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Wounded Warrior Program gives Minot Airman new purpose

SENIOR AIRMAN EVAN LICHTENHAN, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, North Dakota --

Senior Airman Josiah Powell, 5th Security Forces Squadron defender, was a great defender, living a great life. He was enjoying certain aspects of his job. He was healthy and he was happy.

Then one day, he sustained an injury and soon after found himself facing a medical evaluation board. These boards are held to determine if an Airman is fit to perform the tasks required of them by the Air Force. Unfortunately, Powell was found no longer fit for duty. This meant that he was no longer able to perform the day-to-day tasks of a Security Forces Airman and would be medically separated from the Air Force.

With this news he began to lose his purpose, and needed to find something to focus on. His First Sergeant, Senior Master Sgt. Yucari Brown, nominated him to become a member of the Air Force Wounded Warrior Program. He met the requirements and was selected to become a member.

"Every single person that works for the Air Force Wounded Warrior Program or volunteers for it will always be there for anyone who needs them," said Powell. "They will continuously reach out to other programs to help us get the resources that we need for our recovery. And they do that for everybody in the program. It's not like they're only doing it for me. They'll do it for you, they'll do it for anybody in the Air Force that reaches out and needs help."

A few months later, he went into work and checked his email as usual. He had received a message from the Air Force Wounded Warrior Program.

The message invited him to take part in the Air Force Trials, paralympic style games that are

adjusted to the physical capabilities of each wounded warrior. Air Force Trials participants compete to earn one of 40 slots on Team Air Force, which goes on to compete in the Department of Defense's Warrior Games.

This intrigued Powell. He began relentlessly training on the track and in the pool.

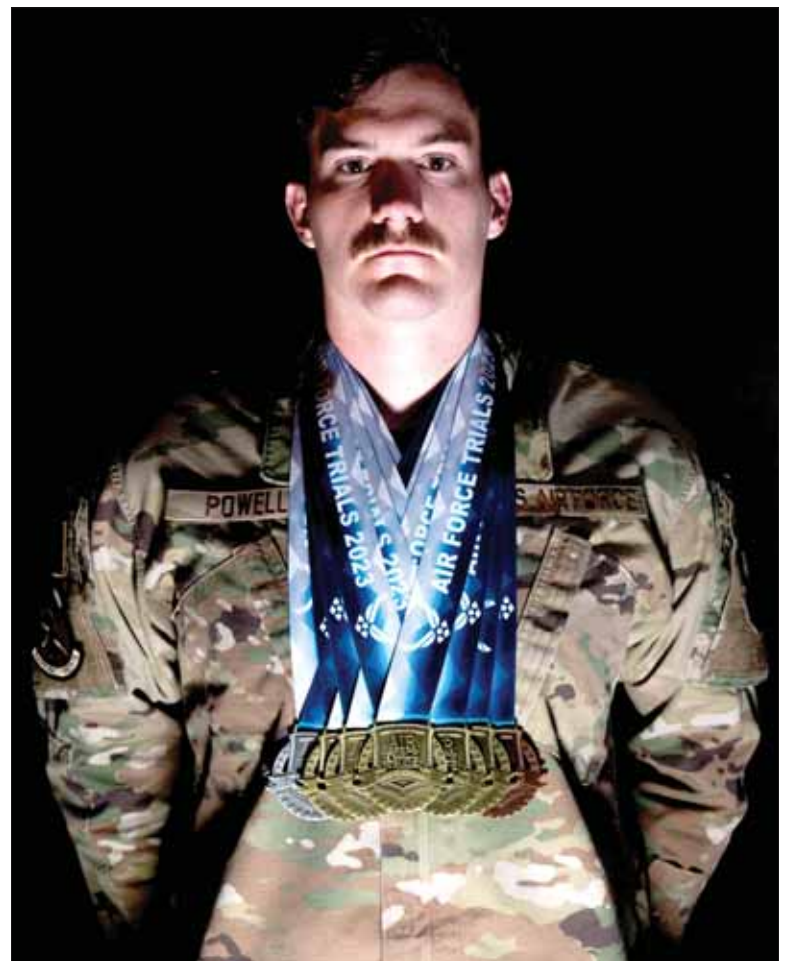
"I was a swimmer in high school, but decided I didn't want to swim anymore for personal reasons," said Powell. "Whenever I was going through the med board and dealing with some mental health and physical issues, I wasn't really able to work toward anything in my job anymore. But getting into the Wounded Warrior Program, there's an athletic competition, and something I'm good at. So I started swimming three days a week, I started running based off of my profile, and it gave me something to work toward instead of just sitting around and doing nothing."

The trials were held at Nellis Air Force Base, Nevada. Once Powell arrived, he was pleasantly surprised with the way he and his fellow wounded warriors were treated.

"At the events, they treat us like professional athletes," said Powell. "Whenever we go to these events we have tight muscles, they have massage tables. There are several athletic trainers and physical therapists training out of the Air Force Academy, and they were our physical therapists for those events. They took extremely good care of us."

At the Air Force trials, there were just over 100 Wounded Warrior athletes including an Army team, a United Kingdom team and a team from The Republic of Georgia.

While at the event, Powell participated in five swimming events, two track events and compound archery.



U.S. Air Force Senior Airman Josiah Powell, 5th Security Forces Squadron defender, poses for a photo with his Air Force Trials medals at Minot Air Force Base, North Dakota April 28, 2023. Powell won five gold medals in swimming and a silver and a bronze medal in track at the 2023 Air Force Trials, and was selected to represent Team Air Force at the Department of Defense's 2023 Warrior Games.

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

His training paid off. He managed to take home a gold medal in every swimming event he participated in as well as silver and bronze in track. Additionally, he was selected as one of only 40 participants to compete

in the 2023 Warrior Games. Despite his setbacks, Powell managed to find his purpose again. He is now planning on moving to Indiana to pursue a doctorate in nursing.

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A Minot Air Force Base resident asks a question at a town hall at Minot Air Force Base, North Dakota, April 25, 2023. Team Minot leaders and representatives from the City of Minot work closely together to tackle issues that members may have.

Open and Honest: Base Town Hall

ERIN BEENE, NORTHERN SENTRY

Every so often the base gets the pleasure of having some important people in the same place at the same time. Last Tuesday April 25th was one of those times. The Jimmy Doolittle Center hosted both Minot AFB Wing Commanders alongside the City of Minot Mayor, Tom Ross for the semi-annual Town Hall Meeting.

The meet-up was an opportunity for individuals on base to ask questions, present problems or hear about ongoing solutions or initiatives related to both the base and the community. The event invited all MAFB residents as well as prominent city-wide municipal leadership to participate in the audience. The Town Hall began with an introduction from Col. Daniel Hoadley, 5th Bomb Wing Commander. Questions which were submitted previously were first read aloud by Maj. Jhanelle Haag from the base Public Affairs office. After the pre-submitted questions were addressed the audience had the opportunity to ask questions directly to either the commanders or the Mayor. Some participants queried about several well-known and often-discussed Minot AFB challenges, but others uncovered some not-so-common issues.

Col. Hoadley, Col. Kenneth McGhee, 91st Missile Wing commander, and Mayor Ross answered the questions intentionally, patiently and with honesty, while also presenting facts and realism to questions about tough situations. No question was too uncomfortable or bothersome to be taken into consideration from this leadership panel.

Some topics discussed were: the Richardson's ground squirrel, or "dakrat," population control; 5th Medical Group pharmacy efficiency and medical care issues; the possibility of a Chick-Fil-A location in Minot; Davey Tree ground keeping in housing; base snow removal; road construction and pothole filling; racial issues and discrepancies at Minot Public Schools; and the new Trinity Hospital campus in town.

While many questions did not receive clean cut answers due to their complex nature, some were answered more solidly. For example, Mayor Ross confirmed that recycling within the City of Minot will begin this summer, and Col Hoadley added that the base hopes to get the services offered soon as well. Additionally, a spouse brought a question to the microphones about the possibility of building a fence around at least one of the on-base playgrounds for kids who have unique challenges and need extra physical boundaries to play safely. This suggestion was well-received and Col. Hoadley agreed that it could be something attainable.

When presented with questions about the various gaps in manning across the board, Col. McGhee offered a realistic approach to the

nationwide problem. He explained that MAFB personnel, both military and dependent, should try to look internally instead of externally in terms of what we can all do to help out because, as Col Hoadley bluntly and honestly admitted that substantial change is not likely to happen soon. Referring to force-wide resourcing limitations, coupled with support capability challenges specific to our area, he encouraged attendees to lean on each other for support, as well as utilizing base and unit helping agents like First Sergeants and Key Spouses in tough times. He continues to encourage Airmen and family members to get

involved in programs that provide peer support for mental health issues and life stressors, such as the Resiliency Training Assistants program. Those interested can reach out to their First Shirt, Commander, or Community Support Coordinator Samantha Mendoza.

Overall the Town Hall exhibited an honest perspective to many of the gritty issues our base and community face. The leadership for both entities were straightforward and transparent, which are admirable qualities in any leader. Thanks to everyone who came out to support the base and help make Minot a better place for everyone!



Col. Daniel Hoadley, 5th Bomb Wing commander (left), Col. Kenneth McGhee, 91st Missile Wing commander (right), and Tom Ross, Mayor of the City of Minot (center), answer questions from members of Team Minot during a town hall on Minot Air Force Base, North Dakota, April 25, 2023. Towns halls like these are a tool base leaders utilize to start conversations with the base populace about issues they may be facing.

U.S. AIR FORCE PHOTOS BY AIRMAN 1ST CLASS ALEXANDER NOTTINGHAM

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MINOT AIR FORCE BASE NEWSPAPER
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It All Happened Over Night

They say that change is inevitable, but today is May 1 and it's like someone waved a magic wand and transformed once full parking lots around Trinity Health into open spaces. Yesterday was moving day for Trinity Health. The ER is gone, the hospital is empty and also gone are all of the patients and staff that once occupied Trinity Hospital. Looking south, it is kind of lonely.

Conversely, the Renaissance lot and the new Minot City Hall parking lots are full of activity as today marks the first official day that the newly remodeled Minot City hall is open for business. Looking north the main entrance is busy, the flags are flying in the breeze, and there is a definite increase in activity at the corner of Main Street and 3rd Avenue SW.

I have been a resident of Minot for over 45 years, and this much change in 24 hours is certainly unusual if not unprecedented. Being from North Dakota we are resistant to change, anyway. But

to accommodate changes in traffic flow and the absence of helicopter traffic, well, it's just darn hard. That statement goes with the knowledge that both the City of Minot and Trinity Health have moved into much larger and more efficient spaces, and these changes were certainly anticipated. Trinity Health started their construction over 3 years ago. The newly remodeled city hall project has been under construction for over a year. Soon, folks will be used to having city hall on Main Street and the Trinity Medical campus in southwest Minot, and we'll talk about their former locations in past tense. What I will miss the most though, is the sound of helicopters on the roof of the "old" Trinity Hospital, and the almost hourly sirens of ambulances arriving at the Emergency Room entrance just across the street from my office.

The Northern Sentry office is located in the Main Medical building on the corner of Burdick and Main Street, and being a news organization, we don't have all



SLICE OF LIFE
KIM FUNDINGSLAND

When my alarm woke me, I thought to myself I must be crazy. It was 3:30 a.m. Dark and cold. I had a ninety-minute drive that I wasn't looking forward to.

Ahhh. The life of a fisherman is sometimes difficult to understand. Explaining it to someone else? Even harder.

There are moments, and 3:30 a.m. can trigger them, when even the most avid angler pauses to answer the question "why"? I've found it's best not to dwell on that question too long. The real answer will come soon enough.

Breakfast is quick and simple. A couple slices of toast with peanut butter and jelly is more than adequate in the very early morning. A half glass of milk, fill the Yeti with coffee, out the driveway, and into the darkness I go.

I always find driving through the city at that early hour interesting. I mean, who is really up that early? Then I realize, between yawns urging me to go back to bed, that it's me and maybe one or two others.

The coffee is still too hot to drink, meaning it will be a while until I can down some much-needed caffeine to ward off anticipated drowsiness. The highway cutting through the North Dakota prairie is a dark and lonely place during the early morning. Not even a hint of sunrise on the horizon.

I'm thinking about fishing as I down my first sip of coffee, reminding myself, maybe convincing myself, of the reason for getting out of bed so darned early. Looking at my insulated coveralls, waterproof gloves, and winter facemask lying on the seat next to me isn't helping. They are more of a reminder of how silly this will sound when trying to explain it to someone else, presumably those well rested who have enjoyed a ham and cheese omelet while contemplating what they will do with the remainder

of their Saturday.

Hmmm. The omelet sounds good. So does the extra sleep. So does a perfectly presented ribbon-tail worm in front of a big largemouth bass. Or may a football jig with a craw trailer. Wonder if a largemouth bass would go for an omelet? Bacon? The mind wanders easily early in the morning.

A few moments later I see the lights from the Milton R. Young power plant reflecting on the open water of Nelson Lake. It was time to forget the omelet business and remind myself why I got out of bed so early in the first place. Fishing.

Crazy, huh? Why not sleep in and fish later in the day you ask? Fair question. Sound logic indeed. However, you are addressing a fisherman, and I've found very few who can adequately answer that inquiry, especially when it comes from the well-rested.

Nevertheless, I'll give it a try. I'm not trying to convince anyone. Myself perhaps, but no one else. I'm already infected with the fishing bug for which there is no cure that I'm aware of. Then again, I'm not searching for one either.

The short walk from the parking area to the boat ramp, in freezing temps, allows time to make sure zippers are up to the chin, a facemask is in place, and gloves are pulled on. It's also when the fisherman knows that embarking on such adventures is one of the great appeals of the sport.

You see, cold weather and lack of sleep aside, it's fun. I like catching fish as much as the next crazy fisherman but, to a greater extent, I've always been thoroughly captured by every moment on the water.

This day, still night actually, begins with the camaraderie of fellow fishermen whom I'll soon be competing against. Then it's followed by daylight beginning to creep over the horizon and the sound of outboard motors coming to life, some stubbornly in the cold air.

Minutes later the first rays of sunlight are obscured by a heavy fog on the water. It's a beautiful scene, even if it means idle speed only for safe boat operation. Memorable. Part of the fishing experience.

**northern
sentry**

A VIEW FROM
OUR SIDE
ROD WILSON



that much pedestrian traffic. It will be interesting to converse with the downtown merchants and get the results of the first week of what is soon to be "the norm" for Main Street Minot.

In the meantime, in an area that often struggles, even with the 2 downtown ramps, to provide adequate parking, there is now a plethora of new open parking spots within a block of downtown, and for the moment they are free.

So welcome to downtown City of Minot employees, we look forward to being of service whether it be restaurants or retail.

BEST KEPT SECRETS

On my Spouse Excursion Tours, the most recent one was on April 25th, we take the time to point out the dog park on

Minot's 83 Bypass West. Once just a fledgling idea, the dog park has grown into a destination for hundreds of dog owners who use it on a regular basis. I always point to the walking path that heads east from the park along the dike next to the Souris River. Later on the tour we drive into the parking lot of the Jack Hoeven Wee Links Golf Course, which is where the path goes down under the river and continues, for a while, on the east side of 16th Street. So, my best kept secrets this week? The dog park, the river path and the Wee Links Golf Course. All 3 are certainly worth investigating.

TODAY'S CHUCKLE

Many an optimist has become rich by buying out a pessimist.

Sleepy, Cold, and Fishing



The smiles say it all after a morning of fishing.

KIM FUNDINGSLAND PHOTO

Through the fog and still air comes the haunting call of a loon. Then an answer. Neither bird can be seen but they are on either side of the boat. Then it's the unmistakable honking of Canada geese. They are sharing the water too.

Fish can be heard splashing on the water's surface, an encouraging sound for eager anglers. Then the sun becomes visible, an orange orb pushing through the waning fog. It makes for a perfect scene in all ways. Any thoughts of why I got up so early, in the dark and cold, are gone. But I knew that would happen. Always does. The sights. The sounds. Other fishermen know that too.

It's not long before the first largemouth bass bends a fishing rod and is lifted into the boat. Nice one too. A good start to an already wonderful day on the

water.

An hour or so later the fog has disappeared, the sun dominates, and the temperature rises above freezing. It feels good to toss gloves onto the floor of the boat and swap out a hood for a baseball cap. There's no longer ice forming on the eyelets of our fishing rods. Morning has broken. All part of the fishing experience that's not worth trying to sell to anyone else. Most won't buy it anyway.

That is the way fishing is, or can or should be. Fishing teaches a person to appreciate much more than hooking a big one or catching a limit. Each and every fishing trip is a full theatrical performance that is never duplicated. Always difficult to put into words, but stepping on that stage is a slice of life that never disappoints.

TITUS & PHILEMON

Everyday adventures of Titus and Philemon and their owner Joe.



TIMOTHY TIMM

Timothy Timm of Minot currently attends Minot State University, is a Minot High School graduate, artist, cartoonist, author and illustrator. Timm has also created other works of art that are on display in his art studio downtown located at 201 Main St. S. in Minot.



UPSIDE DOWN UNDER
MARVIN BAKER

There's a new movie showing in North Dakota theaters that was filmed here in the state. It's called "End of the Rope," and is about a farm family in McKenzie County that mysteriously disappears.

Evidence begins to surface that a young farmhand of the missing family is responsible. And while the sheriff and the state's attorney begin an investigation, a vigilante group decides to take justice into its own hands.

The movie is set in 1931 in Schafer, the McKenzie County seat before Watford City existed. It stars Joseph Gray as Sheriff C.A. Jacobson, Chris Bylsma as state's attorney Sam Taylor and Nick Saxton as the suspect Charles Bannon.

The young farmhand later confesses to the murders on the advice of his attorney and tells authorities where to find the bodies. When word gets out that law enforcement is coming from Bismarck, the vigilantes go into action, break Bannon out of jail and lynch him on a McKenzie County bridge.

It's not the first time Charles Bannon was suspected of a crime. In 1928, he was accused of arson in a house fire that killed three of the sheriff's children in the movie. He was never charged in that case.

Bannon came from a broken,

impoverished home and was always considered an outcast growing up in the Schafer area.

This is not a low budget film. It runs for 2 hours 19 minutes and has all the makings of a good Hollywood film. It's well done and is filled with suspense throughout the movie.

"End of the Rope" comes from a book titled "End of the Rope," written by Dennis Johnson, a former McKenzie County attorney who spent a considerable amount of time researching and writing about the Bannon lynching as well as other pieces of McKenzie County history.

Johnson, who is now deceased, was actually an extra in the film and played an elderly man on Schafer's Main Street when Bannon was suspected of killing the Haven family.

Gray, who plays C.A. Jacobson, is a very popular sheriff until the fire. He gives up his badge much to the chagrin of the state's attorney and turns his focus to farm life during the Great Depression and it doesn't turn out well. In fact, his wife eventually leaves him because their lives change drastically after the fire.

But when he finds out his friends, the Haven family had disappeared, he gets in on the investigation with Taylor and later takes his badge back in an attempt to keep the peace in Schafer.

Unfortunately, the head vigilante has other ideas and even though Bannon was allegedly responsible for killing the sheriff's kids, he makes his best attempt to protect Bannon so he can get a fair trial.

But the vigilantes break the door down to the Schafer jail, beat Jacobson unconscious and

take Bannon to a bridge where he is later hanged.

The jail scene was filmed in the actual Schafer jail that is the last remaining building in what's left of Schafer, which is about 5 miles east of Watford City on North Dakota Highway 23.

Movies tend to dramatize actual events and "End of the Rope" is no different. But in the reality of history, only the people at the bridge knew who hanged Bannon. Pieces of this story are well documented. Others are obscure and that's where Johnson's book comes into play.

In the movie, Sara Jacobson, the sheriff's wife, is the one who pushed Bannon over the bridge. In local lore, however, it has been said that some people do know who actually did it, but nobody has ever publicly stated it or the name(s) were never leaked.

This movie, which has a lot of similarities to "1923" and "Yellowstone," is a must see. It's old west clashing with modern day and sheds a lot of light on an otherwise weird mystery from nearly 100 years ago in western North Dakota.

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AFA AWARD RECIPIENTS

U.S. Air Force Airmen and their spouses attend the Air Force Association(AFA) Banquets award presentation at Minot, North Dakota, April 27, 2023.

U.S. AIR FORCE PHOTO | MINOT AFB PA

91ST MISSILE WING COMMANDER'S CHOICE AWARD RECIPIENTS

91 MW	SSgt Elizabeth R. Scheller	5 BW
91 OG	Team Award (91 OSS)	5 OG
740 MS	Capt Anne M Vazquez	5 MXG
741 MS	MSgt Jamie R. Miller	5 MSG
742 MS	Capt Tammy M. Chau	5 MDG
91 MXG	SSgt Christopher J. Lochman	5 BW WSA
91 MMXS	Generation Flight, Maj Aaron J. Taylor	23 BS
91 SFG	SSgt Miguel A. Farias Jr.	
91 MSFS	TSgt Zachary W. Jio	
91 MSOS	SSgt Kendra M. Ingram	
891 MSFS	SrA Matthew Monaco	
791 MSFS	791st Missile Security Forces Squadron Represented by Maj Zachary M. Hunt	

CAP/RECRUITING/JROTC RECIPENTS

343 RCS	SSG Joshua Wilcox , AF Recruiting Command	69 BS
CAP	C/TSgt Stephen Jones, NCR-ND-021	
AFJROTC	C/Major Noah Miller, Minot High	

5TH BOMB WING COMMANDER'S CHOICE AWARD RECIPIENTS

Mr. Leroy Sipe	5 OSS	Host Aviation Resource Management (HARM) Team, SMSgt Cassie Holley, TSgt Melissa Messamer, A1C Brandon Carpenter
TSgt Justin Monty	705 MUNS	SMSgt Tony Foerster
MOC Team, SrA Charlie Estrada	5 MUNS	TSgt Kevin Ruhl
MSgt James Tisdale	5 MXS	MSgt Christopher Drinkwine
Personnel Reliability Assurance Program (PRAP) Team, Amn Veronica Vaden	5 AMXS	23rd AMU BTF Team, Capt Dylan Schwahn
Chapel Team, Chaplain Capt Mark Bradshaw	5 MXO	MOC Team, SrA Charlie Estrada
CC Support Staff TEAM, Flt Cc: Capt Veneita Colclough, Asst Flt CC: Capt Nathaniel Harms, Asst Flt CC: Capt Nicolas McLaughlin, Asst Flt CC: Capt Christopher Sherwood, Capt Micah Menendez-Aponte, Capt Andrew Ng, 1st Lt Seth Ambrose, 1st Lt Kristen Allen, 1st Lt Andrew Barncord, SrA Samuel Striggles, SrA Jonathan Weed, Ms. Karla Centeno-Montalvo	5 CES	SrA Paul Russell
Capt Jason "Frat" Howze	5 LRS	Ground Trans Team, TSgt Gilbert Edgar
	5 CONS	CC Support Staff
	5 FSS	A1C Meza, Mrs. Patty McCormick
	5 CS	SSgt Contessa Fredrickson
	5 SFS	TSgt Kevin Beaton
	5 HCOS	TSgt John Kirkland
	5 OMRS	2Lt Federica Jackson
	5 CPTS	Family Advocacy Team, Ms. Shelly Carbo
	54 HS	Budget Team, 1Lt Brett Ober, Ms. Carrie Rawls
		Capt Matthew Broughton

Excellence Has It's Night AFA Hosts Annual Awards

ROD WILSON, NORTHERN SENTRY

U.S. Air Force Airmen and their spouses as well as civic leaders and other civilian staff from Minot Air Force Base, attended the Air Force Association (AFA) awards banquet held at The Grand Hotel in Minot on April 27, 2023. The AFA supports Airmen, Guardians and the families of the Air Force and Space Force, including Active Duty, National Guard, Reserve, civilians, families, and members of the Civil Air Patrol.

After an opening greeting by Master of Ceremonies George Masters, the program began with greetings from all three of North Dakota's Congressional delegation, done virtually as the House and Senate of the United States was in session. One special greeting was given by Senator John Hoeven. "I am proud to announce tonight the appointment of Isabelle Von Osterheldt to the U.S. Air Force Academy." Isabelle was seated in audience and was recognized later

in the program.

After supper, guest speaker retired Lt. Gen. Bruce "Orville" Wright, national President and CEO of the Air & Space Forces Association, was welcomed to the podium for the keynote address. In his address, Wright gave a history of the AFA organization, and the need for the AFA to lobby for the Air and Space Force amid the challenges of getting and retaining a viable military.

Then the featured event of the evening, the 39th Annual Commander's Choice Awards, began. As names of individuals, or groups, were read they took their turn on stage for the presentation of an AFA Commander's Choice Award Plaque, a photo with Lt. Gen. Wright, and a well-deserved round of applause for their efforts.

The evening ended with a photo opportunity with Lt. Gen. Wright by others in attendance.



U.S. Air Force Airmen celebrate with a picture at the Air Force Association(AFA) Banquet, Minot, North Dakota, April 27, 2023. The Air Force Association supports Airmen, Guardians and the families of the Total Air Force and Space Force, including Active Duty, National Guard, Reserve, civilians, families, and members of the Civil Air Patrol.



U.S. Air Force Airmen and their spouses meet with one another while waiting for the Air Force Association(AFA) Banquets award presentation to start at Minot, North Dakota, April 27, 2023. The AFA mission is to educate the public on the critical need for unrivaled aerospace power and promote aerospace and STEM education for a technically superior and professional workforce to ensure national security.



U.S. Air Force Col. Kenneth McGhee, 91st Missile Wing commander, meets with Lt. Gen. Bruce Wright (ret), President of the Air Force Association(AFA), at the AFA Banquet, Minot, North Dakota, April 27, 2023. The AFA advocates for and promotes aerospace power to favorably shape policy and resourcing decisions to guarantee the strongest aerospace forces in the world.

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS ALEXANDER NOTTINGHAM



Upcoming Events

5 MAY **MAGIC CITY DISCOVERY CENTER GRAND OPENING VARIOUS TIMES**
1545 1st St NW Minot

Discover the magic!
The Magic City Discovery Center's grand opening is Friday, May 5th. Due to the popularity of the new center, you should buy your timed admission tickets today!
Timed admission tickets can be purchased for the month of May, guaranteeing you entry and a great experience.
1. Go to MagicCityDiscoveryCenter.com
2. Click on BUY NOW under the Tickets & Hours tab.
3. Choose your desired dates, number of tickets, and check out as a guest.
4. Bring your receipt with you for your timed admission slot.



For more information:
www.magiccitydiscoverycenter.com

5-7 MAY **MINOT LITERACY VOLUNTEERS BOOK SALE**
9:00 AM TO 3:00 PM FRI & SAT
12:00 NOON TO 3:00 PM SUN
1609 4th Avenue, NW, Minot

BOOK SALE—All funds support non-profit Minot Literacy Volunteers. When it comes to books, we honestly have it all: fiction and nonfiction—kids' books, young adult, romance, gardening, Cookbooks, mystery, self help, some college textbooks and journals, classics, comedy, sports...so much more! *****Come shove as much as you can in a LARGE reusable bag donated by Gate City Bank for \$5!
We also have a selection of specially priced items: • Literature sets suitable for homeschooling, classrooms, or self-study—textbooks with teaching materials & novel sets • encyclopedias and other educational sets • sets of books ideal for crafting • old and interesting collectibles • local history (MSU yearbooks, Minot history, Ward County, sports, etc.)



For more information:
Facebook/ Minot Literacy Volunteers/ Events

6 MAY **GRANVILLE JUNKAHOLICS JUNKLOVERS VINTAGE MARKET**
9:00 AM TO 4:00 PM
ND State Fair Grounds
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For more information:
Facebook / Granville Junkaholics

10 MAY **SPOUSES WELCOME**
8:30 AM TO 12:30 PM
Minot Air Force Base

Learn the "Ins and Outs" of Minot AFB and the surrounding Minot community at our Spouses Welcome on Wednesday, May 10th starting at 8:30AM with an information fair at the M&FRC! • Meet base leadership • Learn about the Minot AFB mission • Connect with other spouses • Obtain valuable information about military benefits • Fill your toolbox with resources for you and your family. Register by May 3rd if you are in need of child care during the event. Register by May 9th if you do not need child care during the event. Child care will be provided on a space available basis at no cost to the families through the FCC office, via the expanded child care program umbrella. Space is limited and registration is required. No exceptions. Check out our Information Fair from 8:30AM - 9AM at the M&FRC!



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ASIAN AMERICAN AND PACIFIC ISLANDER HERITAGE MONTH



Members of team Minot pose for a group photo at the Asian American Pacific Islander heritage opening ceremony at Minot Air Force Base, North Dakota, May 1, 2023. AAPI is a month to celebrate Asian American and Pacific Islanders heritage, history, and contributions to the United States.



Col. Chris Cain, 5th Bomb Wing Vice Commander and Col. Johnny Galbert, 91st Missile Wing Vice Commander, sign a proclamation at the Asian American Pacific Islander Heritage Month opening ceremony at Minot Air Force Base, North Dakota, May 1, 2023.

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS ALEXANDER NOTTINGHAM

A LOOK BACK THIS WEEK IN USAF HISTORY

USAF MOBILIZES IN WAKE OF CATAclySMIC MOUNT ST. HELENS ERUPTION

MAY 18, 1980



Mount St. Helens erupted on May 18, 1980, creating the deadliest and most economically destructive volcanic event in U.S. history. (USGS photo)

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

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

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SPRING CAR CARE



Minot AFB Tire Repair

Flat Tires may create the rim of the wheel to rest on the tire tread or on the ground possibly triggering in loss of control of the auto or irreparable damages to the tire. One of the most usual source for a flat tire is penetrating of the tire by a sharp object, such as a nail, allowing air escape. Depending on the size of the puncture, the tire could deflate slowly or swiftly. Which may lead to the following concerns:

- Failure of or damages to the valve stem;
- Allowing air to escape from the valve or triggering damages through intentional puncturing
- Rubbing of the tire versus the roadway, tearing the tire, or splitting up of tire and rim by collision with additional objects;
- Too much wear of the tire tread causing explosive tire failing or permitting roadway fragments to tear through it
- Some tires, particularly a slow leakage, may be fixed and re-inflated; others, particularly those from worn tread, have to be changed.

Here are some simple methods to catch tire troubles before they become pricey or unsafe. Take a good examination of each tire in a well lit atmosphere. Examine for uneven tire wear, which can easily be created by:

- Too much or insufficient air pressure
- Issues with tire alignment or tire balancing
- Troubles with the suspension
- Unequal tire wear could be an indicator that you may have to have your tires rotated

These could suggest you need brand-new tires-- soon. Driving with a flat tire, specifically at high speeds, may cause a fatal accident. These troubles have the possibility to create a blowout, causing a loss of control that may be incredibly harmful.

- Fracturing or bulging treads or sidewalls that may suggest there is wear or weak point
- Foreign items that pass through in to the tire (nails, screws, glass)
- Tread tearing away from the body of the tire

If you find any of these issues, come see us for a thorough and speedy tire repair. We'll inspect and adjust your air pressure and do an aesthetic tire check, and receive you on the road in no time at all. Call us now to book your next flat tire repair or auto repair service. Tires Plus is proud to be your local Minot AFB auto repair center and provider of tires.

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

WHEN TO CHANGE/CHECK YOUR OIL

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



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Helping you navigate your TRICARE benefits

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

MINOT AIR FORCE BASE, North Dakota -- The U.S. Department of Defense health care program, also known as TRICARE, provides medical insurance benefits to servicemembers, DOD civilians, retirees, and their families. For those unaccustomed to it, navigating the intricacies of TRICARE can be a confusing and daunting task.

Kaitlyn Leite, TRICARE liaison for the 5th Medical Group at Minot AFB, understands this all too well. In her role as TRICARE liaison, she helps Team Minot personnel navigate and understand their medical benefits to ensure they get the health care they need.

"A lot of Airmen don't understand the full extent of their health care benefits," said Leite. "My job is to help educate them on their benefits and assist them in finding the services they need."

Maintaining physical and mental health ensures Team Minot personnel can safely and effectively perform their duties. Understanding and utilizing

the benefits that TRICARE offers allows Team Minot to maintain a fit, ready, and resilient force.

"I'm here to serve our Airmen, keep them healthy and fit to fight", said Leite. "It can be stressful for Airmen not knowing what services they and their families qualify for and I can help alleviate that stress for them."



A lot of Airmen don't understand the full extent of their health care benefits. My job is to help educate them on their benefits and assist them in finding the services they need.



"Just being able to help people is wonderful," said Leite. "I want all of our Airmen to know that I'm here to help and they shouldn't hesitate to reach out if they need assistance."

For any Team Minot personnel who are unsure about their TRICARE benefits and how to utilize them, Leite is available 7:30 a.m. to 4:30 p.m. Monday through Friday, and can be reached at 701-723-5176 or through the 5th MDG appointment line at 701-723-5633. Her office is located on the third floor of the 5th MDG headquarters building in the TRICARE Operations and Patient Administration office.



Kaitlyn Leite, 5th Medical Group (MDG) TRICARE liaison, poses for a portrait at the 5th MDG headquarters building at Minot Air Force Base, North Dakota, April 26, 2023. As a TRICARE liaison, Leite helps Team Minot personnel navigate and understand their medical benefits to ensure they get the health care they need.

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

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Unsolicited Advice on Summer Days

“Ugh. North Dakota? Isn’t it like, really, really cold there?” This is the lament I hear most often when I tell someone we live in Minot.

My reply is nearly always the same. “It’s only cold in the winter, and the summers are always worth it.” Then I’ll ramble on for a good, long while about how there is no humidity—even though the locals continue to insist otherwise. I’ll rave about mowing after 9pm, long evenings outdoors with neighbors or spent at the community pool, and the pure happiness brought on by such a large amount of vitamin D.

That time of year is nearly here. The evenings are light, the mornings are bright. The golden days of summer are closing in.

And while I’m excited to welcome back summer and all it entails—especially listening to locals gush about their trips to “The Lake”—there’s one little catch.

If you know me, you know I talk about North Dakota as someone else might talk about their beloved, but slightly-dorky nephew they’re trying to set up on a date. I genuinely love this place, but I also really want other people to like it. So you’ll rarely hear me say anything negative without putting a positive spin on it. Because, after all, I want you to go out on a proverbial date with North Dakota, and fall deeply in love.

Today, I’ll give you a little unsolicited advice about one of my biggest challenges with North Dakota life: the endless light.

I love the summers here. I love the extra hours of light. I romanticize the endless days.

But, as a mom to young kids, these endless days are also my worst enemy.

The vast amount of sunlight we get up here is quite frankly, disorienting. Especially for someone who wasn’t born and raised with this as a “normal” way of life. The days are long enough, but to add insult to injury, we throw a time-change on top of it. I do not need to save any daylight. What I need to do is get my kids to bed, which is really hard when their bodies think it’s high noon at 7pm.

Yes, there are a lot of good things about the long days. But to be honest, the January windchill is a little easier to navigate. The windchill is uncomfortable, but it will never cause me to forget to start dinner until 8pm. The windchill will never entice me to feed my children marshmallows and chocolate at 9pm then glance

in horror at the time and realize we’ve already overshot bedtime by an hour. January will never influence my preschool children to get out of bed at 5am and insist their nightlights, which turn green at “wake up time,” must be wrong. Surely this amount of light and this amount of bird racket means it’s an acceptable time to be awake.

Say what you will about NoDak winters, but they’ll never keep you up past bedtime or wake you up early.

Summer, on the other hand, is a sly temptress that really messes with my Type A, schedule-loving brain.

So here are three pieces of unsolicited advice on enjoying the world’s most beautiful summer, while also attempting to get small children fed and in bed at a reasonable hour.

First, blackout curtains. Everyone will tell you to buy blackout curtains, but since I’m your Minot BFF, I’ll tell you the truth. Blackout curtains don’t cut it. The curtains may block light, but there is still going to be loads of sun pouring in around the edges, especially above the rod.

Here are my fixes—which are all pretty affordable, because I love a good, cheap solution. Fit your child’s window with a blackout roller shade, then add a black out curtain on top of it.

If you aren’t into roller shades, I find that draping a long cut of dark fabric above the curtain rod works wonders for stopping up



SHE’S NOT FROM AROUND HERE
AMY ALLENDER

that extra light. And, if you’ve got the option, get curtains that extend a bit below the window sill. This helps with the light coming in from underneath.

Next, let’s talk about dinner. Let me assure you. At first you will completely lose track of time and schedule. My second piece of advice: Avoid hangry children. Set an alarm to remind you to start dinner. Sometimes it’s the only way I remember to yank myself inside and get food on the table.

Third, and last. Do your best to be flexible and let go. This is the advice I repeat to myself over and over. These days are the best, full of outdoor play and time spent with friends. The kids will get to sleep. The dishes will get done. We’ll all eat at some point.

Enjoy these days, stay up a little late, try to sleep in, skip a bath, eat snacks for dinner—do what you need to in order to take in this season. The dark, cozy days of winter will be back soon enough, then we can all go to bed early.

For more stories of *She’s Not From Around Here* life, and inspiration for shaping a positive outlook, join me on Instagram (@amy_allender) and Facebook (@amyallenderblog).



I love Minot summers, but getting kids to bed is tricky. In our youngest’s room we use black fabric over the curtain rod to block out extra light.

AMY ALLENDER PHOTO

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All About Pets

How dogs can help your mental health



It’s easy to see why dogs are considered man’s best friend. Not only are they loyal and fun, but dogs have very special personalities and are scientifically proven to have many health benefits for humans, even those struggling with mental illness! If you are beginning to feel those winter blues, try focusing on your furry friend for a little bit of relief.

Has your dog ever responded to your negative emotions by seemingly trying to comfort you? Maybe Fido puts a paw on your lap when you are crying, or he can tell you are having an off day and opts to cuddle with you on the couch instead of chewing his bone. Many dogs are able to gauge emotional states by recognizing body language, tone of voice, and facial expressions. And while your dog may not understand these emotions or intentionally be able to comfort you, humans often perceive their actions as comforting in the midst of tough times and for us, that’s all that matters.

It has been shown that many pet owners experience increased levels of oxytocin, also known as the love chemical, when they are with their dogs. This hormone has a variety of benefits for humans, including easing stress and depression, improving social skills, and sleeping better. Dogs are also able to offer valuable

companionship to those who may feel lonely due to mental illness. While they still have their individual needs that must be met, dogs are an easy relationship to maintain when you just don’t have the capacity for more.

Another way that dogs can help us in our times of need is that they contribute to a healthy lifestyle and good habits! Dogs need exercise, and by meeting this basic need, we are being “forced” to exercise ourselves, whether it is a quick walk in the park or going for a mid-day run. For those who struggle to leave the house, this is a valuable way to find motivation. Often, dogs require a routine. For people with anxiety or ADHD, steady routines can help ease symptoms and create a sense of security and productivity. This can benefit both you and your dog! Not to mention that productivity and responsibility can be linked to higher self-esteem, which everyone could use every once in a while.

Your everyday dog is probably a good candidate for helping some symptoms of mental illness or even just giving you a happiness boost. However, some people may need a more trained or task-performing dog (service dog or emotional support animal) to help manage their symptoms. Whatever you need, a dog can offer it.

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Minot Airman to Debut in Upcoming Theatre Production

MOUSE RIVER PLAYERS

Hey, Minot, it finally looks like spring has come to the Magic City, and what a great time to join Mouse River Players Community Theatre as we mount our final performances of our 51st Season with a local favorite comedy, *I Hate Hamlet* by Paul Rudnick!

It's the swinging 1980s, and it looks like Andrew Rally has it all: Good looks, popularity, star of a hit TV series, a loving, adorable girlfriend, a New York Brownstone apartment once the residence of a famed actor, and the opportunity to play the world's most famous role – Hamlet Prince of Denmark.

But there's something rotten in the state of Andrew's life. His Hollywood friend Gary is pressuring him to return to L.A. to star in another cookie-cutter TV teen drama, his chain-smoking manager Lillian, who has a secret all her own, has set him up with his no-pay non-profit Shakespeare in the Park appearance, and his long-time live-in girlfriend Deirdre is a hopeless romantic who won't have sex with him until "everything is perfect". He has moved to New York City to validate his talent with an honest-to-goodness acting role in a desperate attempt to prove he's more than just a pretty face on a cereal box. Unfortunately, there is one major obstacle to overcome: he hates Hamlet.

With the help of his slightly flaky real estate agent Felicia, who believes herself a medium capable of reaching through to the "other world", Andrew, Deirdre, and Lillian hold a séance to contact the former apartment tenant, John Barrymore, in an effort to gain insight and advice on playing the role of Shakespeare's conflicted Dane. The attempt, broken up by a frustrated Andrew, fails to make contact.

But, though the séance failed, the ghost of Barrymore appears to Andrew, in full Hamlet attire, ready to coach the young despondent actor toward his actor's destiny with Shakespearean oratory, grand stage movement, startling swordplay, and seduction of his willing but reluctant Ophelia. The laughs are non-stop as Andrew wrestles with his doubting conscience, a larger-than-life Barrymore phantom, his sword, and the fact that, s'truth, he is a failure as Hamlet.

David Becker, new to Minot, the Air Force base, and Mouse River Players, makes his local acting debut in the lead role of Andrew Rally. David has been active with the theatre for most of his life with roles such as Motel the Tailor in *Fiddler on the Roof* and Buddy in *Elf; The Musical*. He is backed up by a cadre of MRP regulars who have graced the stage in this year's *Bone Chiller* (Dorian Garland, Edward Montez, and Justin Anderson), *Little Women* (Katie Waid), and last year as directors (Ashley Nilsen and Heather Speer)

I Hate Hamlet is directed by Brittany Montez, a regular volunteer at MRP as an actor, director, and designer with the able assistance of her Assistant Director Triniti Gregg and Fight Choreographer Edward Montez.

Mouse River Players has also just finalized our tentative 2023-2024 season with a group of selections never before seen on the MRP stage. Our planned slate of shows include a well-known traditional musical, a heart-warming holiday-themed family drama, a comic thriller, a musical based on a popular series of scary young adult fiction, and a quirky comedy taking a different angle on

well-known fantasy books about a secret school of magic. Watch for announcements about the season and upcoming open auditions on our Facebook page.

Tickets for *I Hate Hamlet* are on sale now and the seats will be filling up fast. Performances are Friday and Saturday evenings May 12-13 and 19-20 at 7:30 and Sunday matinees May 14 and 20 at 2:00. Adult tickets are \$15.00, Seniors, Military, and Student tickets are \$13.00 and children under twelve are \$10.00. Some of the performance themes may not be suitable for younger children.

Reservations may be purchased online at www.mouseriverplayers.com or at the theater on performance dates. The box office opens one hour before show times.

Mouse River Players, located at 115 1st Street SE Minot, is a totally volunteer community theatre. Your support and participation helps us bring stage performances to the Minot community and surroundings. Please contact us through info@mouseriverplayers.com for how you can be a part of the magic of live theatre!



Edward Montez instructs David Becker in stage swordplay for *I Hate Hamlet*.



Andrew (David Becker), Deirdre (Katie Waid), Felicia (Heather Speer), Lillian (Ashley Nilsen), and Gary (Dorian Garland) concentrate on the séance as the ghost of Barrymore (Edward Montez) looks on.

MOUSE RIVER PLAYERS THEATRE PHOTOS

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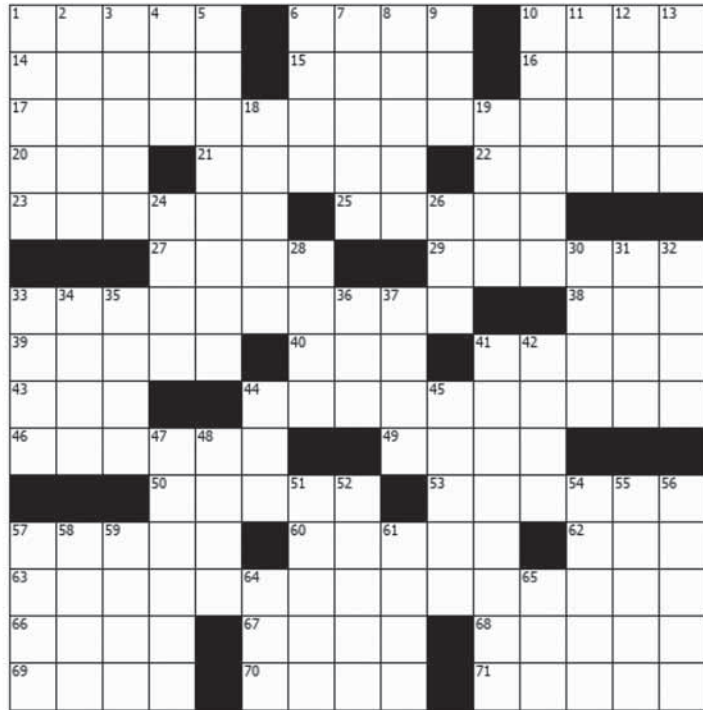
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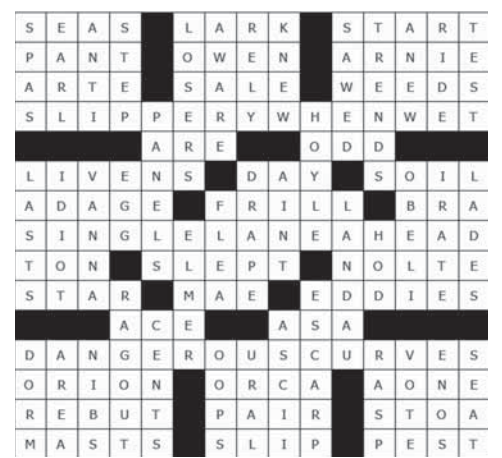
- Across**
1. Runner-up, essentially
 6. Most have big mouths
 10. Word with baking or cream
 14. "I give!"
 15. 1997 Peter Fonda role
 16. "Famous" cookie name
 17. Came and got it
 20. Check at the bar
 21. Excessive
 22. Hip-length pullover
 23. Let off the hook
 25. Dissuade
 27. Stick on the table
 29. Eaves dropper?
 33. Came and got it
 38. Bucket material, often
 39. ___ in on (moved toward a goal)
 40. Doe in "Bambi"
 41. Brett of the Packers
 43. Writer Rand
 44. Came and got it
 46. Capital of Taiwan
 49. Make less boring, in a way
 50. Luggage marker
 53. Weekly gig
 57. Thunderstorm byproduct
 60. Late-night host Kilborn
 62. You will often appear to the left of it
 63. Came and got it
 66. Troop group
 67. Tittle
 68. Chevalier
 69. Sets the dogs (on)
 70. Ride air currents
 71. Wedding-reception ritual



- Down**
1. Commits a deadly sin
 2. Scheduled next
 3. Diver's gear
 4. Prankish imaginary being
 5. Made a pit stop
 6. Ashley or Hirsch
 7. Within earshot
 8. 1966 hit "Walk Away ___"
 9. "What did I tell you?"
 10. Hunting expedition
 11. Epps of "Against the Ropes"
 12. Marina slip
 13. Befuddled
 18. Said and done
 19. Blueprint detail
 24. Poet laureate Nicholas
 26. Solder metal
 28. River between Germany and Poland
 30. Sheltered nook
 31. "___ Croft: Tomb Raider"
 32. Just managed (with "out")
 33. Talk casually
 34. Georgetown hoopster
 35. Attachment for science or bus
 36. Lennon's widow
 37. Waves from a boat
 41. Certain operative
 42. Pretentious
 44. A chuck holds it
 45. "Leave it to Beaver" character
 47. California wine grapes
 48. Setting of the fall
 51. It may precede a blessing
 52. Legal analyst Van Susteren
 54. Han Solo captor
 55. Some tough exams
 56. Father
 57. Numbered work
 58. Pueblo Indian
 59. Psych attachment?
 61. Way off yonder
 64. "Whether ___ nobler ..."
 65. "Yabba dabba ___!"

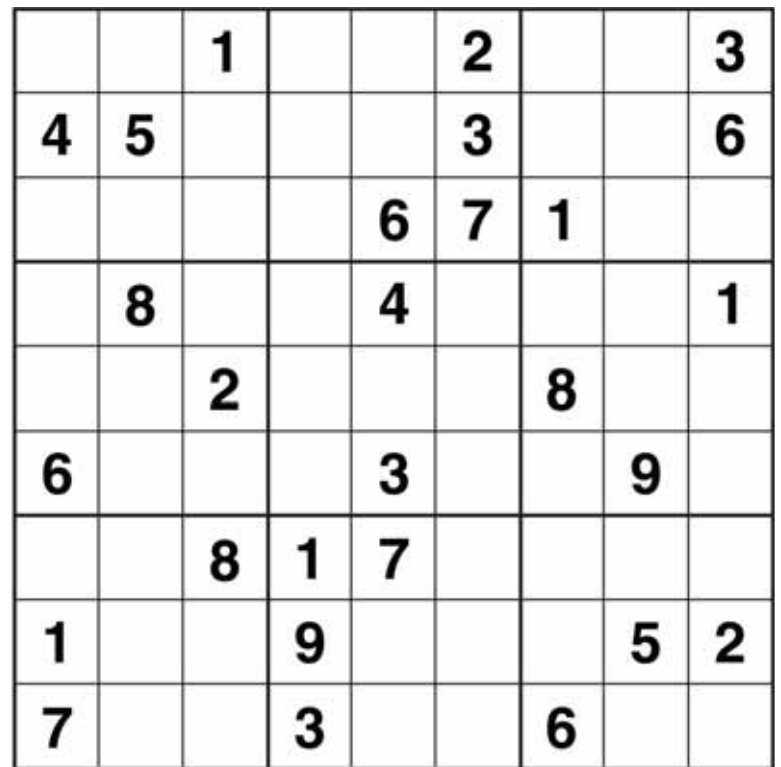
CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

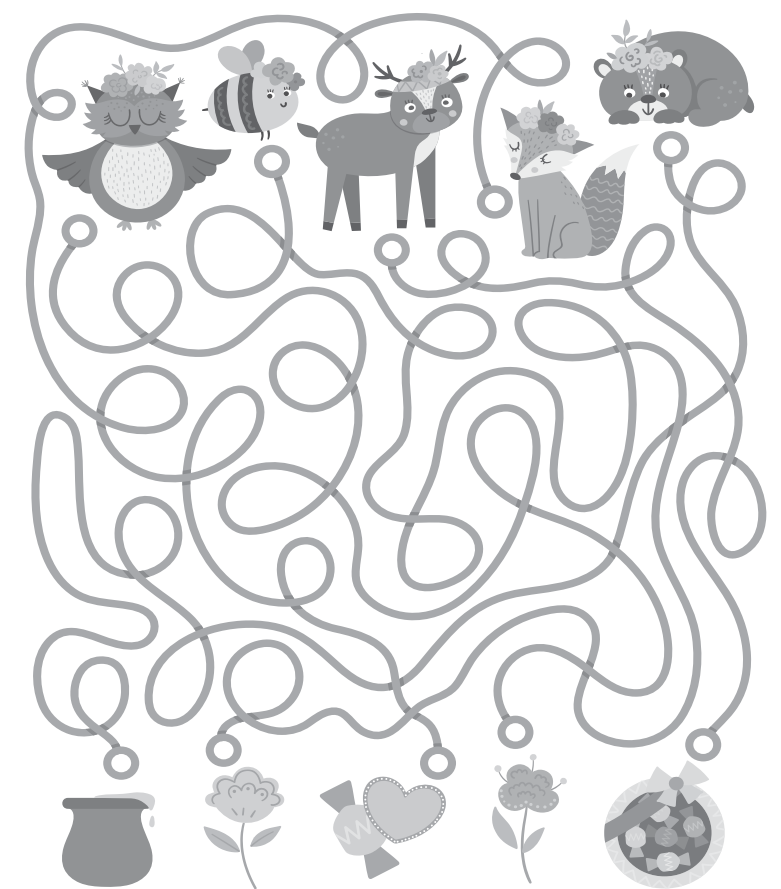


SUDOKU

Solution to puzzle on page B13



PUZZLE TIME WHOSE PRESENT?



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U.S. Air Force Security Forces Lieutenant Colonel Promotions

U.S. AIR FORCE SECURITY FORCES

Warm congratulations to the below Defenders on their promotion to Lt Colonel. This promotion is a reflection of their outstanding work and unwavering commitment to the mission.

- Maj Justin Bateman
- Maj Jeffrey K Beene
- Maj Jeremy S Berger
- Maj Glenn David Bowersox
- Maj Brandon R Burden
- Maj Robert E Chance III
- Maj Kevin Dennis Collett
- Maj Cody L Elliott
- Maj Daniel C Evans
- Maj Joseph D Farinash
- Maj Nikki C Gessner
- Maj Brian Gilliam

- Maj Kimberly J Guest
 - Maj Tyler H Hiatt
 - Maj Thomas Joe Kellams II
 - Maj Ryan M Kiggins
 - Maj Matthew Ryan Lowe
 - Maj Keil M Luber
 - Maj David W Nugent
 - Maj Israel S Shankel
 - Maj Shane Watts
 - Maj Andrew N York
 - Maj William P Morse
 - Maj Phillip A Zencey
 - Maj Kristen Marie Cangelosi
- Your leadership and expertise will be invaluable to those around you. Congratulations again, and thank you for your service to your country.



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REPORT



PATRICIA STOCKDILL

OUTDOOR NOTES:

PATRICIA STOCKDILL

- Free wildlife viewing blinds available at Upper Souris Nat'l. Wildlife Refuge (NWR). Contact the refuge, (701) 468-5467, for reservations. Grouse will likely be active into May due to the late spring weather.
- Antler shed hunting prohibited on all U.S. Fish & Wildlife Service national wildlife refuges.
- J. Clark Salyer NWR auto tour scenic route closed due to high water. Contact the refuge for updates.
- Boat registrations now required for the new 3-year registration cycle.
- May 6: Evening Hike Series Full Flower Moon Fairy Hike, Fort Stevenson State Park, Garrison, 9:30 p.m.
- May 7 – 21: Awakening of the Hatchery unguided hike on Garrison Dam Nat'l. Fish Hatchery trails. Hike whenever people want with focus on walleye production, spawn to stocking. Trail begins at Visitor Center.
- May 8 – 19: Audubon Nat'l. Wildlife Refuge Migratory Bird Game set up on refuge's hiking trail beginning at Visitor Center.
- May 13: Nat'l. Migratory Bird Day.

Fishing:

Lake Sakakawea elevation, May 1: 1,829.22 feet above mean sea level (MSL); 16,800 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,450.04 feet above mean sea level (MSL).
Stump Lake elevation: 1,450.07 MSL.

•N.D. Game & Fish Dept. game wardens: Some shoreline pike activity on the east end of Lake Sakakawea's back bays. Missouri River clearing in the Washburn area with parking lot starting to dry up but no reports on fishing activity. Souris River is open with receding water levels but not fully within its banks in all areas. No reports from Devils Lake or area lakes as anglers wait for open water.

•Devils Lake, Ed's Bait Shop, Devils Lake: Devils Lake feeder coulees, including Mauvais, Edmore, and Starkweather coulees, flowing with lots of activity and good walleye success. Devils Lake itself remains iced over.

•Devils Lake, Woodland Resort, Devils Lake: Fair to good for walleye in Channel A from shore. Try the open water along the bridges from shore, as well. Lake remains iced over with limited open shorelines yet.

•Lake Darling, Karma C-Store, Ruthville: Some activity at Grano along the open water areas from shore. Limited open water on Lake Audubon yet.

•Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: Shoreline access points have open water and available for shore-fishing but lake still had some ice early in the week. Docks and fishing piers not in place

yet. River open below the dam, however.

•Lake Metigoshe, Four Seasons, Bottineau: Honeycombing ice on Lake Metigoshe with no activity.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Some walleye and pike activity from shore along the open water shorelines on the east end of Lake Sakakawea. Missouri River tailrace producing occasional walleye from both boat and shore. No Lake Audubon reports.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Look for walleye and pike activity along the open water shorelines on the east end of Lake Sakakawea.

•Lake Sakakawea, New Town: Shorelines opening in the Van Hook Arm with some activity but limited success yet. Boat access available at the New Town bridge with some activity but light success yet.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Some activity on the Missouri River tailrace but walleye success generally remains slow from both boat and shore. Try smelt from shore for pike in the back bays on the east end of Lake Sakakawea.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Paddlefish season now open. Look for fair fish numbers in the legal open areas. West end of Lake Sakakawea generally ice-free. Lund's Landing low water

ramp available but muddy. Other area low water ramps open but also need cleaning. Look for increasing walleye activity from shore.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Souris River flows slowing and water levels dropping somewhat. Look for increased activity with warm weather. Area lakes remain quiet.

Hunting:

•Turkeys still remain active.
•Snow geese generally moved through with juveniles likely any of the late comers.

N.D. river data:

•Des Lacs River, Foxholm: River stage, 8.16 feet.
•Little Missouri River, Long X Bridge: River stage, 8.17 feet; streamflow, 400 CFS.

•Missouri River, Williston: River stage, 17.5 feet.
•Missouri River, Washburn: River stage, 8.39 feet.

•Souris River, Foxholm: River stage, 8.32 feet.
•Souris River, Minot Broadway Bridge: River stage, 42.94 feet.

•Yellowstone River, Sidney, Mont.: River stage, 5.42 feet; streamflow, 11,900 CFS.

Numbers to know:

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

•Report All Poachers: (701) 328-9921

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Hemp, CBD, THC8, THC9, and Marijuana

MINOT AIR FORCE BASE STAFF JUDGE ADVOCATE

The possession, distribution, and/or ingestion of hemp products, cannabidiol (CBD), delta-8-tetrahydrocannabinol (THC8), delta-9-tetrahydrocannabinol (THC9), and marijuana are illegal in the military and are cause for discharge from the United States Air Force. Use of these substances is preventable and has real consequences. This article focuses on THC8 and THC9 and is intended to provide transparency and education concerning its consequences.

WHAT IS THC8?

THC8 is an isomer (two molecules with the same formula but different structure) of THC9. THC9 is the molecule that is the source of marijuana's inebriating effect. THC8 exists naturally in the cannabis plant, but at very low levels. THC8, such as that available for purchase at local vape and smoke shops, is often produced through synthetic conversion of hemp-derived CBD. THC8 is a psychoactive cannabinoid that causes users to experience a level of euphoria like that of THC9; thus, is considered an intoxicating substance.

WHAT IS THC9?

THC9 is the cannabinoid molecule

in marijuana. It is the main psychoactive ingredient that causes a user to experience a euphoric sensation. The use of THC9 stimulates the release of dopamine in the brain which causes effects on the user's body. Like THC8, it is also considered an intoxicating substance.

LAW AND REGULATION

Article 112a, Uniform Code of Military Justice (UCMJ), codified at 10 USC 912a, prohibits the wrongful use, possession, and distribution of marijuana and its derivatives. Under Article 112a, UCMJ, "Use" means to inject, ingest, inhale, or otherwise introduce into the human body, any controlled substance. "Use" includes such acts as smoking, sniffing, eating, drinking, or injecting. "Possess" means to exercise control over something.

Similarly, DAFMAN 44-197, *Military Drug Demand Reduction Program*, dated 23 September 2022, paragraph 1.2.2.1, prohibits "the use of products containing, or products derived from hemp, including but not limited to delta-8-tetrahydrocannabinol (delta-8-THC) and cannabidiol (CBD)" and "Failure . . . to comply . . . is a violation of Article 92, UCMJ."

Ingestion of hemp products, CBD, THC8, THC9, and marijuana can be punished under both Article 112a, UCMJ, and Article 92, UCMJ. Article 92, UCMJ, prohibits violations of lawful general orders, failures to obey lawful orders, and derelictions of duty. Moreover, lack of knowledge of general orders is not a defense: "Knowledge of a general order or regulation need not be alleged or proved as knowledge is not an element of this offense and a lack of knowledge does not constitute a defense."

CONSEQUENCES

Commanders retain full discretion over administrative, nonjudicial, and judicial action under the UCMJ and Air Force regulations.

Under Article 15 of the UCMJ, codified at 10 USC 815, a commander may impose nonjudicial punishment on members of their command for violations of the UCMJ. Nonjudicial punishment provides commanders with an essential and prompt means of maintaining good order and discipline outside of the court-martial process. It is intended to promote positive behavior changes in service members without the stigma of a court-martial conviction. The punishment reflects the

commander's determination of an appropriate punishment after considering the circumstances of the offense and the member's record. The maximum punishment for an Article 15 action depends on the rank of the member being punished and the rank of the officer imposing punishment. Typical punishments include, but are not limited to, reduction in rank, forfeiture of pay, extra duty, restriction to base, or a reprimand.

Under Article 112a, UCMJ, the maximum punishment for wrongful use and possession of marijuana and its derivatives is a dishonorable discharge, 2-5 years of confinement, reduction to E-1, and forfeiture of all pay and allowances. Under Article 92, UCMJ, the maximum punishment for violations of lawful general orders is a dishonorable discharge, 2 years of confinement, reduction to E-1, and forfeiture of all pay and allowances.

Finally, under DAFI 36-3211, *Military Separations*, dated 24 June 2022, paragraph 7.43, "Drug abuse is incompatible with military service and members who abuse drugs one or more times are subject to discharge for misconduct." In accordance with paragraph 7.43.1,

"Drug abuse for purposes of this regulation is the illegal, wrongful, or improper use, possession, sale, transfer, or introduction onto a military installation of any drug . . . and any intoxicating substance, other than alcohol or tobacco." Thus, ingestion of hemp products, CBD, THC8, THC9, and marijuana is cause for discharge.

CONCLUSION

The bottom line is that possession, distribution, and/or ingestion of hemp products, CBD, THC8, THC9, and marijuana is illegal and carries serious consequences. While these products might not be illegal under state law, they remain illegal for military members. Thus, military members must exercise extreme caution with regard to the products they purchase and ingest. Just because a product can be purchased locally does not mean that product is legal for use by military members. In the past year, cases across team Minot involving drug abuse resulted in serious consequences: 40 resulted in discharge, 47 resulted in nonjudicial punishment, and 5 resulted in a court-martial conviction.

Magic City Discovery Center Building Dedication Marks Milestone in \$20 Million Educational Center for Minot Region

THE MAGIC CITY DISCOVERY CENTER

MINOT, ND - The Magic City Discovery Center (MCDC) celebrated the completion of its one-of-a-kind hybrid children's museum and science center during today's building dedication ceremony. The MCDC Board of Directors was joined by more than 100 supporters and their families in marking the completion of the nearly \$20 million project that was sparked by engaged community members 10 years ago.

"What a great time to live in Minot and the surrounding area!" said Mark Lyman, MCDC Board President. "With this new children's museum, we are truly showcasing how important the education of children and the support for families is for our community. We couldn't have made this all happen without the long hours put in by staff, volunteers, board members and hundreds of donors. We hope that everyone will come enjoy the Magic City Discovery Center after we are open to the public on May 5th."

The Magic City Discovery Center is a 28,000 square foot facility with four levels of educational fun that features 12 galleries housing over 150 hands-on STEAM (Science, Technology, Engineering, Art, and Math) focused exhibits.

"The Magic City Discovery Center stands as an investment in the future of the Minot region, helping to enrich the lives of families and supporting the development and success of their children," said U.S. Senator John Hoeven. "When the project first started in 2014, we quickly recognized the positive impact it would have. That's why we worked to secure \$6.3 million in DoD funding to enable the construction of this impressive new facility. We appreciate the hard work of everyone involved in making the Magic City Discovery Center a reality, ensuring this important resource is available to Minot and the surrounding area for years to come."

"This is an exciting time to live, work and thrive in the City of Minot. The hard work and dedication the team put into making this center move from a

thought to a reality is a case study in what a community can do when it works together," said Tom Ross, Minot Mayor. "The location of the Magic City Discovery Center is perfect. It stands alone on a peak in the city as a constant reminder to us all that our city is dedicated to the future. As a father, walking through the doors of this center is something I look forward to sharing with my grandkids."

The dedication program featured speakers included the following: MCDC Board President Mark Lyman, U.S. Senator John Hoeven, Minot Mayor Tom Ross, Commander 5th Bomb Wing Col. Dan Hoadley, Commander 91st Missile Wing Col. Kenneth McGhee, MCDC Executive Director Wendy

Keller and past MCDC Board President Karen Rasmusson.

The discovery center will be a premier destination to bring young children, caregivers, and families together in an interactive environment that inspires creativity, encourages play, and enhances education.

The center is welcomed charter members April 29-30, and May 2-3 utilizing regular operating hours. Charter Members are those who have shown their support for the discovery center by purchasing their memberships early.

The grand opening to the public will be held Friday, May 5 with doors opening at 10 a.m.

The mission of the Magic City Discovery Center is to engage

children and families in the magic of lifelong learning through discovery, creativity, and play.

Information regarding annual

and corporate memberships, admission, and hours can be found at MagicCityDiscoveryCenter.com and the center's Facebook page.



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Hotel REVEL Weddings for Warriors

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

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

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

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



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Seeking Council Representatives



RACQUEL LABADIE, GS-12, USAF
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The Minot AFB Resident Council is seeking new representatives. Resident Councils are established as the forum for military members and their dependents residing in privatized housing to discuss health and safety concerns, identify potential improvements, present solutions, and maintain a positive and productive relationship between housing residents, leadership, and the housing partners. Resident councils are comprised of active duty members or spouses, chaired by the Wing Commander, and attended by fellow residents, the Military Housing Office, local housing management, the Resident Advocate, First Sergeants, and Command. At Minot AFB, the Resident Council holds a monthly meeting which all Minot AFB Homes residents are invited to attend. The agenda for the meeting is comprised of items from the Neighborhood Representatives and direct input from residents. In

addition to the monthly meetings, the council meets quarterly with the Wing Commander to provide agenda updates and discuss action taken or needed for continued improvement. The goal of the council is to enhance the privatized housing experience for military members and their families at Minot Air Force Base. The MAFB Resident Council provides residents the opportunity to prioritize and discuss any privatized housing related problems, issues, concerns and recommended solutions to 5th Bomb Wing Leadership and their support agencies. Monthly commitment to the council is generally up to 3 hours for meetings or outreach. If you are interested in being a voice and decision maker for the housing community on base, please reach out to the Resident Advocate for an application or further information, racquel.labadie.1@us.af.mil.

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THE PRAIRIE MUSICIAN

Patricia Stockdill

It's as if a musician is announcing spring's arrival; bubbling flute-like notes hastening towards the end of its song as if to say "Spring is here, I must hurry along".

It's heard across grassland prairie – what's left of it, that is – and it's the melodious sound of North Dakota's state bird, the western meadowlark.

North Dakota isn't alone in honoring the western meadowlark, its head tilted skyward as it plays its flute-like song. Five other states – Kansas, Montana, Nebraska, Oregon, and Wyoming – shared the same affection for the grassland musician by declaring it their official state bird, as well.

But as prairie goes, so goes the western meadowlark and all other species dependent on native prairie grasslands.

Grassland prairie is disappearing and so, too, are those dependent upon it, including the western meadowlark.

The numbers are scary: Western meadowlark populations are decreasing about 1.3 percent annually in the state.

An estimated 53 percent decline in population of all grassland-dependent bird species has occurred since 1970 – that's about 720 million birds.

About 60 percent of North Dakota's wetland acres have either been lost or converted.

North Dakota has lost about 72 percent of its native prairie to other uses.

In many ways, those dependent on grasslands includes people. Grasslands hold soil to reduce erosion. That, in turn, helps reduce sediment buildup in lakes, rivers, and wetlands, as well as toxins. It can reduce flooding.

And that means grasslands and wetlands help protect water quality for humans and animals alike.

Grasslands support pollinating insects with many responsible for pollinating the food humans consume.

Grasslands support livestock and, yes livestock is healthy protein for humans. Keeping livestock on the prairie circles back to protecting water quality and pollinators.

But as grassland prairie disappears, the western meadowlark does, as well.

And so much more.

The N.D. Game and Fish Department is working with a wide array of partners to increase awareness of the importance of grassland prairie and its importance to people, wildlife, and water through the Meadowlark Initiative.

The initiative is more than awareness and education, though. It's putting "boots on the ground" habitat work. In a state with more than 90 percent of its land in private ownership, that means working with interested landowners, other government agencies, and organizations with the

same goal – protect grassland habitat and those dependent on it.

And that includes the western meadowlark.

The Meadowlark Initiative provides an array of programs for the ranching community to assist in developing grazing systems, invasive tree removal, prescribed fire, native grass restoration, wetland improvements and restoration, and even a program for ranchers to mentor other ranchers on how conservation can increase their livestock productivity.

There are programs focusing on grassland management and habitat, encouraging "Best Management Practices", and gaining more scientific knowledge through population studies of grassland bird and pollinator species.

The Meadowlark Initiative includes increasing awareness of what people can do on both large and small scale efforts – individuals, families, and businesses, alike – to help bolster grassland species.

It can be something as simple as potted native flowers and plants on a deck, small pollinator garden, or converting portions of a lawn into mosaic patches of native grasses and flowers – a miniature grasslands in town for birds and pollinating insects.

Granted, small urban patches won't bring back the western meadowlark but it helps pollinating insects and can enhance one's appreciation for grasslands and native prairie as a whole and on a "big picture" scale.

Spring is an amazing time on the prairie and the western meadowlark is North Dakota's signature musician announcing its arrival.

Through efforts such as the Meadowlark Initiative, the hope is that the musician can play its song for countless generations to come.



North Dakota's state bird, the western meadowlark raises its head to the sky to play its flute-like song.

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Fall Protection at Work and at Home - Ladder Safety



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

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

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

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

ladders are designed for the three point climb.

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

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

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

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 Tuesday: 9:00am – 6:00pm
 Wednesday: 7:30am – 6:00pm
 Thursday: 7:30am – 6:00pm
 Friday: 7:30am – 4:30pm
 Saturday: 2 a month by appt
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SMOKED MIDNIGHT BRISKET

INGREDIENTS
 1 TABLESPOON WORCESTERSHIRE SAUCE
 1 TABLESPOON TRAEGER BEEF RUB
 1 TEASPOON TRAEGER CHICKEN RUB
 1 TEASPOON TRAEGER BLACKENED SASKATCHEWAN RUB
 1 (4-6 LB) FLAT CUT BRISKET
 1 CUP BEEF BROTH

For the Sauce: Whisk Worcestershire sauce and Traeger rubs together in a bowl. Rub mixture into the meat.

When ready to cook, set Traeger temperature to 180° and preheat, lid closed for 15 minutes. For optimal flavor, use Super Smoke if available.

Place brisket on the grill until internal temperature of the meat reaches 160°, about 5 to 7 hours.

Remove from the grill and double wrap tightly with foil and add 1/2 cup to 1 cup beef broth then return to grill.

Increase grill temperature to 225° and place brisket back on grill 4 to 5 hours until the internal temperature of the meat reaches 204°.

Remove from the grill and let it rest for at least 30 minutes before slicing against the grain. Serve with your favorite Traeger BBQ sauce. Enjoy!

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Air Force School Liaisons

The Department of the Air Force School Liaisons (SLs) are the central point of contact for commanders, military families, and school districts in all Kindergarten through 12th grade school matters. Speaking the dual language of military to educators and education to the military; they are considered the K-12 education office in the local community and state. They advocate for military-connected students at the local, state, and national level. Differences in local demographics, installation mission, community characteristics, and education policy significantly impact students and families as they move. SLs can help smooth transitions between schools. SLs serve DoD Total Force members, DoD civilians, retirees, Guard/Reserve, and eligible family members to include NOAA, USPHS, foreign national employees and contractors assigned. Services of the SL office include: local school navigation, scholarship and grant resources, community and education partnerships, deployment support,

transition support, college/career/military readiness, professional development, homeschool support, and parent workshops. If you are new to the Minot area or soon to PCS and need support with your child's education contact the MAFB-SL,

Joy-Nicole Smith, at 701-723-1447 or mafb.school.liaison@us.af.mil. For further information on the DAF Child & Youth Education Services-School Liaison Program visit <https://www.dafchildandyouth.com/school-liaison-program>



JOY-NICOLE SMITH
SCHOOL LIAISON PROGRAM MANAGER, GS-11
DEPARTMENT OF THE AIR FORCE SCHOOL LIAISON PROGRAM



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2022-2023 MPS CALENDAR

May 2023							19 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				

- Vacation Days - not contracted day
- Holidays
- Parent/Teacher Comp Days
- Early Release Days - 1:15pm
- PD Days - contracted day
- * Weather Make-up Day

- May 10**
Early Release Day - 1:15pm
- May 25**
Last Day for Students if make-up days are not needed
- May 26 & May 30**
Make-up day if necessary or PD Day if make-up day isn't used
- May 28**
Graduation @ MSU Dome 2:00 pm
- May 29**
Memorial Day
- May 31**
Prof Devel Day (for teachers) - if make-up days are both used



MINOT SHRINE CIRCUS

JORDAN WORLD CIRCUS of Las Vegas, NV



7 PERFORMANCES

MAY 11-13, 2023

THURSDAY, MAY 11 | 10am & 7pm

FRIDAY, MAY 12 | 10am, 4pm & 7:30pm

SATURDAY, MAY 13 | 2pm & 6pm

ALL SEASONS ARENA



ADVANCE TICKETS ON SALE AT THESE LOCATIONS

- Marketplace Foods — all Minot locations
- Thrifty White Pharmacy — Town & Country Shopping Center
- Stop & Shop — 529 Burdick Expy W
- Lien's Jewelry — 107 Main St S
- Outdoor Recreation — Minot Air Force Base

ONLINE TICKETS ON SALE AT
<https://minotshriners.org/tickets/>

Proceeds are for the benefit of the Minot Shrine Club. Payments are not deductible as a charitable donation.

JR JOURNALISM PROGRAM

northersentry

The Truly Amazing Northern Lights

MAX BEENE, AGE 10

Did you know that the color cones, which lets us see color in our eyes, can't see the faint color that the Northern Lights give off? Because of this, the Auroras just look gray and white. That is interesting because our eyes are supposed to be more high definition than the most HD TV is ever going to get, yet we still can't see all the light color.

I have witnessed the Northern Lights twice. The first time they were just in one area but they were brighter. The second time they did spread out more across the sky, but I couldn't see them as well. They both appeared around 9:30 p.m.

The first time, my sister Sienna was whining because she wanted to go home and sleep. It was kind

of annoying. The second time me and my mom, who writes for the Northern Sentry, went to see them. It was fun because there were no whiny kids in the car with us that time. We went to the RV storage area on base to see them both times. It is really dark there.

The rarest color of Northern Lights is red. The first time we saw them, it was mostly green with a little bit of pink. The second time it was just all green. I think the second was cooler because they spread out a lot more than the first time. They are caused by solar storms. Northern Lights are rare but truly beautiful. They are a phenomenon in certain areas, so I'm glad I got to see them here in Minot.



On Sunday, April 23 Aurora Borealis Forecast shows KP Index which indicates the chances of the lights being visible.



March 23, 2023 Max experienced the Northern Lights for the first time!



Northern Lights behind our house on Minot AFB..

YOUTH IN ACTION

welcome baby

BABY GIRL BORN ON THURSDAY, APRIL 13, 2023 TO:
HANNAH AND RAYMOND ANDRINO
MINOT, ND

BABY BOY BORN ON TUESDAY, APRIL 25, 2023 TO:
ASHLEY AND DANIEL TURNER
MINOT, ND

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

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Center for Family Medicine

SCHOOL OF MEDICINE & HEALTH SCIENCES UNIVERSITY OF NORTH DAKOTA

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WHITE-HANDED GIBBON

CREATURE FEATURES

- White-Handed Gibbons are considered lesser apes and not monkeys. Apes do not have tails. They have hands similar to humans with opposable thumbs.
- True brachiators, gibbons are believed to be the fastest of all the primates and most agile tree dwelling animal. They use their long arms to effortlessly navigate through the trees.
- The White-Handed Gibbons arms are longer than its legs, which allow the gibbon to move nearly 10 feet with each pendulum swing of its body.

Fact File	
Life Span	25 - 30 years
Weight	16 - 25 pounds
Height	16 1/2 to 23 inches
Wild Diet	Fruits, Leaves, Flowers, Small birds, Eggs



CROSSWORD PUZZLE

1	2	3	4	5	6	7	8

ACROSS

- Sweetly coated
- At a distance
- Tall, branched plants
- Having high degree of heat
- Confections

DOWN

- Another name for candies
- Plant product found in soaps and skincare
- Enjoys a book
- Special desserts

Answers:

Across: 1. SUGARED, 5. AFAIR, 6. TREES, 7. HOT, 8. CANDIES

Down: 1. SWEETS, 2. GLYCERIN, 3. READS, 4. TREATS

HOURS: DAILY 9AM-6PM

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North Plains Chapel in Base Housing

Protestant Liturgical Service
Christ Chapel
 0900


Protestant
Sunday Community Service
 1030
 (Holy Communion 1st Sunday)
 Children's Church during school year

Wicca, Pagan, and Neopagan Services
Open Circle
 1000 on the 1st and 3rd Saturdays of every month

Northern Lights Chapel across from Rockers

Catholic Mass
 Sunday 1000
 Daily Monday-Thursday at 1200

St. Peter The Aleut Eastern Orthodox Church



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Saturday, May 6
 5PM, Great Vespers

Sunday, May 7
 9:30AM, Holy Liturgy

V. Rev. Fr. Paul Hodge



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SUNDAYS: 9:00 AM FELLOWSHIP
 9:15 AM SUNDAY SCHOOL
 10:30 AM WORSHIP


WEDNESDAYS: 11:30 AM SOUP KITCHEN
 5:30 PM FAMILY SUPPER
 6:30 PM PRE-K/KIDS' CLUB / ABY & ADULT BIBLE STUDY



Christ Reformed Church

Worship 11:00 a.m. Sunday
 234 14th Ave SE
www.christreformedchurchminot.com

St. John the Apostle Catholic Church



2600 West Central Ave • Minot, ND 58701
839-7076

Daily Mass Schedule:
 Tuesday 5:15 p.m.
 Wednesday - Friday 7:00 a.m.
 Saturday 5:00 p.m.
 Sunday 8:00 & 10:30 a.m.

Fr. David A. Richter, Pastor
 Parish website: www.stjohnminot.com




First Lutheran Church - ELCA
 120 5th Ave. NW
 852-4853

Sunday Worship 9:30 am

www.firstlutheran.tv
 (Live Stream & Recorded)
 Radio Broadcast KRRZ 1390AM
 Sunday 9:30 am
www.flcminot.com

Pastor Brandy Gerjets • Pastor Ellery Dykeman



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

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



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838-1111

Sunday Services
 9:00 AM & 11:00 AM

Wednesday
 6:30 PM

Minot Baptist Church

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

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 Pastor David Miller



Cross Roads Baptist

Southern Baptist Convention

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

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

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



West Minot Church of God
 Family Worship Center

1105 16th St. NW • 839-1407

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

ABC Child Care Center 852-6352

westminot.com
facebook.com/westminot

First Baptist Church

200 3rd St. SW • 852-4533
www.fbcminot.org

Classic Worship Service 8:30 a.m.
 Sunday School (All Ages) 9:45 a.m.
 Contemporary Worship Service 9:50 a.m.
 Adult Sunday School 11:00 a.m.
 Contemporary Worship Service 11:05 a.m.
 Children's Church 11:05 am.
 Wed. AWANA (Sept. to May) 6:30 p.m.
 Fridays, Celebrate Recovery 7:00 p.m.

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

Apostolic Faith Church, UPCI

2929 19th Ave NW • Minot
 Located off Hwy 83 Bypass West
(701) 838-0609

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

Jesse Starr, Pastor



Grace Baptist Church of Minot
 A Reformed Baptist Church

Sunday Service: 4:00 p.m.
Wed. Prayer: 5:30 p.m.
 at Living Word Lutheran bldg
 710 46th Ave NE, Minot

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

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

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 Bible Class (6th gr.)
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 Website: www.orcsknights.org



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

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SUDOKU SOLUTION

PUZZLE ON PAGE B4

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

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MINOT AFB ANNOUNCEMENTS

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

Embry-Riddle Aeronautical University is the world's pre-eminent university for aviation and aerospace education. However, our dynamic, hands-on programs will prepare you for careers well beyond the limits of the sky. Our Worldwide Campus has been working with U.S. military service members since 1970, helping them to earn a degree while on active duty or as veterans. And we do it at more than 90 military installations around the globe. The Embry-Riddle Minot Campus — located at Minot Air Force Base — offers associate, bachelor's, and master's degrees, as well as undergraduate and graduate certifications, that will help you whether you are an active-duty military service member, a veteran, or a civilian working at or around Minot Air Force Base, Embry-Riddle Worldwide is here to help you earn your college degree. A degree from Embry-Riddle Worldwide will help service members to become commissioned officers, will make veterans more desirable job candidates as they enter the civilian workforce, and will assist civilians with job advancement or career changes. Our modes of instruction are: Online, Eaglevision Home and Eaglevision Classroom. Our upcoming term: 29 May-30 Jul. For more information, please visit us in Room 223 located in the Base Education Center Building (2nd floor), email: minot@erau.edu or call office phone: 701-727-9007 and/or Teams phone: 928-777-6342.

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) 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 701-714-0000.

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Your degree, Your way. Park University is enrolling now for Spring II Term. Classes start March 13, 2023! Earn your CCAF credits, AU-ABC, and your Bachelor's degree with PARK. Let's maximize your military experience! Find how many credits you can get from your military experience by going to military.park.edu and confirmed your credits Or Ask Alexa! Enable the Park University skill on your Alexa device and say "Alexa, ask Park, How many credit hours can I get from my military experience?" She'll even tell you your graduation date! Minot AFB @ the Education Center RM 222 | 844-884-8612 | mino@park.edu PARK. YOU

MINOT STATE UNIVERSITY

Minot State University is excited to again offer face-to-face classes at the Minot Air Force Base. Minot State University's Summer and Fall 2023 semesters registration will open for all currently enrolled MSU students beginning Tuesday, March 29 through to April 13. There is no application fee for active-duty military personnel. Military personnel can complete their Community College of the Air Force (CCAF) degree and earn a bachelor's degree from Minot State. For more information, contact Brigitte Mikula at 701-727-9044 or by email at Brigitte.mikula@minotstateu.edu



Local Cravings Restaurant Guide

<p>Applebee's Grill & Bar</p> <p>2302 15th St SW, Minot Phone: 701.839.2130 www.applebees.com</p>	<p>Badlands Restaurant & Bar</p> <p>1400 31st Ave SW, Minot Phone: 701.852.7335 www.blgrill.com</p>
<p>Bone's BBQ Smokehouse & Grill</p> <p>1412 2nd Ave SW, Minot Phone: 701.838.9140 www.bonesbbqminot.com</p>	<p>28 Tastes & Taps</p> <p>1603 35th Ave SW Minot Phone: 701.838.2828 FB: 28 Tastes & Taps</p>
<p>Culver's Restaurant</p> <p>3000 S Broadway, Minot Phone: 701.852.4800 www.culvers.com</p>	<p>Ironhorse Kitchen + Bar</p> <p>21 E Central Avenue, Minot Phone: 701.852.8183 FB: Ironhorse Kitchen + Bar Minot</p>
<p>Jamaican Vybz Kitchen</p> <p>Suite 200 315 Main Street S Minot Phone: 701-441-9309 FB: Jamaican Vybz Kitchen</p>	<p>Pink's Bar & Grill</p> <p>102 128th Ave NW Minot Phone: 701.852.2385 FB: PinksBarGrill</p>
<p>Prairie Sky Breads</p> <p>3 1st St. SE, Minot Phone: 701.858.0612 www.prairieskybreads.com</p>	<p>Noodles & Company</p> <p>304 4th Ave NW Minot 701.491.9103 www.noodles.com</p>
<p>Mi Mexico</p> <p>3816 South Broadway Minot Phone: 701.858.0777 www.mimexicomintnd.com</p>	<p>Primo Restaurant</p> <p>1505 N Broadway, Minot Phone: 701.838.7746 www.primominot.com</p>
<p>Souris River Brewing</p> <p>32 3rd St NE Minot Phone: 701.837.1884 www.sourisriverbrewing.com</p>	<p>The Starving Rooster</p> <p>30 1st St. NE, Minot Phone: 701.838.3030 www.starvingrooster.com</p>
<p>Whiskey Nine</p> <p>109 Central Ave, Minot Phone: 701.837.1090 www.whiskeynined.com</p>	



VOLUNTEER OPPORTUNITIES

Scouting Power 5k Color Dash Volunteers

(May 6)
Scout Troop 5401 are looking for volunteers, they're hoping for 40-50 people to help with a color run at Oak Park.
POC: RYAN J. MCDERMOTT, MSgt, USAF, First Sergeant, 5th Medical Group
DSN: 723-5137 Cell: 701-240-5643

Minot Citywide Clean Up Volunteers

(May 6)
• This weekend is Minot Citywide clean up and we have a team participating to help make our city look beautiful for summer.
• We're inviting everyone to join our team this Saturday 6 May from 0900-1100, we'll be meeting in the Delta Vacations parking lot at 0900 to pair up and pass out trash bags.
• Our responsibility is from the SRT building to the Grand Hotel.
• You will need to bring your own pair of gloves and I recommend wearing an old pair of boots you don't mind getting a little muddy.
• Please let me know if you have any questions. Thank you!
POC: SHELBY N MEDFORD, SSgt, USAF, NCOIC Outbound Assignments/Enlisted Promotions
Comm 701-723-1337 • DSN 453-1337

AAHC Volunteers

(May 11-13)
The African American Heritage Council (AAHC) is looking for volunteers to help with this year's circus. If you are interested in helping with set up and tear down, or manning a booth please let me know.
POC: Tyrone Grigley II, TSgt, USAF, 5th Force Support Squadron
DSN: 312-453-3669 COMM: 701-723-3669

Minot Shrine Circus Volunteers

(May 11, 12, 13)
We are looking for volunteers to help with various tasks before, during, and after performances at the ND State Fair Center. Meals/snacks will be provided to volunteers.
POC: Minot Shrine Club Circus Director, John Young
701-214-0928 or jrichyoung85@gmail.com

Flag Football and Volleyball Coaches

The new Youth Sports Coordinator on Minot AFB is looking for volunteer coaches for this upcoming Flag Football and Volleyball Season.
• The season will run from 28 August-27 October 2023.
• Age Group for Flag football is 3-12 years old.
• We're currently looking for the following:
• 3-4-year-old coaches: 6.
• Practices will be Mondays from 1730-1800 5-6-year-old coaches: 8.
• Practices and hold games will be Monday's and Wednesday's from 1730-1830 7-8-year-old coaches: 8.
• Practices and hold games will be Tuesday's and Thursday's from 1730-1830 9-12-year-old coaches: 6.
• Practices and hold games will be Tuesday's and Thursday's from 1730-1830 (potential for a couple of Saturday morning games in town).
• For volleyball, the age group will be 9-12 years old and we are currently looking for 6 coaches.
• They'll practice and hold games on Tuesday's and Thursday's from 1730-1830. (Potential for a couple of Saturday morning games in town).
As registrations open, we may increase the amount of coaches needed depending on the number of children participating. No experience with the sports is necessary, we will train you. All volunteer coaches for youth programs must get fingerprinting/background checked and will be required to attend a coach training closer to the season.
POC: Ms. April Lawrence 723-1477 or Youth Center at 723-2838.
email: april.lawrence.2@us.af.mil

AADD Volunteers

AADD is seeking volunteers to support our regular schedule for weekends.
• REGULAR 2023 WEEKLY SCHEDULE- <https://volunteersignup.org/FHLLR>
POC: SSgt Kristal A. Cruz Leon, 723-4633, kristal.cruz_leon@us.af.mil
Minot AADD, MinotAFB2233@gmail.com

Pride Month Volunteers

(June)
If you're interested in supporting the Minot AFB LGBTQIA+ community, including volunteering for June's Pride Month events, please contact SrA Edwin Washington. You can also join the Minot AFB LGBTQIA+ Support Club on Facebook at www.facebook.com/groups/930024054132263.
POC: SrA Edwin Washington, edwin.washington.3@us.af.mil
701-723-3011

North Dakota State Fair Volunteers

(July 21-29)
The North Dakota State Fair is North Dakota's largest annual event with traditionally over 300,000 attendees. We need volunteers to help with various community groups performing services or leading projects during the annual North Dakota State Fair event held on July 21 -29. Projects involved might include working concerts, shuttling golf carts, cleaning stalls, security, grounds clean-up, or gate attendants.
POC: Daryl Fry at 701.857.7620 ex 803 or daryl@ndstatefair.com

Magic City Civil Air Patrol Composite Squadron Volunteers

Civil Air Patrol is the official, Congressionally chartered US Air Force Auxiliary open to all adults and children 12+. Its all-volunteer members serve in a multitude of roles in support of CAP's three primary missions: Cadet Programs, Aerospace Education, and Emergency Services. As adult opportunities include working as part of an Aircrew, sUAS operator, Aerospace and STEM instruction, and many other opportunities! Whether you are looking to bring your skills to a new venue, expand your experience, or learn something new, there's certainly a role for you! No prior experience or military affiliation is necessary. For more information about Civil Air Patrol, visit <https://www.govcivilaipatrol.com> or contact the POC below.
POC: 1st Lt Jon McLemore, CAP | Jonathan.mclemore@ndcap.us
701-720-6410 | <https://nd021.cap.gov>
Meeting location: AvFlight, Minot Airport, 2400 N. Broadway Suite E, 1830-2030 every Thursday

AF K12 STEM-to-Sky Program Volunteers

Volunteers are needed to assist with the AF K12 STEM-to-Sky program; a new annual outreach effort connecting Airmen & Teachers enabling them to produce direct classroom engagement. The purpose of this effort is to directly engage Airmen with classrooms around the world to share experiences, emphasize the importance of STEM education, and create personal military-to-classroom connections. Within the classroom, Airmen will discuss their associated roles and emphasize the importance of STEM (connect); and create propensity for students to pursue STEM and Air Force fields (inspire). Anyone can volunteer, and we especially encourage those who work in STEM-focused career fields! For Airmen sign-up and information/instruction - <https://forms.osi.apps.mil/r/fkmqNeYUlr>
POC: Abigail Kinder, Community Relations & Media Operations, Minot AFB PA
Comm: 701-723-6768, DSN: 453-6768

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

What's a Team Without a Mascot

Minot Hot Tots Reveal Their Official Mascot

MINOT HOT TOTS

MINOT, ND - A time-honored tradition in sports and a crucial element of most sports franchises is having a mascot to represent the team in a fun way to fans and spectators. The Minot Hot Tots are following suit with this tradition and revealed their official mascot to the public.

The team hosted a mascot naming competition in partnership with KMOT, starting at the beginning of April, that encouraged fans to submit their ideas for the name of the new team mascot. After over 300 fans submitted their name idea the top four were announced: Tate R. Tot, Chris P., Cassie Rolle, and Blaze.

Each name was given its own personality so fans had an idea of what a mascot with that name might look like. Fans were then invited to vote on these top four names until one was chosen as the winner. After more than 250 votes, Hot Tot fans decided that Tate R. Tot should be the name of the new baseball team's mascot.

Tate R. Tot is simply put, a giant tater tot. The mascot is inspired by the tater tot depicted in the official Hot Tots logo. His body is lined

with red baseball-like stitching on his sides, and his head is topped with flames in the shape of an "M" for Minot. He also can be seen from time to time wearing a pair of Pit Vipers, which is a popular style of sunglasses commonly seen on baseball players. His shoes are giant, blue hotdish pans filled with tater tot hotdish. Tate also will be holding the spoon bat that is depicted in the official Hot Tots logo.

The Hot Tots are all about family-friendly entertainment, and they wanted to make sure that the mascot was shown off first to those that would enjoy it the most. They decided the perfect audience would be elementary school students at one of the schools that participated in their Reading Program promotion earlier in the year. The mascot was taken to Edison Elementary in Minot to be shown off for the first time ever. After a warm welcome of cheers, students were given a show by the mascot as well as the opportunity to interact with him.

The team then took to the news to give the rest of the community their first look at the mascot. Tate R. Tot will be "Powered by" McDonald's in



Minot, and can be seen in the future with the golden arches on his back. Before the season officially begins, Tate will be at various events and businesses around the community in what the team is calling "Tate's World Tour". The goal for the world tour is to give fans the opportunity to interact with Tate and those working in the Hot Tot's front office.

Fans who are excited for baseball season and want to see Tate R. Tot at Corbett Field are encouraged to check out the Hot Tots official website, www.hottotsbaseball.com for information regarding purchasing tickets, employment opportunities, hosting a player, or just keeping up with the team throughout the season.

2 Winners Every Week!

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1. Take a selfie photo showing this ad!
2. Like Badlands Restaurant & Bar on Facebook!
3. Send a message to the Badlands Facebook inbox.
4. In the message, provide your e-mail information and make sure to attach your selfie/photo.

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

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• Shoe Rental
• Pop and Ice Cream
\$165+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
\$195+tax
\$15 for each additional person

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

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- 6 PM-10 PM

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WWW.OAKPARKTHEATER.NET

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Your party will include: two hours of time which includes one hour of cookie decorating time with one of our talented decorators, up to 6 cookies to take home, and a drink for up to 8 kids for \$200. Available weekdays after 5:00pm and Saturdays after 3:00pm.

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A Cookie Gift + Bouquet Company

WHAT'S GOING ON MAFB

FRIDAY 05

- HIIT Strength & Conditioning, 0500, Fitness Center
- TAP (DoL) – Employment Workshop, 0800-1600, M&FRC
- First Friday Fun Run, 1430, Fitness Center
- First Friday, 1600-2100, Jimmy Doolittle Center

TUESDAY 09

- Bundles for Babies, 0900-1030, M&FRC
- Game Day, 1000-1930, Minot AFB Library
- Moving Out of the Dorms Budget Class, 1300-1500, M&FRC
- Magic The Gathering Commander Night, 1800, ESC
- Zumba, 1800, Fitness Center

FRIDAY 12

- HIIT Strength & Conditioning, 0500, Fitness Center
- Through the Decades Skate Night, 1800-2000, Youth Center
- Master Chef Virtual Cooking Class, 1800, forcesupport.awardsplatform.com

SATURDAY 06

- National Golf Day Scramble, 0900, Rough Rider Golf Course
- Zumba, 1100, Fitness Center

WEDNESDAY 10

- HIIT Strength & Conditioning, 0500, Fitness Center
- Spouses Welcome, 0830-1230, M&FRC
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- Big City Bites San Juan Special Lunch, 1030-1330, Dakota Inn Dining Facility
- Storytime, 1030, Minot AFB Library
- Yoga, 1830, Fitness Center

SATURDAY 13

- Cycle & Strength, 0900, Fitness Center
- NAF Excess Equipment & Furnishings Auction, 0900, Rough Rider Golf Course
- Master Chef Virtual Cooking Class, 1100, forcesupport.awardsplatform.com
- Zumba, 1100, Fitness Center
- Discover Dinosaurs, 1300, Minot AFB Library

SUNDAY 07

MONDAY 08

- HIIT Strength & Conditioning, 0500, Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- UVAO Training, 1300, M&FRC, Zoom Meeting
- Craft Club, 1800, Minot AFB Library
- Yoga, 1830, Fitness Center

THURSDAY 11

- Cycle, 0600, Fitness Center
- Pre-Separation Counseling, 0830-1130, M&FRC
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- EFMP Cooking Class Series Chef Cuisine, 1700-1900, Gourmet Chef, hosted by M&FRC
- Craft Club, 1800, Minot AFB Library
- Zumba, 1800, Fitness Center

MAY SPECIALS

Bomber Bistro • Spinach Roma Pizza
Alfredo sauce base, with mozzarella, spinach, red onions, tomatoes, and mushrooms topped with parmesan and garlic romano seasoning.

The B-Fifty Brew • Smoothies
Coco freeze, banana cabana, mango colada, and strawberry colada.

Rockers Bar & Grill • Southwest Salad
Mixed greens topped with seasoned grilled chicken, tomatoes, tortilla chips, black bean and corn salsa, and shredded cheddar.

Mother's Day Brunch
Jimmy Doolittle Center
May 14th • 10:30am - 12:30pm
Adults 11+ \$26.95 • Kids 6-12 \$12.95 • Kids 5 and under FREE

Menu
French toast, biscuits and gravy, bacon, sausage, and scrambled eggs. Build-your-own omelets and cereal bar for the kids. A carving station with ham, beef tips and gravy, mashed potatoes, corn, and green beans. Chicken nuggets and fries for kids with mouth-watering desserts.

Bar Special
MOM-MAIL!
First 100 moms will receive a gift!

FORCE 5THFORCESUPPORT.COM

NAF EXCESS EQUIPMENT & FURNISHINGS AUCTION
13 MAY 2023 • ROUGH RIDER GOLF COURSE
REGISTRATION 9:00AM • AUCTION 10:00AM

Bid on big ticket items from the 5th Force Support Squadron such as A-Frame campers, golf carts, commercial restaurant kitchen equipment, a pool table, TVs, tables, chairs, dishes and a sport boat with trailer!

BID ON IT, BUY IT, AND TAKE IT THE SAME DAY!!!

Quantities and items may vary. All sales final. Equipment sold as is. No returns. Payment must be made at the time of sale. Cash or credit card only, no checks. All items must be removed day of sale. For details, call NAF Accounting at 723-4700.

FORCE 5THFORCESUPPORT.COM

National Golf Day Scramble
Rough Rider Golf Course
May 6th • 9am

2-Person Scramble
Cost: \$40 per person
(Does not include cart & green fees)
Format is "Triple 6" with Handicap

Call 723-3164 to register

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