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HAPPY MILITARY SPOUSE APPRECIATION DAY

MAY 10, 2024



U.S. Air Force Col. Daniel Hoadley, 5th Bomb Wing Commander, congratulates Team Minot Chaplain Corps on winning the Air Force Global Strike Command Charles I. Carpenter Outstanding Large Chaplain Corps Team Award at Minot Air Force Base, North Dakota, May 1, 2024. The team award selections are determined based on the following Chaplain Corps Lines of Effort: Fortify Warfighter Readiness, Reimage Chaplain Culture and Rebuild Chaplain Readiness.

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The Criticality of Modernization

ROD WILSON, NORTHERN SENTRY

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 at the recent Nuclear Triad Symposium sponsored by Task Force 21.

The Minuteman III has served our nation well. But Sentinel is the weapon system to replace the aging Minuteman III. We talked with Col. Moore about 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 15 missile alert facilities and 150 launch facilities.

We thank Col. Moore for his time to sit down with us during the busy nuclear triad symposium.

WHY IS IT IMPORTANT TO EDUCATE PEOPLE ABOUT THE NUCLEAR TRIAD THROUGH SYMPOSIUMS LIKE THIS?

Col. Moore- Simply, we need to communicate more. We don't talk enough about the benefits and the criticality of the nuclear deterrent to our national security strategy and our national defense strategy. Of anything that we do that is of importance, is exactly what we are doing today (at the symposium) is talking about our nuclear deterrent. It's very important to communicate and the more opportunity to share what we believe is the criticality of having a nuclear deterrent as our cornerstone for our nation's defense. I think we need to take advantage of every opportunity to share that word, and to explain to the American public about how key the nuclear deterrent is to our national security strategy.

HOW IMPORTANT IS IT TO PROVE TO BOTH OUR ADVERSARIES AND OUR ALLIES THAT WE ARE TAKING THE STEPS NECESSARY TO MODERNIZE OUR NUCLEAR ARSENAL.

Col. Moore- Minot is unique in that it represents 2 of the 3 legs of our nuclear triad. As I said earlier, our nations' defense is backstopped and the bedrock of that is our nuclear deterrent, and it has to be maintained in incredible ways to make sure it is secure and effective, always. We also see that without that, we have implications for everything that our country does from a strategic viewpoint. So, when I look at what we've been able to accomplish as a country from a national security perspective, the underpinnings of our operations for the last 6 decades came from a nuclear security strategy point. As we look at the rest of the world, peer and near peer countries who are also modernizing their nuclear arsenals, we have to look at what's here at Minot Air Force Base, and at other nuclear bases, specifically as I talk about Sentinel, and why Sentinel is so important, in the most

responsive way, to modernize our nuclear triad. As equally important as Sentinel is the modernization of the B-52H models that we currently fly here at Minot Air Force Base. Once the modernization has taken place we're going to change the name to B-52J model, and it will be a much more capable aircraft. Who knows, we might get another 50 years out of that aircraft, or longer. Kind of like the Energizer Bunny, it keeps going, and going; we see a lot of legs left in the B-52 Aircraft.

THERE'S BEEN ANOTHER FOCUS, RETAINING OUR YOUNG MEN AND WOMEN IN OUR MILITARY. HOW DO YOU THINK THAT FOCUS WILL PAY OFF IN THE FUTURE?

Col. Moore- Within Global Strike we have a lot of great Airmen located in our northern bases, doing great work across the northern tier, Montana, Wyoming and obviously in the state of North Dakota, in particular at Minot. The one thing that we are committed to is retaining that talent, so we are putting a lot of focus on providing them resources, not only for the Airmen, but also for their families. It's different at the northern tier bases compared to some of the other bases in the Air Force. We're looking for different ways to address those challenges. The good thing is that we have great community leaders like the leadership here at Minot Air Force Base and around the base. The feedback we get from our Airmen is that the best part of their career, the most rewarding part of their careers was the time when they were stationed at one of the northern bases, Minot is no exception to that. That tells me that we are making strides to meeting those challenges, and the community partners are locked in step. I can't say enough how supportive they've been, and continue to be, at what the Air Force sees. We'll continue to pursue those things, and hopefully between what the Airmen see on how committed we are to providing them with a good quality of life. Looking for initiatives to improve their quality of life in partnership



Col. Tytonia S. Moore

with our community leaders. In addition, they see that we value the jobs because we are modernizing the platforms that they fly here and the weapons systems that the missileers are operating here day to day. The maintainers, the cops, everyone is important to the mission, and we're investing money into the mission here. We're hopeful that it will yield more retention for our Airmen which is one of our top priorities.

ARE WE AT A TURNING POINT BASED ON WHAT WE ARE SEEING WITH OUR 2 MAJOR ADVERSARIES, RUSSIA, AND CHINA?

Col. Moore- We acknowledge the other threat that we have to keep pace with, and we see modernization and sustainment of our current nuclear strategy as a critical bedrock to providing what the nation needs in terms of its' national defense from a policy perspective and from an operations perspective. We went for years when we didn't modernize our nuclear triad even though it had been deployed over several administrations who believed it was paramount that we maintain our nuclear triad based on the world threat. We acknowledge as a nation that we absolutely need to modernize. We acknowledge the criticality of the triad, and we acknowledge that we have to keep pace with the threats.

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Mil Spouses Don't Serve, But They Do Sacrifice

ERIN BEENE, NORTHERN SENTRY

Military Spouse Appreciation Day. One day, in one of the busiest months of the year (second only to December holidays), we set aside to celebrate the behind the scenes military spouse. A day set amidst the chaos of end of school vacation planning, dance recitals, PCS prep and so much more, this day in May is the perfect time to set aside to honor the Army, Air Force, Space Force, Navy, Marine and Coast Guard husbands and wives.

The military spouse doesn't serve in combat. The military spouse doesn't train for battle. The military spouse doesn't report for PT or get "voluntold" for extra duty. The military spouse wears no rank and has no obligation to follow orders from whichever brand of the military their partner operates with. They don't get thanked for their service when spotted in uniform off base. They have no distinguishing marks. They are made up of every color, shape and nationality. Mil Spouses can't be recognized by their "military cut" hair.

Military spouses have a lot of

freedoms that their AD husbands and wives aren't afforded; yet, many spouses everywhere have also issued the words, "I'm not the one who signed up for this." The military lifestyle can be both extremely rewarding and earth-shatteringly difficult. When a servicemember signs that dotted line, his entire family takes an unwritten oath to live a life of uncertainty.

Even though the military has little actual legal authority over the military dependents and spouses, it would be misleading to say that the Military Spouse does not serve. It is just in a different capacity. Mil Spouses don't put their lives on the line, but they do sacrifice. They do serve...

Mil Spouses sacrifice a home near extended family. They sacrifice careers. They serve as single parents when their spouse is deployed. They serve by being by his/her spouse's side through the hard times. They serve by setting up an entirely new household every few years. They serve and sacrifice by being the ones in the background,

the unpaid volunteers, the ones who willingly acknowledge that their career comes second so our country can be properly defended with Soldiers, Airmen, Sailors, Marines, Coast Guardsmen and Guardians.

They are not meek or quiet, but strong, able, resilient and adaptable. The typical Mil Spouse has changed over the years, and no longer fits a white-gloved demeanor of years gone by. They have evolved into a unique group of empowered individuals who, though all very different, have been a vital part of our country's military forces. They support those who defend our Nation.

So, today, on this day we salute the partners to all our Service members. The military spouses who do what needs to be done and "make the best of it".

We see you.

Thank-you for your service to our Nation!

**Spouses at Minot AFB can sign-up to receive discounts and special prizes throughout the month of May by texting "minot" to 40691*



A group of friends made a trip to Denver, Colorado in support of Colonel Galberts change of command ceremony at FE Warren AFB last year.

MELVINA ARRIOLA MURRAY PHOTO



Left: A group of military members and mil spouses gathers for a surprise birthday party!

ALEXANDRIA CARTER PHOTO



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Those Darn Dak Rats!

northern
sentry

A VIEW FROM
OUR SIDE
ROD WILSON



It's certainly impossible to be a fan of Dak Rats if you live on base. These little rodents certainly lay claim to lawns, playgrounds, park and in general all grassy areas on Minot Air Force Base.

I have been surprised by not only the number, but the damage they do as they burrow their way into gardens, under sidewalks and driveways and into back yard play areas. Gophers, or Dak Rats, are certainly resident to the prairies of the Midwest. They shouldn't be confused with their distant cousins, the prairie dogs, a much larger 4 legged, furry rodent who also lay claim to pastures and farmyards.

It would be my guess that gophers significantly outnumber prairie dogs, but the damage they do is pretty similar, and it would be hard to love them when they are digging holes in your yard and invading your garden.

Growing Up In Gopher Country Gophers are rodents, and by that very definition they are in the same family as mice and rats. All of these little creatures are not farm friendly. Traps, poisons and to a certain extent, cats, are used to control mice and rats on a farm. Mice and rats differ from gophers in that these rodents invade buildings, chewing through anything in their way to get to grain storage areas. Gophers prefer to live outdoors, burrowing deep into the ground. Not that they don't do their share of damage. My dad was a telephone guy. In the late 70's, Northwestern Bell decided to bury a majority of their telephone wires to save on installation and maintenance costs. (Yep, you all remember land lines, right?). Wires in the ground and not strung overhead made a lot of sense, except to a gopher. The story would go something like this. The gopher comes across a telephone line. Most were smaller lines that served one farmstead. But some were larger and could service an entire community. You would think it wouldn't be a big deal for a gopher to burrow over top of, or underneath of, a telephone line. But sure enough, they would use those sharp teeth and cut the line, and thus cut the telephone service.

But a random destroyed telephone line is not the major damage a gopher can cause. When they take over pastureland, their burrows are dangerous to cattle and horses. Stepping into a burrow could break a leg. Horses, especially, could find these "gopher holes" treacherous. So, gophers

had to be controlled. How? Well, there were quite a few ways, and it involved youngsters like me. The bounty for a gopher tail was a penny, usually paid by the local township or county. I began my gopher bounty work with a simple snare; a string that made a loop. You would bury the string around the hole and wait for the gopher in the hole to pop up its' head. Various noises like whistles and chirps were used to entice those curious little critters out of their hole. Once they popped up their head, with a quick pull, you had him, or more often you missed him. At a penny a tail, let's just say this was not a great money maker. Heck, the kids in town were selling lemonade on the corner and making a whole lot more money.

Then one Christmas my dad gave my brother and me a .22 caliber rifle, complete with a scope. It was a 180 degree change in tactics. Local ranchers would let you know when their pastureland was vacant. You would set up on a hill, and eradicate the gopher population, thus helping out the rancher. Besides the penny a tail, most ranchers might even give you a couple of bucks for your service.

WHAT'S THE SOLUTION?

The hunting procedure is certainly not going to work on the Minot Air Force Base. And you can't poison Dak Rats for fear of a family pet getting into the poison. Snaring them didn't work well back when I was a kid, so it probably isn't going to work well today, either. Just what is the solution? To be honest, I'm not sure. Going back into some of the old Northern Sentry papers, Dak Rats have always been a nuisance on base. There are several jokes about eradicating Dak Rats, I am sure you have heard some of them. It's kind of an agree to disagree type of situation. We all agree that Dak Rats are a nuisance, but no one seems to have come up with the perfect solution. So for now it's... those darn Dak Rats!

BEST KEPT SECRETS

I always put in a plug for the Roosevelt Park Zoo in the spring/early summer. Even this year when the zoo property will be undergoing a lot of change, it's fun to take a quick tour and see the new arrivals at the zoo. The star of the show this year will probably be the new lion cub. Can't wait to get a photo...

TODAY'S CHUCKLE

If you have what it takes, there's always somebody willing to take it.

Teddy's time in Tampa...

A post on Facebook about Theodore Roosevelt revealed a piece of history that was quite shocking mostly because I've never seen anything about this while there are multiple articles, TV spots and museum entries in south Florida.

Roosevelt and his Rough Riders spent some time in the Ybor City neighborhood of Tampa before disembarking for the Spanish-American War in Cuba in 1898 where the famous San Juan Hill battle took place.

The Rough Riders were in Tampa just a short time, but while there made some history that is today enshrined in a Tampa museum along with several monuments in Ybor City.

Most of us who are aware of Ybor City know that it was home to hundreds of cigar manufacturers in the 1890s. Many of the workers in those factories were Cubans and Roosevelt and his Rough Riders camped there which led to some clashes with the Cuban immigrants.

History tells us that Tampa Bay was the perfect spot to launch a troop ship because the imminent battle would take place due south of the Florida city of 15,000 at the time.

There are numerous mentions of North Dakota in the historical accounts in Florida. After assembling a regiment of fighters from all over the nation, the unit was transported to San Antonio for training before boarding trains for Tampa that included food and horses.

Apparently, the nickname Rough Riders came about because of Roosevelt's time owning a ranch in Dakota Territory and that he helped recruit the Soldiers.

Roosevelt, at the time was a lieutenant colonel and was second in command to Col. Leonard Wood, of which Fort Leonardwood in Missouri is named. Roosevelt had resigned his post as assistant secretary of the Navy to lead the Rough Riders since he was a strong proponent of the Cuban war of independence.

Although we've seen and heard a lot about the Rough Riders in Cuba, they had another nickname, Wood's Weary Walkers that reflected their dissatisfaction that despite being cavalry, they ended up fighting in Cuba as infantry since most of their horses didn't accompany them from Florida.

The men were in Tampa in late May 1898 and arrived in Cuba on June 23, 1898. Not all of the Rough Riders' 12 companies departed which weakened the regiment, according to Roosevelt. At the same time about a fourth of the trained Soldiers had died of malaria or



UPSIDE DOWN
UNDER
MARVIN BAKER

yellow fever.

These troops wore wool uniforms, so you can imagine how hot it must have been in Florida and Cuba during the summer with that attire. The Soldiers were uncomfortable in their camp while reporters covering the war stayed nearby in the lush Tampa Bay Hotel. The Army headquarters was housed in the same hotel.

Also at that time in history, because the Civil War had taken such a toll on both sides of the fighting, the United States became mostly isolationist and because of it, the Army had a dangerously low manpower of 28,000. The Rough Riders totaled 1,000 during their stay in Ybor City.

While the Rough Riders waited for orders to leave for Cuba, much of the food went bad in the Florida heat and humidity. As a result of that, Roosevelt used his influence as assistant secretary of the Navy to get his men on a ship that was meant for another regiment.

In 2019, Clay Risen, an editor at the New York Times, spent some time in Tampa and Ybor City to get information for a book he wrote called The Crowded Hour, a title that Roosevelt himself had put on the San Juan Hill battle.

Risen found plenty of information in Tampa that included journals and letters of the men who made up the Rough Riders. The book was released in late 2019 and was one of 100 notable books described in the New York Times that year.

Because of Roosevelt's influence in the Tampa Bay region, the 1st U.S. Volunteer Cavalry Regiment - Rough Riders Inc., known locally as the Teddy Roosevelt Museum, was formed in 1978 to create and perpetuate the unique accomplishments of Roosevelt and the Rough Riders.

The museum is located near Tampa's Channel District at 601 19th Street which houses a museum, meeting facilities, a float barn and administrative offices. Anyone interested in visiting may call 813-248-1898 or email a request to (office@tamparoughriders.org)

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



SHE'S NOT FROM AROUND HERE
AMY ALLENDER

It's that time of year again: PCS Season. Every spring, my social media feeds and groups spill over with posts about upcoming moves. Friends are looking to purge items in online yard sale groups, questions about selling a house "by owner," comments about bases across the globe, and, of course, questions about PCSing to Minot come flooding in as well.

Reading posts from families with orders to Minot AFB is one of my favorite pastimes. I am nearly blinded by my love of Minot and North Dakota as a whole. Hotdish Land has become something of a muse to me. The things others see as annoyances, I see as endearing quirks. The things that deter some from moving here are rebranded as assets when filtered through the proper lens. Because I love living here, and I'm eager to help others thrive too, I enjoy reading the concerns, negative perceptions held by others. Doing so keeps my mind open to a different perspective and guides me to share information that will be most helpful to newcomers.

This is perhaps my favorite part of being human: the ability we have to empathize with a differing opinion, and offer unique encouragement hard-won by our own experiences.

Lately, as I've scrolled through my feeds, I came across the same question three different times: Can someone tell me something good about Minot? I've only heard negatives.

That got me thinking. Here are eight good things that I love about living in Minot.

1. Summers are fantastic. Never too hot to enjoy being outside, humidity is nearly nonexistent, and the sun stays up so late I typically start yard work at 9 pm. It's something you have to experience to appreciate.

2. Everything is close. If you live in town, you are likely no more than 15 minutes from anywhere you want to go. These short commutes make it to fit lots of activities into the day without feeling overstretched.

3. There are plenty of no-cost activities to enjoy. Being active and engaged doesn't require a large budget. There are free concerts,

Tell Me Something Good

events, story times, kids' clubs, trivia nights, book clubs, and youth activities that keep us busy year-round.

4. Other events are low-cost. We attend more concerts, theater productions, and sports here than anywhere else because tickets are so reasonable, and the venues are so close. Youth activities can be found for any budget. Minot has allowed me to provide experiences for my family I couldn't afford in other places. For that, I'm deeply grateful.

5. Minot tries really hard. People in Minot know it has a negative reputation. The community is constantly striving to be more welcoming—and it shows. Minot Parks, Minot Public Library, Visit Minot, the Minot Chamber, and Downtown Minot are constantly finding new ways to support unique businesses and provide a high quality of life for residents.

6. It's safe. No town is perfect, but Minot is very safe. People watch out for one another. I feel safe being out in town and in the parks; I feel safe at home even when my husband is TDY or deployed. This isn't often mentioned—but it's a reason we choose to stay.

7. There are so many playgrounds. My kids and I never get burned out on going to the same places. There are tons playgrounds (even

school playgrounds are open for community use), walking trails, and paths. If you want variety, you can find it.

8. Minot moves at its own pace. Some may say Minot is behind the times, but I disagree. This is a town that moves at its own pace. Things move differently here, and you don't fully understand until you're living it—it's slower, and less pressured—but in the best way possible.

There are many more things that make life in Minot appealing, but this is a start. As we head into PCS season, let's all remember to build one another up. Think about the things you like about living in Minot and be ready to share them with a newcomer. Negative things are easy to find—and they'll be able to come up with those on their own. So, I challenge you to share your positive observations with someone new.

We can all play a role in helping the influx of new airmen and families feel at home, at ease, and ready to thrive here.

For more on life in Minot and relocating to North Dakota, join me online at amyallender.com, on Instagram @HeyMinot and @amy_allender, and Facebook @amyallenderblog.



The high quality of life, safety, and community activities play a key role in keeping us planted in Minot.
AMY ALLENDER PHOTO



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Airmen, Guardians urged to update vRED, SOES

AIR FORCE PERSONNEL CENTER PUBLIC AFFAIRS

Airmen and Guardians should routinely review and update their virtual Record of Emergency Data (vRED) and Servicemembers' Online Enrollment System (SOES). The vRED is a central repository for emergency contact information should an Airman or Guardian become severely ill, injured, wounded or deceased. Servicemembers are required to review and update vRED information annually, before deploying and each time they experience a major life change such as marriage or divorce, permanent change of station or birth of a child. The vRED can be accessed through AFPC secure by clicking here and selecting vMPF. "Accurate emergency contact information is crucial to family readiness," emphasized Brian

Angell, Air Force Casualty Services branch chief at the Air Force's Personnel Center. "In the event of an unexpected incident, we want to be able to contact and support Airmen's and Guardians' loved ones without delay." Angell explained that failing to update records not only impacts contact procedures but also impacts benefit recipients. For example, the Casualty Office must abide by the information on vRED, whether updated or not. When Airmen and Guardians maintain accurate vRED and SOES information, the correct information is available to the Casualty Office and it also protects and provides for designated next of kin and beneficiaries. In addition to updating the

vRED, maintaining current SOES elections is equally important. SOES is a self-service application for Airmen and Guardians to make changes to their Servicemembers' Group Life Insurance (SGLI) and Family Servicemembers' Group Life Insurance (FSGLI) elections. Airmen and Guardians can update and verify their SGLI and FSGLI coverage and beneficiary elections 24 hours a day, 7 days a week, 365 days a year. SOES can be accessed by clicking here. For more information, visit myFSS, and search "SOES" or "vRED". Members can also contact the casualty assistance representative at the nearest Air Force or Space Force base or other military installations.



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Thursday, May 16 at 4:00pm
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Friday, May 17 at 4:00pm

HOURS
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118 1st Avenue SE, Minot, ND



TEAM MINOT AIRMEN COME TOGETHER TO CELEBRATE ASIAN AMERICAN PACIFIC ISLANDER HERITAGE MONTH
Team Minot celebrated the start of Asian American Pacific Islander Heritage Month today! The Minot Asian American Pacific Islander Heritage Council kicked off AAPI Heritage Month with an opening ceremony on base.

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Ms. White, as the students call her, has been a 1st Grade Teacher for 27 years. Before that, she was a Para for 5 years. Jacqueline graduated from Minot State with a Bachelor of Arts in Business Administration, and a Bachelor of Science in Elementary Education. "I love spending my day with 1st graders!" according to Ms. White "They are funny, caring, and so excited to learn everything. Even though I am teaching the same content, every year is brand new, all over again because of my awesome students. I love to see them grow and mature throughout the year. I honestly couldn't think of a better job for me!"

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NOTES ON BEING SAFE

Workplace Safety for All of Us

'Workplace Safety Topics' - Maybe these 3 words put together in one sentence will make little sense to you. It is rare that we see workplace safety being given enough importance in our working lives. And that is why we talk about it! Workplace safety facts state that maintaining workplace safety is as important as maintaining safety at home. But why is safety at the workplace important? Think about it, we spend a major portion of our day at work so shouldn't we be assured of high levels of safety there? And how will you maintain those levels of safety if you don't know what you're supposed to maintain? That is why the following article will talk about some key safety tips and workplace safety topics that you should be looking into, if not already.

SAFETY TOPICS FOR THE WORKPLACE

For a start, take a look at the types of hazards that you may face in your office. Here is a list to help you out with determining what some of the workplace safety topics are.

SLIPS AND FALLS

Slipping, tripping and falling over are some of the most common accidents that can happen in the workplace. Why do these happen? It is probably because there are no proper delegated places that are allotted for things. There might be loose wires that are lying on the floor which are like an open invitation for falls. Along with that if there are no storage places for personal items such as briefcase and gym bags, then they will just be in the way and people will trip. Spills on the floor that are not cleaned can cause slips, so also the negligence of putting up signs that indicate when floors have been mopped can lead to the same.

There needs to be strict instructions given that informs employees to keep things in their delegated places and not keep them lying around. Also, if anyone sees any spills they need to inform the maintenance personnel and get them cleaned. There needs to be further instructions given like workplace safety slogans put up that tells employees to maintain certain decorum and make sure that their drawers and the like are kept properly closed in order to prevent anyone crashing against them and falling.

PORTABLE LADDER SAFETY

Twice as many falls occur stepping down compared to going up ladders. The main cause of falls from straight and extension ladders is sliding of the ladder base. For self-supported ladders or stepladders, the main cause is tipping sideways. Just remember that many workers carrying ladders hurt their backs, as well. If possible, have two people carry ladders.

ELECTRICITY MALFUNCTION

Where there are so many machines present, there is always the danger of electrical malfunction happening. Regular checkups and maintenance

SSGT JOE VERGARA
5TH BOMB WING
NCOIC OCCUPATIONAL SAFETY

of the electrical appliances has to be of primary concern for the matter of electrical safety. Too many wires plugged into one socket can lead to short circuits, frayed wires, and electric shocks become common place when there is no standard maintenance involved. That is why all employees need to be informed as part of workplace safety topics for meetings that they need to constantly be aware of the machines that they are using and if they find any problem with them, even if it is any doubt, they should inform the concerned personnel.

Along with that there need to be strict instructions given that there will be no inclusion of foods and drinks around the machines. Food and liquid spills can cause the malfunction to happen faster and put all the employees at risk. This could even lead to fires taking place, making this one of the most useful of workplace safety tips.

FIRE SAFETY

Fires might happen either due to negligence or due to a genuine problem. In case it is caused by negligence then the employees need to be given proper instructions on how to maintain fire safety (taking care of electrical appliances and wiring). In case of a fire, all employees should be well informed of all the escape routes, the places where all the fire extinguishers are stored and the numbers of the fire department should be put up in bold where employees have had an opportunity to see and memorize them. Taking these precautionary steps along with workshops held on how to prevent and deal with fires will make the office a much safer place.

ERGONOMICS AT WORK

Ergonomic in the workplace are an essential component of office life. It is not necessary that only physical factors like fire and tripping need to be cared for - the office structure and the arrangement of the different components in the office are equally important. The chair on which the employees sit, the brightness of their computer screen, the lighting, the frequency of breaks and other external factors like noise etc. have a direct effect on the performance of the employees. That is why ergonomics becomes so important.

These are some of the key workplace safety topics that you should not ignore at any cost. The maintenance of these will ensure not only the safety of the employees, but will also make them more efficient, which is ultimately all in favor of the company's progress.

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Vehicle maintenance tasks drivers don't want to overlook

Savvy drivers recognize that maintenance is essential to keeping their vehicles running strong for years on end. Such maintenance ensures vehicles are safe to take out on the road, and basic upkeep also protects drivers' financial investments in their cars and trucks.

Drivers who are not mechanically inclined tend to put their vehicles in the hands of a trusted mechanic to perform routine maintenance like oil changes. But there's a host of simpler vehicle maintenance tasks that drivers don't want to overlook, some of which can be performed without visiting the auto body shop.

• **Brake inspections:** Brake inspections are best left to the professionals, who can check the thickness of brake pads and look for other indicators of excessive wear. The automotive resource Cars.com recommends having brakes inspected during routine tire rotations, which many automotive professionals suggest should be done every six months.

• **Car wash:** Car washes might not be the first task drivers associate with vehicle maintenance, but they can prevent long-term damage to cars and trucks. Damage from bird droppings and road salt and ice melt products in the winter can damage a vehicle's paint job and its undercarriage. Wash the car on your own at home or visit a professional car

wash to perform this simple yet vital maintenance at regular intervals and whenever you notice significant buildup of dirt and grime on the car's exterior.

• **Air filter:** The air filter on a car or truck prevents debris, dirt and other contaminants from getting into the engine. The auto insurance experts at Allstate® advise drivers to inspect their vehicle air filters once a year. Air filters in need of replacement may appear dirty, and reduced fuel economy, unusual engine sounds and reduced horsepower are some other potential indicators that an air filters needs to be replaced.

• **Windshield wipers:** Windshield wiper blades are easily overlooked, but various automotive experts recommend replacing wiper blades every six to 12 months. Old wiper blades won't perform at peak capacity, dramatically reducing visibility during heavy rain and snowstorms. Anyone can replace their own windshield wiper blades in a matter of minutes, and new blades won't break the bank.

Vehicle maintenance is not exclusive to tending to what's under the hood. Keeping a car running smoothly for years involves routine tasks that many drivers can perform without professional assistance.



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- They have a wide, short nose cavity that heats the chilled outside air before it reaches its sensitive lungs. A Snow Leopard's round, short ears help prevent heat loss.
- The Snow Leopard's long, thick tail helps them keep their balance and acts as a scarf to help warm the cat's body during the long, cold nights.

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Weight	75 - 120 pounds
Height to Shoulder	2 feet
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MAINTENANCE
PROFESSIONAL
OF THE YEAR
AWARDS

The 91st Missile Wing celebrated the Maintenance Professional of the Year Awards. MPOY is a long-running ceremony in the maintenance career field that acknowledges the hard work of Airmen and maintenance personnel throughout the year.

**91 MMXS Norseman
of the Year:**
SrA Thomas Conway

791 MXS Yeti of the Year:
TSgt Justin Gandee

**91 MXG Evaluator
of the Year:**
TSgt Aaron Lincicome

**Professional Team
of the Year:**
Electro-Mechanical Team

**Nuclear Deterrence
Operations of the Year:**
CGO: Capt Luke Whitehead
NCO: SSgt Ethan Bowman
Amn: SrA Daniel Jarden
Team: Missile Communications
Section

USSTRATCOM:
Senior Enlisted Tier:
SMSgt Donald Nelson
Team: Missile Maintenance Team

Lt Gen Leo Marquez:
CGO: Capt Luke Whitehead
SNCO: MSgt Michael Beverly
NCO: Mikelle Bailey
Amn: SrA Tyler Cabral

Col Edward D. Payne:
CGO: Capt Luke Whitehead
NCO: TSgt Dylan Wood
Amn: SrA Caleb Haler

Lance P. Sijan:
NCO: SSgt Calvin Navarro

**Maintenance Management
Systems Professional
of the Year:**
Amn: SrA Robert Gillespie

**Maintenance Support
Professional of the Year:**
CGO: Capt Luke Whitehead
SNCO: MSgt Anthony Touchette
NCO: TSgt Dustin Taylor
Amn: SrA Daniel Jarden

**Maintenance Professional
of the Year:**
CGO: Capt John Michael Hair
SNCO: MSgt Richard Kozura
NCO: TSgt Mikelle Bailey
Amn: SSgt Austin Joyner

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SrA Emilee N. Grumbles
Amn of the Quarter



TSgt Ryan R. Irvin
NCO of the Quarter



SMSgt Anthony J. Foerster
SNCO of the Quarter



Capt Matthew R. Merkel
CGO of the Quarter



Maj Kyle E. Forry
FGO of the Quarter



Mariana L. Soto
Cat I Civilian of the Quarter



Abigail C. Kinder
Cat II Civilian of the Quarter

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BABY BOY BORN ON MONDAY, MAY 06, 2024 TO: GIANA AND CHANCE VANDENBERG MINOT AFB, ND

BABY BOY BORN ON TUESDAY, MAY 07, 2024 TO: ABRIEANA AND JOSHUA GOMEZ MINOT AFB, ND

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CROSSWORD SOLUTION

Solution to last weeks
Crossword puzzle.

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

SUDOKU

Solution to puzzle on page B9

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

CROSSWORD PUZZLE

Across

1. Shares
5. Homer king until '98
10. Bit of bickering
14. Yearn
15. Get up
16. Rossini song
17. Flutter
18. Used
20. Walkman plug-in
22. Dishwasher cycle
23. Ross of Motown
24. Gondola, e.g.
26. Tranquilizers' opposite
28. Lopez or Grey
32. Org. founded on Lincoln's birthday
33. Duck sound
34. Long-term investment
35. Preserve, as meat
36. Bizarre
37. Kind of poker
38. Abbr. on a key
39. Double agents
40. Jackson or James
41. Shuttle cargoes
43. Gridiron specialist
44. Building extensions
45. Doctor in the service
46. Put on a show
49. Rescinder
52. Farms
55. The Jewel of the East
56. Augury
57. Japanese immigrant
58. Exam for would-be atty.
59. Await action
60. Hearing shower
61. Salinger girl

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			

Down

1. Bistro
2. Basketball power under John Wooden
3. Arbitrator
4. Part of stage scenery
5. Bricklayers
6. Hippodrome
7. Sake base
8. Bar opening
9. D.C. VIP
10. Gauguin's island
11. Place avoided by Rushdie
12. Fifties auto feature
13. Go dim
19. Swallowed
21. Instrument for a Marx Brother
24. Chicago eleven
25. A single time
26. Remove the lid
27. Prentiss or Poundstone
28. Isle of Wight settlers
29. Top of the line
30. Rub out
31. More crude
33. British moola
36. Scorpio stone
37. Open to dispute
39. Shoe bottoms
40. New Testament book
42. Map table
43. Stomach enzyme
45. Euripides tragedy
46. Hit the mall
47. Big reference volume
48. Congregation affirmation
49. File
50. Jack of Westerns
51. Ceremony
53. Spasm
54. Suffix with lion

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Wednesday
6:30 PM

Minot Baptist Church

Sending the Glorious Light of Jesus Christ to a Dark and Needy World

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.minotcrbc.org
email: minotcrbc@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

westminot.com
facebook.com/westminot

St. Mark's Lutheran Church

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
Located off Hwy 83 Bypass West
(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 Sunday School & Adult Bible Study
11:00am Contemporary (w/ livestream)

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www.ourredeemers.org



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

www.orcsknights.org

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Our Redeemer's Christian School's Preschool Program will be starting its 37th year the fall of 2024 and we would love to have your child be a part of it!

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Please contact our school office or visit our website for more information.
701.839.0772
Email: jschultz@orcsknights.org
Website: www.orcsknights.org





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9999 27th St NE
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James W. Henderson
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 Hour6:30 p.m.
Evening Worship7:30 p.m.
Bible Study/Child-Adult
Children Worship (Wed)....7 p.m.
Prayer (Friday)7 P.m.

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6 WHOLE YUKON GOLD POTATOES, CUT INTO THICK STRIPS

2 TABLESPOON BUTTER

1 TABLESPOON TRAEGER BEEF RUB

1/4 CUP PARSLEY, FLAT LEAF, FINELY CHOPPED

Chop the chipotle peppers, then combine them with the remaining chipotle ketchup ingredients in a mixing bowl. Refrigerate the mixture for at least 1 hour to allow the flavors to blend (making it one day ahead of time is even better if you can swing it).

When ready to cook, set temperature to High and preheat, lid closed for 15 minutes.

Place the potatoes in a bowl, drizzle with melted butter and sprinkle with Beef rub, toss to coat.

Lay the fries on a Traeger Grilling Basket or a baking sheet and bake for 10-15 minutes, or until the fries reach your desired level of crispiness

Remove the fries from the grill, place in a bowl, and toss with parsley. Enjoy by the handful with plenty of chipotle ketchup for dipping. Enjoy



Ryan Davy - GM Minot

www.HofE.com/BBQHQ



Upcoming Events

10 MAY


BREWZY BOOK FAIR @ ATYPICAL BREWERY & BARRELWORKS

2:00 PM - 10:00 PM

Atypical Brewery & Barrelworks

510 E Central Ave, Minot

Books before beer, you're in the clear! Books AFTER beer...you may need to go back and do some re-reading the next day. But books AND beer? Now that sounds like a nice late spring afternoon! Main Street Books is bringing a pop-up bookshop to Atypical Brewery & Barrelworks to help welcome in patio season! Check out books by North Dakota authors, books to make you belly laugh, books for the foodies, books for the outdoorsy folks, books that'll make you feel good during the next day's hangover...and MORE!



BREWZY BOOK FAIR

FRIDAY // MAY 10TH // 2-10PM

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For more information:
Facebook/ Atypical Brewery & Barrelworks/ Events

11 MAY

BOWL - A - PALOOZA

12:30 PM

North Hill Bowl

1901 N Broadway # A Minot, ND

Souris Valley United Way is holding its annual Bowl-a-palooza on May 11th from 12:30 - 4:00. This yearly fundraiser is a great family event and promises a fun afternoon for everyone! We will have prizes for the best team name and team theme. In addition, there will be a 50/50 raffle, free lunch, and chances to sabotage other teams. A team of up to 4 individuals is \$140, but you can have as many teams as you like. Bring the family or challenge your coworkers to see who is the best at bowling! To register your team, or if you have any questions, please email hannah@svunitedway.com, call our office at 701-839-2994, or use the ticket link.

SOURIS VALLEY UNITED WAY

bowlapalooza

MAY 11 - NORTH HILL BOWL

Check-in - 12:30 | Event - 1:00 - 4:00

For more information:
Facebook/ Blue Rider/ Events

13 MAY

CRAFT NIGHT

7:00 PM - 10:00 PM

Blue Rider

118 1st Avenue SE, Minot

We're hosting a weekly bring-your-own Crafting Night! We invite you to bust out your needlepoint, sketchbook, journal, yarn, or any other hobby you've been itching to get done and come on down! Connect with other crafty people and turn that WIP into a fully fledged work of art!! From total beginners that may need some help getting started to expert craftsmen - we hope to host you with plenty of refreshments (alcoholic and N/A options available!), popcorn, and good company!! See you there!!

Der Blaue REITER'S

CRAFT NIGHT

every Monday

7-9 PM

For more information:
Facebook/ Blue Rider/ Events

17 MAY

SCANDINAVIAN PARK OPENING DAY

8:00 AM - 4:00 PM

Scandinavian Heritage Park

1020 South Broadway, Minot, ND

Join us for a fun-filled Syttende Mai celebration hosted by the Sons of Norway, Thor Lodge of Minot, at the Scandinavian Heritage Park starting at noon! We'll kick off with a festive parade, singing our favorite Norwegian songs and waving flags. Afterward, enjoy a delicious lunch featuring hotdogs, potato salad, chips, pickles, and ice cream sundaes in the lower level of the heritage building. At 1 o'clock, Verla Geinert will demonstrate how to dye items from our backyard, like leaves and trees, to create our own dyes for yarns and fabric. Don't miss this exciting event—see you there!



For more information:
Facebook/ Scandinavian Heritage Park/ Events



Minot AFB Natural Resources in cooperation with Minot Public Schools and the Minot Pollinator Project invite you to:

Pollinator Community Day

When: Saturday May 18th
Time: 10 am - 1 pm
Location: Field by North Plains Elementary School
What: Plant one of over 300 live plants which will bloom to provide food for butterflies, bumblebees, and other pollinators important to our grasslands.
Who: Open to personnel with base access

Available until 1 pm or when live plants run out.



Questions please contact: Dr. Lynda LaFond, lynda.lafond.1@us.af.mil, 701-723-4870

For more events visit our online Community Calendar at www.northernsentry.com/calendar/

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FCC provides valuable in-home child care services to support the families of Minot AFB

Provider of the Month Feature

MAY 2024



TENA HOLMGREN

What do you enjoy most about being an FCC Provider?

I enjoy being able to be home for my own kids and family while still working and being a reliable source of care for others. Preparing activities for all of the kids that I enjoy myself like baking and gardening. With all of the weird schedules in the military I am happy to be able to be a constant for the kids and create happy memories.

What are your interests/hobbies?

My favorite things include movie night with my kids, gardening, quilting, yoga, reading, and spending time outside with my family. Whether it's around the campfire, hiking or just hanging out.

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

Always keep an open mind and be willing to learn and grow. FCC can be stressful at times as there is a gray line between your home and your work. But it is so incredibly rewarding knowing that you are making a difference not only in the little lives that enter your home, but their families as well. You are part of the village here in the community where we all help take care of each other among the unpredictability of the military.

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

2 Winners Every Week!

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



by Patricia Stockdill

Fishing:
Lake Sakakawea elevation, May 6: 1,835.53 feet above mean sea level (MSL); 18,000 cubic feet per second (CFS) Garrison Dam average daily releases.
Devils Lake elevation: 1,449.42 feet above mean sea level (MSL).
Stump Lake elevation: 1,449.45 MSL.
•N.D. Game & Fish Dept. game wardens: East end of Lake Sakakawea remain slow for walleye with the spawn underway.
•Devils Lake, Ed's Bait Shop, Devils Lake: Wind and weather permitting, anglers find some walleye activity in Channel A and 6-Mile Bay but water temperatures remain cold. Some activity on the Sheyenne River downstream of the dam.
•Devils Lake, Woodland Resort, Devils Lake: Not much activity on the main lake yet with anglers still shore-fishing around the bridges. Water temperatures not warming much. Try later in the afternoon for a possible walleye bite.
•Lake Darling, Karma C-Store, Ruthville: Weather continues limiting activity on Lake Darling.
•Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: No new reports.
•Lake Metigoshe, Four Seasons, Bottineau: Fair for walleye and pike. No bluegill reports yet.
•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: East end of Lake Sakakawea producing fair walleye success around Steinke, Centennial, and Douglas bays using jigs and minnows. Try North Lake on Lake Audubon for walleye.
•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Try pitching jigs on rock & gravel points and bars on the east end of Lake Sakakawea, working 2 to 12 feet with jigs and minnows. Continued shore-fishing activity for pike using smelt or herring. Lake Audubon now at summer elevation. Slow bite with unstable weather. Try North Lake or at least find the warmest water possible and pitch jigs with minnows or half of a nightcrawler.
•Lake Sakakawea, New Town: Van Hook Arm slow with anglers spending a lot of time on the water for any success. Better success is upriver above New Town using jigs and minnows.
•Lake Sakakawea/Missouri River,

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. Its 2 Souris River canoe trails are also open.
- Garrison Dam Nat'l. Fish Hatchery, downstream of Garrison Dam, open Memorial Day through Labor Day for free tours Monday through Friday, 9 a.m. to 3:30 p.m. and 10 a.m. to 3 p.m. Saturdays, Sunday, and holidays.
- 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 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: Minot Parks & Recreation Arbor Day event, Oak Park, 9 a.m.
- 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.
- May 20: Souris Valley Pheasants Forever meeting, Hacienda, Burlington, 6 p.m.
- May 21: Minot Parks & Recreation free "Movie in the Park, Oak Park, sunset.
- May 25: Hatchery Fun Day, Garrison Dam Nat'l. Fish Hatchery, Riverdale. Free family activities and hatchery tours beginning at 9 a.m.
- May 25: EMS Kids Strong with games, activities, safety information, and food, Fort Stevenson State Park, Garrison, 4 p.m.
- May 25 through 27: Sky Fest over Fort Stevenson Kite Festival, Fort Stevenson State Park, Garrison, free event with park entrance fee, beginning at 10 a.m. each day.
- May 25: Golden Glow Evening Bike, Lewis & Clark State Park east of Williston, 9 p.m.

TOURNAMENTS:

- May 11: Lake Darling.
- May 12: Lake Audubon, Totten Trail.
- May 18: Devils Lake, Creel Bay.

Scott's Bait & Tackle, Pick City: Not much activity on the Missouri River tailrace. East end of Lake Sakakawea producing a few walleye with salmon mixed in along the U.S. Highway 83 embankment, weather permitting, for boat fishing. Lake Audubon slow for walleye.
•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Upper end of Lake Sakakawea continues producing walleye around Lund's Landing and White Earth Bay with better success with crankbaits in about 7 feet. Also try jigs and minnows. A bit of a crappie bite starting on the outside edges of some bays. Kota-Ray Dam and Kettle Lake now stocked with catchable rainbow trout. Missouri River above Williston is on the rise with Fort Peck and river levels are running higher.
•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Souris River producing scattered and occasional pike activity.

- Paddle sports river elevations:**
- Little Missouri River, Watford City, Long X Bridge: River stage, 7.27 feet; streamflow, 85.3 CFS.
 - Missouri River, Williston: River stage, 18.87 feet.
 - Missouri River Washburn: River stage, 9.37 feet.
 - Pembina River, Walthalla: River stage, 1.7 feet; streamflow, 35.4 CFS.
 - Souris River, Foxholm: River stage, 7.32 feet; streamflow, 281 CFS.
 - Souris River, Minot: River stage, 41.92 feet.
 - Souris River, Minot, Yellowstone River, Sidney, Mont.: River stage, 5.43 feet; streamflow, 12,500 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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YOUTH IN ACTION

Important Information: Kindergarten Enrollment 2024-2025

Credit: Minot Public Schools,
Alexis Perez, Enrollment Specialist
Minot Public Schools is excited
to welcome students to the
Kindergarten class for the 2024-
2025 school year! The approximate
first day of school August 22, 2024.
NOTE: Please complete the
enrollment process by July 31, 2024
to insure a higher probability of the
student attending their boundary
school. Due to capacity limitations,
those who wait too long may be
placed in a different school and
required to wait until the following
year to be enrolled in their boundary
school.

Parents are able to complete
enrollment online. The registration
process should take approximately
20-30 minutes per student.

We recommend collecting the
following REQUIRED documents
prior to beginning the online
registration process. We request
that you complete the registration
process within two weeks.

- Your child must be age 5 by July
31, 2024 to attend school in the fall.
- Parent/Guardian photo ID
 - Copy of State Certified Birth
Certificate
 - Copy of Immunization Record
 - Custody/guardianship
paperwork (if applicable)
 - Proof of Residence must apply
to the dwelling (e.g.: Utility Bill
- current within the last 60 days,
Rental/Lease Agreement, Home
Mortgage Statement, Home Purchase
Agreement, Homeowner's/Renter's
Insurance Policy, Ward County
Property Tax Statement) Parents
who reside on Minot Air Force Base
can use any one of the following for
proof of residence: Lease, military
orders, utility bill or military ID.
- Now you are ready to begin!



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



Please follow these steps using a
computer NOT A SMARTPHONE:

- Verify the school your child will
attend with your current physical
address at Map My School
- Complete the Kindergarten_Pre-
Registration_2023-24
- Once your pre-registration is
approved, you will receive an email
with instructions on how to create
your PowerSchool Parent account
(if you already have an account – it
will provide instructions on how to
add the new student to your existing
PowerSchool Parent Account) -This
email will arrive within 1 business
day after submitting the Pre Register
Form. If you do not see it in your
inbox, make sure to check your
junk/spam folder.
- If you have not received an email
within 48 hours please contact
Alexis Perez at 701-857-4444 or
email at alexis.perez@minot.k12.
nd.us
- Log into your PowerSchool
Parent account and click on FORMS.
Complete and submit each form,
and upload your REQUIRED
documents.

-After submitting all forms
and uploads, remember to check
out the Kindergarten Orientation
document located on the 2024-25
Kindergarten Enrollment page for

more information.

SUGGESTIONS for uploading
documents:

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the document, upload as normal size
- when naming a document DO
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apostrophe, commas or quotation
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Construction Commences for North Star Community Credit Union's New Branch in North Minot

North Star Community Credit Union is pleased to announce the groundbreaking and commencement of construction for its second branch location in Minot, signaling a significant step forward in the company's expansion and dedication to serving the Minot community. The new location is set to open in the spring of 2025 and will give community members in north Minot the opportunity to experience the many benefits of a credit union.

North Star Community Credit Union, headquartered in Maddock, ND, has 12 locations across central and northeastern North Dakota, including: Maddock, Rugby, Bottineau, Cavalier, Grafton, Minot, Minot AFB, Velsa, Butte, Willow City, Tolna and Devils Lake. North Star continues to serve its communities and has grown steadily since 1940, from membership of 149 to a present count of over 22,900 members and assets in excess of \$465 million. The new branch in north Minot will mark the opening of North Star Community Credit Union's 13th retail branch location.

"North Star has been serving Minot and Minot AFB for over 80 years. We are very excited about our new north Minot location and the convenience it will bring to existing and new members." – Bob Herrington, North Star Community Credit Union President/CEO

Bringing together more than 25 years of design-build expertise, North Star Community Credit Union has partnered with wildlrg, based in Fargo, ND. wildlrg uses a professional design-build process giving a single source for architecture and construction management.

"We have greatly appreciated the opportunity to partner with North Star Community Credit Union for the design-build process. The leadership team is a visionary group who has concurrently made the design phase productive and enjoyable for our design team. The next ridgeline of the process will be shaping the site to receive the new building, with construction focus on sub-surface infrastructure. We look forward to the incremental construction milestones!" – K.C. Krumwiede, Partner & Principal Architect, wildlrg

The new branch will feature four drive through lanes in addition to a 24/7 deposit accepting ATM as well as enhanced ADA accessibility, leading-edge technology and artistic ties to the local community. Additionally, the facility will create job opportunities and contribute to the economic growth in the region.

"We are committed to continuing to invest in the communities we serve and aim to fulfill our mission of delivering financial solutions, one person at a time. Our expansion into north Minot underscores our dedication to providing exceptional service and support to our current and future members. We are excited

to establish a presence in this growing area of Minot and look forward to building long-lasting relationships within north Minot." – Kylee Lemieux, North Star Community Credit Union Marketing Manager

For more information about North Star Community Credit Union, please visit nscu.com.



Visualization by NASA's Scientific Visualization Studio.

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A LOOK BACK

THIS WEEK IN USAF HISTORY

USAF MOBILIZES IN WAKE OF CATAclySMIC MOUNT ST. HELENS ERUPTION

MAY 18, 1980

On May 18, 1980, Mount St. Helens, located in Washington, erupted with a force 400 times stronger than the atomic bombs dropped on Japan nearly 35 years earlier. The Washington State Department of Emergency Services called for Air Force assistance for disaster relief operations shortly after. Personnel and planes from the 62nd Military Airlift Wing (MAW) and 36th Tactical Airlift Squadron at McChord AFB, Wash., the 63rd MAW at Norton AFB, Ca., the 303rd Aerospace Rescue and Recovery Squadron from March AFB, Ca., the 920th Rescue Wing at Patrick AFB, Fla., and many more units provided humanitarian support and communications assistance in the wake of the eruption. While McChord was able to evacuate all aircraft before the smoke arrived, many planes stationed at nearby Fairchild AFB were grounded and by the morning of the 19th, over an inch of ash covered the entirety of the base. The eruption killed 57 people and caused over a billion in damages. 24 square miles of the valley were leveled by a debris avalanche, and hundreds of square miles of forest and farmland were destroyed. Mount St. Helens continued to erupt sporadically throughout the summer.

Information courtesy of: mcchord.af.mil / 920raqw.afrc.af.mil / United States Geological Survey

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Dr. Benjamin Whitten

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Wednesday: 7:30am – 6:00pm
Thursday: 7:30am – 6:00pm
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Saturday: 2 a month by appt
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PUZZLE ON PAGE B3

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

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MINOT AFB ANNOUNCEMENTS

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MINOT STATE UNIVERSITY – Minot State University is excited to again offer face-to-face classes at the Minot Air Force Base. 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.

TIMMOTHY TIMM

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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.



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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.meg-a-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

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DEFENDERS GET IT DONE!

Last week, the 91st Missile Security Forces Squadron conducted a recapture and recovery exercise at one of Team Minot's missile launch facilities! These exercises ensure security forces Airmen maintain a high state of readiness and proficiency.

U.S. AIR FORCE PHOTOS | MINOT AFB PA

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BAD HAIR DAYS AND A UNIQUE
NATIVE WILD FLOWER

Patricia Stockdill

There's probably not a person around who hasn't had a Bad Hair Day, literally and figuratively.

Sometimes there are days when, yup, it really is the hair that won't cooperate, making it literally a Bad Hair Day.

Other times there are days when things just don't seem to go right; days when you just throw your hands up in the air in frustration.

Then it's figuratively a Bad Hair Day.

But believe it or not, there is a native North Dakota flower that has a Bad Hair Day every year; several days in a row.

And it's perfectly natural.

It's actually one of the most unique perennial plants across much of the Northern Great Plains, growing from southern Canada, down to South Dakota, Colorado, and even as far south as parts of New Mexico.

It's prairie smoke; also called torch flower and sometimes even oldman's whiskers.

And it all ties back to Bad Hair Days.

In the spring of the year – May and early June to be exact here in North Dakota – prairie smoke has pinkish, purple--red flowers that quaintly droop downwards from erect stems; usually three flower heads on a single stem gently nodding in the prairie breeze.

That's not where the Bad Hair Day comes in.

Instead prairie smoke's Bad Hair Day starts when its flowers mature and develop fruit. Achenes – clusters of teeny, tiny, single-seed fruits - stand upright, giving an appearance of a puff of smoke. Hence, its common name, prairie smoke.

And, yes, it can even look like an old man's whiskers.

Or with a little imagination, it looks like a plant with a Bad Hair Day as the pretty little flowers mature when summer days grow long and lingering.

Poof, it seems that before one realizes it, summer is dwindling and Bad Hair Days take over among the clumps of prairie smoke plants.

While South Dakota State University's publication, "Grassland Plants of South Dakota and the Northern Great Plains" readily admits prairie smoke has minimal forage value for livestock, a person needs to look beyond that dismissal of its value.

You can't put a value on how a plant can make a person smile simply by doing what it naturally does - offer a splash of much-welcomed color as winter gives way to spring.

And a person has to admit that when it matures into those Bad Hair Days, it is cute, unique, and even comical to see such a different plant.

For the American Indian Blackfeet Nation, prairie smoke meant more than springtime color on the prairie: It became an

eye wash when its plant was boiled in water.

It becomes a root tea used for multiple ills – anything from coughs, sore throat, canker sores, and even wounds. Basically it was a general tonic.

Combined with grease –perhaps fat from a buffalo or other wild big game animal – its root was then used as a salve on flesh wounds, rashes, blisters, and sores. In reality, the thick, dark rhizome roots were multi-purpose because they were also scraped and mixed with tobacco for smoking.

And as if that wasn't enough, it's also believed the roots of prairie smoke were brewed into a drink akin to a weak sassafras tea.

So never mind that livestock didn't take a liking to prairie smoke. The Blackfeet Nation recognized a multi-purpose plant when they saw one.

Granted, today prairie smoke can simply be appreciated for what it is – a charming little native plant with fetching flowers and a sense of humor as it matures into oldman's whiskers.

Or torch flower.

Or prairie smoke.

Take a walk on trails in some of North Dakota's open prairie spaces on public lands this spring. Places like a N.D. Game and Fish Department Wildlife Management Area or a state park.

Perhaps the U.S. Forest Service Little Missouri National Grasslands.

Look around and down towards the ground because a whole world of plants awakens in the spring –much more than prairie smoke alone.

But if you find a clump of prairie smoke, don't be surprised to find it brings a smile to your face.

And remember that you're not alone when it comes to having a Bad Hair Day.



Tuffs of seed heads from the native North Dakota flower "prairie smoke" glisten in backlit sunshine on a sunny summer day. They develop when its spring flowers mature later in June.

PATRICIA STOCKDILL PHOTO

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WHAT'S GOING ON MINOT AFB

FRIDAY 10

- Family Zumba, 0930, Turf hosted by McAdoo Fitness Center
- 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

- Zumba, 1100, McAdoo Fitness Center
- Dragon Quest, 1300, Minot AFB Library
- Master Chef Luca Virtual Cooking Class, 1700, forcesupport.awardsplatform.com
- Saturday Cinema, 1700-2130, Rockers Bar & Grill
- Mother's Day Handbag Bingo, 1730, Rockers Bar & Grill

SUNDAY 12

- Mother's Day Golf Special, 0900-1500, Rough Rider Golf Course
- Zumba, 1400, McAdoo Fitness Center

MONDAY 13

- May Fitness Challenge, McAdoo Fitness Center
- TAP Overview, 0800-1600, M&FRC
- Yellow Belt Process Improvement Foundation Training, 0800-1500, Atomic Spark Innovation Lab, next to B-Fifty Brew
- Family Zumba, 0930, Turf hosted by McAdoo Fitness Center
- Reintegration Briefing, 1000, M&FRC, Zoom Meeting
- Craft Club, 1800, Minot AFB Library
- Zumba, 1800, McAdoo Fitness Center

TUESDAY 14

- May Fitness Challenge, McAdoo Fitness Center
- TAP (VA) Services and Benefits Briefing, 0800-1600, M&FRC
- Yellow Belt Process Improvement Foundation Training, 0800-1500, Atomic Spark Innovation Lab, next to B-Fifty Brew
- Civilian Employment Basics 101, 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
- Cycle & Core, 1115, McAdoo Fitness Center
- Mike Super: Magic & Illusion, 1800, Base Theater
- Zumba, 1800, McAdoo Fitness Center

WEDNESDAY 15

- Registration Closes: Summer Lifeguard Course, Outdoor Recreation
- May Fitness Challenge, McAdoo Fitness Center
- TAP (DoL) Overview, 0800-1600, M&FRC
- Yellow Belt Process Improvement Foundation Training, 0800-1500, Atomic Spark Innovation Lab, next to B-Fifty Brew
- Home Buying Seminar, 0900-1100, M&FRC
- Family Strength & Tone, 1000, McAdoo Fitness Center
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- SkillBridge Brief, 1000, Education Center – Room 211
- Global Street Food Special Lunch: Asia, 1030-1330, Dakota Inn Dining Facility
- Storytime, 1030, Minot AFB Library
- Yoga, 1700, McAdoo Fitness Center
- Zumba, 1800, McAdoo Fitness Center

THURSDAY 16

- May Fitness Challenge, McAdoo Fitness Center
- TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- Short Notice Pre-Separation Counseling, 0830-1130, M&FRC
- Family Bootcamp, 1000, McAdoo Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Tuition Assistance (TA) Brief, 1330, Education Center – Room 211
- OSI Recruitment Briefing, 1500, Professional Development Center
- Paint & Sip, 1730-1930, Arts & Crafts Center
- Craft Club, 1800, Minot AFB Library
- Zumba, 1800, McAdoo Fitness Center

FRIDAY 17

- Registration Closes: America's Kids Run – Color Run, Youth Center
- May Fitness Challenge, McAdoo Fitness Center
- TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- Family Zumba, 0930, Turf hosted by McAdoo Fitness Center
- Cycle & Core, 1115, McAdoo Fitness Center
- Bistro Family Night, 1700-1900, Bomber Bistro
- Progressive Bingo, 1730, Rockers Bar & Grill
- Zumba, 1800, McAdoo Fitness Center

SATURDAY 18

- America's Kids Run – Color Run, 0900-1200, Youth Center
- Why Not Minot Scramble, 0900, Rough Rider Golf Course
- Zumba, 1100, McAdoo Fitness Center
- Saturday Cinema, 1700-2130, Rockers Bar & Grill
- Friendly Feud, 1800, Rockers Bar & Grill

Mother's Day Handbag Bingo

Rockers Bar & Grill

11 May 2024 • 5:30pm

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