northernsentry

FREE | WWW.NORTHERNSENTRY.COM | VOL. 58 • ISSUE 01 | MINOT AIR FORCE BASE | FRIDAY, JANUARY 10, 2020



5th Civil Engineer Squadron firefighters assess the situation of the scene Dec. 28, 2019, at Minot Air Force Base, North Dakota. These Airmen are trying to decide the best way to attack the fire. Find article and more photos on page 3.

U.S. AIR FORCE PHOTOS I AIRMAN 1ST CLASS CALEB S. KIMMELL



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Air Force to solicit 75th birthday theme ideas

TECH. SGT. ANTHONY NELSON JR., SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

ARLINGTON, Va. (AFNS) --

In preparation for its 75th anniversary, Sept. 18, 2022, the Air Force is soliciting birthday theme ideas from Total Force Airmen and civilians. Every year in September, the Department of the Air Force dedicates a theme to celebrate the Air Force's birthday.

Some of the past themes include, "Frontiers of Blue... This is 72!", "Focusing on heritage, warfighting capability and innovation," "American Airman... Wingman, Leader, Warrior," "Breaking Barriers!"

75th Concepts for the birthday theme should consider inclusiveness of multi-domain

operations, capture Airmen's innovation and reflect the Air Force's heritage over the last 75 years. Considered themes should be short, concise, catchy and memorable (e.g. the 70th anniversary theme was "Breaking Barriers"). Submissions must also be in good taste.

All submissions and voting will take place through the IdeaScale website.

The submission and voting timeline is as follows:

- The competition submission period will be from Jan. 6-31, 2020.

- The voting window will be from Feb. 24 – March 6, 2020. The best qualified submissions

will be considered and sent to

the chief of staff of the Air Force, the vice chief of staff of the Air Force, the Air Force director of staff and the chief master sergeant of the Air Force for the final decision.

The winner will be announced around April 1, 2020.

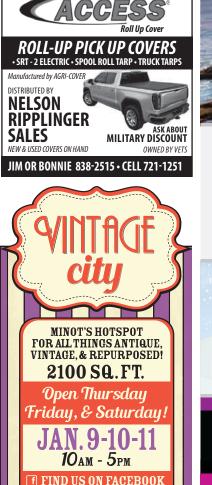
The winner will receive an all-expense paid trip to the Air Force Association's Air, Space & Cyber Conference in September 2022, to attend the 75th Air Force birthday celebration and meet the CSAF and CMSAF.

Airmen and civilians with ideas should submit them online at https://usaf.ideascalegov.com/a/ ideas/recent/campaigns/101, when the submission window



In preparation for the Air Force's 75th anniversary, Sept. 18, 2022, the Air Force is soliciting birthday theme ideas from Total Force Airmen and civilians. Every year in September, the Department of the Air Force dedicates a theme to celebrate the Air Force's birthday.

U.S. AIR FORCE GRAPHIC I TECH. SGT. ANTHONY NELSON JR.



701.720.0215

701.720.4494

2001 8th Ave. SE Minot





George Burns Was A Mass Murderer?

For those of you who don't know, George Burns was an entertainer who smoked like a chimney, drank like a fish, and ate whatever he dang well pleased all while living to the ripe old age of 100.

Don't get me wrong I love George Burns. I love the toupee, I love the cigar smoking, I love the humor; I love everything about him. But, he is like the aunt, uncle, grandma or grandpa who everyone knows did everything wrong, and still lived a long life. You know what I am talking about; everyone has a relative who smoked two packs of unfiltered Lucky's a day and ate a loaf of bread and a pound of bacon washed down by a fifth of Jack Daniels...3 meals a day and died peacefully in their sleep at age 99. These folks are the genetic outliers, and let me put this in writing . . . "you are not those folks!!"

Most of us use these outliers to justify our bad behavior. We say I can supersize my value meal because my uncle _____ ate ____ and lived to be ____. I don't have to exercise because my . . . , I don't have to see a chiropractor because my. . . . I don't have to take charge of my health because my. . .

As a health care practitioner, I hear this countless times per year. Again, let me be clear, maybe they could, but you can't! But let me also add some insight. There is a REASON they can and you can't.

Let's Learn About GAP

That reason is one of the most helpful things you will ever learn about your health and it is called "General Adaptive Potential" or (GAP).

If your company or group invites me to do a presentation (which I don't charge for and let me just say I am quite charming so you should) you will almost inevitably hear me speak at some point about General Adaptive Potential. It is a very simple and elegant concept that explains everything you ever needed to know, and everything you ever wanted to know, about health. In my presentations I will draw two parallel lines (like railroad tracks) on a whiteboard; then in between those lines I will draw some up and down squiggly lines like radio waves or what you might see on a graph. Those squiggly lines represent stress (physical stress, chemical stress, and emotional stress). If those lines go above or below the railroad tracks your stress is exceeding your GAP. No scientist would argue that if your stress exceeds your GAP a little you will be sick and fatigued, and if it constantly exceeds it by a wide margin, you will be chronically or, maybe even terminally ill. (AKA it will kill you with cancer or heart disease, or stroke, or obesity, or you name it).

George Burns and uncle ____ __ had very wide railroad tracks (GAP) so the stresses they were adding in never went above, or below those lines. Most people don't have that blessing. Some are even born with a very narrow GAP. This is by no means fair, but I would like to put the power into your hands to make the most of the cards you were dealt.

Life Is NOT Fair!

Let's go back to this issue of fairness. I think life is beautiful, but I will not say life is fair. I will say though if you know the rules of the game you can make your unfair life a beautiful, healthy, and

Let's say you were born with the last name Rockefeller there is no doubt that you don't have to worry too much about your financial decision and can even make lots of mistakes and still know that your family will be fed and you will enjoy an entire lifetime of financial security. Let's say though you were born with the name Buffett. Sure, there is nothing wrong with the name but unlike Rockefeller you are not guaranteed anything, but if you are like Warren Buffett you can learn the rules to the game and end up one of the richest people in the world.

Back To GAP...

So what do we do about this GAP thing? Is yours average? Is yours above average? Is yours super low? The only real way to know is to come into our clinic and get a "core score." This is technology we have in our office that tells you the adaptability of your nervous system, better known as your GAP. With that information we can make a plan for you to lower your stress and increase your GAP!

You can increase your GAP or you can lower your stress.

It is really a pretty simple equation. If you have a low GAP you need to either raise that GAP or decrease your stress. As a chiropractor I can tell you with confidence that subluxations (somethings Chiropractors identify and have procedures to eliminate) and unhealthy lifestyle (something Chiropractors can advise you on) lower your GAP. 100 times out of 100, if you are subluxated and you live a crummy lifestyle you will have a lower GAP. The good news is that adjustments and healthy lifestyles increase your GAP!! You can also keep your GAP the same and lower your stress. In the real world however I will tell you though it is much easier to increase your GAP. Of the top 5 stresses that Americans face I have experienced all 5. At times in my life I have experienced 3-4 of them at the same time. I am not one of the lucky ones with a naturally high GAP. In fact, before I learned about the concept I was sick all the time. There wasn't a year that went by in my corporate life that I did not use all or more than all of my sick days, but since I began learning this concept 10 years ago I have gone 10 years without a sick day!! For me that is an incredible feat!! My GAP was not like George Burns. My GAP is more like that poor sickly kid on Little House on the Prairie, but I have an advantage over that sick little kid. I know the rules of the game. As I mentioned, I have had enough stress in my life for 5 lifetimes. However, I know in those times in my life when I experience stress, I need to do whatever I can to increase my GAP, and my secret is always:

A#1- make sure my body is free from subluxation, then I build from there.

If you think you are like me and have a naturally low GAP come and see me. I would be happy to talk with you and it will cost you nothing... but your time.



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

Hangar Fire at Minot Air Force Base

AIRMAN 1ST CLASS CALEB S. KIMMELL, 5TH BOMB WING

MINOT AIR FORCE BASE, N.D. --

On the night of Dec. 28th, 2019, 5th Civil Engineer Squadron firefighters at Minot Air Force Base, North Dakota, responded to a fire near the flightline.

"My Airmen were out there as soon as we got the call," said Master Sgt. Darnell Dobson, 5th Civil Engineer Squadron assistant fire chief. "We responded as quickly as possible and handled the situation better than I could've imagined."

Minot AFB firefighters helped keep our Airmen and assets safe. The fire blazed, being nearly double the height of the hangar itself. With four trucks placed strategically around the building, the situation was contained. It took the firefighters six hours to extinguish the fire, and they were on standby until the next day to ensure the scene was safe.

"As soon as we arrived we went defensive," said Dobson. "We had to make sure nothing else would be harmed. We started spraying water in order to mitigate the

The hangar was constructed in 1958 and was used as a fighter aircraft hangar, It was not designed to accommodate the B-52H Stratofortress. Instead, it has been used to contain transient alert equipment as well as snow control equipment for the winter months. No one was injured and the hangar did not have any personnel or aircraft inside.

"My Airmen have never seen anything this big before, but we train daily," said Dobson. "We are confident in our ability, and we handed the situation beautifully."

The City of Minot Fire Station helped Minot AFB contain the

"It was cold that night," said Dobson. "We fought the weather along with the fire. Thankfully we had local fire stations come and help us. Along with that, I had people from all across the base talk to me and ask if we needed help. That level of comradery is very special."

The fire was declared to be put out on Dec. 29th, 2019, at roughly 3:30 p.m. The cause of the fire is under a safety investigation.



5th Civil Engineer Squadron firefighters circle a burning hangar Dec. 28, 2019, at Minot Air Force Base, North Dakota. The 5th Civil Engineer Squadron assisted the firefighters by putting up large lights to illuminate the scene.

U.S. AIR FORCE PHOTOS I AIRMAN 1ST CLASS CALEB S. KIMMELL



5th Civil Engineer Squadron firefighters spray water onto the burning hangar Dec. 28, 2019, at Minot Air Force Base, North Dakota. The fire trucks pressurize water to extinguish the flames.



5th Civil Engineer Squadron firefighters check their fire truck Dec. 28, 2019, at Minot Air Force Base, North Dakota. The firefighters are unloading all of their gear from the truck in order to inspect the burning hangar.



5th Civil Engineer Squadron firefighters lay out a hose Dec. 28, 2019, at Minot Air Force Base, North Dakota. The fire trucks pressurize water to extinguish









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CONTACTUS

Ted Bolton

Publisher | Advertising bagroup@srt.com

Rod Wilson

Business Development | Marketing sentrysales@srt.com

Nikki Greening

Creative Services nsads@srt.com or nsgraphics@srt.com

MINOT AIR FORCE BASE

PUBLIC AFFAIRS

Chief of Public Affairs Maj. Natassia Cherne Public Affairs Officer 1st Lt. Victoria Palandech 2nd Lt. Gabriel Cushing Superintendent Master Sgt. Jeremy Larlee Civic Outreach Staff Sgt. Steven Adkins Mrs. Tracy Mcintosh

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NEWSSUBMISSIONS Northern Sentry Office

nsads@srt.com | 701.839.0946

MAFB Public Affairs Office v35bw.pa@us.af.mil 701.723.6212

MAIL&FAX

315 South Main Street, Suite 202 Minot, ND 58701 | 701.839.1867

VIEWONLINE

www.northernsentry.com www.minot.af.mil

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CROSSWORD PUZZLE

- 1. Depth charges, slangily
- 8. Brief suits
- 15. Garland was one
- **16**. Not smart
- 17. Cocktail party item: Var.
- 18. Nixon policy
- 19. Salon items
- 21. Hush-hush org.
- 22. Mideast gp. since 1964
- 23. It's expected
- 24. Follows
- 26. Photographer's choice
- 28. Off to one side
- 29. Post-storm creation
- **31**. Really tired
- 33. Wear (away)
- 34. Blowup: Abbr.
- 35. Almost made it home
- 39. Gismos
- 43. Hit the road
- 44. Hits usually get them
- **46**. Lose it
- 47. German 101 word
- 48. Collar
- 49. "Lord, is __?": Matthew
- 50. Oriental neighbor
- 57. Not right at all?
- 58. Decontaminate **59**. Satan
- 60. Less likely to stay up

2

3

5

2

4

9

- 61. Eyeball parts
- 62. Counts on

1	2	3	4	5	6	7		8	9	10	11	12	13	14
15								16				\dagger		
17	+		+	+		+		18	1	+	-	+	+	+
19			1	+		1	20			+	1	+	1	+
21				50	10	22	***			Ü	A C	23		
24		172	25	-	26		7		27	174	28		+	+
29		1		30				31		32	31/20	+	1	
-	,	V	33	7	+				34				Ų.	
35	36	37				38		39				40	41	42
43	+		+		44		45				46	+	+	+
47	+	-			5	48						49	+	+
50	+	+	51	52	53				54	55	56		+	
57	4	4				-		58		1	141	+		
59			+	-	-	+		60		+		+	+	
61	+		+	-	-	+		62	1	+	+	+	+	+

Down

- 1. Mounts
- 2. Extends a visit
- 3. Try it
- 4. Plagiarize
- **5.** Old apple application
- Germanicus

4

8

7

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6

8. &%\$#^\$ unit

4

8

9

7

9. "Got it!"

- 10. 1992 U.S. Open
- 11. Don Juan's mother
- **13**. Without money

- 26. Mom overseas

- 38. Swings 39. Fiasco
- 40. Negatively charged
- **41**. Computer records
- **42**. Web browsers
- **45**. Irreg.
- **51**. Sub builder
- 52. Robust
- 53. "Peter Pan" dog
- **54**. Holm oak
- **55**. Act of faith?
- 56. Tool with teeth



6. Grandson of

3

6

8

1

6

- **7**. Piece of cookware

- champ
- **12**. Spare target, maybe
- changing hands 14. Steams
- 20. RN's forte
- 25. Didn't lose a game

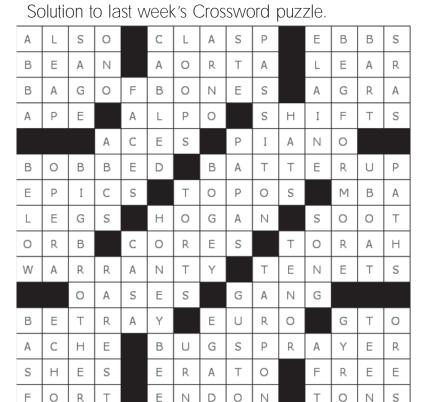
SUDOKU Solution to puzzle on page B6

SATURDAY. JAN 11 1700 **SUNDAY. JAN 12** 1500

37. Occupy

JUMANJI: THE NEXT LEVEL (PG-13)

In Jumanji: The Next Level, the gang is back but the game has changed. As they return to rescue one of their own, the players will have to brave parts unknown from arid deserts to snowy mountains, to escape the world's most dangerous game.



9

Cheesy MEATBALL BAKE



This meatball bake recipe is homemade tender meatballs smothered in tomato sauce and covered in cheese

INGREDIENTS:

- 1 pound ground beef 90 percent lean 1/2 teaspoon ground black pepper
- 1 teaspoon minced garlic • 1/4 cup finely grated parmesan
- cheese
- 1/4 cup breadcrumbs
- 1 egg
- 1 teaspoon kosher salt
- 1/4 cup milk
- · cooking spray
- 2 cups marinara sauce
- 2 cups shredded mozzarella cheese
- 2 tablespoons chopped parsley

INSTRUCTIONS: • In a large bowl, combine the ground beef, garlic, parmesan cheese, breadcrumbs, egg, salt, pepper and milk. Mix together until thoroughly blended.

.....

- Preheat the broiler. Coat the bottom of a 9 or 10 inch skillet with cooking spray.
 Form meatballs that are approximately 1 1/2 inches in diameter and place the meat
- balls in a single layer in the pan.
- Broil for 8-10 minutes or until meatballs are cooked through and browned on top.
- Drain off any fat or liquid in the pan.
- Pour the marinara sauce over the meatballs and sprinkle the cheese over the sauce.
- Broil for 3-5 minutes or until cheese is melted and browned.
- · Sprinkle with parsley and serve immediately.





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GYMAGIC SATURDAY OPEN GYM 12:00 PM - 1:00 PM Location: Gymagic Gymnastics 5645 18th Ave SE, Minot, ND

Please join us for one hour of open gym! Bring your little ones or big ones and let them run, climb and explore our big facility! The cost is \$5 per child, and children up to age 14 are welcome. You do NOT need to be a current member of Gymagic in order

There is no shoes or personal belongings allowed in the gym, please leave them in the entryway. Please leave all valuable items in your vehicle as we are not responsible for lost or missing items. Only water is allowed inside the gym area.



For more information: Facebook event/ Gymnastics Inc. - Gymagic Gymnastics

FREE CAR SEAT CHECKS 3:00 PM - 6:00 PM Location: Minot Fire Station 1 - 2111 10th St SW, Minot, ND

Free child passenger safety checks offered by Minot Car Seat Coalition partners at Fire Station 1 by Office Max. Is your car seat: Installed correctly, properly installed, in safe

condition, recalled or expired? Come and let us check your seat for free, teach you a bit about your seat, and leave with peace of mind, knowing your seat is in correctly and safe. No appointment necessary, please allow 30 minutes per seat.











For more information: Facebook event/ Safe Kids Minot

AQUA FIT & TONE THURSDAY CLASSES 6:30 PM - 7:30 PM

6:30 PM - 7:30 PM
Location: Erik Ramstad Middle School
1215 36th Ave NW, Minot, ND

Must be registered prior to attending! Want a fun way to
enhance cardiovascular fitness, improve tlexibility, increase muscle
endurance and burn calories while exercising in the water? Aqua
Fitness is a blend of cardio, strengthening, muscle endurance, and
resistance training that is low-impact and easier on your joints.
While in the pool, participants will perform a range of easy to
learn steps. We may use such tools as pool noodles, kickboards,
etc which will be provided. No matter what your age, ability, or
experience – this water workout is suitable for everyone!! No
swimming experience is required –you just need to be willing to swimming experience is required -you just need to be willing to get wet and move to the music! Participants may use water shoes for better traction on pool floor. Want to reach new levels of fitness and have a blast? Come join us! Cost \$24.00 (6 Sessions)



For more information: Facebook event/MPS Community Ed - 7018574488

3RD ANNUAL MINOT REGIONAL ROBOTICS TOURNAMENT 8:00 AM - 4:00 PM Location: Minot State University Swain Hall 500 University Ave W, Minot, ND

The 3rd annual Minot Regional Robotics tournament will be held at Swain Hall on Saturday, January 11th from 8am-4pm. All are invited to come and watch robots compete (robot competition happens in the afternoon).





For more information: Facebook event/ Full STEAM Ahead

MINOT DAV (DISABLED AMERICAN VETERAN) CHAPTER 4 COFFEE SOCIAL 2:00 PM

Location: Ward County Admin. Bldg. 225 3rd St SE Minot.

Coffee and pastries start at 2:00pm. All Veterans, DAV Volunteers and Auxiliary members are welcome. Join us in the Veterans Room (105) in the Ward County Admin. Bldg. 225 3rd St SE Minot. A \$1 free will donation is suggested to help defray expenses for coffee, cups, utensils, creamers etc., etc.

For any questions, please contact minotdaychptr4@hotmail.com



For more information: Facebook event/DAV Chapter 4 Minot, ND



WINE & PAINT 6:00 PM - 8:00 PM Location: pin MAFB Arts and Crafts, 306 Tanker Trail, Minot Air Force Base, ND

Sit, sip, and create your very own masterpiece at Wine & Paint! This fun class is on Friday, January 17th from 6:00 pm to 8:00 pm at the MAFB Arts & Crafts. Registration is from January 7 – 16 and seating is LIMITED, so don't delay!

Bring home a new painting and have a great time for only \$26! This 2-hour session is for Adults 17+ and wine is not provided. participants must bring own wine and ID.

Contact Arts & Crafts at 723-3640 for more information.



For more information: Facebook event / 5th Force Support Squadron



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These boots weren't made for retirement

Patricia Stockdill

An old song from the musical archives said We're talking boots made for North Dakota's something about "these boots are made for Great Outdoors. walking."

many shoes."

Well, ya can't have too many boots, either, and of insulation. boots are definitely made for walking.

entertaining two canine Hunting Maniacs need to retire. (HM) who think upland bird season should be It's kind of like the professional athlete who mindset, we're forced to take them hunting as did when they entered the league. much as possible during the real season. After Those boots should still be able to perform at house. It means a lot of time in boots.

And then there is tossing in the rare occasion (OK, pulled) onto one's feet. equates to more walking.

two Hunting Maniacs, AKA Eider and Garnet. in places. Because they can't grasp the concept that You want to ignore the fact that they're no the shotgun isn't along.

when the over-and-under isn't along but it's than the pickup tire's tread, which explains still a walk. That's what counts. Even though why one's traction isn't what it was when they one can hunt a variety of bird species for first came out of the fancy box. about four months in North Dakota, it's still That's what happens when they've gone not enough for the Hunting Maniacs.

That means walking in a variety of weather — or dares - to admit. for as many days as a person can get afield to Yes, a girl can't have too many boots but there also means a variety of terrain.

gods that a girl has to have a variety of boots the closet. for the variety of weather and the variety of Those are the ones that at the end of hunting an opportunity to hunt something other than professional athlete. North Dakota's flat or rolling countryside.

Did I mention that a girl can't have too many in the wings to take their place.

We're not talking fashion boots here. We're bronzing isn't practical, either. not talking trend ankle boots, either, although Maybe they would make a great decorative they're pretty cool.

Rugged, Good grips. Strong laces. Waterproof Another old saying is "a girl can't have too or at the minimum, water-resistant. And at least one pair must have at least 600 grams

While a girl can't have too many boots, It amounts to a lot of walking when occasionally there comes a time when they

open year around, sunrise to sunset. With their thinks they can still play at the high level they

all, the two Brittany Hunting Maniacs rule the the level they did the day they were lovingly -tenderly - removed from the box and slipped

when a person gets a deer rifle license. That You want to ignore the fact that the laces were replaced three times.

Of course, there is always walking when Or the fact that the stitching is loose. OK, training and exercising the aforementioned make it the fact that the stitching is missing

hunting seasons aren't open every day of the longer waterproof; they're not even water year, they must be entertained by going for resistant (picture sloshing wet socks). It's walks under the guise of hunting, although hard to be water resistant when gaps exist they probably know something isn't right when between the decorative camouflage uppers and authentic leather bottoms.

Their excitement level tends to be a tad lower Don't look at the grips – they're more worn

through more hunting seasons than one cares

appropriately entertain Eider and Garnet. It is always one favorite pair a person tends to slip (OK, pull) onto one's feet more than Therefore, it's been determined by the boot others from the long row of hunting boots in

terrain because occasionally there might be season face that same dilemma as that

It's time to retire. Others are eagerly lined up

They don't deserve the garbage can but, really,

planter on the deck.

This special feature is sponsored by:



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Hunter Education Classes

Individuals interested in taking a hunter education class in 2020 are reminded to register early, as most classes are held the first few months of the calendar year.

Interested students must click on the education link at the North Dakota Game and Fish Department website, gf.nd.gov. Classes are listed by city and can also be sorted by start date. Classes will be added throughout the year as they become finalized.

To register for a class, click on "enroll" next to the specific class, and follow the simple instructions. Personal information is required. Individuals interested in receiving a notice by email when each hunter education class is added, can click on the "subscribe to news and alerts" link found below the news section on the Game and Fish home page. Check the box labeled "hunter education" under

In addition, SMS text notifications of new classes can be sent directly to a cell phone. Simply text "NDGF HunterClass" to 468311 to subscribe to this feature.

State law requires anyone born after Dec. 31, 1961 to pass a certified hunter education course to hunt in the state. Hunter education is mandatory for youth who are turning 12 years old. Children who turn age 11 during the calendar year can take the class.

Contour Lake Maps on Website

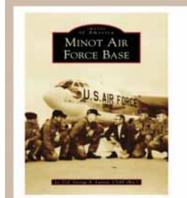
the education program updates.

North Dakota Game and Fish Department fisheries personnel recently added new fishing waters to the list of available contour maps on the Game and Fish website.

In addition, Jerry Weigel, fisheries production and development section leader, said maps of existing waters have been reprocessed to improve detail and quality. "We have access to more tools and options to create a better map than we did back in the early 2000s when most contour mapping occurred," Weigel said.

Contour maps recently added or improved are: Fox Lake, Barnes County; Bowman-Haley Dam, Bowman County; Powers Lake, Burke County; Crimmins Lake, Burleigh County; North Washington Lake, Eddy County; Rice Lake, Emmons County; Larimore Dam, Grand Forks County; Alkaline Lake and Lake Geneva, Kidder County; Buffalo Lodge Lake and Cottonwood Lake, McHenry County; Kislingbury Lake and Lehr Wildlife Management Area, McIntosh County; Arnegard Dam, McKenzie County; Coal Lake, McLean County; Clearwater Lake, Mountrail County; Buffalo Lake, Pierce County; Hinsz Lake, Sheridan County; Dickinson Reservoir, Stark County; North Golden Lake, Steele County; and Epping Springbrook Dam, Williams County.

All contour maps are available by accessing the fishing link at gf.nd.gov/fishing, then clicking on "where to fish."



ARCADIA PUBLISHING

Learn more about the Cold War-era construction of Minot Air Force Base and its continued operation as an Air Force Strike Command B-52H bomber and Minuteman III intercontinental ballistic missile base.

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This overview explains the kinds of issues addressed by confidential non-medical counseling and how you can access it.

Eligibility for Non-medical Counseling

Confidential non-medical counseling services are free and available to the following groups through Military OneSource and your installation's Military and Family Support Center:

- Active-duty service members their immediate members
- •National Guard and reserve service members (regardless of activation status) and their immediate family members
 - •Designated Department of

Defense expeditionary civilians and their immediate family members Survivors

Review the full eligibility guidelines.

Children and Youth Services

Children are eligible to receive confidential non-medical counseling services under the following circumstances:

- •Children ages 12 and younger may attend face-to-face sessions through Military OneSource with a parent or guardian, but not on their own.
- Youth, ages 13 through 17, are eligible for individual, face-toface counseling through Military OneSource, but a parent must attend the first session.
- •Children younger than age 18 are eligible for counseling with a child and youth behavioral military and family life counselor with parental consent.
- •All military and family life counseling with children occurs within line of sight of another

Confidentiality

The non-medical counseling through OneSource and the Military and Family Life Counseling Program are confidential. The Military and Family Life Counseling Program is also anonymous. This means:

- A family member can receive counseling without the service member's knowledge.
- •A service member can receive counseling without a family member's knowledge.

Privacy protections ensure your personal information will not be:

- •Provided to the military or chain of command
- •Shared with family or friends
- •Released to other agencies Exceptions to privacy include:
- •Duty to warn
- •Suspected family maltreatment (domestic violence, child or elder abuse or neglect)
- •Harm to self or others
- Illegal activity

Issues addressed in nonmedical counseling services

Confidential non-medical counseling addresses issues such

- Adjustments (including deployments)
- Marital problems
- Parenting skills •Stress management
- Decision-making
- Communication

• Grief and loss

counseling Non-medical services don't address certain issues. If you need help with any of the following issues, contact the Military Crisis Line (1-800-273-8255 and Press 1).:

- Active suicidal or homicidal thoughts
 - Sexual assault
 - •Child abuse
- Domestic violence
- Alcohol and substance abuse • Mental health conditions such

as depression Non-medical counseling isn't

- suitable for individuals: Prescribed psychoactive medication
- Receiving therapy with another
- practitioner •Involved in Family Advocacy
- Program cases Undergoing fitness-for-duty evaluations
- Undergoing court-ordered counseling

Accessing free counseling services

Face-to-face confidential nonmedical counseling may occur in an office setting with a counselor located in the local community or with military and family life

ND residents, \$200 for non - ND

residents, and includes breakfast

and lunch. A discounted lodging

rate of \$79 per night is available

at the Grand Hotel if reserved by

Feb. 20 in the Dakota Hope Clinic

block of rooms.

counselors on an installation. Military OneSource counseling sessions in three other

- •Telephone: 800-342-9647
 - Secure online chat
 - •Secure video

Service members and their families can request counseling services at any time of the day or night, any day of the year, from anywhere in the world by calling Military OneSource at 800-342-9647. A consultant will assess your needs and give you a referral. You can also access Military OneSource counseling services online.

To speak with a military and family life counselor, contact one of the following:

- •Military and Family Support
- •Unit commander
- •National Guard and reserve family programs

Whether it's getting to the next level or juggling responsibilities, we all need help sometimes. Tap

into your military network to get the support you need. Confidential non-medical counseling is available to help you manage the stressors of military and family life anytime,

For more information or to

register, call Dakota Hope at 701-

852-4675, or click on the partner

with us tab at www.dakotahope.

February 18th.

Registration deadline is

Ascend Sexual Risk Avoidance Specialist Certification

DAKOTA HOPE CLINIC

- •12.5 Nursing Contact Hours by
- •10.5 Social Work Contact Hours by the NDBSWE
- •2 Education Credits through Minot State University

Are you comfortable talking or teaching about sexual health? Are you confident in giving clear guidance that is evidence-based, and relevant to everyone? If not, the Ascend Sexual Risk Avoidance course is for you! This Specialist Certification is being brought to North Dakota for the second time by Dakota Hope Clinic. program will be held at the Grand Hotel in Minot on March 10-11, 2020. The program has been approved for 12.5 nursing contact hours, 10.5 social work contact hours, and 2 education credits through Minot State University.

Sexual Risk Avoidance (SRA) is an educational approach based on the public health model of primary

Sexual Risk Avoidance field. For over a decade, they have helped thousands of America's youth make smart, forward-thinking choices about their sexual behavior, and is committed to supporting parents in their role as educators of their children.

The SRA approach fits perfectly with the mandate for the type of sex education described in ND Century Code 15.1-21-24, " each school district and nonpublic school shall ensure that the portion of its health curriculum which is related to sexual health includes instruction pertaining to the risks associated with adolescent sexual activity and the social, psychological, and physical health gains to be realized by abstaining from sexual activity before and outside of marriage."

The certification will provide proficiency on the SRA model and sets a standard of excellence for the field. Pre-course reading the training. The goal is that the certified SRA Specialists will increase the overall quality and reach of school and community sexual health education. Everyone, including parents, policymakers, and clergy, are invited to attend.

The Certification is good for 2 years and can be renewed by online coursework. Ascend will provide ongoing consultation support for the specialists as needed. The cost of the course is \$125 for







701.837.8555



Minot State **Enrollment Services** to host Red and Green Day



MINOT, N.D. Minot State University Enrollment Services will host Red and Green Day, an event for incoming freshman students, on

Saturday, Jan. 25.

During Red and Green Days, students can meet with current Minot State students, tour the campus, talk about the admissions process, and learn about scholarships and

Red and Green Day 2020 is scheduled from 10 a.m. to 1 p.m. at various locations on the Minot State campus. Incoming freshman students can register online at MinotStateU.edu/enroll/visit. shtml#Red-Green-Days. The online registration provides a list of sessions and times to allow each student to customize their own schedule.

"Red and Green Day is an opportunity prospective for students and their families to take a campus tour and meet with specific

departments about what the student is interested in," said Sydney Clark, a Minot State admissions counselor.

Sessions on Red and Green Day include biology, nursing, art, broadcasting, individualized studies, and more. There will also be a resource fair where current Minot State students who are in a specific program can talk to prospective students about the program along with representatives from MSU clubs and organizations.

WHAT'S GOING ON MA

- Registration Opens for Armed Forces Bowling Championship at https://cloud.mwr.army.mil/apptrac/atwsc/apptrac.wsc/wb1000.html?wbp=5
- Registration Opens for Battle Rig Challenge at the Fitness Center
- Cycle, 0530, Fitness Center
- Swerk, 0915, Fitness Center
- Cycle and Yoga, 1130, Fitness Center
- Torch Club, 1600-1700, Youth Center
- Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill
- . Mixed Martial Arts, 1630, Fitness Center
- Club Members \$\$\$ Drawing, 1730-1830, Rockers Bar & Grill and Bomber Bistro
- Give Parents a Break, 1800-2200, Child Development Center & Youth Center
- . Keystone Meeting, 1800, Youth Center
- Mixed Fun League, 1830, Rough Rider Lanes
- Karaoke Night, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes

- Ice Fishing Trip to Lake Metigoshe, 0800-1700, Held at Lake Metigoshe and hosted by Outdoor Recreation
- New Year's Resolution Fitness Event, 0900-1100, Fitness Center
- Youth Bowling League, 1000, Rough Rider Lanes
- Star Wars Spectacular, 1300, Base Library
- Lights & Strikes and Saturday Unlimited Bowling, 2000-2400, Rough Rider Lanes

- NFL Sunday Ticket Football, 1130-1800, Rockers Bar & Grill
- · Cycle, 1400, Fitness Center

MONDAY

- Tactical Fit Express, 0530, Fitness Center
- TAP GPS Workshop, 0730-1600, Held at the Education Center and hosted by the A&FRC
- Swerk, 0915, Fitness Center
- Cycle, 1130, Fitness Center
- Reintegration Briefing, 1300-1400, A&FRC
- Family Child Care New Provider Pre-Orientation, 1700-1900, Family Child Care office located inside Bomber Bistro
- Mixed Martial Arts, 1700, Fitness Center
- Zumba, 1730, Fitness Center
- Craft Club, 1800, Base Library

Auto Hobby January Specials January 2-15 Scan Tool Hook Up

Check engine light making you nervous? Bring in your vehicle to find the problem! Regular Price: \$25 Special Price: \$15

January 16-31 Oil Purchase Special Purchase oil and filter from Auto Hobby and get the stall FREE for 1 hour!

TUESDAY

- Registration Opens for Pinterest Party at Arts & Crafts
- Cycle, 0600, Fitness Center
- TAP GPS Workshop, 0730-1600, Held at the Education Center and hosted by the
- Game Day, 1000-1930, Base Library
 Federal Resume Workshop, 1100-1230, Held at Education Center and hosted by the
- Cycle, 1130, Fitness Center
- Family Night Kids Eat Free with Adult Club Member Entrée Purchase, 1700-2000, Rockers Bar & Grill
- Fit to Fight, 1700, Fitness Center
- Swerk, 1900, Fitness Center

WEDNESDAY

- Last Day to Register for Creative Kids Class at Arts & Crafts
- Circuit Training, 0530, Fitness Center
- TAP GPS Workshop, 0730-1600, Held at the Education Center and hosted by the
- Club Member Benefit, 0900-1400, Rough Rider Lanes
- Bundles for Babies, 0900-1030, A&FRC
- Story Time, 1030, Base Library
- Cycle & Yoga, 1130, Fitness Center
- The ABCs of IEPs, 1130-1300, Held at Lil' Riders Event Room inside Bomber Bistro and hosted by the A&FRC and the School Liaison Office
- Pre-Deployment/Remote Readiness Training, 1300-1400, A&FRC
- Mug Club Special, 1600-1800, Rockers Bar & Grill
- Boss & Buddy \$1 Off Draft Special, 1630-1830, Rockers Bar & Grill
- Members Wind Down Wednesday Buffet, 1630-1830, Rockers Bar & Grill
- Mixed Martial Arts, 1630, Fitness Center
- Cycle, 1700, Fitness Center
- Wednesday Night Fun Bowl, 1700-2100, Rough Rider Lanes
- Squadron Extramural League, 1730, Rough Rider Lanes
- Wednesday Night Bingo, 1730, 1830, 1930, Rockers Bar & Grill
- · Yoga, 1830, Fitness Center
- · Swerk, 1930, Fitness Center

THURSDAY

- · Last Day to Register for Wine & Paint Class at Arts & Crafts
- Cycle, 0600, Fitness Center
- TAP GPS Workshop, 0730-1600, Held at the Education Center and hosted by the
- Creative Kids Class, 1030-1100, Arts & Crafts
- · Cycle, 1130, Fitness Center
- Reintegration Briefing, 1300-1400, A&FRC
- Trivia Night Registration, 1600-1845, Ground Zero Lounge in the Jimmy Doolittle Keystone Resiliency Challenge — Open Rec, 1600, Youth Center
- Fit to Fight, 1700, Fitness Center
- Craft Club, 1800, Base Library
- Trivia Night, 1900, Ground Zero Lounge in the Jimmy Doolittle Center



Last Day to Register for Baseball Camp at Youth Center

17 Jan

- Last Day to Register for Dog Sledding Trip to Ely, Minnesota at Outdoor Recreation
- Cycle, 0530, Fitness Center
- TAP GPS Workshop, 0730-1600, Held at the Education Center and hosted by the A&FRC
- · Swerk, 0915, Fitness Center
- Cycle and Yoga, 1130, Fitness Center
- First Friday, 1600-2200, Jimmy Doolittle Center
- Torch Club, 1600-1700, Youth Center
- Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill
- · Mixed Martial Arts, 1630, Fitness Center
- · Club Members \$\$\$ Drawing, 1730-1830, Rockers Bar & Grill (name of Club Member drawn also announced at the Jimmy Doolittle Center
- and Bomber Bistro)
- · Wine & Paint Class, 1800-2000, Arts & Crafts
- . Keystone Meeting, 1800, Youth Center
- Mixed Fun League, 1830, Rough Rider Lanes
- Karaoke Night, 2000, Rockers Bar & Grill · Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes
- · For a full listing of Martin Luther King Jr. Day holiday weekend

18 Jan

- facility hours, visit 5thforcesupport.com Cycle, 0900, Fitness Center
- Youth Bowling League, 1000, Rough Rider Lanes
- Zumba, 1000, Fitness Center • Pre-Martin Luther King Jr. Day Special, 1400-2100, Rough Rider Lanes
- Lights & Strikes and Saturday Unlimited Bowling, 2000-2400, Rough Rider Lanes
- UFC 245: McGregor vs Cowboy, prelims begin at 1900, main event begins at 2100, Rockers Bar & Grill

Rockers Bar & Grill January Special Kickin' Chicken Sandwich

Toasted bread with chicken tenders dipped in fire and fury sauce, pepper jack cheese, and

Bomber Bistro

January Special

Monday Lunch Special: Chicken Marsala

Don't miss this special featuring grilled chicken and sautéed onions & mushrooms with pasta in creamy marsala sauce! Served with garlic bread and available only while supplies last! Try it on Mondays during lunch for \$9.25 – includes a drink!

The B-Fifty Brew **January Special Coffee and Donuts**

Grab some coffee & donuts to-go and share with a friend or treat yourself! You deserve a sweet start to your day!

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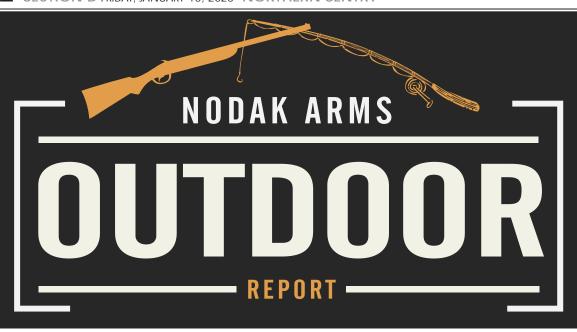
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OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, Jan. 6: 1,839.08 feet above mean sea level (MSL); 22,600 cubic feet per second (CFS) Garrison Dam average daily releases

Devils Lake elevation: 1,448.93 feet above mean sea level (MSL).

Stump Lake elevation: 1,448.85

• N.D. Game & Fish Dept. game wardens: Devils Lake somewhat slow with a few perch taken deep. Anglers need to move around quite a bit to locate them, however. Try late morning or early evening after sundown for walleye. Ice is still extremely variable and vehicle access still not advised A few anglers out on smaller southern Ward County lakes but no reports. Not much activity on the east end of Lake Sakakawea. Use caution with variable ice conditions.

•Devils Lake, Ed's Bait Shop, Devils Lake: Some nice-sized walleye from Devils Lake, Pelican Lake, and northern feeder lakes. Depth varies greatly from 8 to 50 feet throughout much of the lake and time of day. Some improving perch numbers coming from Creel Bay, as well as continued success from the east side along Black Tiger and East bays. Also try flooded timber around Grahams Island or New Mill and Hog bays. Watch for slush pockets and variable ice on Stump Lake, especially on the east side.

· Devils Lake, Woodland Resort, Devils Lake: Fair to good for walleye in 20 to 24 feet with better success in the morning or towards dusk. Try tip-ups and minnows, jigging Raps, spoons, or dead rigs working structure. Work deeper in 40 feet for perch with minnow heads or wax worms. Locate treed areas.

· Lake Audubon/Lake Sakakawea, Totten Trail Bait, Coleharbor: Continued fair to good walleye success with most activity still along the south shore more so than off the Totten Trail boat ramp.

•Lake Darling, Karma C-Store, Ruthville: A few walleye from Lake Darling and Grano but overall success is somewhat slow. Buffalo Lodge Lake fair for pike. Lake Audubon also producing nice-sized walleye.

· Lake Metigoshe, Four Seasons, Bottineau: Fair to good bluegill success with a short evening walleye

•Lake Metigoshe, Lake Metigoshe

State Park, Bottineau: A lot more activity on area lakes with anglers finding a mix of walleye, pike, and bluegill from Lake Metigoshe with a few crappie and perch mixed in. About 8-inch water clarity for pike spearing.

• Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Not many reports from the east end of Lake Sakakawea, although anglers finding some perch success. Lake Audubon also producing a few

•Lake Sakakawea, Scenic 23, New Town: Lots of activity in the Van Hook Arm with good numbers of small walleye and occasional nice-sized ones mixed in. Try sunken islands in 20 feet.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Continued Missouri River tailrace walleye success from the chutes and shore. Best success with crankbaits from both and shore at night or jigs and minnows down river at times during the day. Wing walls starting to produce a few walleye with occasional ling.

• Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Lake Sakakawea continues producing decent walleye success but move deeper with most activity still around Lund's Landing, Long Creek, and White Earth Bay. Also try Tobacco Garden on the south side. Blacktail Dam continues producing some bluegill and perch. Try bobbers and minnows about 2 feet under the ice for crappie on Trenton Lake.

•Lonetree WMA area lakes, Harvey: Area lakes generally slow, although anglers are catching an occasional fish.

 North-central/central lakes, Towner Hdwe. Hank, Towner: Souris River producing a few pike but area lakes still somewhat quiet.

Downhill skiing:

 Bottineau Winter Park, Bottineau: 10- to 30-inch base with 8 trails groomed and in good condition. Chair and carpet lifts open. 3 Sunny Side and 4 Backside tubing runs and

• Frostfire Ski Area, Walhalla: Ski area open for the season. Call (701) 549-3600 for information.

• Huff Hills Ski Area, Mandan: 19to 25-inch machine groomed base with 8 runs, bunny lift, 1 chair, and 4 Terrain Park features open.

•Terry Peak, Leads, S.D.: 18- to

as you go along on the ice.

• Jan. 18: Berthold Sportsmen Club banquet and auction, 5

State Park, Garrison. 10 a.m. registration.

• Jan. 11: Lake Darling; Lake Sakakawea, Lewis & Clark Bridge; Devils Lake; Makoti Lake.

•Jan. 18: Lake Sakakawea, Tobacco Garden.

24-inch base with all runs and lifts open.

N.D. Parks & Recreation Dept. cross-country ski trails (conditions can vary):

 Garrison Dam Nat'l. Fish Hatchery, downstream Garrison Dam, Riverdale: Trails open and in fair condition.

• Fort Stevenson, Garrison: Crosscountry ski trails in fair condition with warm weather earlier in the New Year creating exposed areas of grass. Fat tire bike trails in good condition for riding.

•Lake Metigoshe, Bottineau: Trails open and in fair condition.

Snowmobile N.D.:

•Cattail (Barnes, Cass, Steele, & Traill counties): 3- to 7-inch base with trails open.

•East-Central Valley (Cass & Richland counties):6- to 12-inch base with all trails open and in good

•Lake Region (Nelson & Ramsey counties): A section open between Devils Lake and Lakota on trails 4, 5, & 6.

•Missouri Valley (Burleigh & Emmons counties): Wilton, Sterling, 6-inch base. Watch for open water

• All other trails closed until there

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

• Ice is never completely safe. Avoid areas with vegetation, moving water, pressure ridges, and springs. Check conditions

p.m. social, Berthold.

• Jan. 25: Flakes of Fury fat tire bike race, Fort Stevenson

Tournaments:

and Moffit trails open with 3- to along sloughs and lake areas.

• Southern Valley (Richland County): 6- to 10-inch base with all trails open and in good condition.

are better snow conditions.

Numbers to know:

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









GARY A. KAYLOR RETIREMENT

A retirement ceremony is hosted for Mr. Gary A. Taylor on Dec. 20, 2019 on Minot Air Force Base, North Dakota. Mr. Kaylor had more than 40 years of civil service.

U.S. AIR FORCE PHOTOS I SRA ASHLEY L. BOSTER

BAKED PECAN PIE



INGREDIENTS PIE CRUST

2-1/2 CUPS ALL-PURPOSE FLOUR 1 TBSP SUGAR 1 TSP SALT 1 CUP (2 ST 6-7 TBSP ICE WATER

PIE FILLLING **6 TBSP BUTTER 2 CUPS PACKED BROWN SUGAR** 1/2 CUP CORN SYRUF 1 TSP VANILLA ZEST OF 1 ORANGE PINCH OF SALT **2 CUPS PECANS**

In the bowl of a food processor combine flour, sugar and salt Pulse to combine.

With the machine running, drop in little pieces of cold butter until all butter is added and mixture resembles coarse corn meal. Add cold water 1 Thsp at a time until dough comes together. You may not need all the water.

Turn dough out onto a floured surface and roll into 1 big round large enough to cover the pie dish with an over hang of at least 1-inch. Place into pie dish and prick the bottom with a fork.

When ready to cook, set the temperature to 350° and preheat, lid closed

Place a piece of parchment on top of the pie dough and fill with beans, rice, or pie weights. Blind bake the pie dough for 15-20 minutes. Remove from grill and set aside.

To make the filling: Combine melted butter with sugar. Stream in corn syrup, vanilla, zest and salt. In a separate bowl whisk together the eggs, and combine with the sugar mixture. Add pecans and fold to combine.

Remove the parchment and beans or rice from the pie dough and pour Place directly on the grill grate and bake until the filling is set, about

Let cool at room temperature and serve with whipped cream or your choice of ice cream. Enjoy!

*Cook times will vary depending on set and ambient temperatures.

Access this, and over a thousand other Traeger recipes on the





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Beat Winter Blues

As you turn the calendar to 2020, be sure to mark January 17th through 19th as a special weekend. That's because Fight The Frost returns to the Magic City. This is the 2nd annual Fight The Frost event giving kids of all ages, (and adults too), the chance to take their energy inside the North Dakota State Fair Center where more than 25 inflatables, including 6 obstacle courses and even a designated kiddie land will occupy the 4H and FFA Halls.

What better way to break up winter than for the entire family to enjoy 3 days of jumping, sliding and rolling on inflatables.

Admission

Admission & Parking are Free. Participants only need to purchase wristbands to play on the inflatables. Wristbands will be sold at the door, the day of the event.

All Day Play Daily Inflatable Wristbands

• Children 5 & Under.....\$8.00

• Ages 6 & Up.....\$14.00 Northern Sentry Military

The Northern Sentry is happy to present Military Appreciation Day on Saturday, January 18th! Save \$1.00 per ticket with a valid Military ID!

Book A Party

Appreciation Day

Book a Party at Fight the Frost! Party pricing starts at \$250 for ten one-day passes for unlimited jumping, Spicy Pie meals including drinks, and private reserved tables! Call 701.373.0104 to book today!

Stay All Day

Fight the Frost is open: Friday, January 17th from 3 p.m. - 9 p.m.Saturday, January 18th from 9 a.m. – 9 p.m. Sunday, January 19th from 11 a.m. – 5 p.m.

Concessions will also be available for an additional cost. Facebook event link available at facebook.com/fightthefrost.

Volunteer

Anyone wishing to volunteer can contat Tera Heiser at 701-373-0104 or they can use the sign up link: https://www.signupgenius. com/go/70a044eadaa29a3fa7fight4















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Air Force Aid Society Education Grant Program opens for upcoming academic year

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

The Air Force Aid Society's General Henry "Hap" Arnold Education Grant application window is now open for the 2020-2021 academic year. Eligible recipients have until April 30, 2020, to submit applications.

The General Henry H. Arnold Education Grant program dates back to 1988. Since the program's inception, 111,654 students have received more than \$172 million in education assistance through grants ranging from \$500 to \$4,000 based on need. Eligible recipients include dependent children of Air Force members currently on active duty (including Title 10 reservists and Title 32 guard), in retired

status or deceased. Spouses of active duty service members and surviving spouses of active or retired service members are also eligible.

All applicants must be enrolled as full-time undergraduates at an accredited college or university during the 2020-2021 academic year and are required to maintain a minimum 2.0 grade-point

"Our Hap Arnold education grants are the centerpiece and gateway to all of our education programs at AFAS," said retired Lt. Gen. John D. Hopper Jr., Air Force Aid Society CEO. "Applying for the grant program opens the door to our scholarship program

and no-interest education loans."

A select group of incoming college and university freshmen who complete the General Henry "Hap" Arnold Education Grant application with a 4.0 GPA will be notified to apply for the AFAS merit-based, \$5,000 achievement scholarships. A minimum of 10 scholarships is awarded annually. To date, AFAS has awarded 275 merit scholarships totaling more than \$1 million. Eligible students can also apply for up to \$1,000 to help fund reimbursable out-ofpocket education expenses.

For more information on eligibility for all of these programs and to access the Arnold Education Grant application,

please visit www.afas.org. The application submission deadline is April 30, 2020. Students are encouraged to apply early.

About the Air Force Aid Society The Air Force Aid Society is a 4-star Charity Navigator rated private, non-profit organization. Founded in 1942, the Air Force Aid Society's mission is to help relieve the financial distress of Air Force members and their families and assist them in achieving their educational goals and improving their quality of life by providing

proactive programs. In 2018 alone, the Air Force Aid Society provided more than \$21.4 million to more than 37,000 Airmen and their families

through emergency assistance, educational and community programs. Headquartered in Arlington, Virginia, the Air Force Aid Society administers assistance through Airman and Family Readiness Centers around the world and maintains crossservicing agreements with the Army Emergency Relief, the Navy-Marine Corps Relief, the Coast Guard Mutual Assistance and the American Red Cross to offer emergency assistance 24 hours a day, 365 days a year. To learn more about the Air Force Aid Society, please visit www.afas. org or follow us on Facebook, Twitter and Instagram.

Take Command of Your Well-Being With a Health and Wellness Coach

MILITARY ONESOURCE

Losing weight, managing stress, tackling transitions — if you're ready to make some life changes, free consultations with Military OneSource health and wellness coaches can help you set goals and create a plan to reach them.

You can be more successful in reaching your maximum potential when you have a coach cheering you on. Military OneSource health and wellness coaches stand ready to be your personal cheerleader.

How can a health and wellness coach help me improve my life?

Having a health coach in your corner helps you make a plan, focus on results and reach your goals. The top five ways a wellness coach can improve your life are by helping to:

• Clarify your focus (identify your beliefs, values and vision, and goals)

- Set you up for success (create an action plan to achieve your
- Prepare you for the unexpected (eliminate roadblocks or barriers that stand in the way)
- Keep you on course (hold you accountable for your goals)
- Celebrate your achievements (acknowledge your hard work when you reach your goal)

What topics and goals do health and wellness coaches support?

Health and wellness coaches provide information, support, encouragement and accountability on specific topics including:

- Weight management
- Fitness
- Nutrition
- Health condition management
- Stress management
- Life transitions

How can a coach help with life transitions?

Having a plan can sometimes make major adjustments and life changes easier. A Military OneSource health and wellness coach can help you make a plan before or during those life transitions when you're adapting to changes such as deployment, moving, becoming a new parent or retirement.

Who's eligible for health and wellness coaching?

The Military OneSource Health and Wellness Coaching Program is a free resource for eligible service members (regardless of activation status) and certain others including:

- Active duty
- National Guard
- Reserve members
- Immediate family members and survivors of active-duty,

National Guard and reserve members

How do I get started with a health coach?

Call 800-342-9647 to sign up for health and wellness coaching sessions. You can choose from three Health and Wellness Coaching Program session

- Phone
- Secure, real-time online chat Secure, real-time video

Are there self-directed wellness

programs available?

If you prefer to work without a coach, visit the United States Department of Agriculture MyPlate Plan to try a self-directed online program that tracks things like nutrition and exercise.

You're one call away from starting to live a healthier life. Call today for the information, support, encouragement and accountability OneSource health and wellness coach can give you.







CHURCHDIRECTORY

Little Flower Catholic Church

800 University Avenue West 838-1520

Mass Schedule

Saturday 4:30 pm Sunday 8:30 & 10:00 am

Fr. Ken Phillips, Pastor www.littleflowerminot.com





109 6th St. SE Minot • 838-3094

Sunday Liturgy 10 a.m. Saturday Vespers..... 5 p.m.

Fr. Bill Neumann

Minot

Baptist Church

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

Sunday School 9:45 a.m.

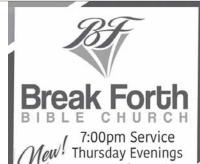
Morning Worship 11:00 a.m. Evening Worship6:00 p.m.

Wednesday Evening......7:00 p.m.

Independent/Fundamental/KJV

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Pastor David Miller



GRAND HOTEL www.breakforthbiblechurch.com

Cornerstone Presbyterian Church

1000 NE 3rd Street 852-0315

Sunday Schedule	
Contemporary Worship	0:00an

Wednesday Evening Schedule

Community Dinner.....5:30-6:30pm Contemporary Worship 6:30pm Youth Group & Small Groups.. 7:15pm

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Sunday School & Fellowship9:00 a.m. Worship 10:30 a.m.

www.trinitychurchminot.org

Congregational UCC 430 N. Broadway • 839-1064

Sunday Worship11am Sunday School11am Tuesday Bible Study12pm Saturday Noah's Breakfast .. 9:30am

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Reverend Philip Beyersdorf



Methodist Church

5900 Highway 83 N, Minot www.faithumcminot.com

> **Pastor Ken Mund** 701-838-1540

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

Immanuel Baptist Church

1615 2nd St. SE • Minot • 839-3694 Sundays:

Sunday School 9:15 a.m. Worship 10:30 a.m. Wednesdays: Soup Kitchen 11:30 a.m. - 12:30 p.m. Family Supper 5:30 p.m.

Adult Choir (as scheduled). 7:30 p.m. Brian T. Skar, Pastor www.ibcminot.org

Classes for all ages 6:30 p.m.

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

First Baptist Church

Classic Worship Service 8:30 a.m.

Adult Sunday School......9:45 a.m.

Contemporary Worship Service .. 9:50 a.m.

Sunday School (All Ages)11:00 a.m.

Contemporary Worship Service ... 11:05 a.m.

Rev. Kent Hinkel, Senior Pastor

Children's Church....

Wed. AWANA (Sept. to May)

200 3rd St. SW • 852-4533

.....9:50 a.m.

www.fbcminot.org

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

the Apostle Catholic Church

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

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Fr. David A. Richter, Pastor

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www.minotcrbc.org

email: crbc@srt.com

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852-4853 Saturday Worship.......5:00 pm Sunday Worship.. 8:30 am & 11:00 am Sunday Education...... 9:45 am Wednesday Supper.... Wed. Worship & Education..... 5:45 pm

www.firstlutheran.tv (Live Stream & Recorded) Radio Broadcast KRZ 1390AM Sunday 8:30 am www.flcminot.com

Pastor Brandy Gerjets • Pastor Ellery Dykeman

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Sunday Worship 10:30 a.m
Children's Church & Nursery

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> westminot.com facebook.com/westminot



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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	١.
Adult/Children Worship11 a.m	١.
Family Hour6:30 p.m	١.
Evening Worship7:30 p.m	١.
Bible Study/Child-Adult	
Children Worship (Wed)7 p.m	١.
Prayer (Friday)7 P.m	١.

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Wednesday Worship	6	3:45	pm

January 29 Service at 9:00 am

Website: www.bethanylutheranminot.com Email: bethanylutheran@srt.com Live Streaming: bethanylutheran.tv

Pastor Janet Hernes Mathistad Pastor Gerald Roise



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Pastor Jennifer McDonald www.vincentumc.com

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838-1111

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Sunday School 10 a.m.

Morning Worship11 a.m.

Wednesday Family Night.... 6:30 p.m.

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www.orcsknights.org

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ANSWERS

	1	2	7	9	3	5	4	8	6
	5	8	9	6	1	4	2	3	7
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WINTER DRIVING SAFETY COURSE

Winter driving can be hazardous and scary to some, especially those who have never encountered the white fluffy stuff. With that being said, it's a great time for new members of Team Minot to become educated on what to expect in the upcoming months and for all others to brush up on those winter driving skills. The Safety Office has started up the Winter Driving Safety Course for the season. This course covers some of the following topics: vehicle preparation, emergency kits, road/travel conditions, driving tips, etc. The course will be held on the first Wednesday of each month starting at 0900 from now until April 2020 in room 212 of the Base Education Office. The course typically lasts an hour and is open to all members of MAFB.

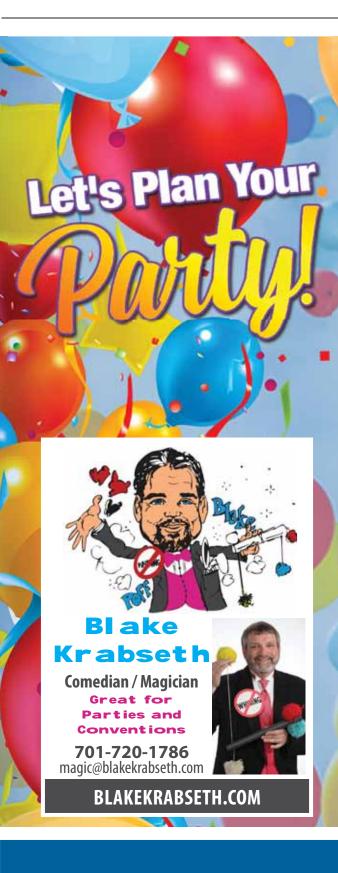
UPCOMING COURSE DATES

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What do employers really think of military spouse job seekers?

When it comes to looking for a job or starting a career, there are many theories on the best way to approach a new company. For some, highlighting your military spouse status is frowned upon, but for others, it's the best way to get your resume before a potential employer. Hiring managers, too, have differing ideas on this topic along with varying levels of familiarity with military spouses. In every situation, there are pros and cons to divulging your military spouse status during the job hunt.

Some seek military spouses Some companies seek out this

demographic, and advocates of military spouse employment urge all spouses to start with companies who have a reputation of being military friendly.

Martin Aragona, Jr, and his wife, Lori, own several businesses in Jacksonville, North Carolina, an area heavily populated by military spouses and veterans because of its proximity to Marine Corps Base Camp Lejeune and surrounding bases. The Aragonas own Marlo Construction, Inc. and Biagio's, a restaurant and coffee shop in the downtown area.

Aragona has learned to identify military spouse job seekers by their resumes because of the frequent moves and out-of-state addresses listed. Knowing they are often hesitant to reveal their status, Aragona encourages it.

"We feel like military members and their spouses are assets to our community and to our businesses. So, for us, it would be a benefit to disclose their status as a military family," he said.

He also acknowledges that while he is open to hiring military spouses, not everyone feels that way.

"Some businesses may give pause, in hiring military spouses, out of fear of a quick move out of town," Aragona said. And that's a legitimate concern.

But the Bureau of Labor Statistics reported last year that Americans held an average of 7.8 jobs by the time they turned 30. If military spouses move and change jobs every three years and the average age of a military

spouse is 31.5, according to the 2015 Department of Defense Demographics — then they would change jobs less than the average American.

Overall, it comes down to communication, Aragona says.

"However, if both the business and the spouse are open and upfront, usually, a mutuallybeneficial arrangement can be found," he explained.

Not everyone knows what military spouses have to offer

On the flip side of the discussion are hiring managers who don't have any military background or experience. They see resumes with multiple career fields, frequent moves and gaps, but do not understand the value a military spouse can bring to the table. And while they cannot legally discriminate against a marital status, military spouses all over the world have experienced this.

As a veteran and federal employee, Brandon Stackpole thinks that military spouses should reveal their "status" on their resume. He believes this because it helps to explain the constant moving around, which would otherwise be a red flag on a resume. Stackpole is a supervisory IT specialist who works on Fort Gordon, Georgia, and frequently sits on hiring panels.

When asked about the hesitation hiring managers may have regarding military spouses, Stackpole answered honestly, "Yes, hiring managers often do, even if "unofficially." And whether agreed with or not, their hesitation is not completely unfounded. Employers think about money and longevity, and military spouses cannot always offer long-term solutions. That doesn't mean they should be discounted as a great asset for a few years, but there is still quite a way to go to educate and explain this to all employers.

It's important to note that military spouses are not a federally-protected class. There is nothing that makes not hiring a military spouse illegal and discriminating against someone because of their marital status is

not a requirement in every state. Military spouses are sought

"I have absolutely hired people because they are a military spouse and bring a different perspective and amazing worldliness to a company," Jennifer Blackwood, former director of early learning centers in both Maryland and Virginia, explained. military spouses that I have met have a unique ability to make friends anywhere they go, have an incredible work ethic, are versatile and adaptable, and have a desire to support and nurture the people around them. Who wouldn't want to hire a person with all of these underlying qualities?"

Blackwood, a former military spouse, has also seen a bias toward military spouses.

"There are definitely hiring managers who hesitate when hiring military spouses. Depending on the job, consistency and longevity are very important and being aware that one will have to hire a replacement in two years can be very unsettling," she

Military spouses know and accept these facts, but they want a chance to prove themselves.

"Depending on the company and type of job, it might take four months to complete the interview process from start to finish and then another two months training someone. Investing in someone who is not going to be around long term can be a difficult thing to overlook," she added.

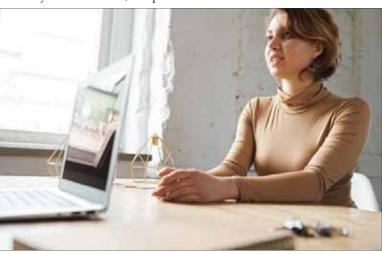
Overall, employers want to be able to trust their employees. They want to receive resumes that are a true representation of the applicant and they want to hire quality employees. If you are a military spouse, you don't have to tattoo it on your forehead, but you also should never feel forced to lie about it. Some of the recommended solutions are to use your cover letter as an opportunity to explain any breaks in employment on your resume and research companies actively recruiting for military spouses. The Military Spouse Employment Partnership is a

more than 390 companies that fit that description.

https://msepjobs. militaryonesource.mil/msep to

great starting point as it lists view the companies that pledge to hire military spouses.

This article originally appeared in Military Family Magazine.







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