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WHATS INSIDE THIS WEEK:



MAKING YOUR HIGHER EDUCATION A REALITY

A0



91MW QUARTERLY AWARDS

B1

TEAM MINOT HOLDS CLAP-IN FOR STUDENTS



Team Minot Airmen pose for a photo at North Plains Elementary School, Minot Air Force Base, North Dakota. The Airmen were participating in a clap-in to honor students as part of the Month of the Military Child. See page B7 for more coverage.

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

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JORDAN WORLD CIRCUS of Las Vegas, NV



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SATURDAY, MAY 11 | 2pm & 6pm

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HIDDEN HOMETOWN HEROES



WE NEED YOUR HELP!

We're looking for the unsung heroes in our community. These are the people that go above and beyond to make Minot a magical place to live.

One group of people that comes to mind are the members of the military that not only contribute to our city's well-being but to the entire country's too.

We know that joining the military is already a reason to recognize these courageous individuals, but we want to make sure we give them the props they deserve.

If you know an active duty member or veteran that goes above and beyond for Minot, make sure to nominate them so we can thank them for all that they do for us.

Nominate Them at hottotsbaseball.com or driveryan.com



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Minot Task Force 21 Examines Nuclear Deterrence and Addresses Sentinel Project at Nuclear Triad Symposium

MINOT AREA CHAMBER EDC

Minot Area Chamber EDC (MACEDC) Task Force 21 presented the first North Dakota Nuclear Triad Symposium to over 200 attendees at the Clarion Event Center in Minot on April 23. Local and national military leaders, experts, and government officials spoke about the importance of nuclear modernization, educated community members on nuclear deterrence, and discussed the effects it has on the United States' adversaries at the half-day event.

After an introduction by MACEDC President | CEO Brekka Kramer and Minot's Mayor and Task Force 21 member Tom Ross, the symposium's keynote speaker kicked off the event. Career space and missile officer

Lt. Gen. Michael J. Lutton, Deputy Commander, Air Force Global Strike Command (AFGSC) and Deputy Commander, Air Forces Strategic-Air, U.S. Strategic Command, Barksdale Air Force Base, Louisiana, delivered a briefing on Air Force Global Strike Command.

"It is critical to remember that when we deliver deterrence and long-range strike capability that we do not have allies and partners with ballistic missile forces or long-range bombers," says Gen. Lutton. "We provide that unique capability in Air Force Strike Command to not only our nation but also all of those allies and partners.

That capability is no more evident than at Minot Air Force Base."Lt. Gen. Lutton also emphasized the

influence of Minot Air Force Base as the only military installation that supports two legs of the nuclear triad. "Minot has a national level responsibility. Minot has a national level mission and if you want to feel that you just need to walk into those gates. There's no greater importance to nuclear capabilities than Minot Air Force Base. There's no place our adversaries can go, there's no place that they can hide that we can't go."

Following the keynote address, an overview of "America's Strategic Posture: The Final Report of the Congressional Commission on the Strategic Posture of the United States," was presented by Bill Chambers, Maj. Gen. United States Air Force (retired), Commission Executive Director, Institute for Defense Analyses. This report is important as it highlights strategic challenges facing the country that require urgent action, and studies our adversaries while suggesting changes that will address their threats.

The National Defense Industrial Association (NDIA) President & CEO Hon. David L. Nordquist addressed our adversaries. The NDIA Northern Tier Chapter, which includes the states of North Dakota, South Dakota, Montana, Wyoming, and Minnesota, is an event partner who presented briefings on China and Russia. James P. (Phil) Wisecup, Vice Admiral, US Navy (retired) spoke on China, and Dr. Anna Batta, Associate Professor of International

Security Studies Air War College at Maxwell Air Force Base, is an expert that spoke about Russia.

U.S. Representative Kelly Armstrong and North Dakota Governor Doug Burgum discussed their perspective about the importance of nuclear modernization and the role North Dakota and its military installations play in protecting the nation. U.S. Senator Kevin Cramer and U.S. Senator John Hoeven also shared their thoughts virtually through a pre-recorded address.

"The missions that we talk about here matter not just to the City of Minot, the State of North Dakota, but actually to the entire world," says Gov. Doug Burgum. "We know that when we're strong as a nation that's how we achieve peace, that's always been how it works."

Col. Tytonia S. Moore, Deputy Director of Intercontinental Ballistic Missile Modernization, Site Activation Task Force spoke about the modernization and implementation of the Sentinel project. Sentinel is the weapon system to replace the aging Minuteman III intercontinental ballistic missile (ICBM) system, representing the modernization of the land-based leg of the U.S. nuclear triad. What makes Sentinel unique is the off-base construction and footprint it covers, including



Lt. Gen. Michael J. Lutton, Deputy Commander, Air Force Global Strike Command (AFGSC) and Deputy Commander, Air Forces Strategic-Air, U.S. Strategic Command, Barksdale Air Force Base, Louisiana.

15 missile alert facilities and 150 launch facilities.

"The current strategy of record for the Sentinel Program is we will use as much of the Minuteman III infrastructure as we can," explains Col. Moore.

Task Force 21 Chair Mark J. Jantzer finished off the event with closing remarks. "Thank you to the Task Force 21 members, the Minot Area Chamber EDC staff for providing this opportunity for us to educate and advocate for our

airmen," says Mark Jantzer. "Today we had a look at the world situation with China and Russia and where we fit in it as a community."

Task Force 21 will host their second nuclear triad symposium for 2024 in Washington, D.C. on September 20.

More information can be found at TaskForce21.com or by contacting the Minot Area Chamber EDC at 701-852- 6000 or minot@minotchamberedc.com.



U.S. Representative Kelly Armstrong.



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Things are
Starting to Move

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A VIEW FROM
OUR SIDE
ROD WILSON



Last week I spent a couple of weeks on the road traversing North Dakota, looking for signs that spring would soon transition to summer. With such a mild winter with limited snow, there are not a lot of water filled potholes (Definition: Pothole- the spot on a field that is lower than the rest of the topography around it, and thus tends to gather water from melting snow and spring rains) that will slow down spring planting for area farmers.

Moisture is only one of the determining factors in the spring planting schedule, the other is soil temperature. Different crops require different soil temperatures to germinate, but farmers normally like to have a good solid week of warm weather before they take to the fields to plant their crops. In the Red River valley there were quite a number of farmers in the field; I even saw a couple of large seeders hard at work seeding crops, but for the most part it seemed like the start of spring seeding was still a few days away.

Food Truck Season Is Upon Us
I serve on quite a few boards, and when we begin to plan events one of the first concerns is the availability of local food trucks to service the events. I will take a page out of Amy Allender's journal and talk about the first food trucks on the prairie, they were called cook cars. These cars were built to accompany threshing machines, the forerunner to today's combines, as they travelled from field to field harvesting small grains. Now we aren't talking trucks in the field, but horse drawn wagons. Large crews of men would be divided into teams to accomplish the task of bringing in the harvest. Out in the fields they would cut the wheat with horse drawn sickles (in earlier days they would use large hand cutters (scythes) swung by men. The cut grain would be gathered into bundles and transported to the area where a large threshing machine would separate the grain from stems. A long explanation of why these crews were made up of many men, doing different jobs to

bring in a summer's crop. Well, you had to feed them all, and thus the cook cars serving at least a couple of meals a day to these crews. If you want to see a real cook car, and for that matter a threshing operation, look for the Makoti Threshing Show, which usually takes place the weekend after the 4th of July in Makoti, North Dakota. It's only about 30 miles south of Minot.

Food Trucks and trailers are like cook cars. Inside is everything you need to prepare a great meal. However, cook cars were more not themed like today's Food Trucks. Nope, just plain good old food from Hotdish Land. Seems like every time I turn around there is a new food truck working at an event. Jamaican, Mexican, Greek Orthodox, and hot dogs, just to name a few. But there never seems to be enough food trucks to go around. How can that be? Might be a pretty simple explanation. We, the food consuming public, have become adventurous in the food we consume. Rather than stop at one food truck and order our meal, we wander and do a little grazing. Maybe we'll start with an appetizer here, go to the main entrée' over here...no, let's do a couple of entrées, and finally there's dessert. It took 4 different food trucks to satisfy my hunger. If you are looking for a second income and want to meet a lot of people, let me suggest a food truck. I have been pondering a bit on a food truck that serves hotdishes. I am pretty sure it would be a big success.

BEST KEPT SECRETS
While driving around Fargo, I happened to drive by the Hjemkomst Heritage Center. Inside is a Viking style ship that actually traversed the Atlantic Ocean, much like the Vikings did. It was built in a small town in Minnesota. There is a whole story about the Hjemkomst, but all I can say is that it is worth the time to view the ship, and the many artifacts, if you are in the Fargo area.

TODAY'S CHUCKLE
There is no greater love than that for your child before they learn how to talk back.

Food deserts are
increasing...

There was a report in North Dakota newspapers a couple of weeks ago regarding the closure of a Crosby grocery store. For months there were efforts to save it, but the closure happened and forced the shuttering of several other Jason's Super Foods stores on the northern tier.

Crosby is a community of more than 1,000 people and is the Divide County seat. The residents are now faced with having to travel if they want to visit a bonafide grocery store. Crosby has a Dollar General and another business called the Depot, but neither can replace the grocery store, which was once a Super Valu retailer.

Given Crosby's location in the extreme northwest corner of the state, residents in Divide and part of Burke County now have to travel to get their groceries.

Estevan is the closest principal community to Crosby which is 32 miles north and in Canada. American shoppers could get most supplies there, but there are some restrictions such as meat and produce.

Williston is 68 miles southwest of Crosby. It has several grocery stores, so nearly all needs can be met, with the downside of having to be on the road for two hours.

Minot is roughly 125 miles southeast of Crosby. Most people who live in Crosby and Divide County say they travel to Minot, but it's not something they do or want to do on a weekly basis.

Other communities nearby include Tioga, Stanley and Westby, Mont., but every one of them translates to travel.

A situation like this really effects the elderly who either no longer drive or prefer not to drive. Instead of getting in the car and driving a few blocks, it's now up to two hours plus on the highway.

This is happening all too often across North Dakota and unfortunately follows what happened to numerous schools across the state.

Food deserts have been talked about for years. A task force was developed to address food deserts, but closures continue to happen for whatever reason. Bill Patrie of Bowdon, wrote a book about food deserts several years ago that opened a lot of eyes to this reality.

No community with more than 1,000 people should be without a grocery store. Some of



UPSIDE DOWN
UNDER
MARVIN BAKER

us have the means and the time to travel. Others don't. And no matter what community you live in from Crosby to Fargo, there is a percentage of people who are elderly, disabled or otherwise unable to travel without assistance.

There are solutions, but they aren't easy and they don't come cheap.

One example is to find a buyer who can get the retail business back on the road to recovery. As an example, ownership of Kenmare Jack & Jill purchased Jason's Super Foods in Mohall to keep it open so Renville County would have a grocery store.

Private ownership is a possibility, but a lot of interested parties have little experience in retail and often struggle with success.

Sometimes local economic development groups will get involved to save the hometown grocer. Two cases in North Dakota that come to mind are in Wimbledon and Hazelton. Local grocery stores were saved thanks to an influx of community development dollars.

These stores often partner with others in the region to make larger buys as a way to help shoppers save some money.

The situation in Rothsay, Minn., is completely different. Even though it is close to Fergus Falls and Moorhead, when the local grocery store was in jeopardy, local high school students stepped in and now operate the town's only grocer.

It may be unique and it's unclear where the financing is coming from, but it appears to be working.

Finally, there are local farmers' markets. They can help fill a void, but aren't open every day and most items are seasonal. They do help, but can't replace a grocery store.

TOWN HALL
MEETING

6:00 P.M.
MAY 16, 2024
AT THE JDC

Q&A with Col. Hoadley, Col. McGhee and Minot Mayor Tom Ross

Volunteer Rescue Team Welcomes New Members

Minot’s search and rescue team, Civil Air Patrol Magic City Composite Squadron, opened their doors to prospective new members this past Saturday at Avflight, 2400 N Broadway. New visitors came from various backgrounds including aviation enthusiasts, AFJROTC cadets, pilots, and emergency management professionals. The squadron is looking to expand its number of trained staff and be better positioned to find those who are lost and respond when the

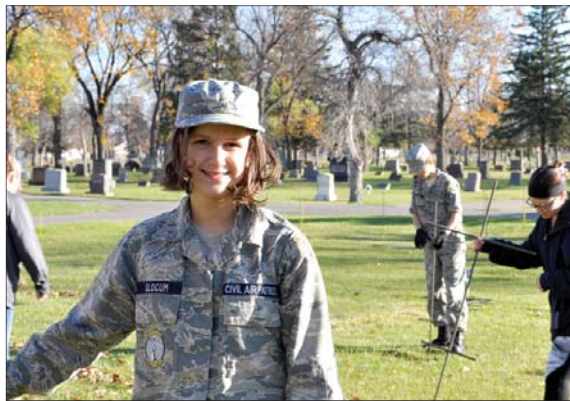
community is in need.

The squadron assigned aircraft, drone, emergency equipment, and educational materials were on display. Over a dozen members volunteered to share CAP’s mission and their personal experiences. Several teens were interested in joining for the opportunity to serve their community in case of emergency, fly with CAP, and join an exciting team.

Adult leaders for the cadet program have a dedicated lesson plan starting for new members

this Tuesday evening, 6:30 at Avflight. This will allow the whole group to complete their initial training quickly and participate in emergency training at the first opportunity – though anyone aged 12 and over is welcome join their first meeting anytime in the year.

Contact squadron commander, Maj. Jeffrey Slocum at 701-360-5948 jeffrey.slocum@ndwg.cap.gov or stop by any Tuesday evening meeting to find out how to get involved with and/or join CAP.



Cadet Emma Slocum volunteers to honor veterans October 2023.

MAJ. JEFFREY SLOCUM CAP PHOTO



Boarding ND CAP aircraft for training mission March 2023.

MAJ. JEFFREY SLOCUM CAP PHOTO



Cadets and adult members prepare aircraft for cadet orientation flights, October 2023.

JORGE MIRANDA CAP PHOTO



Volunteer emergency responders from around ND CAP review and prepare missions for days training flights, March 2023.

MAJ. JEFFREY SLOCUM CAP PHOTO



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LT. GEN. LUTTON AND NORTH DAKOTA CIVIC LEADERS TOUR MINOT AFB

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS LUIS GOMEZ



Li. Gen. Micheal J. Lutton, deputy commander of Air Force Global Strike Command, talks to Col. Benjamin Jensen, 5th Bomb Wing commander, during a tour of Dock 7 at Minot Air Force Base, North Dakota, April 22, 2024. AFGSC provides strategic deterrence, global strike capability, and combat support to U.S. Strategic Command and the geographic combatant commands.



A group of civic leaders from North Dakota are given a tour of Training Launch Facility (LF) Uniform-01 at Minot Air Force Base, North Dakota, April 22, 2024. LF U-01 is used for training by maintainers, defenders and the tactical response force.



Li. Gen. Micheal J. Lutton, deputy commander of Air Force Global Strike Command, is given a tour of Missile Alert Facility Oscar-01, North Dakota, April 22, 2024. AFGSC is comprised of more than 33,700 professionals operating at Two Numbered Air Forces and joint Global Strike Operations Center.



A group of North Dakota civic leaders are given a presentation at Missile Alert Facility Oscar-01, North Dakota, April 22, 2024. MAFs operate 24 hours above and below ground, with personnel working 12-hour shifts and being housed on site.



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A LOOK BACK

THIS WEEK IN USAF HISTORY

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

MAY 12, 1968




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

During the Vietnam War on May 12, 1968, former Lt. Col. Joe Jackson was commander of an unarmed C-123 transport aircraft. The plane was flying an emergency mission in South Vietnam after a special forces camp at Kham Duc was overrun by the enemies, who were in complete control of the area. Over the radio, Jackson learned that a three-man combat control team had been accidentally left behind after the camp was evacuated. Jackson made the decision to respond and descended to the landing strip of the camp under heavy fire. After landing, enemy forces dropped a rocket near the plane, but fortunately it was a dud. Jackson was able to rescue the CCT and bring them to safety in Da Nang. Despite the amount of enemy fire during the rescue, the C-123 was found to have no damage or bullet holes upon arrival. For his heroism, Jackson received the Medal of Honor on January 16, 1969. He passed away on January 12, 2019.

Information courtesy of: af.mil

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DEFENDERS VISIT LACKLAND

Last week, SrA Sinnotte & SrA Bonilla from the SFG & for the 1st time, a 5 SFS Defender (SrA BTZ winner...A1C Doman) went down to Lackland & Camp Bullis with Lt Col Hart & Chief Sudman. The team had a chance to visit with future Defenders from all 13 teams at the Basic Defender Course. The three superstars shared their stories showcasing what it's REALLY like to be stationed at Minot. They also got the opportunity to attend the SF Basic Officer Course graduation. All five were able to congratulate Lt Covington, Lt Craig from the 791 & Lt Kern from the 5 SFS as they donned the blue beret, while listening to Maj Gen Sherman deliver one of his notorious high-energy speeches to the new graduates. No surprise, the SFG brings back accolades as Lt Covington took one of the class' Distinguished Graduate awards. Congrats once again to our new Lt Defenders & to our three Airmen that are helping us all eliminate the stigmas associated with Minot.

91ST SECURITY FORCES GROUP PHOTOS



MAY 24

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AND TIMOTHY SHEARER
MINOT AFB, ND

BABY GIRL BORN ON WEDNESDAY, APRIL 24, 2024 TO:
ANGELA AND JACOB FUGATE
MINOT AFB, ND

BABY GIRL BORN ON WEDNESDAY, APRIL 24, 2024 TO:
ELIZABETH AND STEPHEN BEATH
WILLISTON, ND

BABY GIRL BORN ON THURSDAY, APRIL 25, 2024 TO:
SHARI AND ALAN FRANKLIN JR
MINOT AFB, ND

BABY BOY BORN ON SUNDAY, APRIL 28, 2024 TO:
MACKENZIE AND ALEXANDER
KUEFFLER
MINOT, ND

BABY GIRL BORN ON MONDAY, APRIL 29, 2024 TO:
JENNIFER NYSTROM AND
PERMIS AZURE
DUNSEITH, ND

BABY GIRL BORN ON MONDAY, APRIL 29, 2024 TO:
SAVANNAH AND RILEY JENSEN
MINOT, ND

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

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iMAGICON, North Dakota's spin on "Comic-Con" brought imagination, comics, gaming, cosplay and A-List guest stars together for one ultimate weekend. Held at the Minot Municipal Auditorium, April 26- April 28, it was exploding with vendors from all over the county, as well as ultimate gaming competitions, cosplay contests and fantastic photos ops.

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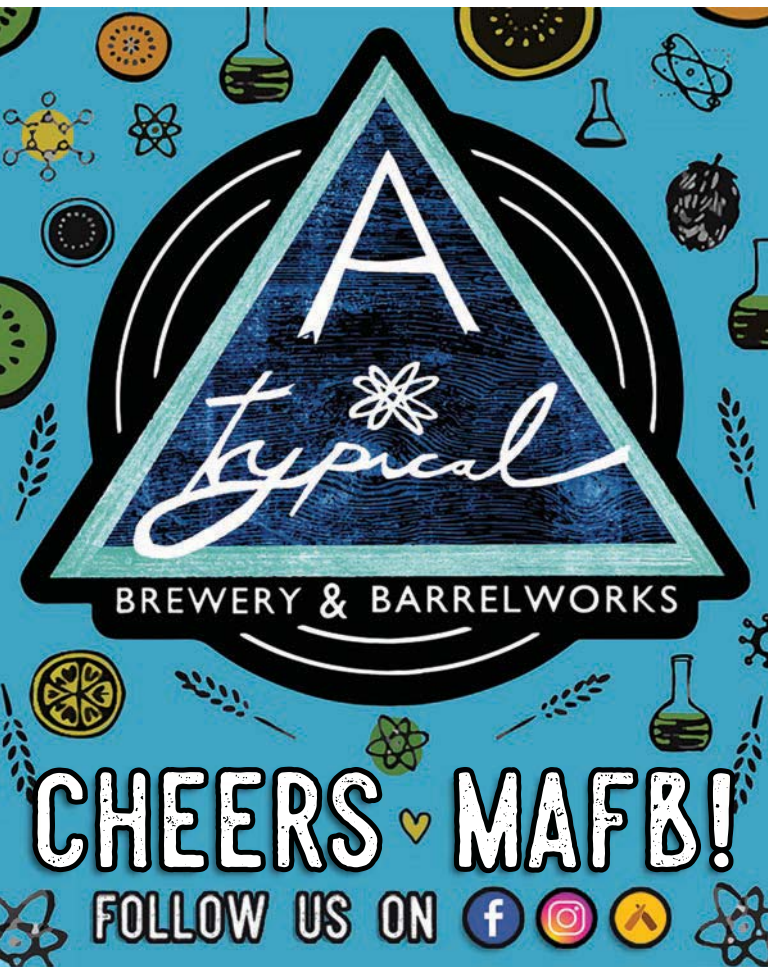
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Clement

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Congratulations Clem & Kat!



Air Force to begin accepting warrant officer applications

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

The Air Force is now accepting applications, from April 25 to May 31, for Airmen aspiring to become the inaugural cohort of warrant officers in the information technology and cyber career fields.

Plans to re-introduce warrant officers to the Air Force was announced by Secretary of the Air Force Frank Kendall at the Air and Space Forces Association’s 2024 Warfare Symposium in conjunction with the Department’s plan to Reoptimize for Great Power Competition.

“We need operational units with all the capabilities they need to deter and compete with our pacing challenges and ready to enter a conflict on short or no notice,” Kendall said. “In those units we need the right mix of skills necessary for high end combat and to ensure technological superiority, particularly in information technology and cyber.”

This announcement marks a significant milestone for the initiative and presents an opportunity for up to 60 selected candidates, who will play a crucial role in addressing the multifaceted challenges of today’s dynamic security landscape. This decision signifies a pivotal moment in Air Force history, representing a strategic shift towards bolstering technical proficiency and operational effectiveness.

“The reintroduction of the warrant officer career path reflects the Air Force’s commitment to expanding and retaining technical excellence, essential for maintaining a strategic advantage in an era defined by Great Power Competition,” said Air Force Chief of Staff Gen. David Allvin. “By investing in talent management programs that preserve proficiency and competence in our perishable and highly technical skills, the Air Force aims to ensure its readiness to stay ahead of rapidly advancing threats and safeguard national security interests effectively.”

THE HISTORY AND ROLE OF WARRANT OFFICERS

The Air Force dissolved its Warrant Officer Corps in 1958 following the creation of the senior master sergeant and chief master sergeant ranks, who took on warrant officer responsibilities. These SNCOs took on specific technical duties, but were never relieved of their institutional requirements.

The reintroduction of the Warrant Officer Corps career path in the Air Force aims to address critical operational needs, while maintaining highly perishable skills, and leverage the unique expertise and capabilities of warrant officers. They will serve as technical experts, functional leaders, advisors, professionals, and risk managers, contributing to the overall proficiency of their organizations.

APPLICATION REQUIREMENTS

This first cohort of active duty, Air National Guard, and Air Force Reserve candidates must hold the rank of at least staff sergeant and have one year of active federal service. Notably, applicants must meet specific experience and proficiency requirements outlined for each warrant officer specialty, ensuring a highly skilled and capable cohort.

The Air Force created two new Air Force specialty codes for warrant officers, reflecting the critical role these officers will play in the realm of cyber and information technology. The first AFSC, 17W – Warfighter Communications & IT Systems Operations, designates individuals as subject matter experts and trusted advisors on the planning, deployment, employment, and securing of enterprise and warfighter communication systems.

These warrant officers will provide technical guidance to commanders and staff, ensuring the efficient operation and management of

communication assets at all echelons. Additionally, they will play a pivotal role in mentoring and developing cyberspace personnel, contributing to the overall cybersecurity posture of the Air Force.

The second AFSC, 17Y – Cyber Effects & Warfare Operations, designates individuals as subject matter experts and trusted advisors on offensive and defensive cyber operations assets and personnel. These warrant officers will be responsible for orchestrating, managing, and integrating cyberspace technical capabilities, delivering critical technical recommendations across various military and inter-agency platforms. Their expertise will extend to integrating cyberspace capabilities into warfighting functions to enhance combat effectiveness and maneuvering strategically in the cyber domain.

Although Airmen in any AFSC can apply, they must meet specific functional technical experience to ensure these individuals possess the requisite skills and experience to excel in their duties, contributing significantly to the Air Force’s technical readiness and operational effectiveness in cyberspace operations.

For the Warfighting Communications & IT Systems Operations (17W) AFSC, applicants must possess a minimum of 24 months of documented operational experience with enterprise IT or warfighter communications systems in areas such as voice and data internetworking, local and wide area networks, including terrestrial, satellite, and aerial systems, as well as network planning. Additionally, all applicants must hold a minimum Department of Defense approved industry certification commensurate with the requirements for the Information Assurance Technical Level II certification or higher.

Similarly, candidates for the Cyber Effects & Warfare Operations (17Y) AFSC must hold senior level proficiency in one or more U.S. Cyber Command work roles as defined in the Commands Job Qualification System, or National Security Agency equivalent. Additionally,

for those specifically interested in a Cyber Capability Developer work role, must be a certified U.S. Cyber Command Senior Cyberspace Capability Developer or a Computer Network Operations Development Program graduate or have three years of experience in system level programming, i.e. C, Assembly.

Members are encouraged to read the Personnel Service Delivery Memorandum in its entirety to ensure they qualify to apply.

AFTER APPLYING

The selection board process, scheduled for June 24-28, will identify top candidates poised to assume critical roles as technical experts, functional leaders, and advisors within their specialized domains. Those selected for the first cohort will be notified in late July.

Candidates will undergo comprehensive training at the Warrant Officer Training School starting in the fall of 2024 or early 2025, which will be located at Maxwell Air Force Base, Alabama, and will focus on equipping them with the necessary skills to excel in their new roles.

Upon graduation from WOTS, candidates will be warrant officers and will be reassigned to operational units across the Air Force. Their assignments will align with operational requirements and member preferences to maximize their effectiveness in enhancing technical readiness and operational effectiveness.

“These are highly in-demand, and also extremely perishable, skills in today’s rapidly-evolving landscape,” said Chief Master Sgt. of the Air Force David A. Flosi. “As we navigate the complexities of Great Power Competition, our ability to adapt and innovate hinges on the expertise of our Airmen. Using our Airmen’s full potential is not just a strategic advantage; it’s a necessity for our Air Force’s readiness and effectiveness in the face of a challenging strategic environment.”

For additional information on the requirements of becoming a warrant officer, visit <https://myfss.us.af.mil/USAFCommunity/s/login/>



WARRANT OFFICER APPLICATION REQUIREMENTS

DEVELOP PEOPLE · REOPTIMIZE FOR GREAT POWER COMPETITION

The Air Force is now accepting applications from qualified active duty, guard and reserve Airmen to become the first cohort of warrant officers. Airmen **MUST** meet all qualifications below **AND** additional requirements in the Personnel Services Delivery Memorandum (PSDM).

ELIGIBILITY

- Qualified Airmen in **ANY AFSC** may apply **IF** they meet **ALL TECHNICAL** qualifications in PSDM
- **42 YEARS** of age or **YOUNGER** with **6 MONTHS** retainability from projected board date
- Minimum **FIVE YEARS** time in service by **JULY 24, 2024**
- Meet **MINIMUM** time on station & date eligible to return from overseas requirements in PSDM
- Have or begin process to attain **TOP SECRET** clearance with **SPECIAL COMPARTMENTALIZED INFORMATION** access
- Minimum rank of **E5**
- More information is available in the full warrant officer PSDM

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Once Upon a Mattress opens May 9 at Mouse River Players

MOUSE RIVER PLAYERS

Hear ye! Hear ye! Come one, come all to Mouse River Players Community Theatre’s final production of their 52nd season. The lively musical, “Once Upon a Mattress”, opens May 9 through 12 (Thursday to Sunday) and May 16 through 19 (Thursday to Sunday) at the Arlene Theatre at 115 1st Street SE in Minot (just one block north of Central Campus).

This humorous musical adaptation of Hans Christian Anderson’s fairy tale “The Princess and the Pea” revolves around two members of the castle, Lady Larkin (Jessi Potter) and Sir Harry (Grant Johnson) who are desirous, and somewhat desperate, to be married. Queen Agravain (TSgt Christine Cherry, DEI coordinator of the 5th Bomb Wing) has decreed no one in the castle can be married before her son, Prince Dauntless the Drab (1st Lt Michael O’Keefe 5th SFS section Commander). Although Dauntless is considered quite an eligible catch, the Queen prohibits his nuptials with unfair tests for any prospective bride, having just turned away the 12th, and possibly last available, Princess (Lauren Alexander).

Enter Princess Winifred the Woebegone (Jenna Johnson), over the castle wall, damp and covered in swamp weeds, having swum the marshy moat, to present herself as an eligible bride-to-be. Dauntless is quite taken with the atypical Winifred, but her chances appear to be non-existent when faced with the Queen’s scheming: she must prove she is a real princess by sleeping on a multitude of mattresses hiding a single pea beneath their surface. A true Princess would be so delicate that the presence of the pea would make it impossible for her to sleep.

With the help of the Minstrel (Nicole Swain), the Jester (Ed Montez) and King Sextimus the Silent (Connor Donovan) as well as all the Ladies and Lords of the court, Princess Winifred manages to overcome all the Queen’s trials to win the hand of Prince Dauntless, thereby saving the happiness of the many couples also waiting to be wed.

Rounding out the ensemble members of the court are Sir Studly (TSgt Dorian Garland 5th CES), Sir Luce (SSgt David Becker 5th LRS), 1st Knight (Andy Busch), the Wizard (Aaron Michels), and Ladies Rowena (Netty Djuric), Merrill (Dalyce Leslie), Lucille (Sara Bloom), and Emily (Anastasia Edwards). The director for the production is Ashley Nilsen.

The original role of Princess Winifred was the debut performance of a young comedian singer named Carol Burnett, who won over audiences and earned a Tony Award when “Once Upon a Mattress” opened on Broadway in 1960. Since then, the lighthearted interpretation of the well-loved story has been a favorite for audiences young and old.

While at the theatre, you will have the opportunity to see the results of our year’s long project to update our front lobby and restrooms, all thanks to the generous contributions of donors and patrons in the community.

We will be adding the finishing touches over the summer months towards a grand re-opening celebration in the fall.

Prices for “Once Upon a Mattress” are \$15.00 for general admission, \$13.00 for students, seniors, and military (active duty, retired, or dependents with ID) and \$10.00 for children under 13. Tickets for this final season production are currently available on line at mouseriverplayers.com or can be purchased the night of performance at the box office.

Come one, come all! Bring the whole family for an evening of song and laughter.

Once Upon a Mattress
Music by Mary Rogers
Lyrics by Marshall Barer
Book by Jay Thompson, Dean Fuller, and Marshall Barer
Directed by Ashley Nilsen

May 9-12 & 16-19
Thursday-Saturday 7:30PM Sunday Matinee 2:00PM

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\$13 Students/Military/Seniors

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Making Your Higher Education a Reality

SABRINA MULRAIN

Have you been wanting to get back on the saddle and earn that College degree? Perhaps you just need to find the right University to fit your needs? Or maybe you aren't even sure where to begin and you just need some help navigating all the options available to you. Well BIG things are happening within the next couple of months here at Minot AFB that could help you with all your higher education needs.

You see Minot AFB has many amazing and informational events and workshops coming soon.

The Education Center is actually going to have two events coming up that will dive deeper into all the opportunities available to military service members and their dependents.

Want to know more about what is happening? Well then check out the Education Centers MAFB I Love Education Tour! The tour will begin on May 8th and ends on August 20th 2024. Many organizations including Minot State University, Embry Riddle, Dakota College, the MAFB Library, and more will be participating in the tour. The tour will consist of visiting the CDC, the DFAC, Rockers, Bombers Bistro, Minot State Fair, and the JDC. If you would like more information on this tour check out the education centers newsletter at: <https://5thforcesupport.com/education-center/newsletters/>

Speaking of BIG news, Minot Air force Base is getting the addition of the Dakota College at Bottineau as well as the University

of Maryland Global Campus. This is exciting news for Minot AFB because it will offer service members and their families so many more opportunities to meet their higher educational goals.

Dakota College will be offering degrees from accounting, dental hygiene, Information technology, Nursing, to Photography and so much more!

The University of Maryland Global Campus will be offering degrees from a Bachelor's in Cyber Management, to an Undergraduate in Computer Networking, to Graduate Certificates in Digital Forensics and Cyber Investigations and much much more.

Minot State is also adding 20 new programs. So don't wait because now is the time to attend these events and get the information you need to earn the

degree you've always wanted!

The other education event coming this summer is the Education centers CCAF workshop. This workshop will provide vital information about what the Community College of the Air Force (CCAF) is, it will include what requirements you would need to pursue a CCAF degree, what's needed to Graduate with your Associate of Applied Science, how to utilize the Program and more. The next CCAF workshop will be June 4th, 2024 at 1330 at the Minot AFB Education Center. It is encouraged to bring your laptops so that you can take full advantage of this opportunity.

So no more excuses or waiting around for the right time! Go check out all that the Education Center is offering and don't let anything hold you back!



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Monday \$5 Moscow Mules (all day)
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All About Pets



ASPCA Photo

With the huge selection of fancy toys, puzzles, and enrichment items available to pet owners, it can be a daunting task finding the right activities on a budget. But there are many ways to DIY your pet's enrichment sitting right around your home! Here are a few ideas to get you started on budget friendly enrichment:

Cats
Cat owners know it doesn't typically take much to enrich their pets. Many cats will play with anything and everything, so one enrichment could be as simple as giving your cat a new (to them) household item as a toy, such as a hair tie, a shoelace tied to a doorknob, or that cardboard box that you were going to throw in the trash. Some cats also enjoy scent enrichment, so if you have any cat friendly plants already growing in the house (thyme, basil, rosemary, even fresh catnip), try letting your cat sniff and explore them. Most households have at least one tv, computer, tablet, or smartphone laying around. You can do a quick Youtube search and find cat tv, bird videos, and even moving object games that your cat can enjoy right on the screen!

Dogs
DIY dog enrichment can be so much fun. One easy, budget-friendly idea is shown in the photo above. Use your dog's kibble or favorite treats and place it in a muffin pan, then cover the holes with various balls (you can get tennis balls for only a few dollars or less at your local Pet Supplies Plus). As long as your dog doesn't eat everything in sight, you can try putting food in

a cardboard box or an open (clean) soda bottle and let them kick it around and figure out how to get to the food. You can also do this with paper towel rolls by folding the ends to close them! Have any extra towels or blankets around? Lay them flat, scatter some food, and twist and fold them to make a homemade snuffle mat. Got a pile of socks with holes in them? Tie them together and make a DIY tug toy. If your dog has a habit of eating things it shouldn't, try a dog-safe option. Frozen whole carrots, celery stalks, or a head of lettuce can make for great chew toys/shredding opportunities, but only in moderation as eating too much can cause gastrointestinal upset!

Rodents/Guinea Pigs/Ferrets, etc.
We can't forget about our small friends! Tunnels and other nooks are a great way to let pets like these hide and explore. You can build a tunnel out of wood scraps, use a paper bag with the bottom cut out, or for really small rodents, you can use paper towel rolls. You can also combine these ideas with other household objects like stacked pillows, blankets, and books to make a challenging obstacle course filled with treats. Guinea pigs and rodents can use plain cardboard as chew toys, which is great for their enrichment and for keeping teeth healthy! Enrichment is incredibly important to our pets' wellbeing. Getting new enrichment items from the store is so much fun for everyone, but if you're ever in a pinch and need some new ideas, don't be afraid to DIY!

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





CROSSWORD PUZZLE

ACROSS

1. Sweetly coated
5. At a distance
6. Tall, branched plants
7. Having high degree of heat
8. Confections

DOWN

1. Another name for candies
2. Plant product found in soaps and skincare
3. Enjoys a book
4. Special desserts

Answers:

Across
1. Sweets
2. Glycerin
3. Reads 4. Treats

Down
1. Sweets
2. Down
3. Candy
4. Hot 5. Far 6. Trees
7. Hot 8. Candles

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Tag a friend you would want to take,
so they can enter too!

Once Upon a Mattress
Music by Mary Rogers
Lyrics by Marshall Barer
Book by Jay Thompson, Dean Fuller, and Marshall Barer
Directed by Ashley Nilsen
May 9-12 & 16-19
Thursday-Saturday 7:30PM Sunday Matinee 2:00PM
Tickets available www.mouseriverplayers.com

Contest open to any active duty member or adult dependent stationed at Minot AFB.
One winner will be selected and given (6) tickets to use at any (1) showing of "Once Upon a Mattress".
Show availability may vary. Shows options are May 9-12, & 16-19.
Contest will run from Friday, May 3- Sunday May 5, 2024 at 3pm.
Winner be announced Monday, May 6.

AFGSC: Vandenberg SFB Environmental Sampling Complete

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BARKSDALE AIR FORCE BASE, La. --

The Missile Community Cancer Study’s (MCCS) environmental sampling at Vandenberg Space Force Base, California, found no instances of contamination above regulatory action levels, Air Force Global Strike Command reported today.

The sampling at Vandenberg SFB assessed the presence of polychlorinated biphenyls (PCBs) and volatile organic compounds (VOCs), chemicals that pose a risk to human health.

Vandenberg SFB is home to AFGSC’s 377th Test and Evaluation Group, which supports missile tests, and Air Education and Training Command’s 532nd Training Squadron, which provides missile training to approximately 450 missile operations officers and enlisted missile maintainers every year. Training takes place in simulators that replicate the launch control centers and launch facilities used at AFGSC’s missile bases. Early in the MCCS, members of the missile community noted that sampling efforts focused only on operational missile bases and did not include any tests at Vandenberg, where evaluators, instructors, cadre and students work in facilities and simulators that are similar to those at the three active missile bases and which could contain the same types of contamination.

In response to the concerns, Gen. Thomas Bussiere, Commander of AFGSC, directed U.S. Air Force School of Aerospace Medicine (USAFSAM) researchers include Vandenberg in its sampling efforts. The sampling was completed in February.

The environmental sampling at Vandenberg was conducted with slightly different parameters than the sampling at AFGSC’s missile bases. Soil and air organophosphate levels were not tested, as those are

byproducts of agricultural operations and Vandenberg’s simulators are not located near agricultural land. Drinking water samples of all types were not included, as Vandenberg SFB uses the off-base municipal water system.

PCB surface sampling was conducted using the same swipe method as facilities at active missile bases. Of the 116 swipes collected, three had detectable levels of PCBs, all below the EPA’s threshold for remediation of 10 micrograms per 100 square centimeters. One sample in LF-09 detected 1.53 micrograms per 100 square centimeters, and two samples in MAF-01A detected 1.9 and 1.18 micrograms per 100 square centimeters. Because these are below regulatory cleanup levels, no additional remediation is required. These sites will be labeled and access limited to these areas to further limit risk to personnel.

Ninety-day radon sampling was also started as part of the study. Due to the length of time required to analyze those samples, they will be reported when complete.

“Ensuring the most comprehensive assessment of the operational environments our nuclear team operates in, the U.S. Air Force School of Aerospace Medicine’s team added our test and training sites at Vandenberg to the MCCS,” said Lt. Gen. Michael J. Lutton, AFGSC Deputy Commander. “Leadership remains committed to a comprehensive, science-based, transparent MCCS serving our nuclear force and families.”

General Bussiere approved a comprehensive study design by USAFSAM in March 2023 to conduct a formal assessment that addresses specific cancer concerns raised by missile community members across related career fields and also examines the possibility of clusters of non-Hodgkin’s lymphoma and other cancers at intercontinental ballistic missile bases.



by Patricia Stockdill

Fishing:

Lake Sakakawea elevation, April 29: 1,835.35 feet above mean sea level (MSL); 16,100 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.37 feet above mean sea level (MSL).

Stump Lake elevation: 1,449.28 MSL.

•N.D. Game & Fish Dept. game wardens: Not much activity on the east end of Lake Sakakawea. Some walleye success around the bridges on Lake Darling. No Devils Lake or north-central area lake reports.

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

•Devils Lake, Woodland Resort, Devils Lake: Continue working the bridges from shore for walleye.

•Lake Darling, Karma C-Store, Ruthville: Look for occasional walleye in the Grano area on Lake Darling. New Town area on Lake Sakakawea fair for walleye

•Lake Darling, Upper Souris Nat’l. Wildlife Refuge, Foxholm: Docks are in place on Lake Darling and the lake now open for boat fishing and paddle craft use.

•Lake Metigoshe, Four Seasons, Bottineau: Docks in place on Lake Metigoshe with fair to good walleye activity. Move around and locate pockets of fish.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Wind conditions permitting, anglers are finding good walleye success in Douglas and Garrison bays on the east end of Lake Sakakawea. Work shallow water with jigs and minnows. Try North Lake of Lake Audubon or the east end for walleye. Lake Audubon elevation is now at full summer pool.

•Lake Sakakawea/Lake Audubon, Hwy. 83 lawn & leisure, Garrison: North Lake on Lake Audubon producing walleye. Limited walleye reports from the east of Lake Sakakawea but continued pike activity from shore.

•Lake Sakakawea, New Town: Walleye spawned out already in the midsection of Lake Sakakawea with a nice bite in the river portion around New Town. Fish are moving deeper into 15 to 25 feet. Try jigs and

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.

•Upper Souris Nat’l. Wildlife Refuge Prairie Marsh Scenic Drive auto tour route now open. 3 sharp-tail grouse and wildlife viewing blinds also open and available for free viewing opportunities. Contact the refuge, (701) 468-5467, for details and to make reservations. The 2 Souris River canoe trails are also open.

•Paddlefish snagging tags available online at the N.D. Game & Fish Dept. website, (gf.nd.gov/licensing/retail-license-vendors). Tags will be mailed or can be picked up at district Game and Fish Dept. offices during business hours. Select vendors also have tags available. Tags must be in possession.

•Paddlefish snagging season now open. Go to the N.D. Game & Fish Dept. website, (gf.nd.gov) for regulations and possible early season closures.

•May 4: Evening Hike Series: Full Flower Moon Hike, Fort Stevenson State Park, Garrison, 9:30 p.m.

•May 5 – 13: World Migratory Bird Week. Celebrate with Audubon Nat’l. Wildlife Refuge by playing the free “Migration Game” set up on the refuge Interpretive Trail located a mile east of U.S. Hwy. 83 along the south shore of Lake Audubon.

•May 10: N.D. State Ducks Unlimited Convention, Great Plain DU headquarters, Bismarck, noon.

•May 11: Hot Rods at the Hatchery Invitational Car Show, Garrison Dam Nat’l. Fish Hatchery downstream of Garrison Dam. Free admission.

•May 16 & 17: Youth Pickleball Clinic, children 10 to 16 years of age, \$10 per day. Go to Minot Parks & Recreation Dept. website, (www.minotparks.com/events), clicking to register.

•May 18: S’mores World Record Attempt, Fort Stevenson State Park, Garrison, 2 p.m. Help the park celebrate its 50th anniversary by setting a new S’mores World Record. Contact the park, (701) 337-5576, for details.

TOURNAMENTS:

•May 11: Lake Darling.

•May 12: Lake Audubon, Totten Trail.

•May 18: Devils Lake, Creel Bay.

minnows or even crankbaits, which is earlier than normal for cranks.

•Lake Sakakawea/Missouri River, Scott’s Bait & Tackle, Pick City: Missouri River tailrace remains quiet with limited angler numbers. Look for a few pike from yet in the back bays from shore on the east end of Lake Sakakawea. No walleye reports.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Look for fair to good paddlefishing opportunities with season now open. Be sure to have tag in possession and check regulations for open areas and snag-and-fish. Be aware of potential early season closures, as well. Yellowstone River clearing with fair catfish and walleye numbers. Try Lund’s Landing or Red Mikes for walleye on the upper end of Lake Sakakawea in 5 to 10 feet for walleye using jigs and minnows. Also try Little Knife farther east.

Lonetree WMA area lakes, Harvey: •North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: No

reports from area lakes or the Souris River.

Paddle sports river elevations:

•Little Missouri River, Watford City, Long X Bridge: River stage, 7.24 feet; streamflow, 79.1 CFS.

•Missouri River, Williston: River stage, 15.38 feet.

•Missouri River Washburn: River stage, 8.5 feet.

•Pembina River, Walhalla: River stage, 2.36 feet; streamflow, 188 CFS.

•Souris River, Foxholm: River stage, 6.43 feet; streamflow, 98.4 CFS.

•Souris River, Minot: River stage, 41.62 feet.

•Souris River, Minot, Yellowstone River, Sidney, Mont.: River stage, 5 feet; streamflow, 10.700 CFS.

Numbers to know:

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

•Report All Poachers: (701) 328-9921.

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CROSSWORD SOLUTION

Solution to last weeks Crossword puzzle.

N	E	R	F		D	E	P	T	H		A	W	L	S	
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SUDOKU

Solution to puzzle on page B9

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11AM - 12AM
FRIDAY & SATURDAY:
11AM - 1AM

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CROSSWORD PUZZLE

Across

- 1. Cordelia's dad
- 5. Honored mil. award
- 8. Word with point or plane
- 13. Lowest deck
- 15. LAX posting
- 16. When the hike may start?
- 17. Keaton, star of 28-Down
- 18. Goat-legged Greek god
- 19. Violinist's need
- 20. PUSH-UP
- 23. SQUATS
- 26. Russian fighter jet
- 29. Company that bought Time Warner
- 30. Back muscle, to Billy Blanks
- 31. What did ewe say?
- 32. How some popcorn is popped
- 34. Hat or maid leader
- 35. Seed case
- 36. RUN
- 40. "Smooth Operator" chanteuse
- 41. Genealogy word
- 42. Where McLean drove the Chevy
- 43. This may end alcohol
- 44. It's a relief
- 45. The "ugly" to Clint's "good" and Lee's "bad"
- 47. They may be personal
- 48. SIT-UP
- 52. PULL-UP
- 56. Yellowish pigment
- 58. A CPA might recommend one
- 59. Nitrous ____ (laughing gas)
- 60. Extract by force
- 61. "Winter of Artifice" author
- 62. Air Jordans
- 63. Members of the harp family
- 64. Word with real or well
- 65. Telegraphed

Down

- 1. Where Napoleon defeated the Austrians in 1796
- 2. British Idle
- 3. Wings, in Latin
- 4. Pocket Fisherman provider
- 5. Chicago campus
- 6. Philatelist's purchase
- 7. Senorita's scarf
- 8. Obscurer of trees, for some
- 9. Big man Shaq
- 10. Coastal region in NE Spain
- 11. Young Darth Vader's nickname
- 12. "The Ipcress File" author Deighton
- 14. Cotton bed sheet fabric
- 21. "The Name of the Rose" author
- 22. Is familiar with Asimov to Zola
- 24. Stuck, gymnastically
- 25. Major point on the Oregon Trail (with "The")
- 26. "The little woman"
- 27. How ransoms are paid
- 28. Sue Miller work (with "The")
- 33. Anger
- 34. 2001 honor for J.K. Rowling
- 35. Bart's grandpa
- 37. "____ Out" (Kevin Kline film)
- 38. Little robin
- 39. Omission of a vowel in pronunciation
- 44. Low bathroom fixtures
- 45. Off the mark, as a throw
- 46. Did not follow
- 49. Better antithesis
- 50. Spine-tingling
- 51. They pick up and drop off
- 53. He never reached his peak?
- 54. Adam's apple location?
- 55. Kind of home or room
- 56. Hooting hunter
- 57. Get all misty

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email: minotcrbc@gmail.com
Gabe McCormick- Pastor

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Website: www.orcsknights.org



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Bible Study/Child-Adult
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Celebrating our Minot AFB High School Graduates: Purple Cords



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



Our high school military connected graduates know at the core what it is like to experience change. From multiple moves to leaving friendships to attending different schools, these students are resilient with a unique perspective many are unable to grasp. We want to celebrate our military connected high school graduates by sharing a purple cord for

graduation or a senior banquet. This is acknowledgement of the many sacrifices these students have made in support of service to our nation. The Minot AFB School Liaison Office is assessing the number of students graduating this school year throughout the area. Please complete the following survey for our office to properly assess: <https://forms.gle/VuNrR8HbAfVtDQjf6>

In addition, the Northern Sentry celebrates our graduating high school students by recognizing these students in a special edition. By completing the above survey, I am able to ensure all students are recognized. Next steps will be forthcoming and please share broadly so as to support our military connected graduating seniors.

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A sign for the Month of the Military Child is displayed at North Plains Elementary School, Minot Air Force Base, North Dakota, April 26, 2024. Each year during the month of April, the Department of Defense joins national, state, and local government, schools, military serving organizations, companies and private citizens in celebrating military children and the sacrifices they make.



A student is welcomed to school by Team Minot Airmen and families during a clap-in at North Plains Elementary School, Minot Air Force Base, North Dakota, April 26, 2024. The clap-in was held to honor students in observance of the Month of the Military Child.

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



Students are welcomed to school by Team Minot Airmen and families during a clap-in at North Plains Elementary School, Minot Air Force Base, North Dakota, April 26, 2024. Each April, Team Minot celebrates the Month of the Military Child and holds events to honor military children.

NOTES ON BEING SAFE

Fall Protection at Work and at Home - Ladder Safety



SSGT JOE VERGARA
5TH BOMB WING
NCOIC OCCUPATIONAL SAFETY



As summer arrives, many people will be working outside of their homes or summer residences.

In an average year, 93,000 American are injured while using a ladder. In fact, falls are the second leading cause of accidental death for Americans after traffic collisions.

When working off the ground in any capacity you need the right mindset. Always think about safety and the safest way to accomplish the task at hand. Don't just jump on the ladder and go. Every time you use a ladder you need to inspect it, ensuring the base of the ladder is balanced and secure, the rungs are free from debris or liquids. If you are doing a high climb, it never hurts to have another person help balance the ladder - always error on the side of caution. Be sure to scan the work area for potential hazards especially if you're near electrical power lines. Never use a ladder if you are overly tired, injured or under the influence of drugs or alcohol. If you have any reservations about the climb - don't do it.

When you begin to climb a ladder make sure that you make a three point climb and always face the front of the ladder, never climb backwards or sideways! For a lot of you climbing a ladder may be "old-hat" but you never know the moment when you will catch your toe and if your hands aren't on the side rails, it will be nearly impossible to catch yourself. Lastly, keep your weight centered between the rails and walk one rung at a time. Climbing a ladder is all about balance and in addition

ladders are designed for the three point climb.

When climbing down a ladder the same three point climb applies. Balance is even more important on the decent. Make sure that you climb down one rung at a time and make sure that your foot is securely on the rung before moving the other foot. Visibility is more difficult on the way down and you may be carrying something that you weren't on the way up.

Over the years there have been many fatalities caused through negligent ladder

safety measures taken by the user. Because some people have successfully used ladders in the past without problems, they develop the attitude that "it can't happen to me". How wrong they are? This is when things do go wrong, and being over confident can be true folly. There is no place in the workplace for a slack attitude as it not only endangers the life of the person with that attitude, but fellow workers as well. If commonsense is used in regard to safety, ladders can be an asset in the workplace. Safety really depends on the user.

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NCUA

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BURUD Emryss Pinnow Penelope Gerard	DELZER Addison Long Brody Isaacs	RECESS ROCKSTARS Mrs. Burdick <i>Being safe on the playground</i>
RAMIREZ Rachel Clark Alexander Jeong	KUNTZ Maverick Brazill Ariah Sanchez	FABULOUS FITNESS Miss Axelson <i>Being respectful, responsible, and safe</i>
FOERSTER Luke Bekaert Lily Frie	SEASTRAND Trent Leite	MUSIC MAESTROS Mrs. Espeseth <i>Being respectful and responsible while practicing for their upcoming performance.</i>
KNECHT Samantha Ni Slater Stedman	WHITE Ryland Carbo Brooke McDonald	LITTLE LIBRARIANS Mrs. Foerster <i>Been great at following expectations! Listening at story time and keeping voice levels at 1.</i>
AXELSON Easton Wilson	KELLER Jameson Brazill	
MURRAY Blake Blackmon	BURDICK Caden Lane	



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Bone's BBQ Smokehouse & Grill 1412 2nd Ave SW, Minot Phone: 701.838.9140 www.bonesbbqminot.com	Culver's Restaurant 3000 S Broadway, Minot Phone: 701.852.4800 www.culvers.com	Ironhorse Kitchen + Bar 21 E Central Avenue, Minot Phone: 701.852.8183 FB: Ironhorse Kitchen + Bar Minot
Jamaican Vybz Kitchen Suite 200 315 Main Street S Minot Phone: 701-441-9309 FB: Jamaican Vybz Kitchen	Meg-A-Latte 2045 N Broadway Suite #100 Minot, ND 58703 Phone: 701-838-8479 www.mega-latte.com	Mi Mexico 3816 South Broadway Minot Phone: 701.858.0777 www.mimexicominotnd.com
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The Blue Rider 118 1st Avenue SE Minot Phone: 701.852.9050 www.theblueriderbar.com	The Starving Rooster 30 1st St. NE, Minot Phone: 701.838.3030 www.starvingrooster.com	Whiskey Nine 109 Central Ave, Minot Phone: 701.837.1090 www.whiskeyninend.com



community calendar

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IMMEDIATE FULL AND PART TIME OPENINGS

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

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ADULT & TEEN BAGGERS NEEDED AT THE MINOT AFB COMMISSARY BAGGERS WORK FOR TIPS ONLY

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• TEEN HOURS

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



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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: 27 May - 28 July.. 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

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

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REVEL

*Weddings
for Warriors*

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

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

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

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

TITUS & PHILEMON

Everyday adventures of Titus and Philemon and their owner Joe.

The worst kinds of drivers are those who don't use their blinkers, sit at green lights, and blow through red lights!

Have YOU done any of those things, Joe?

GO!

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.

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**VOLUNTEER
OPPORTUNITIES**

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

Minot Citywide Clean Up Volunteer

This weekend is Minot Citywide clean up and we have a team participating to help make our city look beautiful for summer. We are inviting everyone to join our team this Friday 0900 – 1700 and Saturday from 0900-1100, we will be meeting in the Delta Vacations parking lot at 0900 to pair up and pass out trash bags and gloves. Our responsibility is from the Delta Vacations building to the Grand Hotel. I recommend bringing sunscreen, a water source, and wearing an old pair of boots you don't mind getting a little muddy. Please let me know if you have any questions.

POC: EVAN C. PADGHAM, SSgt, USAF
NCOIC, Promotions, Retentions & Separations
5th Force Support Squadron Minot AFB, ND
DSN: 723-9821

Base Library Volunteers

The Base Library is looking for volunteers for an upcoming Dungeons and Dragons-themed program.

When: Saturday, May 11; Set up at 1230, Program 1300-1415, Clean-Up 1415-1445

What: Volunteers needed to: Hand out quests at our “tavern,” supervise a side quest (making shields, making a die, scavenger hunt, sensory bottle), or act as the dragon!

POC: Julie.Reiten@us.af.mil or 701-723-4554

FSW Event Volunteers

FSW is hosting an AFE event (Mike Super, the magician) on May 14th and we are looking to clean up the theater for this. I was wondering if you would be able to add this to the list of weekly volunteer opportunities to help us gain some assistance. We have created a signup-genius (link below) for airmen, or whomever, to be able to sign up to help. The dates are May 6th-8th, and 13th with several times and slots available. If there is any additional information you need from me, I'd be happy to supply it. Thank you so much for your help! <https://www.signupgenius.com/go/10C0F49ABAC29ABF8C25-49425659-citywide>

POC: Marissa Standard, Community Services
5th Force Support Squadron, Minot AFB, ND
732-925-0328

Pollinator Community Day Volunteers

Saturday, May 18th, 10 am – 1 pm
Minot AFB Natural Resources in cooperation with Minot Public Schools and the Minot Pollinator Project invite you to plant one of over 300 live plants which will bloom to provide food for butterflies, bumblebees, and other pollinators important to our grasslands.

POC: Lynda LaFond, lynda.lafond.1@us.af.mil, 701-723-4870

Minot Hot Tots & Honeybees Host Families

The Minot Hot Tots and Honeybees are looking for families to volunteer as host families for players during the upcoming season. Minot host families serve as community ambassadors while providing a positive, happy and FUN life experience in a family environment as student athletes transition from their colleges and hometowns to the city of Minot and the Northwoods League.

Info: (701) 838-8687,
hottotsbaseball.com, honeybeessoftball.com

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
(701) 214-0928 or jrichyoung85@gmail.com

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 a 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

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.

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

Civil Air Patrol Magic City Composite Squadron

Learn aviation or bring your experience as a volunteer emergency responder. Serve the local community while flying in Cessna aircraft, piloting small unmanned aerial systems, and/or conducting physical and electronic ground search. Additionally, opportunities are available to teach cadets ground search and rescue, aerospace, cyber, and military professionalism. Make plans to visit at a weekly meeting, 6:30 pm, Tuesdays, upstairs at Avflight Minot.

POC: Maj. Jeffrey Slocum 701-360-5948 |
021cc@ndwg.cap.gov | nd021.cap.gov

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

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

Minot State announces approval of data science for AU-ABC

MINOT STATE UNIVERSITY

Minot State University announced Thursday its new data science program has been approved by the Air University Associate-to-Baccalaureate Cooperative (AU-ABC).

This program, tailored to the unique needs of the military community at the Minot Air Force Base, on campus, and throughout the world, offering two certificates, a major and a minor, ultimately leading to a Bachelor of Science in Data Science.

According to Minot State Associate Professor of Computer Science Daren Erisman, this newest approval for an MSU program in the AU-ABC aligns with the University's commitment to serving personnel in the armed forces.

"We are excited to provide both in-person and online courses designed to address the logistical challenges of military personnel," Erisman said. As teachers working with students in the military daily, it is gratifying to offer them hands-on skills that will equip them for work

in the rapidly growing field of data science and artificial intelligence."

Minot State's data science program combines courses from three programs incorporating math, computer programming, and business skills. This multi-discipline approach enables a well-rounded data science student to readily adapt to today's workplace or seek an advanced degree.

"Minot State University is pleased to serve our student body and those serving our country with our new data science program," Erisman added.

The AU-ABC is a program between the United States Air Force and civilian institutions to provide Community College of the Air Force (CCAF) graduates with advanced education opportunities. Minot State offers multiple programs within the AU-ABC. For more information on offerings or to apply, see MSU's online degree program's <https://www.minotstateu.edu/online/au-abc.shtml>

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PEEKING INTO SAKAKAWEA' CRYSTAL BALL

Patricia Stockdill

After taking a peek into the N.D. Game and Fish Department's crystal ball with insight into open water fishing opportunities on Minot area lakes back in mid-April, it's time to bring out that crystal ball again.

This time it's a bigger crystal ball because, as the biggest water body in North Dakota - Lake Sakakawea - and it deserves a bigger crystal ball.

Actually, it's one of the biggest man-made reservoirs in the United States.

The "Big Lake", "Big Water", "Sak", or whatever an angler wants to nickname it, Lake Sakakawea ranks third in size among all manmade reservoirs spanning this great nation.

But back to that big crystal ball: For starters, Lake Sakakawea is one of the "Big Three" when it comes to destination fishing in North Dakota, along with Devils Lake and the Missouri River.

It's not just its size that makes a major fishing destination. It's walleye. Northern pike. Smallmouth bass. Catfish. Salmon.

But before the Big Reveal from the N.D. Game and Fish Department Fisheries Division's Big Crystal Ball, here's some insight into the Big Lake itself: Sakakawea relies heavily on mountain snowpack to fill its gigantic basin, which follows any spring prairie snow melt. Typically Wyoming and Montana mountain snowpack feeding the reservoir reaches its peak in mid-April and runoff begins after that. Sakakawea's elevation often peaks in June. .

This year the U.S. Army Corps of Engineers, the agency managing the river system, anticipates mountain runoff to be down about 25 to 30 percent overall from its long-term average.

That doesn't spell good news for the Big Lake but it's still possible more moisture could occur from early May snows or heavy spring rains.

There is good news in the fact that in April 2024 Lake Sakakawea is about 9 feet higher than it was in April 2023. But given the less-than-normal snowpack, "essentially we've (Lake Sakakawea) peaked right now (in elevation)," described Game and Fish Department Missouri River System Fisheries Supervisor Russ Kinzler.

But don't despair, all of that population sampling and research biologists conduct on the lake indicate good numbers of walleye for angling opportunities - the most

popular game fish among North Dakota anglers - in that nice eating size of 15- to 20-inches.

Plus, from a natural reproduction standpoint, population sampling shows about three good year classes of younger, smaller fish for future opportunities. And, yes, Kinzler suggested, there are still some trophy walleye out there. But generally look for more numbers of smaller ones than large lunkers.

Rainbow smelt are the kingpin for forage among most of Sakakawea's predator fish, especially highly desired by walleye and salmon. The good news is population sampling shows good numbers of smelt. The not-so-good news is they're running a bit smaller than usual.

Switching gears to a popular spring fishing opportunity - northern pike - Kinzler said those numbers are currently below their long-term average - it might be a slower than usual spring pike bite.

Salmon aren't native to North Dakota and are stocked by the Game and Fish Department. Biologists anticipate they could run smaller size-wise this year. That may reflect the fact that smelt are smaller and they're salmon's primary food source.

But another bright spot, in addition to nice walleye numbers, is Sakakawea's good catfish population. For whatever reason - probably because walleye stole the show among anglers - the native fish just doesn't get the love it received before walleye became more abundant and popular.

And one can't forget about smallmouth bass, which could be considered another underappreciated species among North Dakota anglers. Look for them along rocky or gravelly areas in bays and points for some fun action.

Admittedly, Sakakawea can be intimidating to fish with most anglers opting for boat-fishing rather than shore-fishing. But give the "Big Lake", "Big Water", or whatever one calls it, a try.

Boat rentals are available at Fort Stevenson State Park, Garrison, with pontoon rentals at Lake Sakakawea State Park, Pick City, and Indian Hills Resort, Garrison.

And don't forget about shore-fishing. Just because boats tend to be the top choice among many anglers doesn't mean fish aren't catchable from shore or fishing piers.



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WHAT'S GOING ON MINOT AFB

FRIDAY 03

- Registration Closes: 2024 Youth Residential Aviation, Space & Leadership Camps, AFSVC.SVPY.Camps@us.af.mil
- TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- Family Zumba, 1000, Turf hosted by McAdoo Fitness Center
- Cycle & Core, 1115, McAdoo Fitness Center
- Fun Fri-yay, 1600-2100, Jimmy Doolittle Center
- Zumba, 1800, McAdoo Fitness Center

SATURDAY 04

- National Golf Day Scramble, 0900, Rough Rider Golf Course
- Zumba, 1100, McAdoo Fitness Center
- Friendly Feud, 1800, Rockers Bar & Grill

SUNDAY 05

- Zumba, 1400, McAdoo Fitness Center

MONDAY 06

- Boots to Business, 0800-1600, M&FRC
- Family Zumba, 0930, Turf hosted by McAdoo Fitness Center
- Reintegration Briefing, 1000, M&FRC, Zoom Meeting
- Moving Out of the Dorms Budget Class, 1300-1500, M&FRC
- Writing Club, 1800, Minot AFB Library
- Zumba, 1800, McAdoo Fitness Center

TUESDAY 07

- Boots to Business, 0800-1600, M&FRC
- Game Day, 1000-1930, Minot AFB Library
- NAF Rapid Hire Job Fair, 1000-1400, Rough Rider Golf Course, hosted by NAF Human Resources
- Family Bootcamp, 1000, Turf hosted by McAdoo Fitness Center
- Tuition Assistance (TA) Brief, 1000, Education Center – Room 211
- Cycle & Core, 1115, McAdoo Fitness Center
- Mason Jar Paint & Pour, 1730-1830, Arts & Crafts Center
- Zumba, 1800, McAdoo Fitness Center

WEDNESDAY 08

- Family Strength & Tone, 1000, McAdoo Fitness Center
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- SkillBridge Brief, 1000, Education Center – Room 211
- Storytime, 1030, Minot AFB Library
- Yoga, 1700, McAdoo Fitness Center
- Zumba, 1800, McAdoo Fitness Center

THURSDAY 09

- Sprint Triathlon Build-Up Series, 0800, McAdoo Fitness Center
- Pre-Separation Counseling, 0830-1130, M&FRC
- Family Bootcamp, 1000, McAdoo Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- National Shrimp Day Special Lunch, 1030-1330, Dakota Inn Dining Facility
- Tuition Assistance (TA) Brief, 1330, Education Center – Room 211
- Zumba, 1800, McAdoo Fitness Center

FRIDAY 10

- Military Spouse Appreciation day, 1000-1400, Bomber Bistro, hosted by M&FRC
- Cycle & Core, 1115, McAdoo Fitness Center
- Master Chef Luca Virtual Cooking Class, 1800, forcesupport.awardsplatform.com
- Zumba, 1800, McAdoo Fitness Center

SATURDAY 11

- Mother's Day Handbag Bingo, 1030-1300, Rockers Bar & Grill
- Zumba, 1100, McAdoo Fitness Center
- Dragon Quest, 1300, Minot AFB Library
- Master Chef Luca Virtual Cooking Class, 1700, forcesupport.awardsplatform.com

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