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Airmen choose to challenge gender inequality and celebrate International Women's Day at Minot Air Force Base, North Dakota on March 8, 2021. See page 5-8 for more coverage on International Women's Day at Minot Air Force Base.

U.S. AIR FORCE PHOTOS | AIRMAN ALLISON MARTIN

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Wise Guy Returns to Service

ROD WILSON, NORTHERN SENTRY

Approximately 13 years ago B-52 60-034 left Minot Air Force Base, headed for Arizona as part of a reduction in forces. The number of planes that had the same destiny as Wise Guy numbers between 10 and 15 according to sources at Minot Air Force Base. Expectations were that these planes may not see active duty again, but those expectations were proven wrong. Never say never as they say.

On Tuesday, March 9th, almost 60 minutes early of an announced 1330 arrival at Minot Air Force Base, Wise Guy would touch down on the runway where this B-52H would have flown from for almost 20 years, once again. With a fresh coat of paint and almost 2 years of refurbishing and modernizing, Wise Guy would taxi slowly to the once active "Alert Area" where B-52's stood sentinel during the cold war of the late 60's and 70's. Aside

from the welcoming party for Wise Guy, the area is now vacant.

SMSgt Chris McCauley, now the Maintenance Superintendent for the 5 BW, remembers Wise Guy from the first tour of duty the jet had. "I have worked on B-52's all of my career" says McCauley, he joined the Air Force in September of 1999, and arrived in Minot on April 1st of 2000. For McCauley, it would be hard to remember just one B-52, "especially if they weren't hard to work on. You know, some planes just seem to be more difficult" says McCauley, but he is convinced that Wise Guy was probably a "good plane when it was here the first time" as he couldn't remember Wise Guy being one of those difficult planes to work on.

On the flight line to welcome Wise Guy back to Minot was CMSgt Ryan Thompson of the 5th Aircraft Maintenance Squadron. Chief Thompson was

sent to Davis-Monthan AFB to begin the regeneration process on Wise Guy about 2 years ago. The length of the reclamation period was determined both by the amount of maintenance that needed to be performed, and the budget. "For example, Wise Guy took the place of the B-52 that was destroyed at Tinker

AFB for PDM (Programmed Depot Maintenance). The first B-52 that was regenerated, Ghost Rider, by chance happened to be at Tinker as the same time as Wise Guy undergoing the PDM, a maintenance procedure that takes place every 4 years. In Wise Guy's situation, the PDM was the end of a 3- stage process of regeneration.

"It took us 3 months to get Wise Guy ready to fly to Barksdale AFB to begin regeneration" according to CMSgt Thompson, "after that it was Barksdale and then Tinker."

How soon will Wise Guy return to the fleet? "We are anticipating 21 days until Wise Guy is back on line" according to Thompson.



"WISE GUY" AND "GHOST RIDER" MEET AT TINKER
B-52H Stratofortress bombers "Wise Guy," left, and "Ghost Rider," right, are parked nose-to-nose while undergoing programmed depot maintenance at the Oklahoma City Air Logistics Complex, Tinker AFB, Oklahoma, Feb. 26, 2021. The aircraft are the first B-52H aircraft to be returned to active service after being kept in storage at the 309th Aerospace Maintenance and Regeneration Group's National-Level Airpower Reservoir located at Davis-Monthan Air Force Base, Arizona. "Wise Guy" was in storage for 10 years while "Ghost Rider" was returned to service after seven years. The aircraft belong to the 5th Bomb Wing at Minot AFB, North Dakota

U.S. AIR FORCE PHOTO | PAUL SHIRK



A B-52H Stratofortress "Wise Guy" lands on March 9, 2021 at Minot Air Force Base, ND. Wise Guy is one of the last B-52's to be resurrected from Davis-Monthan Air Force Base. (Air Force photo by)

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS JESSE JENNY



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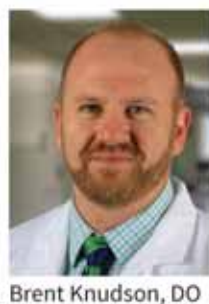
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Bomber Task Force mission to Middle East

U.S. CENTRAL COMMAND PUBLIC AFFAIRS

SOUTHWEST ASIA – The U.S. Air Force routinely moves aircraft and personnel into, out of, and around the U.S. Central Command area of responsibility to meet mission requirements, and to train with regional partners, underscoring the importance of strategic partnerships. Temporary long-range bomber deployments into the region dates back to 2015. This was the fourth bomber deployment into the Middle East this year.

A pair of U.S. Air Force B-52H “Stratofortresses” flew a multinational patrol mission across the Middle East, March 7 to deter aggression and reassure partners and allies of the U.S. military’s commitment to security in the region. Multiple partner nations and U.S. Air Force fighter aircraft accompanied the U.S. bombers at different points during the flight, including Israel, Saudi Arabia and Qatar.



Pilots from the 69th Bomb Squadron board B-52H Stratofortress bomber “Wham Bam II” in preparation for a flight on March 6, 2021, at Minot Air Force Base, North Dakota. Strategic bomber missions enhance the readiness and training necessary to respond to any potential crisis or challenge across the globe.



Pilots from the 69th Bomb Squadron board a bus in preparation for a Bomber Task Force mission to the U.S. Central Command area of responsibility on March 6, 2021, at Minot Air Force Base, North Dakota. The U.S. military maintains a strong bomber force, capable of deploying combat power on short notice. Bomber Task Force missions provide opportunities to train and integrate with regional partners and is an important element of a broader deterrent strategy in the region.



Pilots from the 69th Bomb Squadron board B-52H Stratofortress bomber “Heavy Hauler” in preparation for a Bomber Task Force mission to the U.S. Central Command area of responsibility on March 6, 2021, at Minot Air Force Base, North Dakota. Bomber Task Force missions provide opportunities to train and integrate with regional partners and is an important element of a broader deterrent strategy in the region.

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Women's HISTORY month



WOMEN'S HISTORY MONTH

To begin the celebrations for Women's History Month, Team Minot hosted a cake cutting ceremony and proclamation signing at the Base Exchange on March 5, 2021. Women's History Month is an annual celebration of the women's contributions to events in history and to today's society, and an important reminder of the progress that women have made in the U.S. military.

U.S. AIR FORCE PHOTOS | MINOT AFB PA



Events brought to you by Minot AFB Women's History Council

| PAST EVENTS | UPCOMING EVENTS |
|--|---|
| <p>05 MARCH Cake Cutting Ceremony The Commissary 1100-1300</p> | <p>16 MARCH MEAC New Women's AFI Walk Through Event The Turf (CCC) 0800-0900 and 1300-1400</p> |
| <p>08 MARCH AFSC's Women's Day Event Jimmy Doolittle Center Group 1 11:00-1230 Group 2 12:45-1345 Group 3 1400-1500 (E-invite sent out)</p> | <p>19 MARCH Red Table Talk The Turf (CCC) 1400-1530</p> |
| <p>10 MARCH Children's Reading Event The Base Library 1330-1500</p> | <p>27 MARCH Movie Night The Turf (CCC) Families: 1700 Singles: 2030</p> |
| | <p>31 MARCH Women's History Month Final Eveng More information to be announced</p> |

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International Women's Day: Honor the Past and Secure the Future



ABIGAIL KINDER, NORTHERN SENTRY

March 8, 2021 marks International Women's Day, a celebration of women and their contributions to society. For the women of the Air Force, and especially Team Minot, the day is an important reminder of the strength and determination of military females and their predecessors.

To celebrate the day, the Minot Air Force Base Women's History Council hosted a leadership panel at the Jimmy Doolittle Event Center. Airmen and civilians were invited to gather, ask questions, and celebrate women's journeys in the Air Force. Three panels spoke throughout the day, including female leadership from the 91st Missile Wing, 5th Bomb Wing, and an opening statement from Brigadier General Stacy Huser, Principal Assistant Deputy Administrator for Military Application, National Nuclear Security Administration, Department of Energy, Washington D.C.

Huser, who helped pioneer the first all-female alert crew at Minot AFB, N.D., in 2016, is a prominent advocate for women in the military.

"When I first joined the Air Force, I didn't really care about women's representation in the military... I was perfectly happy being the only woman in the room," said Huser. "About ten years in, something in me changed, and I got mad when I was the only woman in the room. I said 'Well, where are the women? Why aren't they here?' Ever since then, I've been passionate about women serving in the military."

The all-female alert crew was the first of its kind since women were allowed to join the Air Force in 1948 and allowed to become missileers in 1986. Since then, the event has become an annual celebration of Women's History Month.

As with many efforts made by women throughout history, the alert was not free from criticism. "As soon as we said the words all-women's alert, the trolls came out," said Huser. "I sat down with my squadron commanders, who were all four men, and I said 'Never mind, we can't do this. The comments are already too ugly; I give up.' And it was them who said, 'No, this is important. We need to do this.'"

Huser stressed her gratitude to her fellow male leaders for encouraging the all-female alert. With their motivation in helping the women of Team Minot put on a show of strength and solidarity, the all-female alert moved forward with confidence. "I reached out to the other Operations Groups and they joined in. I reached out to the Bomb Wing, so they flew female crews that day. The 625th STOS flew a female crew. Our awesome Public Affairs team at Minot had an all-women's team covering the event, it was just huge!"

"When we started the women's alert, it was to honor the women who came before us. We stand on the shoulders of giants. It was to honor them and to hopefully inspire a future generation," she said.

While the month is an

inspirational celebration of women's accomplishments, it is also a time to sit down and think about the work that still needs to be done to make the world, and the Air Force, a more inclusive environment for all.

As recently as 2016, all jobs in the Air Force were finally available to females, opening up nearly 4,000 positions that women were previously not allowed to hold. And while integration in many job fields is possible, it does not always happen right away.

SSgt. MaKinzie Nester, a Missile and Space Facilities Technician for the 91st Missile Maintenance Group, is one of many women to join a male dominated field: maintenance. "With my job, I do a lot of diesel mechanic type work, HVAC work, and electrical. All throughout history, that's just been seen as more of a man's job. It's not very feminine, you could say," said Nester.

"But, we're not all meant to work at a desk. We can get our hands dirty; we can lift and do all the heavy maintenance that any guy can do," she said. For Nester, having the will and determination to succeed are important traits for women in male-dominated careers to possess.

Another female working her way up in a previously male-dominated career field is Lt. Col. Sandra Bates, Commander of the 91st Missile Security Forces Squadron and Women's Day panelist. Bates was joined by SMSgt. Yucari Brown, First Sergeant of the 5th Security Forces Squadron, and MSgt. Adrian Galcik, First Sergeant for the 91st Security Forces Group, for the second panel of the day.

Bates recalled one moment that helped shape her determination for becoming the leader and woman she is today.

"I came into Minot pregnant, and I was losing my mind thinking 'what is my commander going to think?' My commander at the time was very accommodating and understanding. But then, it was looking like I was going to get selected for command again and he says, 'Well you know you probably shouldn't be pregnant again at your next command.' He said, 'So what are your plans for having a family, do you think you're going to have another kid?' I was shocked. Would he be telling a guy he couldn't have another kid? What would be wrong with me having another kid? It's like, you can go command or you can have another kid, but why do I have to choose?" said Bates.

Fellow panelist MSgt. Galcik didn't choose between family and career, but instead pursued both dreams. Now, she raises a thriving family of five children all while being a First Sergeant. While family care often falls on the woman's shoulders in society, these leaders are living proof that women can balance successful careers, family life, and a personal life. They truly can do it all.

Many working women, even outside of the Air Force, feel that others sometimes perceive their workplace confidence and assertiveness in a negative way. So how does one navigate this?



Brown said, "How others perceive us may not necessarily be how we are. You've got to be the best version of you."

Time, education, and inclusive policies are all key factors in helping to remove negative stereotypes surrounding women in leadership roles. Brown believes that it's also important to remember where people come from and what makes them unique in order to understand their personality as a leader.

One other important question asked during the panel came from one of the few male attendees in the room. "When it comes to men in the military, what can they do to improve their relationships with their fellow women and be better co-workers and supervisors?"

The main response was emotional maturity. Listen, learn how to respond to them, and also know the female regulations. "Connect with them on a different level. Get to know their family life. Have that open communication as well. Because that's one thing, a lot of females sometimes don't feel comfortable talking to a

male about issues going on. If you're unable to help them with that mentorship, guide them to another female that can hopefully mentor them, and hopefully that mentor can help you with some of the things that are going on," said Galcik.

The conversation topics of the day revolved heavily on women's experiences in the Air Force and the rise to leadership as a female, as well as ways to set themselves up for success. The Air Force has also set up many policies to help women on the path to success, including discarding many height standards for pilots, designing new gear to better fit women's bodies, and implementing policies to benefit pregnant and postpartum Airmen. However, there is still work to be done, and conversations like the ones held during Women's History Month are important for progress to be made.

The leadership panel is one of many events being held by the Minot AFB Women's History Council this month. According to many of the participants, the

all-female alert will face some challenges due to COVID-19, but the women of Minot AFB still hope to celebrate to the best of their abilities.

In her closing remarks, Brig. Gen. Huser left the women of Team Minot with an encouraging message that applies to females everywhere. "I hope you use Women's Day to also celebrate you. The women we have now are the most intelligent, courageous, authentic, inclusive, diverse, group of women that I have ever seen. You relish in your uniqueness. You're brave, you're unapologetic for who you are, and you also relish in your unity! You know that you're stronger together, you support each other, you look out for each other, you lift each other up; it's just amazing. Yeah it's great to celebrate the women who came before us, but you are writing history right now. My daughters are going to be celebrating you, because you are inspiring them. You're paving the way. You're the ones showing them that there are no limits to what they can do."



INTERNATIONAL WOMEN'S DAY

Airmen choose to challenge gender inequality and celebrate International Women's Day at Minot Air Force Base, North Dakota on March 8, 2021.

U.S. AIR FORCE PHOTOS | AIRMAN ALLISON MARTIN



International Women's Day

March 8



CAPTAIN ALYSSA FORD

This is Captain Alyssa Ford! She is one of two squadron weapons officers and her specific job is overseeing training for the entire 742nd Missile Squadron. She helps manage a shop of 6 instructors who give missile simulation rides to crew members, track trends, and develop supplemental training products for crew members. She has been here since 2015 and she absolutely loves it!

Capt. Ford believes International Women's Day is a day to reflect on the achievements of the trailblazing women that came before her.

This may sound corny, however, specifically to her, it is a day she gets to take alert with all of the women in the 91st Operations Group and it feels awesome knowing that there are enough women who can pull nuclear alert. It didn't used to be that way, when ICBMs and alert duty came to fruition, women were not able to pull alert duties. It wasn't until the 1980's that women were able to pull alert and take part in this unique mission; so she feels very fortunate to have the ability to pull alert.

Capt. Ford also feels very fortunate that her current shop has four women in it (not including her!). She gets to work with some extremely high caliber people who push her to do better each and every day! This might be a hot-take, but she doesn't particularly like the question of "what does being a woman in my career field mean to me", because to her, her job is her job and what she does for her career field is not defined by her gender. She knows her gender does not define what her limits are in this career field, nor

make it easier or harder to operate in her environment.

However, Capt. Ford notes that some very amazing women have come before her and she constantly look up to them, they are: Captain Erica Weitgenant, Captain Kate Grimley, Captain Carolyn Hockaday, Captain Emily Gill, Major Traci Davis, Major Liz Neary, General Stacy Jo Huser. Capt. Ford expresses that she is very lucky- some of them don't probably know that they made this list, but she admires every single one of these women and they have

been integral to her development as an officer and a human being. All of them have given her guidance and been a part of her two major accomplishments in her career, which are: competing in Global Strike Challenge in 2017, and winning the McAdoo Trophy for Best Weapon System Score, as well as graduating Weapons School- as a part of Class 20A- last year. She is extremely humbled and grateful for where she is in her Air Force career as well as life. She couldn't do it without those other awesome ladies!



AMN EMILY HANNA

Amn Emily Hanna works in the Facility Maintenance Section. She is currently the FMS scheduler, an FMS tool room trainer, a tool room shift lead, and is the program lead for their shops' extensive bench stock program.

Amn Hanna takes the time to train and mentor the new tool room airmen on their many roles and responsibilities, has created and implemented a new system of organizing their supply section, and conducts needed parts research for the missile complex. She was awarded Distinguished Graduate in technical school and has continued to exceed standards both on and off duty. Amn Hanna embodies the whole airmen concept. Most notably, she performed lifesaving SABC on a fellow airman this year, ultimately saving his life.

Amn Hanna was raised by an engineer and a surgical technician, setting her up to

enjoy the physical aspects of her career field. She finds working in FMS enjoyable even when things get stressful because of the importance of our mission's global impact. She has continued to feel empowered by those prior women who have worked in her career field. They have shared their Air Force history with her as a learning tool and continue to give her feedback on how she can improve and stand up for what she believes in.

Amn Hanna finds International Women's Day important due to the small percentage of women serving in the Air Force and the even smaller number of women working in her career field. To her Women's Day means celebrating the amazing hard-working women that we work with and setting an example for the future women joining the Air Force.



SSGT. AMANDA WEST

SSgt. Amanda West, a California native, is the NCO in charge of Aircraft Maintenance Unit scheduling. She makes maintenance schedules for maintainers on the flight line and distributes it throughout the squadrons.

"A really strong inspiration in my life is MSgt. Select Ashley Ross," said West. "I think that everyone hits rough patches in their life, and she gave me a new perspective that you can overcome any hardship."

West says she is transitioning into a leadership role. She says her goal is to improve her Airmen and show them

anything is possible.

"I feel like a lot of women in maintenance have it rough because they think we're not as capable," said West.

West says she is most proud of her Community College of the Air Force degree. She says she's had plenty of good opportunities to advance in her career, and she's gained a lot of knowledge throughout her Air Force career.

"There are so many women in the military making big changes right now," said West. "I am just out here proving that I can do my job just as well as anyone else."



SRA ALEXIS WHEELER

SrA Alexis Wheeler is a training instructor for the 5th Security Forces Squadron. She trains 600 SF Airmen every week, reinforcing their tech school education, and ensuring that they retain the knowledge needed for their career field. Being the only female instructor on her team, Wheeler says she works just as hard as any of her coworkers.

"I don't want that stereotype of the female that's not as capable. I don't want women to be better, I just want us to be even," said Wheeler.

Wheeler says that she holds a strong voice and tries to assume leadership positions in order to stand out from her peers.

"I just try to have a lot of face time,"

said Wheeler. "I'm an instructor so the 600 people who need training already see my face once a week."

Wheeler said her goal is to commission and become a pilot. She was accepted into the Airman Scholarship Program for military justice and will commission afterward.

"Change people's minds," said Wheeler. "Show them there's no difference between men and women."

Wheeler said her inspiration is her mother. Having served as a security forces Airman in the Air Force for 23 years and continuing to serve as a government contractor, Wheeler says her mom has been a very strong female role model.



CAPTAIN TARINA CROOK

Captain Tarina Crook is an Air Force Academy graduate with a Bachelors of Science in Legal Studies. Upon graduating she spent a year traveling the country to assist the Air Force Academy with diversity recruiting before joining the missileer family. Tarina is currently working on her Masters degree in social work, she has a 4.0 gpa while interning over 320 hours at a women's shelter in Minot. She has recently been inducted into the National Honor Society for social work.

Captain Crook is passionate about her job. She says she feels like she is part of a giant Air Force family all around the world and feels a sense of love enveloping her when she puts on her uniform. Tarina is passionate about diversity and championing progress for women. She feels

empowered at work as a crew commander to grow and mentor the newer generation of missileers. Captain Crook enjoys teaching and is excited to take on her new role as an instructor in the near future.

Captain Crook thinks one of the most important aspects of her job as an officer and as a soon to be social worker is changing the narrative of people's lives who are disenfranchised, marginalized and underrepresented. She wants other girls to know they too can pursue their dreams and pave the way for others. Captain Crook says she is humbled, awed and inspired by the other women she works with of all ranks. She says "when one woman wins, all women win."

All-women crews lead strategic deterrent forces on International Women's Day

AIR FORCE GLOBAL STRIKE COMMAND PUBLIC AFFAIRS

BARKSDALE AIR FORCE BASE, La. --

As it has since 2016, Air Force Global Strike Command recognizes Women's History Month by coordinating all-female alert crews to dispatch to the missile field, and all-female bomber crews at some of its bases.

This year, all three intercontinental ballistic missile wings are posting women to the field on alert for International Women's Day. In addition, bases across the command will have all-female command post teams, maintenance teams, and helicopter and security forces crews as well.

"It is important for us to recognize the important role women play in our military today, and International Women's Day is the perfect opportunity to do

that," said Col. Anita Feugate Opperman, 341st Missile Wing Commander. "When I came in 27 years ago, we would have barely been able to put together a couple of female crews, and now we are doing it across all three missile wings as well as some of our bomber wings as well. We want the American public to know that women directly support our mission every day."

Women's History Month commemorates the vital role of women in American history and its future. From manning the home front during the world wars to propelling suffragettes to demand the right to vote, women's contributions in society has been, and is, constantly evolving.

Posting female crews has become an annual tradition at AFGSC as a way to recognize the

contributions women make to the command and its mission.

Air Force Global Strike Command is comprised of more than 33,700 Airmen and civilians assigned to two numbered air forces, 11 wings, two geographically-separated squadrons and one detachment in the continental United States, and deployed to locations around the globe. The Command oversees two-thirds of the Nation's nuclear weapons including all bomber and Intercontinental Ballistic Missile operations for the U.S. Department of Defense. More information can be found at <https://www.afgsc.af.mil/Library/Fact-Sheets/Display/Article/454593/air-force-global-strike-command-air-forces-strategic-air/>



INTERNATIONAL WOMEN'S DAY ALL WOMEN ALL-FEMALE COMMAND POST

Senior Airman Chloe J. Medrano and Staff Sergeant Tymber M. Swiczkoski, emergency action controllers for the 5th Bomb Wing command post assume command and perform turnover duties for their shift at the command post March 8, 2021 at Minot Air Force Base, North Dakota. In honor of International Women's Day the Air Force Global Strike Command assigned various sections to all-female crews.

U.S. AIR FORCE PHOTOS | AIRMAN FIRST CLASS JAN K. VALLÉ



International Women's Day
March 8

Annual Meeting

March 18th, 2021



North Star
Community Credit Union

6pm

The meeting will be live streamed from the NSCCU Board Room.

The link to the meeting will be posted on our website. All members are welcome to attend virtually.

Door prizes will be given during the meeting. To vote for the open board position, call 701-858-9300 or vote in-person at any of our branch locations.



nsccu.com



Back Talk

I am He-Man!!

Ok I am defiantly not He-Man. Nor to be clear do I even think I am close. I remember as a kid thought watching that cartoon and in the beginning he holds up his sward to the heavens and a bolt of lighting strikes it and he declares "By the powers of Grey Skull, I am He-Man!" Gave me chills as a kid. As many times as I held my toy sward up to the sky though it was never struck by lighting (thank God) and I never received the powers of Grey Skull (whatever that is). I never became He-Man. I was then and always will be just me. That is sometimes a hard realization to come to. I was taught as a kid watching that cartoon that the "POWER" came from somewhere else. We are taught in advertising that the power comes from somewhere else. Some product or service that will make us better. Make us who we always wanted to be. Some of those products and services may be great don't get me wrong, but they are all, and I mean all, just tools. Think about it. If you want to dig a hole you buy a shovel, but you cant just buy the shovel and lay it on the spot where you want the hole and automatically the earth is moved. You need to get on the business end of that shovel and do the work. 2 things are necessary in that scenario.

1. The right tool
2. The work.

The tools we need to be our best self are closer at hand than we think, and the work that we have to do is easier than we think because of "the power." We don't have the power of Grey Skull like He-Man did. We have access to much more power. He had a single lightning bolt give him his power you have the power of the entire unaversive on your side. Stop looking at the world in terms of how big your problems are, and start looking at the world in terms of how big and powerful you are. There is a Universal inelegance in the world looking out for you and giving you everything you need as long as you maintain your connection to it. You have an innate intelligence that is capable of giving you abundant health and energy. Unlike He-Man the power does not have to come from outside to make you great. It is already in you waiting for you to manifest it in the world. Never stop dreaming! Never stop doing the work! You are young enough, good looking enough, in shape enough, courageous enough to make the world a better place, to elevate you and your family, and to live the life of your dreams. Set realistic stepwise goals, be kind to yourself, think right, eat right, move right, and sleep right, focus on what brings you joy, look for miracles, be grateful, and you will be amazed at where life takes you. You have the power of the universe in your hands so do the world a favor and use it to make the absolute most of yourself.



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International Women's Day
March 8



INTERNATIONAL WOMEN'S DAY
Airmen geared up for a training sortie at the 54th Helicopter Squadron on Mar. 2, 2021 at Minot Air Force Base, ND. The all-woman led training sortie entailed take off, landing, and flying exercises.

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN MICHAEL RICHMOND



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

SPRING CAR CARE

How Often Should You Change Engine Oil

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

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

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

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

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

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


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


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

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

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

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- CHECKING BELTS AND HOSES
- INSPECTING TIRE PRESSURE
- CHECKING ENTIRE UNDERCARRIAGE



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

WHEN TO CHANGE/CHECK YOUR OIL

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



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YOU CAN DEPEND ON YOUR HOMETOWN EXPERTS TO SERVE ALL YOUR CAR CARE NEEDS IN MINOT.

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It's "Spring Upgrade" Month!



2021 Hyundai Kona - March

| | |
|----------------------------------|--|
| Lease | \$0/\$0/\$0 Sign and Drive Lease OR \$139/mo with \$3,519 due at lease signing. |
| APR | 0% Financing up to 60 months on HMF Low APR + \$1,500 HMF Bonus Cash! (Excluding EV) No Payments for 90-days! |
| Retail Bonus Cash | \$3,500 Retail Bonus Cash (\$2,500 on SE Trim) |
| Dealer Choice Program | \$3,000 Dealer Choice Bonus Cash on HMF Dealer Choice Program + 1.9% financing up to 60 months through HMF only (Excluding EV) |
| US Military | \$500 Coupon. Customer (or Spouse) must be from specific Military Branches. |
| First Responder | \$500 Coupon. Customer (or Spouse) must be from specific First Responder Branches. |
| Complimentary Maintenance | Hyundai has you covered for normal, factory scheduled maintenance intervals for 3 years or 36,000 miles (whichever comes first). |



Hyundai ELANTRA 2021 North American Car of the Year™



2021 Hyundai Elantra - March

| | |
|----------------------------------|--|
| Lease | \$169/mo with \$3,089 due at lease signing. |
| APR | 0% Financing up to 60 months on HMF Low APR. No Payments for 90-days! |
| Retail Bonus Cash | \$1,500 Retail Bonus Cash |
| Dealer Choice Program | \$1,000 Dealer Choice Bonus Cash on HMF Dealer Choice Program + 1.9% financing up to 60 months through HMF only |
| US Military | \$500 Coupon. Customer (or Spouse) must be from specific Military Branches. |
| First Responder | \$500 Coupon. Customer (or Spouse) must be from specific First Responder Branches. |
| Complimentary Maintenance | Hyundai has you covered for normal, factory scheduled maintenance intervals for 3 years or 36,000 miles (whichever comes first). |

Information based on Mountain States Markets. Please see official program rules for details.

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RED PANDA

CREATURE FEATURES

- The Red Panda live in the Himalayas and the Chinese provinces of Sichuan and Yunnan at elevations of 7,200 ft to 16,000 ft.
- Excellent climbers, Red Pandas have a specialized wrist bone that acts as a thumb to assist in climbing and grasping bamboo.
- Although they look like a raccoon or a bear, they are actually in a family of their own.
- Their tails are used for balance when climbing and to cover their faces when sleeping.

Fact File

| | |
|-------------|---|
| Life Span | 8 - 10 years |
| Weight | 8 - 14 pounds |
| Body Length | 20 - 25 inches |
| Tail Length | 11 - 23 inches |
| Wild Diet | Canebrake, Herbivore Leaves, Bamboo, Grasses, Roots, Berries, Fruit, Insects, Bird Eggs, Small Lizards |

under water word search

| | |
|-------------------------|-----------|
| Y B C S C L O K N P S D | SALTWATER |
| V N R E C O R A L L I M | SEA |
| S W A V T B F W L V K M | SHELLS |
| J A B A L S H I E W O I | WAVES |
| Z A L W B T G V S L J E | GILLS |
| S Q F T K E C O L H H Q | LOBSTER |
| K X N N W R H U J K H T | MOLLUSK |
| Z U R A Y A S L L E H S | OCEAN |
| P U K C E K T J U O E S | CORAL |
| L A Z D X C R E Z J U K | CRAB |
| B T B S V P O L R A E S | DIVE |
| F V G S Y I B R C C R D | FISH |

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International Women's Day
March 8



INTERNATIONAL WOMEN'S DAY

791st Missile Security Forces Defenders check out equipment and weapons at the 5th Security Forces Squadron Armory on Mar. 4, 2021 at Minot Air Force Base, ND. Before heading out to execute their mission, Defenders go through an extensive process when receiving their gear, from signing out magazines, clearing their weapons, receiving a safety brief and making sure that no single piece of equipment goes unchecked.

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN MICHAEL RICHMOND



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NODAK ARMS

OUTDOOR

REPORT

OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, March 8: 1,836.75 feet above mean sea level (MSL); 18,400 cubic feet per second (CFS) Garrison Dam average daily releases.

Devi's Lake elevation: 1,448.57 feet above mean sea level (MSL).

Stump Lake elevation: 1,448.43 MSL.

• N.D. Game & Fish Dept. game wardens: No Missouri River System, Devi's Lake, or north-central N.D. area lake reports.

• Devi's Lake, Ed's Bait Shop, Devi's Lake: Walking access only recommended on Devi's Lake, although anglers are finding an improving late season perch and walleye bite. Use extreme caution if venturing onto the ice.

• Devi's Lake, Woodland Resort, Devi's Lake: Ice conditions rapidly deteriorating with walk-on access at best. Use extreme caution.

• Lake Darling, Karma C-Store, Ruthville: Lots of water on top of the ice on area lakes. Limited reports.

• Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: Ice conditions rapidly deteriorating on Lake Darling. Registration now available for free grouse blind viewing opportunities. Contact refuge headquarters, (701) 468-5467, for reservation dates and blind locations. Most activity is in April but early warm weather could help make the birds more active earlier. Auto tour route remains closed.

• Lake Metigoshe, Lake Metigoshe State Park, Bottineau: Fair to good success on Lake Metigoshe but anglers moved houses off early with warm conditions. Trails in good condition for hiking

• Lake Metigoshe, Four Seasons, Bottineau: Somewhat improving bluegill numbers with occasional crappie. Look for some walleye in the evening.

• Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Some pike spearing activity in shallow water on Douglas and Steinke bays of

Statewide ice conditions are rapidly deteriorating and anglers need to exercise extreme caution if considering venturing out.

Elk, moose, and bighorn sheep applications now available on the N.D. Game & Fish Dept. website, (gf.nd.gov).

March 12 - 14: KX Sports Show, N.D. State Fair Center.

March 12 - 13: "Celebrate the North Country Trail" hikes, Sakakawea State Park, Pick City. Hike the trail anytime throughout those days as part of the NCT Central Flyway Chapter's celebration of the national trail.

March 15: Deadline for removing permanent and darkhouse ice-fishing houses.

March 15: Leftover spring turkey licenses available on first-come, first-served basis, also on the Game & Fish Dept. website, (gf.nd.gov).

March 16: New hunting, fishing, and trapping licenses available.

March 17: Leprechaun geo-cache, Fort Stevenson State Park, Garrison.



Lake Sakakawea with some hook and line walleye success. Ice is in poor condition with open, slushy shorelines.

• Lake Sakakawea, Scenic 23, New Town: Deteriorating ice conditions putting an end to walleye fishing with some pike anglers along the shoreline but slow success yet.

• Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Increasing angler activity on the Missouri River tailrace but limited walleye success. Look for some ling success in the chutes from boats or from the wing walls.

• Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Walk-on or ATV access - at best - recommended on the upper end of Lake Sakakawea. Little Beaver and White Earth bays continue producing the best walleye activity with best success an hour on either side of sun-up or sundown. Try tip-ups in 12 feet or less for pike using smelt or

herring in back bays. Open water fishing underway at the pump house on the Missouri River. Look for a mixed bag of panfish species from Blacktail Dam.

• North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Diamond Lake spotty pike success. Look for some nice-sized ones. No reports from other area lakes or the Souris River.

N.D. Parks & Recreation Dept. trails (conditions can vary):

• North Dakota state parks remain open with trails usable for hiking. Check with individual parks for other available amenities for the coming spring. New park passes now available.

Numbers to know:

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

• Report All Poachers: (800) 472-2121 or (701) 328-9921.

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Air Force finalizes PT uniform design; will begin production process

BRIAN BRACKENS, AIR FORCE LIFE CYCLE MANAGEMENT CENTER PUBLIC AFFAIRS

WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFNS) --

After numerous tests and feedback from Airmen around the world, the Air Force Uniform Office has finalized the design of the new Physical Training Gear uniform, or PTG, and is preparing to begin the production process.

This is the first update to the PT uniform in more than 16 years, and more than 150 Airmen participated in testing the uniform.

“Our main requirement (from Air Force leaders) was to develop a PT uniform that people really wanted to wear and is as good as, if not better than, commercially available athletic wear,” said Tracy Roan, chief of the Air Force Uniform Office which is aligned under the Agile Combat Support Directorate’s Human Systems Division. “The new uniform now includes all of the great performance features that you find in athletic wear today.”

In addition to improving performance, the uniform is designed to accommodate various

athletic interests.

“In the past, there was one uniform for all athletic pursuits, whether you were running, playing basketball or lifting weights,” said Col. Paul Burger, 88th Air Base Wing Mission Support Group commander, one of the test participants and an official with the Air Force Marathon. “The approach the Air Force has now taken, is to develop a uniform that is earmarked for runners or running and one that is better designed for some of those other athletic activities.”

With the new gear, Airmen will be issued a jacket, a pair of pants, T-shirt and shorts.

The ensemble will have improved fabrics that include soft, quick-drying material and have antimicrobial technology that helps with moisture and odor control.

Other significant changes include the design of the jacket.

“With the ‘notorious’ track jacket, we’ve made updates to the fabric to minimize the noise it makes during workouts,” said 2nd

Lt. Maverick Wilhite, the uniform office’s program manager for PT gear. “The jacket will be sleeker looking, so instead of having a bulky jacket, you’ll have a fit and tailored design. In addition, the jacket will have a zipper chest pocket for holding things like your CAC (common access card).”

The workout ensemble will include two variations of shorts; a shorter running style, and a longer all-purpose short. The all-purpose shorts are unlined knit with zipper hip pockets you can close. The runner’s short is a lightweight stretch-woven fabric with mesh side panels to improve airflow and improved stretch liner for modesty. The performance shirt is designed to be untucked during workouts or tucked as required by command.

Overall, the entire PTG uniform has updated styling with stretch materials to provide comfort and increase performance.

The new uniform will be available to Airmen in 2022, and there will be a four-year transition period for mandatory wear.



Air Force Uniform Office members 2nd Lt. Maverick Wilhite and 1st Lt. Avery Thomson put updated versions of the Air Force physical training gear, or PTG, uniform through their paces at Wright-Patterson Air Force Base, Ohio, Feb. 25, 2021. The Air Force Uniform Office is part of the Human Systems Division in the Air Force Life Cycle Management Center’s Agile Combat Support Directorate. This is the first update to the PTG uniform in more than 16 years, and more than 150 Airmen participated in testing the new gear. The new ensemble currently consists of a jacket, a pair of pants, a T-shirt and two types of shorts; a lined runner’s short and a longer unlined multipurpose short. A long sleeve T-shirt and a hoodie are in development. The new uniform items are entering the production phase and will be available to Airmen sometime in 2022.



Air Force Uniform Office member 1st Lt. Avery Thompson wears the updated Air Force physical training gear, or PTG, uniform T-shirt and running shorts at Wright-Patterson Air Force Base, Ohio, Feb. 25, 2021. This is the first update to the PTG uniform in more than 16 years, and more than 150 Airmen participated in testing the new gear. The ensemble features improved fabrics that are softer and quick drying, and have antimicrobial technology, which helps with moisture and odor control. The new uniform items are entering the production phase and will be available to Airmen sometime in 2022.

U.S. AIR FORCE PHOTOS | JIM VARHEGYI



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MINOT CURLING CLUB
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Curling for the CURE

Who: Ladies Only, all ages-No experience required. Please bring clean shoes to change into. Instruction and equipment provided.

What: Bonspiel Fundraiser to benefit Breast Cancer Patients

When: Saturday March 20th. Learn to Curl 10:30am-Noon
Starting at Noon two 4 end games. Food and entertainment included between and after games. Non-curlers who wish to attend can bring board games and socialize.

Where: Minot Curling Club, KXMC building across from NDSF Grand Stand

Cost: \$25 a person

How: Preregister with Kae Watson @ 701-721-1912, or come day of

Benefit: funds to remain local to assist women with their care and recovery from Breast Cancer

Minot Lady Curlers: Want to get involved? Contact Kae with questions about volunteering and instructor roles.



Upcoming Events

12-14 MAR **40TH ANNUAL KX SPORTS SHOW**
 1:00 PM - 5:00 PM
 ND State Fair Center
 2005 E Burdick Expy, Minot

Annual spring show promoting all things pertaining to the Great Outdoors of beautiful North Dakota and surrounding states and provinces. For information on booth space, attractions, speakers, show schedule, etc., please contact:
 Tammy Blumhagen – KX News VP/General Manager
 Telephone: 701.400.6121
 Email: tammyb@kxnet.com



For more information:
 Website / <https://www.kxnet.com/kx-sport-show/>

16 MAR **MPL GAME NIGHT**
 6:00 PM - 8:00 PM
 Minot Public Library
 516 2nd Ave SW, Minot

Come to the library to play a board or card game with others. Feel free to bring your favorite game, or play one of ours. Whether you like to play Chess or Hungry Hungry Hippos, come out and share your love of games with others. All ages are welcome to attend, children 8 years old and younger must be accompanied by an adult. This event will be held every third Tuesday of the month from 6:00 PM to 8:00 PM, and is completely free!



For more information:
 Facebook Event / Minot Public Library / MPL Game Night

17 MAR **SPHERO CAMP**
 2:00 PM - 5:00 PM
 Minot Municipal Auditorium
 420 3rd Ave SW, Minot

Sphero's are small spherical robots that are controlled by iPads. Kids will play pre-programmed games or code their own movements. It's so much fun to watch these little mighty computers roll all over the place.



For more information:
 Website / minotparks.com/minot-municipal-auditorium

17 MAR **TRADITIONAL ST. PADDY'S DINNER**
 5:00 PM - 10:00 PM
 Pink's Bar & Grill
 102 128th Ave NW, Minot

Nothing says Happy St. Patrick's Day like a Traditional Corned Beef Dinner! Be sure to join us on March 17th from 5-10 p.m. to indulge your Irish side!



For more information:
 Facebook Event / Pink's Bar & Grill

19-20 MAR **HOME AND GARDEN SHOW**
 12:00 PM/10:00 AM - 7:00 PM/4:00 PM
 All Seasons Arena, Minot State Fair Grounds
 2005 E Burdick Expy, Minot

The Minot Association of Builders presents the 46th Annual Home & Garden Show, where you can speak to exhibitors about all things relating to new home construction, existing home projects and remodels, exterior updates, gardening, landscaping, and more! The show takes place Friday, March 19th from noon-7pm and Saturday, March 20th from 10am-4pm. View our website for information on classes & seminars that are scheduled throughout the show floor, as well as lots of activities for kids! Admission is \$5 at the door (children 12 and under Free)



For more information:
 Facebook Event / Minot Home and Garden Show

On Base

Magic the Gathering Commander Night
 1st and 3rd Sunday of the Month
 ESC - Table Top Game Room • 6:00PM

Bring your own Commander deck or use one of ours!

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Airmen of Minot



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 AEROSPACE MEDICAL TECHNICIAN
 5TH OPERATIONAL MEDICAL READINESS SQUADRON

A1C Alexandria Steiger is an Aerospace Medical Technician for the 5th Operational Medical Readiness Squadron.

“Being an Aerospace Medical technician means that I’m a certified EMT, with skills in nursing,” said Steiger. “Here, I work in a clinic and I have worked here for almost two years now. I work under a PA checking in patients and reviewing records throughout the day.”

Steiger is originally from a small town called Mobridge in South Dakota. She became a member of Team Minot in May 2019.

Once a week she teaches religious education to second-graders at the Our Lady of Grace Catholic Church.

“My hometown is only a few hours away, so I get to visit family a lot,” said Steiger. “I like it here, but I just got approved for ‘Palace Chase,’ so I’ll be leaving here towards the end of April.”

Steiger has a passion for working with kids and is transferring to the North Dakota Air National Guard so she can pursue a degree in elementary education. If she would have not been approved for Palace Chase, then she would have ideally moved to the pediatric clinic where she could still work with children.

“Originally I wanted to go to school for nursing when I very first came in, and I thought ‘Oh a medical job, perfect!’ but, I think I definitely want to keep doing this on the side,” said Steiger. “That’s why I am going to keep my job in the guard too because I like having the EMT aspect of it.”

Although she is leaving to join the North Dakota Air National Guard, she will miss Team Minot.

“Minot is like a second home to me,” Steiger said. “All of us technicians are super close here too. Since Minot is a smaller base, you have to make the most of it, and you get really close to each other and it really is like a second family.”



U.S. AIR FORCE PHOTOS | MINOT AFB PA



Home of ECONOMY

FRIED HALIBUT FISH STICKS

INGREDIENTS
 AS NEEDED, EXTRA-VIRGIN OLIVE OIL
 1 1/2 POUND HALIBUT
 1/2 CUP ALL-PURPOSE FLOUR
 1 1/2 TEASPOON SALT
 1 TEASPOON GROUND BLACK PEPPER
 2 LARGE EGGS
 1 1/2 CUP PANKO BREADCRUMBS
 2 TABLESPOON DRIED PARSLEY
 1 TEASPOON DILL WEED, DRIED

When ready to cook, set grill temperature to High and preheat, lid closed for 15 minutes. For optimal results, set to 500° F if available.

Place a dutch oven inside the grill to preheat (about 10 minutes) with enough olive oil to fry fish. Rinse all fish fillets and pat dry. Cut fillets into 1” strips. In one bowl combine the all-purpose flour, salt, and pepper. In a separate bowl, beat eggs. In a third bowl, combine the panko, parsley and dill.

Dip fish fillets first in the flour mixture, then the eggs and then the panko mixture. Place fish sticks in oil and fry for about 3 to 4 minutes, or until they reach an internal temperature of 130° F.

Serve with fries. Enjoy!

Ryan Davy - GM
 Minot

www.HofE.com/BBOHQ



MARCH DORM DINNER

Once a month a unit sponsors and serves a meal for the Airmen at their dorms. Leadership goes to the Airmen. This month 155 Airmen were served with to-go options as well as dine in.

U.S. AIR FORCE PHOTOS | MINOT AFB PA



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WED: 5 PM - 9 PM
THURS: 5 PM - 9 PM
FRI: 5 PM - 11 PM
SAT: 9 AM - 11 PM
SUN: 10 AM - 4 PM

ROUGH RIDER LANES XTRAMURAL


BOWLING

Wednesday March 3, 2021

| TEAM STANDINGS | | REVIEW OF LAST WEEK'S BOWLING & TOP SCORES | | | |
|-----------------|-----------------|--|------------|--|---|
| PLACE/TEAM NAME | POINTS WON/LOST | TEAM | HDCP TOTAL | HANDICAP GAME | SCRATCH GAME |
| 1 5th CES #1 | 104/48 | 5th FSS | 2433 | Andre Gonzalez - 264 Lips Lippolis - 246 | Mike Froman - 227 JB Butler - 221 |
| 2 5th OSS | 102/50 | 5th AMXS | 2421 | Bryson Entendencia - 238 Stacy Hanshaw - 197 | Justin Monty - 191 Duder Mcgough - 191 |
| 3 5th FSS | 96/56 | AAFES | 2495 | HANDICAP SERIES Andre Gonzalez - 773 Jason Perez - 696 | SCRATCH SERIES Scotty Botkin - 674 Leon Morrison - 592 |
| 4 5th AMXS | 90/62 | Air Force | 2317 | Angel Blanco Jr - 643 Kristen Mireles - 626 | Christopher Johnston - 566 Charline Monty - 468 |
| 5 AAFES | 90/62 | 91st MSFS #1 | -- | MOST IMPROVED AVERAGE Bryson Entendencia - 143 to 158.23 Jason Perez - 159 to 172.25 Christopher Johnston - 180 to 190.63 Kristen Mireles - 82 to 85.97 Stacy Hanshaw - 105 to 107.86 Jenna Stewart - 100 to 101.28 | |
| 6 5th BW | 74/78 | 5th BW | 2592 | | |
| 7 Air Force | 62/90 | 5th OSS | 2358 | | |
| 8 91st MSFS #1 | 36/116 | 5th CES #1 | 2519 | | |

SEASON HIGH SCORES

| HANDICAP SERIES | HANDICAP GAME | SCRATCH SERIES | SCRATCH GAME |
|--------------------------|-----------------------|-----------------------|-------------------------|
| Jason Jordan - 800 | Kyle Hanshaw - 347 | Scotty Botkin - 765 | Justin Monty - 290 |
| Andre Gonzalez - 773 | Kris Lenhardt - 288 | Duder McGough - 727 | Hutch Hutchins Jr - 274 |
| Bryson Entendencia - 753 | Jason Perez - 287 | JB Butler - 677 | Trevor Spears - 267 |
| Stacy Hanshaw - 646 | Blake Goodlett - 287 | Cassandra Hines - 590 | Charline Monty - 201 |
| Alyssa Jordan - 644 | Jenna Stewart - 253 | Samantha Siebe - 407 | |
| | Kristen Mireles - 239 | | |





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MINOT, ND

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4. Submit your app online at <https://www.facebook.com/groups/shakinpdup>



YOUTH IN ACTION



RACQUEL LABADIE, GS-11
SCHOOL LIAISON SPECIALIST
CHILD AND YOUTH EDUCATION SERVICES



2021 Virtual Teen Aviation Camp

The application period for the 2021 Virtual Teen Aviation Camp is now open! The Air Force Youth Programs camp will be conducted 14-25 June 2021 in partnership with Air Force Aero Clubs and offers an introduction to the field of aviation and opportunities for careers and leadership roles within the Air Force. A combination of web-based presentations and discussion groups, along with self-paced course materials provide camp participants with the knowledge to complete the

Private Pilot Exam and begin their journey toward earning a Private Pilot License! Contact the Youth Center at 701-723-2838 or the School Liaison at 701-723-1447 for information about eligibility and the application process. Completed applications must be submitted by a parent or guardian no later than 14 April 2021 through the AF Camps workflow box at: AFSVC.SVPY. Camps@us.af.mil and selections will be announced no later than 23 April 2021.

2020-2021 MPS CALENDAR



IMPORTANT UPCOMING DATES

- March 10**
P/T Comp Day - No School
- March 11 & 12**
Spring Break
- March 17 & 31**
Early Release 1:15pm
- April 2**
Good Friday - No School
- April 5**
Vacation - No School
- April 21**
Early Release 1:15pm

| March 2021 | | | | | | | 20 days |
|------------|----|----|----|----|----|----|---------|
| S | M | T | W | T | F | S | |
| | 1 | 2 | 3 | 4 | 5 | 6 | |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 | |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 | |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 | |
| 28 | 29 | 30 | 31 | | | | |

| April 2021 | | | | | | | 20 days |
|------------|----|----|----|----|----|----|---------|
| S | M | T | W | T | F | S | |
| | | | | 1 | 2 | 3 | |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 | |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 | |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 | |
| 25 | 26 | 27 | 28 | 29 | 30 | | |

- Vacation Days - not contracted day
- Holidays
- Early Release Days - 1:15pm
- Parent/Teacher Comp Days

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HIT THE GYM



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MALE VOLUNTEERS NEEDED

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• MARCH 15-19 •

RESILIENCY WEEK

ERIK RAMSTAD, JIM HILL, AND MEMORIAL MIDDLE SCHOOLS



MONDAYS MATTER

Monday, March 15
Welcome Back!
Wear an inspirational message

LIFESAVERS DAY

Tuesday, March 16
Who's your lifesaver?
Wear beach/ Hawaiian attire



LUCKY US!

Wednesday, March 17
Happy St. Patrick's Day
Wear green



HATS OFF TO US

Thursday, March 18
End of Quarter Three
Wear a hat



BETTER TOGETHER

Friday, March 19
We are in this together!
Wear school colors

Companions for Children

ABIGAIL KINDER, NORTHERN SENTRY

Companions for Children is a local non-profit organization that connects Minot's youth to adult mentors in order to create a positive environment for growth and learning. The organization, which was founded in 1972, aims to give children the tools they need to grow into emotionally healthy, productive adults.

The program is available for children ages six to 18, and matches youth with a suitable mentor to spend time together and participate in a variety of free or low-cost activities such as crafts, going to the zoo, and other fun pastimes that the child might enjoy.

According to Companions, youth who regularly spend time with a mentor are often less likely to participate in harmful behaviors such as substance abuse. On the other hand, they are more likely to participate in healthy behaviors to set them up for success, such as enrolling in college, playing sports, and volunteering.

"Role models are so important for children to have in their life," said Heather Cymbaluk, Executive Director of Companions. "We're seeing a growing need for volunteer mentors, and we have kids on our waitlist who are ready and waiting to have a mentor."

The mentors who join Companions have valuable life experience and are able to offer that to the youth that they spend time with. A mentor is an adult friend, guide, listener, confidant and resource for the child. Mentors are asked to meet up with their mentee every other week for a minimum of four hours per month, for at least one year. They are expected to stay engaged in their mentee's life to maintain a healthy, happy relationship.

While becoming a mentor is an

ongoing and seemingly pressure-filled position, it has a variety of benefits for not only the youth, but the adults as well.

"A lot of mentors tend to be hesitant at first. It's a little nerve-racking meeting a new kid. You feel expected to be this great role model for them," said Cymbaluk. "But I always hear from mentors down the road saying, 'That year went by so fast, and I just really enjoy getting to be a kid again myself!' They find it to be a very rewarding experience as well."

Each pair is matched through a rigorous process in order to partner youth with compatible adults, and vice versa. Things such as interests, background, and time on the waiting list are all taken into consideration.

Adults 20 years of age and up who meet Companions' requirements are eligible to become mentors, but the organization is currently in immediate need of male mentors. Service members from Minot Air Force Base are encouraged to volunteer, given their unique life experience in the military that also brings the local community together with the community on base.

Many mentors, including Airmen, continue to stay in contact with their child even after leaving Minot. The program is simply a stepping stone to a worthwhile friendship that can help local youth start their lives off on the right foot.

"It is a long-term commitment, but it has so many long-term benefits for the child," said Cymbaluk.

Are you ready to make the rewarding commitment to become a mentor? To find out more information about Companions for Children or to apply, visit www.companionsforchildren.org, or call 701-838-5784.



Dress Up Week at Dakota Elementary



From March 1-5, 2021, students and faculty at Dakota Elementary, Minot Air Force Base, N.D., participated in a Dr. Seuss dress up week. Monday's theme was favorite character, Tuesday was Green Eggs & Ham, Wednesday was Thing 1 & 2, Thursday was Grinch day, and Friday's theme was the Cat in the Hat!

DAKOTA ELEMENTARY PHOTOS

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Northern Celebrations

Embracing our North Dakota Lifestyle

Moose on the prairie

Patricia Stockdill

It seems moose missed the memo they're not supposed to like life in the wide open spaces of North Dakota.

People typically envision moose – the largest member of the deer family – as a massive creature munching on their favorite meal of woody browse in forests or wading above their ankles in swamps nibbling on aquatic plants. They're even in heavily wooded mountains.

But, really, should they be standing alongside a shelterbelt in wide open North Dakota?

It seems moose are more adaptable than what folks realized. Historical accounts of moose across North America talks about traditional woodlands interspersed with swamps and small lakes – and it's not in North Dakota.

Yet moose have almost always lived in North Dakota since the end of the Great Ice Age. It's just that their traditional habitat of forests and swamps was limited to north-central North Dakota around the Turtle Mountains and northeastern woods of the Pembina Hills.

Their numbers dwindled to the point that in a 1909-1910 biennial report of the agency that was the forerunner to the modern day N.D. Game and Fish Department stated, "Our law makes no mention of elk or moose, presumably for the reason that normally we have none of these animals in the state..."

However, moose returned to the state, filtering down from their traditional range in Canada and over from wooded northern Minnesota. Generally they stayed in areas where people envision moose around the Turtle Mountains and Pembina Hills.

But it seems moose adapted to North Dakota's changing landscape. As row crops such as corn and sunflowers became more commonplace across the state's rolling plains, people began seeing moose in places no one thought imaginable – even in areas as far south as Interstate-94.

They found the woody bottomlands of the Upper Missouri River and Lake Sakakawea around the Williston area.

They found shelterbelts and cattails embracing wetlands and small lakes dotting much of the Prairie Pothole Region. It seems they found corn and sunflowers stalks to be quite tasty, maybe similar to

tender shoots and leaves of trees.

The bottom line is moose in North Dakota have adapted to a much broader habitat than biologists could have initially envisioned.

Today, they're now one of what could be dubbed "the Big Three" when it comes to North Dakota big game hunting. Moose, elk, and bighorn sheep are once-in-a-lifetime licenses for hunters living in the Peace Garden State.

Hunters had limited options on where they could hunt moose when the state opened its first season in 1977 with 10 licenses.

In 2021, 10 licenses are available in one unit alone – Unit M6. Unit M10 in northwestern North Dakota has a whopping 190 licenses – 70 "any" and 120 antlerless. Triple digit licenses are also available in two other units, M9 (a total of 120, 45 "any" and 75 antlerless) and M11 where hunters can apply for one of 130 licenses, 55 "any" or 75 antlered.

Unit M5 has five "any" licenses available while Unit M8 has 15 "any" licenses.

Ironically, the areas of North Dakota first open to moose hunting have been closed in recent years. Like Minnesota's moose populations, numbers in those two areas remain low.

In the meantime, moose populations in other areas of North Dakota are doing fine.

The number of available licenses in 2021 is the same as 2020.

With chronic wasting disease (CWD) identified in parts of units M10 and M11, hunters should consider the fact they must follow CWD transportation regulations when selecting their unit options.

The carcass, spinal column, or head can't be taken out of those two units. While getting an entire moose out in one piece is rare at best in most areas of North America, it's fairly common in North Dakota.

That's because moose are often in more open areas compared to their traditional range so it's easier to access with a pickup and trailer. Just remember to obtain permission first if hunting on private land and it's posted as closed to hunting.

Application deadline is March 24. North Dakota residents can go online to the Game and Fish Department website, (gf.nd.gov) to apply.



AIRMAN'S ATTIC RIBBON CUTTING CEREMONY
Airmen and Team Minot leadership attend the Airmen's Attic ribbon cutting ceremony at Minot Air Force Base, North Dakota, Mar. 3, 2021. The Airmen's Attic is a place where Airmen and their families can donate and collect free items that were donated by fellow wingmen.

U.S. AIR FORCE PHOTOS

TYLIR MEYER | AIRMAN 1ST CLASS JAN VALLE | AIRMAN 1ST CLASS EVAN LICHTENHAN

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Shockwave Spirit

ROD WILSON, NORTHERN SENTRY

For Col Aaron Cowley of the 5th Maintenance Group there was challenge on how to present the Maintenance Professionals of the Year awards to various squadrons and maintain COVID 19 protocol. The answer to the challenge was to hold 5 different award ceremonies, one for each of the 4 squadrons and 1 flight in the maintenance group.

Col Cowley, now in his 3rd year as commander of the 5th Maintenance Group, started the Maintenance Professional of the Year awards when he arrived at Minot AFB. "It has been a success. It reflects the pride in each unit" according

to Col Cowley.

The final award, the MPOY Spirit Award, was presented on Friday to the group that:

1) Did the most to embody the theme of the awards. This year's theme was a tailgate theme. The set-up of the venue was part of the judging criteria.

2) Did the best squadron video. Each video was produced by the squadron.

3) Organized the best team entrance into their banquet; judged on the amount of energy and enthusiasm of the entrance.

The winner of this year's MPOY Spirit Award was the 705th Munitions Squadron,



nicknamed Shockwave.

Congratulations to Lt Col Ken Howell, commander of the 705 MUNS, and the entire squadron.



Col Aaron Cowley presents the MPOY Spirit Award to Lt Col Ken Howell, commander of the 705 MUNS.

U.S. AIR FORCE PHOTO | 5TH MAINTENANCE GROUP

ADLS training transitions to "myLearning" in first step for new force development learning management system

DAN HAWKINS, AIR EDUCATION AND TRAINING COMMAND PUBLIC AFFAIRS

JOINT BASE SAN ANTONIO-RANDOLPH, Texas – As part of Air Education and Training Command's efforts to aggressively and cost-effectively modernize education and training, Airmen and Guardians can access the "myLearning" digital platform on the Air Force Portal beginning March 18, 2021.

The AETC Learning Services division is launching the new secure learning management system (LMS) that will enable student learning, automation and reporting for roughly 800,000 Total Force users in three phases, with the first phase consisting of a modernized and interactive training platform that allows Airmen to access training modules previously found on the Advanced Distributed Learning Service (ADLS).

"Our training systems that support Force Development must be relevant to today's Airmen so we can accelerate the change we need to keep pace with the fast-paced virtual learning world," said Maj. Gen. Jeannie Leavitt, AETC director of operations and communications. "To develop an Airman's competencies to out-think and out-perform any adversary in complex operational environments, we need to leverage modern information technology... myLearning helps us modernize how we train our force."

Users are advised they should complete all training coursework in ADLS not later than March 10. The ADLS website will be inaccessible to users March 26.

"Users who log in to myLearning March 18 may not initially see their historical training transcripts reflected in the system," said Denise Padilla-Rorie, AETC myLearning program manager, said while emphasizing patience with the new system. "The transcript data is scheduled to migrate into myLearning."

According to Padilla-Rorie, the platform's vision is to centralize LMS platforms across the force and allows the student to access multiple databases and training curriculum with a single login, which eliminates the need for Airmen to have multiple passwords for access.

"How and where Airmen learn continues to change and we must account not only for "learn-from-work," but also "learn-from-anywhere," said Floyd A. McKinney, AETC chief of learning services. "If we are

going to meet the challenges of an uncertain future, we need to bring learning to Airmen instead of sending Airmen to learning – there has never been a better time to innovate."

Phase two of the rollout is slated to begin this spring when the Enterprise Blended Learning Service (EBLS) is migrated to the new system, Padilla-Rorie said. Phase three will begin later this year and involve added system capabilities and additional integration of other learning systems.

"By the end of phase III, the goal of myLearning is that the system will meet Airmen for training where they are, whether it's on a network computer or a tablet in the comfort of their own home, giving them control over the time and place training can occur," said Rotary Green, AETC myLearning product development program lead.

Currently, users must log-in with their Common Access Cards, but officials are working to add two-factor authentication

protocols in the coming months. Additional features of myLearning will be announced over the next year as the site continues to build functionality and expand to other learning systems.

If you are experiencing technical difficulties with the site or have feedback for the development team, email aetc.scoh.asdhelpdesk@us.af.mil.

“By the end of phase III, the goal of myLearning is that the system will meet Airmen for training where they are, whether it's on a network computer or a tablet in the comfort of their own home...”

ROTARY GREEN, AETC MYLEARNING PRODUCT DEVELOPMENT PROGRAM LEAD

MINOT AIR FORCE BASE

Finest

The North Dakota National Guard recognized

TECH. SGT. RYAN FONTAINE

of the 219th Security Forces Squadron, with the Woodrow Wilson Keeble "Je Suis Pret" (I am Ready) Award during a presentation ceremony at North Dakota Air National Guard Base, Fargo, N.D., March 6, 2021. The award is being presented to Fontaine for his part in the rescue efforts of 91 year-old, who was trapped in an ambulance that slid off U.S. Highway 83 and was sinking into a frozen pond the night of Nov. 28, 2019.

U.S. AIR NATIONAL GUARD PHOTO BY CHIEF MASTER SGT. DAVID H LIPP

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U.S. Strategic Command conducts Exercise Global Lightning

U.S. STRATEGIC COMMAND PUBLIC AFFAIRS

OFFUTT AIR FORCE BASE, Neb. --

U.S. Strategic Command will commence Exercise Global Lightning 21 next week, an annual battle staff exercise designed to train Department of Defense forces and assess joint operational readiness across all USSTRATCOM mission areas.

Exercise Global Lightning is an invaluable training opportunity that exercises all USSTRATCOM mission areas to enhance readiness and creates the

conditions for effective strategic deterrence against a variety of threats. This year's exercise will provide training opportunities for USSTRATCOM headquarters staff and its components to integrate and synchronize efforts with U.S. European Command headquarters and its component commands, and U.S. Space Command.

For more information, contact the USSTRATCOM Public Affairs Office at 402-912-0020 or USSTRATCOMPA@mail.mil or visit www.stratcom.mil.



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CONGRATULATIONS
from the
TWENTIETH AIR FORCE
commander & command chief

On behalf of the 20th Air Force commander and command chief, we would like to congratulate the following Airmen:

Twentieth Air Force nominee for the 2020 AF Key Spouse of the Year - Mrs. Lori L. Waddell - Key Spouse, 341 Force Support Squadron, Malmstrom Air Force Base (Official)

Twentieth Air Force nominee for the 2021 Blacks in Government Meritorious Service Award - TSgt Donecio O. Burnell-Chester - Wing Safety, Minot Air Force Base. Congratulations!

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MINOT AIR FORCE BASE NEWSPAPER | WWW.NORTHERNSENTRY.COM

2020 Maintenance Professional of the Year Awards

TRAINING MANAGER / YEAR

BURNELL-CHESTER, TIFFANY M SSgt – MOF

TRAINING INSTRUCTOR / YEAR

KUZIOMKO, JOHN V SSgt – MOF

MANAGEMENT SYS PROFESSIONAL / YEAR

LESLIE, TRAPIS A MSgt – 5 MUNS
LUTZO, ANDREW M MSgt – 705 MUNS
HEINZ, CASEY L MSgt – MOF
ELENZANO, JOHN EDWARD M SSgt – 705 MUNS
FRALICK, ADAM L TSgt – 5 MUNS
VARVAIS, ASHLYNN M SSgt – MOF
SHAVER, LUCAS A SrA – 705 MUNS
JOHNSON, CARTER E A1C – MOF
DARBY, LOGAN J SrA – 5 MUNS

MUNITIONS SYSTEMS TECHNICIAN / YEAR

HIGBEE AUSTIN, W A1C – 5 MUNS
VOUDRIE, CHRISTOPHER W SSgt – 5 MUNS
BLIER TIMOTHY J MSgt – 5 MUNS

NUC MUNITIONS SYSTEMS TECHNICIAN / YEAR

HENKE, DAVID A MSgt – 705 MUNS
BORGFORD, STEPHEN T TSgt – 705 MUNS
TANAKA, KELI K SrA – 705 MUNS

CRUISE MISSILE TECHNICIAN / YEAR

WILSON-RICHARDS, JOSEPH C SrA – 705 MUNS
BRYANT, JON B MSgt – 705 MUNS
FREDEEN, THOMAS D SSgt – 705 MUNS

COL EDWARD PAYNE MISSILE MX / YEAR

SMITH, JEFFERY D SMSgt – 705 MUNS
CAPLEY, TRAVIS L TSgt – 705 MUNS
CLARK, AIMEE N SrA – 705 MUNS

OUTSTANDING MUNITIONS & MISSILE MX CGO

KIM, MIN W Capt – 705 MUNS

AIRCRAFT AVIONICS TECHNICIAN / YEAR

WHEELER, MICHAEL E MSgt – AMXS
DE SILOS, PAUL E SSgt – AMXS
HELLEMN, ROBERT J SrA – AMXS

AIRCRAFT MECHANIC / YEAR

LANDY, WILLIAM A SMSgt – AMXS
MORELAND, JAMES V TSgt – MXS
BARTEK, MATTHEW D SrA – AMXS
BRADLEY, RICHARD G JR SSgt – AMXS
SCHAFF, MICHAEL E MSgt – MXS
FITZPATRICK, CONNOR D A1C – MXS

MAINTENANCE MANAGEMENT SYSTEMS / YEAR

LUTZO, ANDREW M MSgt – 705 MUNS
SHAVER, LUCAS A SrA – 705 MUNS
FRALICK, ADAM L TSgt – 5 MUNS

ARMAMENT SYSTEM TECHNICIAN / YEAR

SANCHEZ, FRANKIE JR SrA – AMXS
GEX, BRYCE P II SSgt – AMXS
PLINSKI, PHILLIP R MSgt – MOF

LOAD CREW OF THE YEAR

Knight Hawk 1
GEX, BRYCE P II SSgt
SVENDSEN, NICHOLAS R SrA
MCMAHON, MATTHEW J A1C
DEGN, ADAM K A1C

CMSGT BARNES CREW CHIEF OF THE YEAR

BARENG, CHRISTIAN B SSgt – AMXS

LANCE P. SIJAN LEADERSHIP AWARD

SMITH, COLTON C TSgt – 5 MUNS
MYERS, CHRISTINA R SSgt – 5 MXS
VILLARREAL, KELSEY M MSgt – 705 MUNS
PUNELAS, JAN MARIEL D SrA – AMXS
FOSTER, ERNEST JR SSgt – MOF
TROSEN, JOSHUA D 1st Lt – AMXS
KIM, MIN W Capt – 705 MUNS
TAMARIZ, MARIANA I Capt – MOF
BLIER, TIMOTHY J MSgt – 5 MUNS
CASTILLO, JASON R MSgt – MXS
HENKE, DAVID A MSgt – 705 MUNS
TURNER, MELISSA C SMSgt – AMXS
BUTLER, ORBIE L SMSgt – MOF
ONEILL, KEVIN J Maj – 5 MUNS

GEN LEW ALLEN JR. TROPHY

SCALETTI, ROBERT D Capt – AMXS
THOMPSON, RYAN W CMSgt – AMXS
MORRIS, ROBERT Z MSgt – MXS
ROSS, BRIAN M SMSgt – 705 MUNS

LT GEN LEO MARQUEZ AWARD

CATERO, ALEX SSgt – MXS
RICH, CHRISTOPHER W SrA – AMXS
CARPENTER, CHRISTOPHER N TSgt – MXS
BRIM, PARNEL L TSgt – AMXS
KOPENHAFFER, JASON E MSgt – MXS
TURNER, MELISSA C SMSgt – AMXS
FORRY, KYLE E Capt – AMXS
WOODS, CANDIS A Maj – AMXS

LT GEN LEO MARQUEZ AWARDS (MUNS)

ERICKSON, JOSHUA P A1C – 5 MUNS
HOFFMAN, KELLI M SrA – MOF
BREWER, JARED J SrA – 705 MUNS
GARCIA, TRENTON J SrA – AMXS
ZICKUR, ANDREW J TSgt – 5 MUNS
DOERMAN, JEREMY R TSgt – MOF
HARRIS, JOSHUA A SSgt – AMXS
Lt Gen Leo Marquez Award, cont'
PUCKETT, JAMES C TSgt – 705 MUNS
GOODRO, GREGORY S SMSgt – 5 MUNS
EWALT, STEFANIE M MSgt – 705 MUNS
HARMS, RYAN C MSgt – AMXS
PLINSKI, PHILLIP R MSgt – MOF
ONEILL, KEVIN J Maj – 705 MUNS

SUPPORT PROFESSIONAL OF THE YEAR

WILLIAMS, TAYLOR L SrA – 5 MUNS
FETZER, CAMEREN M SrA – MXS
MILIAN, EVAN M SrA – 705 MUNS
THURSTON, ZACHARIAH A SSgt – AMXS
VELASCO, JASMINE D A1C – MOF
TEMPLER, MEAGAN C SSgt – MXS
GEX, KRYSTA M SSgt – 5 MUNS
GONZALEZ-GOMEZ, ERIBERTO SSgt – MOF
DEARING, ERIC V JR SSgt – AMXS
DOORE, RYAN D TSgt – 705 MUNS
VARA, FELIX H MSgt – 5 MUNS
GARCIA, FRED T JR MSgt – 705 MUNS
KLEMISCH, WILLIAM A JR MSgt – MOF
SCHOFIELD, SHELLEY K MSgt – AMXS
TAMARIZ, MARIANA I Capt – MOF

PROFESSIONAL OF THE YEAR

ROBERTS, JOSEPH C SrA – MXS
BLUNK, ETHAN B SrA – 705 MUNS
LABONTE, GABRIELLE N SrA – AMXS
GARZA, JOANNA SrA – 5 MUNS
ROSE, JOHN M SrA – MOF
LEWIS, ALEXANDER N SSgt – 5 MUNS
GARCIA, NICHOLAS J TSgt – 705 MUNS
DABNEY, KELLY J TSgt – MXS
ROSSER, DEAN N SSgt – MXS
GLASHEEN, DAVID W TSgt – AMXS
VERGARA, JUAN C MSgt – AMXS
BAKER, MATTHEW J MSgt – MOF
ROBERSON, JAMES A MSgt – MXS
RIVARD, BRYAN A MSgt – 705 MUNS
BLIER, TIMOTHY J MSgt – 5 MUNS
BLAIR, CHAFFIN L 1st Lt – 705 MUNS

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Air Force Security Forces Center to improve US government-wide working dog programs

MALCOLM MCCLENDON, AIR FORCE INSTALLATION AND MISSION SUPPORT CENTER PUBLIC AFFAIRS

JOINT BASE SAN ANTONIO-LACKLAND, Texas (AFNS) --

The Air Force Security Forces Center-led Government Working Dog Category Intelligence Team aims to improve the cost, process and procurement of government working dogs across 14 federal agencies.

The team recently submitted the Working Dog Category Intelligence Report, which looked into the requirements of maintaining working dogs within the Department of Defense, Department of State, Department of Homeland Security and the Department of Justice, in an effort to identify gaps and opportunities, recommend more effective and efficient sourcing strategies, close gaps between current practices and share government and industry best practices.

Scott R. Heise, team lead and director of Air Force Security & Protection Category Management's Program Management Office for AFSFC, said "The report identified some crucial gaps, such as the procurement process."

"All of us have the same need for working dogs, but the way we source them is very different," Heise said. "Even our requirements are different and this inconsistency makes it difficult for the vendors to try to keep up and maintain a supply of high-quality working dogs. Simple things, like the age of the

dog or the type of socialization it gets prior to delivery, present challenges for the vendors."

"If all the agencies give vendors one integrated demand forecast, then the vendors can develop a better plan to meet our needs and satisfy the demand," Heise added.

"The improved procurement process will allow Air Force Defenders the ability to better manage their MWD programs, making them healthier and stronger at the tactical, operational and strategic levels," said Master Sgt. Steven Kaun, AFSFC Military Working Dog program manager.

"This streamlined process will pair up more canines with more handlers across the Air Force and allow garrison, and even up to combatant commanders, to have more assets on hand to accomplish their missions," Kaun said. "And it also helps give some of our older, hard-working dogs a much deserved, timely retirement."

In addition to the procurement process, the report provided six recommendations to improve the GWD program:

1. Establish an annual purchase forecast to both the contiguous United States and outside-CONUS vendors, which will help with the breeding and preparation process
2. Implement acquisition best practices to guide agencies during the procurement process
3. Provide the Customs and

Border Protection Agency opportunities to work with OCONUS vendors, which will give the agency more options to source working dogs

4. Establish a small business breeder communication plan to help develop a larger U.S. vendor base

5. Build standardized U.S. government-wide working dog travel requirements for airlines

6. Develop a national emergency response plan for explosive detection working dogs.

"What we expect from these recommendations is continued growth and maturation of the working dog program not only for the Air Force, but all 14 agencies," Heise said. "We also see great potential to build the U.S. industrial base for government working dogs and ensure the participation of small businesses, and advance the goals of category management."

Category management is an approach the federal government is implementing to help standardize procurement functions and share best practices across its agencies in the hopes of providing savings, better value, and efficiency. It is divided into 10 categories.

The AFSFC originally started a Category Intelligence Report on the Air Force-led DoD Military Working Dog program, but Heise saw opportunities to look beyond

the services and include other federal agencies.

"Once we started, we saw how closely TSA worked with DoD on Lackland AFB, so I recommended to the Federal Category Manager that we make the CIR a government-wide effort," Heise said. "She agreed and assigned me as the Government-wide Working Dog Team lead for the Security and Protection category."

The newly-formed multi-agency team then researched and presented the six recommendations in the final Category Intelligence Report to Jaelyn Rubino, the government-wide Security & Protection Category manager. Rubino

approved all recommendations and teams will now be assembled to create a category execution plan for each.

"This is the Air Force's first interagency category management and Category Intelligence Report effort, and it's an honor to be part of the team that will not only bring change to the Air Force, but other federal agencies as well," Heise said. "I feel it speaks to the Security Forces Center's mission, but on a larger, cross agency scale - to train, equip and manage program execution and provide expertise, and drive integration, innovation and advancement of Security Forces mission sets."



Sofi, 9th Security Forces Squadron military working dog, waits with her handler, Staff Sgt. Jason Herrier, at a simulated checkpoint during military working dog detection training on Beale Air Force Base, Calif., Nov. 19, 2020.

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS JASON W. COCHRAN

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AIR FORCE LIBRARIES

PT test pushed to July, updates to scoring, physical components ahead

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

WASHINGTON (AFNS) -- Physical fitness assessments will now resume for Airmen on July 1. Testing was initially delayed from October 2020 to April 2021 to ensure the health and safety of Airmen during the COVID-19 pandemic and to ensure social distancing practices remained in place.

When assessments resume, the three-component fitness test (1.5 mile run, 1 minute of pushups and sit-ups) will be reset with scores calculated on a new three component scoring table. In addition, work is underway to separate scoring into five-year age groups as opposed to the previous ten – for example, age groups will start at <25, 25-29 years old, 30-34, years old, etc.

These changes come in addition to other modifications to the physical fitness assessment.

In December 2020, the waist measurement as a point-driven component of the fitness assessment test was removed.

It will still be administered to determine compliance with body composition standards, as required by Department of Defense Instruction 1308.3.

As testing resumes, scores earned on the three-component fitness test will be redistributed. Final decisions on percentage component breakdowns will become available in June.

Additionally, the Air Force Fitness Working Group has explored alternatives to the testing components and scoring measures. As mentioned by Chief of Staff of the Air Force Gen. Charles Q. Brown, Jr. in December, there are on-going studies and reviews to determine a list of alternative strength and cardio components for the physical fitness assessment. For example, some alternative options being explored for the current components include the 20-meter High Aerobic Multi-shuttle Run (20M HAMR), row ergometry, planks, burpees and

other alternatives.

If necessary, commanders may delay official fitness assessments beyond July 2021 based on the



We are also conducting a holistic review of policies associated with the physical fitness assessment program to determine if they are still a good fit for today's Air Force...

LT. GEN. BRIAN KELLY,
AIR FORCE DEPUTY CHIEF
OF STAFF FOR MANPOWER,
PERSONNEL AND SERVICES



recommendation of local public health officials, the continuation of closed fitness centers and extended statewide restriction of movement and gatherings.

“We are also conducting a holistic review of policies associated with the physical fitness assessment program to determine if they are still a good fit for today's Air Force,” said Lt. Gen. Brian Kelly, Air Force deputy chief of staff for manpower, personnel and services. “This includes a review of who's accountable for conducting our testing and how it gets administered.”

In addition to scheduled Air Force Fitness Management System (AFFMS II) maintenance and updates, the Air Force is exploring replacing the system with a newer, more flexible application.

In addition to the updates above, diagnostic testing is now available for Airmen to choose when they are ready to test. If an Airman completes a diagnostic physical fitness assessment or a mock test with the Fitness Assessment Cell or Physical Training leader, and passes, he or she can decide to make the mock test an official test

score. According to AFMAN 36-2905, Air Force Physical Fitness Program, the FAC, PTL and Unit Fitness Program Manager are able to conduct the physical assessment for all Airmen, either inside or outside of their unit. Airmen can make their test official by initialing next to their total score and fitness category section, prior to leaving the testing location. If the member fails the mock test, it will not be officially counted.

Airmen may determine their next fitness assessment due date by visiting the Official Physical Assessment Due Date Matrix on myPers which will be updated and available shortly. Fitness assessment due dates will primarily depend on the date and score of the last official test.

Space Force will follow these policies until service-specific fitness policies are developed and fielded.

Future PT test updates will be released as they are available.



TSGT DAVID DEGARMO RETIREMENT

Congratulations on your retirement TSgt David Degarmo!! Thank you for 21 years of faithful & honorable service to our Nation!

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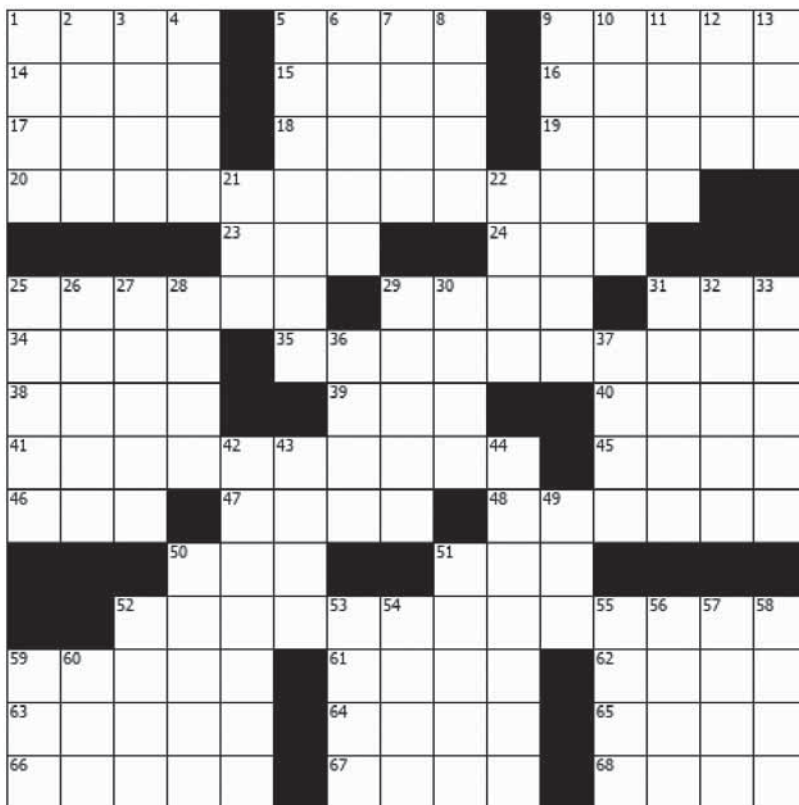
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| <p>EVERYDAY HAPPY HOUR • 3PM – 6PM</p> <ul style="list-style-type: none"> \$2 off All Apps \$3 House Wine & Domestic Pints Bavarian Pretzels with Beer Cheese Sauce \$4 Rail Drinks, ND Brewery Pints & 22oz Domestic Taps, 4 Lettuce Cups \$5 Moscow Mule \$6 Specialty Cocktails, Martinis & 22oz ND Breweries Taps ½ Flat Bread Pizza | <p>DAILY SPECIALS</p> <ul style="list-style-type: none"> Monday \$5 Moscow Mules (all day) Tuesday \$4 ND Breweries (all day) Wednesday ½ Price Wine by the glass/bottle (all day) Thursday \$1 up for all Tall Taps (all day) Sunday BRUNCH (11am-2pm) \$7 TSR Bloody Mary & Caesars \$12 Bottomless Mimosas \$6 Breakfast Shots | <p>FAMILY PACKS</p> <ul style="list-style-type: none"> Monday Pizza Pack Combo Tuesday Sandwich Pack Wednesday Chef Creation* *Changes Weekly – Check our Facebook Page Thursday Pasta Pack |
|--|--|---|

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CROSSWORD PUZZLE

Across

- 1. Cicatrix
- 5. The Sundance Kid's girl
- 9. Legit
- 14. First rate
- 15. Sound from a chapel tower
- 16. Wear away
- 17. Religious image
- 18. Type of lily
- 19. Showed more than once
- 20. Start of a quip
- 23. Flamenco dancer's exclamation
- 24. It's in all living cells
- 25. One holding property in trust
- 29. Tater
- 31. James' creator
- 34. '70s hair style
- 35. More of the quip
- 38. Saturday AM TV star
- 39. Way back when
- 40. Cry of dismay
- 41. More of the quip
- 45. Defeat
- 46. Tarzan player Ron
- 47. Acorns, in maturity
- 48. Highlands misses
- 50. Georgia, once
- 51. Crony
- 52. End of the quip
- 59. Odorless, colorless, inert gas
- 61. Jai ___
- 62. Apothecary measure
- 63. Demonstrated
- 64. ___ contender
- 65. Madame Bovary
- 66. Word with sea or iron
- 67. Actress Verdon
- 68. Giraffe's prominence



Down

- 1. Uttered
- 2. Ms. Chanel
- 3. Soon, ere now
- 4. Big budget item
- 5. Shoulder ornament
- 6. To the point
- 7. Like a tuned drumhead
- 8. Supplicant's request
- 9. Portico's cousin
- 10. It may have boxes and boxers
- 11. Heavenly Father
- 12. Mrs. Cantor
- 13. Lair
- 21. "Average" guy
- 22. Definitely the case
- 25. Cleanse the entire body
- 26. Run ___ of the law
- 27. Literary element
- 28. Kind of wait
- 29. Edible bulbs of a lily
- 30. Teen's big night
- 31. Waits for the green
- 32. Degrade
- 33. Homes for hatchlings
- 36. Untalented artist
- 37. Captures the felon
- 42. Johnny Cash's daughter
- 43. Tale
- 44. Glee
- 49. TV alien from Melmac
- 50. "The ___ of Kilimanjaro"
- 51. "The Power of Positive Thinking" writer
- 52. Borodin's prince
- 53. Mild expletive
- 54. Radiancy
- 55. Utopia
- 56. Stadium cover
- 57. Fighting force, briefly
- 58. Summit
- 59. Fireplace find
- 60. Greek letter

SUDOKU

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

Solution to puzzle on page B10

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CROSSWORD SOLUTION

Solution to last week's crossword puzzle.

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

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FRIDAY, MAR 12 1900
LAND (PG-13)

SATURDAY, MAR 13 1800
LAND (PG-13)

SUNDAY, MAR 14 1800
SING (PG)

Movie posters shown include: *Land* (Robin Wright, Denzel Washington), *Sing* (Matthew McConaughey, Seth MacFarlane, etc.), and *Despicable Me*.

Happy Hooligans Welcome New Wing Commander

NORTH DAKOTA NATIONAL GUARD

FARGO, N.D. — The North Dakota Air National Guard's 119th Wing, known as the "Happy Hooligans", welcomed a new commander during a change of command ceremony held at the Air National Guard base in Fargo, on March 6, 2021.

Col. Darrin Anderson relinquished command to Col. Mitch Johnson. Maj. Gen. Al Dohrmann, N.D. National Guard adjutant general, presided over the ceremony.

"I thank Col. Anderson for his service, leadership and vision," said Dohrmann. "Throughout his tenure as commander he has taken the Happy Hooligans to new heights through empowerment and innovation. I'm pleased he will remain with the North Dakota National Guard serving as our next Assistant Adjutant General - Air."

Anderson began his military career in 1983 when he enlisted in the North Dakota Air National Guard as a Security Specialist. He was commissioned in February 1995 at the Air National Guard Academy of Military Science and served in a myriad of assignments with the 119th Wing, to include intelligence officer, and various aircraft maintenance positions to include deputy commander of the 119th Maintenance Group.

Anderson commanded the 119th Intelligence Surveillance Reconnaissance Group prior to assuming command of the 119th Wing on Aug. 4, 2018. Anderson is a 1987 graduate of North Dakota State University, and a 2012 graduate of the Air War College, Maxwell Air Force Base, Ala.

Throughout his time as the 119th Wing commander, Anderson oversaw the successful execution of continuous federal missions while supporting the longest running domestic emergency response in the history of the North Dakota National Guard- the global pandemic of COVID-19. The Wing also earned its 21st and 22nd Air Force Outstanding Unit Awards during his tenure as commander.

"Looking ahead, I have great confidence that Col. Johnson will continue the great Hooligan legacy of unrivaled excellence as our new Wing Commander," added Dohrmann. "The North Dakota Air National Guard is fortunate to have such a highly qualified and skilled officer ready to lead this great organization."

Johnson began his career in the U.S. Air Force when he was commissioned as a second lieutenant in May 1997 from the U.S. Air Force ROTC Detachment

400 at Michigan Technological University. He was selected for an Air Force Institute of Technology (AFIT) Civilian Institution Program and earned his Master's Degree in 1998. Upon completion of pilot training, Johnson served in multiple flying assignments with the U.S. Air Force's Air Mobility Command (AMC), Air Education and Training Command (ATEC) and Air Force Special Operations Command (AFSOC) during his 12 years of active duty service in the U.S. Air Force. He has commanded at both the group and squadron level, piloted tactical airlift, special operations attack and remotely piloted aircraft worldwide and is credited with overseas service on six deployments. Johnson commanded the 119th Operations Group and was the vice commander of the 119th Wing prior to assuming command.

Johnson expressed his gratitude toward the Guard's senior leadership and thanked those who supported him along his journey and expressed great pride in the 119th Wing's Airmen.

"We always work together to overcome challenges and find a way to get the mission done," said Johnson. "Mission, team and people will be my focus areas during command."



Maj. Gen. Al Dohrmann, North Dakota adjutant general, right, awarded the Legion of Merit to Col. Darrin Anderson during a change of command ceremony for the 119th Wing at the North Dakota Air National Guard Base, Fargo, N.D., March 6, 2021. Anderson relinquished command of the North Dakota National Guard's 119th Wing to Col. Mitch Johnson.

U.S. AIR NATIONAL GUARD PHOTO | CHIEF MASTER SGT. DAVID H. LIPP | RELEASED



Maj. Gen. Al Dohrmann, North Dakota adjutant general, right, presents the 119th Wing colors, to Col. Mitch Johnson officially recognizing him as the incoming commander of the North Dakota National Guard's 119th Wing at the North Dakota Air National Guard Base, Fargo, N.D., March 6, 2021. Johnson assumed command from Col. Darrin Anderson, far left, who has served as the 119th Wing commander since Aug. 4, 2018.

U.S. AIR NATIONAL GUARD PHOTO | TECH. SGT. NATHANAEAL BAARDSON | RELEASED



Left: Col. Darrin Anderson, 119th Wing, North Dakota National Guard.



Right: Col. Mitchell Johnson, 119th Wing, North Dakota National Guard.

U.S. AIR NATIONAL GUARD PHOTOS
CHIEF MASTER SGT. DAVID H. LIPP
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Restaurant Guide

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| <p>Badlands Restaurant & Bar</p> <p>1400 31st Ave SW, Minot, ND 58701 Phone: 701.852.7335 www.blgrill.com</p> | <p>28 Tastes & Taps</p> <p>1603 35th Ave SW Minot, ND 58701 Phone: 701.838.2828 www.facebook.com/28tastes</p> |
| <p>Mi Mexico</p> <p>301 40th Ave SW Minot, ND 58701 Phone: 701.858.0777 www.mimexicomintd.com</p> | <p>Pink's Bar & Grill</p> <p>102 128th Ave NW Minot, ND 58703 Phone: 701.852.2385 www.facebook.com/PinksBarGrill</p> |
| <p>Culver's Restaurant</p> <p>3000 S Broadway, Minot, ND 58701 Phone: 701.852.4800 www.culvers.com</p> | <p>Prairie Sky Breads</p> <p>3 1st St. SE, Minot, ND 58701 Phone: 701.858.0612 www.prairieskybreads.com</p> |
| <p>Dakota Burger Company</p> <p>315 S. Main St. Suite 200, Minot, ND 58701 Phone: 701.852.8183 www.dakotaburgercompany.com</p> | <p>The Starving Rooster</p> <p>30 1st St. NE, Minot, ND 58703 Phone: 701.838.3030 www.starvingrooster.com</p> |

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North Dakota State Fair Announces Concert Lineup for 2021

NORTH DAKOTA STATE FAIR

MINOT, ND – Lynyrd Skynyrd, Dan + Shay, Ashley McBryde, Sawyer Brown, Casey Donahew, Billy Idol, and Kane Brown will be at the 2021 North Dakota State Fair to be held July 23-31, 2021. Tickets go on sale March 31st at 8am, to purchase go to <https://ndstatefair.com/> and click 'Tickets'.



**JULY 23RD
LYNYRD SKYNYRD**

Legendary rock band Lynyrd Skynyrd returns with a fiery slice of Southern style guitar rock heaven in Last of a Dyin' Breed, their newest release on Roadrunner/Loud & Proud Records due August 21, 2012. With a catalog of over 60 albums, sales beyond 30 million worldwide and their beloved classic American rock anthem "Sweet Home Alabama" having sold over two million ringtones, Rock & Roll Hall of Famers Lynyrd Skynyrd remains a cultural icon that appeals to multiple generations. But far from resting on their laurels, any illusions that this may be a band at anything less than the height of its powers are quickly lost with the distorted fury of the fiery guitar licks that open the album's title track and further put to rest with the gritty triumphs that follow.



**JULY 24TH
DAN + SHAY**

For Dan + Shay, the last twelve months have seen GRAMMY, Billboard, ACM, CMT, and Teen Choice Award wins – most recently snagging several CMA Awards nominations, and the accumulation of over two billion on-demand career streams. The pair have already sold out headlining US & UK tours in 2019, where they performed from their ever-expanding array of hits, including their most recent chart-topper, "All To Myself," their 2x-Platinum, multi-week No. 1 single "Speechless", and the most-

streamed song released in 2018, multi-Platinum, multi-week No.1 global smash, "Tequila." All three are featured on Dan + Shay, which has sold more than one million album equivalents and debuted at No. 1 on Billboard's Top Country Albums chart the same week "Tequila" reached No.1 on the Country Airplay chart, marking the first time since 2009 that a duo or group has topped both charts simultaneously.



**JULY 25TH
ASHLEY MCBRYDE**

Commended by The New York Times as "an alluringly flexible singer, fluent in classic country, blues and Southern rock, with a voice that moves easily from tender to tough," Ashley McBryde's GRAMMY-nominated Girl Going Nowhere earned the Arkansas native critical acclaim from Rolling Stone, Variety and more with The Washington Post raving, "McBryde's blue-collar storytelling and straightforward singing set her apart." The seminal title track on the Jay Joyce-produced LP continues to propel McBryde's career to great heights with recognition in 2019 by the Academy of Country Music as New Female Artist of the Year, CMT's Breakthrough Video of the Year and CMA New Artist of the Year. For tour dates and more information, visit AshleyMcBryde.com



**JULY 28TH
SAWYER BROWN**

Sawyer Brown has done more than 4500 shows and continue to perform all across the nation. They have twenty-three albums, more than 50 chart singles, and multiple CMA, ACM, and CMT awards on the shelf. They've displayed a constant excitement since the very first time Sawyer Brown stepped foot onstage in the early 1980s.

The band has earned its place as one of the premier live acts in music. The band began by playing 275-300 nights a year for the first decade or more of its career—and has never come off the road.



**JULY 29TH
CASEY DONAHEW**

In just over 10 years, Casey Donahew has risen from being a favorite on the local Texas music scene to a nationally popular touring act who has racked up 13 No. 1 singles and consistently sells out venues across the country. His 2011 album release, Double Wide Dream, spawned three No. 1 singles: the title track, "Double Wide Dream," "Let's Not Say Goodbye Again," and "One Star Flag." Donahew released his most recent studio album All Night Party on August 19, 2016 and it immediately rocketed to No. 3 on the Billboard Top Country Albums Chart, No. 13 on the Top Album Sales Chart and Top Current Album Sales Chart and No. 40 on the Billboard 200 Chart. The hot project also took the No. 2 spot on the Internet Albums Chart and landed at No. 3 on the Independent Albums Chart. Donahew's single "Kiss Me," from All Night Party, finished 2016 in the #1 position on the Texas charts and is currently climbing the Mediabase and Billboard mainstream radio charts.



**JULY 30TH
BILLY IDOL**

Billy Idol was an early architect of the sound, style, and fury of punk rock. He has sold 40 million albums while scoring numerous platinum albums worldwide, nine top forty singles in the U.S. and 10 in the U.K. including "Dancing With Myself" and "Rebel Yell". Billy was responsible for some of punk rock's most memorable, literate, and evocative moments and created a pioneering new sound

by bringing the spirit of '77 to the dance floor, going on to fashion an immediately identifiable musical blueprint that integrates club-land throb, rockabilly desperation, and rock'n'roll decadence.



**JULY 31ST
KANE BROWN**

The 4X AMA winner is the only artist in history to notch two titles in the genre's Top 5 most-streamed songs of all time. "Heaven" and "What Ifs" featuring Lauren Alaina, the record-setting tracks from Kane Brown, are also certified 5X Platinum, making Kane one of only five country artist to achieve that certification twice (along with Luke Bryan, Florida Georgia Line, Sam Hunt, and Taylor Swift). His Platinum-certified album, Experiment, has yielded three consecutive No. 1 Platinum singles, "Homesick," "Good As You" and "Lose It." In January 2019, Kane appeared on R&B star Khalid's "Saturday Nights REMIX." The crossover track anticipated his collaboration with famed DJ Marshmello, "One Thing Right," which he dropped in June 2019. In April 2020, Kane dropped "Cool Again," which

closed out that month as the most-added single at country radio and which Billboard called a "song of the summer." Most recently, Kane dropped "Be Like That," a breezy pop crossover with Khalid and Grammy-nominated vocalist Swae Lee.

In addition to the concerts, the Bull Riding Challenge and Ranch Bronc Riding will be held July 26 and 27 and the Ranch Rodeo will be held July 28 and 29.

All five country concerts plus two auto events are on the Grandstand Showpass for one price, \$110.

Saturday, July 24th – Dan + Shay

Sunday, July 25th – Ashley McBryde

Monday, July 26th – Enduro Races

Tuesday, July 27th – Freestyle Motocross

Wednesday, July 28th – Sawyer Brown

Thursday, July 29th – Casey Donahew

Saturday, July 31st – Kane Brown

Rock Concerts –

Friday, July 23rd – Lynyrd Skynyrd - \$50

Friday, July 30th – Billy Idol - \$40

The North Dakota State Fair is the largest annual event in North Dakota. The nine-day event is host to around 300,000 people and is held the third week of July. This year's dates are July 23-31, 2021.

A LOOK BACK THIS WEEK IN USAF HISTORY

**FIRST FLIGHT OF SIKORSKY HH-53B HELICOPTER
MARCH 15, 1967**



A flight engineer looks over a minigun while his helicopter flies in formation with a Sikorsky HH-53C Super Jolly Green Giant of the 40th Aerospace Rescue and Recovery Squadron, Vietnam, October 1972.

(Ken Hackman, U.S. Air Force)

On March 15, 1967, the "Super Jolly Green Giant," or the Sikorsky HH-53B helicopter, made its initial flight. At the time, the HH-53B was the largest, most powerful, and the fastest helicopter in the United States Air Force. The maiden flight of 66-14428 took place in Stratford, Connecticut and was piloted by James R. Wright and Patrick A. Guinn. The helicopters were then sent to the 37th Air Rescue and Recovery Squadron at Eglin Air Force Base, Florida and Vietnam to perform combat search and rescue missions, as well as special operations. The aircraft were key participants in the Son Tay Raid, where joint military forces flew a covert night mission to a POW camp in Vietnam to rescue American prisoners. By 1988, the HH-53s were modified to a new special operations configuration. In 2007, 66-14428 was retired to The Boneyard in Tucson, Arizona, and all of the models were withdrawn by September of 2008.

Information courtesy of: thisdayinaviation.com/history.net

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CHURCH DIRECTORY

Because of the uncertainty of the COVID-19 virus effects, the Northern Sentry will continue to post future events as advertised by area groups. However, we highly encourage you to check in advance on the current status of your church service.

Little Flower Catholic Church
 800 University Avenue West
 838-1520
Mass Schedule
 Saturday 4:30 pm
 Sunday 8:30 & 10:00 am
Fr. Ken Phillips, Pastor
www.littleflowerminot.com

St. Peter The Aleut Eastern Orthodox Church

109 6th St. SE
Minot • 838-3094
Saturday, March 13
 5 PM, No Vespers
Sunday, March 14
 10 AM, Congregational Prayer Service


Break Forth Bible Church
 Thursdays 7:00pm
 and Sundays 10:30am
1821 W Burdick Expressway
 For More Information:
 701.353.9337 | www.bfbc.tv


An Evangelical Free Church
 3500 4th St. SW • 839-5127
 (Just North of Super Wal-Mart)
 Sunday School & Fellowship 9:00 a.m.
 Worship 10:30 a.m.
www.trinitychurchminot.org


 Worship Service at 10:45am Sundays
 Sunday School at 9:45am
1720 4th Ave NW, Minot
838-0916
MinotBibleFellowship.org


Faith United Methodist Church
5900 Highway 83 N, Minot
www.faithumcminot.com
Pastor Ken Mund
701-838-1540
 Sunday School (All Ages): 9:45 a.m.
 Sunday Coffee Fellowship: 10:30 a.m.
 Worship Services: Sunday 11 a.m.

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

Cornerstone Presbyterian Church
1000 NE 3rd Street
852-0315
Sunday Schedule
 Contemporary Worship 9:00am
 Sunday School (All Ages) 10:00am
 Traditional Worship 11:00am
Wednesday Evening Schedule
 Community Dinner 5:30-6:30pm
 Contemporary Worship 6:30pm
 Youth Group & Small Groups.. 7:15pm
All are Welcome!
www.ecominot.org


Vincent United Methodist Church
1024 2nd St. SE • 838-4425
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 open hearts...open minds...open doors!
 Traditional Service 9:00 am
 Contemporary Service 10:30 am
 Kid's Church 10:30 am
Pastor Matt Scherbenske
www.vincentumc.com


St. Mark's Lutheran Church
Missouri Synod
Sunday Worship
9:30 AM
2209 4th Avenue NW
Minot, ND
839-4663
Reverend Philip Beyersdorf
www.minotstmarks.com
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Immanuel Baptist Church
1615 2nd St. SE • Minot • 839-3694
 Sundays:
 Fellowship 9:00 am
 Sunday School 9:15 am
 Worship 10:30 am
 Wednesdays:
 Soup Kitchen 11:30 am
 Family Supper 5:30 pm
 Preschool/Kids' Club/ABY ... 6:30 pm
 Adult Bible Study 6:30 pm
Brian T. Skar, Pastor
www.ibcminot.org

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

St. John the Apostle Catholic Church

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


First Lutheran Church - ELCA
 120 5th Ave. NW
 852-4853
 Sunday Worship
 9:30 am
www.firstlutheran.tv
 (Live Stream & Recorded)
 Radio Broadcast KRRZ 1390AM
 Sunday 9:30 am
www.flcminot.com
 Pastor Brandy Gerjets • Pastor Ellery Dykeman


Gospel Tabernacle Community Church
 9999 27th St NE
 4 miles south of MAFB
 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 Hour 6:30 p.m.
Evening Worship 7:30 p.m.
Bible Study/Child-Adult
Children Worship (Wed).... 7 p.m.
Prayer (Friday) 7 P.m.

First Assembly of God
1805 2nd St. SE
838-1111
 Morning Worship 8:30 a.m.
 Sunday School 10 a.m.
 Morning Worship 11 a.m.
 Wednesday Family Night..... 6:30 p.m.

First Baptist Church

200 3rd St. SW • 852-4533
www.fbcminot.org
 Classic Worship Service 8:30 a.m.
 Adult Sunday School 9:45 a.m.
 Contemporary Worship Service .. 9:50 a.m.
 Children's Church 9:50 a.m.
 Sunday School (All Ages) 11:00 a.m.
 Contemporary Worship Service .. 11:05 a.m.
 Wed. AWANA (Sept. to May) 6:30 p.m.
Rev. Kent Hinkel, Senior Pastor
Rev. Barry Seifert, Associate Pastor
Pastor Sam Kautzmann, Student Ministries
Elaine Carlson, Children's Ministry Director


Cross Roads Baptist
Southern Baptist Convention
 Sunday School (all ages) 9:45 a.m.
 Sunday Worship 11 a.m. & 6:30 p.m.
 Wednesdays (Prayer & Missions) ... 6:30 p.m.
www.minotcrbc.org
email: minotcrbc@gmail.com
Dr. Bob Farmer- 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

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Protestant
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Contemporary Service
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Gospel Service
 Sunday Worship 1130
Catholic Mass (Northern Lights Chapel across from Rockers)
 Sunday 1000
 Daily Monday-Thursday at 1200

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SUDOKU SOLUTION

Puzzle on page 6

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

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BASE ANNOUNCEMENTS

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Embry-Riddle Aeronautical University is now registering for the Spring 2021 term (22 Mar-23 May). You can enroll in classes for CCAF, classes towards Undergraduate degrees such as: AS/BS Aeronautics, AS/BS Aviation Maintenance, AS/BS Technical Management and Graduate degrees: MS Aeronautics, MBA Aviation and MS Management. Please email your registration request & any inquiries to: minot@erau.edu To apply to the University, please go to: <https://worldwide.erau.edu/admissions/apply/> and select Minot as the Campus location. Our current course modalities include Online and/or Eaglevision home. If you have any questions, please call our teleworking phone number: 904-513-9734.

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• **Early Spring Session (term 20SPRG1)**
Session dates: Monday, January 11, 2021 - Saturday, March 6, 2021
Registration dates: Monday, November 9, 2020 - Sunday, January 10, 2021. Late registration dates: Monday, January 11, 2021 - Wednesday, January 13, 2021

• **Late Spring Session (term 20SPRG2)**
Session dates: Monday, March 8, 2021 - Saturday, May 1, 2021
Registration dates: Monday, November 9, 2020 - Sunday, March 7, 2021. Late registration dates: Monday, March 8, 2021 - Wednesday, March 10, 2021

Please call to schedule an appointment. 701-727-8386.

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ADULT & TEEN BAGGERS NEEDED AT THE MINOT AFB COMMISSARY Baggers Work for Tips Only • Adult Hours Tuesday-Friday 7am-4pm • Later start times available but must be able to stay until 4pm & Sunday 11am-6pm • Teen Hours Tuesdays-Friday 4pm-7pm & Saturday 7am-6pm • Morning start times rotate & vary. Please speak to Charlie at the commissary if interested or leave contact information with customer service.

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• 2 Hour Party for up to 10 People
• Shoe Rental
• Pop and Ice Cream
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\$12 for each additional person

MEGA PARTY

• 2 Hour Party for up to 10 People
• Shoe Rental
• 2 - 16" Pizzas, Pop and Ice Cream
\$185+tax
\$15 for each additional person

Additional \$10 for X-treme Bowling

ALL PARTIES INCLUDE:
Plates, Cups, Napkins, Utensils, Invitations & Balloons.
Birthday Child will receive a "Happy Birthday" Bowling Pin or a coloring T-Shirt.
You bring the cake and the kids!
NO OUTSIDE FOOD OR BEVERAGES ALLOWED.

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WHAT'S GOING ON MAFB

FRIDAY 12

- HIIT Strength and Conditioning, 0545, Fitness Center
- TAP (DoL) – Employment Workshop, 0800-1600, A&FRC
- Spouses Corner, 0900-1000, A&FRC, In-Person and Zoom Meeting
- Fit to Fight, 1130, Fitness Center
- Teen Day Friday, 1500-2200, Youth Center
- 1st Annual Beer Tasting, 1700, Rockers Bar & Grill
- Club Member Benefit, 1700-1900, Rough Rider Lanes
- Zumba, 1730, Fitness Center
- Club Members \$\$\$ Drawing, 1730-1830, Held at Rockers Bar & Grill, winner also announced at Bomber Bistro
- Family Skate Night, 1800-2000, Youth Center
- Movie Night, 1800-2100, ESC – inside Bomber Bistro
- Mixed Fun League, 1830, Rough Rider Lanes
- Karaoke Night, 2000-1900, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

SATURDAY 13

- Rough Rider Lanes Youth Bowling League, 1000, Rough Rider Lanes
- Winter STEAM Challenges, 1000, Minot AFB Library Facebook Page
- Fit to Fight, 1015, Fitness Center
- Dr. Seuss Day, 1300, Minot AFB Library Facebook Page
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

SUNDAY 14

- Zumba, 1400, Fitness Center

MONDAY 15

- HIIT Strength and Conditioning, 0545, Fitness Center
- Reintegration Briefing, 1000-1100, A&FRC
- Yoga/Swim, 1130, Fitness Center
- Cycle, 1630, Fitness Center
- Zumba, 1730, Fitness Center

MARCH SPECIALS

- Bomber Bistro • Taco Tuesday Bowl**
Seasoned ground beef, tomato, onion, lettuce, jalapenos, and shredded cheddar cheese over white rice served with salsa and sour cream. Only \$9.25, drink included!
- The B-Fifty Brew • Frittata**
Add some variety to your day and dig in with a medley of eggs, parmesan cheese, onion, garlic, spinach, and swiss cheese for only \$4!
- Rockers Bar & Grill • Sandwich of the Month – Turkey Bacon Ranch on a Pretzel Bun**
Layers of warm smoked turkey, crispy bacon, melted swiss cheese, and ranch on a toasted pretzel bun with lettuce and tomato! Served with fries for only \$9.75!

TUESDAY 16

- Cycle, 0530, Fitness Center
- Game Day, 1000-1930, Minot AFB Library Facebook Page
- Fit to Fight, 1130, Fitness Center
- Barre, 1800, Fitness Center

WEDNESDAY 17

- HIIT Strength and Conditioning, 0545, Fitness Center
- Bundles for Babies, 0900-1030, A&FRC
- Pre-Deployment/Remote Readiness Training, 1000-1100, A&FRC, Zoom Meeting
- St. Patrick's Day Special Lunch, 1030-1330, Dakota Inn Dining Facility
- Story Time, 1030, Minot AFB Storytime Club Facebook Group
- Cycle/Strength, 1130, Fitness Center
- Boss & Buddy \$1 Off Draft Special, 1630-1830, Rockers Bar & Grill
- Cycle, 1630, Fitness Center
- Member Wind Down Wednesday Snacks, 1630-1830, Rockers Bar & Grill
- Squadron Extramural League, 1700, Rough Rider Lanes

THURSDAY 18

- Cycle, 0530, Fitness Center
- Pre-Separation Counseling, 0830-1130, A&FRC
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Fit to Fight, 1130, Fitness Center
- Moving Out of the Dorms Budget Class, 1430-1600, A&FRC
- Kids' Night, 1530-2030, Bomber Bistro
- Cycle, 1930, Fitness Center

FRIDAY 19

- HIIT Strength and Conditioning, 0545, Fitness Center
- Spouses Corner, 0900-1000, A&FRC, In-Person and Zoom Meeting
- Fit to Fight, 1130, Fitness Center
- Teen Day Friday, 1500-2200, Youth Center
- Club Member Benefit, 1700-1900, Rough Rider Lanes
- Zumba, 1730, Fitness Center
- Club Members \$\$\$ Drawing, 1730-1830, Held at Rockers Bar & Grill, winner also announced at Bomber Bistro
- Mixed Fun League, 1830, Rough Rider Lanes
- Karaoke Night, 2000-1900, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

SATURDAY 20

- Cycle, 0900, Fitness Center
- Rough Rider Lanes Youth Bowling League, 1000, Rough Rider Lanes
- Winter STEAM Challenges, 1000, Minot AFB Library Facebook Page
- Fit to Fight, 1015, Fitness Center
- EFMP – Create Your Own Sensory Bottle, 1100, A&FRC, Zoom Meeting
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

ONGOING

- The status and location of Minot Air Force Base events are subject to change due to base restrictions.
- FCC Pre-Orientation: One-on-One Appointments: Family Child Care – Call to schedule an appointment.
- DELIVERY OPTIONS (Hours subject to change)
Bomber Bistro: Monday-Friday 1630-2030



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Wednesday, March 17th
10:30 AM - 1:30 PM
Dakota Inn Dining Facility

Special Menu:
 Apple Glazed Corned Beef
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