

northern sentry

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WHATS INSIDE THIS WEEK:



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SPRING DISCOVER MINOT EXCURSION

B7



Ms. Jessica Foerster, 1st grade teacher, with students Abygail Carbo, Kevin Hutson, Mei Bessler and Caroline Howse at Dakota Elementary's Military Child Appreciation Banquet. See page B8-B9 for more on the event.

NORTHERN SENTRY PHOTO | ERIN BEENE



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Food Summit looks to future of 27+ DAF stateside dining operations

DEBBIE ARAGON, AFIMSC PUBLIC AFFAIRS

DALLAS – More than 70 installation, Air Force Services Center and industry culinary experts gathered here April 11-13 to discuss current and future Food 2.0 dining operations with a goal of delivering better, faster menu options to patrons.

With the Food 2.0 Owners Summit held in an innovative kitchen environment, attendees also had the opportunity to see demonstrations of state-of-the-art culinary equipment and taste food prepared by seasoned chefs using various cooking methods.

Food 2.0 is a part of the AFSVC's Healthy Food Initiative, which delivers improved, healthier food options for Airmen, Guardians and any other patrons who can access an installation, said Jim Krueger, AFSVC's Department of the Air Force Food and Beverage Division chief.

"We modernize dining facilities and upgrade food options to deliver tasty food when, where and how Airmen and Guardians need it," added Jim Gill, AFSVC chief of Food 2.0 portfolio management.

This includes "finish in front" service stations like personalized pizza and deli stations, innovative technology to prepare menu items fast and fresh while patrons wait, and robust stations like breakfast yogurt bars, salad bars, and "grab & go" meals and snacks.

The DAF has 43 Food 2.0 locations at 27 installations, and the next roll-out is Davis Monthan AFB, Arizona, this summer. Additionally, the food team is in the planning stages to potentially convert another seven installations to Food 2.0 operations.

One summit attendee, Capt. Lily Dollarhide, is the 5th Force Support Squadron Sustainment Services Flight commander at Minot AFB, North Dakota. The captain said her customers appreciate the wide array of foods and speed of service that Food 2.0 provides.

"It delivers a lot of variety for our customers, so they can get anything from fish and shrimp to baked potatoes, vegetarian and vegan options in a location that's pretty remote," Dollarhide said. "A lot of our Airmen are working in the field (and) they're working in the cold, so that variety of eating somewhere for three meals a day with something different every time is huge."

"Just this morning, we received a comment on our Interactive Customer Evaluation system that said, 'the chicken shawarma is the best that I've had in multiple years, and I just love the variety and speed of service in the dining facility,' so

that's something. In North Dakota, you're not going to find much chicken shawarma and at a faster pace," she said.

Additionally, unlike legacy dining facility operations where the facilities are closed between traditional breakfast, lunch, dinner and midnight meals, Food 2.0 facilities are open 96 hours a week including between meals.

"The hours are a big deal," Gill said. "If an Airman can't make it in for breakfast or the lunch meal, for example, he can come in between meals or grab a 'Simply to go' meal at any time throughout the day with Food 2.0."

Not willing to rest on their accomplishments, the AFSVC food and beverage teams plans to expand the program with new installations and innovate at installations already operating with 2.0.

"Right now, we're going through a pilot program at Barksdale AFB (Louisiana) where we've been weighing salads and to this point, it's been very successful. Customers seem to like it and it has a better effect on our cost of goods at the DFAC," Gill said.

The team is currently working funding and plan to roll salad scales out to every Food 2.0 operation in the future.

Gill and his team also have a pilot program underway at Seymour Johnson AFB, North Carolina, for

reusable takeout containers.

"Every year, we spend thousands of dollars on disposable carryout containers. They're not only expensive but they're bad for the environment as well," Gill said.

If the six-month trial continues to be successful, "we plan to roll that program out to the other installations as well," he said.

In addition to nutritious, tasty options for patrons in the front of DFACs, Food 2.0 delivers advanced culinary training for military and civilian food service professionals in the back of DFACs with an executive chef at each location, provided by industry partners Aramark or Sodexo.

"One of the things I appreciate as a chief master sergeant is that these Food 2.0 platforms are also warfighting platforms for our services Airmen to get the critical culinary skills they need to help us project air power in the field. That means when they go down range, they know how to produce quality meals for our Airmen in the field," said Chief Master Sgt. Learie Gaitan, AFSVC senior enlisted leader.

Outside of the DFAC, Airmen and Guardians can also take advantage of campus dining at nonappropriated fund locations at various installations. This includes places like bowling centers, golf courses and clubs.

"In many cases, our NAF food



Middleby Innovation Kitchen Chef Mike Elling puts the finishing touches on focaccia bread during dinner service April 12, 2023, in Dallas, Texas. Department of the Air Force Food 2.0 installation program managers, Air Force Services Center Food and Beverage and industry culinary experts gathered at Middleby this week as part of the Food 2.0 Owners Summit. During the event, the first at a world-class culinary facility and first since 2019, attendees talked through the current program operations and ways to make it better as well as innovation and program changes on the horizon.

service activities struggle to maintain solvency," said Brian DeCamp, AFSVC chief of NAF food and beverage. "With Food 2.0 campus dining, our patrons and NAF facilities are benefiting from the flexibility the program provides."

"The Department of the Air Force is known for air superiority, but our number one asset is not our planes, not our bombs, not our missiles ... it's our Airmen and Guardians,"

Gaitan said "So when it comes to fueling the force, the food our Airmen and Guardians eat every day is critical to how we're able to project air power for our nation."

"With Food 2.0, we've raised our game and when you go to a Food 2.0 location across the continental United States, you'll see our Airmen creating healthy, nutritious meals for our warfighters of all branches of service," the chief added.



Attendees of the 2023 Food 2.0 Owners Summit gather for a group photo outside of Middleby Innovation Kitchen April 11, 2023, in Dallas, Texas.

U.S. AIR FORCE PHOTO | DEBBIE ARAGON

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MINOT AIR FORCE BASE NEWSPAPER
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What A Teacher!

I have answered several surveys that query the name of my favorite teacher, and why. The question brings pause as I begin to think and narrow the list based on the good things and not so good things that I can remember about my classroom days. 1st grade, 2nd grade, 3rd grade, nothing stands out as life changing. 4th, 5th, 6th...same teacher for two out of those three years. Well enough of my memories and now on to the sole purpose of my article this week, and her name is Mrs. White, a first grade teacher at North Plains Elementary.

I was given the pleasure of working with Mrs. White and her amazing classroom of first graders by the Minot Area Chamber EDC. Through civic leaders, the Chamber offers a Junior Achievement program. I guess you can call Junior Achievement taking your local community and breaking it down to a grade school level.

In week one, we learned about our community. But also, in week one I learned about Mrs. White and the well-organized classroom she maintains. We used to sing the song about "reading and writing and arithmetic, taught to the tune of a hickory stick." They still teach all of those things in Mrs. White's class, but to the tune of Mrs. White's smile

and calming voice. Her smile is infectious, and you can see the kids react and start to smile along when she makes note of "how Mr. Wilson is having to speak with his outdoor voice, because you all are speaking with your outdoor voices. Is that, OK?" And then the room goes quiet, and Mr. Wilson starts into a lesson on how every community has important jobs, like policemen, firefighters and teachers.

The Junior Achievement course is half an hour a week for five weeks. The kids are given nameplates so that I am able to call on them by their first names. How I wish I could call on each and every student when I ask a question, but that can't happen. I have to do classroom triage and try to think of which student I called on last. All of the answers are good answers, but you have to draw the line somewhere. I am in the classroom for only half of an hour for five weeks; I can imagine the challenge Mrs. White has in keeping all of her students engaged for six hours per day, five days a week (most weeks). It may, or more correctly, it does border on sainthood, especially after Mrs. White shares with me that she has been a teacher for 30 years.

On several occasions throughout my guest teaching visits at North Plains, I would have one of the students share what is

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**A VIEW FROM
OUR SIDE**
ROD WILSON



unique to a military student. I heard statements like, "we are moving as soon as school as over" or "I like it here, but my mom and dad want to move." Another statement that drew a tear from my eye was one of the students sharing that his dad was deployed and he missed him a lot. Finally, there is that question that can only come from a military child, "Where are you going to PCS this summer?" I never knew the meaning of PCS until my tenure with the Northern Sentry began four years ago. Now I know all too well about the lifestyle of pulling up stakes and heading to a new base, a new school and a new neighborhood.

That lifestyle is what makes a teacher like Mrs. White so important. The understanding that not unlike other non-military schools, each student at North Plains has a unique story to tell. Several times my lesson planning would take a back seat to the stories the kids shared. And in those moments Mrs. White would tactfully step in and get us back on track. Hey, I am not a teacher, I am a journalist. My job is to

listen and write stories.

I can already tell you that if I am asked to be a guest teacher next year, I will request Mrs. White. My wish may not be honored, and I guess that is how life goes. But if Mrs. White can affect change on a 60+ year old journalist and make him appreciate every minute in her classroom, imagine how she affects change on all those young minds that have the privilege of being part of her class for nine months.

BEST KEPT SECRET

It may not be the "best" kept secret...because we've talked about Jamaican Vybz Kitchen before. Located in Main Medical building at the south end of Main Street, they have rolled out a new Jerk Chicken Quesadilla. WOW! Tried one today and it was one of the best Quesadillas ever. So head in and ask Steve or Heidi for their Jerk Chicken Quesadilla.

TODAY'S CHUCKLE

Wouldn't it be great if your children behaved like you think you did when you were young?

Another 'rare' animal shows its face...



UPSIDE DOWN UNDER
 MARVIN BAKER

Two weeks ago while I was watching huge chunks of ice pass by and the Des Lacs River quickly rise to flood stage, I saw a fur-bearing animal on the water trying to swim upstream.

I was able to get some pictures of it, but in using an iPhone, you don't have the option of changing lenses and the optic zoom on the phone is basically useless.

My first impression was that it was an otter. And in the process of putting that and several other pictures of the flooding on Facebook, some of my friends commented that it was a beaver or that it was a muskrat.

The responses are appreciated, but I've been gardening along the Des Lacs River since 2004 and I've seen plenty of beavers and plenty of muskrats and this animal I saw last Wednesday was neither.

And the more I look at the photograph, the more I'm convinced it's an otter, an animal I have never seen on the Des Lacs. It looked kind of like a mink or weasel, but was much larger... and had a longer body. A beaver, even the young ones, are fat and have the obvious flat tail. A muskrat bears more resemblance to a beaver than it does an otter.

As a result of the questioning, I took to finding out more information to see if otters exist in northwest North Dakota. Up until I saw that critter swimming on the Des Lacs, I assumed otters were only inhabiting the Red River, as far as North Dakota is concerned.

But here is what I found out. Because of urbanization, river otters are moving to more friendly and secluded confines, meaning places like Fargo, Grand Forks and Hillsboro are not places they want to be. As a result, they seek out tributaries, navigate the smaller rivers and streams until they find a spot suitable for them.

In this case, the entire stretch of the Des Lacs River, which starts in southeastern Saskatchewan to the confluence on the Souris River at Burlington, is reasonable habitat, save for Kenmare, which has a fair amount of traffic, livestock and other activities along the river and Des Lacs Lake.

According to the North Dakota Game & Fish Department, there is no evidence of river otters in the Des Lacs. However, an otter was

recently trapped near the Upper Souris National Wildlife Refuge and officials at the Des Lacs National Wildlife Refuge believe it's reasonable that otters would be on the Des Lacs.

According to the Nature Conservancy, river otters are located in Saskatchewan, but their habitat is localized in the Qu'Appelle Valley, which is approximately 100 miles to the northeast of the headwaters of the Des Lacs.

So that too is a possibility that otters could have migrated southwest as the Trans Canada Highway, which crosses that valley, becomes too busy for the playful fur bearer to feel comfortable.

I further discovered that otters like crayfish, something found in abundance in the Des Lacs especially during flood events like this April.

I'm sure there are going to be people who will dispute what I saw. It's kind of like three years ago when I caught a beaver stealing peas off a garden trellis, or when I saw a marten on the

river bank sunning itself and looking for prey.

Two years ago a mink hung around my garden all summer, but nobody disputed that.

I took a picture of the burglarizing beaver, but it was the same as the otter. I used an iPhone and although I have proof of it, the photo is really poor and becomes quite pixelated when I blow it up.

We've heard about this urbanization before. When I was working in Kenmare, I did an article about the rapid increase in the moose population in western North Dakota. Part of that had to do with a disease in the herd in the Walhalla area, but part of it was because of the urbanization of numerous communities in Saskatchewan, driving them south.

They're here, just like the marten and maybe I got a rare glimpse of it. That's part of the reason I like hanging out so much along the Des Lacs River.

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.



SLICE OF LIFE
KIM FUNDINGSLAND

The Good Badlands

in photographs or written words but, nevertheless, attempts to do so are spurred by every exposure to the grandeur, the elegance, the forbidding terrain.

Badlands? Historically yes. Today no.

The slumping buttes and sage and junipers, the burrowing owl and prairie dogs and coyotes, the colorful blooms of the cactus, the meandering Little Missouri River, the eagle and turkey vultures overhead, the grazing buffalo -- all part of a of true wilderness experience, at least of what wilderness remains on the landscape today.

The Badlands of North Dakota is a treasure deserving of lock and key, yet is available for all to see and experience. Ever since my first

trip, as a young boy, to Theodore Roosevelt National Park-North Unit, I've been captured by its uniqueness and magnificence.

The Badlands are both peaceful and foreboding. The river bottom is lined with ageless, towering cottonwood trees. Elsewhere are the ever-present juniper trees, mixed with the many exposed colors that comprise the very visible geologic records protruding from historic land.

The ever-present mule deer resides there. So does the bison, remnants of those that once ranged throughout the center of North America in astounding numbers. The North Unit is home to bighorn sheep, the occasional mountain lion and rattlesnake, sagebrush and short-horned lizards and Great Plains toads. There's bird and insect life unique to the Badlands too.



KIM FUNDINGSLAND PHOTO

Most who experience the Badlands are changed by it. It is an environment that captures you and captivates you. Images from a single visit are never forgotten, personal invitations to return. And you'll want to.

Badlands memories are your own, but all who visit the rugged

land in western North Dakota will come away with their memories too.

Too wordy? Too praiseworthy? No.

If you haven't been to the Badlands, take the time to do so. It will be a Slice of Life you'll never regret.



KIM FUNDINGSLAND PHOTO

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A U.S. Air Force B-52H Stratofortress assigned to the 5th Bomb Wing is prepared for loading of a weapon package during Global Thunder 23 at Minot Air Force Base, North Dakota, April 12, 2023. Global Thunder is an annual command and control exercise designed to train U.S. Strategic Command components, units and task forces as well as assess joint operational readiness.



U.S. Airmen assigned to the 705th Munitions Squadron transport a weapons package during Global Thunder 23 at Minot Air Force Base, North Dakota, April 12, 2023. U.S. Strategic Command holds the annual nuclear command and control exercise to test and validate the nuclear operation process to demonstrate the readiness of the nation's nuclear capabilities.

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

GLOBAL THUNDER 23

705 MUNS supports Global Thunder 23

SENIOR AIRMAN ZACHARY WRIGHT, MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. -- Global Thunder is the most extensive command and control exercise in which the 5th Bomb Wing participates, and the 705th Munitions Squadron plays one of the most critical roles in the exercise, which is U.S. Strategic Command's largest.

Global Thunder, which involves all three legs of the nuclear triad, is conducted annually to assess the posture of the 5th BW and other USSTRATCOM units, and their ability to react to a strategic threat in a given timeline. During GT, the 5th BW's B-52H Stratofortress aircraft are put on alert status and Airmen assigned to the 705th MUNS are responsible for uploading munitions to the aircraft during that time.

"When the 5th BW is tasked to generate, 705th MUNS changes focus and our members are moved from their primary duties to perform a generation task," said Senior Master Sgt. Anthony Foerster, 705th MUNS air-launched cruise missile flight chief. "Events like GT allow our members to hone their skills as well as look for ways to increase proficiency and expedite operations."

Airmen with the 705th MUNS maintain operations around the clock during the exercise, ensuring they can safely transport strike packages to the flightline, load them, and get the aircraft to alert status without stopping. Due to the nature of their role, 705th MUNS' mission is an absolute no-fail mission, with every minute being significant.

"We maintain our 24 hour operations to ensure we can respond to issues on the flightline, bring additional weapons to the fight if needed, and be immediately available upon notification to stand down our alert status," said Foerster. "We could be asked to launch aircraft at any time and therefore we maintain a posture of being ready to execute."

Although there are many components at play during GT, 705th MUNS holds a unique spot being the only munitions squadron in the Department of Defense that supports two wings. Their critical role at Minot Air Force Base ensures the 5th BW's readiness to confront uncertainty and maintain a safe, secure, effective and ready strategic deterrent force.

THIS WEEKEND!

DAKOTA FLEA MARKET

Spring FEST

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U.S. Air Force Capt. Michael Smith, B-52H Stratofortress pilot (left), and Capt. Zachary Haun, electronic warfare officer, both assigned to the 69th Bomb Squadron, rush to their alert vehicles following an aircraft generation order during Global Thunder 23 at Minot Air Force Base, North Dakota, April 16, 2023. Exercises like Global Thunder involve extensive planning and coordination to provide unique training for assigned units and forces.

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

Global Thunder 23 concludes at Minot

AIRMAN 1ST CLASS KYLE WILSON,
MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D.

Global Thunder 23, the most recent iteration of U.S. Strategic Command's annual nuclear command and control exercise, concluded April 19.

GT23 was designed to assess joint operational readiness and provide training opportunities for USSTRATCOM forces to deter, detect, and prevent strategic attacks against the United States and its allies.

During the exercise, Team Minot personnel executed and sustained a simulated alert status to validate and maintain an effective and ready strategic deterrence force. Defenders, aircraft maintainers, aircrew, munitions specialists, airfield management personnel, food service specialists, and various other Airmen in support roles worked around the clock to accomplish exercise objectives.

"The 5th Bomb Wing is comprised of exceptional, mission-focused Airmen, and they absolutely nailed the execution of this exercise," said Col Daniel Hoadley, 5th Bomb Wing commander. "Strategic deterrence is anchored on a demonstration of credible combat capability, and

Global Thunder allowed us to do just that."

GT23 presented training scenarios that tested all USSTRATCOM mission areas to include Team Minot's 5th Bomb Wing and 91st Missile Wing, with a specific focus on nuclear readiness. Airmen and B-52H Stratofortresses from the 2nd Bomb Wing at Barksdale AFB, Louisiana, integrated with 5th BW Airmen to conduct joint readiness operations.

"We always aim to practice the way that we will be expected to perform in combat," said Hoadley. "To that end, we were able to wring out virtually every aspect of nuclear operations during this year's Global Thunder. We integrated with the 2nd BW to meet logistical requirements and crush all operations and maintenance tasks inside of tight timelines. Given the complexity of this exercise, the results were confidence building for the entire B-52 team."

The training opportunities provided by Global Thunder enable USSTRATCOM forces to maintain a high state of readiness and proficiency, and validates Team Minot's always-ready global strike capabilities.

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May Resident Council



RACQUEL LABADIE, GS-12, USAF
PRIVATIZED HOUSING RESIDENT ADVOCATE
5TH BOMB WING

The May Resident Council is scheduled for Wednesday, 3 May at 6pm. The meeting will be held at the Welcome Center, 183 Missile, across from the gas station. Agenda topics include: Neighborhood Safety, Services, Work Orders, Amenities, and more. There is still time for residents to submit input for the meeting via the anonymous online input form: <https://form.jotform.com/221374764660156>. The meeting will also be streaming live on Facebook @ minotAFBresidentadvocate. Meeting minutes are posted online each month and can be found at <https://tinyurl.com/mafbcouncilminutes2023>.

Residents who have questions or concerns related to housing at Minot AFB can contact the Resident Advocate at the number listed below or via email racquel.labadie.1@us.af.mil.



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NOTES ON BEING SAFE

Protect yourself from Carbon Monoxide Poisoning

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WHAT IS CARBON MONOXIDE?
Carbon Monoxide (CO) is a colorless, odorless, tasteless, and deadly gas! When exposed to, CO inhibits your blood's capacity to carry oxygen throughout the body, actually suffocating your tissues and organs. CO can escape into your home's air through a faulty furnace, wood-burning stove, range, water heater, fireplace, or any device that burns combustible fuel.

WHAT ARE THE SYMPTOMS?
Carbon monoxide poisoning symptoms can often be confused with flu symptoms but can become much more serious. They include:

- Headache
- Fatigue
- Nausea
- Dizziness
- Irregular breathing
- Mental confusion
- Unconsciousness
- Ultimately death

WHAT IS THE SOLUTION?
The key to protecting yourself and your family is prevention and the use of a quality carbon monoxide detector. Prevention is always the first and foremost important step to protecting your family from CO poisoning, but sometimes prevention tactics don't always prevent a problem. Thus, having the life-saving backup of a reliable, quality CO detector is extremely important. It can warn your family when nothing else will save them.

WHERE SHOULD I INSTALL A CO DETECTOR AND HOW MANY?
CO detectors should be installed near bedrooms, and homes with more than one living level should have at least one detector on each level. CO detectors should be installed between outlet level and 6-7 feet high. CO Detectors should not be installed in garages, kitchens, furnace rooms or humid areas. Appliances in these areas can cause a detector to emit false alarms. Always install detectors at least 15 feet away from a furnace or gas appliance and avoid installing detectors close to a fan, swamp cooler or other fresh or turbulent air sources as this may deter the unit from taking accurate readings. Practice Prevention! Prevention can be both easy and life-saving. Remember to follow these steps:

- Have your furnace and heating system inspected and serviced annually.
- Never run an automobile in the garage or any other type of enclosed space.
- Have your chimney and flu cleaned professionally.
- Make sure that the burner flames on your furnace and stove burn blue, not yellow-orange, and never use your gas range or oven for heating.
- Never use grills or hibachis inside your home.
- Never operate gas burning appliances in a closed room.

REMEMBER:
Carbon Monoxide detectors should never be used as a replacement for prevention, only as a back up.

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MINOT AIR FORCE BASE NEWSPAPER | WWW.NORTHEINSENTRY.COM

Keeping Minot On Track

ROD WILSON, NORTHERN SENTRY

It was a chilly afternoon. Mayor Tom Ross and I had played a round of phone tag, but we finally found time to meet in Mayor Ross's office at Elison Assisted Living in south Minot. As Mayor and Executive Director at Elison, Tom has learned that each day will present a challenge. Even today, permission was given for the Mayor to do a bit of multi-tasking as he would answer those "important" emails in between my questions and his answers. Still, as a journalist I could certainly appreciate the time I was afforded to review Tom's first nine months in office.

Today's interview would begin by discussing his relationship with Col. Daniel Hoadley, Commander of the 5th Bomb Wing at Minot Air Force Base. "You know, it's been unbelievable," starts Mayor Ross, "learning about him, learning about his family, his kids and mostly learning about his duties as commander of the 5th Bomb Wing... his love and passion for all things Air Force."

Ross and Hoadley are alike in that they would rather shine the spotlight on someone else. "We're not ones that need the spotlight on us," according to Ross. "We're more comfortable shining the spotlight on someone else... [we try to] empower that and make that happen. That's a cool thing that Dan and I have in common."

Mayor Ross was not completely new to the base's Honorary Commander Program, having served as an Honorary to the 5th Operations Support Squadron commander, and he said that he had met some great individuals

who are still good friends to this day. "We're watching their families grow, and they're watching us grow. I have experience of being in the Honorary program for, I dare say, 10 years."

This long-standing program strengthens partnerships between Minot and Minot AFB leaders



Tom Ross
Mayor, City of Minot

by assigning a civilian Honorary Commander whose job and role in the community align with a wing, group, or squadron commander at the base. Mayor Ross believes that the Honorary Commander Program is critical and vital to the relationship between the community of Minot and Minot AFB. "Hey, we're eight miles from the base, but by having a group of volunteers who are passionate and understand, they get why they need to take part in it. They don't [become Honorary Commanders] because their arms are being twisted or there is someone out there begging them, they do it

because they love it! They want to get involved and they want to build that relationship," he continues.

According to Ross, the relationship between Honorary Commanders is unique in that it is relatively short-term. Most commanders on the Air Force side are assigned to Minot for only two years. That two-year relationship builds a bridge, and that relationship continues on both sides, long after their tenure. "We still keep the relationships of the past, while forging new ones," says Mayor Ross.

"I'll go out on a limb and say that the relationship between the City of Minot and the Minot AFB is the strongest it's ever been," continues Ross, "and it will continue to get stronger and stronger." The Mayor is afforded the opportunity to sit down with Col. Hoadley and 91st Missile Wing Commander, Col. Kenneth McGhee, over a cup of coffee and have open conversations about life. "That's what builds the relationship and makes it stronger. They know they can call me at a moment's notice..." And conversely, Mayor Ross feels comfortable calling either Col. Hoadley or Col. McGhee to ask for a favor. "I have yet to hear the word no from either one of them, or I would hope they could say the same thing for us."

There are challenging days ahead for the City of Minot and the surrounding communities, which has moved the city to put in a request for \$900,000 from the legislature for base retention. SB 2240, as of this writing, is still being debated and probably will end up in a House/Senate



Airman 1st Class Jorge Peralta, a 5th Force Support Squadron classification technician, Tom Ross, mayor of Minot, Col. Daniel Hoadley, 5th Bomb Wing commander and, Airman Amin Ahmadi, a 5th Logistics Readiness Squadron traffic management office apprentice, pose for photo after a naturalization ceremony at Minot Air Force Base, North Dakota, Aug 31, 2022. Ahmadi and Peralta participated in the first naturalization ceremony held at Minot Air Force Base. For more than 200 years the oath has been recited by many Americans on their pathway to citizenship.

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

conference committee.

"I try to tell the legislators that if we lose oil in North Dakota, it would be devastating. But if we lose the base in Minot, it would be impossible to replace a 600 million dollar impact. If the base-related and other military spending left, Minot would be a much smaller community. You just can't replace 600 million dollars in economic impact. If you could spend 1.5 million dollars to get 100 million back, would you, do it? In a heartbeat," says Ross. "Our city has benefitted from the culture of the Minot AFB more so than any other city in the state. It's the culture and diversity we get from the military personnel, and more importantly, their families that are intertwined with what we have going on here

in Minot."

The conversation would continue for a few more minutes as we discussed the importance of the Minot AFB to our community, and the many construction projects that will take place at the Minot AFB, including the proposed Sentinel missile modernization project.

Mayor Ross will continue to deal with challenges in the City of Minot, including a shortage of daycare and the never-ending challenge of workforce shortages. And we look forward to reporting an "all on board" attitude from Mayor Tom Ross and the rest of the City of Minot when it comes to working together to continue to strengthen and grow the relationship with Minot AFB.



Tom Ross, Mayor of the City of Minot, North Dakota, and 5th Bomb Wing honorary commander (HCC), delivers a speech to a new group of HCCs during the Team Minot 2023 HCC Induction Ceremony at Minot Air Force Base, North Dakota, Jan. 19, 2023. The HCC program allows the community to become a part of Team Minot and see the mission from an insider's perspective.

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



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91 SFG VISITS 343 TRS

Last week SrA James, SrA Grimsley and SrA Barrow went down to the 343rd with Col McCarty and CMSgt Broughman. They had a chance to visit with around 750 future Defenders, these three superstar Airmen shared their stories and what it's REALLY like to be stationed at Minot.

U.S. AIR FORCE PHOTOS
91ST SECURITY FORCES GROUP



Col McCarty talks with a team of future Defenders.



Best shooter on her team and headed to the SFG!



SrA Barrow talking about being an Airman at Minot and Defender in the SFG.



Chief B recognizing an Amn for killing it so far in training.



A visit to the MWD school house to give these three Airmen a chance to see an aspect of the career field most don't know about. They even got to hang out with a puppy program dog.



SrA Grimsley talking about opportunities within Defender nation and his experiences so far in the SFG.



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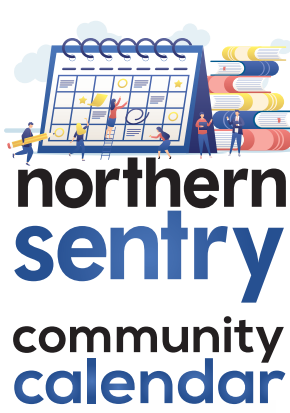
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BABY BOY BORN ON SUNDAY, APRIL 23, 2023 TO:
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Provider of the Month Feature
MAY 2023



AMANDA ROBERTS

What do you enjoy most about being an FCC Provider?

Being able to provide a safe and loving place for little ones while their parents are at work. Also having a second income while still getting to stay home with my own babies.

What are your interests/hobbies?

I absolutely love to read! Thrillers are my favorite but I also love a good self help book every once in a while. We're also a huge sports family and my favorite season is football season (Go Giants!).

What advice do you have for new providers/those interested in being

FCC Providers?

The advice I have is don't be afraid to reach out and ask questions. Every single provider I have talked to has been so welcoming and kind with answering my 100's of questions. There were times I thought I was alone in some of my feelings and struggles when first starting, but once I talked to other providers and heard they had similar experiences it really helped me through those first overwhelming months. I'm so grateful for this community and the new friends I have made!

For more information about FCC, please check out the following website: <https://5thforcesupport.com/fcc/>.

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A HISTORY: FISHING REGULATIONS

Patricia Stockdill

Over the past several years – even stretching into decades - the N.D. Game and Fish Department has adopted a philosophy that suits most anglers just fine – the idea of having fishing regulations be as broad-based, simple as possible.

That's not to say regulations don't change as needs arise and more biological information and science becomes available. Nor does it mean that every lake is considered a cookie cutter and that all lakes are the same.

There can be and are specific regulations to meet specific needs.

However, the guiding philosophy means it's possible the Game and Fish Department doesn't have to issue fishing proclamations each year. Rather, its regulations cover a two-year period.

If a situation or need arises to adjust regulations, it is done through gubernatorial approval amending an existing proclamation.

North Dakota has more than a century of fishing regulations. It's intriguing to see how things like walleye and sauger limits and size restrictions evolved in the time since automobiles were a novelty.

A century ago, anglers across the state generally fished for northern pike, bullheads, and sauger. Walleye were considered a prize because while native to a few of the state's waters, they were more like a treasured novelty than an expectation.

In reality, it wasn't until the 1970s that walleye moved into the "top dog" spot in angler's hearts.

Regulations changed to reflect changing times, management strategies, growing science, and evolving landscapes – both on and in the water.

Here's a look at just some of those changes over the years:

- Statewide daily walleye limits varied from five to 15 fish between 1911 and 2023.
- What hasn't changed for decades, though, is the current five-fish daily walleye limit.
- In 1968 the Missouri River system didn't have walleye or sauger limits. That's not a size limit, that's quantity. Yup, in 1968 anglers on the Missouri River and Lake Sakakawea could catch any number of walleye they wanted in a day.

- Most walleye length restrictions were minimum size limits, not slot or maximum restrictions, and typically ranged from 8- to 16-inch minimums.

- While the Game and Fish Department's management philosophy in recent years has been to try to keep size restrictions to a minimum for specific lakes or fish species, three southeastern lakes have a 14-inch walleye minimum size limit in 2023. There is also a length minimum for keeping muskie. However, there was a 30-year span when there weren't any size limits on any water body anywhere in North Dakota.

- The statewide daily limit from 1911 through 1914 was 15 fish. However, that included a combination of bass, crappie, perch, northern pike, trout, and walleye.

- There was also an 8-inch minimum walleye and sauger limit statewide from 1911 through 1914.

- Daily and possession limits remained the same from 1915 through 1930 while the statewide walleye and sauger minimum length restriction increased to a 10-inch minimum.

- Daily and possession limits changed in 1931 and until 1948 anglers had a 10-fish daily limit for a combination of walleye, sauger, and pike. Possession limit those years was 20 for the three species.

- The statewide minimum walleye and sauger length changed to 14 inches from 1949 through 1954 while daily walleye, sauger, and pike limits dropped to five with 10 in possession.

- Statewide walleye and sauger length limits were removed in 1955. Length restrictions weren't put on again until 1987 and that was only for two specific lakes.

- Since 1987 at least one lake has had some type of walleye and sauger length restriction but at no time have more than 12 lakes throughout North Dakota had length restrictions since then.

- Missouri River System walleye and sauger daily and possession limits generally mirrored statewide regulations with the exception from 1968 through 1980 when daily limits varied from none (1968) to 10 (1976 – 1980).



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Citywide Cleanup Scheduled for May 5-6, 2023

THE MINOT AREA CHAMBER ECONOMIC DEVELOPMENT CORPORATION

The Minot Area Chamber EDC (MACEDC) invites the public to participate in its annual Citywide Cleanup event on Friday, May 5 and Saturday, May 6, 2023.

The Citywide Cleanup is an effort to beautify our community before summer arrives. Minot Area Chamber EDC member-investors and any other community members are invited to clean up around their buildings and to provide volunteers to clean the city entrances.

"We are always so happy to see the snow finally melt each spring, but it tends to uncover a lot of trash," said Carla Dolan, Vice President of the Minot Area Chamber EDC. "We're grateful that year after year, volunteers come together to tidy up our town

and make Minot more beautiful as warm weather arrives."

Those who want to participate are asked to send a team captain to the Minot Area Chamber EDC office at 1020 20th Ave SW to collect trash bags during the week starting May 1. Then be sure to bring gloves and head out on Friday, May 5 between 9:00 AM and 5:00 PM and Saturday, May 6 from 9:00 AM to 1:00 PM and fill up trash bags. Once they are filled, place them in a pile or two along the roadway and city crews will pick them up.

"Thanks to the City of Minot for supplying garbage bags for our cleanup efforts," Dolan said.

"Let's make Minot shine!"

A LOOK BACK THIS WEEK IN USAF HISTORY

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

MAY 12, 1968



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

During the Vietnam War on May 12, 1968, former Lt. Col. Joe Jackson was commander of an unarmed C-123 transport aircraft. The plane was flying an emergency mission in South Vietnam after a special forces camp at Kham Duc was overrun by the enemies, who were in complete control of the area. Over the radio, Jackson learned that a three-man combat control team had been accidentally left behind after the camp was evacuated. Jackson

made the decision to respond and descended to the landing strip of the camp under heavy fire. After landing, enemy forces dropped a rocket near the plane, but fortunately it was a dud. Jackson was able to rescue the CCT and bring them to safety in Da Nang. Despite the amount of enemy fire during the rescue, the C-123 was found to have no damage or bullet holes upon arrival. For his heroism, Jackson received the Medal of Honor on January 16, 1969. He passed away on January 12, 2019.

Information courtesy of: af.mil

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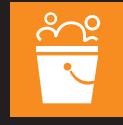
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POST GT BBQ AND COINING

Members of Team Minot celebrate a job well done with a base wide barbecue after a tremendous showing during this year's Global Thunder 23.

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AIRMAN 1ST CLASS ALEXANDER NOTTINGHAM



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Exchange Celebrates Military Shoppers with More than \$500,000 in Giveaways in 2022

MINOT AIR FORCE EXCHANGE SERVICE PUBLIC AFFAIRS

MINOT AIR FORCE BASE – The Army & Air Force Exchange Service celebrated military shoppers in a big way in 2022—with more than \$524,000 given away in prizes.

The Exchange hosts sweepstakes and giveaways throughout the year to thank and reward the military community. Prizes awarded last year include popular products, gift cards, cash and tickets to the Army-Navy Game. In all, more than 3,700 shoppers won in 2022.

“I shop at the base all the time. I love going out to the Exchange,” said Lois Quin, a disabled Army Veteran who won a recliner in the Exchange’s Free Friday program. “And it’s fabulous to have online shopping that’s delivered right to your home.”

Quin won by commenting on the weekly Free Friday giveaway post on the Exchange’s Facebook page. Other sweepstakes included the popular MILITARY STAR® card’s Your Holiday Bill Is on Us, in which five grand-prize winners had their card balances paid in full, while another 35 winners received statement credits of \$1,000 or \$500.

Minot AFB kids can also have the chance to win through Month

of the Military Child sweepstakes, as well as the You Made the Grade program, which honors military students’ academic excellence with biannual drawings. Students in first through 12th grades who maintain a B average can bring their report cards each grading period to the Minot BX for a \$10 or \$20 gift card. They can also enter the worldwide sweepstakes for a chance to win a share of \$4,000 in prizes each semester.

“The Exchange gives back not only to the military community through dividends but also to shoppers through sweepstakes and contests,” said Minot’s BX General Manager Kyle Omler. “I encourage Edwards shoppers to enter for a chance to win great prizes all year long.”

The Exchange hosts sweepstakes year-round. To enter, authorized shoppers 18 years and older can visit ShopMyExchange.com/sweepstakes. To participate in the Free Friday drawings, shoppers can follow the Exchange on Facebook at Facebook.com/shopmyexchange. For the You Made the Grade program, students can visit the Minot BX customer service desk.

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Upcoming Events

28-30 APR 2023 iMAGICON
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420 3rd Ave SW, Minot

iMagicon is a fan-driven pop culture convention that blends a variety of genres and fandoms together under one roof. From cosplay to anime to sci-fi to gaming, there is plenty to explore at the 3-Day event. Special guests to be announced later in the fall. Learn more at imagiconnd.com



For more information and tickets:
www.imagiconnd.com

1 MAY MONDAY'S ARE FOR MURDER
6:30 PM - 8:30 PM
Minot Public Library
516 2nd Ave SW, Minot

Join us on the first Monday of the month for a totally tubular murder mystery party! This month there's a Murder at the Roller Rink. It's 1988, and the Podunk Roller Rink is filled with people showing off their shoulder pads and mullets—it's a strangely-assorted group. Suddenly...a scream. Then the body of Kevin Floosey, the new kid in town, is found in the back hallway. Who could have done such a thing? Maybe it was YOU!!



For more information: Facebook/Minot Public Library/Events

2 MAY READ DOGS
4:00 PM - 5:00 PM
Minot Public Library
516 2nd Ave SW, Minot

Our Reading Education Assistance Dogs will be available for children to read to on the first Tuesday of the month. These dogs LOVE listening to children read. Children may read for 15 minutes on a first come first serve basis. For more information about the READ dogs, contact the Children's Library at 838-0606.



For more information: Facebook/Main Street Books/events

5 MAY STORYTIME WITH MISS KRISTI
AT MAIN STREET BOOKS
11:00 AM-12:00 PM
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MH-139A Grey Wolf makes first snow landing

SAMUEL KING JR.

EGLIN AIR FORCE BASE, Fla. -- The MH-139A Grey Wolf stood out against the austere landscape of evergreen trees and snow. As it moved toward the ground, the five-rotor downwash created a white cloud of snow that enveloped the aircraft and the aircrew inside. Upon touchdown, the horizon was barely visible through the snow cloud.

This landing was the culmination of the 413th Flight Test Squadron's austere landing testing at Malmstrom AFB, Montana, this year, during the month of February. The testing was supported by Air Force Global Strike Command's Detachment 7.

The 413th FLTS tested the MH-139A's ability to land in unprepared areas such as fields, a core capability of any rotary-wing aircraft. The 413th FLTS team developed an obstacle course and performed a rigorous test of the aircraft's landing gear at Duke Field, Florida, to prepare for the trip to Montana.

"Since you can land to nearly any surface, you have to be prepared for potential ground obstacles as well as any variations in the surface, such as slopes," said Maj. Jonathan Palka, 413th FLTS test pilot. "The landing surface is evaluated from the air and the approach is typically flown more carefully than it would be to a controlled, paved surface such as a runway."

After the Duke Field tests, the 413th FLTS and Det. 7 aircrew took the Grey Wolf north to mountains over 9,000 feet with single-digit temperatures. Since the aircraft will eventually be stationed in Northern-tier bases, the Grey Wolf's stakeholders were interested in testing its capabilities in cold weather and snow conditions that it will be operating in 4-6 months

each year.

Aircrew filmed the landings using helmet-mounted cameras as well as from cameras on the ground.

"Snow is a naturally unstable surface, and you don't always know what is underneath it," said Palka, who piloted some of the snow missions. "In deep snow, you're never fully on the ground like you would be on other surfaces, you need to be prepared for the surface to shift. It just means you land a little more carefully and respect the potential of the surface to change."

Through both tests, the squadron learned more about the aircraft

and provided data back to their customers and safely brought the aircraft home ahead of schedule.

The MH-139A is set to replace the Air Force's aging UH-1N Huey fleet. The new helicopter closes the capability gaps of the UH-1N in the areas of speed, range, endurance, payload and survivability in support of the Air Force Global Strike Command's ICBM missions. Other mission capabilities include civil search and rescue, airlift support, National Capital Region missions, as well as survival school and test support.



The MH-139A Grey Wolf stirs up a cloud of snow as it touches down near Malmstrom Air Force Base, Montana in February. The snow lift offs and touchdowns were the culmination of the 413th Flight Test Squadron's austere landing testing. The tests focused on the new aircraft's ability to land in unprepared areas such as fields, which is a core capability of any rotary-wing aircraft. (Courtesy images from video)

U.S. AIR FORCE PHOTO | SAMUEL KING JR.

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★ 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.



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Local Cravings

Restaurant Guide

<p>Applebee's Grill & Bar</p> <p>2302 15th St SW, Minot Phone: 701.839.2130 www.applebees.com</p>	<p>Badlands Restaurant & Bar</p> <p>1400 31st Ave SW, Minot Phone: 701.852.7335 www.blgrill.com</p>	<p>Bone's BBQ Smokehouse & Grill</p> <p>1412 2nd Ave SW, Minot Phone: 701.838.9140 www.bonesbbqminot.com</p>
<p>28 Tastes & Taps</p> <p>1603 35th Ave SW Minot Phone: 701.838.2828 FB: 28 Tastes & Taps</p>	<p>Culver's Restaurant</p> <p>3000 S Broadway, Minot Phone: 701.852.4800 www.culvers.com</p>	<p>Ironhorse Kitchen + Bar</p> <p>21 E Central Avenue, Minot Phone: 701.852.8183 FB: Ironhorse Kitchen + Bar Minot</p>
<p>Jamaican Vybz Kitchen</p> <p>Suite 200 315 Main Street S Minot Phone: 701-441-9309 FB: Jamaican Vybz Kitchen</p>	<p>Pink's Bar & Grill</p> <p>102 128th Ave NW Minot Phone: 701.852-2385 FB: PinksBarGrill</p>	<p>Prairie Sky Breads</p> <p>3 1st St. SE, Minot Phone: 701.858.0612 www.prairieskybreads.com</p>
<p>Noodles & Company</p> <p>304 4th Ave NW Minot 701.491.9103 www.noodles.com</p>	<p>Mi Mexico</p> <p>3816 South Broadway Minot Phone: 701.858.0777 www.mimexicominoind.com</p>	<p>Primo Restaurant</p> <p>1505 N Broadway, Minot Phone: 701.838.7746 www.primominot.com</p>
<p>Souris River Brewing</p> <p>32 3rd St NE Minot Phone: 701.837.1884 www.sourisriverbrewing.com</p>	<p>The Starving Rooster</p> <p>30 1st St. NE, Minot Phone: 701.838.3030 www.starvingrooster.com</p>	<p>Whiskey Nine</p> <p>109 Central Ave, Minot Phone: 701.837.1090 www.whiskeynined.com</p>

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Minuteman III test launch showcases readiness of U.S. nuclear force's safe, effective deterrent

AIR FORCE GLOBAL STRIKE COMMAND PUBLIC AFFAIRS

BARKSDALE AIR FORCE BASE, La. --

A joint team of Air Force Global Strike Command Airmen and Navy aircrew launched an unarmed Minuteman III intercontinental ballistic missile equipped with one test re-entry vehicle from aboard the Airborne Launch Control System April 19 at 5:11 a.m. Pacific Time from Vandenberg Space Force Base, California.

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 our allies. Such tests have occurred over 300 times before, and this test is not the result of current world events.

"Strategic deterrence is the most critical mission in our Air Force and the cornerstone of America's defense," said Gen. Thomas A. Bussiere, commander, Air Force Global Strike Command. "The foundation of our command and our ability to execute our mission is because of Striker Airmen, and I have full and unwavering confidence in their abilities.

"This test launch reinforces what our allies and partners already know - we're always ready to defend the United States with combat ready nuclear forces anytime, anywhere, on order, to conduct global strike."

Airmen from the 625th Strategic Operations Squadron out of Offutt Air Force Base, Nebraska, were aboard the U.S. Navy E-6 aircraft to demonstrate the reliability and effectiveness of the ALCS system.

The ICBM's reentry vehicle traveled approximately 4,200 miles to the Kwajalein Atoll in the Marshall Islands. These test launches verify the accuracy and reliability of the ICBM weapon system, providing valuable data to ensure a continued safe, secure and effective nuclear deterrent.

"We have a unique ability to strike a target anywhere, at any time, should the commander-in-chief deem it vital to our national security and the security of our allies," said Col. Chris Cruise, 377th Test Evaluation Group commander. "An Airborne Launch Control System test validates that capability, ensures we have redundancy in our weapons systems, and showcases the interoperability with our Navy counterparts."

The test launch is a culmination of months of preparation that involve multiple government partners. The Airmen who perform this vital mission are some of the most skillfully trained and educated the Air Force has to offer.

Airmen from the 341st Missile Wing at Malmstrom Air Force Base, Montana, were selected for the task force to support the test launch. The missile bases within Air Force Global Strike Command have crew members standing alert 24 hours a day, year-round, overseeing the nation's ICBM alert forces.

The ICBM community, including the Department of Defense, the Department of Energy, and U.S. Strategic Command, uses data collected from test launches for continuing force development evaluation. The ICBM test launch program demonstrates the operational capability of the Minuteman III and ensures the United States' ability to maintain a strong, credible nuclear deterrent as a key element of U.S. national security and the security of U.S. allies and partners.

Air Force Global Strike Command is a major command with headquarters at Barksdale Air Force Base, Louisiana, in the Shreveport-Bossier City community. The command oversees the nation's three intercontinental ballistic missile wings, the Air Force's entire bomber force, to include B-52, B-1 and B-2 wings, the Long Range Strike Bomber program, Air Force Nuclear Command, Control and Communications systems, and operational and maintenance support to organizations within the nuclear enterprise. Approximately 33,700 professionals are assigned to two Numbered Air Forces, nine wings, two geographically-separated squadrons and one detachment in the continental United States and deployed to locations around the globe. More information can be found at: <https://www.afgsc.af.mil/About/Fact-Sheets/Article/454593/air-force-global-strike-command-air-forces-strategic-air/>.

The LG-35A Sentinel will replace the Minuteman III ICBM with an initial capability of 2029. Until full capability is achieved in the mid-2030s, the Air Force is committed to ensuring Minuteman III remains a viable deterrent.



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SPRING CAR CARE



How Often Should You Change Engine Oil

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

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

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

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

Oil Change Intervals - Older Cars

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

- Primarily short trips (5 miles or less)
 - Extremely hot, cold, or dusty climates
 - Sustained stop-and-go driving
 - Carrying heavy loads or towing a trailer
- If your vehicle use falls under the severe service definition in your owner's manual, maintain your car using the more rigorous schedule. However, if you drive your car under normal conditions, be wary of spending hard-earned money on oil change services and other maintenance work your car may not need or benefit from.

Oil Change Intervals - Newer Cars


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

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

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

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

Courtesy of AAA



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

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WHEN TO CHANGE/CHECK YOUR OIL

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



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Wreaths Across America Announces 2023 Youth Service Project

WREATHS ACROSS AMERICA

On April 11, Wreaths Across America (WAA) announced the 2023 Youth Service Project as part of its year-round TEACH program. The project will tie into the national nonprofit's 2023 theme, 'Serve and Succeed.'

The Youth Service Project encourages young people of all ages and grade levels to develop, organize and execute a community service project to improve the lives of veterans or others in their local community. By participating in, and successfully completing the Serve and Succeed project of their choosing, students will receive a certificate of community service award and commemorative bracelet from WAA. Each participant will be entered into a random drawing for the opportunity to visit the National Wreaths Across America Museum, Gold Star History and Hospitality House and the tip land monuments where replica dog tags from thousands of service men and women are hung in remembrance. The service project needs to be completed by Veterans Day, Nov. 11, 2023.

Throughout the year, the WAA TEACH program provides educational opportunities for people nationwide to engage with veterans in their communities. In 2022 generous supporters made it possible for WAA to launch a K-12 curriculum that is aligned with the National Council on Social Studies

and state Common Core standards. The free, downloadable lesson plans ensure stories of service, sacrifice and valor are passed down to future generations while building good character and self-worth through service to others. WAA also launched its first Youth Service Project in 2022, where students participated in an oral history project interviewing veterans. The contest winner, randomly selected from among the participants, was recently selected and will be publicly acknowledged at the organization's annual Stem to Stone event held in Maine each summer.

"Teaching younger generations the value of freedom and the importance of honoring those who sacrificed is a core part of our mission, but we want our young people to know you do not have to be in the military to serve," said Cindy Tatum, WAA TEACH Curriculum Developer and Gold Star Mother. "The WAA 2023 Youth Service Project encourages America's youth to create, develop, and execute a community service project that will benefit Veterans or others in their local community or the global community. No act of service is too small, and we look forward to the impactful projects students will submit."

To learn more about the TEACH program and participate in the service project, please visit www.wreathsassamerica.org/teach.



PATRICIA STOCKDILL

OUTDOOR NOTES:

PATRICIA STOCKDILL

•Paddlefish tags now available online from the N.D. Game & Fish Dept., (gf.nd.gov).

•May 1: Paddlefish snagging season opens. See Game & Fish Dept. website for specific regulations.

•May 6: Evening Hike Series Full Flower Moon Fairy Hike, Fort Stevenson State Park, Garrison, 9:30 p.m.

•May 7 – 21: Awakening of the Hatchery unguided hike on Garrison Dam Nat'l. Fish Hatchery trails. Hike whenever people want with focus on walleye production, spawn to stocking. Trail begins at Visitor Center.

•May 8 – 19: Audubon Nat'l. Wildlife Refuge Migratory Bird Game set up on refuge's hiking trail beginning at Visitor Center.

Fishing:

Lake Sakakawea elevation, April 24: 1,828.41 feet above mean sea level (MSL); 16,800 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.83 feet above mean sea level (MSL).

Stump Lake elevation: 1,449.82 MSL.

•N.D. Game & Fish Dept. game wardens: No reports from Lake Sakakawea with deteriorating ice conditions. No activity on north-central area lakes and no Devils Lake reports.

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

•Devils Lake, Woodland Resort, Devils Lake: Some walleye activity on the open waters of Channel A. Late April storm continues delaying open water.

•Lake Darling, Karma C-Store, Ruthville: Limited activity with lakes slowly transitioning to open water.

•Lake Metigoshe, Four Seasons, Bottineau: No activity with ice still on the lake.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: No activity on the east end of Lake Sakakawea and Lake Audubon with poor ice conditions and no shorelines access. Try late evening hours on the Missouri River tailrace for walleye with better success farther down

river below Wilton.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: OK pike success working the back bays on the east end of Lake Sakakawea but use extreme caution with deteriorating shorelines. No Lake Audubon or Missouri River reports.

•Lake Sakakawea, New Town: No activity in the Van Hook Arm yet.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Lake rising slowly in elevation from runoff but no activity.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Upper end of Lake Sakakawea has open water down to Lund's Landing but water is muddy with runoff. Try frozen bait for pike around Lund's and Lewis & Clark State Park. Missouri and Yellowstone rivers remain high and muddy with activity limited to a few catfish. Best walleye activity is on the Little Muddy River using jigs and minnows or plastics. Small area lakes still mostly iced in with just open water edges.

•Lonetree WMA area lakes,

Harvey: No new reports.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Souris River remains high and muddy with no activity. Area lakes remain quiet.

Hunting:

•Turkeys remain quite active and generally responsive to calls.

•Snow geese: Fair numbers moving in and through the northwestern part of N.D. but birds moving quickly.

N.D. rivers (conditions can vary rapidly):

•Little Missouri River, Long X Bridge: River stage, 8.95 feet; streamflow, 808 CFS.

•Missouri River, Williston: River stage, 18.81 feet.

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

•Souris River, Bantry: River stage, 12.13 feet.

•Yellowstone River, Sidney, Mont.: River stage, 5.66 feet; streamflow, 12,900 CFS.

Numbers to know:

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

•Report All Poachers: (701) 328-9921.

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Spring Discover Minot Excursion

ERIN BEENE, NORTHERN SENTRY

The spring Discover Minot Excursion was held on Tuesday, April 25. A group of military members and dependents hopped on a bus at Minot AFB and explored all that the city of Minot has to offer.

This quarterly event, hosted by the Northern Sentry and Minot Downtown Business and Professional Association, allows Minot AFB residents the chance to find out why they “might not hate it here after all” by discovering

the joy, unique quirks and hidden gems that make Minot a fantastic assignment.

Every tour has a unique factor that makes it stand out and to encourage repeat guests. This specific tour featured a sneak peek of the behind the scenes operation of the not-yet opened Magic City Discovery Center! Attendees were able to investigate and have hands-on experience testing out the Discovery Center’s exhibits on sounds, movement, art

and much more! The group also enjoyed a full and hearty lunch from Jamaican Vybz Kitchen and spent time shopping downtown.

The next Discover Minot Excursion is set for mid July. It will be a slightly more upscale evening event as tour goers will spend the first portion of the tour at Urban Winery doing a wine walk. Keep an eye out for more details coming soon.



WHAT DID THEY HAVE TO SAY?

Jamaican Vybz was delicious, I am so glad we went!
- AMY MAGINNESS

[I loved] getting to see all the hidden gems and activities for kids downtown.
- ABBIE HELVESTON

[My favorite part was] touring the Discovery Center and seeing all the amazing innovations that our children will get to explore.
- JILL CANGEALOSE

The whole experience was great!
- ANONYMOUS

Everything was wonderful and on schedule. The driver was very professional.
- ANONYMOUS



Military members & spouses get a sneak peak of the Magic City Discovery Center during the Discover Minot Excursion.

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Grilled Beer Can Burger

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- 1) When ready to cook, set the Traeger to 300° and preheat, lid closed for 15 minutes.
- 2) In a large bowl, season the ground beef with Traeger Beef Rub and Worcestershire sauce.
- 3) Roll into 1/2 pound balls, then place a beer can in the middle to shape into a bowl.
- 4) Press beef up the sides of the can. Gently remove can and season meat with salt and pepper.
- 5) Wrap the burger bowl with bacon, if desired, and fill with your choice of ingredients.
- 6) Some of our favorites fillings are mac and cheese, pulled pork, BBQ sauce and cheddar, mushrooms and swiss, or cheddar and jalapeños.
- 7) Place burgers directly on the grill grate and cook for about 45 minutes.
- 8) In the last five minutes of cooking, top with a slice of cheese and place buns on the grill grate to toast, if desired.
- 9) Remove from grill and serve on toasted buns with lettuce and tomato or your favorite toppings. Enjoy!

INGREDIENTS

- 2 lbs Ground Beef
- 1 tbsp Worcestershire Sauce
- 1 tbsp Traeger Beef Rub
- Beer or Soda Can
- Salt and Pepper, to taste
- 8 Slices of Bacon
- Favorite Fillings
- 4 Slices of Cheese of your choice
- 4 Burger Buns
- Lettuce
- Sliced Tomato

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

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All Military Kids are Special at Dakota Elementary

ERIN BEENE, NORTHERN SENTRY

A lot was happening on the base last Tuesday, but the Month of the Military Child Appreciation Banquet was one of the most heart-warming events of the month. This event recognized the military children that love and learn at Dakota Elementary. The staff served the entire student body and their families a pasta dinner and then presented each student with a certificate of appreciation signed by both the 5th Bomb Wing Commander, Colonel Daniel Hoadley, and the 91st Missile Wing Commander, Colonel Kenneth McGhee, as well as a few special "Eagle Awards."

One Eagle Award recipient, Mila Callaway, age 8, explained why Dakota Elementary was special to her. Although this is her first year here, she said, "It's fun, it helps us learn stuff and to make new friends." This 3rd grader has been to a lot of different schools but said she especially loves it here, her teacher Ms. Delzer, and the group projects they get to work on during "Eagle Time" at school. Mila explained "Eagle Time" as a portion of most school days when they get to read, listen to reading or do group projects like drawing on a big poster board their favorite scene from a book they are reading.

Mila's teacher, Ms. Brooke Delzer, was part of the planning team behind the Appreciation Banquet. Ms. Delzer was raised and lived in Minot her whole life. She said military kids amaze her because they are so flexible, easygoing and have lived in so many incredible places.

She hopes to make this banquet a yearly event.

Since it was the 3rd grade teachers turn to plan the April school event, Ms. Megan Routledge, who also teaches 3rd grade at Dakota, helped head the event as well. Ms. Routledge grew up around Dakota Elementary because her mom was a school teacher years ago. She grew up on a farm surrounding the base and always had a soft spot in her heart for the school that her mother loved. So when she decided to

become a teacher, she knew Dakota was where she wanted to teach. Three years into her teaching career, Ms. Routledge knows she made the right choice. She mentioned that with military kids sometimes teachers don't even get a full year with their students, so they strive to make the small amount of time they get meaningful. She said, "I try to lead with love. If students feel love from [the school] when they leave then I know my job is well done."

Ms. Mikki Elliott, the school



3rd grader Mila Callaway loves her school, Dakota Elementary

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- The Snow Leopard's long, thick tail helps them keep their balance and acts as a scarf to help warm the cat's body during the long, cold nights.

Fact File

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



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Teachers and staff at Dakota Elementary wear purple to support their military students.

special education teacher, was drawn to happy tears when asked about why military kids are so special. As a military brat herself and military spouse, Ms. Elliott knows firsthand the hardships these students go through. She mentioned that the staff at Dakota just wanted to do something extra special for their students, to recognize them and

their unique contributions. She said she has been a teacher for 25 years, with eight of those years at Dakota Elementary, but never had a school be quite as great as this. Ms. Elliott said they wanted an event that was "for the kids and about the kids." And that is exactly what it was.

After dinner was served and the recognition awards were awarded,

the Dakota Elementary teachers also presented a few stand-out awards. These Dakota Awards of Excellence or "Eagle Awards" were presented to a few students in each grade who exemplified kindness, character, and friendship.

THE STAND-OUT STUDENTS WHO RECEIVED THE "EAGLE AWARDS" WERE:

Zachary Lawley
Lorelei Tua
Avigail DeRyke
Juan Guzman Munoz
Sophie Quezada
Rauri Holmgren
Sophia Ringo
Yazmin Boscarino
Muriel Callaway
Luke Chavers
Timber Kennedy

Bo Hovis
Abygail Carbo
Kevin Hutson
Jaxon Prebble
Kalliope Tua
Cheyenne Hill
Addison Cunniff
Julian Lane
Cody Degler
Braylen Patterson
Aubrey Peele

Mila Callaway
Oliver Hovis
Leighton Keilman
Adalynn DeRyke
Lilly Fernandez
Anayeli Gonzales
Kylee Jackson
Kinley Torbit
Logan Scirica
Cowen Patterson

Air Force School Liaisons



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



The Department of the Air Force School Liaisons (SLs) are the central point of contact for commanders, military families, and school districts in all Kindergarten through 12th grade school matters. Speaking the dual language of military to educators and education to the military; they are considered the K-12 education office in the local community and state. They advocate for military-connected students at the local, state, and national level. Differences in local demographics, installation mission, community characteristics, and education policy significantly impact students and families as they move. SLs can help smooth transitions between schools. SLs serve DoD Total Force members, DoD civilians, retirees, Guard/Reserve, and eligible

family members to include NOAA, USPHS, foreign national employees and contractors assigned. Services of the SL office include: local school navigation, scholarship and grant resources, community and education partnerships, deployment support, transition support, college/career/military readiness, professional development, homeschool support, and parent workshops. If you are new to the Minot area or soon to PCS and need support with your child's education contact the MAFB-SL, Joy-Nicole Smith, at 701-723-1447 or mafb.school.liaison@us.af.mil. For further information on the DAF Child & Youth Education Services-School Liaison Program visit <https://www.dafchildandyouth.com/school-liaison-program>

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	
						6	
7	8	9	10	11	12	13	
14	15	16	17	18	19	20	
21	22	23	24	25	*26	27	
28	29	*30	31				

- 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



Minot Senior Coalition Presents the Annual SALUTE TO SENIORS, 25 YEARS OF CELEBRATING OUR SENIORS

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Earth Day

TYLER EDEN DANAHER, AGE 9

Earth day is a very important day to show that we care for the earth. There are many ways to celebrate. Lots of people reduce, reuse, and recycle. Some people limit how much water, or energy they use. Others plant trees. The reason of this day is because a Wisconsin senator was concerned about the Earth, so he went to tell President John F. Kennedy and told him we need to do something, and he agreed. Later, on April 22, 1970, the first ever Earth Day was hosted. Earth Day did not become an international holiday until 1990.

The average American produces 4 pounds of trash every day! All that trash goes into a landfill. In a landfill trash gets buried. If there is no more room, it goes in the ocean! :-[. Sometimes they even put it in space! There are even "islands" made out trash! Pollution is another problem. This makes air and water dirty. It also causes global warming, and even acid rain! Global warming is when the earth warms up, it causes ice to melt which makes floods, and polar animals to become endangered. Some other ways you can help is by using metal water bottles, recycling, and reusing.

So, save the Earth! It's the only one we've got!



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Christ Chapel
0900

Protestant
Sunday Community Service
1030


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Daily Monday-Thursday at 1200

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Sunday, April 30
10AM, Congregational Prayer Service


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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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www.christreformedchurchminot.com

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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**


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120 5th Ave. NW
852-4853

Sunday Worship 9:30 am

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Home: 701-838-5759
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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
6:30 PM

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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


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Southern Baptist Convention

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

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

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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
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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

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Wednesday Bible Study 7:30 p.m.

Jesse Starr, Pastor


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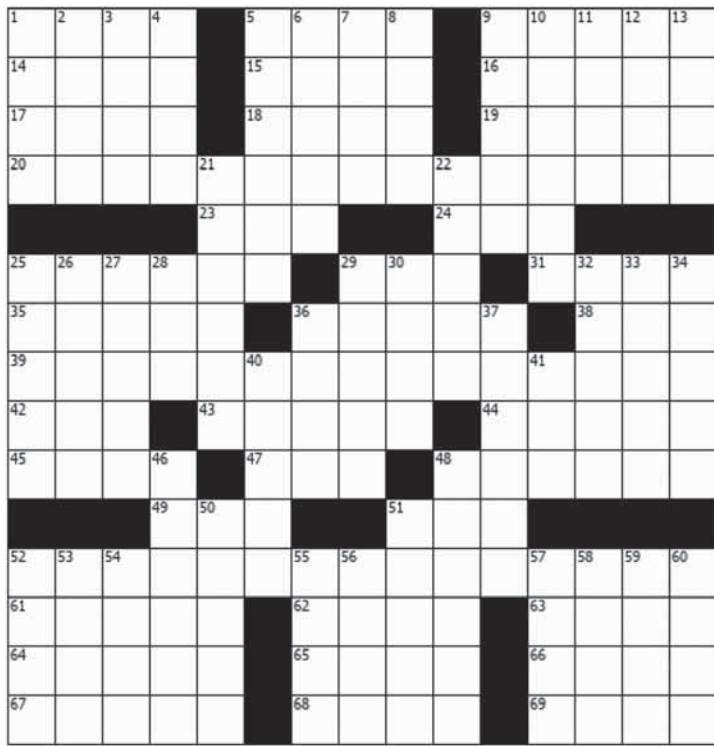
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CROSSWORD PUZZLE

Across

- 1. Yellow and Black
- 5. Harmless prank
- 9. Brief shock
- 14. Labored breath
- 15. "The Virginian" writer Wister
- 16. Links nickname
- 17. Funnyman Johnson
- 18. Place to save a buck
- 19. Noxious vegetation
- 20. Warning sign
- 23. Is for more than one?
- 24. Out of the ordinary
- 25. Adds zest to
- 29. What God called the light
- 31. Victim of erosion
- 35. Byword
- 36. Desirable but not necessary
- 38. Piece of a two-piece
- 39. Warning sign
- 42. Cargo weight
- 43. Was an awful security guard
- 44. "The Prince of Tides" star
- 45. Magi's interest
- 47. West in "Night After Night"
- 48. Murphy and Murray
- 49. Royal flush card
- 51. Cool-cucumber connection
- 52. Warning sign
- 61. Constellation with a belt
- 62. Cousin of a beluga
- 63. Primo
- 64. Counter, as an argument
- 65. Modest hand
- 66. Greek portico
- 67. A ketch has two
- 68. Lose traction
- 69. Pain in the neck

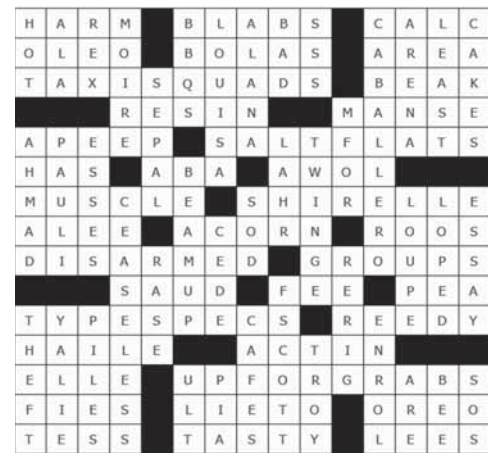


Down

- 1. They'll get you in hot water
- 2. British nobleman
- 3. Dead set against
- 4. Perron part
- 5. They weep
- 6. Hardly oblivious
- 7. Depend (on)
- 8. Wasn't ignorant
- 9. Did a carpenter's chore
- 10. General tendencies
- 11. From square one again
- 12. Fair feature
- 13. Determinant
- 21. Discussion groups
- 22. Card games expert
- 25. Goes the distance
- 26. Dostoyevsky character
- 27. First name in letter revelation
- 28. Turtle-to-be
- 29. Hang in folds
- 30. "--- She Sweet?"
- 32. Daggers in manuscripts
- 33. More than irked
- 34. Loads with cargo
- 36. Bother for a boxer
- 37. "Ed Wood" Oscar winner
- 40. Bugs bugged him
- 41. Brick-carrying trough
- 46. Stew
- 48. Steep slope
- 50. Elements of change?
- 51. PC character system
- 52. College digs
- 53. Certain code
- 54. Points for writers
- 55. Klutz's exclamation
- 56. Soviet range or river
- 57. Harsh file
- 58. Campaign button verb
- 59. Hall of Famer Slaughter
- 60. Word with back or bucket

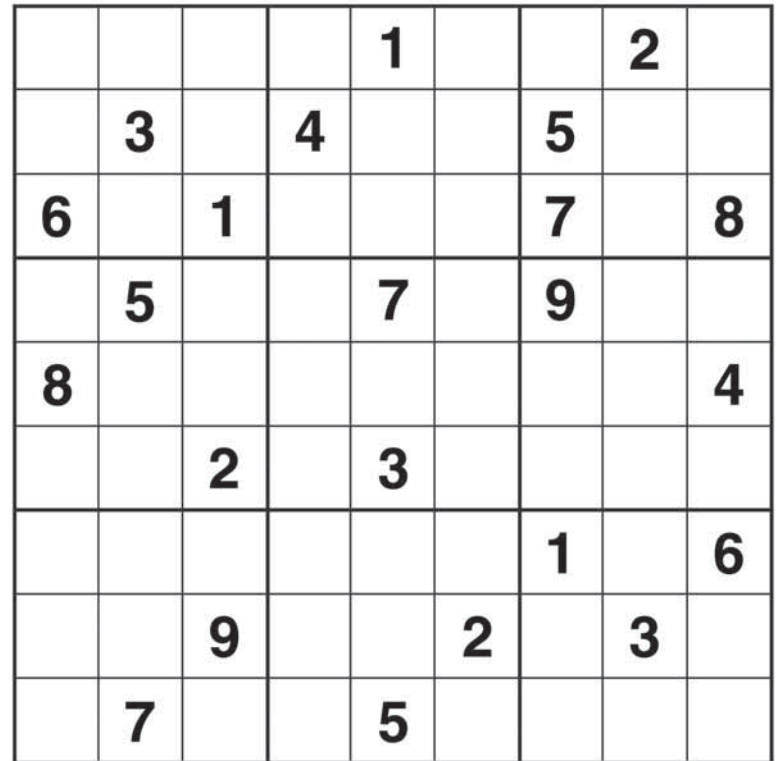
CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.



SUDOKU

Solution to puzzle on page B13



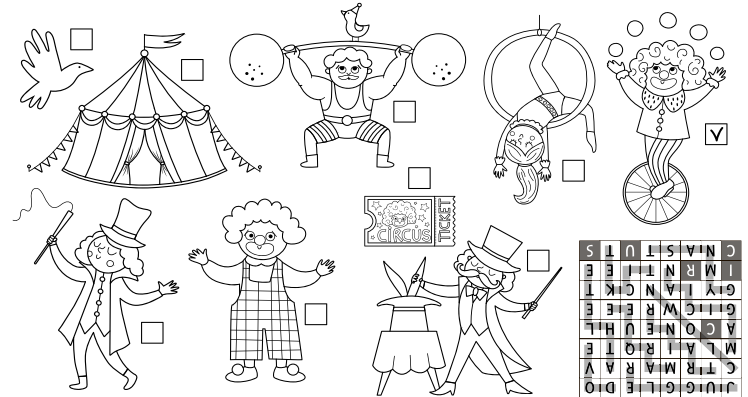
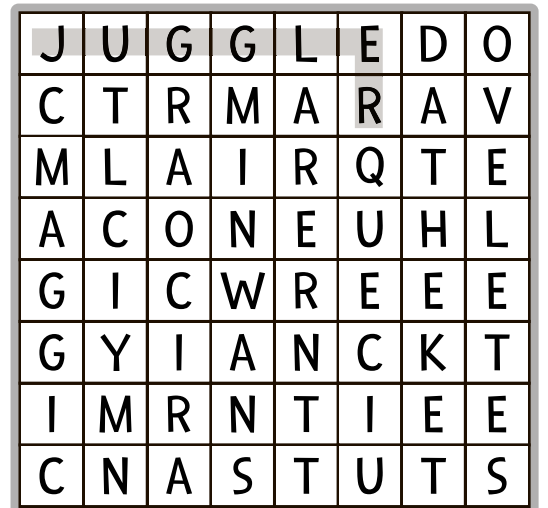
CIRCUS

wordsearch puzzle



Find objects in the puzzle and discover the hidden word

- CLOWN
- GYMNAST
- MAGICIAN
- JUGGLER
- ATHLETE
- TRAINER
- TICKET
- MARQUEE
- DOVE



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

PROFESSIONALS

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701-839-0475 or 701-721-0475

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AKC YELLOW LABS. Parents excellent hunters/family pets. Hips OFA certified- sire "excellent" dam "good". Call/text 701-833-4379 or email cjfred@restel.com. \$650. (Garrison)

HELP WANTED

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

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

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

LOOKING FOR A CAREER THAT IS BOTH CHALLENGING AND REWARDING?
Kalix is seeking caring and compassionate people to provide support for people with disabilities. We have schedules to fit your needs. We offer competitive wages and excellent benefits.
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PUZZLE ON PAGE B12

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

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MINOT AFB ANNOUNCEMENTS

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

Embry-Riddle Aeronautical University is the world's pre-eminent university for aviation and aerospace education. However, our dynamic, hands-on programs will prepare you for careers well beyond the limits of the sky. Our Worldwide Campus has been working with U.S. military service members since 1970, helping them to earn a degree while on active duty or as veterans. And we do it at more than 90 military installations around the globe. The Embry-Riddle Minot Campus — located at Minot Air Force Base — offers associate, bachelor's, and master's degrees, as well as undergraduate and graduate certifications, that will help you whether you are an active-duty military service member, a veteran, or a civilian working at or around Minot Air Force Base, Embry-Riddle Worldwide is here to help you earn your college degree. A degree from Embry-Riddle Worldwide will help service members to become commissioned officers, will make veterans more desirable job candidates as they enter the civilian workforce, and will assist civilians with job advancement or career changes. Our modes of instruction are: Online, Eaglevision Home and Eaglevision Classroom. Our upcoming term: 29 May-30 Jul. For more information, please visit us in Room 223 located in the Base Education Center Building (2nd floor), email: minot@erau.edu or call office phone: 701-727-9007 and/or Teams phone: 928-777-6342.

COLUMBIA COLLEGE

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

PARK UNIVERSITY MINOT –

Your degree, Your way. Park University is enrolling now for Spring II Term. Classes start March 13, 2023! Earn your CCAF credits, AU-ABC, and your Bachelor's degree with PARK. Let's maximize your military experience! Find how many credits you can get from your military experience by going to military.park.edu and confirmed your credits Or Ask Alexa! Enable the Park University skill on your Alexa device and say "Alexa, ask Park, How many credit hours can I get from my military experience?" She'll even tell you your graduation date! Minot AFB @ the Education Center RM 222 | 844-884-8612 | mino@park.edu PARK. YOU

MINOT STATE UNIVERSITY

Minot State 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

MINOT AFB CHAPEL ENDURANCE SPORTS CLUB

FARGO MARATHON

13.1 / 26.2

WEEKLY TRAINING RUNS: WEDNESDAYS @ 1700
INDOOR TRACK: 2ND FLOOR MCADOO FITNESS CENTER

RACE DATE: MAY 20, 2023

WANT TO RUN YOUR FIRST OR FASTEST FULL/ HALF MARATHON?
THIS IS YOUR YEAR!

LET'S COME TOGETHER TO MAKE THE MOST OUT OF THIS WINTER
& FOREVER SAY YOU TRAINED FOR THE FARGO MARATHON
DURING A NORTH DAKOTA WINTER!

* NEEDS BASED SCHOLARSHIPS AVAILABLE

POC: Chaplain Bradshaw
mark.bradshaw.2@us.af.mil
723-2456

[SIGN UP HERE](#)

IT PAYS TO PICK UP YOUR NORTHERN SENTRY GOLDEN TICKET

DID YOU KNOW... THE NEWSPAPERS DELIVERED TO BASE HOUSING COULD HAVE A "GOLDEN TICKET" INSIDE WORTH \$45 OR MORE?

GOLDEN TICKET

OVER \$7000 WORTH OF GOLDEN TICKETS HAVE BEEN DISTRIBUTED ON MINOT AFB IN THE LAST 6 MONTHS.

northernsentry

KEEP READING, YOU COULD BE OUR NEXT WINNER!



VOLUNTEER OPPORTUNITIES

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. MCDERMOTT, MSgt, USAF, First Sergeant, 5th Medical Group
DSN: 723-5137 Cell: 701-240-5643

AAHC Volunteers

(May 11-13)
The African American Heritage Council (AAHC) is looking for volunteers to help with this year's circus. If you are interested in helping with set up and tear down, or manning a booth please let me know.
POC: Tyrone Grigley II, TSgt, USAF, 5th Force Support Squadron
DSN: 312-453-3669 COMM: 701-723-3669

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 jrichyoung85@gmail.com

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 3-4 - 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 or Youth Center at 723-2838.

AADD Volunteers

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

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/930024054132263.
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 or leading projects during the annual North Dakota State Fair event held on July 21 -29. Projects involved might include working concerts, shuttling golf carts, cleaning stalls, security, grounds clean-up, or gate attendants.
POC: Daryl Fry at 701.857.7620 ex 803 or daryl@ndstatefair.com

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.govcivilaipatrol.com> or contact the POC below.
POC: 1st Lt Jon McEmore, CAP | Jonathan.mcemore@ndcap.us
701-720-6410 | <https://nd021.cap.gov>
Meeting location: AvFlight, Minot Airport, 2400 N. Broadway Suite E, 1830-2030 every Thursday

Winter Career Development Event Volunteers

The ND FFA Association need 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 (cognitofarms.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, COMM: 701-723-2717 DSN: 453-2717

AF K12 STEM-to-Sky Program Volunteers

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

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) 223-4287
shelby.stuckey@caringedge.com

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

91MW 1st Quarter and Special Category Awards

91ST SECURITY FORCES GROUP

Defenders and Families!
Let's take a moment to recognize our
1st Quarter and Special Category Award Winners!

91 SFG 2023 1ST QUARTER:

- AMN: SrA Rogan Page (91 SFG S5)
- NCO: TSgt Zachary Jio (91 MSFS)
- SNCO: MSgt Nathan Patterson (91 MSOS)
- CGO: Capt Brian Harris (91 SFG)
- VOLUNTEER: SrA Ella Koleen Salita (891 MSFS)
- KEY SPOUSE: Mrs. Darine Compean (891 MSFS)

- CAT-1 CIV: Ms. Bailey Bess (791 MSFS)
- CAT-2 CIV: Mr. Ronald Svedek (91 SFG S5)
- TEAM: 891 MSFS Training and Operations

SPECIAL CATEGORY AWARDS:

- 2023 BLACKS IN GOVERNMENT (BIG) MERITORIOUS SERVICE AWARD:
TSgt Tiffany Cooke (91 MSOS)- 20th AF Winner
- 2023 AIRLIFT/TANKER ASSOCIATION SPONSORED YOUNG LEADERSHIP AWARD:
TSgt Zackery Vaught (91 SFG/SFV)- 20th AF Winner

2023 DEPARTMENT OF THE AIR FORCE ALISON AWARD FOR CHARACTER AND INNOVATION:
Capt Blaize Dunn (91 MSFS)- 91 SFG Winner

If you see these outstanding Defenders around give them a big congratulations. Please join us at the 1st Quarter Awards ceremony and support the above winners as they compete at the next level!

When: Friday, Apr 28

Time: 1100-1200 hrs

Where: The Bully Dome

- 91 OG**
- AMN - AIC TANNER WARREN
 - NCO - WHITNEY GAMBLE
 - SNCO - MSGT SCOTT MORISETTE
 - CGO - CAPT HUNTER PACE
 - VOL - 2D LT RAYCE MAIN
 - PRO TEAM - OG EVAL TEAM
 - CIV CAT I - CHRISTY TRIPLETT
 - CIV CAT II - TYLON ELLIS
 - KEY SPOUSE - JENN BLACK

91 OG

91 MXG

- AMN - SRA GREGORY BOOKER
- NCO - TSGT CHRISTOPHER HERMOSILLO
- SNCO - MSGT JOSHUA NORRIS
- CGO - 1ST LT MITCHEL BRODY
- PRO TEAM - MISSILE COMM
- CIV CAT II - MR. MICHAEL BAGGLEY



**Come out to support our
91 MW Rough Riders
and their achievements!**

91 SFG

- AMN - SRA ROGAN PAGE
- NCO - TSGT ZACHARY JIO
- SNCO - MSGT NATHAN PATTERSON
- CGO - CAPT BRIAN HARRIS
- VOL - SRA ELLA KOLEEN SALITA
- PRO TEAM - TRAINING AND OPERATIONS
- CIV CAT I - MS. BAILEY BESS
- CIV CAT II - MR. RONALD SVEDEK
- KEY SPOUSE - MS. DARINE COMPEAN

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LOVE.
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WHAT'S GOING ON MAFB

FRIDAY 28

- HIIT Strength & Conditioning, 0500, Fitness Center
- TAP (DoL) – Employment Workshop, 0800-1600, M&FRC
- Red, White, & Blue Parade, 1500-1700, Child Development Center
- Month of the Military Child Carnival, 1800-2100, Youth Center
- Master Chef Virtual Cooking Class, 1800, forcesupport.awardsplatform.com

TUESDAY 02

- TAP (VA) Services and Benefits Briefing, 0800-1600, M&FRC
- Green Belt Preparatory Class, 0800-1500, Atomic Spark Innovation Lab, Arts & Crafts Center, hosted by Manpower
- Game Day, 1000-1930, Minot AFB Library
- Magic The Gathering Commander Night, 1800, ESC
- Zumba, 1800, Fitness Center

FRIDAY 05

- HIIT Strength & Conditioning, 0500, Fitness Center
- TAP (DoL) – Employment Workshop, 0800-1600, M&FRC
- First Friday Fun Run, 1430, Fitness Center
- First Friday, 1600-2100, Jimmy Doolittle Center

SATURDAY 29

- Mystery at the Manor Escape Room Game Ends, Minot AFB Library
- Cycle & Strength, 0900, Fitness Center
- Master Chef Virtual Cooking Class, 1100, forcesupport.awardsplatform.com
- Zumba, 1100, Fitness Center

WEDNESDAY 03

- HIIT Strength & Conditioning, 0500, Fitness Center
- TAP (DoL) - Overview, 0800-1600, M&FRC
- Green Belt Preparatory Class, 0800-1500, Atomic Spark Innovation Lab, Arts & Crafts Center, hosted by Manpower
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- Storytime, 1030, Minot AFB Library
- Brown Bag Book Talks, 1200, Minot AFB Library
- Swerk, 1730, Fitness Center
- Yoga, 1830, Fitness Center

SATURDAY 06

- National Golf Day Scramble, 0900, Rough Rider Golf Course
- Zumba, 1100, Fitness Center

SUNDAY 30

- Zumba, 1400, Fitness Center

THURSDAY 04

- TAP (DoL) – Employment Workshop, 0800-1600, M&FRC
- Short Notice Pre-Separation Counseling, 0830-1130, M&FRC
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Designer Bag Bingo, 1730-2130, Jimmy Doolittle Center
- 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

10 GAMES OF BINGO MEANS 10 CHANCES TO WIN!

EARLY REGISTRATION FOR CLUB MEMBERS ONLY FROM MARCH 15TH TO MARCH 29TH!
ALL TICKETS MUST BE PURCHASED AT THE BINGO SITE OR ONLINE THROUGH THE FORCE SUPPORT WEBSITE.

FOR PRICING INFO & HOW TO PURCHASE TICKETS SCAN HERE OR GO TO 5THFORCESUPPORT.COM/EVENT/DESIGNER-BAG-BINGO/

FORCE 5THFORCESUPPORT.COM

FIRST FRIDAY

JIMMY DOOLITTLE CENTER
MAY 5TH
4:00PM - 9:00PM

CORN HOLE, GAMES, BOUNCE HOUSES, & MORE!

DELICIOUS FOOD
CLUB MEMBERS EAT FREE
NON MEMBERS PAY \$7/PER PERSON +\$10.00 FOR FAMILIES

FORCE 5THFORCESUPPORT.COM

National Golf Day Scramble

Rough Rider Golf Course
May 6th • 9am

2-Person Scramble
Cost: \$40 per person
(Does not include cart & green fees)

Format is "Triple 6" with Handicap

Call 723-3164 to register

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