Commission (HLC) we are delighted to establish this location at Minot. Come talk to us at the education center and explore your options for your next step down the path to your educational goal. We are located in Room 219 or call 701-714-0000.

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MINOT STATE UNIVERSITY

Minot State University is excited to again offer face-to-face classes at the Minot Air Force Base. Minot State University's Summer and Fall 2023 semesters registration will open for all currently enrolled MSU students beginning Tuesday, March 29 through to April 13. 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

SCHOOL BOARD MINUTES

MINOT AIR FORCE BASE SCHOOL DISTRICT #160 REGULAR SCHOOL BOARD MEETING SEPTEMBER 13, 2022

Members Present	Members Absent
Janelle Burton	
Nicoletta Pollice	
Ellen Reed	

The meeting was called to order by President Reed at 5:00 P.M.

The Pledge of Allegiance was recited.

There was no MAFB School Liaison Officer report.

Superintendent Vollmer reviewed the enrollment report as of September 7, 2022.

Motion by Burton, seconded by Pollice, to approve the MAFB PSD#160 school board meeting minutes of July 26, 2022. Motion carried 3-0.

Motion by Pollice, seconded by Burton, to approve the July 2022 Financial Report to include the accounts payable of \$880. Motion carried 3-0.

Motion by Pollice, seconded by Burton, to approve the 2021-2022 Financial Report to be submitted to the North Dakota Department of Public Instruction. Motion carried 3-0.

Announcements:

1. North Dakota School Board Association Fall Convention – October 27 & 28
2. The next MAFB PSD #160 School Board meeting is scheduled for November 8, 2022

The meeting adjourned at 5:24 p.m.

MINOT AIR FORCE BASE SCHOOL DISTRICT #160 REGULAR SCHOOL BOARD MEETING NOVEMBER 16, 2022

Members Present	Members Absent
Ellen Reed	
Janelle Burton	
Nicoletta Pollice	
Brian Lawley	

The meeting was called to order by President Reed at 5:30 P.M.

The Pledge of Allegiance was recited.

President Reed asked for any other additions, deletions, or changes to the Agenda. Superintendent Vollmer confirmed there were none.

MAFB School Liaison Officer, Joy-Nicole Smith, reported to the Board on Yellowfin busing, early release busing, Tutor.com and Operation Homefront.

Motion by Burton, seconded by Pollice to appoint Brian Lawley to the MAFB PSD #160 School Board. Motion carried 3-0.

Motion by Burton, seconded by Pollice to approve the MAFB PSD#160 school board meeting minutes of September 13, 2022. Motion carried 4-0.

Motion by Burton, seconded by Pollice to approve the August & September 2022 Financial Reports to include the accounts payable of \$23,651.79. Motion carried 4-0.

Motion by Pollice, seconded by Burton to approve the MAFB PSD #160 audit ending June 30, 2022. Motion carried 4-0.

Business Manager Laura Dokken discussed the finances of the Minot North High School Construction Project.

The meeting adjourned at 6:25 p.m.

MINOT AIR FORCE BASE SCHOOL DISTRICT #160 REGULAR SCHOOL BOARD MEETING JANUARY 10, 2023

Members Present	Members Absent
Nicoletta Pollice	Ellen Reed
Janelle Burton	
Brian Lawley	

The meeting was called to order by Vice President Pollice at 5:14 P.M.

The Pledge of Allegiance was recited.

Vice President Pollice asked for any other additions, deletions, or changes to the Agenda. Superintendent Vollmer confirmed there were none.

MAFB School Liaison Officer, Joy-Nicole Smith, reported to the Board on Tutor.com, an educational working group, Purple Star School applications and the Military Interstate Children's Compact Commission.

Superintendent Mark Vollmer gave the Board an update on the Impact Aid Federal Funding.

Working with NAFIS the Impact Aid appropriation increased basic support by \$59 million over last years appropriation. This is the highest in years.

The Department of Defense Impact Aid program was increased by \$10 million. This is a 20% increase over last year.

The Department of Defense High Needs Special Education funding was funded at the requested amount of \$20 million.

\$15 million was added to the BRAC Program that was in place during the reorganization of the military in the 2000's. This has not be funded in 20 years.

Motion by Burton, seconded by Lawley to approve the MAFB PSD#160 school board meeting minutes of November 16, 2022. Motion carried 3-0.

Motion by Burton, seconded by Lawley to approve the October & November 2022 Financial Reports to include the accounts payable of \$85,847.91. Motion carried 3-0.

Business Manager Laura Dokken discussed the finances of the Minot North High School Construction Project. Mrs. Dokken requested to the Board, due to the high inflation the project came upon, to financially support any construction deficits as the Board can. Any official dollar amount for this financial request, if necessary, would be brought back to the Board towards the end of the construction project in 2024 for official approval. Motion by Burton, seconded by Lawley for the MAFB School District #160 to provide financial support for the Minot North construction project, should it be necessary and to the extent feasible. Motion carried 3-0.

The meeting adjourned at 5:45 p.m.



2023 CHIEF INDUCTION CEREMONY

A Chief Induction Ceremony was held for Six Chief Master Sergeants at Minot Air Force Base, North Dakota, April 1, 2023.

S. AIR FORCE PHOTOS | MINOT AFB

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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
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Additional \$10 for X-treme Bowling

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WHAT'S GOING ON MAFB

FRIDAY 07

- Friday Night Mixed No Tap League, 1800, Rough Rider Lanes
- Master Chef Virtual Cooking Class, 1800, forcesupport.awardsplatform.com

TUESDAY 11

- Boots to Business, 0830-1630, M&FRC
- Game Day, 1000-1930, Minot AFB Library
- EFMP Kids 1st Easter Egg Hunt, 1530-1730, Minot AFB Library, hosted by M&FRC
- Magic The Gathering Commander Night, 1800, ESC
- Zumba, 1800, Fitness Center

FRIDAY 14

- HIIT Strength & Conditioning, 0500, Fitness Center
- Pizza Buffet, 1700-1900, Bomber Bistro
- Purple Up Skate Night, 1800-2000, Youth Center
- Friday Night Mixed No Tap League, 1800, Rough Rider Lanes

SATURDAY 08

- Cycle & Strength, 0900, Fitness Center
- Master Chef Virtual Cooking Class, 1100, forcesupport.awardsplatform.com
- Royal Purple Castle Capers, 1300, Minot AFB Library

WEDNESDAY 12

- HIIT Strength & Conditioning, 0500, Fitness Center
- Boots to Business, 0830-1630, M&FRC
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- Storytime, 1030, Minot AFB Library

SATURDAY 15

- Mystery at the Manor Escape Room Game Begins, Minot AFB Library
- Cycle & Strength, 0900, Fitness Center
- Zumba, 1100, Fitness Center

SUNDAY 09

- Easter Sunday Special Lunch, 1030-1330, Dakota Inn Dining Facility
- Easter Sunday Brunch 1030-1330, Jimmy Doolittle Center
- Zumba, 1400, Fitness Center

THURSDAY 13

- Pre-Separation Counseling, 0830-1130, M&FRC
- Family Zumba, 1000, Turf, hosted by Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- EFMP Kids 2nd Easter Egg Hunt, 1530-1730, Minot AFB Library, hosted by M&FRC
- Extramural Bowling, 1730, Rough Rider Lanes
- Craft Club, 1800, Minot AFB Library
- Zumba, 1800, Fitness Center

APRIL SPECIALS

Bomber Bistro • Club Wrap
Sliced ham, pepperoni, lettuce, tomato, provolone cheese, with Italian dressing served on your choice of tortilla wrap.

The B-Fifty Brew • Pineapple Passion Refresher
Tropical flavors of pineapple and passionfruit mix with diced pineapple to create an island escape--oh so refreshing.

Rockers Bar & Grill • Smokin' Bomber Burger
Seasoned 1/3lbs burger layered with cheddar cheese, smoky bacon, 2 stacked crispy onion rings, and barbecue ranch on a bed of lettuce and tomato.

DESIGNER BAG BINGO
JIMMY DOOLITTLE CENTER
MAY 4TH • 5:30 - 9:30
\$35 FOR MEMBERS • \$40 FOR NON MEMBERS

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04.07	@ 1800 CT	Beak night
04.08	@ 1000 CT	Frico with Potatoes
04.21	@ 1800 CT	Skillet with Sea Scallops
04.22	@ 1000 CT	Mushroom Crepes with Béchamel
04.28	@ 1800 CT	Chocolate with Creme Anglaise
04.28	@ 1000 CT	Roasted Rack of Lamb
05.12	@ 1800 CT	Ran Tacos
05.12	@ 1000 CT	Crispy Salmon Skin
07.21	@ 1800 CT	Grilled Beef Short Ribs
07.22	@ 1000 CT	Homemade Gnocchi

FIRST FRIDAY FAMILY BINGO
JIMMY DOOLITTLE CENTER
APRIL 21ST
4:00PM - 9:00PM

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DELICIOUS FOOD
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