

CHIEF MASTER SERGEANT SELECT DEREK J. GESKE

CHIEF MASTER SERGEANT SELECT ANTHONY J. FOERSTER

MINOT AFB RECOGNIZES FOUR CHIEF MASTER SERGEANTS

CHIEF MASTER SERGEANT SELECT JOSHUA T. SHOEMAKER

CHIEF MASTER SERGEANT JOSHUA E. WOODARD

Check out this week's interviews with the 2025 Chief Master Sergeants from Minot Air Force Base, N.D. on page A2-A5.

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From Humble Beginnings to Chief: The Journey of Joshua T. Shoemaker 5th Security Forces Squadron

NATALY ZARRELLA, NORTHERN SENTRY

CHIEF MASTER SERGEANT SELECT JOSHUA T. SHOEMAKER

Starting as a Coca-Cola warehouse employee, Senior Master Sergeant Joshua T. Shoemaker's path to becoming a Chief Master Sergeant (CMSgt) is one of unexpected twists, hard work, and unwavering dedication. Shoemaker, recently selected for the prestigious rank, has served with distinction for nearly two decades—and his story is as inspiring as it is unique.

It wasn't a childhood dream or a burning desire for adventure that led Shoemaker to the Air Force. Instead, it all started in 2007 with a simple invitation from an old high school friend. "I was working at Coca-Cola, just going through life, when a buddy asked me, 'Want to ride with me to see the Air Force recruiter?'" Shoemaker recalled. "I figured, why not? And before I knew it, I was enlisting."

At the time, Shoemaker wasn't sure what he was signing up for. But after his visit to the recruiter,

he was intrigued. The idea of being part of something bigger than himself appealed to him, and just like that, he made the decision to join the Air Force. "I went home, told my mom, and said, 'I'm joining the Air Force.' Of course, she was upset—I'm her only child—but she came around, and now she couldn't be prouder."

Shoemaker is originally from Jacksonville, Florida, and his first assignment took him to Minot Air Force Base in North Dakota in 2008—a place he hadn't even known existed at the time. "When I got my orders, I had to Google where Minot was!" he laughed. "And after my first tour here, I swore I'd never come back."

Fast forward 11 years later, and Shoemaker was not only assigned to Minot again—he volunteered to return. Today Shoemaker is back at Minot AFB for a second tour and his story is a perfect example of how the Air Force can take you on a journey full of surprises. "Minot grew on me," he said. "I truly enjoy the mission here, however the cold can disappear."

Throughout his career,

Shoemaker has remained grounded by his family. He met his wife, Deserea, during his first stint at Minot, and together they have navigated the complexities of military life. Deserea attended medical school and went on to become an Air Force Officer as a Physician, while Shoemaker worked hard to progress through the ranks. Despite their demanding careers and the challenges that come with being a military to military family, they always made time for one another. The couple later welcomed their son, Nolan. In recent years, however, balancing work and family has become more challenging. When asked about his work-life balance, Shoemaker shared, "Balance has been more of a challenge because of our workloads; however, we make it work. I live with the belief that everything will always work itself out, so over the last seven years or so, it's never been a question to continue working hard."

One of the most pivotal moments in Shoemaker's career came in 2012 when he was stationed at Joint Base San Antonio, Lackland as a Security Forces Tech School Instructor. "That was where my career really took off," he said. While there, Shoemaker was also hired to work at the Basic Officer Course, a move that played a significant role in shaping his future. He credits much of his success to the mentors who guided him along the way, particularly the strong team he had at Lackland. "We were all very close, and we pushed each other to be better," Shoemaker reflected. "I owe a lot to people for pushing me to where I am today specifically, then TSgt, now SMSgt (retired) Waylon Mitchell, then Capt, now Lt Col Gilbert Wyche, and then MSgt, now CMSgt Demetrius Booth". The camaraderie and mentorship he experienced at JBSA Lackland had a profound impact on Shoemaker's leadership style, shaping his approach and success throughout his career.

When Shoemaker got the news that he had been selected for Chief Master Sergeant, the moment was both surreal and deeply meaningful. "I was notified by my Commander the morning the Senior Raters received the list," Shoemaker said. "He texted me, 'It's going to be a great day, my man.' That's when I knew it was real."

For Shoemaker, making Chief isn't just about the title; it's about the people he's served with and the mission he's been a part of. "I'm so thankful for all the teams I've been a part of. It's them who made this possible," he said. "If I take care of my people, they'll take care of the mission, and we'll all succeed together."

As Shoemaker prepares to



SMSgt Shoemaker as a young airman at his first duty station Minot AFB not knowing he would one day be selected for Chief at the same base where it all started.

officially don the Chief stripes, his focus remains on taking care of the Airmen he leads. "I want to pay forward everything that's been done for me," he said. "It's all about leadership and ensuring our people succeed so the mission keeps moving forward."

And as for his new role? Shoemaker is ready to tackle whatever comes his way. "I'm ready to do whatever is asked of me," he said. "I'll give it my all and keep moving forward."

Shoemaker's return to Minot AFB is more than just a homecoming—it's the start of a new chapter in a career that has already left a lasting impact. With his dedication to service, strong family values, and commitment to leadership, CMSgt Shoemaker is set to continue inspiring those around him for years to come. Congratulations, Chief Shoemaker! Minot AFB is lucky to have you leading the way.



Chief Select Shoemaker with his wife Capt Deserea Shoemaker and son Nolan who have both supported him throughout his military journey.



The Shoemakers with Retired SMSgt Waylon Mitchell whose guidance and mentorship was a pivotal change to Shoemaker Air Force career.

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Hard Work and Perseverance Help “Bring on the Stripes” for (C)SMSgt Foerster

KERIANNE NOEL, NORTHERN SENTRY



CHIEF MASTER SERGEANT SELECT ANTHONY J. FOERSTER

Hailing from the suburbs just North of the Twin Cities, SMSgt Anthony Foerster is no stranger to the Midwest (and its extreme weather.) In fact, this is the second time he and his family have been stationed here at Minot AFB during his twenty-one year career. If “Only the Best Come North”, perhaps the Air Force expects even greater things of those that get to return for a victory lap. And with only 1% of the enlisted force making it to the rank of Chief, SMSgt Foerster’s selection to this elite group of leaders is a mark of not only his technical expertise but the Air Force’s trust in his ability to shape the next generation of young Airmen. With his love of family, strong work ethic, and a dose of humility, SMSgt Foerster is ready to take on this next chapter in his career.

Everyone has their origin story. When asked what inspired him to join the Air Force, SMSgt Foerster shared, “For me, it was one of the few options I had. I wasn’t the best student in high school and the discipline the military offered was much needed. I chose the Air Force simply because that was the recruiter who showed up to my high school lunchroom.” He added, “Prior to joining I didn’t have a good understanding of the military. I had a buddy who was joining the Air Force and so I figured why not?” After basic

training, where he absorbed some of that discipline and got his first taste of what exactly he had signed up for, it was off to Minot Air Force Base for his first duty station in 2004.

More than just direction in his life, he found love, family, and adventure. “I met my wife [Jessica] in the first couple months here in Minot. We married in Mexico, barefoot on the beach in 2008. We were joined by my oldest son Mason in 2010. At ten months old Mason flew to Italy with us and spent his first two years living the good life near Lake Garda at the base of the Italian Alps. We were just three for five years before Ben came along. He was a tough kid who had to overcome a heart condition and needed open heart surgery at 9 months old. He persevered and today lives an absolutely normal life.” Multiple overseas moves, major surgery, and the stressors that come with starting over at a new duty station, however, have only made his family more resilient.

Some might be surprised to hear that despite being stationed in both Italy and Germany as well as at Kirtland AFB, SMSgt Foerster’s favorite duty station is Minot. “I’ve loved all my assignments, but Minot is where I met my wife, and we had Mason. We have so many amazing memories here that the other bases just don’t

compare. A lot of people think I’m crazy for that, but Minot really has become a special place to us.” When asked what set Minot apart from other locations he gave the answer that many will recognize: community. “There is definitely... a sense of family here. We rely on one another and because of that we make lifelong friendships.”

He is currently serving as the Senior Enlisted Leader for the 705 MUNS/MXW, whose proud cries of “Shockwave” can be heard reverberating around the base. And while he has settled into work and making his squadron the best it can be, his wife and kids have settled into the community and local schools. In Jessica’s case, as a teacher at Dakota Elementary. It was here that SMSgt Foerster decided the time was right to go for Chief. For him, it was an opportunity to prove to his children and maybe even his younger self that hard work and dedication really will produce results.

Reflecting on this moment and what was at stake he said, “This was my second time up for Chief. I was retirement eligible. We decided that this would be it. If I didn’t make Chief we would retire and move on to the next chapter. When I found out I made it, there was a sense of relief at first. In the back of my mind I really wanted to make it because I knew I had

more to give.” Upon hearing the news that he had indeed been selected he said, “My initial reaction was shock. It’s crazy to hear that word “Chief.” I’m still surprised, but also excited to wear this stripe and see what I can do with it.”

When asked if he had any advice for someone at the beginning of their Air Force Journey, SMSgt Foerster said, “Don’t give up when you don’t make a stripe. There are very few who have ever made it to Chief by making rank the first time every time. It’s about bouncing back and getting ready for the next year. Don’t take it as

rejection. Take it as challenge to do more and get better. Improve yourself and work hard. The stripes will come!” They certainly have.

Congratulations, Chief Select Anthony Foerster!



SMSgt Foerster with then girlfriend (now wife) Jessica representing 5MXG at the Wing Annual Awards as their nominee for Airman of the Year. “I didn’t win, but it was a fun either way.”



Re-united during COVID times: SMSgt Foerster shared, “I was just returning from Qatar after a 7 month deployment. I left right before COVID hit.”

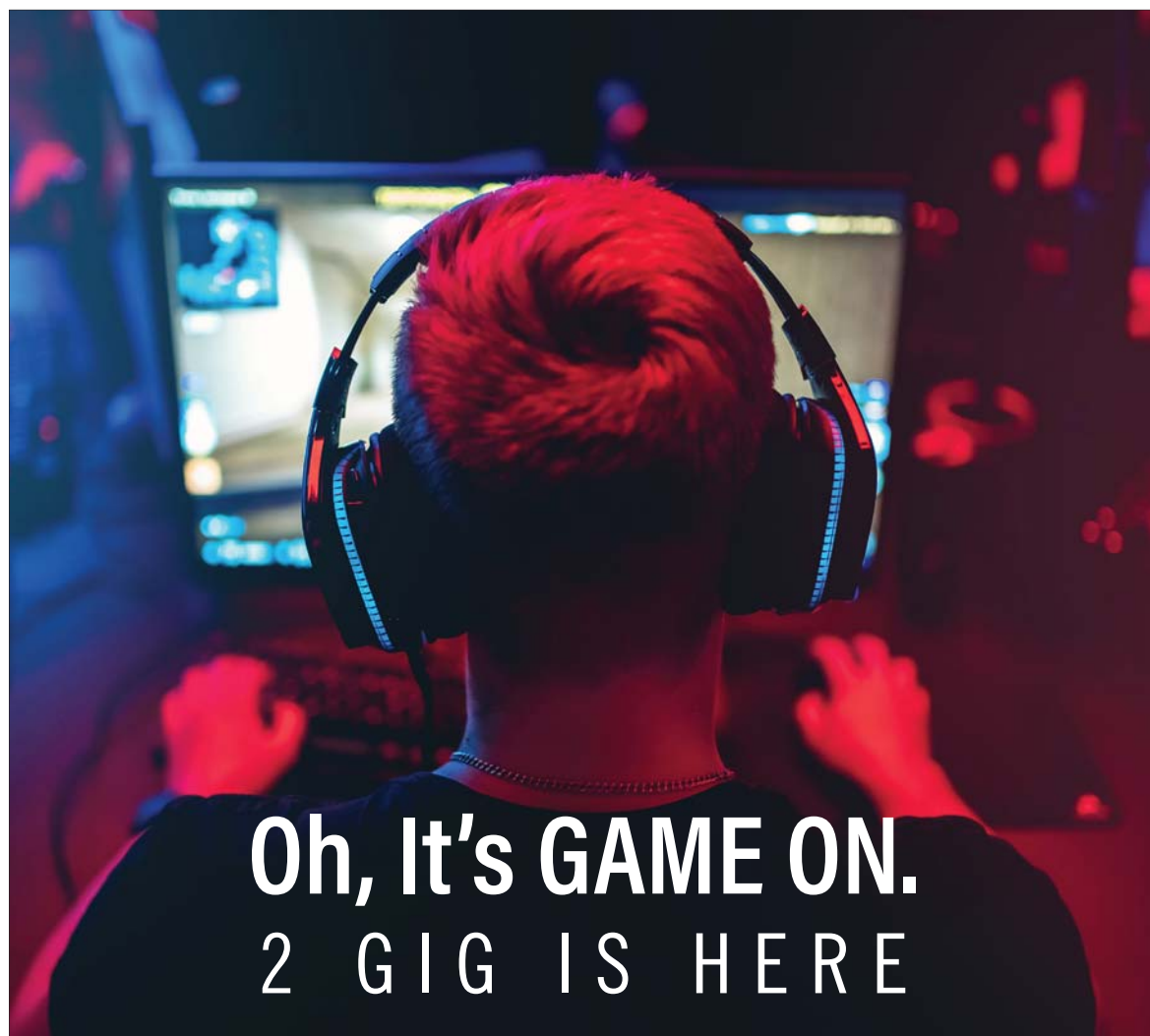


Enjoying the Rhine River views in Cochem, Germany. SMSgt Foerster is with his wife Jessica and sons Mason and Ben. His family has experienced not one but two European duty stations.

NOTICE

Minot AFB, ND – 2d Lt Jacob Trach from the 5th Contracting Squadron has been appointed the Summary Court Officer (SCO) for the estate of **SRA. DAWSON CHERICO; 5TH OPERATIONAL SUPPORT SQUADRON.** All claims for or against the estate of the deceased must be submitted to the SCO.

For more information, please contact 2d Lt Jacob Trach: **COMM: 701-723-1293**



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**CHIEF MASTER
SERGEANT SELECT
DEREK J. GESKE**

Leaders are not born; they are made with intense heat and pressure over time. They are forged through fires of professional and personal experiences that shape and mold them to perform as positions and responsibilities increase. The path is not easy, and there are few shortcuts without consequence; however, this necessary gauntlet primes the men and women who persevere to be charged with the effectiveness, safety, welfare, and development of others.

Chief Master Sergeants, the highest tier of our enlisted corps, possess substantial operational and occupational experience so they can exert necessary influence in leadership while also mentoring and developing both enlisted and officers alike. Many seek the grade; few will ever attain it. (C)MSgt Derek Geske is one of these few. I had the privilege to serve with him during my squadron command tour with Team Minot, and I can personally attest to his leadership caliber, his ability to communicate, take ownership, respect others, and give the necessary effort to execute the mission while also developing and caring for people under his charge.

Chief Geske's path through the Air Force began like those of many others. Growing up in Phoenix, Arizona, after high school he felt he was going nowhere with his life, needing to get away from his home life. He had decided not to attend college, but with few other options, "on a whim, a spur of the moment," he walked into a recruiting office and joined the Air Force. "I knew I needed to do something with my life to support myself," Geske said, "and I didn't have a plan." Little did he know how quickly his newfound career would instill that sense of purpose and meaning he had been seeking.

He entered the Air Force 9 months prior to the September 11, 2001, terrorist attacks. Being stationed at Yokota Air Base, Japan, at the time, Geske was "lucky enough" to be selected for a team of Defenders to stand up and protect Al Udeid Air Base, Qatar. "It was high deployment operations and definitely what I wanted to do. It was something much more meaningful than any

On the Path to Chief (C)MSgt Derek Geske

LT COL JEFFREY BEENE

other type of work I could think of." Within a year of finishing his technical training, then-Airman First Class Geske experienced what the Air Force really is, and he decided that this was the career meant for him.

While one's progress can become more difficult, the experiences along the way prepare the journeyman for the trials and successes that lie ahead. In the 24 years since that decision, Geske's path led him through missile security duties, law enforcement and military investigations, multiple deployments to Iraq and Afghanistan, and finally to the place where only the best go. He and his wife, MSgt Savannah Geske, have two kids, and despite the challenge of dual military parenting he places a premium on family time. He is a Renaissance Man of leisure sports, being quite competitive in softball, golf, and bowling. He and his family are avid Tauros fans, regularly attending games at the Maysa Arena. He even proudly champions an impressive array of shoes that rivals a Foot

Locker shelf. During our time serving together, I was constantly impressed with his ability to shift gears between duties, problem solving, people, family, activities, and interests, all of which he makes look easy. I promise you, reader, that this ability is not easy. It takes disciplined practice, intentional time management, and likely many mistakes to mature the ability to gearshift as he does.

Of countless lessons learned over two decades of service, he imparts three key facets of leadership that are incredibly important for the success of oneself and the team:

- Failure is okay. "Failures, first and foremost, are the keys to becoming better at what we do."
- Control the controllable. "There are going to be things that will happen that are just going to happen. If you dwell on undesirable outcomes, or you let that control your mindset or the situation, you continue to roll downhill and potentially waste opportunities in that moment in time."

- Lead with passion and take care of your people. "If you do



Newly arrived at Minot in fall 2021, SMSgt Geske and his wife, Savannah, capitalized on the flightline photo session to capture an endearing moment.

these things, your people will get the mission done and take care of you as a leader."

Being the bridge that connects the force, ensuring unity in purpose and action, is one of the primary charges of senior non-commissioned officers. Chief Geske is passionate about both the mission and the people who perform it. What excites him most about promoting is being able to focus even more on people while trusting others to handle day-to-day tactical operations. "I am most looking forward to seeing people grow and feel rewarded at

what we do and seeing them learn how important they are where they are at." His path has forged him to form that bridge, and undoubtedly, he will continue to develop himself, his team, and the US Air Force in the years to come. Congratulations on your milestone promotion, I wish you well and I hope our paths cross again. Never stop bringing the thunder! BOOM!

The views expressed are those of the author and do not reflect the official guidance or position of the United States Government, the Department of Defense, the United States Air Force, or the United States Space Force.



The Geskes and their two children, Veah and Derek Jr, explored scenic Rainbow Lake at Glacier National Park, Montana, Summer 2003.



SrA Geske on patrol with the Mk-19 grenade launcher while deployed to the 506th Expeditionary Security Forces Squadron, Kirkuk Air Base, Iraq, in 2004. His unit supported Army checkpoints, patrolled oil fields, and cleared enemy weapons caches in the area surrounding the base.

Minot AFB to Honor New Chief Master Sergeants in Recognition Ceremony

Minot Air Force Base will host a Chief Master Sergeant Recognition Ceremony on March 28 at 6:30 p.m. at the Jimmy Doolittle Center, celebrating the promotion of exceptional Airmen to the highest enlisted rank.

This prestigious event, steeped in Air Force tradition, will feature a posting of the colors, keynote addresses, and the formal induction of new Chiefs into the Chief's Group. The ceremony

will conclude with a reception, allowing family, friends, and fellow Airmen to personally congratulate the honorees.

Reflecting on the significance of this milestone, Chief Master Sergeant Anik Emery 5CES, shared:

"Achieving this rank is a testament to years of dedication, leadership, and commitment to the Air Force core values. Chiefs represent the top 1% of

our enlisted force and serve as mentors, advisors, and advocates. For me, it has always been about the people and relationships built over the years. Making Chief allows me to continue making a meaningful impact on my Airmen and teammates—just as others did for me."

This ceremony marks not just a promotion, but a lifelong commitment to leadership and service.



TSgt James Miller



**741ST MISSILE SQUADRON
HOMETOWN: SALINEVILLE, OHIO**
Technical Sergeant James Miller has served in the Air Force for 15 years. He is stationed at Minot AFB, where he is currently a Missile Alert Facility Manager in the 741st Missile Squadron. TSgt Miller has dedicated his career to training and supporting Air Force personnel, earning the 509th Maintenance Group Unit Training Manager of the Year and Facility Manager of the 3rd Quarter. When not on duty, he enjoys spending time with his wife and two children.

GAME SALUTE: FRIDAY, MARCH 28

SSgt Ashleigh Sanchez



**5TH MEDICAL GROUP
HOMETOWN: CONCORD, NC**
She is an outstanding member and tirelessly assists the whole team. She has been invaluable for our unit and the MDG. She is a newly pinned SSgt last fall and selected to be the MDG Infection control NCOIC. She is now the NCOIC of our pediatric clinic and completed the full training for IBT (Immunization Back-up Technician) and covers for TSgt Elbo in immunizations. Furthermore, she assisted with immunizations for the deployers last October and all-around excellent role model to Airmen and AF members alike.

GAME SALUTE: SATURDAY, MARCH 29

Recipients of the Northern Sentry Salute will be honored at the respective Minot Minotaurus home game. In recognition, each recipient and three guests will receive V.I.P. seating to the noted home game, a \$25.00 Gift Certificate good for concessions at the game, and during the game they will be recognized by the Minotaurus public address announcer as well as having their photo and nomination published in the Minotaurus Magazine.



Respect The Stripe!

CMSgt Joshua E. Woodard

ROD WILSON, NORTHERN SENTRY



CHIEF MASTER SERGEANT JOSHUA E. WOODARD

For Chief Master Sergeant Joshua Woodard, it is more important to set shorter and perhaps more achievable goals “that don’t linger for 10 years” says Woodard “so I tell younger Airmen that building short term goals will make you feel like you are moving forward.”

It was 2004 when Woodard enlisted in the Air Force “because I was 17 years old and really needed something that allowed me to pay the bills” Woodard shares. After basic training at Lackland Air Force Base in Texas, his next stop would be Sheppard AFB,

Texas where he would complete his Heating, Ventilation, and Air Conditioning (HVAC/R) apprentice course before being sent to Misawa Air Base in Japan.

Chief Woodard grew up in Lake Charles, Louisiana. He has served at various locations as a Heating, Ventilation, and Air Conditioning (HVAC) technician, also served as the White House Military Office’s Superintendent. Chief Woodard has expeditionary deployment experience in support of Operations IRAQI FREEDOM, SPARTAN SHIELD and

ENDURING FREEDOM. Prior to his current position, Woodard was the Senior Enlisted Leader for a DATA MASKED organization.

In his current position Woodard is the Senior Enlisted Leader of the 5th Civil Engineering Squadron at Minot AFB. In this role he is the advisor to the Commander on topics relating to training, safety, readiness, morale, welfare, and quality of life issues affecting a total of 584 military and civilian personnel.

Woodard’s journey to Chief Master Sergeant included setting a goal to make it to E6. But along the way “people saw something in me, I guess. The encouraged me to keep working hard and assured me that if I did, good things would happen. Before I knew it I made Senior (Master Sergeant) and now I am an E8. The advice of just keep doing what you are doing kind of worked out I guess” says Woodard.

In his every day Woodard guides and mentors personnel within seven flights, which operate and maintain 2,600 facilities, supporting a 12,000-member base populace, 27 B-52s, 8 UH-1Ns and 150 ICBM sites. Finally, his duties include oversight and critical thinking while advancing a \$20 million operating budget and a \$253 million construction program, training and equipping Prime Base Engineer Emergency Force, a highly mobile, rapidly deployable civil engineering unit responsible for building and maintaining airbases, providing emergency response, and explosive ordnance disposal in support of Air Force operations

worldwide. Prime BEEF teams are deployed to support various operations, including disaster relief, contingency operations, and combat operations.

Although Woodard cannot necessarily point to a particular time in his life when he made the decision to work towards Chief Master Sergeant, he does know that his son, Jacob, who enlisted in the Air Force and is now stationed in Columbus, Mississippi, had a large part in where Woodard is today. “I wanted to keep working hard and let him see how that would pay off” shares Woodard “hoping that he, too, would emulate me and also work hard.” Woodard points out that yes, he probably influenced his son into making the decision to join the Air Force “but my wife, Casandra is also in the Air Force and she is a Senior Master Sergeant.” The Woodards met in Wichita Falls, Texas.

What are the common personality traits of a Chief Master Sergeant? “Being the one that takes the bullets for the team-look at fellow chiefs, still look up to them. The AF said that I am what they want in a Chief, but to be honest, I don’t necessarily see myself as a Chief quite yet. I also know that it’s important to respect the stripe” answers Woodard.

The Woodards will be leaving Minot after 3 years this summer as MSgt Casandra Woodard has accepted a position in Colorado Springs. “I will be taking over the CE unit down there, which gives me an opportunity to get back into CE again.” In looking back at their experience in Minot CMSgt Woodard says it felt good

for things to slow down a bit. “Having been stationed in some larger cities, this (Minot) has been a good switch. Woodard says he has appreciated the quality of the personnel in Minot. “We have some real rock starts here”

When he looks back at Minot, what will CMSgt Woodard appreciate most? “I think we’ve got the right leaders here. They care about the Airmen. We need to give those Airmen something to do when they are off duty. We also want to give leadership opportunities to our Airmen. A lot of people say today’s Airmen are different, but I think it’s more that they are hungry for information to make a logical judgement. I think it’s good that we are allowing them to lead at younger ages. It’s a bit different than when we started. We were charged to listen and execute.”

For CMSgt Joshua Woodard, there are no immediate plans for retirement. “Who knows when I will be done. My wife (MSgt Casandra Woodard) has at least 6 more years. Who knows what happens after that. I guess I really don’t see an end in sight.”

The Woodards have 3 children, Jacob who is 20, Jacelyn who is 13 and Jordan who is 7.



CMSgt Woodard holding daughter Jordana, spouse MSgt Casandra Woodard, son Jacob who is now enlisted in the U.S. Air Force and stationed in Columbus, Mississippi, in front is daughter Jacelyn



The Woodard family enjoys the outdoors, including hikes to enjoy nature.



CMSgt. Joshua Woodard and his wife, SMSgt. Casandra Woodard take time to dine out together.



CMSgt Josh Woodard and daughter Jordana get ready to head out for Halloween Trick or Treating.

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**A VIEW FROM
OUR SIDE**

ROD WILSON

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 MINOT AIR FORCE BASE NEWSPAPER | WWW.NORTHERNSENTRY.COM

In general, I love music. More specifically I love brass music. It might come from my many years of playing a tuba, and having 3 sons who played brass instruments and we had a little family band. My youngest son was perhaps the most accomplished of the Wilson brass players. He got as far as being a runner-up in an audition for the Pershing's Own U.S. Army Band. Part of the audition included tickets to a U.S. Army Pershing's Own concert, and that is where we were introduced to the Pershing's Own Herald Trumpets. The Herald Trumpets are often seen at special events like the Capital 4th of July Celebration.

My "love of brass" story also has a few other special moments. Our American Legion Drum and Bugle Corps (since disbanded) was able to attend a national Drum & Bugle Corps competition in Boston. There were several corps that performed, all of them with very, very talented musicians. Some of these corps were over 50 years old and had been regular performers at these competitions. The corps that won our hearts was The Madison (Wisconsin) Scouts. The Scouts were formed in 1920 and I guess the fact they were from the Midwest gave them an immediate kinship to our corps. The night of the Drum Corps International Competition in Boston, the Scouts did not place in the top 5. I still follow the Scouts to this day.

I was also able to follow my son's brass career, which included a performance with the Newport, Oregon symphony. This small city symphony performed in a concert hall much like Ann Nicole

**UPSIDE DOWN
UNDER**

MARVIN BAKER

Editor's note: This is the second of a three-part series examining links to multiple sclerosis and why they may trigger this auto-immune disease that attacks the central nervous system. This information isn't an opinion, but is statistical and draws from several research studies at home and abroad.

A report published May 11, 1995 in the Mandan News indicated that radiation could be a link in causing multiple sclerosis. More specifically, it was the radiation that escaped from nuclear reactors at Chernobyl after it exploded in April 1986.

Two specific types of radiation that escaped into the Ukrainian atmosphere were Strontium-90, a radioactive isotope that, upon decay, can damage DNA and lead to cellular dysfunction. Another radiation is called Cesium-137

Music, The Great Communicator

Nelson at Minot State University. We learned through our son that David Ogden Stiers, more common to us as Major Charles Winchester on the TV Show MASH, was the resident conductor of the Newport Symphony until his death in 2018. We did not have the pleasure of seeing Mr. Stiers conduct the Newport Symphony, but there were several displays in the orchestra hall that shared his story and talked about his many talents.

Of course there have been many more events that have added to and enriched my musical experiences, but right now I can tell you that a recent performance by the Air Force Academy Stellar Brass group will certainly rank near the top of these events. The March 19th concert, which was free of charge, brought a group of 6 musicians from the Air Force Academy to the stage of Ann Nicole at Minot State. From the very first note of the National Anthem, which included a flag presentation by the Minot AFB Honor Guard, you knew this was going to be a special evening. As musical ambassadors of the Air Force, these musicians were on a tour that included stop in Grand Forks and Minot. Col. Jesse Lamarand, Commander of the 5th Bomb Wing at Minot Air Force Base, gave the official welcome to the large crowd that attended. He was able to highlight some of the recent accomplishments at Minot Air Force Base which included the deployment of 4-B52's to RAF Fairford. RAF Fairford, located in Gloucestershire, UK, is an RAF station that hosts US Air Force personnel and functions as the USAF's only European airfield for heavy bombers, supporting Bomber Task Force operations. Col Lamarand shared that some of the B-52's had returned, and soon the entire force that was deployed would also return to Minot Air Force Base. Col Lamarand turned the night over the Stellar Brass and from there on it was 90 plus minutes of great brass music, as well as personnel stories told by each member of the Stellar Brass as to the relevance of the U.S. Air



The Madison Scouts were formed in 1920 in Madison, Wisconsin.



U.S. Air Force Stellar Brass, 2025

Force and bases like Minot Air Force Base. Each musician was able to take their turn at the mic and let the audience know where they were from and of course how long they had been part of groups like The Stellar Brass, only one of the many performing groups stationed at the U.S. Air Force Academy. One of the musicians explained that they all, indeed, had gone through Air Force basic training on their journey to where they were today. Although all of them were trained musicians, it was shared that when they went through basics "we were just like the rest of the recruits".

Their stories certainly covered a lot of what makes the bands a special part of the Air Force. When the concert was over several of the audience took turns talking with the musicians, which we hope made their evening in Minot special.

It seemed like the evening had just gotten started when it was announced that their final song was John Phillip Sousa's Stars and Stripes Forever, New Orleans style. The audience gave a standing ovation of appreciation to the Stellar Brass as an end to an almost perfect evening.

More than ever, I appreciate music as the great communicator it is. Bringing folks together for a great evening.

BEST KEPT SECRETS

How could I not let you know that Sunday at 4 PM is a Brass Band of Minot concert at Ann Nicole Nelson Hall. Our theme for this concert is A Bit of Mardi Gras. It will be our final concert of our 2024-2025 season. I invite you to attend and bring a friend.

TODAY'S CHUCKLE

You only start complaining about the younger generation after you lose your membership in it.

March is National MS month...

which is a long-lived isotope and can persist in the environment and the body for up to 30 years and can damage various parts of the body.

Unfortunately, most of the people who survived the fire and evacuation from Chernobyl and the nearby town of Pripyat, contracted MS. A 1994 article in the Current Digest of the Post-Soviet Press indicated up to 29,000 people exposed to Chernobyl's radiation either contracted a type of cancer or MS.

Although science today doesn't tell us whether or not radiation actually causes MS, numerous studies have revealed the damage that radiation such as Cesium-137 and Strontium-90 can do to the human body, certainly makes it more vulnerable to contracting MS.

In addition, a National Institute of Health study said the use of radiation therapy in patients with MS is controversial because people with MS experience severe or more frequent adverse effects after radiation treatment intended for tumor control. Strontium-90 is used in bone tumors and although Cesium-137 is no longer used, it was most often administered for cervical cancer treatment.

Another unusual link to MS could be salt. Like radiation, salt isn't positively known to trigger

MS, but it does cause inflammation which eventually can break down the immune system.

A Yale University study from November of last year has identified a high-salt environment as one of the contributing factors in the development of MS.

According to this research, increased levels of the protein PRDM1-S, triggered by a high salt intake, disrupts immune regulation and contributes to diseases such as MS. This leads to what is called Treg cell dysfunction. Salt induces inflammation causing the loss of normal Treg cell function which in turn creates the inability to effectively combat infections or tumors, leading to a weakened immune response.

It is now known, through this study, that instead of suppressing inflammation and maintaining immune balance, faulty Treg cells allow auto-reactive Treg cells to attack the myelin, leading to impaired nerve signal transmission. Myelin is an insulating layer or sheath that forms around nerves including those in the brain and spinal cord.

Yet another culprit is the lack of Vitamin D. In a Mayo Clinic study, evidence shows that people with lower levels of Vitamin D have a higher risk of developing MS. People with MS tend to have lower Vitamin D levels than

people without MS. Certain genes involved in Vitamin D metabolism have been linked to increased risk.

There are several additional potential factors that may increase the risk of MS. They include geography, certain viral infections, obesity and smoking.

MS is more common in regions farther from the equator, potentially because of lower levels of sunlight exposure. Viral infections like Epstein-Barr virus have been linked to an increased risk. Smokers are more likely to develop MS and experience more severe symptoms. And finally, obesity, particularly in childhood and adolescence, has been associated with an increased risk of MS.

In addition, there could be combined factors that can trigger MS.

Besides extreme fatigue and lack of motor skills, MS has some unusual symptoms. They include an itch you can't scratch, face flashes, fiery feet, hard to swallow, spine tingling shock, blurred vision, optical illusions, sudden spasms, migraines, hearing problems and vertigo.

Any of these signs could be a red flag, so it is best to contact a physician and get a proper diagnosis.



SHE'S NOT FROM AROUND HERE

AMY ALLENDER

Last week, my four-year-old and I went on a lunch date on base. Our usual order is the pizza combo from Bomber Bistro, which I think is the best lunch deal in town—and took it to Li'l Riders, the attached indoor playground my kids love. Especially on cold days, it's a perfect spot for them to burn off energy and meet up with other kids.

While we were there, I struck up a conversation with another mom who had just arrived in Minot three days earlier. I love moments like these—getting to welcome someone new, hearing about their journey, and learning what brought them here. Wanting to help her feel at home, I shared a few recommendations, then dug a purple crayon out of my purse and scrawled my phone number on a scrap of paper, telling her to reach if she needed anything while settling in.

On the drive home, I kept thinking—if I had to boil down my top bits of advice and encouragement for a new family into five concise pieces, what would they be?

For military families, moving means starting over—again. And

for parents with young kids, finding the right places, routines, and resources can make all the difference in turning a new duty station into home. So, if you're new here, welcome! Here are five things I think every young military family should know about life in Minot.

1. GET A MAGIC CITY DISCOVERY CENTER MEMBERSHIP

If you have kids, this will be one of the best investments you make. The Magic City Discovery Center is an absolute gem—a huge building dedicated to hands-on learning, and playing. Whether your kids are into science, art, pretend play, or just need space to explore, this place has it all. A membership easily pays for itself, and it gives you a go-to place for meeting up with friends and getting out in the community year-round.

2. EVERYTHING YOU NEED IS CLOSE BY

Yes, Minot is geographically isolated. The next major city is more than an hour away, and you won't find sprawling suburbs with endless chains of shopping plazas. But here's the trade-off: everything in town is close together. Schools, parks, grocery stores, activities—you're never too far from where you need to be. Compared to places where daily commutes eat up hours of life, this convenience of Minot life is something to appreciate.

3. GET YOUR LIBRARY CARDS (YES, PLURAL!)

Minot's libraries are more than just shelves of books—they are goldmines of resources, activities,

and community. The Minot Public Library is packed with kid-friendly events, clubs, and unexpected things to borrow, like tablets, rock tumblers, STEM kits, and even gaming systems. The Ward County Library is a quieter alternative with a great craft area for kids and books often in stock when they're checked out at the public library. Both libraries also offer free state park passes—an awesome perk for exploring North Dakota. And don't forget, military families can also get a base library card, adding even more options to your arsenal.

4. COMMISSARY'S CLICK TO GO IS A GAME-CHANGER

The Commissary's Click to Go service has been around for years, but surprisingly, many military families in Minot still don't realize it's an option. You can place an order online just a few hours in advance and still snag same-day pickup. No subscription fees, no fighting checkout lines, just pull up, and they'll load everything into your car. Unlike bases in bigger cities where time slots fill up fast, Minot's Click to Go is rarely maxed out, making it one of the easiest ways to save time (and sanity) in your daily routine.

5. THERE'S ALWAYS SOMETHING TO DO (REALLY!)

One of the biggest myths about Minot is that there's "nothing to do." It's just not true. Between Minot Parks & Rec, community events, and military family programming, there are countless free and low-cost activities happening all the time. To stay in



We love coming to Li'l Riders to play, and sometimes coming leads to unexpected connections. What advice would you give someone new to town?

AMY ALLENDER PHOTO

the loop, follow me at HeyMinot on Instagram and Facebook and keep an eye on eventsminot.com for the latest happenings. Whether it's a festival, movie night, or a seasonal event, there's always something going on.

If you're new, I hope these tips make your transition a little easier. If you've been here a while, think about the advice

you'd share with someone PCSing to Minot. With the summer PCS cycle right around the corner, let's challenge ourselves to be ready to welcome newcomers with warmth and genuinely helpful guidance.

For more on loving life in North Dakota, join me at amyallender.com or follow @HeyMinot on Instagram and Facebook.



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All account applications are subject to approval prior to opening and may be subject to a \$25 minimum opening deposit. For USAA Classic Checking accounts with a daily ledger balance of \$1000 or more, the APY is 0.01%, accurate as of January 15, 2025. For current annual percentage yield or APY, refer to usaa.com/checking. Rates may change at any time. Fees may reduce earnings. Offer can't be paid without a valid U.S. taxpayer identification number or combined with any other offer related to checking accounts. This offer limited to one bonus per account, on first eligible account only. Offer cannot be reproduced, purchased, sold, transferred or traded. See the Depository Agreement and Disclosures for terms and conditions of your USAA Classic Checking account. Offer may be discontinued or changed at any time without notice.

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Wheel Alignments

It's important to get a wheel alignment done after you have new tires installed or you have made any changes to your suspension system. Regular wheel alignments will improve fuel economy, vehicle performance and are essential for even tire wear. When your wheels are aligned, they offer a smoother ride, which will give your tires a longer life. Your wheel alignment is one of the key preventative maintenance factors to ensure that you get the most out of your tires and your vehicle's handling. Our mechanics utilize precise calculations with our state-of-the-art wheel alignment machinery to perform regular wheel alignments on your vehicle.

Get Routine Wheel Alignments

Your wheel alignment should be checked about once every six months. Your vehicle can come out of alignment from hitting potholes, speed bumps, curbs, or other imperfections on the road surface or from worn suspension and steering parts. At Trusted Tires of North Dakota in Minot, ND, we can perform a wheel alignment check and align your vehicle to manufacturer's standards.

An Alignment Check Features:

- Assessment of the steering and suspension components
- Examination of the tires for size, inflation, and wear
- Comparison of your tire alignment to automobile manufacturer guidelines

What is Wheel Alignment?

A wheel alignment involves a complex process in which suspension angles are measured and adjusted. This will ensure that your wheels are properly aligned with both each other and the vehicle's axles, so that tires make optimum contact with the road surface. The alignment of your wheels functions to keep you driving safely and help make sure your tires wear evenly, and that they don't overly wear down on one side. This process will give you and your passengers a comfortable and smooth driving experience. Driving a car with correct wheel alignment will:

- Save fuel
- Enhance your car's handling, particularly cornering
- Reduce driver fatigue
- Save excessive uneven and premature tire wear

Signs That You Need a Wheel Alignment

- Unusually rapid or uneven tire wear
- "Pulling" to the left or right
- Crooked steering wheel during a straight drive
- Squealing tires

Inspect the condition of your tires regularly to ensure they are wearing evenly and are set to the correct pressure. At Trusted Tires we use expert state-of-the-art alignment equipment to complete the alignment on your vehicle. Visit us for your next wheel alignment, auto repair service, or tire need, and we'll have your car running smoother and safer for longer.



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BALD EAGLE

CREATURE FEATURES

- The national bird of the United States, it is the only eagle unique to North America.
- A Bald Eagle's eye is almost as large as a human's. Their eyesight is 4 times sharper than a human with perfect vision.
- Its skeleton weighs about 1/2 lb, only 5 to 6% of its body weight. Their bones are hollow. This allows the Bald Eagle to soar to altitudes of over 10,000 feet.
- Their beak tip is used for tearing. Bald Eagles kill their prey with their talons by penetrating flesh.
- A Bald Eagle's skin is protected by over 7,000 feathers lined with down. Their feet are cold resistant, consisting mostly of tendons.

Fact File	
Life Span	15 - 20 years
Weight	10 - 14 pounds
Body Height	30 - 37 inches
Wingspan	70 - 90 inches
Top Speed	30 - 35 mph
Wild Diet	Omnivore (Carnivore) Herbivore Fish, Other birds, Carrion



HOURS:
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10AM-3PM

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2025 SMSgt Release Party

Congratulations to all of our Senior Master Sergeant selects! Team Minot hosted a Senior Master Sergeant release party to celebrate their newest Senior Master Sergeants earlier this month.

U.S. AIR FORCE PHOTOS | MINOT AFB PA



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BAND OF MINOT PRESENTS
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MARDI GRAS

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FROM THE BEATLES
AND HYMNS FROM
THE EASTER SEASON



U.S. Bombers Complete Latest European Bomber Task Force 25-2 Deployment

U.S. AIR FORCE IN EUROPE - AIR FORCES AFRICA

RAMSTEIN AIR BASE, Germany -- After weeks of dynamic training and integration across Europe, Africa and the Middle East, four U.S. Air Force B-52H Stratofortress bombers and aircrews completed Bomber Task



A B-52H Stratofortress flies during a Bomber Task Force 25-2 mission, Feb 27, 2025. BTF deployments increase the ability of NATO Allies and partners to collaborate and operate in a joint, high-intensity environment, while building trust and improving readiness, responsiveness and integration.

U.S. AIR FORCE PHOTO | MASTER SGT. CHRIS HIBBON



U.S. Air Force pilots assigned to the 69th Expeditionary Bomb Squadron flies a B-52H Stratofortress aircraft across the U.S.CENTCOM area of responsibility for exercise SPARTAN SHIELD during BTF 25-2, Feb. 27, 2025. Bomber Task Forces increase the ability of NATO Allies and partners to collaborate and operate in a joint, high-intensity environment, build trust, and improve readiness, responsiveness, and integration.

U.S. AIR FORCE PHOTO | STAFF SGT. JASMONET HOLMES

Force 25-2 deployment operations and returned to Minot Air Force Base, North Dakota, March 17.

While deployed, the aircraft operated as the 69th Expeditionary Bomb Squadron out of RAF Fairford, United Kingdom. In total, the squadron completed 13 operational missions with more than 20 Allies and partners, including air and land forces from Europe, Africa, and the Middle East.

“Bomber Task Force missions reinforce our ability to rapidly project combat power, demonstrating U.S. lethality and readiness in a dynamic security environment,” said Maj. Gen. Joseph Campo, U.S. Air Forces in Europe – Air Forces Africa Director of Operations, Strategic Deterrence and Nuclear Integration. “Training alongside our Allies and partners ensures seamless integration, enhancing deterrence and warfighting capability across Europe, Africa, and beyond.”

Aircrews executed high-end training missions like FORTRESS HAIL, which enabled dynamic targeting alongside NATO forces over the Baltic Sea, followed by GBU-38 Joint Direct Attack Munitions drops that were guided by U.S. and Finnish Joint Terminal Attack Controllers at the Rovajärvi Range in Finland.

The B-52s also participated in long-range strike, air-to-air integration, and close air support missions, culminating in a historic low-pass over the Swedish Parliament to celebrate the one-year anniversary of Sweden’s accession to NATO.

BTF iterations remain a visible symbol of combat readiness, lethality, and commitment, enabling the Department of Defense to achieve ‘Peace through Strength.’

<p>EVERYDAY HAPPY HOUR - 3PM - 6PM</p> <ul style="list-style-type: none"> \$2 off All Apps \$3 House Wine & Domestic Pints \$4 Rail Drinks, ND Brewery Pints & 22oz Domestic Taps, 4 Lettuce Cups \$5 Moscow Mule \$6 Specialty Cocktails, Martinis & 22oz ND Breweries Taps ½ Flat Bread Pizza 	<p>DAILY SPECIALS</p> <ul style="list-style-type: none"> Monday \$5 Moscow Mules (all day) Tuesday \$4 ND Breweries (all day) Wednesday ½ Price Wine by the glass/bottle (all day) Thursday \$1 up for all Tall Taps (all day) Sunday BRUNCH (11am-2pm) \$7 TSR Bloody Mary & Caesars \$12 Bottomless Mimosas \$6 Breakfast Shots 	<p>FAMILY PACKS</p> <ul style="list-style-type: none"> Monday Pizza Pack Combo Tuesday Sandwich Pack Wednesday Chef Creation* Thursday Pasta Pack <p><small>*Changes Weekly - Check our Facebook Page</small></p>
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APRIL 18

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EVENTS THIS WEEK

\$6 HAMM'S & GRILLED CHEESE

Tuesday, April 1 at 4:00pm

TRIVIA NIGHT

Wednesday, April 2 at 9:00pm

FREE NACHOS

Thursday, April 3, 4:00pm-Close

TWINS HOME OPENER WATCH PARTY

Thursday, April 3, 3:00pm

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TWIN BABY BOY BORN ON MONDAY, MARCH 17, 2025 TO: MACKENZIE JOHNSON AND MATTHEW HERBST WILLISTON, ND

TWIN BABY GIRL BORN ON MONDAY, MARCH 17, 2025 TO: MACKENZIE JOHNSON AND MATTHEW HERBST WILLISTON, ND

BABY GIRL BORN ON MONDAY, MARCH 24, 2025 TO: JORRIDONNA HIGGINS AND AUSTRELL GUNTAULIB MAFB, 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.

Neighborhood HERO

Carrie Driver

Carrie Driver helps run multiple Minot AFB social media pages which are extremely informative to all, even those living off base. She volunteers weekly on base doing multiple events, one being feeding the Airmen who reside inside the dorms. She is always willing to lend a hand. Her husband currently serves as a Technical Sergeant (Tim Driver II) within Security Forces.

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Spring is in the air!

LISA GONZALES, AIR FORCE SAFETY CENTER

KIRTLAND AIR FORCE BASE, N.M. --

As the weather starts to warm, trees begin to bud, flowers begin to bloom, and bees buzzing is a sure sign that spring has sprung. With the warmer weather many outdoor enthusiasts will be heading outside to explore but remember mother nature can be unpredictable, and natural disasters or other spring hazards can happen quickly. Spring is the perfect time to make an emergency plan or review the one you have with your family members.

Make sure you plan ahead and prepare for whatever task you're tackling. Protecting yourself and using good risk management on- and off-duty. Every Airman or Guardian we lose to an off-duty activity hurts our mission, our force, and affects their family forever. Such losses severely impact operational readiness. As a warfighter, being mission ready means being ready at a moment's notice. You can't be ready at a moment's notice if you injure yourself riding a motorcycle or working on home improvement projects.

Whether spring cleaning or getting to those DIY projects put off for warmer weather done, or heading out to explore mother nature be proactive and make checklists of all the tools or gear you will need to get it done safely.

YOUR HOME

For many, the ritual of spring cleaning is a way to welcome the warm spring weather but remember to do it safely and never mix cleaning supplies as the results could be deadly. When cleaning, leave plenty of windows open, run a fan or ensure there is plenty of ventilation. Some cleaning supplies can create strong fumes and when mixed they can

form toxic gases that can cause respiratory distress, create an explosion, or even death.

Spring is also a great time to check the batteries in your fire and carbon monoxide alarms to make sure they are functioning properly. Consider building a checklist to help you organize projects and supplies. Being proactive and having a plan in place can help to eliminate injuries.

Home improvement DIY's can be tricky. Before starting, take a quick refresher course at your local hardware store or community college to make sure you have all the necessary tools to complete the project safely. Goggles, gloves, pants, long sleeve shirts and closed toe shoes should be on your list of supplies. Working in your yard or garden, pruning branches or weeding without these simple tools can lead to scratches, bruises or cuts. Remember to think of what supplies you will need before you start.

THE OUTDOORS

Heading outside to start your DIY project or hitting your favorite trails for some much-needed exercise? Remember hydration is the key in keeping your body healthy. Water helps the heart pump blood more easily through your body and helps your muscles work efficiently. You can become dehydrated even in cooler weather, so take breaks often and out of the sun. To avoid a sunburn, wear a hat, long sleeve shirt, sunscreen with an SPF of 30 or higher, and also consider sunglasses.

Did you know the sun's ultraviolet rays can contribute to cataracts? According to the National Eye Institute a new study firms up a link between the sun's damaging UV rays and a process called oxidative stress. In other words, UV light can substitute

for oxygen to trigger harmful oxidative reactions in the lenses of your eyes. So don't just protect your skin but also your eyes by wearing sunglasses with UVA and UVB protection.

For some, the anticipation of being outside in nature is the best part of spring. As the days get longer and the weather warmer, enjoying nature is good for the soul. However, Mother Nature can be fickle and change without warning. Be prepared for unexpected rain or snowstorms by having a plan in place and the equipment needed for any situation. Take extra jackets, food, water, and an emergency first-aid kit.

YOUR DRIVE

Frequent rainstorms can make spring driving just as dangerous as winter. Heavy, wind-swept rain can significantly reduce visibility and flood roads in a matter of minutes. Be prepared by checking the weather before you head out the door and verify your windshield wipers are working correctly.

Even though the snow and ice



are gone, another hazard on the roads are potholes that can be just as dangerous when it rains because they fill with water and are hard to detect. If your vehicle hits one, it can cause severe damage like punctured tires, bent rims or suspension damage that could lead to a traffic accident. Slow down in a controlled manner to reduce the impact if you see a pothole. Don't swerve to avoid it as you can cause a traffic accident. The glare of the sun and a dirty windshield makes it more difficult to see while driving. A dirty windshield scatters the light so make sure they are clean and that you wear polarized sunglasses to shield your eyes from the blinding sun. Also watch for other

drivers, motorcyclist, bicyclists or pedestrians, especially near intersections or driving through neighborhoods as children could be out enjoying the spring weather.

"As you prepare for spring weather, I want you to continue to use risk management in all your activities and watch out for each other." said William "Bill" Walkowiak, chief of occupational safety for the Department of the Air Force. "Keep each other safe as you venture out exploring nature or working those home DIY projects."

For more information on Spring Safety: <https://www.safety.af.mil/Divisions/Occupational-Safety-Division/Spring-Safety/>

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Brass Brand Mardi Graz celebration

BRASS BAND OF MINOT

The Brass Band of Minot will conclude its 2024-2025 season with a concert celebrating various spring holidays titled "A Bit of Mardi Graz" on Sunday, March 30th at 4:00 PM at Minot State University's Anne Nicole Nelson Hall.

The concert will begin with Hands Across the Sea, a toe-tapping march by John Phillip Sousa. The Beatles Gold, a medley of Beatles tunes including Eight Days a Week, Yesterday, and Yellow Submarine arranged by Jan Van Kraeydonck will follow. Next will be Arthur Benjamin's Jamaican Rumba, a fun little piece arranged by Anthony Spurgin, followed by another march, Them Basses by G. H. Huffine. Unusually, Them Basses lets the

lower-pitched instruments play the melody throughout while the higher-pitched instruments who usually dominate the medley provide color and flourishes but generally take the back seat. The concert will change mood with J.S. Bach's dramatic Come, Sweet Death which feels appropriately Lenten. The mood will change from mournful to celebratory in the Mardi Gras-like Dixieland-style Just a Closer Walk with Thee. The celebratory Praise to the Lord and an encore will conclude the concert.

The Brass Band of Minot is directed by Wayne Schempp and consists of brass and percussion players from northwest North Dakota who share a love of British-style brass band music.

Players range from high school students to professional music educators.

Brass Band of Minot concerts are free and open to the public though cash and check donations are very welcome and help pay for the band's expenses. The hall has a hearing loop system for hearing aid users and an elevator accessible from the east side of Old Main.

This project is supported in part by a grant from the North Dakota Council on the Arts, which receives funding from the state legislature and the National Endowment for the Arts.

The band will be back on October 19th for the first concert of its 2025-2026 season.

Trinity Health Foundation Moose Tag Raffle

TRINITY HEALTH FOUNDATION

Trinity Health Foundation is having a moose tag raffle to benefit a great cause. Proceeds from the raffle will benefit a new 3Dimensions™ Mammography System. These advanced machines deliver higher-quality 3D images and a more comfortable experience, helping women in our region with early breast cancer detection.

Here's how it works: One lucky winner will receive one (1) moose tag (for any moose, bull or cow)

with the drawing taking place at Trinity Health Foundation on March 31, 2025. You do not need to be present to win, and the raffle is open to both residents and non-residents of North Dakota. To participate, the winner must be 18 years of age or older.

Raffle ticket entries are \$50 per ticket. Tickets are available for purchase online by visiting www.trinityhealth.org/foundation/moose-tag-raffle/ or by calling Cody McManigal at 701-857-

2430. You can purchase multiple raffle tickets.

Limited tickets are available, so act fast if you want a chance to be randomly selected to win a moose tag. By supporting the raffle, we will be able to ensure that women throughout the region have access to early detection, significantly impacting the fight against breast cancer. Thank you for your support, and good luck to everyone in the raffle.

MINOT GUN SHOW

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 - MINOT, NORTH DAKOTA -



ARCHERY
 OUR REDEEMER'S CHURCH


Archery at Our Redeemer's Church begins on January 17th! The events are open to the community and free to participate in. Both adults and children are encouraged to attend, and anyone who can draw a bow is welcome to join!

If you're new to archery, equipment will be available for use, and instruction on safety and equipment will be provided. If you already enjoy the sport, feel free to bring your own bow of any kind (except crossbows). Take advantage of our full 20-yard range featuring 3D targets and 4x4 target butts (broadheads are not allowed).

We look forward to a fun season together!

Open Archery 6:30-7:30 pm
Adult Archery 7:45-9:00 pm

SCHEDULE:
 January 17 & 31 • February 7 & 21 • March 7 & 21
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Bomber Barons conclude exercise Red Flag 25-2

SENIOR AIRMAN KYLE WILSON, 5TH BOMB WING PUBLIC AFFAIRS



A U.S. Air Force B-52H Stratofortress assigned to the 23rd Bomb Squadron takes off during Red Flag 25-2 at Nellis Air Force Base, Nevada, March 13, 2025. Red Flag is an advanced aerial training exercise held several times a year which aims to prepare aircrews for real world combat situations.

U.S. AIR FORCE PHOTO BY SENIOR AIRMAN KYLE WILSON

NELLIS AIR FORCE BASE, Nev. --

The "Bomber Barons" of the 23rd Bomb Squadron concluded exercise Red Flag 25-2 here, March 21.

This iteration of the advanced aerial combat training exercise, which takes place annually at Nellis AFB, featured five B-52H Stratofortress bombers from the 23BS. The bombers deployed from Minot AFB, North Dakota, to participate in the exercise, which began on March 10.

"The mission of Red Flag is to enhance the combat readiness of our aircrews," said U.S. Air Force Col. Benjamin Jensen, 5th Bomb Wing deputy commander. "For most of our younger B-52 aircrews, this is their first time participating in Red Flag; they can take the lessons learned here and apply them in the execution of our global strike mission back at home station."

From March 10-21, the "Bomber Barons" flew over 30 simulated combat sorties totaling over 96 flight hours and integrated with a wide array of allies, partner nations and joint forces, which included the U.S. Navy, U.S. Marine Corps, the United Arab Emirates, Saudi Arabia and Turkey.

"One of the key takeaways from this exercise has been that communication is key," Jensen explained. "Our B-52 aircrews are called upon to execute missions around the world; coming here

and executing in a large-force environment has been a great experience in preparation for the next mission."

The opportunity to conduct integrated training during exercises like Red Flag 25-2 is vital to reinforcing and validating the collective warfighting capabilities of the United States, as well as the allies and partners who participate.

"It's been a great experience working with our allies and partners during Red Flag 25-2," said Jensen. "All of the teams here

have been extremely professional, and the collaboration with them will prove very beneficial in the event of future conflicts when we have to operate as a coalition."

The conclusion of Red Flag 25-2 marks another successful demonstration of the 23BS's ability to cohesively integrate with allied forces. As the "Bomber Barons" return to Minot AFB, they bring with them invaluable experience that will enhance their ability to execute real-world missions across the globe.



A U.S. Air Force B-52 Stratofortress assigned to the 5th Bomb Wing, Minot Air Force Base (AFB), North Dakota, arrives to Nellis AFB for Red Flag-Nellis 25-2, March 10, 2025. Red Flag provides unique training with an emphasis on Airmen and Guardians' readiness for high-end warfighting and strategic competition.

U.S. AIR FORCE PHOTO BY WILLIAM R. LEWIS



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Minot AFB Intramural Basketball



Monday March 17
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6:00pm 891 MSFS L(60) VS 91 MSFS W(71)

Tuesday March 18
5:00pm 5 MXS L(66) VS 5 FSS W(110)
6:00pm 891 MSFS W(73) VS OG FIRE L(52)
7:00pm 705 MUNS L(36) VS 91 MSFS W(52)

Wednesday March 19
5:00pm 91 MSFS W(07) VS OG FIRE (F*)
6:00pm 5 FSS W(75) VS 705 MUNS L(50)
7:00pm 5 MXS L(35) VS 891 MSFS W(66)

Thursday March 20
5:00pm 705 MUNS L(57) VS 5 MXS W(65)
6:00pm 5 FSS W(80) VS 91 MSFS L(74)

(F*) Forfeit

A LOOK BACK THIS WEEK IN USAF HISTORY

YB-52 STRATOFORTRESS FLIES ITS MAIDEN VOYAGE
APRIL 15, 1952



The YB-52 Stratofortress was the first B-52 prototype to take flight, marking a new chapter in US nuclear deterrence. (Robert F. Dorr Collection)

On April 15, 1952, the Boeing YB-52 Stratofortress prototype became the first of its kind to take flight. While the XB-52 was actually the first prototype that Boeing created, it was not operational until October of 1952 due to ground testing damage, making the YB-52 the first Stratofortress in the sky. The prototype, which was piloted by Alvin 'Tex' Johnston and Lt. Col. Guy Townsend, took off from Boeing Field in Seattle, Washington. After 2 hours and 51 minutes of in-flight system checks and flying at 25,000 feet, the Y-B52 successfully landed at Larson Air Force Base, Washington. At the time, this set the record for the longest first flight in Boeing's history. A long line of bomber models came after the X and Y-B52s, eventually landing on the last and most current model: the B-52H. The first flight of the B-52 was the beginning of a new generation of bombers that would aid the USAF in nuclear deterrence for over 60 years.

Information courtesy of: Air Force Nuclear Weapons Center / historylink.org

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by Patricia Stockdill

FISHING:

Lake Sakakawea elevation, March 25: 1,831.52 feet above mean sea level (MSL); 17,000 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.46 MSL.

• Stump Lake elevation: 1,449.38 MSL.

• N.D. Game & Fish Dept. game wardens: No reports from Lake Sakakawea, Devils Lake, or area north-central lakes.

• Devils Lake, Woodland Resort, Devils Lake: A few anglers still walking onto Devils Lake but limited reports.

• Lake Darling, Karma C-Store, Ruthville: No reports from Lake Darling and Lake Audubon with anglers generally waiting for open water.

• Lake Metigoshe, Four Seasons, Bottineau: Limited numbers of anglers walking onto Lake Metigoshe with some pike success yet. Not much walleye activity.

• Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: A few anglers walking onto the ice on Douglas Bay on the east end of Lake Sakakawea for walleye. Test ice with deteriorating conditions; it will vary and can change quickly. No pike reports. Ice deteriorating on Lake Audubon and no activity. Missouri River tailrace remains fair for walleye from boats.

• Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Use extreme caution with deteriorating shoreline conditions. Improving pike success on the east end of Lake Sakakawea but not much walleye activity. No reports from Lake Audubon.

• Lake Sakakawea, New Town: Increasing pike hook-and-line success on the Van Hook Arm but test ice and use caution along shorelines. Look for some improving success, including from shore when shorelines open up and pike spawn moves closer. Some late season walk-on walleye

Thanks to Woodland Resort, our Outdoors Report sponsor, for helping keep readers up-to-date on happenings throughout the region. For complete details about fishing Devils Lake and its array of recreational opportunities visit their website, (www.woodlandresort.com), Facebook at (facebook.com/woodlandresortDL), telephone (701) 662-5996, extension 1, or email (woodlandresort@gondtc.com). They're located at 1012 Woodland Drive, Devils Lake, N.D. 58301.



- March 28 – March 30: Minot Rifle & Pistol Club Gun Show, N.D. State Fair Center, 5 p.m. to 8 p.m. Friday, 9 a.m. to 5 p.m.. Saturday, & 9 a.m. to 3 p.m. Sunday.
- March 29: Coteau Hills Rocky Mtn. Elk Foundation banquet, Grand Oasis Hotel, Minot, 5 p.m.
- April 1: New fishing, hunting, and trapping licenses due. Go to the Game & Fish Dept. website, (gf.nd.gov), for information and purchases.
- April 9: Registration opens for two Lake Metigoshe State Park Fly-fishing/fly-tying workshops in June. Go to, (<https://bit.ly/LMSPShowClix>), for information and registration.
- April 11: Badlands Toms Nat'l. Wild Turkey Federation banquet, Outlaws Bar & Grill, Watford City, 5 p.m.
- April 12: Spring turkey season opens.
- April 12: Williston Ducks Unlimited banquet, Upper Missouri Valley Fairgrounds, Williston, 5 p.m.
- April 12: Maple Sugaring Day, Fort Stevenson State Park, Garrison, beginning at 10 a.m. Contact the park, (701) 337-5576, for details.

activity but watch ice conditions as shorelines deteriorate.

• Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace continues producing walleye from both boats and shore.

• Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Missouri and Yellowstone rivers producing a few catfish and walleye but water is muddy with runoff. Boats can access at the confluence and Hwy. 85. No activity on the upper end of Lake Sakakawea or area lakes with poor ice conditions.

• North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Unsafe ice conditions and open

water along shorelines on area lakes shutting down activity until open water.

LIGHT GOOSE MIGRATION:

• Good numbers of snow geese along the open water of the Missouri River system. A few scattered birds moving into northwest N.D. and around the Bottineau area but few reports of birds in other areas of north-central N.D. or around Devils Lake earlier in the week.

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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THE 2025 AIR FORCE ASSISTANCE FUND KICKS OFF AT MINOT AFB

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS WESLEY DAVIES



Team Minot Airmen gather at the 2025 Air Force Assistance Fund campaign kickoff event at Minot Air Force Base, North Dakota, March 19, 2025. The Air Force Assistance Fund campaign is an annual event that raises money for charities supporting Airmen and their families when in need.



U.S. Air Force Col. Jesse Lamarand, 5th Bomb Wing commander, delivers a speech on the importance of the Air Force Assistance Fund for Airmen at Minot Air Force Base, North Dakota, March 19, 2025. The Air Force Assistance Fund was established in 1942 for "Airmen helping Airmen" and has assisted Airmen and their families for over 50 years.



U.S. Air Force Col. George Chapman, 91st Missile Wing deputy commander, gives a speech at the 2025 Air Force Assistance Fund campaign kickoff event at Minot Air Force Base, North Dakota, March 19, 2025. The Air Force Assistance Fund provides aid to Airmen through its four charities: the General and Mrs. Curtis E. Lemay Foundation, Air Force Villages Charitable Foundation, Air Force Enlisted Village, and Air Force Aid Society.



Team Minot Airmen listen to speeches made by Minot leadership at the 2025 Air Force Assistance Fund campaign kickoff at Minot Air Force Base, North Dakota, March 19, 2025.



U.S. Air Force Captain Brianna Kelley, 69th Bomber Squadron weapon systems officer, delivers opening remarks at the 2025 Air Force Assistance Fund campaign kickoff at Minot Air Force Base, North Dakota, March 19, 2025. The Air Force Assistance Fund campaign is an annual event that raises money for charities supporting Airmen and their families when in need.

Come learn about our organization and our affiliated organizations by stopping by before one of our meetings!

MINOT MASONIC CENTER

Come learn about Freemasonry and its community of appendant organizations by attending a meet-and-greet session with our members before one of our regularly scheduled business meetings!

Monthly Business Meeting Schedule • Meet-and-Greets

- Blue Lodge - 1st and 3rd Mondays at 6:00PM**
- Shriners - 2nd Wednesday at 6:00PM**
- Scottish Rite - 1st Wednesday at 6:00PM**
- Eastern Star - 1st and 3rd Tuesdays at 7:00PM**
- Prince Hall - 2nd Saturday at 9:00AM**

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All About Pets

Budget Friendly Enrichment

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

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

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

ASPCA Photo

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

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

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2025 DoD Annual Tenant Satisfaction Survey



SAMANTHA MENDOZA, GS-12, USAF
PRIVATIZED HOUSING RESIDENT ADVOCATE
5TH BOMB WING



The FY25 Department of Defense (DoD) Annual Tenant Satisfaction Survey is now open and will run through May 1. This survey gives Minot Air Force Base housing and dorm residents (new this year) the opportunity to provide valuable feedback that directly impacts the future of military housing.

Residents have two options available to obtain and complete a survey:

1. CEL and Associates, Inc will send out surveys via your Air Force email or the one on file with the leasing office. The message is from AirForceHousingSurvey@celassociates.com and is good for completion of one survey.

2. Use the QR Code to request text notification of survey availability.

The survey results help Department of the Air Force leadership and project owners identify areas for improvement, ensuring the long-term sustainability and quality of housing for service members and their families. All responses are completely confidential. CEL & Associates, the independent firm conducting the survey, will handle all responses, and no identifying information will be shared with the Air Force.

This feedback is essential in shaping the future of base housing/dormitories. For any housing concerns or questions, residents can contact the Resident Advocate at 701-818-7075 or on Facebook at Minot AFB Resident Advocate.

NOTES ON BEING SAFE

HOW TO READ SAFETY DATA SHEETS



SSGT JOE VERGARA
5TH BOMB WING
NCOIC OCCUPATIONAL SAFETY



Chad was applying an epoxy sealer to the floor of a small production room when he started feeling nauseous and dizzy. He thought back to his supervisor's last words: "Remember to check the SDS, Chad, and be sure you take the right precautions." And he had checked the SDS. But the technical jargon was too much to sift through, so he thought he'd just take his chances with gloves and safety glasses. Unfortunately for Chad, he needed to wear a respirator for this particular job—he was informed of that when he came to. He had passed out from breathing toxic fumes.

TRAINING IS THE KEY

The safety data sheet (SDS) is the key to communicating hazards and safe handling procedures of chemicals your workers use on the job. But, this information is only helpful if your employees are trained to comprehend the sometimes technical information. As OSHA puts it: "Giving an employee a data sheet to read does not satisfy the intent of the standard with regard to training." It is therefore your job to make sure the SDS is understandable.

HAVE A LESSON PLAN

Before you begin your training session, you will need to organize the information and develop appropriate handouts. Since most companies use large numbers of chemicals, it is virtually impossible to train your employees on each one. Instead, group the chemicals by categories that make sense for your operation, such as solvents, acids, bases, gases, etc. Then you can deal with additional information about individual substances within each group. Make copies of sample SDSs for each chemical group and highlight the important information. Have on hand a corresponding container label. Have a second handout that provides a glossary of terminology used on SDSs. If you can, make overheads of these handouts.

CRUCIAL INFORMATION

Start off by explaining what the SDS is and why it is so important. Tell employees that these sheets contain vital safety and health information about each chemical in the workplace, such as:

- Exposure limits
- Health effects of overexposure
- Safe handling procedures
- Emergency procedures
- Personal protective equipment
- Engineering controls

Explain that the chemical manufacturer is required to provide an MSDS with each chemical that arrives in the workplace. Tell your employees where these sheets are located and how to access them (additional training may be needed if your MSDSs must be retrieved from a computer database).

SECTION BY SECTION

Next review the sample SDS that you have just handed out. Ask what each term means and have employees look it up in the glossary handout. The following is a section by section description of the basic terminology that can help you develop your definitions:

SECTION I

Contains contact information about the chemical manufacturer, which can be important in the event of an emergency.

SECTION II - HAZARDOUS

INGREDIENTS/IDENTITY INFORMATION

Both the scientific name and the common name of the chemical are listed here. Also, the following exposure limits are covered: OSHA PEL—OSHA's "Permissible Exposure Limit" - The maximum amount of the chemical that an employee can be exposed to without danger over a typical 8 hour day. ACGIH TLV—"Threshold Limit Value" - Another safe exposure limit set by the American Conference of Governmental Industrial Hygienists. (Explain how you monitor exposure limits at your worksite)

SECTION III—PHYSICAL/CHEMICAL CHARACTERISTICS

- What the chemical normally looks and smells like and possible danger signs
- Boiling Point—Temperature at which the liquid turns into a gas
- Vapor Pressure—How easily the chemical evaporates (the higher the number, the faster it evaporates which can cause dangerous vapors in the air)
- Vapor Density—If the vapor will rise (below 1) or sink (above 1) in the air
- Evaporation Rate—Another measurement of how quickly a liquid or solid turns into a gas (the higher the number, the faster the rate)
- Specific Gravity—Whether the chemical will sink in water (above 1—will sink; below 1—will float)
- Solubility in Water—How much of the chemical will dissolve in water

SECTION IV—FIRE AND EXPLOSION HAZARD DATA

What might cause a fire or explosion and how to put out a fire. Flash Point—The lowest temperature at which the vapors could catch fire if ignited by a spark or some other source Flammable Limits—The minimum and maximum percent of vapor in the air that could catch fire if ignited LEL and UEL—Lower and upper explosive limits - The minimum and maximum percent vapor in

the air that could explode if ignited (Review safety procedures for minimizing risk of ignition, such as sparks)

SECTION V—REACTIVITY DATA

Describes what could happen if the chemical mixes with water, air or other chemicals. Stable or Unstable—How easily the chemical changes or breaks up Incompatibility—If the substances listed here are mixed with the chemical, a hazardous reaction will occur. Hazardous Decomposition or By-products - Dangerous chemicals that can be formed when the substance breaks down or reacts

SECTION VI—HEALTH HAZARD DATA

How the chemical enters the body (such as inhaling, swallowing or through the skin) and what health problems it could cause. Acute—A reaction that shows up right after exposure, such as a rash Chronic—A reaction that develops over time, such as cancer Carcinogen—Substance known to cause cancer at certain exposure levels

SECTION VII—PRECAUTIONS FOR SAFE HANDLING AND USE


Explains how to properly handle, store and dispose of the chemical. Also, what steps to take if there is an accidental spill or release.

SECTION VIII—CONTROL MEASURES


Describes what type of respirator to use and how to maintain proper ventilation. It also recommends appropriate personal protective equipment, such as safety eye gear, gloves, and other protective clothing. This section should be emphasized and covered thoroughly.

INFORMED EMPLOYEES

Encourage your workers to take the time to read the SDS and label before using any chemical. The detailed information will help them feel confident that they can safely handle these substances without harming themselves.



It's time for the FY25 Department of the Air Force's Annual Tenant Satisfaction Survey. Are YOU In?



Opt-In from your cell phone now to receive your Survey via text message.*

*U.S. phone numbers only at this time

The survey is being conducted online and is being administered through a third party, CEL & Associates, Inc. (CEL). All households living in privatized, or government managed Air Force Family or Unaccompanied Housing are invited to participate in the survey, and this is your opportunity to provide feedback on your housing and community. Households will also receive the survey via email but only one survey per household can be submitted or room/bed for Unaccompanied Housing. All surveys submitted are confidential and anonymous. For more information contact your Military Housing Office or management office for privatized housing.

OMB CONTROL NUMBER: 0704-0553 OMB EXPIRATION DATE: 05/31/2025

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Pop Culture Vendors • Draw Offs • Cosplay Contests (skit & handcrafted, cash prize) • D&D • Magic The Gathering

Warhammer • Pinewood Derby Races: Ultimate Fandom Showdown • Nosferatu Movie Screening WITH Doug Jones (Friday, April 25, only at Oak Park Theater)

• Gaming Tournaments (Mario Kart, Super Smash Bros Ultimate, Tekken 8, Fortnite, Street Fighter 6, Mortal Kombat) • Rock Paper Scissors Competition

• 1966 Batmobile • Paranormal Investigators ND • Panels • And More! Volunteer opportunities also available. Learn more at imagiconnd.com

Military Appreciation Day: Friday, April 25, 2025 - 1/2 off admission for those with military id



MINOT AFB PHARMACY

How YOU can communicate with US!

Do you need to ACTIVATE a new prescription?

Here are three ways to ACTIVATE a prescription at Minot AFB Pharmacy:

- MHS GENESIS Patient Portal**
<https://patientportal.mhsgenesis.health.mil>
 - Using the link or QR code
 - Click on 'Message' tab
- Q-Anywhere**
 - Text "Get in line" to 1-833-274-5419
- In Person**
 - Come pull a ticket at the pharmacy and wait for your number to be called

Do you need to REFILL an existing prescription?

Here are two ways to REFILL a prescription at Minot AFB Pharmacy:

- MHS GENESIS Patient Portal**
<https://patientportal.mhsgenesis.health.mil>
 - Use the link or QR code
 - Click on 'Rx Refills' tab
- Automatic REFILL Hotline**
 - Call 1-701-937-4688
 - Follow the prompts

*If you are out of refills, a new prescription will need to be activated. Please contact your provider to get started.

Do you need to COMMUNICATE with your pharmacy team?

Here are three ways you can COMMUNICATE with pharmacy staff:

- MHS GENESIS Patient Portal**
<https://patientportal.mhsgenesis.health.mil>
 - Using the link or QR code
 - Click on 'Message' tab
- Q-Anywhere**
 - Text "Get in line" to 1-833-274-5419
- In Person**
 - Come pull a ticket at the pharmacy and wait for your number to be called



MHS Genesis Patient Portal



Q-Anywhere

Duty Hours
Monday - Friday:
0730-1215 & 1315-1630

Saturday: CLOSED
Sunday: CLOSED



For the latest information on MDG closures and news, please visit our Facebook page at: facebook.com/5thMedicalGroup



For **emergent** needs, visit us in person. You can also call the appointment line at 1-701-723-5633 and a request will be sent for a member of our team to call you back within 48-72 hours!

Army & Air Force Exchange Service Brings Military Community Together to Honor Vietnam War Heroes

ARMY & AIR FORCE EXCHANGE SERVICE PUBLIC AFFAIRS

As a 50th Anniversary Vietnam War Commemorative Partner, the Army & Air Force Exchange Service will host pinning ceremonies for the final time at PXs and BXs around the world to honor and recognize Vietnam War-era Veterans.

The Commemoration of the 50th anniversary of the Vietnam War was authorized by Congress, established under the secretary of defense and launched in 2012 to thank and honor Vietnam Veterans and their families through Veterans Day 2025.

Veterans who served on active duty from Nov. 1, 1955, to May 15, 1975, are eligible to receive

a commemorative lapel pin inscribed with "A Grateful Nation Thanks and Honors You." Local ceremonies will be held at PXs and BXs on or near March 29, National Vietnam Veterans Day.

"Team Exchange is truly honored to once again celebrate the selfless service of Vietnam War-era Veterans who served with distinction," said Exchange Director/CEO Tom Shull, a Vietnam-era Army Veteran. "It is a privilege to join a thankful nation as we show our deepest appreciation and support for these heroes."

To find a ceremony, Veterans are encouraged to visit the

Exchange's community Hub at <https://publicaffairs-sme.com/Community/vietnam-commemoration/> or their local Exchange's social media pages. Veterans who typically do not have access to installations should contact their local Exchange for information on attending a ceremony.

The Exchange has been a Commemorative Partner with the Vietnam War Commemoration since 2013, planning and conducting more than 400 events and activities recognizing the service, valor and sacrifice of Vietnam Veterans and their families.



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VOLUNTEER OPPORTUNITIES

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

Youth Center Volunteers Coaches & Referees
The Youth Center is looking for volunteer coaches and referees for the upcoming indoor basketball and cheer season. The season will take place from 7 April-23 May 2025. Looking to fill the following spots for each age group:
-Ages 3-4: 4 Coaches (Basketball only)
-Ages 5-6: 4 Coaches
-Ages 7-8: 4 Coaches
-Ages 9-12: 4 Coaches
If you're interested in volunteering for the indoor basketball or cheer season, please respond with the position and age group you're interested in being a part of.
POC: Joshalyn Richardson, Civ, USAF
Youth Sports & Fitness Director,
5th Force Support Squadron
DSN: 453-2838 • COMM: 701-723-2838

Quality Improvement Team Volunteer
Quality Improvement Team- People who are connected within the community from a youth perspective. These community members must be wanting to improve the quality of the youth center, programs, and events. Come to the meeting with input. This is also open to children ages 5-12 so that their perspective can be included in these talks for youth. Quarterly meetings. We need as many community and family members as possible.
POC: Kathryn Sullivan and Haley Hjelden: 701-723-2838

Safe Ride Volunteers
Safe Rides (AADD) formerly known as Airman Against Drunk Driving is seeking volunteers!!!
POC: MSgt Nataja S. Cummings
723-1124, Nataja.cummings@us.af.mil
mafb.aa.dd@us.af.mil

Meal on Wheel Volunteers
On behalf of the Hispanic Allies organization, we'd like to offer a volunteer opportunity to help our community. We're working with "Meals on Wheels" to help feed elderly members in our community. If you're interested in volunteering, please let us know. The Meals on Wheels delivery is every Tuesday & Friday. Volunteers can show up at the venue from 1045 to 11am. The route is simple, and it takes 45 min to 1hr, 2 members preferred. No supplies required. The address is 21 1st Ave SE B, Minot, ND 58701 at the Minot Commission on Aging. Please sign up using the following hyperlink: <https://volunteersignup.org/4E7QM>
POC: SrA Bermúdez,
brian.o.bermudezcartagena.mil@health.mil, 723-5184.

Junior Achievement Volunteers
Volunteers are needed to help get the message of the free enterprise system out to young people in our community. The Junior Achievement (JA) program has been facilitated through the Minot Area Chamber EDC since 1997. The program is designed to help students become work ready, financially literate and to provide hands-on activities from an outside resource. Businesspeople like you come into the classroom once a week for five weeks for up to an hour each week. The commitment also includes preparation time. The lesson plans are provided by JA with a kit of age-appropriate material designed to make the experience an easy one for us non teachers.
POC: Carla @ 701-857-8205 or carla@minotchamberedc.com.

Caring Edge Hospice Volunteers
Caring Edge Hospice is looking for volunteers to assist with a wide range of support. It's an honor to be part of our patients' and their families' journeys. Making connections with our amazing hospice team is just one of the many personal and professional rewards you'll experience through the gift of volunteering. Our team and community would like to offer that gift to the Airmen at Minot AFB. Feel free to reach out to me with any questions, and/or if you or someone you know would be interested in volunteering via email
POC: Danielle Hilzendeger
Danielle.Hilzendeger@caringedge.com
Office No.: 701-354-7959

Civil Air Patrol Magic City Composite Squadron Volunteers
Learn aviation or bring your experience as a volunteer emergency responder. Serve the local community while flying in Cessna aircraft, piloting small unmanned aerial systems, and/or conducting physical and electronic ground search. Additionally, opportunities are available to teach cadets ground search and rescue, aerospace, cyber, and military professionalism. Make plans to visit at a weekly meeting, 6:30 pm, Tuesdays, upstairs at Avflight Minot.
POC: Maj. Jeffrey Slocum 701-360-5948
021cc@ndwg.cap.gov | nd021.cap.gov

Red Cross Volunteers
The 5th MDG at MAFB is looking for participants to work as a Red Cross volunteer.
POC: Lorie Herbel, Regional Program Manager,
Service to the Armed Forces
American Red Cross – Minnesota and Dakotas Region
2602 12th St N. Fargo, ND 58102
701-405-3342

Smart Girls Volunteers
Smart Girls - is a small-group health, fitness, prevention/education and self-esteem enhancement program designed to meet the developmental needs of girls in three age groups, spanning ages 8 to 18. Through dynamic sessions, participatory activities, field trips and mentoring opportunities with adult women, Club girls explore their own and societal attitudes and values as they build skills for eating right, staying physically fit, getting good health care and developing positive relationships with peers and adults. Time: 3:30-4:00 Every Wednesday. 2 Volunteers needed
POC: Meghan Langan or Jacorryn Wyatt: 701-723-2838

Passport 2 Manhood Volunteers
Passport 2 Manhood - represents a targeted effort to engage young boys in discussions and activities that reinforce character, leadership and positive behavior. Each participant receives a "passport" to underscore the notion that he is on a personal journey of maturation and growth. Each of the program's 14 sessions use interactive activities to focus on a specific aspect of character and manhood. It also includes a service project where boys learn the importance of giving back to the community. Time: 3:30-4:00 Every Wednesday. 2 Volunteers needed
POC: Meghan Langan or Jacorryn Wyatt: 701-723-2838



CHURCH DIRECTORY

Chapel Services at MAFB

North Plains Chapel
290 Peacekeeper Pl
(across from North Plains Elementary School)

Protestant Community Service Times:
Traditional Service 9:00am
Breakfast Fellowship 10:00am
Contemporary Service 11:00am
(Holy Communion 1st Sunday)
Children's Church available

Northern Lights Chapel
230 Missile Ave
(across from Rockers)

Catholic Mass
Sunday 1000
Daily Monday-Friday 1200

Open Circle (Wiccan/ Neo-Pagan)
1000 on 1st & 3rd Saturdays

Hof (Norse Pagan)
1700 on 2nd & 4th Wednesdays

St. Peter The Aleut Eastern Orthodox Church

**109 6th St. SE
Minot • 838-3094**

Saturday, March 29
5PM, No Vespers

Sunday, March 30
10AM, Congregational Prayer Service



OUR SAVIOR LUTHERAN CHURCH
3705 11th St. SW
Minot, ND 58701
701-852-6404
www.oslcmminot.com
Rev. Rick Jones

Sunday Worship
8:15am Traditional Service
9:30am Contemporary Service
9:30am Sunday School & Adult Bible Study
11:00am Contemporary Service (w/Livestream)

Wednesdays 6-7pm
Adult Choir
OSKids (age 4-5th grade)
Confirmation (grades 6-8)
Psalm 23 Teens (6-8pm)
Lenten Worship (7pm)



An Evangelical Free Church
3500 4th St. SW • 839-5127
(Just North of Super Wal-Mart)

Sunday School & Fellowship 9:00 a.m.
Worship 10:30 a.m.

www.trinitychurchminot.org

Bible Fellowship Church

Worship Service
10:45am Sundays

Sunday School
9:45am

1720 4th Ave NW, Minot
838-0916
MinotBibleFellowship.org



Vincent United Methodist Church

1024 2nd St. SE • 838-4425
Behind Town & Country Shopping Center
Come As You Are!

Sunday School 9:00 a.m.
Sunday Worship Service 10:00 a.m.
Fellowship 11:00 a.m.

www.vincentumc.com



Faith United Methodist Church

5900 Highway 83 N, Minot
www.faithumcminot.com

Pastor Rick Craig
701-838-1540

Sunday School (All Ages): 9:45 a.m.
Sunday Coffee Fellowship: 10:30 a.m.
Worship Services: Sunday 11 a.m.

Cornerstone Presbyterian Church

1000 NE 3rd Street
852-0315

Sunday Schedule
Contemporary Worship 9:00am
Sunday School (All Ages) 10:00am
Traditional Worship 11:00am

Wednesday Evening Schedule
Community Dinner 5:30-6:30pm
Contemporary Worship 6:30pm
Youth Group & Small Groups.. 7:15pm
All are Welcome!
www.cornerstoneminot.com

To Advertise your Church in this space.

Call 839-0946

Only \$9.00 a space / per week

Immanuel Baptist Church

1615 2nd St. SE
www.ibcminot.org
701-839-3694

SUNDAY 9:00am Coffee Fellowship
WEDNESDAY 11:30am Soup Kitchen
9:15am Sunday School 5:30pm Family Supper
10:30am Worship 6:30pm Adult Bible Study, IBCY, Kids' Club

Pastor Brian Keithline

To Advertise your Church in this space.

Call 839-0946

Only \$9.00 a space / per week

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

To Advertise your Church in this space.

Call 839-0946

Only \$9.00 a space / per week



JOURNEY CHURCH

ASSEMBLY OF GOD

1805 2nd St. SE
838-1111

Sunday Services
8:00 am | 9:30 am
11:00 am

Minot Baptist Church

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

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

Independent/Fundamental/KJV
500 46th Ave NE • 839-1351
Pastor David Miller



Cross Roads Baptist

Southern Baptist Convention

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

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

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



West Minot Church of God

Family Worship Center

1105 16th St. NW • 839-1407

Sunday School 9:30 a.m.
Sunday Worship 10:30 a.m.
Children's Church & Nursery
Wednesday Family Training Hour
Meal 5:30p.m.
Classes for All Ages 6:30 p.m.
Youth Center, Friday 7:00 - 11:00 p.m.
ABC Child Care Center 852-6352

westminot.com
facebook.com/westminot

St. Mark's Lutheran Church

Missouri Synod

Sunday Divine Service 9:30 AM
Morning Bible Study and Sunday School 11:00 AM
Wednesdays
Kid Connection 6:00 PM

Reverend Philip Beyersdorf
2209 4th Avenue NW, Minot, ND
839-4663
www.minotstmarks.com
Join us on facebook

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 a.m.
Wed. AWANA (Sept. to May) 6:30 p.m.
Fridays, Celebrate Recovery 7:00 p.m.

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

Apostolic Faith Church, UPCI

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

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

Jesse Starr, Pastor




Grace Baptist Church of Minot

A Reformed Baptist Church

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

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

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Sundays:
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www.ourredeemers.org

ORCS Preschool

Our Redeemer's Christian School's Preschool Program will be starting its 38th year the fall of 2025 and we would love to have your child be a part of it!

HIGHLIGHTS OF OUR PROGRAM

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

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




Gospel Tabernacle Community Church

9999 27th St NE
4 miles south of MAFB
James W. Henderson
Anna B. Henderson

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

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

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Revisions MADE UPON NOTICE FROM THE CHURCH

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NORTHERNSENTRY.COM



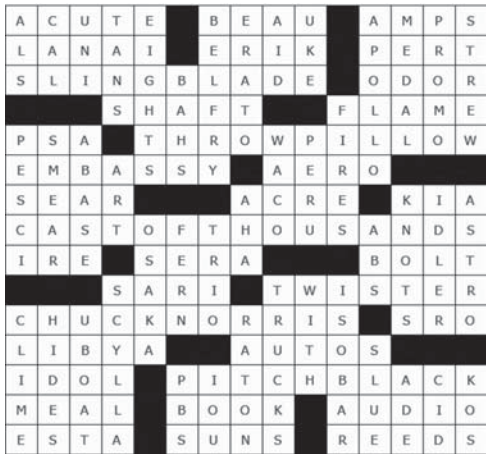
OUR REDEEMER'S CHURCH

OUR REDEEMER'S CHRISTIAN SCHOOL

700 16th Avenue SE
Minot, ND 58701
info@orcsknights.org • 701-839-0772
www.orcsknights.org

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.



SUDOKU

Solution to puzzle on page C9

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

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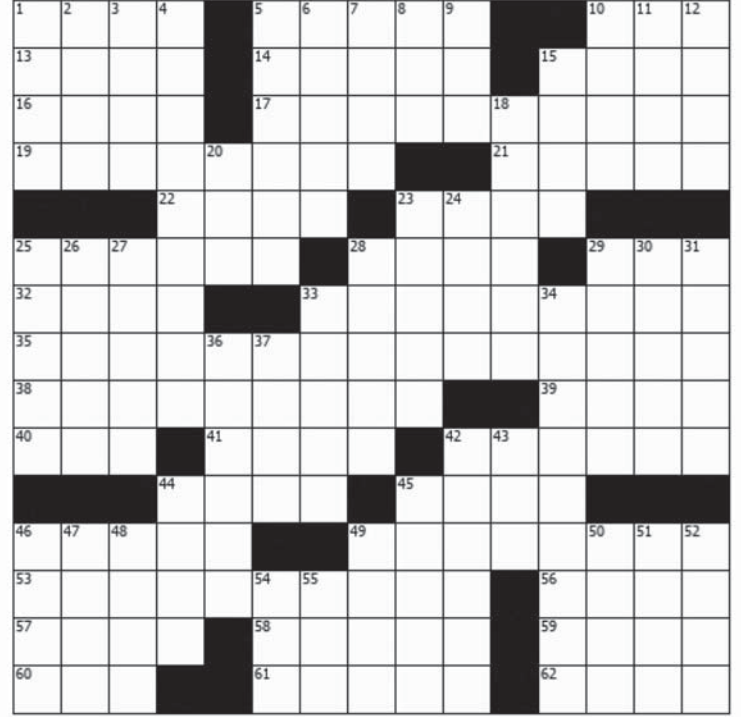
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FOLLOW US ON FACEBOOK
 1219 BURDICK EXPY EAST MINOT, ND
rooseveltparkzoo.com
 701-857-4166

CROSSWORD PUZZLE

Across

- Cronies
- Skyrockets
- Business address abbr.
- Reached Dulles, e.g.
- Inuit's abode
- It's got you covered
- On a carrier
- Play up to the audience
- Skaters do them
- Itty-bitty bits
- Epochs
- Gush out
- Aboriginal
- Out-of-favor apple treatment
- Job application datum (Abbr.)
- Certain sun shade
- Bouquet
- Movement leaders
- Carries on
- Part of the Atkins diet
- Words with jam or hurry
- Of common origin
- Causes concern
- Wood strip
- "They ___ With Their Boots On" (1941 film)
- Point in question
- Town assemblies
- Total cessation
- Kinks' lady of song
- When doubled, a celebrated panda
- Exhibit's backer?
- Vientiane locale
- Before, in sonnets
- Formula of belief
- Resistance units



Down

- "I Kid You Not" personality
- Word with ran or known as
- In ___ of
- Assertion
- A wink or a nod, perhaps
- Frightful giants
- "Ah, me!"
- One-time White House nickname
- Nursery offering
- Game for those with less than a full deck
- Frank's daughter
- Remnants
- Put in a receptacle
- Rugged mountain range
- CPA's suggestion
- Quarry units
- One for the books
- "With Honors" actor
- Boca ___
- Mrs. Trump, once
- Shakespearean forest
- Scrooge's expression
- "Take a powder"
- Termitaria, e.g.
- It may be forbidden
- Certain edentate
- Placed a call
- "(You're) Having My Baby" singer
- "Do the Right Thing" actor
- Net judge's call
- Chinese dynasty (960-1279)
- Struck out, editorially, perhaps
- Place of refuge, perhaps
- Get it all together?
- Not certifiable
- ___ en scene (stage setting)
- Old Testament name
- Grab hold
- Lip service
- Wall St. police
- Feather partner

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FLIGHT RISK
 (2025) Action, Crime, Drama, Thriller (R)

MOANA 2
 (2024) Animation, Adventure, Family (PG) **HELD OVER**

DOG MAN
 (2025) Animation, Adventure, Superhero, Action (PG)

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1500 4TH AVE NW, MINOT, ND

YOUTH IN ACTION

Month of the Military Child kicks off at Magic City Discovery Center

MAGIC CITY DISCOVERY CENTER

Minot, N.D. – The Magic City Discovery Center is proud to support military families by offering free admission to all active-duty military personnel and their families, including the National Guard and Reserve, from Sunday, April 6th through Saturday, April 12th. Military families can enjoy a week of hands-on learning and play simply by presenting a valid military ID at the front desk.

April is the Month of the Military Child, a nationwide observance established by the Department of Defense to recognize the resilience, sacrifices, and contributions of military children. These young individuals often face frequent relocations, long periods of their parent being deployed, and unique challenges that come with military life. This event allows the Magic City Discovery Center to give back to these families and provide a place where children can discover, create, explore, and play in a fun and interactive environment.

The Magic City Discovery Center has a special connection to the military community. The Department of Defense played a key role in helping bring this facility to life with generous support, and we're excited for the opportunity to give back to military families in return. "Our center would not

be what it is today without the incredible contributions from the Department of Defense," said Allan Pearson, Board President of the Magic City Discovery Center. "Offering free admission during the Month of the Military Child is just one way we can give back and show our appreciation for the service members and families who have supported us from the beginning."

With over 150 interactive exhibits designed to spark curiosity and creativity, the Magic City Discovery Center offers a unique and engaging experience for children of all ages. From hands-on science experiments to immersive play areas, the Discovery Center is dedicated to fostering a love of learning through discovery.

The Magic City Discovery Center encourages the Minot community to help spread the word and celebrate military families by visiting the center, wearing purple on Purple Up! day (April 4th), and showing appreciation for the sacrifices these families make.

For more information about this initiative or the Magic City Discovery Center, please visit our website or follow us on social media.

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GOLDEN



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OVER \$3500 WORTH OF GOLDEN TICKETS HAVE BEEN DISTRIBUTED ON MINOT AFB IN THE LAST 6 MONTHS.

northern sentry

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MONTH OF THE MILITARY CHILD
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APRIL 6TH TO 12TH



YOUTH IN ACTION

Minot Air Force Base School Board District #160



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

School Boards are responsible for the education of local children and address a wide array of issues to include establishing spending priorities, approving budgets, adopting school calendars, approving staffing changes, responding to changes in education law, and advocating for the needs of students, families, teachers and staff. Members work closely with the district superintendent and other administration and serve as public figures to support and respond to the needs of their communities.

For the Minot Air Force Base, School Board District #160 serves in this capacity. School board member duties include, using state and federal funds to ensure that the students on-base continue to receive the best education possible within the laws of the North Dakota Century Code, addressing concerns or questions from district families, and voting on matters that affect schools both on and off the installation. The Minot Air Force Base School Board is a co-terminous school board that works alongside Minot Public Schools, School Board, District #1 with the mission of "Empowering all

learners to succeed in a changing world".

Minot Air Force Base, School Board District #160 and Minot Public Schools, School Board, District #1 consist of five board members, each member serves a three-year term. For the Minot Air Force Base, School Board, District #160 there are three position requirements for members. These include 1) Member must reside on the installation 2) Member may be active duty enlisted, a reservist, or a dependent family member. Officers are not eligible to serve as school board members pursuant DoDD 1344.10, Para 4.2.2.4. 3. Members cannot be an employee of Minot Public Schools.

The Minot AFB School Board often has to fill vacancies due to member resignations related to the military lifestyle. If a member of the board resigns that position is filled to serve out the remaining portion of that term. Currently, the Minot AFB School Board has an open position. Interested parties can contact the School Liaison at joy-nicole.smith.2@us.af.mil for more information and to receive an application.

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IN WITH THE NEW – FISHING LICENSES, THAT IS

Patricia Stockdill

New North Dakota fishing licenses are needed beginning April 1 even though it's legal to hook-and-line fish year around in the Peace Garden State. But that doesn't mean an angler should toss their copy of the 2024 regulations.

You know, that compact little paperback booklet or downloaded PDF file that might be tucked somewhere in a desk drawer, tackle box, boat, or vehicle compartment.

North Dakota does something that's probably unique among most if not all other 49 states – it doesn't update fishing regulations annually. Instead, regulations are good for two years.

And 2024 was the start of the latest round of two-year fishing regulations.

But fear not, if last year's booklet isn't handy and doesn't surface in the next few days – or if you're in need of one for your first time fishing in the state - those handy booklets are available at many local vendors and downloadable from the N.D. Game and Fish Department website, (gf.nd.gov).

History and solid science backs the reason for bucking the trend of annual – and often extensive and complex – fishing regulations.

Quite honestly, it's because North Dakota doesn't change many regulations from year to year.

As the agency began analyzing regulations over the years back in the 1990s, they recognized they made few annual adjustments prior to several major revisions in 1993 that resulted from a long-term drought.

In 1995 they simplified things by adopting two-year regulations. The caveat is the agency still has the authority to make annual changes if biological data deems it necessary.

Admittedly, there were a few new regulations beginning in 2024 but nothing changed biologically for this new licensing period so they're still be in effect from April 1, 2025 through March 31, 2026.

Had revisions been necessary for 2025, the Game and Fish Department would have made proposed changes and Gov. Kelly Armstrong would have needed to approve them. This winter, the regulations will be thoroughly reviewed for the next two-year cycle running April 1, 2026 through March 31, 2028.

North Dakota is a state whose health of its fisheries and potential angling success, regardless of size, location, or whether it's manmade reservoir or natural lake, is often dictated by something far beyond the control of management strategy. Weather and the state's historical wet and dry cycles drive the overall health of a water body and its fish populations.

That might make the fact the state stays with two-year regulations seem even more intriguing is its fisheries truly reflect the peaks and valleys of those wet and dry cycles, a polite way of saying North Dakota is on a rollercoaster ride of weather extremes.

So, too, are the lakes and rivers the Game and Fish Department manages.

Those peaks and valleys greatly influence fish survival with many lakes susceptible to both summer and winter kill due to low oxygen levels. While more notorious in the winter, it's possible for lakes to have fish die-offs in the depth of a long, dry – and hot – summer.

Basically fish are a resource that can't be stockpiled. In situations like severe drought or major winter fish kills anglers might as well go fishing and harvest fish because they possibly wouldn't survive, anyway.

While North Dakota has strengthened regulations relating to aquatic nuisance species (ANS) as it and other states try to stave off negative impacts ANS can have on resources, it's actually become more generous in many areas.

For example, the use of live bait wasn't legal on more than 30 lakes in the early 1990s. Nowadays the list is down to 10 lakes.

Get out and purchase a 2025 fishing license – they're due in just a matter of days – and find that guide stashed in a safe place.

Folks new to North Dakota's fishing opportunities can also find a wealth of information on their website. Set up an account and purchase your license online.

Then simply click "Fishing/Boating" on the home page to discover everything from what an angler or boater needs to do to prevent the spread of aquatic nuisance species to where to fish, how to fish for a certain species, boating, and more.



North Dakotans need new fishing licenses for the beginning of the April 1, 2025 North Dakota fishing season.

PATRICIA STOCKDILL PHOTO



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Memorial Middle School Band Brings Home Gold

On Tuesday, March 11 the Memorial Middle School Advanced Band travelled to the Mandan High School Auditorium to perform at the Big Muddy Band Festival. This is a festival designed for middle school and lower level high school bands from around the state to perform for each other and for a panel of judges (normally all collegiate music professors).

For Memorial, this is their fourth consecutive year in attendance, and their fourth year bringing home a Gold Award. This award is given to any band who's three judges scores average above a 90. This year they received a 90, 93, and 95.

The judges are also able to identify other individuals or instrument sections they would like to recognize for their outstanding performance. This year, Memorial received a number of such recognitions:

- Outstanding Clarinet Section
- Outstanding Percussion Section
- Outstanding Alto Saxophone Section
- Outstanding Bass Clarinet Soloist (Blake Baloga)
- Outstanding Marimba Soloist (Lucas Smith)
- Outstanding Bells Soloist (Savannah Kingsley)



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YOUTH IN ACTION

North Plains Elementary March Star Students

KINDERGARTEN

A'zier G
Addison M
Amina M
Ollie D
Indy B
Zane H
Alek A
Lilith C

3RD GRADE

Chloe G
Harvey M
Leo V
Samiera B
Hunter S
Emma W
Mia H
Chloe C
Gabriel RF
Levi R

1ST GRADE

British M
Lucas C
Talion B
Zoey B
Victoria L
Tamera D
Jackson M
Rohan P
Dominic A
Isabella S
Tayden C
Tiko B

4TH GRADE

Jett K
Leo K
Ian A
Ivanna H
Jordan C
Jace C
Pllar R
Renny L
Lalla S
Luke G
Isabella O

2ND GRADE

Kinsley N
Mei B
Tank D
Vivian R
Yulian H
Kameron J
Xavier B
Rhian H
George C
Emily D

5TH GRADE

Derek G
Melanie P
Amaya Y
Eowyn D
Mila C
Richie C

MUSIC AWARD

Mrs Braaten's
2nd Grade Class

PE AWARD

Mrs Braaten's
2nd Grade Class

RECESS AWARD

Mrs Meehan's
1st Grade Class



Congratulations Angela Peterson
on being the 2024/25
Recipient of the
Veterans of Foreign Wars
Teacher of The Year for the
State of North Dakota.

Congratulations Grade 3 North Plains Elementary Teacher Mrs Angela Peterson. She was recently awarded the Veterans of Foreign Wars Teacher of the Year for the State of North Dakota!



Upcoming Events

MAR-APRIL

LAZY MAN'S TRIATHLON
8:00 AM - 4:00 PM
YMCA
3515 16th Street SW, Minot, ND

Have you always wanted to complete a triathlon, but it just seemed like too much to do in a single day? Well now you can "Try the Tri!" by participating in the Lazy Man's Triathlon at the Minot Family YMCA. Beginning on March 17th, 2025, you have one month to complete a full triathlon -26.2 miles of running or walking, 2.4 miles of swimming and 112 miles of cycling, and you can do it at your own pace! This event is open to anyone ages 14 and up. Track your progress easily with the YMCA360 app and stay motivated as you work towards your goals and compare your progress to others enrolled in the challenge. Everyone who completes the triathlon will be eligible for some amazing prizes. So, gather your friends, and register today at the Minot Family YMCA or visiting the Minot Family YMCA website.

SWIM BIKE RUN

LAZY MAN'S TRIATHLON
March 17 - April 18, 2025

REGISTER



TRY THE TRI

ONLY \$20

You have 4 weeks to complete all 3 events!

Sign up at the front desk and you will be running, swimming, and biking your way to better health! All participants will track their activity on the YMCA360 app, if you complete all 3 events you will get entered into win prizes. Plus, make sure you register by Feb 24 to get a t-shirt and show off your commitment to health!

For more information:

Facebook/ Minot YMCA/ Events or at www.ymcaminot.org.

2 APR

TRIVIA NIGHT
7:00 PM - 10:00 PM
Blue Rider
118 1st Avenue SE, Minot

Bring your quarters and leave your ego at the door! Come enjoy good times with good people. Live questions - free popcorn - win free drinks! Bring your friends so your team can also go for the coveted; "Not Last Place" award!



For more information:
Facebook/ Blue Rider/ Events

29 MAR

COLD SWEAT-LIVE MUSIC
9:00 PM
Blue Rider
118 1st Avenue SE, Minot

Cold Sweat is back at the BLUE!!! (with special guest tba) Jam to an evening of hip hop while enjoying one of our 16 ice cold beers on tap, mixed drinks or shots. No cover - don't miss this one!



For more information:
Facebook/ Blue Rider/ Events

8 APR

FUN ZONE
9:00 AM - NOON
Minot Auditorium-Old Armory (east side of the building) - 420 3rd Ave SW

The Minot Fun Zone is being provided free of charge to all area residents through the Minot Park District. The bouncy castles are provided in partnership with the Minot Area Community Foundation. Fun Zone is for children 10 & under. Children and adults will enter facility and play at their own risk. Children must be supervised at all times. They are not to be dropped off. There must be at least one adult present for every 4 children. YOU are responsible for the kids that you bring. You must maintain a close physical presence at all times. No outside equipment/toys will be allowed. Individuals will be responsible to clean up any mess made. All equipment will be shared equally among those present.



For more information:
Facebook/ Minot Parks/ Events

17 APR

APRIL SHOWERS BRING MAY FLOWERS POTTING CLASS
2:00 PM - 4:00 PM
Magic City Discovery Center,
1545 1st Street NW

In this fun and educational potting class, children will explore the magical journey of a plant's life cycle—from seed to sprout to bloom! Through interactive activities, they'll learn how water, sunlight, and soil work together to help plants grow. The highlight of the class is a hands-on potting experience, where each child will plant their very own flower to take home and nurture. Perfect for little green thumbs or anyone curious about nature, this class inspires creativity, responsibility, and a love for gardening. Ages: 4-9



For more information:
Facebook/ Magic City Discovery Center/ Events

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NOTICE

NOTICE
Minot AFB, ND – 2d Lt Jacob Trach from the 5th Contracting Squadron has been appointed the Summary Court Officer (SCO) for the estate of **SRA. DAWSON CHERICO; 5TH OPERATIONAL SUPPORT SQUADRON.** All claims for or against the estate of the deceased must be submitted to the SCO.

For more information, please contact 2d Lt Jacob Trach: COMM: 701-723-1293

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PUZZLE ON PAGE C4

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

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

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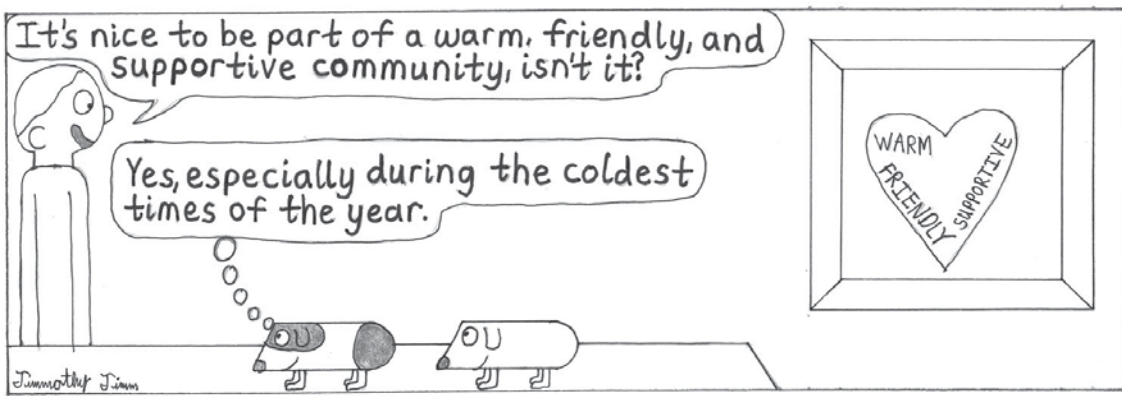
MINOT AFB ANNOUNCEMENTS

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. For more information, please visit us in Room 223 located in the Base Education Center Building (2nd floor), email: minot@erau.edu or call office phone: 701-727-9007.

MINOT STATE UNIVERSITY – Minot State University is excited to again offer face-to-face classes at the Minot Air Force Base. There is no application fee for active-duty military personnel. Military personnel can complete their Community College of the Air Force (CCAF) degree and earn a bachelor’s degree from Minot State. For more information, contact Brigitte Mikula at 701-727-9044 or by email at Brigitte.mikula@minotstateu.edu

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

TITUS & PHILEMON *Everyday adventures of Titus and Philemon and their owner Joe.*



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

TIMOTHY TIMM

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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www.applebees.com

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437 N Broadway, Minot
Phone: 701.838.9140
www.bonesbbqminot.com

Culver’s Restaurant

3000 S Broadway, Minot
Phone: 701.852.4800
www.culvers.com

Ironhorse Kitchen + Bar

21 E Central Avenue, Minot
Phone: 701.852.8183
FB: Ironhorse Kitchen + Bar Minot

Jamaican Vybz Kitchen

Dakota Square Mall, Minot
Phone: 701-441-9309
FB: Jamaican Vybz Kitchen

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2045 N Broadway Suite #100, Minot
Phone: 701-838-8479
www.meg-a-latte.com

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3816 South Broadway, Minot
Phone: 701.858.0777
www.mimexicomintd.com

N.D. Asia

3400 16th St SW, Minot
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www.ND-Asia.com

Noodles & Company

304 4th Ave NW Minot
701.491.9103
www.noodles.com

Pink’s Bar & Grill

102 128th Ave NW, Minot
Phone: 701.852-2385
FB: PinksBarGrill

The Blue Rider

118 1st Avenue SE, Minot
Phone: 701.852.9050
www.theblueriderbar.com

The Starving Rooster

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- **Force Management:** Evaluations, Duty Information, G-Series Orders, Unfavorable Information File (UIF), Special Duty Assignment Pay (SDAP)
- **Career Development:** Permanent Change of Station (PCS), Outbound Assignment, Separation, Retirement, Retention, Promotion

DEERS (Appointment Only): Mon, Wed-Fri 0800-1600, Tue 0800-1500

Walk-in hours: Tue-Thu 0800-1600, Wed 0800-1130

Appointment hours: Mon-Fri 0800-1600, Wed 0800-1130

*Closed for training every Wed from 1200-1630

MINOT MPF OFFICE



U.S. Air Force Maj. Gen. Stacy Jo Huser, 20th Air Force Commander, greets Airmen from the 91st Missile Security Operations Squadron (91MSOS) at Minot Air Force Base, North Dakota, March 11, 2025. Part of the 91st Security Forces Group at Minot AFB, the 91MSOS protects Team Minot's Minuteman III missiles and launch facilities.



U.S. Air Force Maj. Gen. Stacy Jo Huser, 20th Air Force Commander, listens to Tech. Sgt. Gabriel Garrison, the fitness section chief from the 5th Force Support Squadron, explaining the Air Supported Dome they are in on Minot Air Force Base, North Dakota, March 11, 2025. The Dome is an extension of the base's McAdoo Fitness Center and serves as a climatized area sporting a quarter-mile track and a turf field to host intramural sports, group fitness classes and unit physical training.



U.S. Air Force Maj. Gen. Stacy Jo Huser, 20th Air Force Commander, greets Airmen from the 91st Missile Security Operations Squadron (91MSOS) at Minot Air Force Base, North Dakota, March 11, 2025. Part of the 91st Security Forces Group at Minot AFB, the 91MSOS protects Team Minot's Minuteman III missiles and launch facilities.



U.S. Air Force Maj. Gen. Stacy Jo Huser, the 20th Air Force Commander, and Chief Master Sgt. Nicholas Taylor, the 20th Air Force Command Chief Master Sergeant, listen to a presentation about unmanned aircraft systems by Senior Airman Christopher Isola, an air defense technician from the 91st Missile Security Operations Squadron at Minot Air Force Base, North Dakota, March 11, 2025. Small unmanned aircraft systems amplify security responses and site security.

20TH AIR FORCE COMMAND TEAM VISITS MINOT AIR FORCE BASE

U.S. AIR FORCE PHOTOS BY SENIOR AIRMAN KENDRA A. RANSUM

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MINOT AIR FORCE BASE

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MSGT RYAN POWELL
Master Sergeant Ryan Powell has been in the Air Force for over 17 years and been stationed at Minot AFB since October of 2012. While stationed at Minot, Sergeant Powell has directed installation snow removal for 11 winters to ensure continuous base operations during inclement weather. He also led unit contingency training and planning for 336 engineers, posturing the squadron to fill combatant commander requirements for Middle East and Africa areas of responsibility. Finally, Ryan was project lead for a \$4.5 Million dollar airfield repair. He coordinated with 3 RED HORSE units and 5 agencies across the US to build a team of 65 engineers to repair 20K square foot of runway and 310 pavement defects 6 days ahead of schedule.

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WHAT'S GOING ON MINOT AFB

FRIDAY 28

- FTEC, 0730-1600, Professional Development Center
- TAP (DOL) Employment Track Workshop, 0800-1600, M&FRC
- Bootcamp, 0900, McAdoo Fitness Center
- Family Bootcamp, 1000, Turf, hosted by McAdoo Fitness Center
- BOGO Bowling Fridays, 1600-2100, Rough Rider Lanes
- Friday Flicks, 1630-2200, Rockers Bar & Grill
- No Limit Hold'em Turbo Tournament, 1800, Rockers Bar & Grill
- Midnight Basketball Tournament, 1800-2400, Youth Center

TUESDAY 01

- Golf Season Passes On Sale, Rough Rider Lanes
- AFFT, 0530, McAdoo Fitness Center
- Tuition Assistance (TA) Brief, 1000, Education Center – Room 211
- Game Day, 1000-1930, Minot AFB Library
- AFFT, 1100, McAdoo Fitness Center
- Rockin' into Month of the Military Child, 1445-1730, Youth Center
- Zumba, 1700, McAdoo Fitness Center
- Quiet Book Club, 1800-1930, Minot AFB Library

FRIDAY 04

- FTEC, 0730-1600, Professional Development Center
- Bootcamp, 0900, McAdoo Fitness Center
- Family Bootcamp, 1000, Turf, hosted by McAdoo Fitness Center
- Fish Fry Friday Special Lunch, 1030-1330, Dakota Inn Dining Facility
- Month of the Military Child Ice Cream Social, 1600-2000, Jimmy Doolittle Center
- BOGO Bowling Fridays, 1600-2100, Rough Rider Lanes
- Fun Fri-yay, 1600-2100, Jimmy Doolittle Center
- Friday Flicks, 1630-2200, Rockers Bar & Grill

SATURDAY 29

- Zumba, 0800, McAdoo Fitness Center
- Teen CERT Training, 1300-1700, M&FRC
- Cornhole Simulator Tournament, 1400, Rough Rider Lanes
- Crazy for Grazing, 1700-2100, Rockers Bar & Grill
- 9 Pin No Tap Tournament, 1800-2100, Rough Rider Lanes
- 18+ After Hours Bowling, 2100-2400, Rough Rider Lanes

WEDNESDAY 02

- AFFT, 0530, McAdoo Fitness Center
- Bootcamp, 0900, McAdoo Fitness Center
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- SkillBridge Brief, 1000, Education Center – Room 211
- Storytime, 1030, Minot AFB Library
- AFFT, 1100, McAdoo Fitness Center
- Brown Bag Book Talk, 1200, Minot AFB Library
- Yoga, 1700, McAdoo Fitness Center
- Zumba, 1800, McAdoo Fitness Center

SATURDAY 05

- Cold War Spy Escape Room Game Begins, Minot AFB Library
- Zumba, 0800, McAdoo Fitness Center
- Teen CERT Training, 1300-1700, M&FRC
- Carlos Mencia Comedy Tour, 1900, Rockers Bar & Grill
- 18+ After Hours Bowling, 2100-2400, Rough Rider Lanes

SUNDAY 30

MONDAY 31

- AFFT, 0530, McAdoo Fitness Center
- Bootcamp, 0900, McAdoo Fitness Center
- Family Bootcamp, 1000, Turf, hosted by McAdoo Fitness Center
- AFFT, 1100, McAdoo Fitness Center
- Cycle, 1700, McAdoo Fitness Center
- Zumba, 1800, McAdoo Fitness Center

THURSDAY 03

- AFFT, 0530, McAdoo Fitness Center
- Informed Decision Seminar, 0800-1200, Professional Development Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- AFFT, 1100, McAdoo Fitness Center
- Tuition Assistance (TA) Brief, 1330, Education Center – Room 211

SPECIALS

Bomber Bistro Featured Item
BBQ Pulled Pork Pizza
 BBQ sauce base with pulled pork, bacon, and onions.
 Only available for the month of March!

The B-Fifty Brew Featured Item
Iced Chai Lattes
 Grab a grande chai latte with lavender cold or cherry cold foam!

Rockers Bar & Grill Featured Item
Grilled Rockin' Chicken Sandwich
 Grilled chicken sandwich, served with crispy fries.
 Try it with Rockin' Chicken Sauce.



FUN FRI-YAY

4 APR 2025
 4PM - 9PM
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