

# northersentry

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## WHAT'S INSIDE THIS WEEK:



END TO END FUN

A5



AIRMEN OF MINOT

A7



HELPING MULTICULTURAL FAMILIES OF MINOT AFB

B3



**NOT FRAGILE LIKE A FLOWER-  
FRAGILE LIKE  
A BOMB**

Women missileers from the 740th Missile Squadron pose for a photo in the 91 Operations Support Squadron missile procedure trainer on March 8, 2021, at Minot Air Force Base, North Dakota. These women participated in an all women key turn in observance of International Women's Day at Minot Air Force Base. See page 2 & 3 for more coverage.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN JOSH W. STRICKLAND

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# Not fragile like a flower- fragile like a bomb

SENIOR AIRMAN TRISTAN TRUESDELL AND LAUREN O'CONNOR, 341ST MISSILE WING PUBLIC AFFAIRS

**MALMSTROM AIR FORCE BASE, Mont.** -- The intercontinental ballistic missileers sit alert each hour of every day to provide the nation's unstoppable nuclear deterrent. In honor of International Women's Day, teams of female missileers across all ICBM wings participated in a coordinated, simultaneous training launch. This key-turn simulation was the first time a training launch of this nature has occurred and offers, as all historic moments do, a chance to look back on how far we've come.

## ICBMS IN THE FORCE

Minuteman III ICBMs are one leg of the nuclear triad and maintain continuous alert to provide the most immediate reaction capability to strike global targets within thirty minutes of being launched.

The continuous alert status ensures the President has a weapon system that achieves day-to-day deterrence objectives, but can also provide responsive combat capabilities if directed.

Enduring nuclear deterrence provided by ICBMs exists as the result of a tightly-orchestrated effort executed daily by personnel operating from command centers, planning targeting packages, conducting maintenance, providing security and operating from a variety of alert facilities.

Maj. Kristin Selvidge and Capt. Brittany Baver, 625th Strategic Operations Squadron planners,

assist in conducting the targeting for the ICBM systems.

Targeting ensures strategic coverage for ICBMs. Selvidge and Baver receive inputs and process the targeting changes through validation checks, then transmit the changes directly to launch control centers, where they have the capability to remotely assign targets for Minuteman III ICBMs.

"We are in constant communication with the missile wings every day," said Selvidge. "Our responsibility is to verify and maintain operational readiness for targeting operations."

"Working with the targeters, our system's flight develops and maintains our targeting system's and software," she continued. "Sustainment of our systems is paramount to what we do."

The locations for each of these functions are dispersed throughout the United States, but are closely synchronized to produce the combat-ready ICBM force.

"The 625th STOS is a team of nuclear professionals, trained and equipped to execute and support the global strike warfighters through continuous, rapid, accurate and survivable nuclear operations," said Baver. "We work closely with United States Strategic Command, Joint Functional Component Command for Global Strike and 20th Air Force to maintain current and accurate targeting for the land-based leg of the nuclear triad."

As nuclear planners in the targeting flight, Selvidge and Baver manage and direct targeting activities for the nation's 450 Minuteman III ICBM fleet.

"We play a major role in the nuclear assurance and deterrence calculation...without the targeting piece of the equation our weapons have no place to go, and the war plan falls apart. We are a small squadron with a mighty role to play," said Baver.

Personnel at these locations work in an extremely synchronized manner to guarantee the nation's Minuteman III missiles are under continuous control, secured and maintained so that if given the order, missileers can deliver some of the most deadly firepower in the world to their intended targets.

## THE FIRST ALL-FEMALE ALERT

"We have determined that introducing females onto gender-specific crews is feasible and have initiated plans to implement this concept beginning this year," wrote Gen. Bennie L. Davis to Lt. Gen. Duane H. Cassidy, deputy chief of staff for manpower and personnel in February 1985.

After conducting a study to introduce female Airmen into Minuteman and Peacekeeper crews, it was proven that female Airmen could, in fact, take on the roles of then-all-male roles. The study focused on mission effectiveness, cost, equal opportunity in career progression,

scheduling and morale.

Written surveys, telephone interviews and one-on-one interviews were accomplished with 1,400 officers to obtain overall perceptions of the gender-specific crew concept, according to Davis' letter to Cassidy.

"Since their introduction in 1978, women have performed admirably in the Titan weapon system," concluded Davis. "I'm pleased to expand the opportunity for women to serve in our nation's deterrent force."

Although female Airmen have been conducting ICBM alert duty before the study was released, following Davis' announcement to use gender-specific all-female crews, on Mar. 25, 1986, the first all-female Minuteman crew was conducted at Whiteman Air Force Base, Missouri. This was the first time an all-female crew accomplished Minuteman combat crew duty under the gender-specific crew policy.

Full integration of mixed-gender crews began Air Force-wide on Jan. 1, 1988. Since that time, women across the ranks and duties of the ICBM mission have proven how impactful this decision was.

## WOMEN BEHIND ICBMS TODAY

This year, in recognition of Women's History Month, the women who have the daunting responsibility of ensuring the ICBM force remains on alert and



I don't have to define myself as a 'female missileer'. I'm a missileer first and it just so happens to be that I am female.

1ST LT. HUNTER PACE,  
740TH MISSILE SQUADRON MISSILE  
COMBAT CREW COMMANDER



combat ready, are demonstrating they are fully capable in their wartime role.

"You deter through fear... the enemy must know that we can destroy [their] military forces," according to Gen. Thomas Power, commander of the now deactivated Strategic Air Command. "Our policy is deterrence, but if deterrence fails, we'll damn well win."

Today, women fill critical roles in each area of the ICBM mission.

"I don't have to define myself as a 'female missileer'. I'm a missileer first and it just so happens to be that I am female," said 1st Lt. Hunter Pace, 740th Missile Squadron missile combat crew commander. "When we have days like International Women's Day, it allows us to take a step back and look how far we've come and celebrate that progress."

CONTINUED ON NEXT PAGE

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# Women behind USAF ICBMs

Women are leading on the ICBM front lines and to celebrate the powerful impact women have had on the ICBM mission, female missile crews from the 90th Missile Wing, 91st Missile Wing and 341st Missile Wing operations groups, along with airborne launch control system crew members from the 625th STOS simulated releasing some of the U.S. Air Force's most powerful weapons by conducting a synchronized missile launch from their four locations as part of their combat training.

"Our mission is critical to our national defense because we are

the most responsive leg of the nation's nuclear triad. We can reach anywhere in the world in a matter of minutes," said Lt. Col. Amanda Filiowich, 321st Missile Squadron director of operations. "The nuclear missile operators are highly trained, highly skilled officers with the most powerful weapon system in the United States arsenal under their command."

In addition to ICBMs, Airborne Launch Control Systems is a force multiplier that has a role to play when missiles are launched.

"ACLS complicates war planning for any adversary due

to our capabilities to launch ICBMs from the air – in the event launch control centers are not able to launch," said Capt. Grazia Castagna, 625th STOS ACLS intelligence officer.

Capt. Castagna and Capt. Stephanie Konvalin, 625th STOS strike planners, are the only females directly supporting the ACLS mission.

"By being on alert 24/7/365, the ALCS forces an enemy to target 495 assets in order to destroy the combat capabilities of the ICBM leg of the triad," said Konvalin. "Without the system, an enemy would only have to

destroy 45 launch control centers to cripple the force. We add more survivability to an already survivable force."

Women have served the military for several decades and continue to break barriers in new roles today.

"I'm so proud of all the women who came before us, the women today who are serving the United States Air Force, and here at Malmstrom," said Col. Anita Feugate Opperman, 341st Missile Wing commander. "They are all working hard to create a stronger and more inclusive total force of tomorrow."



1st Lt. Janelle Hrycyk and 2nd Lt. April Hood, 740th Missile Squadron missileers, simulate a key turn in the 91 Operations Support Squadron missile procedure trainer on March 8, 2021, at Minot Air Force Base, North Dakota. Hood and Hrycyk participated in an all women key turn in observance of International Women's Day.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN JOSH W. STRICKLAND



1st Lt. Janelle Hrycyk and 2nd Lt. April Hood, 740th Missile Squadron missileers, review missile procedures in the 91 Operations Support Squadron missile procedure trainer on March 8, 2021, at Minot Air Force Base, North Dakota. Hood and Hrycyk participated in an all women key turn in observance of International Women's Day.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN JOSH W. STRICKLAND

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# 5 Minutes to Thrive: Entropy & Grit/Resilience

DR. ASHLEY KILGORE, 5TH OMRS MENTAL HEALTH CLINIC

MINOT AIR FORCE BASE, N.D. --

I first learned about the concept of entropy in my high school physics class. Embarrassingly, my understanding of the concept and the other laws of thermodynamics have not matured over the years. I understand entropy as a process of gradual decline in energy over time to the point where it cannot be converted into meaningful work. As we approach the 12 month anniversary of the COVID 19 initial lockdown, I am reminded of times during the previous year when I felt a loss of steam, or motivation to get things done.

Below are some of the grit ("resilience") tools that I found myself going back to time and again to pull myself together and achieve a modicum of order and productivity.

### CREATE RITUALS

By rituals, I just mean routines, but the word "ritual" sounds more impressive. Rituals have been especially important to my well-being because they help me to manage and conserve precious physical, mental, and emotional energy

to apply against problems that I need or want to solve. Incrementally subduing chaos in our lives through the practice of rituals not only increases order and reduces inefficiency, but the practice of rituals lends to feelings of calm, self-mastery, and energy to try new things.

### REDUCE CLUTTER

I love getting rid of things, you could say I excel at it. Whether entropy has mercilessly ravaged your closet, or if your relationships have nearly disintegrated – rather than waste precious energy on stepping awkwardly and repeatedly around the problem, expend some energy putting things right in your home or your life so that it can flow more easily. Donate or throw away stuff you do not use or want; plan to repair a damaged relationship, then act with vulnerability and courage to see your plan through.

### "DO NOT SWEAT THE SMALL STUFF"

If we want to have energy left over to give to things that are important to us, we must learn to let go of things that sap our energy and provide little

or no value. We can start by refusing to be lured into useless arguments. The energy we willingly waste on seeking out and responding to antagonism is lost forever and cannot be used toward something of greater value. Likewise, we can learn to stop wasting our energy on outcomes we cannot control – like how people drive in traffic. For people with chronic health conditions, "not sweating the small stuff" may sound easier said than done. If I have learned anything from people in various stages of recovery, learning to not sweat the small stuff is key to maintaining grit/resilience and staying on track with goals. I like to use a handful of phrases to help me remember to protect my precious energy (e.g. "I'm responsible for the effort, not the outcome", "One day at a time", "This too shall pass")

While practicing rituals, reducing clutter, and learning to let go of trivial things will certainly require energy from you up front, these costs are more than made up for in energy saved that can be used on pursuits that add greater meaning and purpose to your life.

# "I'm not fragile like a flower, I'm fragile like a bomb"

CAPTAIN MELANIE IRONS, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

When I first came to the 23rd, I was the only female in my squadron.

I was worried I wouldn't fit in or be accepted.

I have the privilege of watching more and more Baronesses trickle in to the 23rd Bomb Squadron as each class graduates out of the follow-on training course in Barksdale, Louisiana as new Electronic Warfare Officers and navigators.

I watched as the squadron grew from these strong, confident, and talented women whom I am so grateful to call my colleagues.

But despite these changes, I still often look around and notice

I'm the only female in a crowded room.

In those times when I feel alone, or maybe my voice doesn't project as loudly as the men, I find strength from women who helped us get to where we are by breaking boundaries.

Women such as Elizabeth Gardner, a Woman Air Force Service Pilot aviator who flew the Martin B-26.

Also, Minot alum like Kimberly "Nike" Rigby who helped write the new female hair regulations, and Test Pilot School graduate Christin "Sparta" Hart.

It's these women who remind me that "I'm not fragile like a flower, I'm fragile like a bomb" - Frida Kahlo.



Team Minot's Female Electronic Warfare Officers and Weapons System Officers pose in front of a B-52H Stratofortress on Minot Air Force Base, North Dakota, March 18, 2021. These women call themselves the baronesses and work in the 23rd Bomb Squadron.

U.S. AIR FORCE PHOTO | AIRMAN ALLISON MARTIN

## Pancake Breakfast with the Easter Bunny

**When:** Friday April 02, 2021  
**Where:** Minot Exchange Food Court  
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# End to End Fun

ROD WILSON, NORTHERN SENTRY

"I used to think that curling was all about getting exercise and having fun, but it's also such a mental game. There's a lot of thinking that goes on...you know it's kind of like chess on ice." MSgt Kyle Hotstetler had arrived early at the Minot Curling Club, located on the North Dakota State Fairgrounds, to get ready for the championship matches of the Minot Air Force Base Intramural Curling League. Originally from Florida, MSgt Hotstetler has been in Minot for 6 years, but has been an active curler for just the last 3.

"I used to watch curling on TV...I fell in love with curling... it's a great sport," shared Hotstetler.

This is the first year for the MAFB intramural league. "We were able to recruit between 40-50 players this year, and we

formed 9 teams."

In curling you can have mixed leagues and according to Hotstetler it's about 50/50 as far as male to female membership.

The league started in January, with the 4-person team that Hotstetler curls with teaching the other 8 teams the ins and outs of curling. "It's a beginners' league this year, but we hope to build the league to 20 teams. Lt. Col Patrick McAfee has been an active participant in the league and believes it is great for Minot AFB. "These Airmen now have a unique (I'd bet we're the only base in the AF with a curling league) experience and fond memory from their time in Minot. It also was a great activity to break up the winter doldrums and have some safe camaraderie through COVID. These are

exactly the kinds of initiatives that truly benefit our Airmen and base community."

This would be the last night of curling for the league, with Col Barry Little, 91 MW/CV, presenting an enduring trophy that will have the championship team (the Missile Monkeys) engraved on it and will reside in the club. Col Little also coined MSgt Hostetler for setting up the curling league and thanked the Minot Curling Club.

Second Place team was Team Searcey from the 5th Medical Operations Squadron, Third place was the "Horrible Bosses" from 5 MUNS, 5 CES, 791 MXS, 91 MMXS, and 91 OSS.

And next year? "Well, I will PCS this summer, but we know the league will continue next year" according to MSgt Hostetler.



Col Barry Little presents the enduring trophy to the championship team, The Missile Monkeys. L to R: TSgt Jacob Becker (791 MXS), TSgt Levi Janssen (373 TRS), TSgt Matthew Bickley (373 TRS), MSgt Kyle Hostetler (373 TRS), Col Barry Little (91 MW/CV).

SUPPLIED PHOTOS



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# Air Force ROTC reduces length of enlisted assignments at detachments

PHIL BERUBE, AIR UNIVERSITY PUBLIC AFFAIRS

MAXWELL AIR FORCE BASE, Ala. (AFNS) --

Headquarters Air Force ROTC has reduced the number of years enlisted cadre serve at detachments from four to three years.

Effective March 1, the reduction aligns the tour length with those of other special duty assignments, such as military training instructors and leaders, stateside enlisted professional military education instructors and technical training instructors.

"The reduction allows these professional Airmen the opportunity to serve outside their operational career field for a short time, gain insight, mentor our future leaders and then return quicker to their career field more experienced well-rounded NCOs," said Chief Master Sgt. Nichole Dunton, Headquarters AFROTC senior enlisted leader.

Currently, all 276 personnelist and administration noncommissioned officer positions at the 145 ROTC detachments are filled, she said.

The reduction affects Airmen who arrived for detachment duty on or after Jan. 1, 2019. Those Airmen will have to apply for a one-year extension if they want to stay for the original four years.

For Tech. Sgt. Anna Stevens, who started her job as a personnelist at the Boston University detachment in April 2019, the one-year extension is an attractive option, but she chose not to apply for it, wanting to return to her operational career field to "give myself a chance to continue to grow both personally and professionally."

Resiliency was another deciding factor in reducing the assignments, Dunton said.

"Some of these detachments are not near a military installation," she said. "So, these Airmen don't have access to base services, such as commissaries or child care centers, as those serving near a military installation. After a while, you tend to miss not having access to base services."

That reasoning resonates with one NCO who, though not affected by the reduction, agrees that four years is a long time to be away from one's career field and the services typically found at a military base.

"At some point, we have to go back to our career fields and get certified or recertified with our main duties," said Tech. Sgt. Sarah Garcia, a personnelist with the detachment at San Jose State University, California. "Also, depending on where the detachment is, four years is a

long time to be away from an operational base. One thing I miss about being at a base is the military community and convenience of services available."

Garcia's and Stevens' feelings on the reduction are exactly why ROTC leadership decided to make the change.

"Our enlisted cadre are making a tremendous impact not only on day-to-day detachment operations, but also on the professional and personal development of our future Air Force and Space Force officers," said Col. Christopher Bennett, Headquarters AFROTC commander. "The change balances the role these NCOs fulfill in our detachments with the need to reintegrate them to their operational career fields in a timely manner. I believe this is a win-win for everyone."

# Native American Hall of Honor Seeks Nominations

STATE HISTORICAL SOCIETY OF NORTH DAKOTA

BISMARCK, N.D. — The nomination process is now open for the 2021 North Dakota Native American Hall of Honor. Located in the North Dakota Heritage Center & State Museum in Bismarck, the Native American Hall of Honor is an annual program and exhibit recognizing Native Americans who have gone above and beyond in representing their tribe and culture. The program is a partnership of the State Historical Society of North Dakota, the North Dakota Indian Affairs Commission, and the State Historical Society Foundation.

This program recognizes traditional and contemporary achievements in these categories: Arts and Culture, Athletics, Leadership, Legendary Leader, and Military/Veterans. Nominees can be living or in memoriam. The deadline for nominations is

April 5, 2021, at 5 p.m.

"This program celebrates the significant contributions of Native Americans, past and present, in North Dakota," said Scott Davis, executive director of the ND Indian Affairs Commission. "This is an opportunity to nominate someone in your community who deserves recognition."

The vetting process will be competitive, with only up to two people per category accepted into the Hall of Honor each year. The honoring ceremony, either live or virtual, will be Sept. 9, 2021, as part of the Tribal Summit and United Tribes' International Powwow. Recipients will be featured in an annual exhibit at the State Museum.

Find applications at [indianaffairs.nd.gov](http://indianaffairs.nd.gov) or call the ND Indian Affairs Commission, 701.328.2428.

## SOUTHWESTERN STUFFED PEPPERS



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- 1 CUP EARS FRESH CORN
- 1 1/2 CUP GRATED COLBY AND MONTEREY JACK CHEESE

Rinse each pepper well with cold running water. Cut each in half lengthwise, through the stem, and remove the seeds and ribs with a paring knife. Make the stuffing: Brown the ground beef in a large frying pan, breaking it up with a wooden spoon. Add the onion and garlic and saute for 2 to 3 minutes. Add the Traeger Cajun Rub, salsa, rice, black beans, and corn, and cook until the flavors are blended, about 5 minutes. Fill each pepper half with the stuffing.

When ready to cook, set the temperature to 350 degrees F and preheat, lid closed, for 10 to 15 minutes. Arrange the peppers on the grill grate, stuffing side up, balancing them between the rungs. Bake for 40 minutes. Sprinkle the grated cheese evenly over the peppers. Bake for 5 minutes more, or until the cheese is melted. Enjoy!



Ryan Davy - GM Minot

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**BackTalk**

**How Chiropractic and Good Choices Can Influence Immunity**

The calendar welcomes the time of the year when coughs, fevers, stuffy noses, and tummy aches become the norm for both kids and adults. Some people wonder why certain individuals remain unscathed and seemingly untouched by the microbes that cause sickness, even among family members living under the same roof.

Some people get labeled as simply having a stronger immune system than others. The powerful truth actually shows that every person's body design comes equipped with an amazing immune system comprised of little soldiers with a specific purpose to be on constant lookout for foreign invaders. The location of an invader causes a set of hormones to signal a need for more specific white blood cell fighters to crash the scene and get to work destroying and eliminating the culprits. This process occurs without the conscious awareness of the host/person. The protective procedure occurs automatically under the control of a part of the brain and spinal cord called the autonomic nervous system.

Chiropractic adjustments improve the function of the autonomic nervous system through gentle adjustments that increase movement in the spine. Better alignment and movement in the spine creates better pathways of communication between the nervous system and immune system. The adjustment balances the autonomic processes by reducing stress in the nervous system. Improved nervous system function leads to better hormone balance needed guide optimal immune function. Improved immunity results.

Research conducted in 2010 showed that patients who received chiropractic adjustments increased a specific signaling molecule in the body called Interleukin-2. This molecule regulates the activities of white blood cells responsible for immunity. Interleukin-2 represents part of the body's natural response to microbial infection and helps the body recognize and create specific responses that neutralize foreign invaders. Evidence of this protein molecule shows to be present in higher quantity in people who received a chiropractic spinal adjustment compared to people who did not.

The primary focus of a chiropractic adjustment does not focus on increasing immunity or treating a symptom or condition. The increased body function from an adjustment serves as an example of a healthy outcome resulting from removing interference from the nervous system. While other professions focus more on changing the environment to minimize microbes in and around the body, chiropractic focuses on strengthening the body from the inside-out.

Four ways to improve immunity:

- 1) Stay on track with chiropractic adjustments to keep the autonomic nervous system balanced.
- 2) Get adequate amounts of Vitamin D (a major immune booster).
- 3) Go to bed 30-60 minutes earlier (inadequate sleep weakens immunity).
- 4) Substitute water and healthy snacks in place of sugary foods/drinks (sugar drains the immune system)

All the best to you and yours in great health,  
 Dr. Willy Fielhaber

**CornerStone Chiropractic**

**Dr. Willy Fielhaber**

**1350 20th Ave SW, Minot, ND 58701**  
**(701) 852-2800**



# Airmen of Minot



**SENIOR AIRMAN CHLOE MEDRANO**  
EMERGENCY ACTIONS CONTROLLER

Senior Airman Chloe Medrano is an Emergency Actions Controller for the 5 BW/CP (Command Post).

She is originally from St. Louis, Missouri and became a member of Team Minot in April 2018.

"I think being a part of Team Minot has helped me grow in so many areas," said Medrano. "I love that this assignment has given me a sense of resiliency I didn't know I had."

Medrano's responsibilities include supporting the B-52's and helicopters to not only fly in a conventional, day to day capacity, but also to direct our bombers and ICBM's to support nuclear warfare.

"My favorite part of the mission is the fact that we are the ONLY military installation with a dual nuclear capability," said Medrano. "WE have 2 legs of the nuclear triad and no other installation's mission can say that. I think that's pretty powerful."

Medrano describes what it takes to work in the 5 BW command post.

"Working in the Minot Command Post, as a dual wing CP, the ops tempo is incredibly fast paced," said Medrano. "We are a

24/7/365 node, so we are always manned and ready to go. We do such a variety of day-to-day things like be the Commander's voice to the base populace, as well as the voice of the base to commanders at all levels. We are typically first responders first and last call when an incident occurs."

Working closely with the commander and having an impact on the entire base, Medrano has various sources to stay motivated.

"Professionally, I remain motivated by reminding myself that the work we do here, the entire base, is so vital to the safety and security of our entire country, and possibly even the world," said Medrano.

During her free time, Medrano is a photography enthusiast and has many other hobbies as well.

"Without the hindrance of COVID, I love to travel and experience something where I might feel outside of my comfort zone," said Medrano. "I am also almost certified as a Volunteer Victim Advocate, which I am super excited to do because I love to help people and make them feel loved and supported."



U.S. AIR FORCE PHOTOS | MINOT AFB PA

## BADLANDS RESTAURANT BAR

### Upcoming Events

**26 MAR** FISH FRY-DAYS DURING LENT  
12:00 PM - 10:00 PM  
Pink's Bar & Grill  
102 128th Ave NW, Minot

All throughout lent Feb. 19th - Apr 2nd we will be offering Fish Fry-days! Our Specials on Friday's will be:  
Lunch Special: Fish sandwich  
Clam chowder available all-day  
Cod dinner special from 5-10pm  
Stay on track on Friday's during Lent with our amazing specials!  
See you soon at Pink's Bar & Grill!



For more information:  
Facebook Event / Pinks Bar & Grill

**27-28 MAR** MAGIC CITY FIGURE SKATING CLUB ICE SHOW: THE LION KING  
7:00 PM / 2:00 PM  
Maysa Arena  
2501 Burdick Expy W, Minot

The Magic City Figure Skating Club will present its 41st annual Ice Show featuring Minot-area figure skaters and their talents on the ice. Performances will take the ice Saturday March 27, 2021, at 7pm and Sunday March 28, 2021, at 2pm. Tickets: \$8 in advance, \$10 at the door. Children 5 and under get in free. Our skilled skaters will offer a fascinating show, transporting guests to the pridelands of Africa. We're also excited to welcome Camden Pulkinen, our guest performer who is lighting up the figure skating world with top finishes at Skate Canada, the US Figure Skating Championships, and the 4 Continents Championships in Seoul, Korea.



For more information:  
Facebook Event / MCFSC 41st Annual Ice Show

**29-31 MAR** EGG MY YARD, OR EGG MY FRIEND'S YARD!  
9:00 AM - 8:30 PM  
First Lutheran Church  
120 5th Ave NW, Minot

Would you like all of the fun of an at home Easter egg hunt without the prep work? Let our youth group stuff your eggs for you! Eggs will be a mix of candy, and other fun toys. Eggs can be picked up, dropped off, or dropped off and hidden during the week of March 29th-April 3rd. You get to pick your day, and time.

Are you kids grown but you don't want to miss out on the fun? You can send eggs to your friend's yard as well! Here is the link to sign up, and pay on line! <https://trivent.cotribute.co/events/492675/detail>

All of the money raised will go towards our youth attending the 2022 National Youth Gathering



For more information:  
Facebook Event / Egg My Yard, or Egg My Friend's Yard!

**31 MAR** APRIL FOOL'S DAY CAMP  
2:00 PM - 5:00 PM  
Minot Municipal Auditorium Room 201  
420 3rd Ave SW, Minot

Let's get together to make up some April Fool's Day pranks! (Don't worry adults, they will be safe!) This camp will be SO MUCH FUN! For ages 5-12, \$30 to join.



For more information:  
Facebook Event / April Fool's Day Camp

**1 APR** APPLEBEE'S DINE TO DONATE  
11:00 AM - 10:00 PM  
Applebee's  
2302 SW 15th Street, Minot

When you purchase your meal mention Shakin' Parkinson's Minot Support Group or Parkinson's Awareness Month to your wait staff and sit back and enjoy your meal! Applebee's Grill and Bar will donate 20% of your meal's price to Shakin' Parkinson's Up Minot Support Group and the YMCA!



For more information:  
Facebook Event / Shakin' Parkinson's Up!

## On Base

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# Army & Air Force Exchange Service to Honor Vietnam Veterans with Pinning Ceremonies March 29

ARMY & AIR FORCE EXCHANGE SERVICE PUBLIC AFFAIRS

March 29 is National Vietnam War Veteran Day, and Army & Air Force Exchange Service stores around the world are hosting contactless pinning ceremonies to honor Vietnam Veterans' service, valor and sacrifice.

Veterans who served on active duty in the U.S. Armed Forces at any time from Nov. 1, 1955 to May 15, 1975, regardless of location, can receive a Vietnam Veteran Lapel Pin at the ceremony. This lapel pin, which has become a lasting memento of the Nation's thanks, is provided in partnership with The United States of America Vietnam War Commemoration.

"These heroes made selfless sacrifices for our Nation," said Exchange Director/CEO Tom Shull, a Veteran who served during the Vietnam War period. "Many Vietnam Veterans never received the gratitude and respect they deserve. It's an honor to host these recognition ceremonies and share our heartfelt thanks."

Protecting the military community remains the Exchange's No. 1 priority, and

BXs and PXs are taking all necessary precautions to safely honor Vietnam Veterans in contactless pinning ceremonies. Following recommended health guidelines, face coverings and safe social distancing will be required. Exchange associates continue to maintain enhanced



It's an honor to host these recognition ceremonies and share our heartfelt thanks.

TOM SHULL  
EXCHANGE DIRECTOR/CEO



cleaning procedures, and customer touchpoints are sanitized multiple times daily.

The Exchange has been a Commemorative Partner with the Vietnam War Commemoration since 2013, planning and conducting events and activities

recognizing the service, valor and sacrifice of Vietnam Veterans and their families.

All Veterans with service-connected disabilities are now eligible to shop at PXs and BXs, as are retirees, active-duty and military dependents. Veterans with service-connected disabilities and their primary family caregivers can find more information on accessing the Exchange at ShopMyExchange.com/Vets.

Veterans who typically do not have access to installations should contact their local Exchange for information on attending a ceremony.

The United States of America Vietnam War Commemoration is a program administered by the Office of the Secretary of Defense to commemorate the 50th anniversary of the Vietnam War. The Commemoration was authorized by Congress, established under the secretary of defense and launched by the President in 2012. It will continue through Veterans Day 2025.

**Minot AFB Exchange and Commissary**

**WILL BE HONORING VIETNAM VETS AND THEIR FAMILIES FOR THEIR SERVICE!**

We will be hosting a

**Vietnam Veteran Pinning Ceremony in the Exchange Mall on Monday March 29th from 1100-1200.**

Please join us for the pinning ceremony and a cake cutting.

## TRAEGER TALK



### RACK OF LAMB

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Rack of Lamb is a beautiful treat for festive occasions, such as Christmas or other holidays. It is amazingly simple and quick to prepare considering the delicious outcome.

A full rack will have 12 or 13 bones, and is usually enough for two people if they aren't too hungry. Lams go to market at different sizes, depending on where they are raised, so that can vary. In this recipe, we cook two racks. Leftovers are wonderful, cold or reheated.

Step one is to salt the meat, which is best done the night before. Just apply kosher salt in the same amount that you would at the table. If in doubt, apply lightly, remember that the meat isn't very thick. You can also apply a little bit of garlic and black pepper. You won't need much if you are using bread crumbs with herbs and spices.

Step two is to preheat the Traeger. Depending on the model, you will need to set the grill to 425°F or the High setting and give it about 30 minutes to get up to temperature. If the grill doesn't quite reach 425°F, the results will still be good, but if your pellets are damp and the grill won't get over 400°F the crust won't brown up as nicely.

Step three is to apply a bread crumb crust. Bread crumbs make a delicious coating, but they need a good binder. Dijon mustard is an ideal binder for bread crumbs. Even if you

don't like mustard, you will probably love a mustard-bread crumb crust. The flavor of mustard mostly disappears in the heat of the Traeger grill or oven. Use plenty of Dijon to make sure the breadcrumbs stick well and completely cover the meat. If there is a membrane over the meat, remove it before applying the mustard.

Step four is to pop the meat on the grill and wait until it reaches perfect doneness. It only takes about 15 minutes to get the meat up to medium rare temperature when cooking at 425°F. The racks can be tented with the bones interlaced and placed directly on the grates. I like tender rib meat done medium rare, which is about 125°F internal temperature. If you like medium, 135 to 140°F is about right.

Quick cooking at high temperature keeps the meat moist, and the bread crumb crust seals the juices into the meat. Resting ten to twenty minutes also helps keep the meat moist when it's cut and served. Bread crumbs pick up smoke flavor faster than meat, which is a good thing because this recipe doesn't put much smoke into the meat.

**INGREDIENTS:**

- Two Full Racks of Lamb
- 5oz Dijon Mustard
- 4oz Herbed Bread Crumbs
- 2 tbsp Kosher Salt
- Garlic Granules and Pepper to Taste



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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)
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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).

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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- Their pink and black tongue can be 22 inches long. Its color protects against sunburn. The length of their tongue enables them to easily strip leaves from the acacia tree while avoiding the thorns.
- Every time a giraffe lifts their head, they lift 550 pounds, which is the combined weight of their neck and head.

Fact File	
Lifespan	20 - 25 years
Weight	1,500 - 4,250 pounds
Height	16 - 18 feet
Top Speed	35 mph
Wild Diet	Acacia leaves, Combretum leaves



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# Air Force marks ongoing commitment to rated diversity with newly released strategy

CAPT. KENYA PETTWAY,  
AIR EDUCATION AND TRAINING COMMAND PUBLIC AFFAIRS

WASHINGTON (AFNS) -- Air Force leaders officially released the service's Rated Diversity Improvement Strategy March 17, marking the force's ongoing commitment to attract, recruit, develop and retain a diverse rated corps.

Acting Secretary of the Air Force John P. Roth, Air Force Chief of Staff Gen. Charles Q. Brown, Jr. and Chief Master Sergeant of the Air Force Joanne S. Bass signed the newly released RDI Strategy, co-sponsored by Air Education and Training Command's Rated Diversity Improvement team headquartered at Joint Base San Antonio-Randolph, Texas.

The RDI Strategy is the Air Force's flight plan to strengthen diversity within rated career fields through three overarching goals:

- Attract and recruit the best talent from diverse backgrounds to cultivate a high performing and innovative Air Force reflective of the best of our nation.

- Develop and retain the Air Force's best-rated aircrew by harnessing diversity as a force-multiplier and fostering a culture of inclusion.

- Optimize diversity advancement efforts by leveraging data driven approaches.

Rated Air Force career fields consist of pilots (manned and unmanned aircraft), air battle managers and combat systems officers.

"Our aviation community remains one of the very least diverse in our Air Force," Brown said. "In order to change this, we need to do a better job of providing young people from diverse backgrounds an exposure to aviation career fields much earlier. I've always believed young people only aspire to be what they can see."

The RDI Strategy is a collaborative effort with the Total Force recruiting enterprise,

aerial demonstration teams, affinity groups and other community organizations to increase awareness and cultivate engagement among qualified Airmen and youth, with a focus on those of underrepresented groups – the outcome being an agile and diverse workforce that approaches challenges from varying perspectives.

"The RDI Strategy is part of the Air Force's broader initiative to improve diversity and inclusion across the entirety of the force," Bass said. "We will continue to take action in ensuring diversity, inclusion and equal opportunity for all service members, generations to come."

While RDI is part of an Air Force-wide initiative, AETC plays a key role in its success, as AETC leadership is responsible for integrating, synchronizing and ensuring implementation of the RDI Strategy across the force.

"AETC is focused on accelerating the Department of the Air Force efforts to improve the diversity of our rated career fields," said Lt. Gen. Brad Webb, AETC commander. "We will consider success when diversity and inclusion are fully ingrained throughout the force, and every Airman and family is supported and empowered to reach their full potential."

Air Force Policy Directive 36-70 defines diversity as "a composite of individual characteristics, experiences and abilities consistent with the Air Force Core Values and the Air Force mission. Air Force diversity includes, but is not limited to: personal life experiences, geographic and socioeconomic backgrounds, cultural knowledge, educational background, work experience, language abilities, physical abilities, philosophical and spiritual perspectives, age, race, ethnicity and gender."



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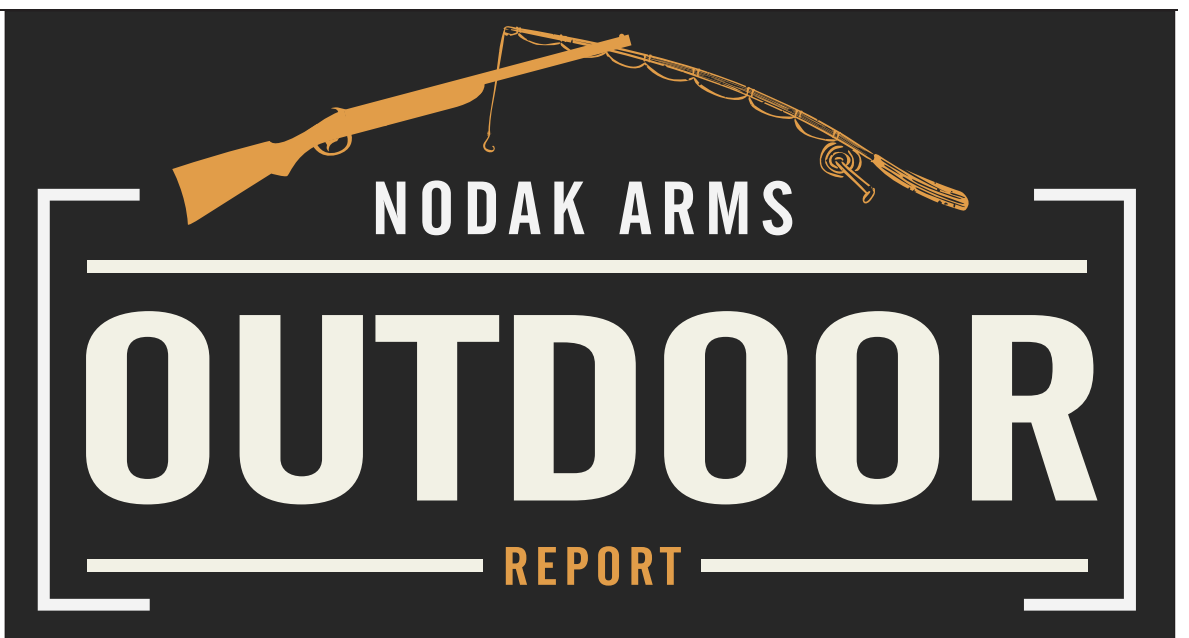
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## OUTDOOR NOTES:

PATRICIA STOCKDILL

### Fishing:

Lake Sakakawea elevation, March 22: 1,836.97 feet above mean sea level (MSL); 18,400 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,448.56 feet above mean sea level (MSL).

Stump Lake elevation: 1,448.44 MSL.

- N.D. Game & Fish Dept. game wardens: Anglers advised to stay off area lakes with slushy and open water conditions in many areas.

- Devils Lake, Ed's Bait Shop, Devils Lake: A few anglers trying open water fishing along the bridges and Sheyenne River but river is extremely low. No activity on Devils Lake with anglers waiting for open water.

- Devils Lake, Woodland Resort, Devils Lake: No activity on Devils Lake with ice rapidly deteriorating and anglers waiting for open water. A few anglers shore-fishing along the open water edges of Channel A.

- Lake Darling, Karma C-Store, Ruthville: Not much activity with lakes starting to open along the shoreline.

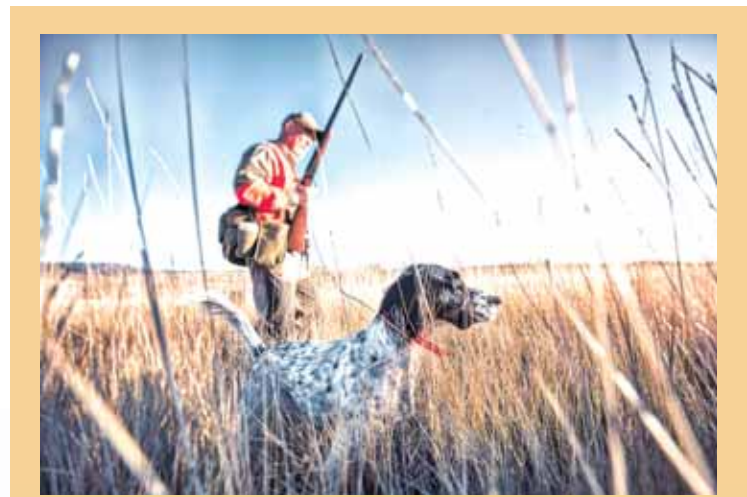
- Lake Metigoshe, Four Seasons, Bottineau: Shorelines are softening up so use extreme caution if walking onto Lake Metigoshe. Look for some evening walleye bite with occasional bluegill.

- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Use extreme caution and walking access only if venturing onto the back bays of Lake Sakakawea. Look for some pike activity.

- Lake Sakakawea, Scenic 23, New Town: No activity with anglers waiting for open water shoreline pike activity.

- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace slow for walleye with occasional trout. Better success is farther south around Bismarck-Mandan.

- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Missouri and Yellowstone rivers now accessible with open water. Only small boats and trailers



- March 27: Turtle Mtn. Rocky Mtn. Elk Foundation banquet, Cobblestone Inn, Bottineau. 5 p.m.
- March 27 & 28: Minot Gun Show, N.D. State Fairgrounds Center.
- April 1: New hunting, fishing, and trapping licenses needed for the 2021 season.
- April 2 - 10: North Country Trail (NCT) Central Flyway Chapter sponsoring "A Different Kind of Egg Hunt" at Audubon Nat'l. Wildlife Refuge south of Lake Audubon. Hike the NCT trail on the refuge anytime during those days to be part of the "group" hike.
- April 10: Maple Sugaring Day, Fort Stevenson State Park, Garrison. Contact the park, (701) 337-5576, for details.

recommended at Sundheim Landing on the Yellowstone River. Walleye schooling up so move around to locate using jigs and minnows. Skunk Hollow accessible with open water pike and crappie opportunities. Lake Sakakawea and area lakes have open water shoreline edges and generally inaccessible.

- Lonetree WMA area lakes, Harvey: No activity.
- North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: No activity on area lakes with poor shorelines and open water edges in areas.

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

- North Dakota state parks open with trails usable for hiking. Check with individual parks for amenities now open. New park passes now available.

### Migration:

- Light geese: Early in the week birds were moving into North Dakota with a few still in the far southeast, spreading out from Tewaukon NWR into Richland and Sargent counties. Another strong push through the western Red River Valley into the Sheyenne and James rivers region, as well as north into east-central parts of the state. Look for a rapid movement with continued warm weather and lack of snow cover. A few birds moving into central N.D. around Lonetree WMA early in the week but not feeding.

### 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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# English Language Teachers: Helping the Multicultural Families of Minot AFB

ABIGAIL KINDER, NORTHERN SENTRY

The United States military operates hundreds of overseas bases, with the Air Force settling in several countries in Europe, Asia, and more. Because of this international reach, Air Force bases often find themselves to be meccas of diversity, especially when it comes to language.

Rashawn Kitzman is one of five English Language Teachers in the school district, and she guides students along in learning English to help them adapt to life in the United States.

Kitzman began her journey in teaching English when she found herself frustrated at trying to effectively communicate with her students. "I taught in Arizona. We had a high population of Spanish-speaking students, and I didn't feel like I was able to help them as much as I wanted to. I lived there for two years and then we moved to Alaska, and I felt the same way with our Russian population. I felt like I wasn't able to meet their needs," she said. After moving to Bismarck, N.D., Kitzman received her Master's degree and soon fell in love with teaching English language.

While the program is available for students in elementary through high school, Kitzman currently focuses on teaching 12 younger students at Dakota Elementary and North Plains Elementary, as well as 27 others from three schools in Minot who speak five languages and come from a variety of backgrounds.

"Sometimes it's not even that they were born in another country... a lot of times one parent is speaking their native language to their child, and that's how they learn it; that's their first language that they learn. Or, both parents are speaking a native language like German, Spanish, or Tagalog, and then they also have English in the home too."

While Kitzman isn't fluent in many of the languages that students and parents come to her speaking, she is still able to bridge the gap through the use of a phone program of interpreters for when an English-speaking parent is not available. "Honestly, I've never found a language that they don't know how to speak, so I call using the interpreter and we have our parent teacher conferences with that if we don't have a real person there. So, I'm able to communicate with their families in whatever language is

best for them."

Teaching students English has a variety of benefits. Since the United States is predominately English-speaking, youth are able to better navigate life in America and acclimate to their social circles. Bi or multilingualism has also been shown to improve cognitive functions and help with attention, which is a benefit that can carry on into adulthood.

"Even in our middle school and high school, they want to learn English because of the social aspects. They want to have friends, they want to do well in school, and they want to make their parents and their teachers proud," said Kitzman. Parents also play a key role in their child's success in the program, and the EL teachers work closely with them to ensure the child is given their best chance.

Students in the EL program focus on four key aspects of language: listening, speaking, reading, and writing. They learn about grammar, sentence structure, and also take an annual language proficiency test that gauges their progress in the class. Once the child has achieved a certain score on the proficiency test, their continuing need for the program is evaluated.

As with many aspects of society, COVID-19 presented a variety of challenges to educators, and Minot's English language teachers faced extra hurdles during the pandemic. Communication became an even more prominent struggle during the age of virtual lessons, but Kitzman credited a variety of programs with helping her succeed in finding new ways to teach.

"I think communication was the biggest hurdle for my families because when you're using an interpreter, it takes twice as long to have a conversation and also to help the parents understand how to use the technology that the students needed to use. We did Google Classroom, and I would use Jamboard, which I have fallen in love with. And so my lessons definitely did change, but I think it was more the communication and getting the parents the knowledge that they needed to have to help their child out at home. This year I only have three students online. We're in March so we have a routine now, but it's still changing the way of thinking. We're just thinking differently

instead of having a paper and pencil."

While her primary goal is to teach English, Kitzman emphasized the importance of honoring the students' individuality and cultures. "The information and the knowledge that our EL students bring to our schools is just wonderful. The different cultures and different traditions that they have... it's just a lot of good conversation, and I try to incorporate that into my lessons."

In order to celebrate the diversity of Minot's children, the English Language teachers hold a multicultural festival each spring. The festival includes demonstrations of different languages, cultural dances, and other diverse performances that give a glimpse into the lives of multicultural families. The event has been delayed two years in a row due to the pandemic, but they hope to find some way to continue the tradition so that students can share their cultures with the other families of Minot.

Robert Alan, an American writer, once said, "Cultural differences

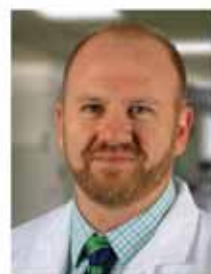
should not separate us from each other, but rather cultural diversity brings a collective strength that can benefit all of humanity." Kitzman and the EL teachers

of Minot are important mentors helping students to broaden their horizons and to not only honor where they came from, but where they are headed in the future.



Rashawn Kitzman, one of five English Language Teachers in the Minot school district, poses with some of her students at Dakota Elementary School, Minot Air Force Base, N.D. Her students speak a variety of languages at home and sometimes have little to no knowledge of English. The EL program helps students better communicate with their peers and acclimate to a predominately English-speaking community.

SUPPLIED PHOTO



Brent Knudson, DO

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# SMSgt Release Party

Master Sergeants of Minot AFB, ND, have been promoted to Senior Master Sergeants on March 19, 2021. This award ceremony was hosted at Rocker's Bar and Grill on Minot AFB.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS SAOMY SABOURNIN



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

## ROUGH RIDER LANES XTRAMURAL

### BOWLING

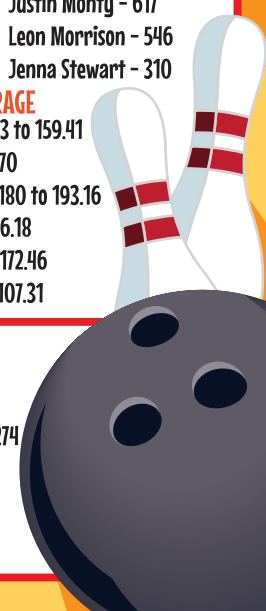
Wednesday March 17, 2021

TEAM STANDINGS	PLACE/TEAM NAME	POINTS WON/LOST
1	5th OSS	114/54
2	5th CES #1	110/58
3	5th FSS	104/64
4	5th AMXS	102/66
5	AAFES	96/72
6	5th BW	88/80
7	Air Force	68/100
8	91st MSFS #1	36/132

REVIEW OF LAST WEEK'S BOWLING & TOP SCORES			
TEAM	HDCP TOTAL	HANDICAP GAME	SCRATCH GAME
5th AMXS	2519	Damon Nixon - 282 Derek Fry - 237	Jason Perez - 235 JB Butler - 235
91st MSFS #1	--	Andre Gonzalez - 232 Kyle Hanshaw - 232	Hutch Hutchins Jr - 222 Bryson Entendencia - 184
5th OSS	2532	Kristen Mireles - 201	Stacy Hanshaw - 93
AAFES	2474	<b>HANDICAP SERIES</b> Mike Froman - 806 Kris Lenhardt - 700 Daniel Stewart - 635	<b>SCRATCH SERIES</b> Christopher Johnston - 659 Justin Monty - 617 Leon Morrison - 546 Jenna Stewart - 310
5th FSS	2509	Alyssa Jordan - 632	
5th BW	2427	<b>MOST IMPROVED AVERAGE</b> Bryson Entendencia - 143 to 159.41 Jason Perez - 159 to 173.70	
5th CES #1	2422	Christopher Johnston - 180 to 193.16 Kristen Mireles - 82 to 86.18	
Air Force	2491	Charline Monty - 170 to 172.46 Stacy Hanshaw - 105 to 107.31	

#### SEASON HIGH SCORES

HANDICAP SERIES	HANDICAP GAME	SCRATCH SERIES	SCRATCH GAME
Mike Froman - 806	Kyle Hanshaw - 347	Scotty Botkin - 765	Justin Monty - 290
Jason Jordan - 800	Andre Gonzalez - 306	Duder McGough - 727	Hutch Hutchins Jr - 274
Kris Lenhardt - 767	Jason Perez - 287	JB Butler - 677	Trevor Spears - 267
Charline Monty - 666	Blake Goodlett - 287	Samantha Siebe - 407	Alyssa Jordan - 156
Stacy Hanshaw - 646	Jenna Stewart - 253	Kristen Mireles - 298	





# YOUTH IN ACTION

## DoDEA Virtual High School

The DoDEA Virtual High School (DVHS) Expanded Eligibility Program will be available at Minot AFB for the 2021-2022 school year. DVHS is the virtual high school component of DoDEA and is fully accredited through Cognia. The Expanded Eligibility Program will allow eligible students to enroll into courses that include Language Arts, CTE, Math, Science, Social Studies, and World Language. The courses are offered at various levels and even include Advanced Placement. Dependents of active duty members in grades 9-12 for the 2021-2022 school year can register upon coordination through their current school. The program offers additional opportunities and choices for eligible active duty dependents and is supplemental to current schooling. Eligible candidates



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



include those students who need specific courses for graduation or for acceptance in a post-secondary school, have limited access to course offerings, or those who are home-schooled and need specific courses to meet state or post-secondary requirements. DVHS will provide a transcript to home-

school students and students who PCS mid-year will not need to disenroll from DVHS to continue courses. Registration is not yet open, but families with further questions can contact the School Liaison at 701-723-1447 or mafb.school.liaison@us.af.mil

### 2020-2021 MPS CALENDAR



#### IMPORTANT UPCOMING DATES

**March 31**  
Early Release 1:15pm

**April 2**  
Good Friday - No School

**April 5**  
Vacation - No School

**April 21**  
Early Release 1:15pm

**May 3**  
Early Release 1:15pm

**May 25**  
Last Day for Students if Make-up days are not needed

**May 26 & 27**  
Make-up days if necessary or PD days if Make-up day isn't used.

**May 30**  
Graduation @ MSU Dome 2:00pm

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		

May 2021							17 days
S	M	T	W	T	F	S	
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						

June 2021						
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
- Early Release Days - 1:15pm
- Holidays
- Parent/Teacher Comp Days



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# 5 tips to teach your military kid about money

KATE LEWIS

Teaching kids about money can be a daunting task. Here are five ways to teach your military kid about money and give your child a good financial foundation.

## START WITH FINANCIAL LITERACY

From understanding coin values to the finer points of investing, ensuring your kids are financially literate is a good starting point. Make discussions about money part of your routine, even with small children, and add children's books about money into your bedtime reading to teach five concepts: earning, spending, saving, investing and generosity.

Personal finance guru Dave Ramsey offers practical tips to teach kids of every age, from putting young kids' savings in a glass jar so they can watch it grow, to helping teens set a budget and open a bank account. For older children, the Council for Economic Education's offers lesson plans that can be done at home. Generation Wealthy breaks down more complex topics for teenagers with videos and free resources for budgeting, bill paying and tracking spending.

## MAKING CHOICES WITH MONEY

Ramsey advocates teaching 'opportunity cost' starting in elementary school – the idea that you have a finite amount of money,

and you must make choices about how to spend it.

With our young kids, we frame choices in ways they'll understand. If we buy candy at the store now, it takes money away from a toy they're hoping for later.

Having the discussion each time a choice comes up lets kids be part of money decisions, sometimes in unexpected ways. Our six-year-old son reminded us we had groceries at home one night my husband and I were exhausted and planned to order takeout, and we ended up making a \$4 pizza we had in our freezer instead of ordering a \$30 delivery.

## SET FAMILY SAVINGS GOALS

Once kids understand opportunity cost, set goals as a family for what you'd like to save toward, and include your kids in the planning and payoff. Each PCS is an opportunity for a fresh start to teach your military kid about money.

During our time stationed in Japan, many families with older kids worked together to save toward trips through Asia. Their kids handled budgeting, comparing prices on plane tickets and hotels to find deals, and came up with creative ways to earn and save to meet their goal. For our family's next move to coastal Norfolk, Va., we're saving as a team toward a paddleboard.

## MAKE SURE SPENDING ALIGNS WITH YOUR VALUES

After your kids understand the basics of how money works, teach them to make wise choices with it.

If you donate to charity, make donation decisions as a family. As you change duty stations, find local ways to give so they can visit personally and see the difference their time and money can make.

## GIVE KIDS A CHANCE TO LEARN

From tried-and-true businesses like lemonade stands and summer lawn-care services, running a small business gives kids first-hand experience in the value of dollars and the hard work it takes to earn them.

Deployments are a great opportunity for teenagers to step up with babysitting and 'parent helper' services that keep younger kids occupied during the dreaded witching hours. If you live on base, check the rules about private businesses, and let your kids follow their interests – crafty kids might find great satisfaction in selling their handiwork on Etsy and talented bakers might earn extra cash from a birthday cake business.

For more stories like this, including how to save, build retirement, navigate insurance and more, download our 2020 Military Money Guide.

This story originally appeared in Military Families Magazine.

# DAF offers 1,300-plus summer job opportunities to qualified students

TONI WHALEY, AIR FORCE'S PERSONNEL CENTER PUBLIC AFFAIRS

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

More than 1,300 students will get an opportunity to develop and hone their skills under the Department of the Air Force's flagship summer-hire program.

The 2021 Summer Hire Employment Program provides students in high school, college, trade school, vocational school and other qualifying educational programs with opportunities to work in federal departments and agencies and to explore federal careers while still in school, said Tracy Wise, Civilian Recruitment and Placement branch chief.

In past years and pre-COVID-19, the program, which runs from May through September, would have upwards of 2,000 available positions. This year, the Air Force's Personnel Center received 1,318 requests from participating stateside and overseas bases.

"In order to ensure the safety

of the participants and be in compliance with public health guidance, the number of available positions was reduced," Wise said. "We have to keep this and associated programs like the Pathways Internship program active to supply the civilian force pipeline with highly-qualified and skilled talent."

Local civilian personnel sections will manage the recruitment process for their respective summer-hire programs for clerical, recreation aid, laborers and general engineering fields. AFPC will recruit and hire the lifeguard positions.

In addition to summer-hire opportunities, students can also apply for internships through the Pathways Internship program.

"An intern can be appointed to a position at any grade level for which he or she is qualified, which offers employment opportunities for eligible participants," Wise said.

"If an intern does well, they could be noncompetitively converted to an appointment within the Pathways Internship program such as Palace Acquire, Copper Cap and others."

Students may be employed for appropriated funded positions in the grades of GS-1 to GS-5, as long as the job totals no more than 40 hours per week. Summer-hire students should only be on board for the duration of the summer-hire program.

Interested candidates can learn more about the available positions by searching using the word 'summer hire' or 'student' and apply following the directions shown on the announcement or public notice by visiting [usastaffing.gov](http://usastaffing.gov). For additional information on the Pathways Internship program and other civilian career opportunities in the Department of the Air Force, visit <http://afciviliancareers.com/find-a-job/>

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\*Pursuant to DoD 13.44.10 Para 4.2.4.2 officers are not eligible to serve on the Minot AFB School board as it is not an Independent District.

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# Third Annual Spring Motorcycle Focus Kick-off

ESSIE PERKINS, AIR FORCE SAFETY CENTER

KIRTLAND AIR FORCE BASE, N.M. --

The Department of the Air Force is kicking off the third annual Spring PMV-2 Focus on March 21, with the goal of reaching 100% of all military motorcycle riders. Efforts will concentrate on updating rider information in the Motorcycle Unit Safety Tracking Tool (MUSTT), including validation that training requirements are being met and ensuring all riders schedule and attend overdue training.

From novice to seasoned motorcycle rider, proper training can make a difference in the rider's life and overall safety of those around. Riding a motorcycle is an inherently dangerous activity; however, the risks can be mitigated with preparation and awareness. The Department of the Air Force has recognized that the implementation of training based on a lifelong learning approach for its more than 23 thousand motorcycle riders, can and does work.

"In fiscal year 2020, overall Class A-D motorcycle mishaps were down 20% compared to the five-year average," said Master Sgt. Sarah Lenker, Air Force Safety Center Reports and Analysis Branch. "However, Class A's were up by 30% in FY20, resulting in 14 fatalities compared to the average of 10 per year over the last five years."

"We believe the increased trend in PMV-2 mishaps is related to several factors," said David Brandt, Air Force motorcycle program manager. "Shutdowns and course closures during the pandemic have made training less readily available this past year (2020), and the outreach to riders hasn't been as effective."

"We are seeing an upward trend in mishaps for untrained riders," Brandt said. "The spike can be a token of the quality of training and education we typically provide."

"As motorcycle riders, we assume a much higher risk than typical drivers and we always hear 'it's not if, it's when' but how many actually take that seriously," said Senior Master Sgt. Eric Haselby, superintendent, Conventional Weapons Safety at AFSEC. "Riding a motorcycle can be a very rewarding experience, but it is also a gamble, and the odds are against us."

Brandt also explained that when training courses come back online over the next few months, the expectation is that those training sessions will continue to prove that training works and reduces mishaps. "This spike has shown what a lack of training and outreach can produce," he said.

"The Traffic Safety and Outreach Branch is making adjustments," said Brandt. "We are developing new and exciting products for the Department of the Air Force motorcycle program that will better assist our Major Commands, Field Commands, Wings, and Motorcycle Safety Representatives to get training and education back on the map for our riders."

"During this annual focus, protecting our riders is a joint effort and everyone has a part within the program to help prevent needless deaths," said Michael Ballard, Department of the Air Force chief of Occupational Safety. "This includes motorcycle instructors, riders, safety staffs, commanders and supervisors."

"As a senior leader and rider I applaud leadership at every level that take motorcycle education and training seriously," said Haselby. "Open communication with riders and motorcycle training validation are invaluable, and the Spring Focus is an excellent reminder to ensure these are accomplished."

Updating MUSTT rider profiles along with Level I and Level II training are the main goals of this year's campaign.

The Motorcycle Unit Safety Tracking Tool provides training data for military motorcycle riders and fills the requirements for monitoring both rider demographics and training outlined in Air Force Instruction 91-207, U.S. Air Force Traffic Safety Program. The data collected and analyzed helps the Department of the Air Force make informed decisions about future training, tracking tools, and guidance needed to keep Airmen and Guardians safe while riding motorcycles, by making sure they receive the right training, at the right time, with the right bike.

Initial training (Level I) takes the rider from zero motorcycle knowledge to being able to balance and ride safely in traffic.

This course is within 30-days of request and applicant must have a motorcycle permit or license to attend. However, initial training is not required if the Airman or Guardian already has a motorcycle license or endorsement.

Intermediate training (Level II) helps the rider polish up their basic skills and helps with personal risk assessment. Exercises done on the motorcycle range from enhancing basic operating skills to crash-avoidance skills, along with putting emphasis on improving braking and cornering. This training is provided within 60-days of request, but never more than one year after completing initial training or being identified as a licensed rider.

Every five years sustainment training, also called a refresher course, is required. Any approved course taken will meet this training requirement.

"The Department of the Air Force has lost too many service members to motorcycle accidents over the past few years," said Brandt. "Quality products and training will help us recover this year and strive for 2019 numbers; the lowest rates we've seen."

"Safely riding a motorcycle

doesn't mean not having fun while riding. It means having a safety mindset and being physically prepared for riding challenges," said Brandt. "We want Airmen and Guardians to keep their training current, practice safe riding skillsets, ensure they are mentally prepared to mitigate inherent risks, and always wear all required personal protective equipment on every ride, no matter how short or long the ride might be."

Service Major Commands and Field Commands are responsible for implementing the requirements and validating that their installation commanders provide the prescribed traffic safety training to their personnel.

"No rider can care more about their own wellbeing than that rider. Only the rider can decide how important it is to get home to loved ones and in what condition they arrive," said Master Sgt. Angélica Mendoza, Occupational Safety assistant manager for the Air National Guard, Joint Base Andrews, Maryland. "I hope riders always arrive safely." Mendoza currently works with 90 units to ensure they have the necessary

resources and guidance to properly train riders, and document their training in MUSTT.

Mendoza explained that implementation of training during the pandemic has proven difficult for Occupational Safety Managers. "Most of wings went to essential staff only, with an emphasis on their particular mission," she said. "We will continue working with our units to ensure they have the support and tools needed to complete and document training."

Unit commanders, within each MAJCOM and Field Command, appoint Motorcycle Safety Representatives, in an additional duty capacity, to monitor the program. These MSRs are vital to the program's success because they validate riders' records for their unit in the Motorcycle Unit Safety Tracking Tool database and assist riders with scheduling and attending training.

The focus will run through May 21, for more information visit the Air Force Safety Center's website at: <https://www.safety.af.mil/Divisions/Occupational-Safety-Division/Air-Force-Rider/Spring-PMV-2-Focus/>.



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## A LOOK BACK

THIS WEEK IN USAF HISTORY

**"DUDETTE 07" AIRMEN MAKE HISTORY AS THE FIRST ALL-FEMALE COMBAT TEAM IN AFGHANISTAN**  
MARCH 30, 2011



On March 30, 2011, at Bagram Airfield, Afghanistan, a team of female Airmen made history by performing the first combat sortie involving only women. Maj. Tracy Schmidt, Capt. Kimberly Volk, Maj. Christine Mau, and Capt. Jennifer Morton provided close air support for coalition and Afghan ground forces as a part of "Dudette 07," which consisted of two F-15E Strike Eagles. The mission, which was planned in honor of Women's History Month, included female pilots, weapons officers, mission planners, and maintainers from the 389th Expeditionary Fighter Squadron and 455th Air Expeditionary Wing. The Air Force officially permitted women to train as pilots in 1976, but they were not allowed to fly combat missions until 1993. "I thought it was kind of cool and something that I have never seen before," said Staff Sgt. Tamara Rhone, a 455th Expeditionary Aircraft Maintenance Squadron crew chief. "The women throughout time have paved the way for us today and they made it possible for us to be equal as well as respected as individuals. Females are a rare breed on the flight line." As women continue to pave the way in the military, events like this are important reminders of the dedication, solidarity, and strength of the females fighting for this country.

Information courtesy of: af.mil

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# What To Do When You Feel Disconnected From Your Partner

MILITARY ONESOURCE

One of the rewards of being in a healthy relationship is the emotional fulfillment it brings. Sharing a deep connection with someone can make the hard times easier and the good times even better. But it's not unusual to sometimes feel disconnected from your partner. Work or parenting stress, along with the challenges of military life, can cause couples to drift apart.

When this happens, take action to reinforce your bond and strengthen it against further challenges.

## NOTICING WHEN YOU ARE FEELING DISCONNECTED FROM YOUR PARTNER

It might seem easier to ignore warning signs in your relationship than to do something about them. But if you don't address them right away, they can quickly pile up.

- Reach out to your partner if you notice behavior changes. Avoid being confrontational. Instead, have a conversation about it. Be open with your concerns and ask your partner to do the same.

- Take a team approach to identifying the problem. Avoid the impulse to get angry or blame one another. Instead, work together to identify and tackle the issue.

- Focus on finding a solution. Write down your options for dealing with your problems. Talk through each one and consider moving forward on a path that feels right.

- Reinforce your bond by listing what you are grateful for. Seeking out the good in your relationship will remind you of what you love about each other and help you feel more satisfied and closer in your relationship.

- Have a conversation about your values and desires. Describe what is important to you and ask your partner to do the same. You might find you share the same values and desires, but define them differently. Talking it through will lead to a deeper understanding of each other's needs and expectations.

## REAFFIRMING YOUR EMOTIONAL CONNECTION

When you feel distant from one another, be proactive about strengthening your bond. Here are steps to take:

- Carve out time each day for conversation. Talking about your day builds closeness. Remember to give each other your full attention during your conversations.

- Set expectations for how often you will be in communication during the day. Prioritize quality of conversations over quantity.

- Mix and match time together. Spend time as a couple with family



and friends. But also try your best to make time to be alone with each other. Even getting up a few minutes early to have breakfast together before the kids wake up will give you a quick boost.

- Resist using your cell phone when spending quality time with your partner. Put your phone on silent so you're not tempted to check it.

- Get moving outdoors as a couple. Physical activity outside will boost your mood, translating into positive feelings toward each other. Go for a bike ride, take a hike or even walk around the neighborhood as a couple.

You can find more ways to communicate effectively with your partner in the article, Tips to Improve Communication in a Relationship.

## STAYING CONNECTED WHILE APART

Military deployments or other separations can make it harder to stay connected as a couple. Take a proactive approach to staying emotionally close.

- Make a communication plan. Work out how you will handle obstacles like different time zones. List various scenarios you might run into and come up with solutions for each.

- Share an experience together. Watch a movie while on video chat. Read the same book and schedule a time to discuss it. Start a fantasy sports league as a couple. Play virtual games and use your favorite apps together.

- Send photos, audio clips or videos. This will help you visualize each other's lives and feel closer to one another.

You can find more tips and resources for every stage of your relationship by visiting Military OneSource's Re the We page.

If you and your partner need additional support, free, confidential non-medical counseling is available through the Military and Family Life Counseling program on your installation and through Military OneSource.

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

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# AFPC launches Family Vector website

AIR FORCE'S PERSONNEL CENTER PUBLIC AFFAIRS

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

The Air Force's Personnel Center launched a new website giving Exceptional Family Member Program families direct access to decision-making information and resources. Airmen, Guardians, and their families may now access EFMP information without using a Common Access Card at the Department of the Air Force Family Vector website: <https://daffamilyvector.us.af.mil>. Users should log on using Google Chrome.

The star of the DAF Family Vector website is the Provider Trends Tool Dashboard. The dashboard was recently released on the MyVector website but only

available to those with a CAC access. Hosting the dashboard on the Family Vector website allows families an opportunity to explore locations and research sites that could best meet their family's needs.

In addition to the dashboard, families will also find information regarding EFMP-medical, assignments, and family support as well as education, resources, and many other areas of interest. The site is not fully developed and new content is added every day.

If you have resources, topics, or information you would like to see added to the website, please provide feedback via email to [afpc.dp3x.workflow@us.af](mailto:afpc.dp3x.workflow@us.af).

# Watch Out for New Vaccine Survey Scams

NORTH DAKOTA SENIOR MEDICARE PATROL

There are reports of a new COVID-19 vaccine email scam where people are asked to complete a survey. They offer a free reward but ask people to pay a nominal fee "to cover shipping".

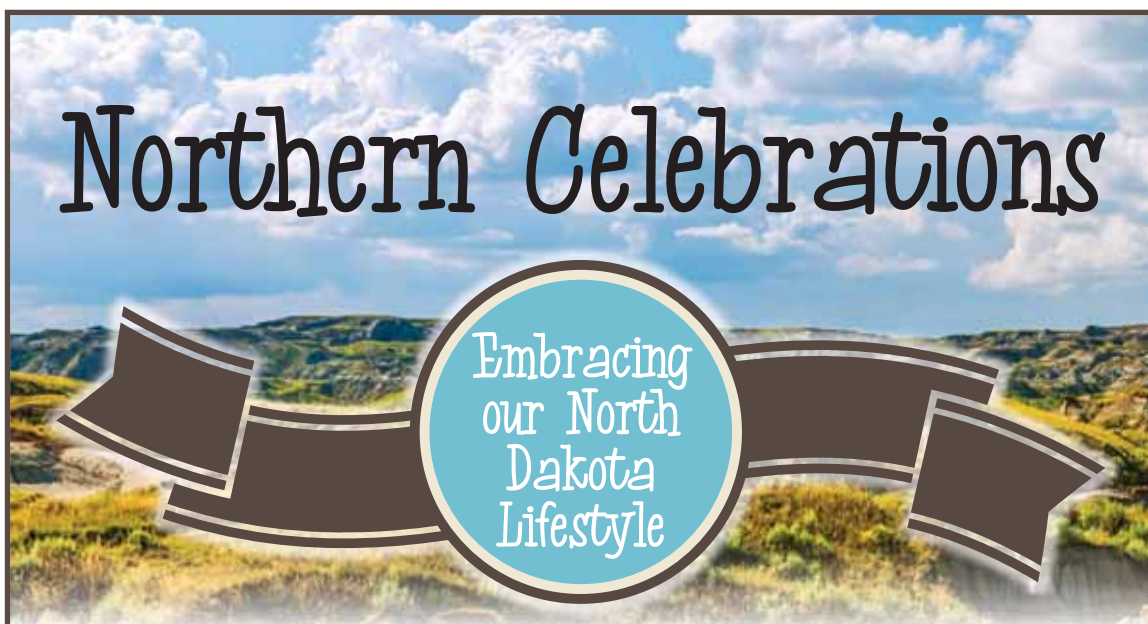
Survey scams like this are a creative way to steal your identity or money. Many survey scams offer a reward and give you a limited time to respond if you want to take the survey. A legitimate survey would not assign a time limit, nor would they ask for your credit card or bank account to pay for a reward.

Scammers know people have received vaccines and are capitalizing on it. Don't give out sensitive information. Fake surveys can be used for a myriad

of uses; to steal your information, collect data about you to commit identity theft, or even install malware on your computer when you click on a link in your email.

CMS, the CDC, and the vaccine companies (Pfizer, Moderna, Johnson & Johnson) are currently directing all vaccine recipients to enroll in the CDC V-Safe program as a post-vaccine monitoring mechanism at <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/vsafe.html>. There is no other survey being recommended at this time.

Please contact North Dakota Senior Medicare Patrol (ND SMP) at (800) 233-1737 if you have responded to this or a similar vaccine survey email.



## Finding your favorite fishing spot

Patricia Stockdill

For almost two decades anglers fishing North Dakota lakes could print out contour maps and take the hard copy with them when they headed out to fish.

With kudos to advancing technology, those maps are now available on mobile apps so anglers can simply view them on their smartphone.

No more paper to lose in the wind or get wet.

Just have your smartphone handy – and don't drop it in the lake.

Oh, and one more thing – remember that for all of the technological advances in today's modern world, wireless service might not be available on the particular lake a person is fishing. The reality is wireless service can be marginal, at best, or nonexistent on about 30 percent of the state's lakes.

The solution is to download and save the map prior to heading out to fish.

Another tip to using the apps is keeping in mind there is a margin of error with GPSing. For example, while the map may say an area is 15 feet deep and show the contour, there could be a margin of error with smartphone GPS systems of about 10 feet or more either way, depending on the GPS accuracy.

And when it comes to reservoirs, their elevations could vary depending on when the mapping was conducted; if it was during high or low water years, for example.

In other words, the contour maps and the apps are a great tool and a definite aid when fishing but they might not be completely, exactly accurate.

An array of lake map apps are available but the N.D. Game and Fish Department website, ([gf.nd.gov](http://gf.nd.gov)), has comparisons for anglers on two options, ESRI ArcGIS Explorer and Avenza. Essentially a map app can do the same thing as a high-end GPS fish depth finder.

The Game and Fish Department website also provides a wealth of information to help anglers find a lake suitable to their liking. For example, if someone simply wants to shore-fish for northern pike, all they have to do is go to the website's menu, click "Fishing", "Resources" and "Where to Fish". There

is even a link pointing anglers to specific pike lakes.

If a fishing pier makes it easier for a family with young children to fish, a link to specific lakes with fishing piers is just a click away. If it helps to fish a lake with a handy fish cleaning station, just click that link to find it.

And when clicking on the interactive "stocking" link, an angler can even find out the time of day a particular lake was stocked with fish, species, and quantity.

In other words, it's pretty easy to find a place to fish in North Dakota that suits what an angler desires. One of the easiest ways is to simply click "Fishing Waters Information by County" or "Fishing Waters Information by Lake".

The funky thing about North Dakota is that the number of fishable lakes can vary, largely because of the state's soil, geology, weather extremes, and the amount of precipitation Mother Nature does or doesn't provide. Prone to a rollercoaster of drought and wet cycles, North Dakota anglers have enjoyed an abundance of fishable lakes in recent years because of several years of abundant water.

While the trend seems to be turning towards drier conditions, many of the state's newer lakes continue providing fishing opportunities.

In addition, the Game and Fish Department is also focusing on providing urban fishing opportunities, which can help families introduce young children to the joy of catching their first fish.

A couple of examples include the North Dakota State Fair Pond, which is annually stocked with trout and panfish – plus it has a fishing pier. A few miles south of Velva, anglers going to Velva Sportsmen's Pond might land a rainbow or brown trout or largemouth bass. Glenburn Pond on the north side of Glenburn was stocked with both trout and perch in 2020.

As the state moves rapidly towards the 2021 open water fishing season, now just might be the perfect time to research the next best place to get outdoors and go fishing.

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# Marvels Comics artist heads to Minot

## Bob Hall to join Johnny Yong Bosch, Cerina Vincent at iMagicon as special guests

IMAGICON

Comic and gaming convention iMagicon announced this week that Marvel comics artist Bob Hall will be added to this year's special guest line up. The comic convention is set for April 23-25, 2021, at the Minot Municipal Auditorium. Hall joins a special guest line up that includes Mighty Morphin' Power Ranger and voice-over actor Johnny Yong Bosch and horror scream queen Cerina Vincent.

Hall had a long association with Marvel Comics, where at one time or another he drew most of the major books and characters such as The Champions, Spiderman, Dr. Doom, Conan, Thor, The Fantastic Four, The Submariner, Captain America, PSI Force, The Avengers and The New Mutants. He was the artist for the West Coast Avengers mini-series and was the primary artist on the original Squadron Supreme. He drew movie adaptations of Willow, Dark Man and the notorious first Captain America movie as well as pencils and inks for the graphic novel, Emperor Doom. Hall was also a Marvel editor in 1979.

For Valiant he wrote and penciled the monthly series Shadowman, wrote Timewalker and then created Armed and Dangerous, a black and white "comicbook-noir" series. For DC he wrote and drew the Batman graphic novel projects, Batman DOA, I Joker and It's Jokertime.

### OTHER GUESTS

Johnny Yong Bosch got his start fighting giant bugs as Adam Park, the Black Ranger, Green



BOB HALL

Zeo and Green Turbo Ranger on Mighty Morphin Power Rangers. It is a role that he would play for three and a half seasons on television, two motion pictures and two special guest appearances in future Power Rangers seasons. After Power Rangers, Johnny became incredibly involved in the world of voice over. From anime to video games, Johnny's voice can be heard throughout the industry including shows such as Dragon Ball FighterZ and Bleach, and games such as Smash Bros, Mortal Kombat X to name a few.

Cerina Vincent got her start in the film industry with her hit role as Maya, the Yellow Ranger, on Power Rangers Lost Galaxy. Vincent is known for her roles in many horror flicks such as Return to House on Haunted Hill, Cabin Fever, It Awaits, Devil On The Mountain and many more. Vincent has also worked tv

series such as Mike & Molly, The Walking Dead, Two and a half Men, Bones, and most recently, she played Suzy Diaz on Disney Channel's Stuck In The Middle.

### CONVENTION ACTIVITIES

The convention celebrates all fandoms from competitive video gaming, tabletop gaming, cosplay, anime and more. Cosplay Contests are one of the most attended events at iMagicon with fans competing for the ultimate title of iMagicon Cosplayer of the Year, which includes a prize package and \$300 cash prize, courtesy of Rock 30 Games. More details can found at [imagiconnd.com](http://imagiconnd.com).

### TICKETS

Tickets to iMagicon run \$20/day for individuals 14+; youth (13-7) are \$5/day. Guests looking to attend the full weekend can get major discounts by purchasing tickets in advance of the event. 3-Day Convention Passes are being sold for \$40 and 3-Day Family Passes for two individuals (14 and older) and two youth (13 and younger) are being sold for \$60. Advanced Tickets can be purchased at [www.imagiconnd.com](http://www.imagiconnd.com) or by visiting participating ticket outlets.

iMagicon is made possible through the support of sponsors like KMOT, Hampton Inn & Suites, SRT Communications, Northern Sentry, Grand Hotel, Papa Johns (Minot), Hometown Radio Group, Dakota Outdoor Advertising, Dirty Girls Car Wash (Bottineau), and Rock 30 Games.



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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](http://www.littleflowerminot.com)

**St. Peter The Aleut Eastern Orthodox Church**  
  
**109 6th St. SE**  
**Minot • 838-3094**  
**Saturday, March 27**  
 Vespers, 5 PM  
**Sunday, March 28**  
 Holy Liturgy, 10 AM  
 Father Paul Hodge

  
**Break Forth Bible Church**  
 Thursdays 7:00pm  
 and Sundays 10:30am  
**1821 W Burdick Expressway**  
 For More Information:  
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**An Evangelical Free Church**  
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 Sunday School & Fellowship ..... 9:00 a.m.  
 Worship ..... 10:30 a.m.  
[www.trinitychurchminot.org](http://www.trinitychurchminot.org)

  
 Worship Service at 10:45am Sundays  
 Sunday School at 9:45am  
**1720 4th Ave NW, Minot**  
**838-0916**  
[MinotBibleFellowship.org](http://MinotBibleFellowship.org)

  
**Faith United Methodist Church**  
**5900 Highway 83 N, Minot**  
[www.faithumcminot.com](http://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  
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**Vincent United Methodist Church**  
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 Contemporary Service ..... 10:30 am  
 Kid's Church ..... 10:30 am  
**Pastor Matt Scherbenske**  
[www.vincentumc.com](http://www.vincentumc.com)

  
**St. Mark's Lutheran Church**  
*Missouri Synod*  
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**Minot, ND**  
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**Reverend Philip Beyersdorf**  
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**Immanuel Baptist Church**  
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 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](http://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**  
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 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](http://www.stjohnminot.com)

  
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**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**  
  
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[www.fbcminot.org](http://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](http://www.minotcrbc.org)  
**email: [minotcrbc@gmail.com](mailto: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](http://westminot.com)  
[facebook.com/westminot](https://facebook.com/westminot)

**Chapel Services at MAFB**  
*Protestant*  
*(North Plains Chapel in Base Housing)*  
**Sunday Community Service**  
 1030 a.m.  
 (Holy Communion 1st Sunday)  
 Children's Church during school year  
*Catholic Mass (Northern Lights Chapel across from Rockers)*  
 Sunday ..... 1000  
 Daily ..... Monday-Thursday at 1200

**To Advertise your Church on this page,**  
**Call 839-0946**  
**Only \$7.00 a space / per week**

  
**OUR REDEEMER'S CHURCH**  
*A Church of the Lutheran Brethren*  
**Thursdays:**  
 Worship ..... 6:30 p.m.  
**Sundays:**  
 Worship ..... 8:30 a.m. & 10:45 a.m.  
**700 16th Ave SE • 701-838-0750**  
 For more information visit us on the web at:  
[www.ourredeemers.org](http://www.ourredeemers.org)

**ORCS Preschool**  
 Our Redeemer's Christian School's Preschool Program will be starting it's 33rd year the fall of 2020 and we would love to have your child be a part of it!  
**NOW ACCEPTING REGISTRATIONS FOR THE 2021-2022 SCHOOL YEAR**  
**HIGHLIGHTS OF OUR PROGRAM**  

- Time-tested curriculum including STEM and Language Arts activities as well as Free Play
- 2 and 3 day options available
- Kindergarten readiness skills practiced each session
- All teachers hold a North Dakota Professional Educator's License
- Christ-centered environment

 Please contact our school office or visit our website for more information.  
**701.839.0772**  
 Email: [jschultz@orcsknights.org](mailto:jschultz@orcsknights.org)  
 Website: [www.orcsknights.org](http://www.orcsknights.org)

**ADVERTISE YOUR Church**  
 Advertise FOR ONLY \$7 PER WEEK  
 Revisions MADE UPON NOTICE FROM THE CHURCH  
 Deadline TUESDAYS BY NOON WEEK OF PUBLICATION  
**VIEW OUR PAPER ONLINE AT NORTHERNSENTRY.COM**

**CONTACT US**  
 call 701-839-0946  
 email [NSADS@SRT.COM](mailto:NSADS@SRT.COM)  
 fax 701-839-1867

  
**ORCS KNIGHTS**  
  
 Our Redeemer's Christian School  
 700 16th Avenue SE  
 Minot, ND 58701  
[info@orcsknights.org](mailto:info@orcsknights.org) • 701-839-0772  
[www.orcsknights.org](http://www.orcsknights.org)

we've got the church  
 you've been looking for  
 Your life matters to God!





# CLASSIFIEDS

www.northernentry.com | nsads@srt.com or sentrysales@srt.com | 701.839.0946 | 315 S. Main Suite 202 | Minot, North Dakota

## FLEA MARKET

**MOVING NEED CASH!**  
Sell your used furniture, appliances, electronics, etc. at the Minot Flea Market on Friday, March 26 & 28, 2021 at the State Fairgrounds.  
Info 701-340-7930.



## RUMMAGE SALE

A Little Bit Of Everything...  
With A Lot Of Savings!  
**4R HOME THRIFT**  
2031 N Broadway  
Furniture, Tools, Movies, Misc. & Interesting Items  
Monday - Saturday - 8:30 AM to 6 PM  
Sunday - 12 PM to 5 PM  
**15% Military Discount!**  
<https://www.facebook.com/4rhomethrift>

## AUTOMOTIVE

**90 DAY FREE POWERTRAIN WARRANTY** on most cars. Check out our inventory at [karz4u.com](http://karz4u.com) or call Cliff (Retired MSgt) at 701-240-9172.

## JOHN'S



## AUTOBODY

**Pays Up To \$500 Insurance Deductibles**  
**We Guarantee All Work & Color Match**  
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**839-8896**

## TRANSPORTATION

**I BUY CARS OR HAUL JUNKERS AWAY FOR FREE** - Call Karz 4-U at 240-9172.

**\$\$\$ QUICK CASH \$\$\$**  
Paying cash now for any car or truck, running or not. We also sell cars \$500-\$1500, give us a call. Edwardson Sales 839-9512 (Will haul junk cars or trucks away, no charge)

**NORTHERN AUTO AUCTION**  
**1st & 3rd Saturday Every Month!**  
Approx. 75-100 Cars, Pickups, Trucks, Etc. Bring vehicles & title to auction yard  
**BUY or SELL!**  
All units sold AS-IS condition  
Terms: Cash or check supported by a bank letter of credit.  
Auctioneers: Clint Beeter, Lic. #199 & Kevin Beeter, Lic. #464 - Clerk Lic. #199  
3035 Valley St., Minot, ND 58701  
701-838-3733 or 1-800-210-8995

## GARAGE SALE

**3721 E. BURDICK EXPY HUGE VINTAGE & COLLECTIBLE SALE!** Every Weekend, Weather Permitting. Many Old Pictures, Old Books, Pottery, China, Glassware, Cast Iron, Old Vinyl Records, 8 Track Tapes, Old Picture Frames, Old Beer Cans, Signs, DVD Movies, Partial List. Questions Call 701-626-2712.

## REAL ESTATE

Find **ALL** listed homes for sale in Minot and the surrounding areas at [www.brokers12.com](http://www.brokers12.com).



**40 ACRE FARMSTEAD WITH 3 BEDROOM SPACIOUS OPEN FLOOR PLAN RANCH STYLE HOME** w/main floor laundry in North Dakota 45 minutes from MAFB. Also, has business opportunity option. For pics and more info go to [www.bismanonline.com](http://www.bismanonline.com) ad #3293908. Call 701-871-1162

## FOR RENT OR SALE

**20 MINUTES TO MINOT AND THE MINOT AIR FORCE BASE** 2 and 3 bedroom mobile homes for sale or rent from \$695 per month - includes lot rent and utilities. Located in Deering, ND. 701-502-0554.

## RENTALS

**AVAILABLE NOW!** Several apts on North Hill available 4 rent. 2 Bdrm + 1 bath. \$655 to \$795. Call Matt or Jerry at IPM. 852-1157

**2 BEDROOM HOME FOR RENT.** SW Minot. Off Street Parking, New Carpet, Reasonable Utilities. \$800.00/ Month. Call Dallas @ (701) 721-5116

## FOR SALE

**GRASSFED BEEF** (no antibiotics, no GMOs), **FRESH EGGS**  
Located just 20 minutes with delivery to the base.  
EMAIL: [esavelkoul@srt.com](mailto:esavelkoul@srt.com).

## PROFESSIONALS

**LEE CLOUSE INDEPENDENT BEAUTY CONSULTANT**  
[www.marykay.com/1clouse](http://www.marykay.com/1clouse). 701-839-0475 or 701-721-0475.

## HELP WANTED

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

## LOOKING FOR A CAREER THAT IS BOTH CHALLENGING AND REWARDING?

Kalix is seeking caring and compassionate people to provide support for people with disabilities. We have schedules to fit your needs. We offer competitive wages and excellent benefits. We are an equal opportunity employer and a drug free workplace. Apply in person at: 605 27th St SE, Minot ND 58701 Or contact: Matt Mackey By email or phone at [mmackey@kalixnd.org](mailto:mmackey@kalixnd.org) 701-852-1014

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

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

## SUDOKU SOLUTION

Puzzle on page B12

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

## MINOT AFB FIRING RANGE NOTICE

The base firing range is located at 106 Range Road. It is illegal as well as dangerous to trespass in this area due to live weapons fire. For approved access to this area during weekdays contact Technical Sergeant William Delphia or Technical Sergeant Adam Worcester at 701-723-7597. For all other times coordinate with the base law enforcement desk at 701-723-3096/3097.

## BASE ANNOUNCEMENTS

### EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

Embry-Riddle Aeronautical University is now registering for the Spring 2021 term (19 Apr-20 Jun). 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](mailto: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.

### COLUMBIA COLLEGE

For nearly fifty years Columbia College has offered educational opportunities to the military and is proud to establish our newest location here, at Minot AFB. Founded in 1851, Columbia College is a private, nonprofit liberal arts and sciences college that serves approximately 18,000 students annually and is proudly recognized by numerous organizations as a Military Friendly institution of higher education. Check out our website ([ccis.edu](http://ccis.edu)) for the list of organizations that recognize the hard work the college puts in to serve those who serve our country and their families. With 29 online degrees the college is working to offer classes this summer on the installation. In the meantime you can choose your mode of education from strictly online classes to in-person ZOOM synchronous classes. Chose from the many associate, bachelor, or master's degree programs available and know your degree can be completed at Minot or anywhere you have internet connectivity or explore in-seat opportunities if you re-locate near one of our 30 locations nationwide. Fully accredited by the Higher Learning Commission (HLC) we are delighted to establish this location at Minot. Come talk to us at the education center and explore your options for your next step down the path to your educational goal. We are located in Room 219 or call (701) 727-8386.

### PARK UNIVERSITY MINOT -

Your degree, Your way. Now enrolling for Summer classes starting June 7, 2021. Earn your CCAF credits, AU-ABC, and your Bachelor's degree with PARK. Let's maximize your military experience! Find how many credits you can get from your military experience by going to [military.park.edu](http://military.park.edu) and confirmed your credits Or Ask Alexa! Enable the Park University skill on your Alexa device and say "Alexa, ask Park, How many credit hours can I get from my military experience?" She'll even tell you your graduation date! Minot AFB @ the Education Center RM 222 | 844-884-8612 | [mino@park.edu](mailto:mino@park.edu) PARK. YOU

## MINOT AFB COMMISSARY

**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.

## MINOT AFB OPPORTUNITIES

**CARRIERS NEEDED**  
The Northern Sentry is now hiring carriers to deliver papers on the MAFB.  
Call or Text 701-833-9007 for more information.  
  
sentry

**NOW HIRING LIFEGUARDS**  
**PERKS OF WORKING WITH US:**  
Perks listed are dependent on job. Not guaranteed for every position.  
• FLEXIBLE SCHEDULE  
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• HEALTH INSURANCE  
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• 401K  
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• LONG TERM CARE INSURANCE  
• PORTABILITY OF BENEFITS  
• RETIREMENT  
• CAREERS PROGRAM  
• WORLDWIDE JOB OPPORTUNITIES  
VIEW AVAILABLE LIFEGUARD POSITIONS ON USAJOBS!  
SCAN THE QR CODE OR VISIT THE LINK BELOW  
[https://www.usajobs.gov/Search/Results?i=Minot%20AFB%2C%20North%20Dakota&k=Recreation%20Aid%20\(Lifeguard\)](https://www.usajobs.gov/Search/Results?i=Minot%20AFB%2C%20North%20Dakota&k=Recreation%20Aid%20(Lifeguard))  
SCAN ME  
FOR POSITION DETAILS, CONTACT NAF HR AT 723-2812 OR EMAIL [UDG\\_5FSS\\_HUMAN\\_RESOURCES@US.AF.MIL](mailto:UDG_5FSS_HUMAN_RESOURCES@US.AF.MIL)  
FORCE



# Let's Plan Your Party!

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X-TREME OR OPEN BOWLING

**SUPER PARTY**

• 2 Hour Party for up to 10 People  
• Shoe Rental  
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**\$155+tax**  
\$12 for each additional person

**MEGA PARTY**

• 2 Hour Party for up to 10 People  
• Shoe Rental  
• 2 - 16" Pizzas, Pop and Ice Cream  
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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.**

1901 NORTH BROADWAY MINOT, ND FOR RESERVATIONS PLEASE CALL **852-4108**  
NORTHHILLBOWL.COM



## Party Room

**FROM KID'S BIRTHDAY PARTIES TO GIRLS NIGHT OUT, OR TEAM BUILDING!**

We have a party space available for all of your fun!  
Call for details!

**109 South Main St. Minot 701.837.8555**



**Blake Krabseth**  
Comedian / Magician  
Great for Parties and Conventions  
701-720-1786  
magic@blakekrabseth.com  
**BLAKEKRABSETH.COM**

## BOOK YOUR PARTY!

**BIRTHDAYS, GAMING PARTIES, PRIVATE MOVIE EVENTS, FAMILY GATHERINGS**

Monday-Thursday  
Time Slots Available:  
• 10 AM-12:30 PM  
• 1 PM-4 PM  
• 6 PM-10 PM

Email for details:  
**alatoakpark@gmail.com**  
**WWW.OAKPARKTHEATER.NET**

## High Air Ground

TRAMPOLINE PARK

**10% OFF ANY PARTY PACKAGE**  
Must be booked by 12-31-19. Not good with any other discounts or promotions. Must mention "Northern Sentry" when booking. Packages starting at \$130.

1290 4th Ave NW | Minot, ND 58703  
**701-837-JUMP**  
**WWW.HIGHAIRGROUND.COM**

# BUSINESS & PROFESSIONAL Directory

### AUTOMOTIVE

**WE BUY-SELL-TRADE-CONSIGN**  
Pay Top Dollar for Clean Used Cars

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1105 16th St. SW • Minot  
Cliff Butler/Retired MSgt  
**www.Karz4-U.com**

### AUTOMOTIVE

**QUICK CASH!!**  
Running & Non-Running Cars & Trucks



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We also sell cars \$500 - \$1500  
Give Us A Call!  
Will Haul Junk Cars Free Of Charge

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RC Cars, RC Airplanes, Rockets, Trains, Plastics, Testors Paints, Engines & Accessories, Helicopters, Balsa Wood & Glues.  
**838-1658**  
2112 N. Broadway • Minot, ND  
Ask for Eva • **www.airporthobby.com**

### ACCOUNTANT

**BradyMartz**  
Make Every Day Count  
CERTIFIED PUBLIC ACCOUNTANTS  
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### REAL ESTATE

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### STORAGE UNITS

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**Lucas Knight**  
Signal Realtors  
p: (701) 852-3505  
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e: Lucas@SignalRealtors.com  
w: MinotHomeSearch.com

**northern sentry**

MINOT AIR FORCE BASE NEWSPAPER  
**WWW.NORTHERNSENTRY.COM**

Feature your business here for as little as \$9.00 per week!  
For more information call 839-0946 or email: **sentrysales@srt.com**



# WHAT'S GOING ON MAFB

## FRIDAY 26

- 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
- March Mayhem Triathlon, 1100, Fitness Center
- Fit to Fight, 1130, Fitness Center
- Teen Day Friday, 1500-2200, Youth Center
- Cycle, 1630, Fitness 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
- Family Skate Night, 1800-2000, Fitness Center
- Movie Night, 1800-2100, ESC
- Mixed Fun League, 1830, Rough Rider Lanes
- Karaoke Night, 2000-1900, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

## TUESDAY 30

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

## MONDAY 29

- HIIT Strength and Conditioning, 0545, Fitness Center
- Reintegration Briefing, 1000-1100, A&FRC
- Yoga/Swim, 1130, Fitness Center
- Newbery Book Club, 1600, Minot AFB Library
- Zumba, 1730, Fitness Center

## FRIDAY 02

- 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
- First Friday, 1630-1830, 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
- Karaoke Night, 2000-1900, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

## SATURDAY 03

- Kids Bowl Free, 1000-1400, Rough Rider Lanes
- Rough Rider Lanes Youth Bowling League, 1000, Rough Rider Lanes
- Fit to Fight, 1015, Fitness Center
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

## SATURDAY 27

- Super Smash Brothers Tournament, 1000-0000, ESC
- Rough Rider Lanes Youth Bowling League, 1000, Rough Rider Lanes
- Kids Bowl Free, 1000-1400, Rough Rider Lanes
- Fit to Fight, 1015, Fitness Center
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes
- UFC 260: Miocic vs Ngannou, Prelims start at 1900, main event begins at 2100, Rockers Bar & Grill

## WEDNESDAY 31

- Registration Closes for Youth Baseball & T-Ball at Youth Center
- HIIT Strength and Conditioning, 0545, Fitness Center
- Pre-Deployment/Remote Readiness Training, 1000-1100, A&FRC, Zoom Meeting
- 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
- Member Wind Down Wednesday Snacks, 1630-1830, Rockers Bar & Grill
- Squadron Extramural League, 1730, Rough Rider Lanes

## 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!

## SUNDAY 28

- Sunday Escapes Book Club, 1330, Minot AFB Library
- Zumba, 1400, Fitness Center

## THURSDAY 01

- Golf Season Passes Available at Rough Rider Golf Course
- Heat It Up Challenge begins at Fitness Center
- Registration Opens for April Sprint Reverse Triathlon at Fitness Center
- 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
- Reverse Sprint Triathlon, 1130, Fitness Center
- Kids' Night, 1530-2030, Bomber Bistro
- Cycle, 1930, Fitness Center

## APRIL SPECIALS

**Bomber Bistro • Chicken Alfredo Pasta**  
Grilled chicken and penne noodles in alfredo sauce topped with Italian seasoning and parmesan cheese. Only \$9.95, served with garlic bread!

**The B-Fifty Brew • Frappuccino**  
Treat yourself with one of our tasty Frappuccinos! With a wide variety of flavor options, you'll need to try them all! Get a Tall for \$4.50, Grande for \$5.00, or Venti for \$5.50.

**Rockers Bar & Grill • Sandwich of the Month – Cajun Chicken Sandwich**  
Cajun grilled chicken on a bed of lettuce and tomato served on a toasted bun! Served with fries for only \$9.75!

**Kids Bowl Free!**  
FORMING - SIGN UP NOW!  
March 20th - April 24th  
Saturdays 10:00am - 2:00pm  
Kids get two free games (shoe rental not included)  
Parents can sign up at [kidsbowlfree.com](http://kidsbowlfree.com)  
and also receive two free games of bowl!

787-4716

## ONGOING

- Escape Room: 29 March – 16 April, 1000-1700, Outdoor Recreation – Call to reserve a time slot
- 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

## NOW OPEN IN MINOT!

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- Newborn Care
- Well Child Visits
- Pediatrics
- Free Pregnancy Tests
- Geriatric Care
- Preventive Healthcare
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Center for Family Medicine  
UND SCHOOL OF MEDICINE & HEALTH SCIENCES  
UNIVERSITY OF NORTH DAKOTA



1201 11th Avenue SW | Minot, ND | Phone 701.858.6700 | 800.841.7321 | Hours: M-F 8 AM-5 PM | [cfmminot.UND.edu](http://cfmminot.UND.edu)