



# Winter

SURVIVAL GUIDE 2016-17





# hello WINTER.



*Ski the Jewel above the Prairie!*  
**BOTTINEAU WINTER PARK**

The thrill & adventure of fantastic skiing, snowboarding, and tubing just 80 miles north of Minot in the Turtle Mountains!

For additional information or group rates contact  
Bottineau Winter Park | PO Box 168 | Bottineau ND 58318  
701-263-4556 | 800-305-8079 | Fax: 701-263-4446

[www.skibwp.com](http://www.skibwp.com)

Check us out on Facebook!

Call for group ski packages and seasonal ticket prices.

Established in 1969  
**BOTTINEAU WINTER PARK**

*Amie's House*  
Adaptive Recreation Program  
in Partnership with  
Amie's Barbeau  
CENTER





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This is our annual *Winter Survival Guide* that will serve as your go-to guide during these frigid winter months. You will find stories that will help you keep on top of maintenance of your car or house, as well as fun things to do in and outdoors!

If this is your first winter here, the upcoming months might seem a little intimidating, however this guide will have all you need to know and more in order to not only survive, but thrive during the wintertime.

Don't forget to support the businesses that help support our newspaper and this guide. They show their support of our military base by continuing to advertise with us. They are open all winter long and would love to share their products and services with you!

We hope you will save this publication and use it as your guide throughout the winter months. It will be available all winter for you to reference. Now go, keep warm and have a wonderful winter in North Dakota.

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## **northnersentry** SUPPLEMENT:

Advertisements contained herein do not constitute an endorsement by the Department of Defense, Department of the Air Force or Minot Air Force Base. Everything advertised is available without regard to race, color, religion, sex or other non merit factor of the purchaser, user or patron.



# WHAT'S UP AT MINOT AFB?

## TURKEY DIP POOL PARTY

Indoor Pool - Fitness Center  
November 12  
4 - 7 pm

Bring the whole family and some water floats to the pool to enjoy some Turkey Day themed games and have fun splashing around!

**FREE EVENT**

723-3648

Like Us on Facebook  
6071 Eastern Boulevard

OUTDOOR RECREATION  
FORCE SUPPORT SQUADRON

## DICKENS VILLAGE FESTIVAL

December 3, 10am  
Register By November 28  
\$50/person

Join Outdoor Recreation in celebrating the start of the holiday season in Garrison, ND at the famous Dickens Village Festival. Visit the many street vendors, shop the unique stores and embrace a simpler time. As the official Christmas Capital of North Dakota, Garrison and it's Dickens Village Festival are a must for anyone who wants to turn the holiday season into a special experience.

Tickets: \$50.00 per person  
Price includes: transportation to Garrison, ND, a ride on the Queen Elizabeth, an afternoon with "Da" Lutherlic Ladies - comedy act, and a ticket to the play "Tiny Tim's Christmas Carol". Children under 17 must be accompanied by an Adult.

723-3648

OUTDOOR RECREATION  
FORCE SUPPORT SQUADRON

BROUGHT TO YOU BY AIR FORCE SERVICES

## Jason Michaels

illusionist and magician

Check Him Out  
YouTube

**FREE MAGIC SHOW**  
Friday, 18 November  
JIMMY DOOLITTLE CENTER - 6 pm  
Taco Bar, 4-6 pm - \$3 Members/\$7 Non-Members  
Family Friendly Show!! - Illusionist Show 6 pm

For More Information Call 701-723-6718

AIR FORCE ENTERTAINMENT VARIETY SHOW

## UFC NYC MSG

NOVEMBER 12  
9PM

MEMBERS: FREE  
NON-MEMBERS: \$7

LIMITED BAR MENU  
AVAILABLE IN LOUNGE

PITCHER SPECIALS: \$6

ADULTS ONLY  
NO CHILDREN

UFC 205  
ALVAREZ vs MCGREGOR  
WOODLEY vs THOMPSON JEDRZEJCZYK vs KOWALKIEWICZ  
NOV 12 SAT 8 PPV (MMA NIGHT) - MINOR SPORTS GROUP

RECKERS BAR & GRILL  
727-RICK

GUESTS ATTENDING EVENTS ON MINOT AIR FORCE BASE MUST HAVE AUTHORIZED BASE ACCESS



# BE PREPARED

## for winter weather

**ROD KRAUSE** | 5TH BOMB WING OCCUPATIONAL SAFETY MANAGER

While killer blizzards are rare in North Dakota, the state does get its fair share of smaller storms and blizzards. In some cases, these storms could cut off electricity to the base and local communities for hours or maybe days.

As we face another North Dakota winter, it's important to plan ahead and start storing emergency food and water supplies for the family before a crisis happens.

It's a good idea to store at least a two-week supply of water — about a gallon for each member of the family per day. Water is a necessity and it should be a priority when preparing for an emergency. We should also consider each person's age, physical condition, activity and diet, when storing water. Children, nursing mothers and ill people have special needs and often need additional water for food preparation and hygiene. Don't forget to include pets.

### PREPARE AN EMERGENCY STOCKPILE

Healthy people can survive on half their usual food intake for an extended period and without any food for many days, as long as they cut back on their normal activity. Unlike water, people may safely ration food for most adults, although children and pregnant women may still need their regular intake.

Avoid foods high in fat and protein, and don't stock salty foods since they make people thirsty. People should switch to salt-free crackers, whole grain cereals and canned foods with high liquid content.

You don't need to buy unfamiliar foods for emergency supplies. Instead, stock canned foods, dry mixes and other staples already on their cupboard shelves. In fact, familiar foods are important because they can lift morale and renew people's sense of security during stressful situations. Also, canned foods don't need cooking, water or special preparation. The following are some recommended food storage plans:

### STORAGE TIPS

- Keep food in the driest and coolest spot in the house — a dark place if possible.
- Keep food covered at all times.
- Open food boxes or cans carefully so you can close

them tightly after each use.

- Wrap cookies and crackers in plastic bags and keep them in tight containers.
- Empty opened packages of sugar, dried fruits and nuts into screw-top jars or air-tight cans to keep pests out.
- Inspect all food containers for signs of spoilage.

### WHAT TO STOCK

Though it's unlikely an emergency would cut off our food supply for days or weeks, it's a good idea to prepare supplies to last that long. A two-week supply can relieve a great deal of inconvenience and uncertainty until services are restored.

An easy way to develop a two-week stockpile is increase the amount of basic foods people normally keep on their shelves. We should compensate for the amount we eat from other sources, including restaurants. Those who already keep a two-week supply of food on hand should rotate their supply once or twice a year.

### SPECIAL CONSIDERATIONS TO REMEMBER

When stocking food, consider your family's unique needs and tastes and include foods everyone enjoys that are also high in calories and nutrition. Foods requiring no refrigeration, preparation or cooking work best. Make sure you have a can opener and disposable utensils.

People with special diets and allergies as well as babies, toddlers and the elderly need special attention. Nursing mothers may need liquid formula in case they are unable to nurse. Canned dietetic foods, juices and soups may be helpful for the ill or elderly. Don't forget nonperishable foods for pets.

### COOKING WITHOUT POWER

In an emergency, use a charcoal grill or camp stove to heat up your food. Candle warmers, chafing dishes and fondue pots are also handy food warmers, but people who chose to heat food right from the can should open it and remove the label first.

PHOTO BY LIFE OF PIX



# ice SKATING

## OUTDOOR RINKS

A total of 6 outdoor skating rinks, 3 pleasure and 3 hockey pens are now open. All rinks are supervised.

### Roosevelt

- 619 9th St NE (852-1283) - Hockey & Pleasure Rinks

### Polaris Park

- 712 26th Ave NW (852-1081) - Hockey & Pleasure Rinks

### Municipal Ball Park

- 600 13th Street SE - Pleasure Rink only

### Perkett

- 2000 5th Ave SW - Hockey Rink only

## INDOOR RINKS

### Maysa Arena

- Public Skate: \$4 | Rent Skates: \$4 | Adult hockey: \$8

### All Seasons Arena

- Free to public on select dates

PHOTO BY METRO



# Minot's Hottest Game on Ice

#JoinTheCharge

## Special Rates for Military, Families & Groups

For Ticket Information and Game Times Call:  
**(701) 852-0101**

Or Go to:  
**[www.minotauroshockey.com](http://www.minotauroshockey.com)**







# Cross COUNTRY Skiing



## ND STATE PARK TRAILS



**FORT STEVENSON**  
3 mi (Groomed)

**LAKE SAKAKAWEA**  
3 mi (Not Groomed)

**CROSS RANCH**  
10 mi (Groomed)

**FORT RANSOM**  
6.5 mi (Groomed)

**ICELANDIC**  
3 mi (Groomed)

**LAKE METIGOSHE**  
8.5 mi (Groomed)

Visit [parkrec.nd.gov](http://parkrec.nd.gov) for more  
cross country skiing trails

Cross Country Skis are available to rent at the Corbett Field warming house starting December 15th. Located at 13th Street SE & East Burdick Expy (behind Corbett Field)  
4-9:30pm - Mon, Tues, Thurs, Fri  
2-9:30pm - Sat & Sun  
Closed - Wednesday

The cost for rental skis is \$7. Rental Skis are to be used on Minot Park District Property only. Trails are groomed at the Souris Valley Golf Course, Oak Park and the Bison Plant when snow conditions allow.

North Dakota's state parks have an assortment of cross country ski trails designed to challenge novice and advanced skiers. In particular, Cross Ranch, Turtle River, Lake Metigoshe and Icelandic state parks offer excellent cross country skiing opportunities when winter descends on North Dakota.

Snowshoers, hikers and pets must stay off the groomed portions of state park ski trails...in particular, the "grooves" or tracks that skiers glide along.

While groomed trails can be found throughout the state, there are also areas where skiers can blaze their own trails through undisturbed snow.

PHOTOS BY METRO & NORTH DAKOTA TOURISM





# SNOW SKIING & SNOWBOARDING



## **BOTTINEAU WINTER PARK**

**1 Winter Park Rd | Bottineau, ND | 701-263-4556**

Located in the Turtle Mountains, one of the most beautiful areas of North Dakota. Discover why this family-friendly winter resort located just 10 minutes from Bottineau has been dubbed "The Jewel Above the Prairie".

## **HUFF HILLS SKI RESORT**

**5455 County Road 80 | Mandan, ND | 701-663-6421**

Huff Hills Ski Area is a great place to come enjoy skiing or snowboarding. The base area features great food service, and a variety of items are available to satisfy the appetites of hungry skiers and riders.

## **FROST FIRE SKI & SNOWBOARD AREA**

**11950 Co Rd 55 | Walhalla, ND | 701-549-3600**

A modest alpine ski area in northeastern North Dakota. Started in 1976, Frost Fire has two chair lifts and a magic carpet, with 10 runs, ski and snowboard rentals, snow tubing, day lodge, and the Wintersköl lounge.

## **BEAR'S DEN MOUNTAIN**

**270 Mill Road | Fort Ransom, ND | 701-973-2711**

Bear's Den Mountain Ski Resort is located in the beautiful Sheyenne River Valley. Offering 290 vertical/runs to 2000 ft with natural and man-made snow; ski or snowboard all season at Bears Den Mountain.

PHOTO BY BOTTINEAU WINTER PARK



**HUFF HILLS**  
*Ski Area*  
**COME SKI FOR YOURSELF**

*Located 16 Miles*  
**SOUTH OF MANDAN, ND**

*Visit our Website*  
**WWW.HUFFHILLS.COM**



**5455 COUNTY ROAD 80 | MANDAN, ND | 701-663-6421**



# Winter BIKING

## WHAT IS WINTER BIKING?

Cold-weather biking is the use of a bicycle during months when roads and paths are covered with ice, slush and snow.

## WHAT TO WEAR

Bicycling in the cooler months is great fun, especially when the seasons are changing and the gym is packed. The key is staying comfortable, which is all about choosing and wearing the right cycling clothing.

Dress in layers, with heavier outer layers for rain, snow or high winds. Keep in mind that fat tires, steep hills and soft surfaces slow you off road, resulting in less wind-chill. So, for off-road riding, wear slightly lighter clothing, and be prepared for colder temps on open roads and descents by carrying a vest or jacket.

## EQUIPMENT

Just about any bike will work for winter riding. Mountain bikes, hybrids, touring bikes and old ten speeds work great. Specialized winter bikes called Fatbikes, which have wide, oversized tires that are typically inflated with low pressure, are used in snow trail riding and winter bike competitions.

Most kinds of tires work well on all but the iciest of conditions. Regular mountain bike tires work well as do hybrid and touring tires. Winter tires are available with metal studs built into them, which provide a better grip on icy surfaces. They work well on ice, but are expensive and are inefficient in snow or on clear pavement.

Front and rear fenders are highly recommended because winter streets are often wet and they keep you and your bike clean of road grit and debris. And remember, lights are important, as it gets darker sooner in the winter, it's much easier to get caught out in the dark.

## WHERE TO RIDE

*Snowmobile Trails* - packed snow from the machines makes these trails ideal/

*Snowshoeing Trails/Hiking Trails* - snowshoes help to pack the snow which makes perfect conditions for snow biking. You'll still need to follow all summer trail regulations pertaining to bikes. If a trail is off limits to bikes during the summer, don't expect to get away without a fine if you try to ride a bike on it in the wintertime.

*Frozen bodies of water* - Frozen rivers or streams transform into ready-made trails through the woods. Broad lakes may be windswept and desolate, but they offer a raw beauty that is unsurpassed.

Many trails are closed to biking so always check in advance with locals or park officials on whether biking is allowed on trails in the area.

PHOTOS BY NORTH DAKOTA TOURISM & THE SNOW BIKE FESTIVAL



# SNOWMOBILING

## *in North Dakota*

North Dakota has 14 state snowmobile trails, totaling just over 2800 miles, that are maintained by members of Snowmobile North Dakota. Trails are open to snowmobiling enthusiasts from December 1 through April 1, providing that the trail has a minimum of four inches of packed snow.

Many of the trails are on trail easements through private land. Snowmobilers are reminded to respect private property and remain on marked trail segments. Snowmobile trail maps can be obtained at the following:

- Snowmobile North Dakota—Website information on snowmobiling in North Dakota that includes a North Dakota snowmobile trail map and trail locations.
- North Dakota GIS Hub Snowmobile Trail Map—GIS layered mapping of all state snowmobile trails.

All snowmobiles operated on public land must be registered. Snowmobile registration is handled by the ND Department of Transportation at any licensing office statewide.

The registration fee is \$40 for a two-year period. This fee is categorized into a \$5 registration fee and a \$35 trail tax fee and is used to properly maintain the state trail system. The fee must be paid in odd-numbered years.

PHOTO BY NORTH DAKOTA TOURISM



## SNOWMOBILING TRAILS

**NORTHEAST** | 476 miles  
Pembina Gorge, Langdon, Walhalla, Cavalier, Edinburg

**PEACE GARDEN** | 198 miles  
Bottineau, Rolla

**EAST CENTRAL VALLEY** | 200 miles  
Casselton, Fargo

**SHEYENNE VALLEY** | 286 miles  
Jamestown, LaMoure, Ft. Ransom, Valley City, Oakes

**RED RIVER NORTH** | 146 miles  
Minto, Grafton

**RED RIVER SOUTH** | 193 miles  
Grand Forks, Manvel, Fordville

**LAKE REGION** | 216 miles  
Devil's Lake

**MAYVILLE - PORTLAND** | 74 miles  
Hatton, Portland, Mayville, Hillsboro

**MISSOURI VALLEY** | 213 miles  
Mandan, Bismarck, Linton

**SNO TRAILS** | 351 miles  
Minot, Velva, Towner

**NORTH CENTRAL** | 183 miles  
Rugby, Cando

**SOUTHERN VALLEY** | 136 miles  
Whapeton, Mooreton

**CAT TAIL** | 91 miles  
Hope

**SARGENT COUNTY** | 90 miles  
Hope

For more detailed snowmobiling trails, please visit [snowmobilend.org/trails](http://snowmobilend.org/trails).





# SNOWMOBILING

## safety

**MSGT JARROD NELSON**  
5TH BW OCCUPATIONAL SAFETY SUPERINTENDENT

Riding a snowmobile is an exciting recreational sport for the whole family to enjoy. It's been one of the most popular things to do during winter and its fun. However, accidents are bound to happen.

Never consume alcoholic beverages or drugs of any kind before riding. These things can impair your judgment and slow reaction time. Alcohol also causes the body temperature to drop at an accelerated rate, which increases the likelihood of hypothermia.

Excessive speed is a contributing factor in all fatal snowmobile mishaps. Slow down especially if you don't know the trail. Stay at a comfortable speed enough for you to react appropriately for any situation.

When riding off base, it's highly recommended that you ride only on the trails meant for snowmobiles. Stay in the ditches or a marked trail. When crossing a road to get back to your trail, watch out for vehicles. Be alert of fences, tree stumps, and wire fences that may be concealed by the snow or blend in with the environment.

Try to avoid riding on bodies of water when you are unsure of the thickness of ice; especially running water as it changes all the time. Unpredictable weather may affect the thickness and strength on lakes and ponds.

Riding in the dark can also be a contributing factor to accidents. It can impair your vision and if you are unfamiliar with the environment, the snowmobile, and the area, it may be fatal. It's also highly recommended to carry a first aid kit.

In accordance with MAFB Instruction 31-116, a snowmobile may be operated to/from the operating area using the most direct route using the field area or within the right of way of any street or roadway on Minot AFB. Snowmobiles shall travel in the same direction as the direction of motor vehicles traveling on the side of the roadway immediately adjacent to the side of the right of way when conditions are

such that no damage will be caused to seeded areas.

### **TO OPERATE A SNOWMOBILE ON MINOT AFB:**

- They must have an operational headlight and tail-light, which must be illuminated while in operation and an operational brake light.

- Vehicles must have a properly installed muffler in good working order and a functional engine "kill" switch.

Required ON-ROAD safety equipment:

- Headgear and impact resistant eye protection. Helmets will meet the standards of Snell Memorial Foundation, The American National Standards Institute, or Department of Transportation.

- Full finger gloves, long sleeve shirt or jacket, long pants, over-the-ankle boots.

- Operators and passengers are to wear brightly colored clothing or reflective and/or retro-reflective materials while riding.

- Operators must possess a valid driver's license or permit, carry military identification, maintain current state registration, and vehicle insurance.

- Operators under 16 years of age (YOA), but at least 12 YOA, who do not possess a valid driver's license or permit, will not operate a snow mobile on Minot AFB unless the person has completed a state-sponsored safety training course as prescribed by the Director of the North Dakota State Parks and Recreation Department. The operator must then carry on their person and exhibit, upon demand to any law enforcement or safety official, the certificate of training. These persons must have adult supervision while operating the off-road vehicle

Snowmobiling is a fun, healthy recreation for people of all ages. Remember to follow and teach these tips to your children to be sure to have a safe and exciting time.

## UPCOMING EVENTS

### NOVEMBER 10

Paint the Town Red Class 21+ only  
6:30 PM - 8:30 PM  
\$35 Nonmembers | \$32 Members

### NOVEMBER 12

Paint Party with You and Your Child!  
Family Friendly Class - Prereg. Required  
1:30 PM - 2:30 PM  
\$18 Nonmembers | \$16 Members

### NOVEMBER 25 TO DECEMBER 23

Main Gallery  
Festival of the Season Art Sale

### NOVEMBER 16

Zentangle class 18+  
6:30 PM - 8:00 PM  
\$20 Nonmembers | \$18 Members

### NOVEMBER 25

Downtown Business Olde Fashioned Christmas  
Open House & Tree Lighting Ceremony  
Open House: 3:00 PM - 8:00 PM  
Refreshments will be served

### NOVEMBER 30

Create Christmas Door Swag 18+  
6:30 PM - 8:30 PM  
\$45 Nonmembers | \$42 Members

### DECEMBER 3

Holiday "Twilight" Tour of Homes  
3:00 PM - 7:00 PM | \$15 per person  
(Tickets not available online)

### DECEMBER 8

Paint the Town Red Class - Paint your Pet  
Image Deadline December 1  
Prereg. Required 21+  
6:30 PM - 8:30 PM  
\$45 Nonmembers | \$40 Members

### DECEMBER 10

Paint Party with You and Your Child!  
Family Friendly Class - Prereg. Required  
1:30 PM - 2:30 PM  
\$18 Nonmembers | \$16 Members

Register for all classes at  
[WWW.TAUBEMUSEUM.ORG](http://WWW.TAUBEMUSEUM.ORG)



OR CALL  
701-838-4445  
2 N. Main Street  
Minot, ND

# WINTER HUNTING SEASONS



**WEASEL**

OCT 24 - MAY 10

**MINK**

OCT 24 - MAY 10



**MUSKRAT**

OCT 24 - MAY 10

**PHEASANT**

OCT 8 - JAN 8



**WILD TURKEY**

OCT 8 - JAN 8

**WHITE-TAILED  
DEER**

SEPT 2 - DEC 11



FOR SEASON SPECIFICATIONS  
AND MORE INFO VISIT

**ND GAME & FISH**

[GF.ND.GOV/HUNTING](http://GF.ND.GOV/HUNTING)



# ice FISHING

## DEVIL'S LAKE

Your number one place to go ice fishing in North Dakota houses large perch, walleye, northern pike, and white bass. There are also a couple places for lodging if you want to fish multiple days. The rooms do cost money to rent, though. But with over 16,000 acres to fish at, you can't pass this opportunity up.

## LAKE METIGOSHE

This lake is located north east of Bottineau and holds tons of walleye, perch, and northern pike. You also have the option of renting a cabin or other accommodations. This park does have an entry fee and fees for staying overnight, though.

## LAKE SAKAKAWEA

This lake a reservoir in the Missouri River basin in central North Dakota. It houses salmon, trout, perch, walleye, crappie, and northern pike and is located in Garrison. There's also a couple locations to lodge – one being a cabin.

## LAKE AUDUBON

This lake is filled with smallmouth bass, perch, and walleye and has great lodging options if you want to stay for a couple nights. Head north from Coleharbor (about 20 minutes from Garrison) to find this lake.

## LAKE DARLING

This lake is a reservoir located 16 miles north and 13 miles west of Minot. Fishermen will find a variety of fish including walleye, perch and northern pike here. Ice fishing on the refuge is accessible by car or truck from the Lake Darling Dam North to Dam 41 by designated access points only.

## DARKHOUSE SPEARFISHING

SPEARFISHING is legal from December 1 through March 15. All waters open to hook and line fishing are open to dark-house spearfishing EXCEPT the following waters:

- Braun Lake, Logan County
- East Park Lake, McLean County
- Heckers Lake, Sheridan County
- Lake Audubon, McLean County
- McClusky Canal
- New Johns Lake, Burleigh County
- Red and Bois de Sioux rivers
- Red Willow Lake, Griggs County
- Sweet Briar Dam, Morton County
- West Park Lake, McLean County

In addition to possessing a valid fishing license, all dark-house spearfishing participants must first register on the North Dakota Game and Fish Department website, [gf.nd.gov](http://gf.nd.gov), or through any Game and Fish office.



## WE SUPPORT OUR TROOPS, PAST, PRESENT, & FUTURE!

We offer savings & checking accounts, consumer loans, VISA cards, and great online services.



**Northern Tier**  
Federal Credit Union

Check Out Our  
Mobile App!



**JOIN US  
TODAY!**

[WWW.NTIERNND.ORG](http://WWW.NTIERNND.ORG)

MAFB | 210 Summit Dr. | 701-727-6111  
 Minot | 1809 S. Broadway | 701-838-5141  
 Velva | 111 N. Main St. | 701-338-2029  
 Willow City | 386 Main St. | 701-366-4508  
 Butte | Main St. | 701-626-7153

# SNOWSHOEING

## *in North Dakota*



Snowshoeing is a great way to discover North Dakota State Parks during the winter months. It is inexpensive and easy to learn, providing easy access to areas covered in snow. It's a great cardiovascular exercise for adults and children and can be an entertaining group activity.

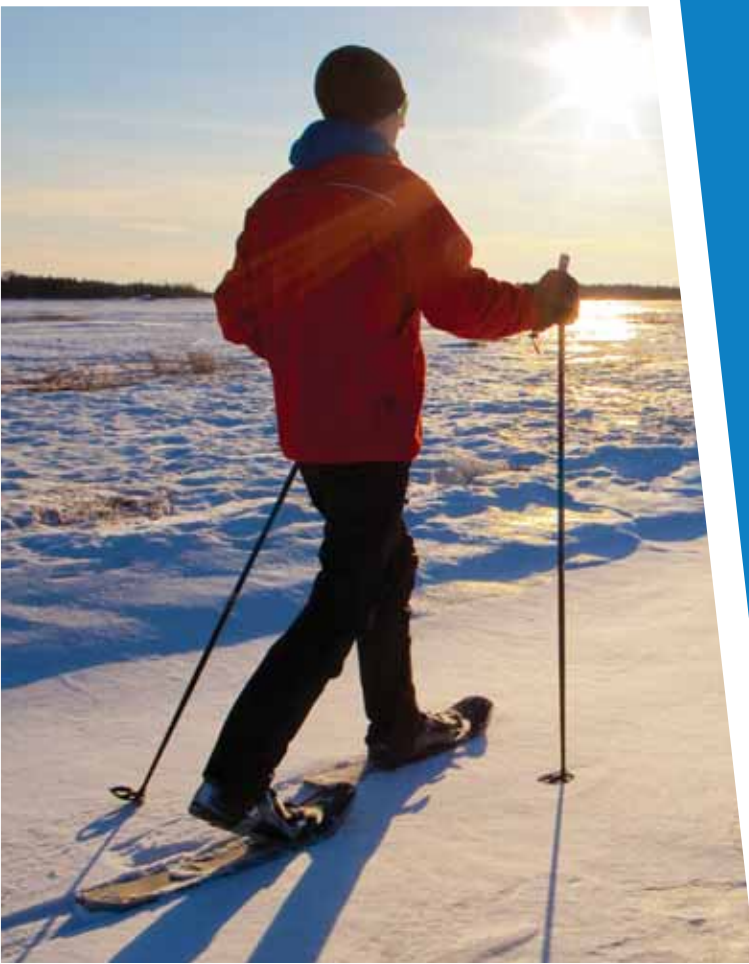
Without the dense foliage, it's easier to explore the parks and view the wildlife which is often hidden by the brush and trees. Park scenery is much different in the winter covered in a blanket of snow.

Snowshoes allow hikers to enjoy a stroll through the park without having to worry about the deep snow. Lake Metigoshe state park provides snowshoe rentals and occasionally provides guided tours.

Those wearing snowshoes in North Dakota State Parks are asked to refrain from using groomed cross-country ski trails, another popular winter activity. The snowshoes break up the ski trails making them difficult and even dangerous for skiers to traverse.

All North Dakota State Parks charge a daily vehicle entrance fee. 100 percent of entrance fees are used to fund the operation and maintenance of North State Parks. All trails are for non-motorized use. For more information on what winter activities are available at a state park near you, call the park directly. The park can usually provide trail maps which can guide snowshoeing enthusiasts during their excursions.

PHOTOS BY NORTH DAKOTA TOURISM



## ND STATE PARK TRAILS



**FORT STEVENSON**  
5 mi (Not Groomed)

**LAKE SAKAKAWEA**  
5 mi (Not Groomed)

**FORT RANSOM**  
9 mi (Not Groomed)

**CROSS RANCH**  
4 mi (Not Groomed)

**LAKE METIGOSHE**  
2 mi (Not Groomed)

Visit [parkrec.nd.gov](http://parkrec.nd.gov) for more snowshoeing trails





# MINOT

## CURLING CLUB

# BE A ROCKSTAR TRY CURLING

Am I too old/young to start curling?

Not at all! There are curlers of all ages. Typical age to be able to deliver a 38-44 pound stone the length of the ice is around 13 and people have played well into their 90's. There have been stories of teams made up of 4 generations of a family.

Do I have to buy anything special to play?

No, much like bowling, where you can use a house ball and rent bowling shoes, we provide all the things you need to play. You can buy your own curling broom and shoes at a later time, if you wish to do so.

**ARE YOU INTERESTED IN TRYING CURLING, GETTING INSTRUCTION  
AND GETTING INVOLVED IN OUR LEAGUES?**

**JOIN US NOVEMBER 16&17 | NOVEMBER 21-23  
7:00PM TO 8:30PM TO LEARN MORE!**

REGISTRATION FOR LEAGUES, CURLING INSTRUCTION, & ETC. WILL BE AVAILABLE.  
LEAGUE BEGINS NOVEMBER 28

Curling is a fun game of skill that anyone can play!  
The Minot Curling Club is located on the North Dakota State Fairgrounds.  
For more information you can contact the curling club at [curling@minot.com](mailto:curling@minot.com) or call  
and leave message at 701-838-3452

**WWW.CURLING.MINOT.COM**



The curling club is also available at various times throughout the winter for a group "outing" to learn to curl and socialize with a group- minimum of 20 people. Nominal cost and all instruction and equipment is provided. Call the curling club to get more info.



# know these winter TERMS

**MSGT JARROD NELSON**

5TH BOMB WING OCCUPATIONAL SAFETY SUPERINTENDENT

Watches and warnings for hazardous winter weather are issued by the National Weather Service. These weather statements should be listened to carefully since the weather affects all of us.

## **WINTER STORM WATCH**

Hazardous winter weather is expected in the form of heavy snow, heavy freezing rain, or heavy sleet. Issued 12 to 24 hours before the event is expected to begin.

## **WINTER STORM OUTLOOK**

Issued prior to a Winter Storm Watch, usually 3 to 5 days in advance of a possible winter storm.

## **WINTER STORM WARNING**

This is issued when a dangerous combination of heavy snow, with sleet and/or freezing rain, will occur or has a high probability of occurring within the next 12 hours.

## **BLIZZARD WARNING**

Issued for sustained or gusty winds of 35 mph or more, and falling or blowing snow creating visibilities at or below 1/4 mile; these conditions should persist at least 3 hours.

## **WINDCHILL WARNING**

Issued when windchill temperatures are expected to be hazardous to life within several minutes of exposure.

## **WINDCHILL ADVISORY**

Issued when windchill temperatures are expected to be a significant inconvenience to life with prolonged exposure, and, if caution is not exercised, could lead to hazardous exposure.

## **HIGH WIND WARNING**

Winds of at least 40 miles per hour are expected to last for at least one hour. In some areas, this means strong, gusty winds occurring in shorter time periods.

## **WINTER WEATHER ADVISORIES**

Issued for accumulations of snow, freezing rain, freezing drizzle, and sleet which will cause significant inconveniences and, if caution is not exercised, could lead to life-

threatening situations.

## **DENSE FOG ADVISORY**

Issued when fog will reduce visibility to 1/4 mile or less over a widespread area.

## **SNOW FLURRIES**

Light snow falling for short durations. No accumulation or light dusting is all that is expected.

### **Snow Showers**

Snow falling at varying intensities for brief periods of time. Some accumulation is possible.

## **SNOW SQUALLS**

Brief, intense snow showers accompanied by strong, gusty winds. Accumulation may be significant. Snow squalls are best known in the Great Lakes region.

## **BLOWING SNOW**

Wind-driven snow that reduces visibility and causes significant drifting. Blowing snow may be snow that is falling and/or loose snow on the ground picked up by the wind.

## **SLEET**

Rain drops that freeze into ice pellets before reaching the ground. Sleet usually bounces when hitting a surface and does not stick to objects. However, it can accumulate like snow and cause a hazard to motorists.

## **FREEZING RAIN**

Rain that falls onto a surface with a temperature below freezing. This causes it to freeze to surfaces, such as trees, cars, and roads, forming a coating or glaze of ice. Even small accumulations of ice can cause a significant hazard.

When bad weather is predicted, it is only common sense to take precautions. If you must travel, plan carefully and notify people of your plans. Otherwise, postpone the trip or delay your trip enroute and stay secure in a town along the way. Let others know of your plans when you decide to stop for the storm to prevent possibly life threatening searches for you.

PHOTO BY WEATHER.COM





# shoveling snow **SAFELY**

**ROD KRAUSE**

5TH BW OCCUPATIONAL SAFETY MANAGER

Shoveling snow is one of those “things” the majority of us need to encounter at least one winter season here at Minot. Every winter people hurt themselves shoveling snow, ranging from minor ache and pulled muscles particularly in the back and shoulders to fatal heart attacks. What people often fail to realize is that shoveling is more than just a chore. It puts a lot of stress on the body in a short period of time.

While shoveling snow can be good exercise, it can also be dangerous for optimistic shovelers who take on more than they can handle. The National Safety Council offers the following tips to help you get a handle on safe shoveling:

Individuals over the age of 40, or those who are relatively inactive, should be especially careful. If you have a history of heart trouble, do not shovel without a doctor's permission.

- Do not shovel after eating or while smoking.
- Take it slow! Shoveling (like lifting weights) can raise your heart rate and blood pressure dramatically; so pace yourself. Be sure to stretch out and warm up before taking on the task.
- Shovel only fresh snow. Freshly fallen, powdery snow is easier to shovel than the wet, packed-down variety.
- Push the snow as you shovel. It's easier on your back than lifting the snow out of the way.
- Don't pick up too much at once. Use a small shovel, or fill only one-fourth or one-half of a large one.
- Lift with your legs bent, not your back. Keep your back straight. By bending and "sitting" into the movement, you'll keep your spine upright and less stressed. Your shoulders, torso and thighs can do the work for you.
- Do not work to the point of exhaustion. If you run out of breath, take a break. If you feel tightness in your chest, stop immediately.
- Dress warmly. Remember that extremities, such as the nose, ears, hands and feet, need extra attention during winter's cold. Wear a turtleneck sweater, cap, scarf, face protection, mittens, wool socks and waterproof boots.

If you fear you're unable to tackle this tiring task, look into spending a few bucks and having a neighborhood kid shovel after a storm; or having a contractor plow it when heavy snow falls. It's probably money well spent.

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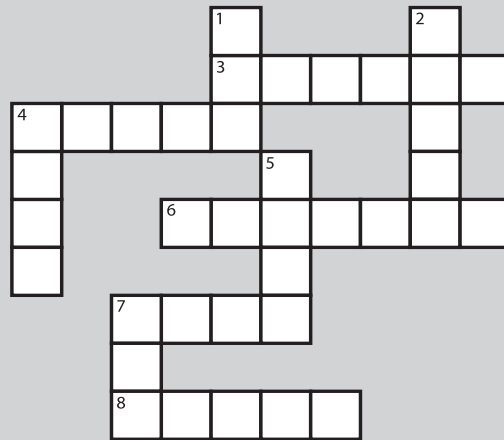
**ACROSS**

- 3. This makes a good nose for a snowman.
- 4. You can do this sport on the ice.
- 6. A man made of snow.
- 7. You ride this down a hill.
- 8. A house made of snow.

**DOWN**

- 1. Frozen water.
- 2. A hot winter drink.
- 4. This is cold, white, and falls from the sky.
- 5. The opposite of hot.
- 7. A sport you can do in winter on the snow.

**Winter Crossword**

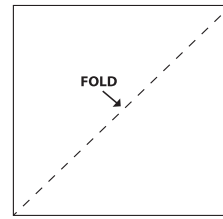


**WORD LIST Winter Word Search**

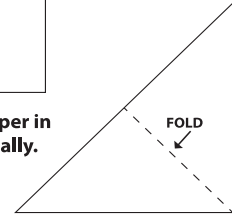
- Blanket
- Blustery
- Cocoa
- Cold
- Fireplace
- Gloves
- Hat
- Sledding
- Snow
- Soup
- Warmth
- Winter



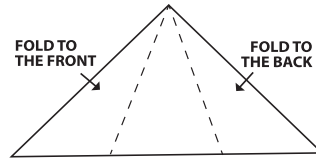
**Paper Snowflakes DIY**



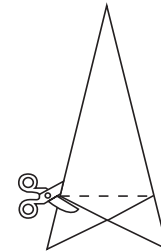
**1** Fold the paper in half diagonally.



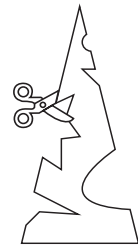
**2** Fold the triangle in half.



**3** Fold one third to the front and one third to the back.



**4** Trim the points off the bottom.

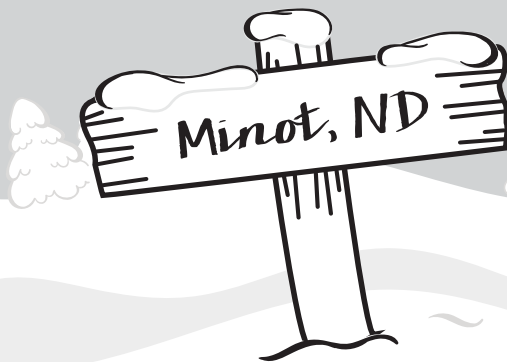


**5** Cut into the folds.

**6** Open and hang up around the house.

**Kids Corner**

Answers to all puzzles on page 30





# Sweater Wreath

FROM STONEGABLE BLOG

## SUPPLIES

- Old sweaters (cut into 4" strips)
- Straw wreath
- Jewelers pins (U shape)
- 2 Skeins of chunky yarn
- Frosted pinecones (optional)

## INSTRUCTIONS

1. Fix one end of sweater strip with pin on bottom of wreath
2. Wrap the strip around the wreath, tucking the end into the last loop and fixing it with a pin.
3. Continue pinning and wrapping with different colored strips until wreath has been covered.
4. Cut long length (about 20ft) of yarn from both skeins.
5. Tie one end of yarn around wreath and wrap around the wreath, repeat with other length of yarn.
6. Optional: Add frosted pinecones by hot gluing onto yarn pieces and pinning to wreath inside.



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# Cold weather VEHICLE STORAGE TIPS

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- 1** Drive the car and bring all fluids up to the normal operating temperature. This will burn off any water condensation from the engine, transmission and drive train as a whole. Good idea to change the oil at this point too. Now everything is warm.
- 2** If you are going to store your car in extreme cold and have it in storage for more than 3 or 4 months, you will probably want to add a fuel conditioner such as Sta-Bil or another brand to keep the gasoline fresh. Top off your gas tank to full. A full tank will prevent air from getting in the void area. Voids contain air which translates into water vapor which will condense into liquid. Over time, the water can contaminate the gasoline and corrode the fuel system.
- 3** Disconnect and plug the fuel source. Now run the car until all of the fuel is out of the carburetor. A dry carburetor will prevent fuel deposits from gumming up or clogging.
- 4** Spray a light mist of WD-40 or other penetrating oil into the intake while cranking the engine. Doing so will give the cylinders and intake valves some corrosion protection.
- 5** If your storage area is not heated, remove the battery and keep it in a warm and dry place. Use a 'trickle charger' to keep the battery topped off because a discharged battery will be destroyed by exposure to freezing temperatures.
- 6** Flush the coolant out of the system. Old coolant can corrode your engine, cooling system and the heater core. Now add the proper mixture to your system.
- 7** Next is the 'rodent protection' tip. Tape off your exhaust system to deter mice from climbing in and building nests. Moth balls will deter, Bounce dryer sheets, rodent poisonings, and good 'ol mouse traps work wonders.
- 8** Make sure it is good and clean and apply a good coat of wax that has 'carnauba' in it. This is especially useful for cars painted with base/clear coat paint jobs. Some people will place their vehicles on jack stands to prevent tire 'flat spotting' of the tires. This is your call. And if you have a really nice paint job, cover your car with a nice car cover.




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20 2016-2017 WINTER SURVIVAL GUIDE





# staying warm IN THE WINTER

**SSGT BRIAN THORNE**  
5TH BW NCOIC OCCUPATIONAL SAFETY

Did you know that cold stress or “hypothermia” could occur any time of the year? In fact, most cases of cold stress develop in air temperatures between 30 and 50 degrees Fahrenheit. People who are exposed to lower temperatures are at risk for injuries ranging from frostbite to serious loss of body heat to which could result in brain damage or death.

Knowing how to dress and keeping dry are the first steps to being prepared. Dress warm and in layers. Choose fabrics such as cotton and wool to which will insulate but also allow sweat to evaporate. Cover the head because over half of your body heat can get lost through it. Your limbs are especially important to protect since they’re the furthest things from your heart. Keep extra clothing around in case you get wet, especially for your feet.

Take breaks frequently especially during strenuous activities. If you become fatigued during physical activity, your body loses its ability to properly retain heat. This causes rapid cooling to which can quickly lead to cold stress. During your rest period, it would be wise to replenish your body with liquids or food. Eating a healthy diet provides your body with the right nutrients it needs to withstand cold stress.

The buddy system in work or play should be used. Look out for one another and know what to look for. A person with hypothermia might not be aware they have it. The first signs of hypothermia are uncontrollable shivering and the sensation of cold. The heartbeat slows down and may become irregular and the pulse weakens. Severe shaking and rigid muscles may be evident and that would be the second sign that the condition is worsening. The victim may slur their speech, the memory lapses and may feel drowsy. Exhaustion, cool skin, slow, irregular breathing occur as the body temperature drops even lower. Immediate medical attention is needed.

With all of the cold winds we have here at Minot, frostbite can occur at any time especially if we’re not paying attention to the time limit we are spending outside. Frostbite can happen without hypothermia present. Frostbite is a serious condition where the fluids around the affected area freeze. It can be an irreversible tissue damaging affect and requires attention immediately. The most vulnerable parts are the face, ears, hands and toes. Symptoms of this condition include coldness and tingling in the affected area, followed by numbness. The

skin color may change to white or grayish-yellow. Pain may also occur in the affected area as the condition worsens and possibly blisters.

Whether you’re working out on the flightline, riding an ATV or snowmobile, or just simply building a snowman, stay alert for the possibility of cold stress. Monitor your coworkers or your children, whatever applies to your situation and remember what to look for. Take these steps to protect yourself and others.

PHOTO BY PEXELS

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# watch out for BLACK ICE

**ROD KRAUSE**

5TH BOMB WING OCCUPATIONAL SAFETY MANAGER

Black ice can appear to be a spot of moisture on a road, or may have a slight glisten on black asphalt. Do not be mistaken: this thin ice is very slick, and your car can skid rapidly on it. Drive carefully on roads where snow banks have melted throughout the day, and exercise caution when driving under bridges and overpasses. If your car starts to skid, do not slam on your brakes unless your vehicle is equipped with an anti-lock braking system.

### WHAT CAN YOU DO TO PREPARE FOR BLACK ICE?

Look for signs of ice other than on the roadway. That means looking for ice on windshield wipers or side view mirrors, on road signs, trees or fences along the highway. If ice is forming on any of those things, it's possible that it may be on the road as well.

Then again, ice may not have formed on anything but the road. For example, it may have been a warm day during which the snow melted and then froze as ice after the temperature dropped at night. In other cases there will be ice in shaded areas, such as cuts through hills and along banks, before there

will be ice on the open roads. If you suspect there could be black ice on the pavement, you may want to test for it by gently wiggling the car a little bit or by applying the brakes lightly to see if there's any change in the feel of the road.

Another good tip for winter driving is to listen to the radio for reports on the temperature outside. When the roads have been wet and the temperature drops below freezing, ice can form quickly. If you are a person who must drive frequently in winter weather, it is a good idea to install an outdoor thermometer in the car, allowing you to monitor the outside temperature.

This is also the type of weather when it is especially important to watch for those signs that remind drivers that bridges freeze before roads. These signs tell you there is a bridge ahead and give you time to slow down so you have better control just in case there is ice on the bridge pavement.

If you live in an area where frost occurs, black ice is always a possibility. Use extreme caution when driving on cold mornings where there is evidence of ice on the roadway.

PHOTO BY METRO CREATIVE



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COM-FORT FOOD - noun

definition:

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# Indulge with this recipe!

## Butternut Squash Risotto

### INGREDIENTS

½ Butternut Squash peeled & diced	1½ cup Arborio Rice
3 tbs Butter	6 cups Vegetable Or Chicken Broth
1 Tablespoon Olive Oil	Salt And Pepper, to taste
½ teaspoon Kosher Salt	⅛ teaspoon Turmeric
¼ teaspoon Chili Powder	¼ cup Heavy Cream (less If Desired)
½ whole Diced Onion	½ cup Parmesan Shavings (more For Serving)

### INSTRUCTIONS

1. Heat 1 tbs butter and olive oil in a large skillet over high heat. Add squash and sprinkle with salt, pepper, & chili powder. Cook until golden brown and tender but not falling apart. Remove to a plate & set aside.
2. Add 2 tbs butter to skillet over med-low heat. Add onions & cook until translucent. Add Arborio rice & stir, cooking for 1 minute. Heat broth in pan over low heat.
4. Reduce skillet heat to low. In 1-cup increments, add broth to skillet, stir gently. As soon as the liquid absorbs, add in another cup. Add salt, & pepper to taste. Add another 1 to 2 cups of broth as needed until rice is tender.
5. Gently stir in the cooked squash and turmeric. Stir in cream & Parmesan. Season & enjoy!



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# Ready for Dessert?



## Apple Crisp Blondies

### INGREDIENTS

Blondies:

½ cup butter (1 stick) pinch of salt  
1 cup brown sugar ½ tsp cinnamon  
1 egg 1 cup flour  
1 tsp vanilla

Apples:

2-3 medium apples, diced  
⅓ cup brown sugar  
1 tbs flour  
½ tsp cinnamon

Streusel

¼ cup butter  
½ cup brown sugar  
1 cup large oats  
⅔ cup flour  
½ tsp cinnamon

### INSTRUCTIONS

1. Line an 8x8" pan with tin foil and spray with non stick spray. Preheat oven to 350° F.
2. For the blondies: In a large bowl, melt the butter. Stir in sugar. Stir in remaining ingredients (through flour). Spread into prepared pan. Bake 15 minutes.
3. For the apples: Combine apples, brown sugar, flour, and cinnamon in the same bowl you used to make the blondies. Microwave for 5 minutes on high. Stir and set aside.
4. For the topping: In a separate bowl, combine butter, brown sugar, oats, flour and cinnamon until crumbly
4. When blondies have baked 15 minutes, spread with apples, and top the apples with the streusel. Press down gently. Bake another 18-20 minutes. Cool & enjoy.



# exercising THROUGHOUT WINTER

**CHARLOTTE E. GRAYSON MATHIS, MD**

WEBMD FEATURE

## **WORKING THROUGH COLDER WEATHER**

If you're an outdoor exerciser who has slacked off in the past when the temperature dropped, you may not have been giving yourself enough time to acclimate. "When people who live in Washington, D.C., go on vacation to Florida in the winter, it's harder for them to exercise because they're not used to the heat," says Richard Cotton, PhD, an exercise physiologist and spokesman for the American Council on Exercise. "And the reverse is true, too. It takes time to get used to different temperatures, no matter if you're going from hot to cold or vice versa."

To acclimate, of course, you'll have to keep working out through the cold -- a bit of a Catch-22. It will be easier to make yourself go outside, though, says Cotton, if you warm up inside first. "Take five to 10 minutes and do some low level aerobic exercise like jogging in place or doing jumping jacks," he advises. "That way, when you step outside, you'll already be warm." Dressing properly can also help. Wear layers so that you can peel them off as your body temperature increases.

## **THINK OF GYM ALTERNATIVES**

Some people are dedicated gym-goers, and they shouldn't be affected much by the weather. However, the lingering darkness in the morning and the early evenings can sap even the hardest gym-lover's motivation to hit the health club.

If that's your problem, you may need a contingency plan. Cardinal himself has exercise equipment at home -- a stair climber, stationary bike, and exercise videos that he rotates through -- to use when it's hard to get outdoors or to the gym. If you do exercise at home, though, do whatever you can to make it entertaining, says Cotton. You might, for instance, place a TV in front of a home treadmill so you don't get too bored.

This is the time, too, to call on your friends. Even if you usually exercise alone, you may need someone to help keep you motivated. Many studies have shown that social support helps keep people active, says James F. Sallis, PhD, a professor of psychology at San Diego State University who

studies exercise motivation. Reconfiguring your schedule is another possible solution. If cold and darkness discourages you from morning exercise, try to take a brisk walk or an exercise class during your lunch hour.

## **AND IF YOU BACKSLIDE ...**

Sometimes there is no getting around the environmental barriers that hinder exercise, and you may have to settle for less. "If you're going to slip, try to at least do aerobic exercise three times a week," says Cotton. "If you think about exercising on one of the weekdays, say, Wednesday, then on both days over the weekend, that's really not too hard."

And studies show that decreasing the number of days you exercise doesn't hurt if you maintain the same intensity and time. For instance, in the early 1980's, researchers at the University of Illinois at Chicago had 12 exercisers run and cycle for 40 minutes a day, six days a week, at a moderately high intensity. After 10 weeks, their regimens were reduced to either two or four days, though they maintained the same pace and total duration. When tested 15 weeks later, all of the exercisers maintained the same aerobic capacity as when they were exercising six days.

If you weight train, you may be able to cut back with little repercussion, too. In a study published in the December 1992 issue of *Spine*, researchers at the University of Florida in Gainesville showed that people who had been lifting weights one to three times a week and cut back to once every two or even four weeks (without changing the amount of exercise per session), showed no significant decrease in strength for at least 12 weeks.

So, backsliding doesn't have to spell the end of hard-earned exercise accomplishments. And remember to call on a friend, perhaps make a promise to each other to at least work out together twice a week. Making a commitment that affects another person's health as well as your own may make you more likely to get off the couch, and get with the program.

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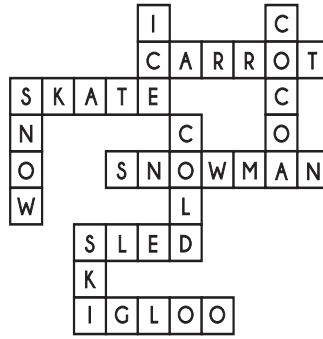
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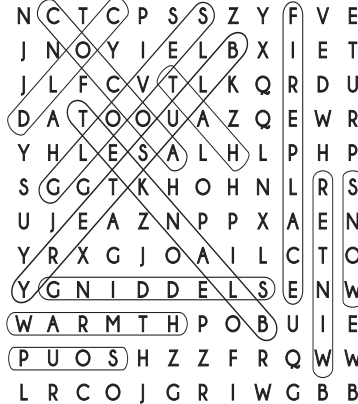


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# pet safety IN THE COLD

**ROD KRAUSE**

5TH BW OCCUPATIONAL SAFETY MANAGER

Pet owners should be made aware of winter's dangers, which include harsh weather; leaked antifreeze and road salt. Following are recommendations on steps you can take in order to ensure that the season is not marred by disaster.

One of the hazards a pet may face in winter is exposure to extreme cold. A pet's feet, ears and other areas of the body not covered by much hair get cold and can very well become frostbitten. Signs of frostbite include skin that is pale and cool to the touch and decreased sensation in the affected area. After thawing, there may be pain and the skin may look as though it was burned. If frostbite is suspected, gently thaw the area with warm water; then take your pet to a veterinarian.

The National Humane Education Society agrees with other humane organizations in advising owners of cats to keep them inside all year round. The cat can get enough exercise inside and won't get lost or injured. An enclosed "outdoor" environment such as a screened porch is certainly ideal for fresh air and sunshine but windows with a ledge or built-on perch can also provide much all-season pleasure.

During the cold weather, it is a good idea to knock on your car's hood or sound the horn before starting the engine, as cats permitted to run free can climb up inside the engine seeking warmth.

Deciding on whether to keep your dog outdoors depends largely on the dog's coat and the outside temperature. Ideally, the dog should live indoors, as part of the family. However, if the dog must live outdoors, adequate preparation for the cold months is essential. Be aware that large, long-haired dogs fare better outside during the winter than others.

## HAZARDOUS SUBSTANCES

Ethylene glycol, the major ingredient in antifreeze, attracts both dogs and cats because of its sweet taste. But it is extremely poisonous. A tablespoon can kill a cat, and half a cup can be fatal to a 25-pound dog. Within two days, a fatal dose will cause prolonged vomiting, severe kidney

pain, ulcers in the mouth and excruciating death from kidney failure. If your pet should swallow any antifreeze, call your veterinarian at once.

## ROCK SALT UNDERFOOT

Rock salt is another substance to be wary of in winter. As it is abrasive, it may cut into an animal's paws and burn their mouths. Dogs may eat rock salt which will cause vomiting. When bringing in a pet from the outside during an icy-cold day, check its feet. Remove ice balls between the animal's toes and wipe its feet with a damp towel, especially after walking on heavily salted pavement.

Never let your dog off the leash on snow or ice, especially during a snowstorm--dogs can lose their scent and easily become lost. More dogs are lost during the winter than during any other season, so make sure they always wear I.D. tags.

Thoroughly wipe off your dog's legs and stomach when he comes in out of the sleet, snow or ice. He can ingest salt, antifreeze or other chemicals while licking his paws, and his paw pads may also bleed from snow or encrusted ice.

Own a short-haired breed? Consider getting him a coat or sweater with a high collar or turtleneck that covers the dog from the base of the tail on top to the belly underneath. While this may seem like a luxury, it is a necessity for many dogs.

Never leave your dog or cat alone in a car during cold weather. A car can act as a refrigerator in the winter, holding in the cold. The animal can freeze to death. If your dog is sensitive to the cold due to age, illness or breed type, take him outdoors only to relieve himself. Never shave your dog down to the skin in winter. Leave the coat longer for more warmth. When you bathe your dog, completely dry him before taking him out for a walk. Make sure your companion animal has a warm place to sleep away from all drafts and off the floor, such as in a dog or cat bed with a warm blanket or pillow in it.

Taking good care of your pets in winter and protecting them from the hazards of the season will bring a little warmth into the long, cold days of your own hibernation.



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