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MINOT AFB INITIATES NEW SAPR TEAL PROGRAM

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MONTH OF THE MILITARY CHILD HIGHLIGHT

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U.S. Air Force Col. Kenneth McGhee, 91st Missile Wing commander (center), and members of the Minot Air Force Base curling league pose for a photo at the Minot Curling Club, Minot, North Dakota, March 19, 2024. McGhee attended the Minot AFB Curling League's championship game and presented medals to the teams competing. See page B1 for more on the event.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS KYLE WILSON

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Minot AFB initiates new SAPR TEAL program

AIRMAN 1ST CLASS LUIS GOMEZ, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AFB, N.D. — --
The Sexual Assault Prevention and Response (SAPR) office initiated the first ever Trained, Educated, Airmen, Liaisons (TEAL) volunteer course on March 26-27, 2024 at Minot Air Force Base.

TEAL is a two-day program and is aimed at educating and empowering a new group of liaisons to assist in bridging the gap between individuals in need and the appropriate channels.

“What I found from being a Sexual Assault Readiness Coordinator (SARC) for as long as I have, is that there’s a missing connectedness with airmen to resources,” said Reagan Gagne, 5th Bomb Wing SARC. “Regardless of how many times we’re present at the First Term Enlisted Course (FTEC) and Airmen Leadership School (ALS) or any of the base newcomer briefs, when it comes to sexual assault, there’s usually that moment of ‘who do I call?’ They might need some guidance and support, that’s where the liaisons come in.”

Gagne described the curriculum as



Business cards from the Sexual Assault Prevention and Response (SAPR) office are displayed in the back of the TEAL training course at Minot Air Force Base, North Dakota, March 26, 2024. The Air Force encourages accountability for those who commit sexual assaults as well as sensitive care and private reporting for victims of these crimes.

comprehensive and encompassing essential skills without expecting the volunteers to be experts. Topics such as victim blaming, trauma response, and effective communication strategies are covered to equip volunteers with meaningful support tools.

The TEAL program welcomes volunteers of all ranks and Air Force Specialty Codes (AFSC) after going through a thorough interview process.

“We want to make sure we have appropriate people representing the office,” said Gagne. “We want people who are in good standing, who don’t have any Letters of Reprimand (LOR), Letters of Counseling (LOC), Article 15’s or any history of sexual assault or domestic violence. Availability is also important. While this is a volunteer opportunity, it is not going to take away from their normal everyday duties. At minimum, we require a few things once a month, and then every quarter, to hopefully make an impact in that unit.”

One of the volunteers who completed the course spoke about the ways the curriculum prepared them for their role as a liaison.

“If you are in a situation and don’t know where to start, go to the SAPR office,” said Senior Airman Davina Osei Agyemang, 5th Logistics Readiness Squadron customer service journeyman. “They give you the option to make a restricted or unrestricted report. If you want it to stay within their walls, file a restricted report. They are still available to help you with any resource you need. If you want to go unrestricted, that opens an investigation. From there, they’ll direct you to the Office of Special Investigations (OSI), and the victim counsel is going to come in.”

Osei Agyemang commended the course’s hands-on approach to learning. She described how the course involved role playing that

encompassed real-life scenarios the liaisons might encounter. Osei Agyemang says one of the lessons that really stuck with her was on the dangers of making assumptions.

“If someone says they want to talk to you, it might not always be a sexual assault or harassment case,” said Osei Agyemang. “Because you’re a SAPR TEAL, you might just see yourself as only that resource. But if someone comes along and says ‘hey, I want to talk. Can I talk to you?’ do not assume they have gone through that. During one of the scenarios I thought right off the bat the woman confiding in me had been sexually assaulted. However, that was not the case. So, we are taught to not assume and to get our facts straight before we speak.”

During the two-day course, Osei Agyemang said she not only learned about her role as a SAPR TEAL, but also important lessons she could utilize in her daily life.

“At first I was curious why we had two days of training,” said Osei Agyemang. “But then I learned this wasn’t just about SAPR, but also helping us to become more sensitive to the people we are going to work with. I think it has not just helped me be a successful TEAL representative, but also as a person, because I’m looking at things differently now.”

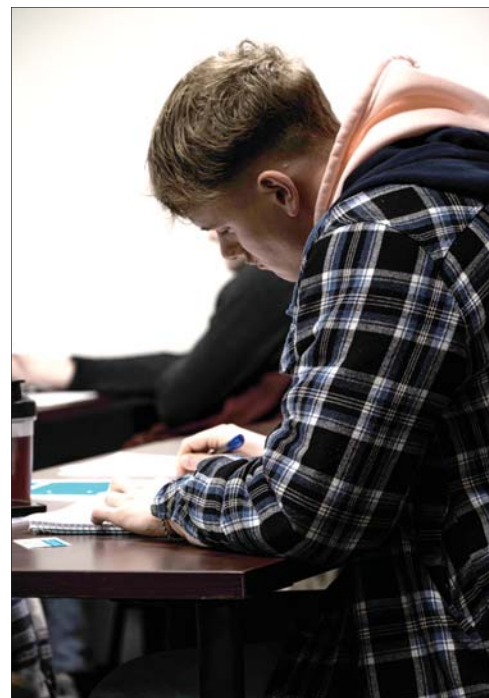
Looking towards the future, Gagne expressed optimism about the program’s impact and expansion. Her current plan is to conduct the course twice a year and integrate feedback from participants for continuous improvement.

The launch of the TEAL volunteer course at Minot AFB marks a step towards fostering a supportive and empowered military community. By equipping volunteers with essential skills as liaisons, this initiative sets a standard for proactive support and effective communication for Airmen during challenging times.



Reagan Gagne, 5th Bomb Wing sexual assault response coordinator (SARC), introduces herself to her students at the TEAL training course at Minot Air Force Base, North Dakota, March 26, 2024. SARC serves as the primary point of contact for victim advocacy, reporting, and response. SARC also implements and manages the base Sexual Assault Prevention and Response program.

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS ALYSSA BANKSTON



Senior Airman Jerrold Thomson, 5th Logistics Readiness Squadron knowledge operations management specialist, participates in the TEAL training course at Minot Air Force Base, North Dakota, March 26, 2024. The 5th Bomb Wing Sexual Assault Prevention and Response office trains volunteers to become TEAL representatives as an additional resource embedded within a unit to help provide SAPR related information and resources to any survivors in need.

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DHN Central pharmacies work 'around the clock' after worldwide outage

ELAINE SANCHEZ, DEFENSE HEALTH AGENCY

SAN ANTONIO, TEXAS, — Pharmacies across Defense Health Network Central have been working around the clock to fill prescriptions and care for patients after a Feb. 21 cyberattack on Change Healthcare spurred an enterprise-wide, claims-processing outage.

With the issue still ongoing, Air Force Maj. Gen. Thomas Harrell, DHN Central director and 59th Medical Wing commander, praised the ongoing, extensive efforts of pharmacy teams across his network of 39 military hospitals and clinics.

“Our teams’ efforts to ensure prescription needs are met in a safe, timely manner have been nothing less than extraordinary,” he said. “Our medical leaders and pharmacy professionals have been working diligently and implementing solutions behind the scenes to keep the challenges as transparent as possible for our beneficiaries.”

Shortly after the cyberattack, Change Healthcare disconnected its systems to protect patient information, leaving military pharmacies worldwide and some retail pharmacies stateside unable to process claims for reimbursement. To avoid a complete outage of services, military pharmacies implemented a manual claims process and prioritized acute medication fills, while working long hours to reduce delays for patients with routine, non-urgent prescriptions.

‘CONQUERING THE WORLDWIDE OUTAGE’

At Maxwell Air Force Base, Ala., the 42nd Medical Group swiftly shifted operations to ensure uninterrupted services to their 42,000 beneficiaries.

According to the group’s leadership, the clinic mitigated the 300% increase in manual workload by focusing on acute prescription processing for the first few days of the outage. As the outage continued, the team avoided delays by repositioning personnel to process acute prescriptions, while simultaneously manually processing over 1,800 refill prescriptions.

“The pharmacy team at Maxwell stepped up to the challenge, putting patients first and surging capabilities in the face of such a significant systems outage,” said Air Force Lt. Col. DeAndra Price-Newby, 42nd Healthcare Operations Squadron commander. “We were able to leverage our relationships with installation mission partners to quickly share information. We are so proud of our team’s hard work!”

In short, with hard work and compassionate care, the Maxwell team “conquered the worldwide claims processing outage,” she said.

As with Maxwell, the 436th Medical Group pharmacy team at Dover Air Force Base, Del., also rapidly responded. Upon notification of the outage, they instituted their heavily trained continuity of operations plan, which entailed shifting to paper forms and workflows to fill acute prescriptions, explained Air Force Lt. Col. Justin Eder, 436th Healthcare Operations Squadron commander.

In the following days, the clinic implemented Defense Health Agency’s downtime operations plan to successfully prioritize acute, routine, and refill prescriptions accordingly, and returned to 95% operational capability within three days. The team continues to address patient concerns related to prior authorizations and other electronic checks, which are now being completed via manual processes.

“Our aim is to avoid unnecessary gaps in care and provide exceptional care, anytime, anywhere -always,”

Eder said.

At Kirtland Air Force Base, N.M., the pharmacy focused on fills and processed nearly 3,000 prescriptions in a recent 10-day period. As the 377th Medical Group noted on social media, the pharmacy team is “working tirelessly to ensure our community receives the medications they need.”

As they worked behind the scenes to sustain operations, the 5th Medical Group at Minot Air Force Base, N.D., also engaged with the public to ensure patients were tracking potential delays to both new and refill requests.

“We engaged with leadership across the installation and with beneficiaries to ensure all were aware of the potential for longer wait times due to verification procedures being performed by pharmacy staff to ensure appropriate safety measures,” said Air Force Col. Shaun Westphal, 5th Medical Group commander.

“We were determined to continue supporting the mission of 5th Bomb Wing and 91st Missile Wing while, at the same time, ensuring patient safety,” he said.

READY AND RESILIENT

At Joint Base San Antonio-Lackland, the 59th Medical Wing pharmacy team quickly implemented emergency plans to continue serving patients and sustain medical support to the Air Force Basic Military Training mission. Additionally, they assisted other military pharmacies during the initial stages of the outage in finding solutions.

Ultimately, the wing’s pharmacy never stopped providing medical care, dispensing over 70,000 prescriptions during the downtime, with more being added each day, according to wing leadership.

The team at Vance Air Force Base, Okla., credited their strong policies and readiness posture for their swift return to pharmacy operations.

“What I saw during this challenge was a resilient team able to see the things that mattered and prioritize regaining capabilities for those areas,” said Air Force Maj. Charles Smith, 71st Medical Group’s Diagnostics and Therapeutics Flight commander.

The Vance community appears to agree with Smith’s assessment. Vance’s pharmacy is ranked No. 2 in the “Overall Experience with Pharmacy” category of the Joint Outpatient Evaluations Survey, or JOES. The No. 1 spot currently belongs to the pharmacy on Kadena Air Base in Japan, another DHN Central clinic, for their exceptional efforts.

MEANWHILE, OVERSEAS...

Along with shifting pharmacy operations, DHN Central’s overseas facilities in Japan, South Korea and Guam had a few additional challenges to overcome, to include information delays due to time-zone differences and a patient population with fewer pharmacy options overseas, resulting in a greater reliance on military care. With these challenges in mind, overseas pharmacies focused on ensuring speedy, but safe, prescription services.

In South Korea, for example, the 8th Medical Group at Kunsan Air Base quickly implemented a workaround to continue dispensing prescriptions to their 2,700 beneficiaries. Using clinical expertise, the team prioritized safety by manually screening for interactions and prior authorization requirements that may have been missed by the system during the outage, leaders said.

“The 8th Medical Group pharmacy

is an essential part of medical care provided to DoD members serving overseas at Kunsan Air Base,” said Air Force Capt. Vivian Tran, Pharmacy Flight commander. “We are sensitive to the fact that most beneficiaries stationed here do not have a personal vehicle and rely on us for their care. We will continue to implement workarounds to maintain operations until the impacts of the cyberattack are resolved.”

At Kadena Air Base, Japan, the 18th Medical Group pharmacy team worked diligently to maintain “business as usual” for 99% of their prescriptions, with a minimal increase in wait times, noted Air Force Maj. Julia Comitalo, 18th Medical Group Diagnostics and Therapeutics Flight commander.

“We wanted to ensure as little interruption to our patients as possible since they have far fewer options for overseas pharmacy care,” she explained.

Due to an initial delay in information due to the time difference, the 36th Medical Group pharmacy team at Andersen Air Base, Guam, had to “spring into action,” using local emergency operation capabilities to avoid delays in pharmacy care as they awaited additional guidance, explained Air Force Maj. Timothy Corbin, 36th Medical Group Therapeutics Flight commander.

As an added challenge, the outage occurred during U.S. Pacific Air Force’s largest annual, multilateral exercise, which brought over 2,000 deployers to Guam. The pharmacy team sustained operations by working with the deployed medical teams and local providers, enabling the deployers to carry out their missions and continue to strengthen relationships with global partners, Corbin noted.

“The Andersen pharmacy team has been able to dispense over 3,000 medications during this continued downtime with no shortfalls or outages to their operations,” Corbin said. “We are very proud of our team for being able to maintain operations and provide medication support to deployers.”

STAYING IN THE KNOW

Along with updates, medical facilities across the network also focused on ensuring patients were equipped with helpful information. Many encouraged patients to verify contact information to ensure pharmacy notifications are received and to keep receipts and prescription information on hand in case they need to file a reimbursement claim for out-of-pocket costs. For more information, visit <https://www.tricare.mil/pharmacyclaims>.

As another option, eligible beneficiaries can use Express Scripts for the convenience of home delivery and the option of a 90-day supply. For more information, visit <https://militaryrx.express-scripts.com/home-delivery>.

As Change Healthcare works to restore its system, military pharmacies will continue to put patients first, the network director noted.

“As evidenced by the amazing work taking place across the Military Health System, we are committed to delivering Ready, Reliable Care no matter the circumstance,” Harrell said. “We appreciate our patients’ support and understanding as we continue to work to minimize the impacts of this outage while ensuring safe, quality care.”

For updates or more information, visit <https://newsroom.tricare.mil/News/TRICARE-News/Article/3684541/change-healthcare-cyberattack-impact-on-mhs-pharmacy-operations>.

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Hey Mr. Rod!

I once again accepted the challenge of being a Junior Achievement educator. Junior Achievement is sponsored by the Minot Area Chamber/EDC, and it involves community leaders sharing the Junior Achievement information with area grade school kids. At the first grade level we spend a lot of time on community. What is a community? What should be in a community?

My classroom was once again Mrs. White's First Grade class at North Plains Elementary. This is my second year with Mrs. White. I have found the First Grade classroom to not only graciously accepting the information supplied by Junior Achievement, but also very accepting of me as a part time, 1/2 an hour a week for five weeks, instructor.

Last week was week two of five, and shortly after I entered the classroom I was surrounded by first graders who each had a very special story to tell me. One little girl just got a brand new dress from her mom. One little boy was leaving for a trip to Vegas. Another little girl shared that she had just gotten a new kitten. The stories could have gone on, but it was time to start our lesson for this week; we focused on three words-want, need and money. OK, if you are following along at home, you probably already guessed the direction this lesson is headed.

I was able to do a short explanation on want vs. need. And then need as it pertains to money. I could go over the whole lesson but would rather tell you that the students were very knowledgeable of what four things that their family needed. Clothing, shelter, food, and we kind of decided that

where the base was located, they probably needed some type of transportation, like a car.

Then each young person was able to take the three words, want, need and money, and first of all give us something they wanted, something they needed, and if they needed it, how were we going to get it? Pretty simple, right?

What happened in the next 10 minutes surprised me, as not one of the students needed anything out of the ordinary. Well, except a puppy, but a solid argument could be made for every home needing a puppy. But besides their needs being very modest, they had common sense approaches on how they would be able to buy, or borrow, what they needed. You always expect them to "just go to the bank and borrow the money". But nope, earn and save were the most common thoughts.

AND THEN CAME THE TEARS

Mrs. White is a very good first grade teacher, and you can tell she has a very organized classroom. That being said, I respect that I have only about 35 minutes for my class time, so I packed up and said goodbye, until next week. As I was walking towards the door, one little boy grabbed my coat. He gave me a hug and said, I really want my Daddy back. He's been gone a long time, and we all miss him so much.

That, folks, is the difference between teaching Junior Achievement at a school in Minot, and a school at Minot Air Force Base. As a first grader you aren't asked to understand why your Dad or Mom are deployed, you just accept and deal with the circumstances. People who serve our country in the military may or may not be deployed. More than



**UPSIDE DOWN
UNDER**
MARVIN BAKER

Have you ever heard of a place called Drake Landing? I didn't either until I read a recent news article about it.

Drake Landing is perhaps the most unique community in North America because more than 90 percent of the power to heat the 52 homes in Drake Landing is solar.

What's even more unique is that this community isn't in south Florida, Texas or Arizona. It's right in the middle of oil country in Alberta.

Drake Landing is part of the city of Okotoks, situated 30 miles south of Calgary. It was established in 2006, exceeding the expectations and objectives set by the project's financial backers.

What's different about Drake Landing's appartus from solar farms or communities in the southern United States, is that it uses seasonal energy from the sun. In other words, because Calgary is above 51 Degrees North Latitude, the summer days are long and peak at nearly 18 hours of sunlight.

Thus, solar energy is used for kitchen stoves, hot water heating, air conditioning, turning on the lights and watching TV. And because much more is produced than needed during the summer, the additional power is stored to be used during the winter. This is unlike the United

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**A VIEW FROM
OUR SIDE**
ROD WILSON



that, if they are deployed, there is no real average scenario. The world is a pretty fluid place right now.

WHO IS TEACHING WHOM

I can honestly say that over the three years I have been an instructor for Junior Achievement, I have learned as much as I have taught. But let's put things into perspective. I am a grandfather with a degree in Journalism. They are first graders. And like they say, "and now, the rest of the story."

BEST KEPT SECRETS

I am still marking April 13th to attend Maple Sugaring Day at

Fort Stevenson State Park, just south of Garrison. Details are on the Fort Stevenson website. North Dakota is not necessarily known for producing Maple sugar, but to watch as the trees are tapped, the sap is collected, and syrup is produced is certainly worth the trip.

TODAY'S CHUCKLE

Everyone's entitled to their opinion, but they're not entitled to an audience for it.



ND Parks employee explains gathering sap.

Drake Landing...

States. Here, if you create excess power, it is sold back to the local electric company.

Anyone who is aware of western Canada and Calgary, knows it gets as cold and sometimes colder than North Dakota in the winter. The only thing different is it has more daylight in the summer than we do, reversing itself to less daylight than we have in the winter.

The 52 homes at Drake Landing range in size from 1,500 square feet to almost 1,700 square feet. They have higher insulation values than required by code, they have an airtight building envelope and energy efficient windows.

Each home has a stand alone solar hot water heater with a conventional, high-energy, natural gas heater as a backup.

The project cost \$14.6 million in 2006, but it included an energy center adjacent to the community; 144 underground, thermal energy storage bore holes dug just over 100 feet deep. The excess is stored there and released in the winter using a district heating system.

Drake Landing has reduced greenhouse gases, it is a model for the future of sustainable residential heating systems and it has won multiple international building, environmental and sustainability awards.

But it's not without issues. Because this community is so cutting edge, there's really no "owner's manual" when something breaks down. And, the people who live in Drake Landing can't just call an electrician. Yes, it's electricity, but on a totally different scale.

Today, after 18 years of operation, the people who have built Drake Landing said anyone else who wants to build a model like it, should do

a careful analysis before proceeding because it is so new and very few people are familiar with how the entire system works.

But, Tim Corbey, a spokesman for Drake Landing, is convinced this is the future of home heating across the province of Alberta, the same province that produces the greatest amount of oil in Canada.

Could something like this work in North Dakota, and more specifically

in northwest North Dakota where the Bakken oil is located?

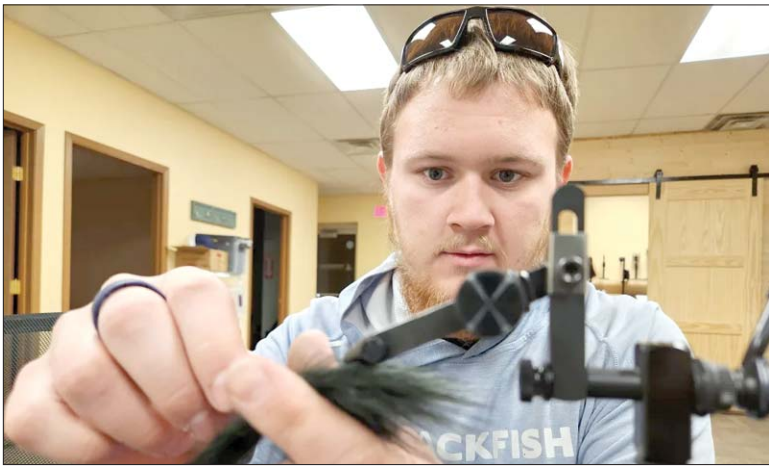
It can work anywhere as long as the initiative and financial backing is there.

There isn't a lot of solar power in North Dakota now, but as the industry becomes more efficient and solar panels become more affordable, you'll see solar panels on houses and solar farms popping up.

Angling Ambition



SLICE OF LIFE
KIM FUNDINGSLAND



KIM FUNDINGSLAND PHOTO

He's been in the fishing tackle business for 14 years, yet he's only 22 years old.

Peter Olson of Washburn grew up in a family with a love of all things outdoors – fishing, hunting, camping. He started making his own fishing lures at age 8 and still does today operating Missouri Secrets Tackle. It's a small business in the competitive fishing tackle world, but it has spurred him towards a goal to succeed in the fishing industry.

"Getting paid to go fish? Unless something is wrong with you, you can't complain about that," remarked Olson.

Today Olson works at tackle and bait shops, a perfect environment for learning and gaining experience about all things fishing. Olson loves talking fishing, particularly explaining to others what he has learned from countless hours on the water and at the lure-making table.

"The best way to learn something is to teach it," says Olson. "Especially to people who have never fished or don't fish much at all."

Olson regards visiting with other fishermen, regardless of their experience on the water, as learning opportunities. He shares his knowledge but listens intently to others about how they approach the sport and what they have learned with rod and reel in hand.

"You better yourself," explained Olson. "I'm trying to learn and understand how everything in the fishing industry works."

Al and Ron Lindner of Minnesota are credited with advancing many fishing techniques in the country today. Their fishing magazines and television shows helped vault the fishing industry into the monster it is today. Like so many anglers, young and old, Olson was a devout follower of the leaders in the fishing industry.

"I grew up watching Al and Ron Lindner on TV and reading In-Fisherman magazine," said Olson. "The first time I met Al Lindner in person I was shaking like a leaf on a windy day. It was

a dream come true. We toured Lindner Productions in Brainerd, Minnesota. Unbelievable what that group of guys has done. They were ground zero in the fishing industry."

Olson has never forgotten his first visit with the Lindners, especially their attention to minute details that can make or break success on the water or in the industry. He has aspirations of following in their footsteps, finding niche in the fishing world.

"As of right now, my end goal is to become a Bassmaster angler. That is my dream," said Olson. "Right now, I'm going where the wind takes me."

While Olson recognizes Bassmaster anglers as a very elite and limited group, he is confident his growing knowledge of fishing and of how the fishing industry works gives him another step up on the ladder leading to a successful career in which to pursue his passion for all things fishing.

"There's a lot of different directions to go. Infinite, really," said Olson. "A lot of the guys at the highest level of tournament fishing don't make a living at it. Very few have ever done that. Their money flow comes from working with partners and sponsors."

Olson has fished several Badlands Bass Bandits tournaments in North Dakota along with his father, J

Jeremy, and done well. It's a long way from the professional level but is a valuable learning experience for Olson.

"When you have a group like the Bass Bandits willing to help each other and get along, things go better each and every way," explained Olson, adding, "You do need to fail in order to succeed. Sometimes you do something well and you get content, but you have

to change that monthly, weekly, daily. That applies to business too. It's all about adjustment, figuring out what you need to change, what you should stop doing and start doing."

Fishing among the upper echelons of tournament anglers is rare, even for the most promising young anglers in the country. It's a goal for Olson, but he knows the odds are long. However, he says it puts him on a path to keep him involved in fishing.

"Careerwise, I'm still trying to figure out what I truly want to do. I know I want to be in the fishing industry somehow because that is my passion. Fishing is what I believe, whether or not as a tournament angler," said Olson. "If I find something that works for me, that's what I'm going to do. If it benefits my family and me, I'll know I'm on the right track."



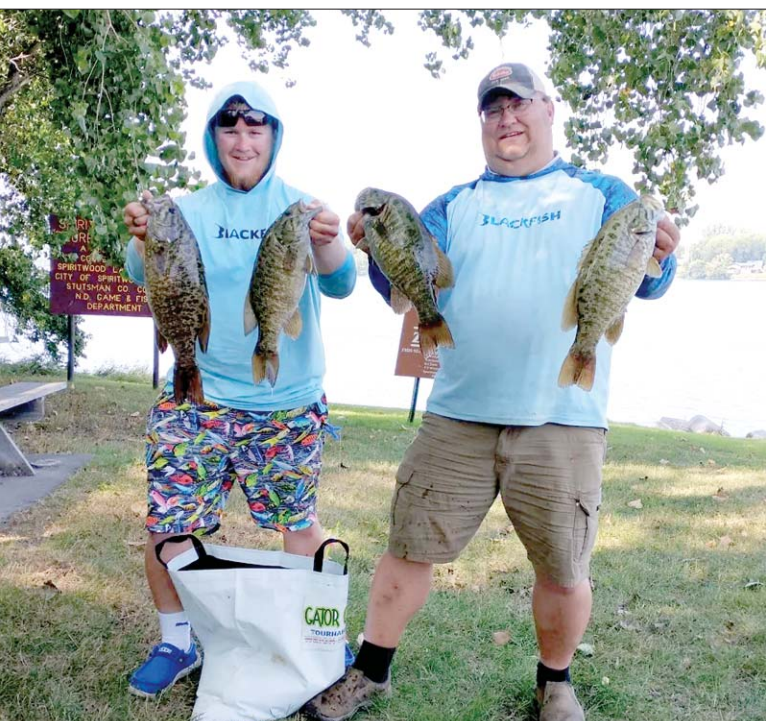
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Peter Olson, left, and father Geremy.

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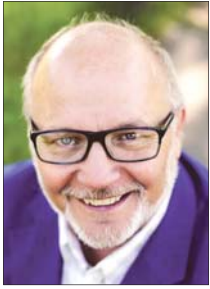
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DEAR MINOT
TOM ROSS, MAYOR
CITY OF MINOT

Celebrating April as Month of the Military Child

partner who is deployed.

As home to Minot Air Force Base, our community is well aware of the challenges facing military families and their children. We know there are adjustments that must be made when military children leave one of Minot's school systems in the middle of a year, or when they arrive long after classes are under way in the fall. It's something our own children recognize as part of living in a town with a nearby Air Force base.

It's up to all of us in Minot to make sure we're doing our part to welcome military families into all aspects of our community. Maybe it's asking the new military family that moved in next door over for dinner. Or maybe it's encouraging your children to make friends with

the new family's children. Perhaps it's offering to take their children to school along with yours if that's possible. It can also be as simple as saying "thank you" to the members of the family, because in reality, they're all serving their country.

To those military children who call Minot home, we share these messages:

We're glad you're here, and we welcome your cultures, customs, and diverse heritage and backgrounds. Your contributions to the fabric of our community are invaluable.

We know for many of you, your stay in Minot will be one stop on your journey as a military family. We want your time in our city to be filled with respect, kindness, and compassion.

Thank you for being active

and engaged members of our community. For decades, your involvement has made Minot a better city, and a better place for all of us to live, work, and play. Your presence here has helped Minot grow in new ways.

We know Minot is only one of many communities you will live in during your family's military service, but we hope some of you choose to return to our community and become life-long residents. We

know some of you have already done this, and we couldn't be happier to share our community with you.

Thank you all for your service. It does not go unnoticed. We appreciate you all year round.

You can find more about what's happening at the City of Minot at minotnd.org, or find us on Facebook and Twitter. We'd also encourage you to sign up for our monthly electronic newsletter on our website.

April typically brings special meaning to residents of Minot for a number of reasons.

Hopefully, if the weather cooperates, it will actually feel like spring and outdoor activities will return after winter subsides.

April also means our short construction season is just around the corner. Orange cones and detour signs will start popping up all over North Dakota, not unlike flowers and dandelions. It's an annual rite of passage, I guess.

But there's another reason why we're looking forward to April: The celebration of the Month of the Military Child. This year, the annual monthly observance has the theme of "Military Youth and Children: Brave, Fearless, and Resilient."

There are more than 1.6 million military children who face unique challenges and experiences as a result of their parents' service, according to the Department of Defense. On average, military families move every two to three years, impacting the children of a military family through changing schools and support networks.

Life can get complicated for a military family with children, especially if one parent or member of the household is deployed. Raising children as single parents is difficult enough these days, much less having to worry about the health and safety of the spouse or

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MINOT AIR FORCE BASE NEWSPAPER

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All About Pets

Protecting pets from springtime pests

As the weather begins to warm up in North Dakota, people, pets, and wildlife are emerging from the comfort of home and springing into action. However, with springtime comes another nuisance for pet owners: bugs. There are a variety of pests that can be detrimental to your furry friend's health, and it's important to take the proper precautions to be sure no unwanted critters are making it into your home or on your pet! Some of the most common bugs that can cause harm to your pet include ticks, mosquitoes, spiders, and fleas. And just like humans, some animals can be highly allergic to stings and bites from everyday bugs.

Here are a few measures you can take to help protect your pet:

- Prevent fleas and ticks with one of the many veterinarian-approved products available. There are a variety of applications, including collars, shampoos, topical treatments, and even pills/chewables. Consult a specialist to determine which method is best for your pet.
- Check your pets! It's especially important to give them a once-over after they've spent time in grassy or wooded areas, but even a trip to the dog park or trail can warrant a look. Be sure to check in all the nooks and crannies, feel for abnormal bumps, and keep an eye out for itching, swelling, or lethargy.
- Regularly clean your house and keep your yard mowed and maintained to prevent bugs from nesting. If your pet has a hypersensitivity to bee stings, it may be best to keep any flowers, fruits, or vegetables in an area away from where your pet goes.
- When in doubt, contact your vet. If you notice symptoms of an allergic reaction (itching, swelling, difficulty breathing, vomiting, etc.) be sure to call immediately. It's important to have an emergency veterinarian set up just in case your pet is having a severe reaction. Some clinics that offer emergency services nearby include: Pinkerton Animal Hospital, Core Veterinary Clinic, and Rugby Veterinary Services. Due to the amount of pets in Minot versus the number of emergency vets available, it's imperative to catch any reactions as soon as possible to give yourself time to drive to an emergency clinic further away, if need be. Early detection can also prevent worse conditions that can seriously harm your pet if left untreated.

In North Dakota, the most common types of ticks are the Black Legged (or Deer) Tick, the American Dog Tick, and the Brown Dog Tick. Venomous spiders include the Western Black Widow and Brown Recluse, but they are not seen too often in household settings. Fleas are often transmitted from other carriers such as other pets or wild animals. And as many residents know, North Dakota is full of mosquitoes and other biting/stinging bugs, so it's never a bad idea to stay vigilant, not only for the health of your pet, but for your home and family as well!

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MEET TEAM MINOT'S ALL-WOMAN HELO FLIGHT



The 54th Helicopter Squadron's all women flight posed for a photo in front of a UH-1N Iroquois helicopter at Minot Air Force base, North Dakota, Mar. 28, 2024. This was part of an all-women's helo flight in celebration of Women's History Month.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS TRUST TATE

MINOT AFB DENTAL CLINIC WINS AIR FORCE MEDICAL SERVICE MEDIUM DENTAL CLINIC OF THE YEAR



The 5th Medical Group Dental Flight poses for a group photo at Minot Air Force Base, North Dakota, March 28, 2024. The Dental Flight won the Air Force Medical Service Medium Dental Clinic of the Year award.

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

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- BABY BOY BORN ON TUESDAY, MARCH 26, 2024 TO: JOSLYN HUNT AND MICHAEL LYNCH WILLISTON, ND
- BABY BOY BORN ON THURSDAY, MARCH 28, 2024 TO: YELENA WILLIAMS AND ELIAS JACKSON MINOT, ND
- BABY BOY BORN ON FRIDAY, MARCH 29, 2024 TO: NICOLE AND JOSTEN STROBEL MINOT, ND

If you wish to put a photo of your baby in the Northern Sentry, please send it to nsads@srt.com. Please include your name and the birth date of your baby. Baby listings will come from Trinity Health.

the northern sentry Salute

MSgt Daryl Heberling
5th Operational Support Squadron
Hometown: Winter Haven, Florida

This is MSgt Heberling's second time being stationed at Minot AFB. In his role as Aircrew Flight Equipment Superintendent, he oversaw a team of 42 members who conducted over 6 thousand life-saving equipment inspections, 209 daily aircraft maintenance actions, and 307 parachute repacks which directly supported 451 missions. He also ensured 2 Bomber Task Force deployments were properly equipped with survival equipment and personnel which enabled the execution of 67 missions alongside 27 partner nations, solidifying our stance to deter aggression in the European and Pacific regions.

GAME SALUTE: SATURDAY, APRIL 13

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

A LOOK BACK

THIS WEEK IN USAF HISTORY

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

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

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

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

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The Depot & Baggage Claim

The Food is Only a Small Part of the Experience

ROD WILSON, NORTHERN SENTRY

The old Soo Line passenger depot at the north end of Main Street in downtown Minot has had a storied history.

The Soo Line Depot was built in 1912 and it served the Soo Line passengers until 1963 when trains 13 & 14 from Minneapolis/St. Paul to Portal, North Dakota were discontinued.

Since then, the depot has existed in relative obscurity until 2019 when Minot native Rollie Ackerman purchased the building, and through a year-long renovation project, brought the depot back to pristine condition. For those who had the opportunity to see the renovated depot building, you have guessed that almost to a person they would think of how the depot would operate as a restaurant and bar, and now all of our wishes have come true, as The Depot & Baggage Claim Bar & Grill recently opened for business.

First, the depot structure remains pretty much the same as it was back in days when the Minneapolis St. Paul, Saul St. Marie railroad used the depot as the hub of their Minot passenger operation. The Canadian Pacific still operates along the rails that remain just north of The Depot, and it seems you can almost reach out and touch the trains as they travel either east or west. "Forget it" if you are attempting to order your lunch or supper when a train goes by; may as well wait for the engines, especially, to pass. It gives you time to experience the ambience of The Depot building. The Ackerman family has done an excellent job of restoring the building. Face it a passing train and the ringing of the train whistle throughout the building is something you'll relate to friends and family who query you about your dining experience.

So back to the menu. I ordered a Rueben and sweet potato fries, my wife ordered a Cuban and plain French fries, and both of our meals were delivered in a timely fashion, and both were excellent. Normally I may have ordered a stronger than soda beverage, but at the time of this writing The Depot and Baggage Claim is waiting for the city of Minot



The renovated Soo Line Depot is the home to The Depot & Baggage Claim Bar & Grill.

to approve a supper club style license that will allow them to serve alcoholic beverages.

The Depot and Baggage Claim Bar and Grill used to operate as 28 Tastes and Taps near the site of the new Trinity Medical Center on south 16th Street, and our server, Brigette, had made the transition from one location to the other. "We love it in downtown Minot" she told me when I asked about the new location, "it's quite a different clientele down here (in downtown Minot).

A common question amongst those who are looking for advice on dining in downtown Minot is "was it expensive?" and to that I can say, "no, it really wasn't." I'd like to see

The Depot expand their menu a bit, and perhaps offer a weekday lunch menu that would offer perhaps a 1/2 of a sandwich and a cup of soup, but I am sure that will come in time, as they experience their new location and customers.

We were finished with our dining experience in well under an hour, which is another way I judge the quality of a restaurant experience.

Looking for a unique dining experience? Head to downtown Minot, to the north end of Main Street, and there you will find The Depot and Baggage Claim Bar & Grill. And oh, by the way, ask for a seat by the window if one is available. The passing of a train is really a great experience.



Nostalgic depot atmosphere.

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Check your Email Inbox/ Text Messages: **OR** **Go to "Find my Survey":**

If you have not received a survey email or text by Wednesday March 6, 2024:

- Check your spam folder. The initial email came from AirForceHousingSurvey@celassociates.com.
- Check with your spouse, partner, or other household member(s) to determine if they received the email or text.

If you still need assistance or can't locate your survey, go to "Find my Survey".

Use URL or Scan QR Code Below
Go to: <https://celsurvey.com/findmysurvey>

Enter the information requested. The information must match information provided by management.

General Survey Information

- The survey will be launched on Monday, March 4, 2024.
- The survey results are confidential and anonymous. Only CEL has access to your survey responses, so please express your true opinions and thoughts.
- Each household may only complete one survey.

Thank you for your participation.

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HOUSE ARMED SERVICES, HOUSE APPROPRIATIONS COMMITTEE STAFF DELEGATES VISIT MINOT AFB



House Armed Services Committee and House Appropriations Committee staff delegates are briefed by Minot Air Force Base leaders at Minot Air Force Base, North Dakota, March 28, 2024. The staff delegates visited to familiarize themselves with Minot's role in the nuclear triad.

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



Minot Air Force Base leaders greet House Armed Services Committee and House Appropriations Committee staff delegates upon their arrival to Minot Air Force Base, North Dakota, March 28, 2024.

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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>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>Meg-A-Latte</p> <p>2045 N Broadway Suite #100 Minot, ND 58703 Phone: 701.838.8479 www.meg-a-latte.com</p>	<p>Mi Mexico</p> <p>3816 South Broadway Minot Phone: 701.858.0777 www.mimexicomintnd.com</p>	<p>N.D. Asia</p> <p>3400 16th St SW, Minot Phone: 701.852.1240 www.ND-Asia.com</p>
<p>Noodles & Company</p> <p>304 4th Ave NW Minot 701.491.9103 www.noodles.com</p>	<p>Pink's Bar & Grill</p> <p>102 128th Ave NW Minot Phone: 701.852.2385 FB: PinksBarGrill</p>	<p>The Starving Rooster</p> <p>30 1st St. NE, Minot Phone: 701.838.3030 www.starvingrooster.com</p>
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A Downtown Gluten Free Food Tour

As a self proclaimed foodie, I feel very strongly about this quote by Julia Child, "People who love to eat are always the best people." I guess you could say that food is a love language and searching out good food is one of my favorite things to do. On top of being a foodie, I also eat gluten free due to some health issues and sometimes it is difficult to find tasty gluten free options. As a business owner in downtown Minot, I often order lunch from a downtown restaurant so I am fairly well versed in my options for gluten free eating.

Since I know it can be difficult to find gluten free and other allergen friendly meal options, I thought I would compile a list of some of my favorites so if you or someone you know has issues with gluten, you can feel good trying these various restaurants. Now, be mindful that these restaurants also serve non-gluten free food items so they can be cross contaminated. Make sure to always talk with your server to make your experience the best it can be.

IRONHORSE KITCHEN AND BAR: 21 CENTRAL AVE, SUITE 101

While they don't shout it from the rooftop that they have gluten free options, Ironhorse has gluten free menu items including a gluten free bun option that I have to say is delicious. My go to option is the Chicken Cordon Bleu sandwich on a gluten free bun. They have many great salad, burger, and sandwich options that are great. Like I mentioned previously, the menu doesn't necessarily shout gluten free options so make sure to ask if you are unsure.

PRAIRIE SKY BREADS: 3 1ST ST SE, SUITE 3

Prairie Sky Breads offers a limited menu of gluten free, but their gluten friendly scones are delicious. From raspberry to lemon blueberry and even seasonal pumpkin spice, the scones are fresh, soft, and covered in a sweet glaze. They also offer gluten friendly bread to purchase by the loaf and you can have them make you a sandwich on gluten friendly bread. Just make sure to discuss your allergies with them because they are primarily a gluten filled bakery and it can be very difficult

to ensure that the foods haven't come in contact with wheat. This is why they specifically say gluten friendly and not gluten free.

STARVING ROOSTER: 30 1ST ST NE

If you are in the mood for pizza, Starving Rooster offers a gluten free crust option for their brick oven pizzas. They have fun options like the Starved Rooster, the Hawaiian, Cuban, and The Pioneer, among others. Make sure to discuss you allergies with the server as some of their brick oven pizzas do have ingredients on them that are not gluten free. My favorite menu item at Starving Rooster is the Thai Chicken Lettuce Cups. They are a nice mix of sweet and spicy and are loaded with rotisserie chicken, pickled veggies, and a yummy cucumber ranch dressing.

DON TAPATIOS: 7 1ST ST SE

While looking at the menu, you may not note a lot of gluten free options at Don Tapatios, but they are very helpful in guiding you to the options that they offer. Chips and guacamole are a great start. I enjoy their enchiladas, street tacos with corn tortillas, choripollo, and fajita nachos. I really love that you can customize a lot of the menu items to your liking with different sauces, adding additional veggies, and more. Their food is very flavorful and you will not leave hungry!

COOKIES FOR YOU: 117 MAIN ST S

When you walk into Cookies for You, you will notice a small display case that is filled with a handful of gluten free treats. While it is not a huge selection, they typically have a couple of kinds of cookies and cupcakes to choose from each day. They also have macarons each day and while they may not be listed as gluten free, macarons are made with almond flour so are generally gluten free. You can also order gluten free cookie bouquets to be picked up or delivered, which make a nice gift for someone who has to avoid gluten.

WHISKEY NINE: 109 W CENTRAL AVE

One thing I really love about the Whiskey Nine menu is that it is very specific about what menu items are



HOPE ANDERSON

gluten free or how they can be made gluten free. It makes it very easy to navigate. To start the meal, the bourbon candied bacon is delicious and a must try. They offer a variety of salad options that are unique and can all be made gluten free. Gluten free buns are available for all of their sandwich options. My go to is the Prime Rib French Dip on a gluten free bun. For sides, you have to try the Bourbon Bacon & Pecan Caramel Green Beans or the Sweet Potato Waffle Fries with Marshmallow Cream

As I mentioned earlier, I eat gluten free for health issues and may not be as sensitive to gluten as many people so my list is items that I am able to eat, but may not be suitable for someone with more serious allergies. Always discuss your food concerns with the server at the restaurant and understand that they do the best they can to provide quality and delicious foods to those of us with food allergies, but it can be very difficult in a restaurant kitchen to ensure that allergens are not present.

All the restaurants listed above make delicious foods for all palate tastes so even if you don't have food allergy concerns, give them a try. Support local small businesses because they are the heartbeat of our community. The dedication that goes into running a local restaurant is to be admired and with the rising food costs, difficulty finding employees, and the hours of preparation that are needed each day to make the foods that we love, showing support in whatever ways we can is essential to keeping our local food establishments going so we can all enjoy a meal out in downtown Minot.



The Starving Rooster brick oven pizzas can be enjoyed on a gluten free or cauliflower crust. Pictured is the White Rabbit on Cauliflower crust.



Cookies for You has several gluten-free options for you to indulge your sweet tooth. They look great and they taste even better!

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- As a herd animal, they prefer companionship (safety in numbers).
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Fact File

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Height to Shoulder	4 1/2 feet
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TOP SYMPTOMS OF AN ENGINE OIL LEAK

Ugly, greasy stains on the driveway...a burning smell and smoke coming from your engine...and the oil light on your dashboard flicking on and off—yikes! This sounds like it could be an engine oil leak. Not only are these issues hard to ignore, but they're signs of a problem you can't afford to ignore. Putting off repairs for an oil leak could lead to bigger headaches later on, from serious engine damage to overheating on the side of the road. Study up on the top symptoms of an engine oil leak so you can recognize one if you see it, and learn more about the important role oil plays in the health of your vehicle.

FIVE SYMPTOMS OF AN OIL LEAK

1. DARK PUDDLES UNDER YOUR CAR

When you back out from your driveway or parking space, check to see if there are dark brown or yellow puddles where your car was sitting. (Pro-Tip: If you don't have a dedicated parking space you can watch for spotting, lay down a piece of cardboard or a plastic plate underneath your vehicle when you park. That way you can confirm the leak is coming from your car, not someone else's.) If your oil pan has a leak, it will spill out directly onto the pavement and could cause issues with oil levels and pressure.

2. SMOKE FROM THE ENGINE

If oil drips onto the exhaust manifold, it's going to result in smoke coming from the engine area. Leave this problem unattended for too long and leaking oil could damage the oxygen sensors or cause gaskets to break down.

3. THE DASHBOARD OIL LIGHT

Your oil light is a dashboard warning that you shouldn't ignore. It will alert you if the oil level or oil pressure is lower than normal. While it doesn't automatically indicate a leak, it does require further inspection.

4. ENGINE OVERHEATING

Engine oil plays an essential role in regulating the engine's temperature. It lubricates the pistons and makes sure they glide smoothly within their housing. Without proper lubrication, the

pistons will grind against other parts of the engine, produce great amounts of heat, and potentially cause your engine to seize-up and stall. If there's an oil leak and the oil level drops too low, the engine could overheat.

5. SMELL OF BURNING OIL

If there's oil leaking onto your engine's hot metal parts, you're likely to smell burning oil and hear a sizzle, sizzle when the oil comes into contact with the hot engine. If you notice an unpleasant smell that's thick and bitter paired with the sound of bacon frying under the hood, you could have an oil leak.

"I THINK I HAVE AN OIL LEAK! NOW WHAT?"

If you believe you have an oil leak, don't waste time getting it checked out. Oil lubricates the moving parts of your engine, reducing friction and regulating the temperature of your engine. Driving with a leak could mean extra wear and tear on your vehicle and unfortunate engine damage.

The easiest way to spot an oil leak as soon as it sprouts is by getting your oil changed at the manufacturer's recommended intervals. Your car's manual will detail exactly how often this is. At Tires Plus, every oil change service comes with a courtesy vehicle inspection that can alert you to an evolving issue that may lead to an oil leak, or bring your attention to an existing leak.

LET OUR TECHNICIANS SOLVE YOUR ENGINE OIL TROUBLES

If you suspect something fishy is going on under your hood, visit your nearest Tires Plus and have our technicians take a look. They can help identify and repair leaks, but they can also take care of an important preventative service: your oil change. You can rely on them for excellent service and sound advice. And if your trusty vehicle has been loved for over 75,000 miles, talk to your technician about the benefits of high mileage oil too. This type of oil can help restore seals, prevent leaks, and enhance your overall engine performance. Schedule your appointment online or stop by your neighborhood Tires Plus today.

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Minot Airmen build camaraderie and resilience through curling

AIRMAN 1ST CLASS KYLE WILSON, 5TH BOMB WING PUBLIC AFFAIRS



Members of the Lobstahs curling team execute the delivery of a curling stone at the Minot Curling Club, Minot, North Dakota, March 19, 2024. The delivery, or throw, is the process of sliding the curling stone down the sheet of ice and directing it towards the target area.



U.S. Air Force Lt. Col. Darrell Gibson, 740th Missile Squadron commander (left), and U.S. Air Force Maj. Zachary Jones 91st Operations Group wing operations center director, sweep the ice in the path of a curling stone at the Minot Curling Club, Minot, North Dakota, March 19, 2024. Gibson and Jones swept a path for the curling stone to better direct it towards the target area.



U.S. Air Force Col. Kenneth McGhee, 91st Missile Wing commander (right), presents medals to members of the Minot Air Force Base Curling League at the Minot Curling Club, Minot, North Dakota, March 19, 2024. McGhee attended the Minot AFB Curling League's championship game and presented medals to the teams competing.



MINOT AIR FORCE BASE, N.D. -- On a cool March evening in Minot, an assortment of sounds can be heard within the walls of the Minot Curling Club. Shouts roar through the air; "sweep, sweep, sweep!" The swishing of strenuously swept brooms moves across a frozen, icy surface. The thunderous knock of two stones crashing together echoes out; this inspires cheers from one group, and subtle sighs from another. These are the sounds of the Minot AFB Curling League championship game.

In 2019, a group of Airmen from Minot AFB decided to try their hand at the sport of curling. This led them to the Minot Curling Club. Established in 1905, the Minot Curling Club has been hosting competitive curling events for the local community ever since.

"My supervisor called me and said, 'Hey, I found this curling club in town and I've always watched [the sport] in the Olympics, do you wanna give it a go?'" said Tech. Sgt. Levi Janssen, 91st Missile Maintenance Squadron critical task supervisor. "Sure enough, we put together a team and just started curling."

For the the 2019 and 2020 seasons, Janssen and his teammates played in one of the Minot Curling Club's leagues. As the 2021 season was approaching, in partnership with the Minot Curling Club, they decided to form a league of their own: the Minot AFB Curling League.

With each passing season, the Minot AFB Curling League has attracted new players and the Airmen participating say they hope the league will continue to grow. U.S. Air Force 1st Lt. Alexander Mathews, 740th Missile Squadron mission lead commander, is one such newcomer to the league for the 2024 season.

"This is my first year in the league; I kind of threw together a hodgepodge team of Airmen and we started curling," said

Mathews. "I think this a good program because it helps you get closer to your fellow Airmen and it's a fun way to relieve stress."

As with any team sport, curling requires a substantial amount of teamwork and fosters camaraderie among teammates. Janssen says playing in the curling league enhances these qualities in the Airmen who participate as well.

"You heard some of the shouting and yelling going on during the game," said Janssen. "There's so much communication going on out there, you've really gotta listen to the calls being made and be a team player."

According to Mathews, finding activities to engage in during the winter at Minot AFB may be a challenge for some Airmen. He says the Minot AFB Curling Club is a great option for those looking for something fun to do in their free time.

"I think it builds resilience and helps Airmen get their mind off the cold of Minot. A lot of people may get up here and think there's not a lot to do; well, this is something you can do," said Mathews.

Janssen added, "It breaks us out of those winter blues and gets us out here competing and having fun; it's a great way to close out winter and get a jump start heading into spring."

As the Minot AFB Curling League's 2024 season came to a close, the Sweep Dreams and the Lobstahs curling teams took to the ice one last time. In a hard fought match, Sweep Dreams came out on top against the Lobstahs in the championship game with a final score of 7-3. Afterwards, with camaraderie on full display, competitors from both teams came together and exchanged high fives; celebrating the season and looking forward to what next year's will bring.



U.S. Air Force Capt. Steven Lawless, 23rd Bomb Squadron weapon systems officer, prepares to execute the delivery of a curling stone at the Minot Curling Club, Minot, North Dakota, March 19, 2024. Lawless used his broom for stability during the process of delivering the stone.



U.S. Air Force Maj. Zachary Jones, 91st Operations Group wing operations center director, executes the delivery of a curling stone at the Minot Curling Club, Minot, North Dakota, March 19, 2024. Jones and his team, Sweep Dreams, competed in and won the Minot AFB Curling League championship game.



U.S. Air Force Master Sgt. Dalton Helveston, 5th Operations Support Squadron functional manager, executes the delivery of a curling stone at the Minot Curling Club, Minot, North Dakota, March 19, 2024. Helveston and his teammates took turns delivering the curling stone throughout the course of the game.

Below: Members of the Minot AFB Curling League compete in their championship match at the Minot Curling Club, Minot, North Dakota, March 19, 2024. The Minot AFB Curling League's season began in January and concluded in March, lasting a total of 10 weeks.

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS KYLE WILSON



Curling stones are displayed at the Minot Curling Club, Minot, North Dakota, March 19, 2024. In the sport of curling, players score points by sliding these stones across a sheet of ice towards a designated target area.



A painting of the Minot Curling Club logo is displayed at the Minot Curling Club, Minot, North Dakota, March 19, 2024. The Minot Curling Club was established in 1905 and provides a venue for members of the Minot AFB Curling League to compete.



A curling stone slides across a sheet of ice at the Minot Curling Club, Minot, North Dakota, March 19, 2024. Players swept the ice in front of the stone to influence its movement and speed.

March is for Music!

March is the month to celebrate music in our schools! North Plains Elementary School for the month of March embraced the diversity, creativity, and uniqueness of our students through music! Every teacher was challenged to incorporate as much music into their classrooms as possible through trivia, books, singing, body percussion, and dancing.

Did you know that music is one of the only subjects in school that engages both sides of the brain and aids in higher achievement in other academic areas such as math, reading, and science? Pretty cool, huh? To finish out our music month the entire school dressed up for the decades and had the opportunity to dress as their favorite musician. The North Plains Elementary staff really brought the decades to life!



50'S DRESS UP DAY

North Plains Elementary Staff pictured left to right: Ned Strand, Angela Peterson, Joyce Hoadley, Courtney Jochim, Amanda Capote, and Jacquie White.



70'S DRESS UP DAY

North Plains Elementary Staff pictured left to right: Michele Oian, Kimberly Burns, Tatiana Potts, Joyce Hoadley, Amanda Capote, Angela Peterson, Courtney Jochim, Amanda Chelette, and Ned Strand

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CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

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

SUDOKU

Solution to puzzle on page B9

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

CROSSWORD PUZZLE

Across

- 1. Ravioli, e.g.
- 6. Lhasa ___ (small dogs)
- 11. Cleo portrayer of 1963
- 14. Lapel label
- 15. Like marshes
- 16. Nabokov novel
- 17. Camouflage
- 19. Heap
- 20. Eight-time N.L. home run champ
- 21. Culbertson of bridge
- 22. They pull together on the farm
- 23. Kiln for hops
- 24. Morning periods (abbr.)
- 26. "Everything ___": *NSYNC hit
- 28. Makes happen, as revenge
- 31. Half a chess set
- 34. Shoots the breeze
- 37. Henri's happiness
- 38. Thurman of "Batman and Robin"
- 39. Vain
- 42. Oscar winner Harrison
- 43. Pesters
- 45. Staff symbol
- 46. Wanting
- 48. "Tommy" rockers
- 50. Hubbubs
- 52. Wee, in West Lothian
- 53. Diminish
- 55. "Ten-four" sayer
- 59. Panic button found in six of this puzzle's long answers
- 61. ABBA, for one
- 64. Itinerary word
- 65. Biology is one
- 66. Architect's addition
- 67. ___ garde
- 68. Swindler, in slang
- 69. Wade opponent
- 70. Totally unhip types
- 71. Eye sores

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	30	
31	32	33			34	35	36		37				
38				39	40				41		42		
43			44		45				46	47			
48				49			50	51					
		52				53	54			55	56	57	58
59	60			61	62					63			
64				65									
66				67						68			
69					70						71		

Down

- 1. ___ Beach (California resort)
- 2. Mingle
- 3. Feed hot coals to
- 4. Completely fooled
- 5. Matures
- 6. Michael or Gabriel
- 7. Durable dos
- 8. "Now you ___"
- 9. Piggied out (on)
- 10. Grammar class subject
- 11. It may not get into the morning paper
- 12. Golden calf, for one
- 13. Kooky
- 18. Garbage hauler
- 25. Mil. rank
- 27. Columbus inst.
- 28. Dangerous curve
- 29. Not ahead or behind
- 30. Seductive
- 31. Gridiron kick
- 32. Asian nursemaid
- 33. Remuneration schedule
- 35. In the style of
- 36. Program trials
- 40. It's about 350 miles NW of LAX
- 41. ___-Cat (winter vehicle)
- 44. Personal ad abbr.
- 47. Confiscate, in law
- 49. Justice replaced by Rehnquist
- 51. Fam. tree member
- 53. Obviously
- 54. Change for the better
- 56. Rochester's boss
- 57. Game show host
- 58. Maritime dangers
- 59. Constantly
- 60. Fodder holder
- 62. Bee complex
- 63. Brief smokes?

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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

www.firstlutheran.tv
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Radio Broadcast KRRZ 1390AM
Sunday 9:30 am
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Pastor Brandy Gerjets • Pastor Ellery Dykeman

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

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



Cross Roads Baptist

Southern Baptist Convention

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

www.minotcbbc.org
email: minotcbbc@gmail.com
Gabe McCormick- Pastor

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



West Minot Church of God

Family Worship Center

1105 16th St. NW • 839-1407

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

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Missouri Synod



Sunday Divine Service
9:30 AM

Adult Bible Study and Sunday School
11:00 AM

Wednesdays Kid Connection
5:15 PM

Reverend Philip Beyersdorf
2209 4th Avenue NW, Minot, ND
839-4663
www.minotstmarks.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 am.
Wed. AWANA (Sept. to May) 6:30 p.m.
Fridays, Celebrate Recovery 7:00 p.m.

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

Apostolic Faith Church, UPCI

2929 19th Ave NW • Minot
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(701) 838-0609

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

Jesse Starr, Pastor



Grace Baptist Church of Minot

A Reformed Baptist Church

Sunday Service: 4:00 p.m.
at Living Word Lutheran bldg
710 46th Ave NE, Minot

Web: gbcminot.com
E-mail: gbcminot@gmail.com

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9:30am Contemporary Service
9:30am Sunday School & Adult Bible Study
11:00am Contemporary (w/ livestream)

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Confirmation (grades 6-8)
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For more information visit us on the web at:
www.ourredeemers.org



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Minot, ND 58701
info@orcsknights.org • 701-839-0772
www.orcsknights.org

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




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4 miles south of MAFB
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Anna B. Henderson

Church: 701-838-4492
Home: 701-838-5759
KHRT 1320: 9 a.m. Sunday

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

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MONTH OF THE MILITARY CHILD

MOMC Highlight Waylon Cooper, age 8

ERIN BEENE, NORTHERN SENTRY



Waylon at the promotion ceremony for his dad, CMSgt Rusty Cooper 705 MUNS, in August 2023 at Aviano Airbase.

The “Military Kid” represents a bracket of young people living in this ever-changing lifestyle that, we all know, is brought on by being a dependent. Adapting, moving and watching a parent leave to protect their country for various periods of time is all they know. It’s a lifestyle they are familiar with and characterizes a large part of their childhood. April is set aside as the Month of the Military Child as a way to recognize and give some credit to these resilient, unique and proud kids who sacrifice in their own ways.

One such military kid is eight year old Waylon Cooper. Waylon moved to Minot in October of 2023. He likes to read history books, play with his dog and go fishing. When speaking to Waylon, it was evident that his sense of adventure and love for new experiences is real. He told the Northern Sentry that he absolutely loves to go fishing, both ice fishing and regular, because as he said, “they each have their pros and cons.” He joyfully shared a fishing story about a mink trying to steal their smallmouth bass, which he and his dad thought was hilarious! He loves his dad, his family and fishing. He described the thrill of fishing saying, “You don’t know what you’re going to catch, or if you’re going to catch anything at all!”

Waylon told the Northern Sentry that he has lived in four different places in his short lifetime and

described them all from a child’s point of view. Waylon said he was born in Cheyenne, Wyoming, at F. E Warren AFB, and that’s where he met his best friend! He described their next assignment at Barksdale AFB, Louisiana, as hot, but that’s okay because his best friend there lived right next door. A few years later, his family moved to Aviano AB in Italy where Waylon said he loved that they had “mountains so close by and fruit trees in their yard”.

Waylon’s favorite part of Minot is the Roosevelt Park Zoo. He is excited about the summer because he can’t wait to go to the zoo, then afterward walk across the street to attend a Hot Tots baseball game! The Cooper family arrived late in the season last year, so they haven’t been able to attend a game yet, but they are very excited to do so.

When asked what he thinks his active duty dad does in the Air Force he replied matter of factly stated: “Well, he’s one of the munitions Chiefs, he just sits at a desk and works all day, then he comes home.” Waylon said the absolute best part of being a military kid is “going everywhere.” He has obviously embraced the adventurous part of the military kid lifestyle because he said that someday he wants to visit the North Pole.

Every mil kid has a different story and journey, this is just one. Thanks for being a Military Kid, Waylon!



One of Waylon’s most favorite things to do is fishing! Pictured here, he’s ice fishing on Lake Darling taken this past winter.

NOTES ON BEING SAFE

How To Read Safety Data Sheets



SSGT JOE VERGARA
5TH BOMB WING
NCOIC OCCUPATIONAL
SAFETY



Chad was applying an epoxy sealer to the floor of a small production room when he started feeling nauseous and dizzy. He thought back to his supervisor’s last words: “Remember to check the SDS, Chad, and be sure you take the right precautions.” And he had checked the SDS. But the technical jargon was too much to sift through, so he thought he’d just take his chances with gloves and safety glasses. Unfortunately for Chad, he needed to wear a respirator for this particular job—he was informed of that when he came to. He had passed out from breathing toxic fumes.

TRAINING IS THE KEY

The safety data sheet (SDS) is the key to communicating hazards and safe handling procedures of chemicals your workers use on the job. But, this information is only helpful if your employees are trained to comprehend the sometimes technical information. As OSHA puts it: “Giving an employee a data sheet to read does not satisfy the intent of the standard with regard to training.” It is therefore your job to make sure the SDS is understandable.

HAVE A LESSON PLAN

Before you begin your training session, you will need to organize the information and develop appropriate handouts. Since most companies use large numbers of chemicals, it is virtually impossible to train your employees on each one. Instead, group the chemicals by categories that make sense for your operation, such as solvents, acids, bases, gases, etc. Then you can deal with additional information about individual substances within each group. Make copies of sample SDSs for each chemical group and highlight the important information. Have on hand a corresponding container label. Have a second handout that provides a glossary of terminology used on SDSs. If you can, make overheads of these handouts.

CRUCIAL INFORMATION

Start off by explaining what the SDS is and why it is so important. Tell employees that these sheets contain vital safety and health information about each chemical in the workplace, such as:

- Exposure limits
- Health effects of overexposure
- Safe handling procedures
- Emergency procedures
- Personal protective equipment
- Engineering controls

Explain that the chemical manufacturer is required to provide an MSDS with each chemical that arrives in the workplace. Tell your employees where these sheets are located and how to access them (additional training may be needed if your MSDSs must be retrieved from a computer database).

SECTION BY SECTION

Next review the sample SDS that you have just handed out. Ask what each term means and have employees look it up in the glossary handout. The following is a section by section description of the basic terminology that can help you develop your definitions:

SECTION I

Contains contact information about the chemical manufacturer, which can be important in the event of an emergency.

SECTION II - HAZARDOUS INGREDIENTS/IDENTITY INFORMATION

Both the scientific name and the common name of the chemical are listed here. Also, the following exposure limits are covered: OSHA PEL—OSHA’s “Permissible Exposure Limit” - The maximum amount of the chemical that an employee can be exposed to without danger over a typical 8 hour day.

ACGIH TLV—“Threshold Limit Value” - Another safe exposure limit set by the American Conference of Governmental Industrial Hygienists.

(Explain how you monitor exposure limits at your worksite)

SECTION III—PHYSICAL/CHEMICAL CHARACTERISTICS

- What the chemical normally looks and smells like and possible danger signs
- Boiling Point—Temperature at which the liquid turns into a gas
- Vapor Pressure—How easily the chemical evaporates (the higher the number, the faster it evaporates which can cause dangerous vapors in the air)
- Vapor Density—If the vapor will rise (below 1) or sink (above 1) in the air
- Evaporation Rate—Another measurement of how quickly a liquid or solid turns into a gas (the higher the number, the faster the rate)
- Specific Gravity—Whether the chemical will sink in water (above 1—will sink; below 1—will float)
- Solubility in Water—How much of the chemical will dissolve in water

SECTION IV—FIRE AND EXPLOSION HAZARD DATA

What might cause a fire or explosion and how to put out a fire. Flash Point—The lowest temperature at which the vapors could catch fire if ignited by a spark or some other source. Flammable Limits—The minimum and maximum percent of vapor in the air that could catch fire if ignited.

SECTION IV—FIRE AND EXPLOSION HAZARD DATA

LEL and UEL—Lower and upper explosive limits - The minimum and maximum percent vapor in the air that could explode if ignited

(Review safety procedures for minimizing risk of ignition, such as sparks)

SECTION V—REACTIVITY DATA

Describes what could happen if the chemical mixes with water, air or other chemicals.

Stable or Unstable—How easily the chemical changes or breaks up. Incompatibility—If the substances listed here are mixed with the chemical, a hazardous reaction will occur.

Hazardous Decomposition or By-products - Dangerous chemicals that can be formed when the substance breaks down or reacts

SECTION VI—HEALTH HAZARD DATA

How the chemical enters the body (such as inhaling, swallowing or through the skin) and what health problems it could cause.

Acute—A reaction that shows up right after exposure, such as a rash. Chronic—A reaction that develops over time, such as cancer.

Carcinogen—Substance known to cause cancer at certain exposure levels

SECTION VII—PRECAUTIONS FOR SAFE HANDLING AND USE

Explains how to properly handle, store and dispose of the chemical. Also, what steps to take if there is an accidental spill or release.

SECTION VIII—CONTROL MEASURES

Describes what type of respirator to use and how to maintain proper ventilation. It also recommends appropriate personal protective equipment, such as safety eye gear, gloves, and other protective clothing. This section should be emphasized and covered thoroughly.

INFORMED EMPLOYEES

Encourage your workers to take the time to read the SDS and label before using any chemical. The detailed information will help them feel confident that they can safely handle these substances without harming themselves.

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MONTH OF THE MILITARY CHILD PROCLAMATION



Col. Daniel Hoadley, 5th Bomb Wing commander, Joy-Nicole Smith, School Liaison Program Manager, and Col. Kenneth McGhee, 91st Missile Wing commander, signed a proclamation marking this month as Month of the Military Child.

U.S. AIR FORCE PHOTO
MINOT AFB PA

The Magic City Discovery Center Celebrates One Year

TESSIA SAMUELSON, MAGIC CITY DISCOVERY CENTER

If you've been to the Magic City Discovery Center in the past months, you've probably noticed all of the fun elements. Whether it be, the 37 foot Magic Climber, the pools of light and color in the LightLab gallery, the interactive water stations in the Water Flow gallery, or the paint wall in the Creativity Studio. The building stretches to three levels and is full of educational and interactive exhibits, built and designed for kids. What you don't see is the 10 years of circulating, brainstorming, and working that went into making the building opening possible. The planning of the Magic City Discovery Center began back in 2013, when a visionary community children's museum group succeeded in establishing a children's museum in Minot to serve the greater North Dakota region. On May 5th, 2023, The Magic City Discovery Center finally opened its doors to the public. The amount of support and praise the center has received since then is remarkable.

In May, The Magic City Discovery Center will celebrate its one year anniversary of being open.

This milestone would not have been possible without the staff, board of directors, members, visitors, sponsors, donors, volunteers, and community partners. In the past year, the center has welcomed 81,000 visitors, reached people from 37 of the 50 states, hosted 3,731 field trip attendees, and interacted with 6,270 people through outreach programming. It has been exciting to watch the center grow into what it



is today.

During this past year, the center has sold 1,627 memberships. As a reminder for members, membership renewal season is fast approaching. Remember to renew your

membership online or during your next visit to the center. The center will also be hosting a first birthday celebration during the month of May, so be on the lookout for more details coming soon



ROASTED SLOPPY JOE STUFFED PEPPERS



INGREDIENTS

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

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

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

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

Garnish with green onions and serve immediately. Enjoy!



Ryan Davy - GM
Minot

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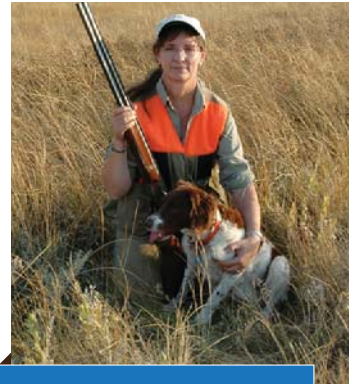
Month of the Military Child: Deployment



JOY-NICOLE SMITH
SCHOOL LIAISON PROGRAM MANAGER, GS-12
DEPARTMENT OF THE AIR FORCE SCHOOL LIAISON PROGRAM

Since 9/11 more than two million children have had a parent deploy and nearly nine hundred thousand children have had a least one parent deploy multiple times. Deployment and separation are characteristic experiences for the military child. Despite the common nature of these experiences, it makes it no less difficult for children and families. The deployment cycle consists of five stages: predeployment, deployment, sustainment, redeployment, and post-deployment. Each of these stages introduces varying levels of stress to children. During deployment, children may face changes in school performance, lashing out in anger, worrying, hiding emotions, disrespecting parents and authority figures, feeling a sense of loss, and symptoms consistent with depression. An American Academy of Pediatrics study stated that 1 in 4 military-connected children will have an emotional-behavioral challenge related to deployment.

As a military community we have built-in support for our children and youth who are facing deployment. The Airmen & Family Readiness Center has numerous resources for spouses and children in preparation of deployment, give AFRC a call at 701-723-3950 to see about upcoming family deployment briefings or schedule a time to speak with someone. Families can also reach out to The Military and Family Readiness Center at 701-500-4826 who will provide free, non-medical counseling services and are well versed in deployment needs of adults and children. Your child's school is also prepared to support your student during deployment. Families can work with their student's teacher or contact the School Liaison at 701-723-1447 for school specific support. Online resources include militaryonesource.mil, militarychild.org, and sesamestreetformilitaryfamilies.org.



by Patricia Stockdill

Fishing:

Lake Sakakawea elevation, April 1: 1,835.29 feet above mean sea level (MSL); 15,900 cubic feet per second (CFS) Garrison Dam average daily releases.

Devis Lake elevation: 1,449.13 feet above mean sea level (MSL).

Stump Lake elevation: 1,449.19 MSL.

•N.D. Game & Fish Dept. game wardens: No reports from the Missouri River System, Devils Lake, or area lakes.

•Devils Lake, Ed's Bait Shop, Devils Lake: North end of 6-Mile Bay producing nice walleye with anglers walking onto the ice. Use caution with warm weather deteriorating ice, however. Some activity along the open water around the bridges.

•Devils Lake, Woodland Resort, Devils Lake: A few anglers walking on Devils Lake early in the week but ice deteriorating fast with open water around the bridges.

•Lake Darling, Karma C-Store, Ruthville: No new reports from Lake Darling or Lake Audubon.

•Lake Metigoshe, Four Seasons, Bottineau: Anglers generally waiting for open water with warm weather deteriorating ice conditions.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Limited reports from the east end of Lake Sakakawea. Look for deteriorating shorelines and honeycombing ice. A few boats on the Missouri River tailrace with fair walleye success.

Thanks to Woodland Resort, our Outdoors Report sponsor, for helping keep readers up-to-date on happenings throughout the region. For complete details about fishing Devils Lake and its array of recreational opportunities visit their website, (www.woodlandresort.com), Facebook at (facebook.com/woodlandresortDL), telephone (701) 662-5996, extension 1, or email (woodlandresort@gondtc.com). They're located at 1012 Woodland Drive, Devils Lake, N.D. 58301.

- April 5 – 7: Minot Curling Club Short Sleeve Bonspiel.
- April 6: Ducks Unlimited banquet, Upper Missouri Valley Fairgrounds, Williston, 5 p.m.
- April 13 & 14: USPSA Match, Minot Rifle & Pistol Club.
- April 13: Spring turkey season opens.
- April 13: Maple Sugaring Day, Fort Stevenson State Park, Garrison, 10 a.m.
- April 13: Easter Egg Hunt, Lewis & Clark State Park east of Williston.
- April 22; Badlands Toms Nat'l. Wild Turkey Federation banquet, Outlaws Bar & Grill, Watford City, 5 p.m.



•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: No new reports from the east end of Lake Sakakawea with anglers generally waiting for open water shorelines.

•Lake Sakakawea, New Town: A few anglers walking onto the Van Hook Arm early in the week but weather will start honeycombing ice along the shorelines.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace producing some small walleye from both boats and shore. Look for more activity with warmer weather. Weather could start opening lake Sakakawea back bay shorelines so look for the possibility of pike activity soon.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Warmer weather rapidly deteriorating ice with little activity on the upper end of Lake Sakakawea. Missouri River running muddy but Yellowstone River is clear and producing

nice walleye. Be careful not to catch paddlefish and if so, release immediately.

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

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: No activity on area lakes. Souris River remains low.

Migration:

•Look for a fast migration of light geese with birds stacked up in S.D. and along the southern N.D. border with March snow and cold. With warmer weather birds will likely move through rapidly. Birds moved into north-central N.D. and the Devils Lake area earlier in the week but they will likely move quickly as well.

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.

YOUTH IN ACTION

Dakota Soaring Eagle Awards March-Respect

JONES

Grace Simon
Liam Elbo

WHITE

Cody Degler
Tripp Gahring

BURUD

Penelope Gerard
Gracie Mathewson

KELLER

James Lipscomb
Cameron Brown

RAMIREZ

Madison Garcia
Reagan Turner

BURDICK

Kayden Lovett
Josie Snively

FOERSTER

Kinsley Nelson
Della Rodriguez

GOLDEN LUNCHROOM

Miss White class
Good manners and voice level

KNECHT

Elijah Vedder
Taylor Marthaler

RECESS ROCKSTARS

Miss Seastrand class
Responsible- Following recess expectations and lining up on time

AXELSON

Kira Bailey
Konner Morris

FABULOUS FITNESS

Mrs. Espeseth class
They have been SOARING for me in March!

MURRAY

Riyan Johnson
Charlotte Brown

MUSIC MAESTROS

Miss Knecht class
Very respectful not only to me in my room, but adults other adults in the school and EACH OTHER! They follow directions quickly and quietly, and rock the expectations.

ESPESETH

Levi Gregory
Muriel Callaway

DELZER

Kiley Frie
Liam Richardson

LITTLE LIBRARIANS

Miss Burud class
Follow directions well and listen during story time.

SEASTRAND

Mila Callaway
Paislee Henley



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Upcoming Events

05 APR **JURASSIC QUEST**
12:00 NOON - 8:00 PM
North Dakota State Fair Center
2005 E Burdick Expy Minot,

There's no better place to make pter-iffic memories playing with adorable baby Dinos, excavating fossils, or even training a raptor while surrounded by behemoths like sky-scraping Spinosaurus and, the King himself, Tyrannosaurus rex! Get your tickets for Minot now before they go EXTINCT! Jurassic Quest is the world's largest, most popular Dino event with unique and exciting experiences for the whole family. Observe our herd of life size dinosaurs including Apatosaurus, Spinosaurus, and an INCREDIBLE T.rex!



For more information:
<https://tickets.jurassicquest.com/minotnd2024>

09 APR **LADIES' NIGHT AT GOURMET CHEF!**
6:00 PM - 8:00 PM
Gourmet Chef
122 Main St S, Minot, ND

Bring a girlfriend to our Shop-Till-You-Drop Ladies' Night at Gourmet Chef! We'll be celebrating the store turning 31 with appetizers, wine provided by Urban Winery, grab bags, vendor set ups, and a raffle! We'll have special deals and groups of 5 or more get a discount for 20% off, applied automatically at checkout!



For more information:
<https://shop.gchef.com/>

12-13 APR **THE BIG ONE CRAFT FAIR - MINOT SPRING SHOW**
10:00 AM - 8:00 PM FRIDAY
9:00 AM - 5:00 PM SATURDAY
North Dakota State Fair Center
2005 E Burdick Expy, Minot

Our 2024 shows kick off in Minot on April 12th and 13th, 2024 at the ND State Fair Center! Shop from over 150 vendors filling 275+ booths with arts, crafts and baked goods that all have a touch of being handmade! The doors are open on Friday, April 12th from 10am-8pm and Saturday, April 13th from 9am-5pm! Admission, \$5 at the door only. 12 and under are free!

THE BIG ONE **ART & CRAFT FAIR** **SPRING SHOW**
April 12 & 13th
Friday: 10 AM-8 PM Saturday: 9 AM-5 PM
North Dakota State Fair Center

For more information:
<https://thebigone.biz/minot-spring-show/>

26 APR **IMAGICON**
9:00 AM - 12:00 NOON
Minot Municipal Auditorium
420 3rd Ave SW, Minot

iMagicon is back for our 10th Year Anniversary! This fan-driven pop culture event 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. iMagicon After Hours begins in the evenings and runs for two nights as well - so get ready for some epic fun! Learn more at imagiconnd.com



For more information:
<https://imagiconnd.com/>

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PUZZLE ON PAGE B3

8	5	9	1	7	6	3	2	4
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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 next upcoming term: 8 Jan-10 Mar. 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.

MINOT STATE UNIVERSITY

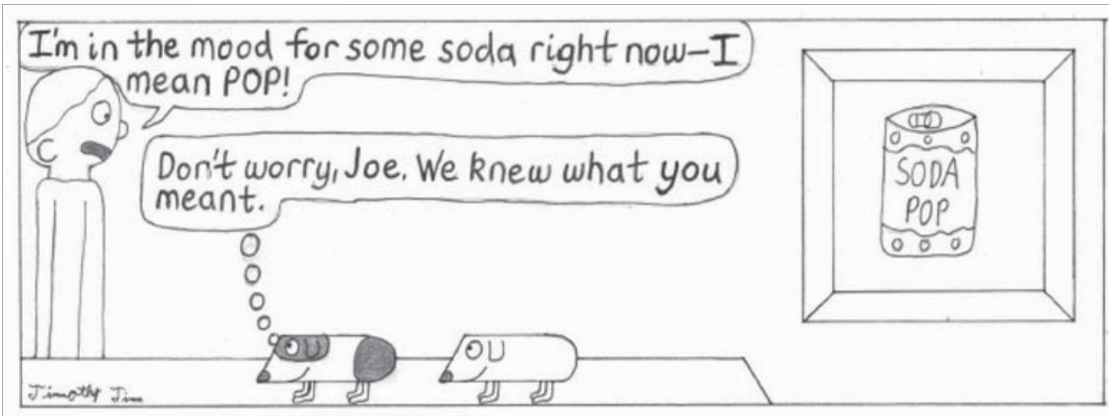
Minot State University is excited to again offer face-to-face classes at the Minot Air Force Base. There is no application fee for active-duty military personnel. Military personnel can complete their Community College of the Air Force (CCAF) degree and earn a bachelor's degree from Minot State. For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

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TITUS & PHILEMON *Everyday adventures of Titus and Philemon and their owner Joe.*



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.

TIMOTHY TIMM



VOLUNTEER OPPORTUNITIES

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

YMCA Coach & Referee Volunteers

The sports director at The Minot Family YMCA is looking for coach and referee volunteers. Most of the youth football games are played on Saturdays from 9:00am to 3:00pm and each game is an hour long. Anyone interested, please contact the YMCA Sports Director. POC: Chris Greek, Youth Sports Director, Minot Family YMCA 701-852-0141 www.ymcaminot.org

2024 Minot Shrine Circus Volunteers

The Minot Shrine Club is looking for volunteers to help out at the 2024 Minot Shrine Circus at the North Dakota State Fair Center. We are looking for volunteers to help with various tasks before, during, and after the scheduled performances. Meals/snacks will be provided to volunteers. Performance Schedule: Thursday, May 9th: 10:00AM and 7:00PM Friday, May 10th: 10:00AM, 4PM, and 7:30PM Saturday, May 11th: 2:00PM and 6:00PM POC: Minot Shrine Club Circus Chairman, John Young at (701) 214-0928 or jrichyoung85@gmail.com

MSU Culture Stock Festival Volunteers

We are teaming up with Minot Statue University to bring you Culture Stock, a festival celebrating culture, heritage, and diversity, and we need YOUR help for it to be successful. The event will take place on Saturday, 21 September from 1000-1400 at Minot State University. We are looking for volunteers to run booths as well as performers. Booths can have informational materials, books, pictures, clothing, jewelry, artwork, games, food samples, and anything else you'd like to display. Individuals who volunteer to represent the same culture will be connected to avoid duplicate tables. Performances can be instrumental, singing, dancing, poetry, or storytelling. Private orgs and booster clubs may use this as a fundraising opportunity and sell items as long as it approved through the proper channels. Please use the link to sign up! Be sure to include what culture you wish to represent. <https://www.signupgenius.com/go/10C0848ADAD29A5F5C25-48862178-culture> POC: CHRISTINE A. CHERRY, TSGT, USAF (she, her, hers) Director, 5 BW Diversity, Equity, Inclusion & Accessibility 723-7288

Holocaust Days of Remembrance Volunteers

I am looking for a handful of volunteers to help plan for the Holocaust Days of Remembrance (5-12 May). This observance honors the victims of atrocities carried out by Nazi Germany between 1933 and 1945 and their liberators. If you are interested in being a part of this committee, please let me know. POC: CHRISTINE A. CHERRY, TSGT, USAF (she, her, hers) Director, 5 BW Diversity, Equity, Inclusion & Accessibility 723-7288

Junior Achievement (JA) Program Volunteers

Volunteers are needed to help get the message of the free enterprise system out to young people in our community. The Junior Achievement (JA) program has been facilitated through the Minot Area Chamber EDC since 1997. The program is designed to help students become work ready, financially literate and to provide hands-on activities from an outside resource. Businesspeople like you come into the classroom once a week for five weeks for up to an hour each week. The commitment also includes preparation time. The lesson plans are provided by JA with a kit of age-appropriate material designed to make the experience an easy one for us non teachers. POC: Carla Dolan, Vice President, Minot Area Chamber EDC 701-857-8205, carla@minotchamberedc.com

AADD Volunteers

AADD is seeking volunteers to support various event requests. *Here is a link to our regular schedule for weekends, if interested, please disseminate to your members. REGULAR 2024 WEEKLY SCHEDULE- <https://volunteersignup.org/FHLLR> POC: SSgt Kristal A. Cruz Leon 723-4633 kristal.cruz_leon@us.af.mil

Meals on Wheels Volunteers

On behalf of the Hispanic Allies organization, we'd like to offer a volunteer opportunity to help our community. We're working with "Meals on Wheels" to help feed elderly members in our community. If you're interested in volunteering, please let us know. The Meals on Wheels delivery is every Tuesday & Friday. Volunteers can show up at the venue from 1045 to 11am. The route is simple, and it takes 45 min to 1hr, 2 members preferred. No supplies required. The address is 21 1st Ave SE B, Minot, ND 58701 at the Minot Commission On Aging. Please sign up using the following hyperlink: <https://volunteersignup.org/4E7QM> POC: SrA Brian Bermúdez, brian.o.bermudezcartagena.mil@health.mil or 723-5184.

Volunteer Coaches

Minot AFB Youth sports is looking for volunteer coaches for the upcoming T-Ball, Softball, and Baseball season. Coaching needs must be met by 1 April to ensure that the season can continue as scheduled. The season will run from 29 April – 14 June 2024. Coaching needs are as follows: • Ages 3–4-year-old T-Ball: 12 coaches needed. Practice schedule: Mondays from 1700-1730 at the fields behind the Youth Center • Ages 5–6-year-old T-Ball: 12 coaches needed. Practice schedule: Mondays & Wednesdays from either 1730-1830 at the fields behind the Youth Center • Ages 7–8-year-old T-Ball/coach pitch: 10 coaches needed. Practice schedule: Tuesdays & Thursdays from 1730-1830 at the fields behind the Youth Center • Ages 9–12-year-old Baseball/Softball: 12 coaches needed. Practice schedule: Tuesdays & Thursdays from 1730-1830 at the fields behind the Youth Center All coaches must complete a volunteer packet with the youth center as well as complete fingerprinting & background checks, regardless of military status or previous background checks completed outside of Child and Youth Programs. Coaches will also be required to complete online training (provided by youth sports) and attend coaches training prior to the season start. POC: April Lawrence, 701-723-2838. april.lawrence.2@us.af.mil

Magic City Civil Air Patrol Composite Squadron

The Magic City Civil Air Patrol Composite Squadron meets every Thursday at AvFlight, 1830-2030. 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: 1. Cadet Programs 2. Aerospace Education 3. Emergency Services. Adult opportunities include working as part of an Aircrew, sUAS operator, Aerospace and STEM instruction, and many other opportunities! The youth Cadet Program provides an opportunity to learn military structure while learning about Aerospace, Leadership, Flight, Cyber Systems, Outdoor Survival and much more! 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.gocivilairpatrol.com> or contact the POC below. Meeting location: AvFlight, Minot Airport, 2400 N. Broadway Suite E, 1830-2030 every Thursday POC: 1st Lt Jon McLemore, CAP, Jonathan.mclemore@ndcap.us 701-720-6410 | <https://nd021.cap.go>

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



Air Force Global Strike Command Operations Award Winners

TWENTIETH AIR FORCE

On behalf of the Twentieth Air Force Commander, we are pleased to acknowledge the winners of the Air Force Global Strike Command Operations Awards winners for 20th Air Force!

- Colonel Lee R. Williams Memorial Award (Outstanding Missile Wing): 90th Missile Wing, F.E. Warren AFB WY

- General Samuel C. Phillips Award (Best Overall Operational Missile Squadron): 12th Missile Squadron, Malmstrom AFB MT

- Colonel James P. Fleming Award (Outstanding Helicopter Squadron): 37th Helicopter Squadron, F. E. Warren AFB WY

- Major Charles L. Loring, Jr. Award (Outstanding Bomber/Helicopter OSS): 582d Operations Support Squadron, F. E. Warren AFB WY

- Colonel Lowell F. McAdoo Award (Outstanding ICBM OSS): 91st Operations Support Squadron, Minot AFB ND

- Outstanding Helicopter Crew Award: Air Force Rescue 9666, 37th Helicopter Squadron, F.E. Warren AFB WY (Maj Sean Vincent, Capt Robert Ramirez, TSgt Brandon Hill, TSgt Harley Houser)

- ICBM Flight Commander of

the Year: Capt Allyson D. Wells, 91st Operations Support Squadron, Minot AFB ND

- Helicopter Flight Commander of the Year: Capt Andrew L. Hood, 54th Helicopter Squadron, Minot AFB ND

- ICBM Instructor/Evaluator of the Year-Category 1: Capt Keeshia L. McDonald, 319th Missile Squadron, F. E. Warren AFB WY

- ICBM Instructor/Evaluator of the Year-Category 2: Maj Aaron T. McLarty, 90th Operations Support Squadron, F. E. Warren Air Force Base, WY

- Helicopter Instructor Pilot of the Year: Capt Nicholas P. Curren, 54th Helicopter Squadron, Minot Air Force Base, ND

- Helicopter Instructor Special Mission Aviator of the Year: SSgt Joshua A. Spitzer, 40th Helicopter Squadron, Malmstrom AFB MT

- Missile Operational Excellence Award: Capt Andrew C. Carroll, 490th Missile Squadron, Malmstrom Air Force Base, MT

These awards recognize the outstanding accomplishments of AFGSC teams, crews, and individuals. Please extend my congratulations to these outstanding performers!



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NORTHERN CELEBRATIONS
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THE SMARTEST BIRD IN THE WORLD

Patricia Stockdill

My nephew turned to me and whispered, "Smartest bird in the world."

Hmmm, I thought, I might argue that two turkey hunters just got outsmarted by large game birds, especially considering that earlier that morning I called in a the same species of game bird – a tom turkey – his wife harvested.

Neither his wife nor I profess to be expert turkey callers – or much good at turkey calling at all.

You see, my nephew loves spring turkey hunting, even though it's not something he grew up doing. He may have hunted them once or twice in North Dakota but it wasn't until he was in Oklahoma for lengthy North Dakota National Guard training that he developed his passion.

Now he passed that love onto his aunt and uncle. His dad, however, seems to have missed the memo that it's tough to beat a spring day trying to outwit the smartest bird in the world (?).

We spotted a flock of turkeys with several toms the day he expressed his admiration of their intelligence level and made – what we thought – was an awesome sneak, settling alongside two box elder trees in a steep, wooded coulee.

I sat and watched, trying to take mental notes of his expert calling techniques.

I sat and watched, trying to find any hint of about a dozen large birds meandering around enjoying a sunny afternoon through the filtered light of the trees.

I sat and wondered where they wandered off to.

Actually, we both sat and wondered where they wandered off to.

I wondered if we didn't jinx each other the afternoon before because the following morning he headed off in one direction and I headed off in another.

He got his tom.

I got my tom.

I'm still not convinced turkeys are the smartest bird in the world, especially considering I called my bird in myself the next morning. But, then, he also called his tom in himself, as well, and he's a much better caller.

The thought of that afternoon filtered back into my mind as the 2024 spring turkey season approaches.

For all of the love one glitzy import gets from North Dakota hunters – ring-necked pheasants - it almost seems unjust the import that had our attention doesn't garner the same amount of affection and attention.

Yes, turkeys.

Especially considering that less respected import here in North Dakota is so highly revered by hunters virtually everywhere else across the country.

Admittedly, it seemed North Dakota missed the memo that wild turkeys are, indeed an amazing bird. It's almost as if it took years for hunters to realize they're not only delicious, they're equally amazing to hunt - especially in the spring.

And upon closer inspection, they're just as stunningly beautiful as that wily rooster.

N.D. Game and Fish Department records point to 1910 as the first year the state stocked pheasants.

It took a few decades, however, before turkeys found themselves on the North Dakota landscape. Granted, a few unofficial stocking attempts occurred in the 1930s and 1940s when some folks seemed to take it upon themselves to bring turkeys to the state.

Maybe they had the same appreciation for them as my nephew has years later.

However, it was the Izaak Walton League Missouri Slope Chapter that truly claims honors for the first official release, purchasing eggs from Pennsylvania and working with interested farmers to raise them back in 1951.

Fast-forward a couple of decades and the Game and Fish Department proposed its first official wild turkey season in the fall or 1958.

The concept of a spring season didn't catch on until 1976.

Unfortunately, it was huge flop. Many landowners in the units weren't keen on the idea of a spring turkey season. They voiced their displeasure, posting land and closing access in many areas.

That put the brakes on a spring turkey season until 1982. By that time, landowner sentiment evolved and access during a spring season was easier to obtain. Ironically, for a bird that didn't get much hunting respect for several years, North Dakota only allows residents to hunt in the spring season.

It still took a few years for spring turkey season to catch on among North Dakota hunters. But a spring hunt can be appreciated for what it truly is: A chance to get outdoors and hunt. A chance to relax and listen to the sounds of wildlife, especially when migrating birds are in full flight.

And a chance to outwit the smartest bird in the world.

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WHAT'S GOING ON MINOT AFB

FRIDAY 05

- First Duty Station Officer Financial Course, 0900-1100, M&FRC
- Fun Fri-yay, 1600-2100, Jimmy Doolittle Center
- Zumba, 1800, McAdoo Fitness Center

SATURDAY 06

- Time Gumshoes Escape Room Game Begins, Minot AFB Library
- Zumba, 1100, McAdoo Fitness Center
- Friendly Feud, 1800, Rockers Bar & Grill

SUNDAY 07

- Zumba, 1400, McAdoo Fitness Center

MONDAY 08

- Vintage Technology Petting Zoo, Minot AFB Library
- Sponsorship Training, 0900-1100, M&FRC
- Reintegration Briefing, 1000, M&FRC, Zoom Meeting
- Eclipse Viewing Party, 1330, Minot AFB Library
- Palace Chase/Front Briefing, 1400, Professional Development Center
- Craft Club, 1800, Minot AFB Library
- Zumba, 1800, McAdoo Fitness Center

TUESDAY 09

- Vintage Technology Petting Zoo, Minot AFB Library
- Career & Certification Exploration Track, 0800-1600, M&FRC
- Informed Decision Seminar, 0800-1200, Professional Development Center
- UVAO Training, 0900-1100, M&FRC
- Game Day, 1000-1930, Minot AFB Library
- Family Bootcamp, 1000, Turf hosted by McAdoo Fitness Center
- Tuition Assistance (TA) Brief, 1000, Education Center – Room 211
- Zumba, 1800, McAdoo Fitness Center

WEDNESDAY 10

- Vintage Technology Petting Zoo, Minot AFB Library
- Career & Certification Exploration Track, 0800-1600, M&FRC
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- SkillBridge Brief, 1000, Education Center – Room 211
- Strength & Tone, 1000, McAdoo Fitness Center
- Storytime, 1030, Minot AFB Library
- Top 3 Mentorship Hour, 1130-1300, Professional Development Center
- Zumba, 1800, McAdoo Fitness Center

THURSDAY 11

- Vintage Technology Petting Zoo, Minot AFB Library
- Pre-Separation Counseling, 0830-1130, M&FRC
- Family Bootcamp, 1000, Turf hosted by McAdoo Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Retro Remix Special Lunch, 1030-1330, Dakota Inn Dining Facility
- Retraining 101, 1130-1300, Professional Development Center
- Tuition Assistance (TA) Brief, 1330, Education Center – Room 211
- Paint & Sip, 1730-1930, Arts & Crafts Center
- Zumba, 1800, McAdoo Fitness Center

FRIDAY 12

- Vintage Technology Petting Zoo, Minot AFB Library
- Master Chef Luca Virtual Cooking Class, 1800, forcesupport.awardsplatform.com
- Zumba, 1800, McAdoo Fitness Center

SATURDAY 13

- Vintage Technology Petting Zoo, Minot AFB Library
- Star Wars Spectacular, 1300, Minot AFB Library
- Master Chef Luca Virtual Cooking Class, 1700, forcesupport.awardsplatform.com
- No Limit Texas Hold'em Turbo Tournament, 1700-2100, Rockers Bar & Grill

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MUST BE 18+ YEARS OLD TO PARTICIPATE

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APRIL SPECIALS

Bomber Bistro Featured Item
We've added to our menu!
Fried Ravioli, Four Cheese Pizza, Chicken Parmesan Sandwich, and Cream Cheese Churro.

The B-Fifty Brew Featured Item
Smoothies
Triple Berry, Sunrise, and Mango Colada flavors. Plus, the option to add whey protein!

Rockers Bar & Grill Featured Item
Chicken Club Wrap
Garlic pesto wrap filled with crispy chicken strips, bacon, cheese, lettuce and tomatoes, plus house-made ranch served with fries and a drink.

QUALITY HEALTHCARE FOR ALL

Non-emergency walk-ins welcome Monday–Friday 1–4 p.m.

- Ob/Gyn Care
- Newborn Care
- Well Child Visits
- Pediatrics
- Free Pregnancy Tests
- Geriatric Care
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- Full Service Pharmacy

Center for Family Medicine

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