

# northern sentry

FREE | WWW.NORTHERNSENTRY.COM | VOL. 58 • ISSUE 03 | MINOT AIR FORCE BASE | FRIDAY, JANUARY 17, 2020

## WHATS INSIDE THIS WEEK:



HONORARY  
COMMANDERS  
INDUCTION  
CEREMONY

A3



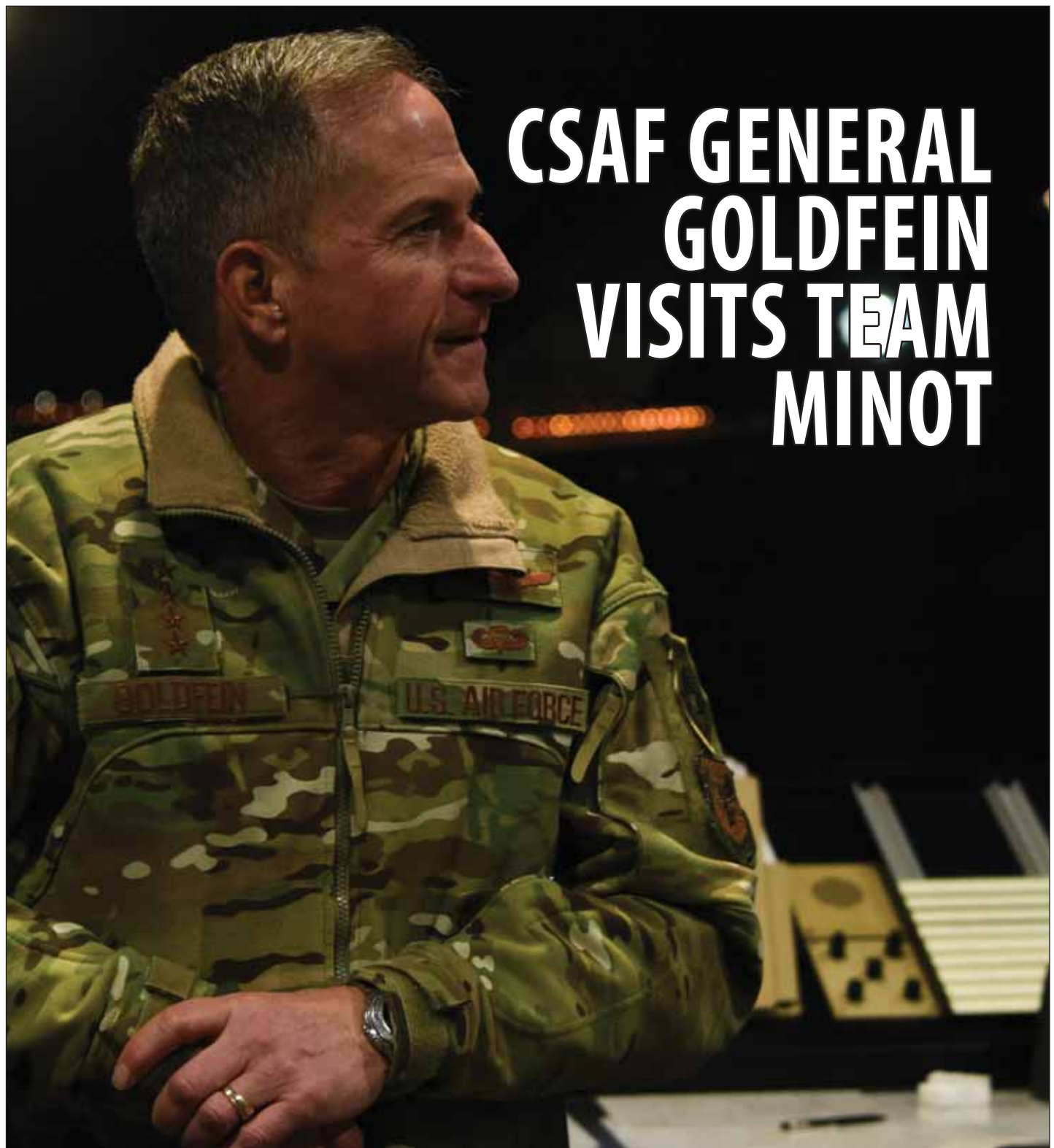
WHAT MAKES A  
GOOD LEADER:  
NOBILITY

B4



MILITARY  
RETIREMENT

B3



Gen. David Goldfein, Chief of Staff of the Air Force, visits with air traffic control Airmen at Minot Air Force Base, North Dakota, Jan. 2, 2020. During his visit, General Goldfein shows appreciation to Team Minot Airmen who stand watch 24-7 for their efforts and sacrifice. Find article and more photos on page 7.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN ASHLEY BOSTER

# FIGHT the FROST

ND STATE FAIR CENTER • JANUARY 17<sup>th</sup>-19<sup>th</sup>

[FightTheFrost.com/minot](http://FightTheFrost.com/minot) [Facebook.com/FightTheFrost](https://www.facebook.com/FightTheFrost)

SATURDAY is MILITARY APPRECIATION!  
\$1 off Wristbands  
(with valid Military ID)

northern sentry

GAMES GATORE party rental

## ONLY THE BEST COME NORTH!



WWW.MINOT.AF.MIL

Like "MINOT AIR FORCE BASE"

CONTACT MINOT AFB PUBLIC AFFAIRS:

(701) 723-6212

V35BW.PA@US.AF.MIL



## Minot AFB



## Videos

# How to Successfully Communicate as a Couple

MILITARY ONESOURCE

For service members, a loving, resilient marriage is both a matter of personal happiness and family readiness. When family relationships are strong and healthy, service members are free to focus on their mission and daily duty requirements. Like any good relationship, marriages take work and attention.

Communicating well is one of the most important skills any couple can have, and a key component of lasting, loving relationships. Working with your partner to learn and practice basic communication techniques can help you build trust and intimacy in your relationship.

#### Communication basics

Here are some tips that can help you improve your communication skills and build a strong relationship:

Make time to talk. Try to spend at least 15 minutes a day talking with each other. Put it on the calendar if you struggle to find the time.

Share your thoughts and feelings. Make an extra effort to share the things that matter to you most.

Be an active listener. Give each other your full attention, free of interruptions. Turn off the television, and let phone calls go to voicemail.

Show that you're listening. Try repeating back what you heard through phrases such as,

"So what you're saying is ..." or "If I understand you correctly, you feel ..."

Offer frequent praise, support and encouragement. Studies show that couples who stay together make far more positive comments to each other than negative ones.

Strengthen your relationship through Love Every Day. Just one text a day for three weeks can open up your communication channels, build intimacy and rekindle the spark.

Pay attention to your body language. Uncross your arms, offer a smile, and make eye contact with your partner. If you're really feeling into it, you can even lean in a bit when you talk.

Keep at it. Establishing good communication can take a lot of patience and hard work. The important thing is to make a commitment to change the way you communicate and work toward this goal.

Talking about difficult subjects Every couple will need to talk about a difficult or painful subject at some point. These tips can make the conversation easier:

Talk at a stress-free time. Avoid bringing up a sensitive issue when either of you is tired, hungry or pressed for time. Avoid talking about some issues when children might overhear.

Keep your sense of humor. Using humor can break tension

and help you connect through times of stress and pressure.

Bring up one difficult subject at a time. Raising a lot of sensitive issues in the same conversation can leave the other person feeling confused and defensive.

Make "I" statements. Be specific about how you feel. Express your feelings with neutral comments such as "I feel ..." "I'm concerned that ..." or "I'm worried that ..." instead of phrases that put people on the defensive, such as "You never ..." "You always ..." or "You're so ..."

Talk about the issue, not who's right or wrong. Focus on finding a solution instead of assigning blame.

Acknowledge the other person's point of view. Make an effort to show you're listening and understand, even if you don't agree.

Take a break if needed. Take 15 minutes to be alone and calm down if your conversation becomes heated or you're on the verge of saying things you'll regret. Taking time out can help defuse a situation, but it will not resolve them. Commit to revisiting the issue when your emotions are under control.

When your partner won't open up

Here are some more steps you can take if your partner has a hard time opening up or seems to tune you out.

Avoid making assumptions.

You may think your partner doesn't want to talk because he or she is angry or upset with you. However, there may be something else — like an incident at work — that's upsetting your partner.

Consider your spouse's family background. Serious conversations can turn into major arguments quickly in some families. Your partner may worry that you'll become angry or even walk out if he or she speaks honestly — especially if your partner's parents often acted this way.

Remember that it can be hard to open up. Your partner may be worried about feeling rejected if he or she expresses views honestly.

Counseling resources  
MilSpouse Toolkit

From education on military culture to navigating resources, this track is beneficial for new

spouses who may be experiencing a disconnect from their family and need to identify a support system in their new community. This track focuses resources to assist new and current military spouses with adjustment to the military lifestyle, developing coping skills and resources for resiliency.

Help is available if you have ongoing difficulty communicating with your partner. You can strengthen your relationships through Military OneSource's free, education-focused Building Healthy Relationships specialty consultation. You can access free, confidential, non-medical counseling services through Military OneSource or through the Military and Family Life Counseling Program — contact the program through your installation's Military and Family Support Center.

Great Clips  
*IS* **HIRING!!!**

WORK IN A *Fun & Lively*  
SALON WITH GREAT STYLISTS!

**WE OFFER:**

- MEDICAL & DENTAL BENEFITS
- PAID TRAINING
- PAID HOLIDAYS & VACATION
- 401K EMPLOYER MATCHED

CALL DENNIS @  
406-670-1506  
OR APPLY ONLINE @  
**GREATCLIPS.COM**

join our team

\$1,500

SIGN ON BONUS!



**MINOT  
AUTOMOTIVE  
CENTER**  
HOP IN.

3615 S Broadway  
701-852-0151  
www.MinotAutomotive.com

# FREE

## LIFETIME POWERTRAIN WARRANTY



3520 S Broadway  
701-857-9210  
www.CartivaofMinot.com



WITH ELIGIBLE USED PURCHASE

SEE DEALER FOR DETAILS

USED VEHICLE BLOW OUT  
SALES EVENT

ENDS JAN 31

# 2020 Honorary Commanders Induction Ceremony



The 2020 Honorary Commanders Induction Ceremony was held at Minot Air Force Base, North Dakota, Jan. 10, 2020. The ceremony included recognition for 43 honorary commanders, which included four new inductees. More photos on MAFB PA Flickr page.

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN JONATHAN MCELDERRY

## 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

Mrs. Tracy McIntosh

## Staff Photojournalists

Technical Sgt. Crystal Cherriere

Staff Sgt. Benjamin Smith

Staff Sgt. Michael Kantack

Staff Sgt. Steven Adkins

Senior Airman Jonathan McElderry

Senior Airman Ashley Boster

Senior Airman Alyssa Akers

Senior Airman Dillon Audit

Airman 1st Class Josh Strickland

Airman 1st Class Caleb Kimmell

Airman 1st Class Jesse Jenny

Airman Jan Valle

## COMMANDERS

5th Bomb Wing Commander:

Col. Bradley Cochran

5th Bomb Wing Vice Commander:

Col. Brian D. Vlaun

91st Missile Wing Commander:

Col. Glenn Harris

91st Missile Wing Vice Commander:

Col. Barry E. Little

## NEWS SUBMISSIONS

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

## VIEW ONLINE

www.northernsentry.com

www.minot.af.mil

## FIND US ON FACEBOOK

Minot Air Force Base - Northern Sentry. The Northern Sentry is published by BAG, LLC., a private firm operating independently of the U.S. Air Force. Contents of the Northern Sentry are not necessarily the official views of, or endorsed by, the U.S. government, the Department of Defense or the Department of the Air Force. The official news source for Minot Air Force Base is [www.minot.af.mil](http://www.minot.af.mil). The appearance of advertising in this publication, including inserts or supplements, doesn't constitute endorsements by the DoD, the Department of the Air Force or BAG LLC., of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchasers, users or patrons. We welcome your stories and photos of interest to the readership of the Northern Sentry. Minot Air Force Base Public Affairs reserves the right to not authorize publication. The Northern Sentry deadline for submission of materials is at noon the Tuesday before publication date.

**BF Break Forth BIBLE CHURCH**

7:00pm Service  
 Thursday Evenings  
 at the **GRAND HOTEL**

*make plans now to attend!*  
 Northern Plains Believer's Rally  
 in Dickinson, ND  
 January 17<sup>th</sup> - 22<sup>nd</sup>

more information available @ [breakforthbiblechurch.com](http://breakforthbiblechurch.com)

**CAPITAL R.V.** North Dakota RV Dealer  
 #1 Motor Home, Towable & Toy Hauler RV Sales

3000 14th Ave SW • Minot, ND  
 Hours: Monday - Friday 8:00 am - 5:00 pm  
 Saturday 8:00 am - 2:00 pm  
 701-838-4343 • 800-488-7896  
[www.capitalrv.com](http://www.capitalrv.com)

2 Winners Every Week!

**BADLANDS RESTAURANT & BAR**

**WE'LL BUY YOU DINNER!**

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

No Limit, Enter As Many Times As You Wish!

**\$25.00 Gift Certificate From Badlands Restaurant & Bar**

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

January 17 & 18 \$30<sup>K</sup> GIVEAWAY

Unfreeze January's chill in our \$30K giveaway!

**WINTER CLASSIC POKER TOURNAMENT**  
 JANUARY 24-26

2020 **HYUNDAI PALISADE GIVEAWAY**  
 February 28

RELAX AND ENJOY RUNAWAY JANE ON JANUARY 17 & 18 AT POCKET ACES LOUNGE

800.294.5454  
 NOW OPEN 24 HOURS!

**4 BEARS CASINO & LODGE**  
 4 MILES WEST OF NEW TOWN

**PAY LOTS**  
 1,438 hand pays totaling \$3,329,362 November 1 - 30

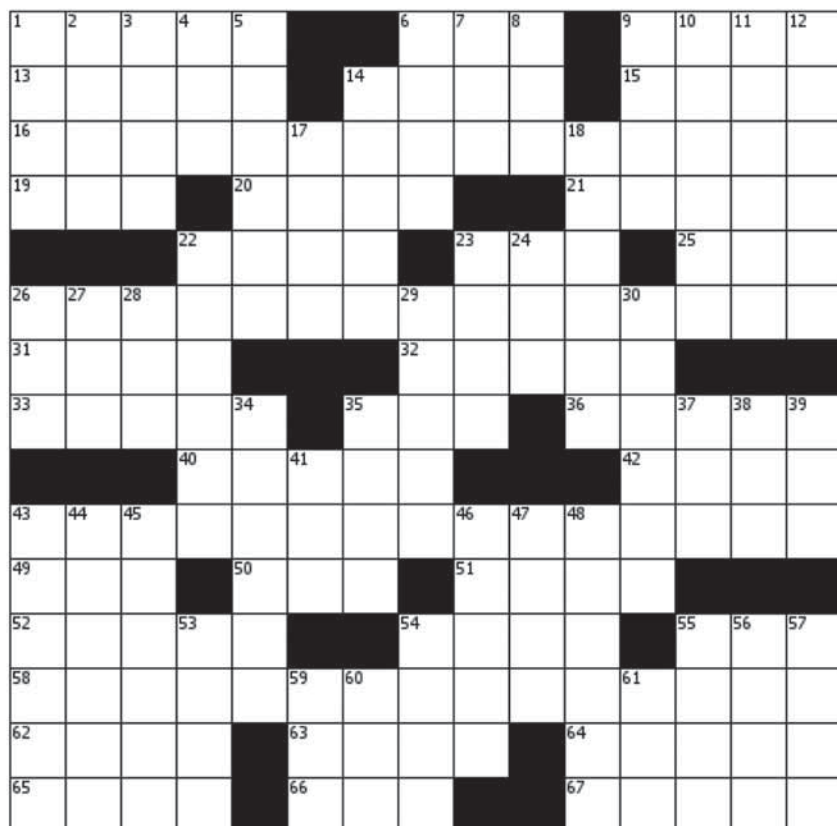
VISIT [4BEARSCASINO.COM](http://4BEARSCASINO.COM) FOR DETAILS AND CHECK US OUT ON SOCIAL MEDIA.

When gambling is no longer a fun hobby, but an addiction, know there is help. Call the 2-1-1 Hotline today for help and guidance. 4 Bears Casino & Lodge cares about you and wants you to know that help is available.

# CROSSWORD PUZZLE

**Across**

- 1. Leveled, in London
- 6. '60s hallucinogen
- 9. QED part
- 13. Ice house
- 14. Very upset, with "off"
- 15. Toy block
- 16. Taking desperate action
- 19. Friday or Preston: Abbr.
- 20. Yukon, e.g.: Abbr.
- 21. Roy's wife Dale
- 22. Near or Far follower
- 23. Lower, as lights
- 25. JFK predecessor
- 26. Battling confrontationally
- 31. Physicians, briefly
- 32. Moisten in the pan
- 33. Islamic family chief
- 35. Speak
- 36. Author Madeleine L'\_\_
- 40. Nigeria's largest city
- 42. \_\_-do-well
- 43. Been destroyed or forgotten
- 49. "\_\_ clear day..."
- 50. Hesitant sounds
- 51. Rocky peaks
- 52. Hi-tech vision-improving procedure
- 54. Bangkok native
- 55. Tea holder
- 58. Sold, e.g., and a hint to this puzzle's theme
- 62. Pierce
- 63. 1804 duel winner
- 64. Use the soapbox
- 65. Sped
- 66. B&B
- 67. Stocking material



**Down**

- 1. Fixes, as an election
- 2. Wide-eyed
- 3. Thin opening
- 4. Long time
- 5. Soldier's ID
- 6. Sly look
- 7. HBO's "\_\_ and the City"
- 8. Banned pesticide
- 9. Mountain ht.
- 10. Done over
- 11. Chairperson's list
- 12. Threw easily
- 14. Rich dessert
- 17. New Age musician
- 18. Channel surfer's gismo
- 22. Store, as fodder
- 23. 1944 turning point
- 24. "\_\_ been fun"
- 26. Mdse.
- 27. Delighted cry

- 44. Running by itself
- 45. Jeff Gordon's gp.
- 46. Former anesthetic
- 47. Wild swine
- 48. Prayer
- 53. The Beatles' "Let \_\_"
- 54. Gull relative
- 55. False god
- 56. Choir member
- 57. Small valley
- 59. Sash in Sapporo
- 60. Sisterhood member
- 61. Shed a tear

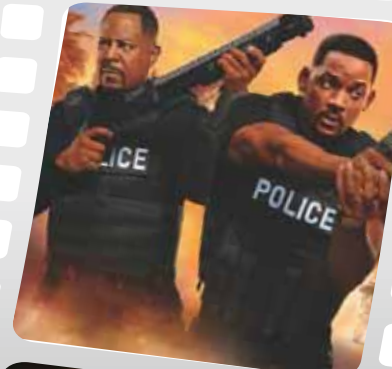
## SUDOKU Solution to puzzle on page B6

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

Solution to last week's Crossword puzzle.

A	S	H	C	A	N	S		B	I	K	I	N	I	S	
S	T	A	R	L	E	T		A	S	I	N	I	N	E	
C	A	V	I	A	R	E		D	E	T	E	N	T	E	
E	Y	E	B	R	O	W	T	W	E	E	Z	E	R	S	
N	S	A					P	L	O				P	A	R
D	O	G	S		M	A	C	R	O		W	I	D	E	
S	N	O	W	M	A	N		D	R	A	I	N	E	D	
			E	A	T				E	N	L				
T	R	I	P	L	E	D		D	O	O	D	A	D	S	
W	E	N	T		R	A	V	E	S		S	N	A	P	
I	C	H					N	A	B				I	T	I
R	E	A	D	I	N	G		R	A	I	L	R	O	A	D
L	I	B	E	R	A	L		C	L	E	A	N	S	E	
E	V	I	L	O	N	E		L	E	A	K	I	E	R	
R	E	T	I	N	A	S		E	X	P	E	C	T	S	

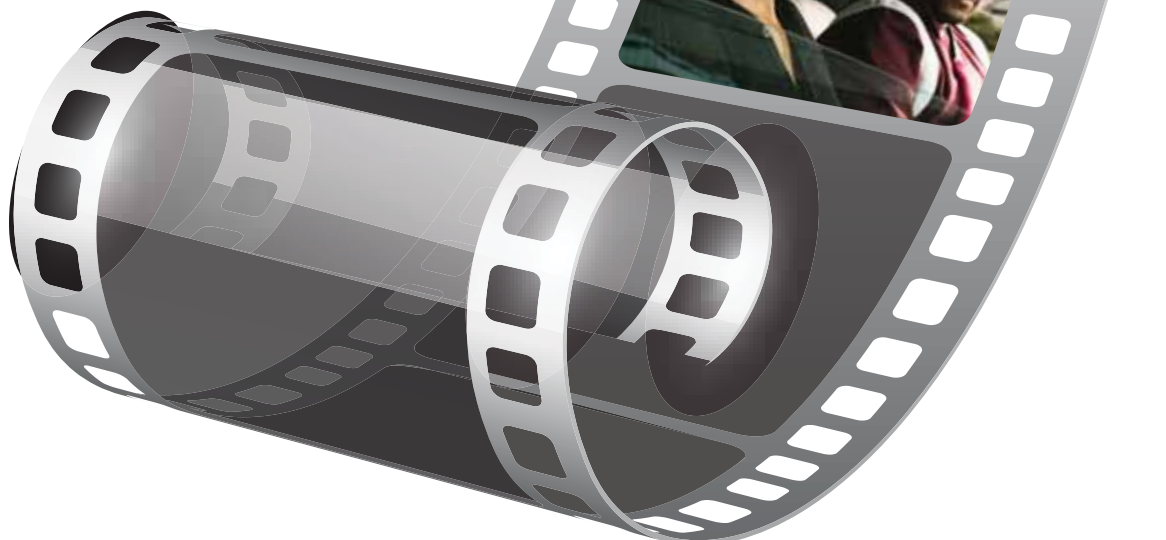
## REEL TIME THEATER MOVIE SCHEDULE



FRIDAY. JAN 17 1800  
SATURDAY. JAN 18 1700  
SUNDAY. JAN 19 1500

### BAD BOYS FOR LIFE (R)

“ The Bad Boys Mike Lowrey and Marcus Burnett are back together for one last ride in the highly anticipated Bad Boys for Life. ”



SAUSAGE  
Tortellini  
SOUP



Recipe courtesy of: www.thehighair.com/tortellini-sausage-soup/

**INGREDIENTS:**

- 1 pound mild Italian sausage
- 1 onion, chopped
- 2 cloves garlic, minced
- 1/2 teaspoon kosher salt
- 1/4 teaspoon white pepper, or black pepper
- 32 ounces beef broth
- 28 ounce can crushed tomatoes
- 1 cup water
- 1/2 cup white cooking wine, or apple juice
- 2 cups sliced carrots
- 1 cup sliced celery
- 2 teaspoons Italian seasoning
- 1-2 Tablespoons chopped parsley, more to taste
- 12 ounces cheese tortellini, refrigerated or frozen
- Fresh grated Parmesan cheese

**INSTRUCTIONS:**

- In a large pan, brown sausage over medium heat. Remove extra fat and add chopped onion. Cook for 2 minutes and then add in the garlic, salt and pepper. Cook until onions are tender.
- Next add broth, tomatoes, water, wine, carrots, celery, Italian seasoning and parsley.
- Simmer for 20-25 minutes, or until the carrots are tender.
- Add tortellini 5 to 10 minutes before serving and cook until tender. S&P to taste. Ladle into bowls and top with fresh Parmesan cheese and parsley if desired.



Upcoming  
Events

**18 JAN** WINTER FESTIVAL 2020  
10:00 AM - 4:00 PM  
Location: HighAir Ground Trampoline Park 1210 4th Ave NW, Minot, ND

The Royal Princess will be making an appearance January 18th from 10 pm to 4 pm. Feel free to dress up as your favorite character and wear your crown high. Our second annual winter festival will run 10am to 4pm. Grab a cup of hot cocoa! Enter our giveaways, free face painting, indoor snowball fight.



For more information:  
Facebook event/ HighAir Ground Trampoline Park

**19 JAN** 13TH ANNUAL MINOT BRIDAL SHOWCASE  
10:00 AM - 4:00 PM  
Location: Clarion Hotel & Convention Center 2200 Burdick Expressway E, Minot, ND

If you're getting married, you NEED to come to Minot's LARGEST Bridal Showcase. Plan your big day in one day with wedding professionals from around the area. Thousands of dollars worth of prizes to be given away! Visit booths, sample products, and book services at Central Dakota's largest bridal show. Vendor show is from noon-3pm with style show to follow! Everything you need for your upcoming wedding and more all in one place!



For more information:  
Facebook event/ Minot Bridal Showcase

**24 JAN** BREAKFAST FOR VETERANS  
8:00 AM - 9:00 AM  
Location: The Wellington 601 24th Ave SW, Minot

Breakfast for Veterans: Honoring Veterans who have proudly served in the military - in war time or peace time. We welcome all veterans to join us at The Wellington for breakfast on the last Friday of each month at 8:00am.



**VETERANS BREAKFAST**

Last Friday of Each Month

Starting at 8:00 a.m.

We welcome all Veterans to join The Wellington family for breakfast on the last Friday of each month.

For more information:  
Facebook event/ The Wellington

**24 JAN** PINTEREST PARTY  
1:00 PM  
Location: MAFB Arts and Crafts, 306 Tanker Trail, Minot Air Force Base

Create your own beautiful and easy String Art Vase in this month's Pinterest Party! Join MAFB Arts & Crafts on Friday, January 24th at 1:00 pm for this fun event. Registration is open January 14 - 22, and seating is LIMITED so don't delay! Bring home this fun project and have a great time for only \$10! Adults Only. Contact Arts & Crafts at 723-3640 for more information.



For more information:  
Facebook event/ MAFB Arts and Crafts

**31 JAN** "THE TEDDYS" 91ST MISSILE WING ANNUAL AWARDS BANQUET  
5:00 PM  
Location: The Jimmy Doolittle Center

Time: Social begins at 5:00 p.m. Banquet begins at 6:00 p.m.  
Military attire: Semi-formal/Mess Dress  
Civilian attire: Black tie- Formal evening attire  
Tickets (cash only): \$10 E-4 and below/\$20 E-6, GS-10 and below/\$30 E-7, O-1, GS-11 and above  
Contact 701-723-1090 or 701-723-3389 for more info/ticket sales



For more information:  
Contact 701-723-1090 or 701-723-3389

**20-22 FEB** HERITAGE SINGERS ANNUAL VARIETY SHOW AND DINNER  
6:00 PM  
Location: Sleep Inn, 2400 10th St SW, Minot, ND

If you enjoy music, food and laughing this is just the thing for you. You can expect to be entertained by some of Minot's finest entertainers. The show and supper usually last about three hours. The show will once again be held at the Sleep Inn in Minot and the food will be catered by Dean and his crew from the Homesteaders here in Minot. The show dates are Feb 20, 21, 22, 27, 28 and 29th and will start with supper at 6 PM and the show to follow. Tickets go on sale on Saturday January 25th at 8:00 am at the MACA office at #3 South Main street here in Minot. Now there are only about 320 seats every night and believe it or not it does sell out so don't wait too long to purchase your tickets. And yes there are people in line at 5:30 am! We hope to see you there!!!!



For more information:  
Facebook event/ The Heritage Singers of Minot

ALL YOU CAN EAT

GARDEN FRESH SALAD BAR

EVERY DAY

BLGRILL.COM | 1400 31ST AVE | MINOT, ND | 701-852-7335



NODAK ARMS

INDOOR INTERACTIVE SHOOTING RANGE

Range Time HAPPY HOUR: 10 AM - 2 PM Mon.-Thurs.  
\$7.50 per 50 Rounds 6 PM - 10 PM Fri. & Sat.

Book Range Time: www.nodakarms.com/bookings \*Guns Supplied Free if Needed



creative property management Inc.

MOVE-IN READY UNITS!

STUDIO AND 1 BEDROOM APARTMENTS

STARTING AS LOW AS \$325 A MONTH!

SCHEDULE YOUR SHOWING TODAY!



701-852-5028  
WWW.CREATIVEMINOT.COM

# Northern Celebrations

Embracing our  
North Dakota  
Lifestyle

## Skinny skies and a fish hatchery

Patricia Stockdill

The swish-swish of skinny skis breaks the silence of a winter's night as a cross-country skier glides across the snow.

But then, off in the distance, the sound of Canada geese join in, creating an unlikely honk-honk, swish-swish duet. The chorus rises in volume as the birds come closer and closer and the skier pauses to listen. As the birds land, their cackling and clucking rises to a frenzied volume, then lessens as they settle contentedly on the water for the night after a late afternoon feeding.

The skiers can only hear the birds in the darkness, yet the moonlit sky creates dancing diamonds of snow along the trail, aided by lights dotting a silent campground.

In the summer, the area buzzes with activity – campers, anglers, children playing, and people hiking the same trail the skiers now have to themselves after winter's arrival.

In the summer nearby Garrison Dam National Fish Hatchery is busy rearing a variety of fish species' eggs and their hatched fry to sizes large enough for stocking in lakes across North Dakota and beyond its borders. In the winter, the hatchery staff is busy preparing for the upcoming season, maintaining hatchery facilities, and rearing salmon and trout for the coming spring stocking.

Outside, it's busy year-around for wildlife that call the area surrounding the hatchery home. Tucked downstream of Garrison Dam, the hatchery and surrounding Missouri River bottom woodlands are home to a variety of species.

Not all of its woodland birds migrate in the fall. Blue jays, chickadees, nuthatches, and woodpeckers, for example, share their woodlands with deer, moose, and other four-legged, furry animals.

And the waterfowl. Ducks and geese winter along the river's open water year-around, which is why the skiers can enjoy a nighttime serenade conducted by a chorus of Canada geese.

At first, it seems like a strange, unlikely combination – a U.S. Fish and Wildlife Service

National Fish Hatchery and a groomed cross-country ski trail.

But, really, they complement each other. A hatchery is about the environment and the species within that environment. It just happens that it's an aquatic environment of fish and water.

A cross-country ski trail is an opportunity to get outside in a winter environment. Perhaps along the way a skier will experience wildlife species within that particular environment.

In the case of Garrison Dam National Fish Hatchery, the system of meandering trails connects visitors to both the hatchery and the wildlife of the Missouri River bottom woodlands, stretching south to the U.S. Army Corps of Engineers Downstream Campground. Hugely popular in the summer, in the winter the campground provides solitude and area's only lighted nighttime cross-country ski trails. "The problem with winter isn't the cold, it's that the lights go out early," suggested Garrison Dam Hatchery Project Leader and cross-country skier Rob Holm. "So with the lights on the trails, this gives us an opportunity to still enjoy the evenings outside. The geese are busy flying in – can't see them but they sure can be heard," he continued.

Just as the river bottoms' woodlands provide wind protection and shelter for wildlife, it also tends to hold snow better for cross-country ski trails. Plus, areas are less susceptible to blowing snow-free and exposing open grassy areas after yet another North Dakota's not-so-gentle breeze. Warm weather can still melt opportunities at times, especially along less wooded trails closer to the hatchery facility itself.

Called the Wetland Trail because it's adjacent to an open year-around wetland warmed by water from the hatchery, waterfowl harken to that area, as well.

Several miles of trails are groomed for cross-country skiing, weather permitting. The hatchery is just west of Riverdale downstream of Garrison Dam. Call (701) 654-7451 for more information.

This special feature is sponsored by:



**NewKota**  
Services & Rentals

WE HIRE VETERANS

Only the Best Come,  
Live & Stay North

APPLY ONLINE AT  
[www.newkota.com](http://www.newkota.com)

## Minot State Fall 2019 President's List



MINOT, N.D. – Minot State University announced a total of 433 students were named to the Fall 2019 President's List, according to Minot State President Dr. Steven Shirley.

Students who earned a term grade point average of 3.8 or higher while enrolled for 12 or more credits during the 2019 fall semester were named to the list. The honor will show on the student's transcript for the semester it

was earned.

"Congratulations to the students who have earned the highest academic level of achievement at Minot State University — the President's List. Each of these students are to be commended for achieving academic excellence during the fall semester and for their effort in earning this significant recognition," Shirley said.

### Minot AFB

Arleen Ayala, Whitney Babbitt, China Bailey, Lauren Vengels, Kristian Vojtko

### Minot

Noah Abel, Cameron Adam, Emily Albertson, Spencer Aleferas, Kylie Alexander, Lauren Anderson, Magdalen Anderson, Megan Anderson, Nicole Anderson, Krista Andrysiak, Nikki Anklam, Charli-Paige Arceo, Carley Arellanes, Connor Armstrong, Desirae Armstrong, Alex Axtman, Lanny Azure, Connor Bailey, Erica Bailey, Brianna Balster, Sierra Barley, Julia Beck, Joshua Berdahl, Gabrielle Boeckel, Benjamin Bohl, Jacob Bohl, Sydney Bolstad, Thea Bonebrake, Katherine Borden-King, Nathan Bowles, Colin Bowley, Keely Briggs, Holly Burckhard, Samuel Burckhard, Eva Burns, Hannah Candrian, Rykara Casiquin, Tiffany Clementich, Dana Cluever, Tyler Comin, Nolan Compere, Daniel Coopman, Emily Couse, Casey Daigle, Hannah Davis, Brooke Delzer, Nathan Demme, Alhousseyou Diop, Everett Dotson, Joshua Duke, Kaylee Endresen, Anah Farmer, John Fernandez, Savannah Fix, Chanel Fjeldahl, Mary Gamas, Amy Garcia, Ian Geller, Caitlin Getty, Jared Gladback, Jonathan Golka, Arron Grandy, Kyla Grandy, Johannah Grosz, Kristin Haff, Ross Hardy, Nya Harris, Autumnne Haskell, Courtney Haycraft, Faith Hegstad, Krystal Heth, Jamie Hoffart, Kelsee Hoyt, Ryley Humrighouse, Whitney Hunt, Briana Imler, Samantha James, MarQuise Johnson, Quentin Jones, Delaney Jundt, Olutayo Kayode, Claire Keller, Noah Keller, Jessica Kesler, Konnor Keysor, Elise Klein, Lucas Kolden, Rebecca Kostenko, Eden Kramer, Jonah Kramer, Mckenzie Kranz, Sylvia Lam, Michaela Larson, Conner Ledoux, Madison Lehner, Hannah Lium, Emily Love, Taryn Love, Kyle Ludwig, Sebastian Machado, Melanie Macpherson, Clayton Mantz, McKayla Marchus, Gwen Mathews, Michael McCarthy, Danielle McCormick, Alayzia McLeod, Lynne Melander, Yasmine Mojica, Tyler Mosser, Mckenzie Munday, Shaniah Myers, Kiya Neely, Lori Nehlsen, Brooke Nelson, Sydney Nelson, Norlyn Nosworthy, Brett Nunziato, Taylor Nygaard, Maycee Odden, Chad Olson, Leah Olson, Tessa K. Olson, Tessa L. Olson, Meera Ostrom, Abby Pankow, Roanna Parker, Sierra Payne, Camryn Pedersen, Branden Pelzer, Amanda Peterson, Kenny Plaza, Noah Ploof, Ryleigh Poppinga, Jessica Port, Bethany Presley, Shaylin Prough, Zebulen Pulkinen, Terry Quijano, Dean Redington, Sabrina Richard, Alexandre Richardson, William Ringham, Jesse Roberts, Jenna Routledge, Sealy Rovig, Naomi Santana, Jerusha Schiessl, William Schilling, Amanda Schlieman, Jacob Schmidt, Sheyenne Schmidt, Taryn Schmit, Dinah Seastrand, Kimberly Shappell, Audrey Sifuentes, Kellie Sink, Cambree Smith, Amanda Somerville, Lyndsey Spelhaug, Shelby Spuller, Emily Steenstrup, Michael Sterner, Jena Stromberg, Christopher Stroschein, Keegan Summers, Kali Swenson, Stephen Szwiec, Alexander Taylor, Mya Temanson, Hunter Tescher, Brianna Thomas, Stefani Thomas, Paige Vad, Chloe Van Bart, Lizbeth Vazquez, Hannah Veazey, Taylor Vendset, Carlos Villarreal, Kaitlin Walker, J'Kobe Wallace, Caitlyn Weigel, Forrest Weigel, Hannah Werchau, Kaylie White, Madelen Wick, Jordan Will, Tessa Wilson, Matthew Winburn, Micah Winburn, Matthew Zimmerman.



creative property management Inc.

BEAUTIFUL CONDOS & TOWNHOUSES  
FOR RENT

2 AND 3 BEDROOMS AVAILABLE  
WITH ATTACHED HEATED GARAGE

GREAT LOCATION, RIGHT OFF HIGHWAY 2 FOR EASY ACCESS TO THE BASE

STARTING AS LOW AS \$895 A MONTH!

SCHEDULE YOUR SHOWING TODAY!



creative property management Inc.

701-852-5028

[WWW.CREATIVEMINOT.COM](http://WWW.CREATIVEMINOT.COM)

# CSAF visits Minot Air Force Base

SENIOR AIRMAN ALYSSA M. AKERS, MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

Gen. David Goldfein, Chief of Staff of the U.S. Air Force, visited Minot Air Force Base, North Dakota, Jan. 2-3, 2020.

During his tour, Goldfein visited both 5th Bomb Wing and 91st Missile Wing Airmen to recognize career fields that cover shifts 24/7.

"Not only are the Airmen at Minot supporting the Air Force, but more importantly, they're supporting the Nation through their strategic nuclear deterrence mission," said Goldfein.

Minot AFB was one of five bases visited during Goldfein's Standing Watch tour.

"The Standing Watch tour is meant to get out and just shake hands and thank Airmen for standing watch," said Goldfein. "America has the privilege of sleeping well at night because Team Minot doesn't."

Goldfein discussed the future of the Air Force and what that means for all leadership levels.

"The things that we have taken on together focuses on squadrons, making sure we truly understand it's the heartbeat of our Air Force and where our culture resides," said Goldfein. "This is where we generate readiness, focusing on that joint leader development at

all levels and thinking about the future of conflict and how we do all domain operations."

Goldfein works directly with Chief Master Sgt. Kaleth Wright, Chief Master Sergeant of the Air Force. Together, they have worked diligently to find the best way forward to address mental health issues.

"One of the things the Chief and I know and acknowledge is that there's not one big program that we can inflict on the Air Force that is going to change things," said Goldfein. "If we're going to have meaningful change, it's going to happen at the unit or flight level. Our job is to make sure we give the resources to command teams in the field and give them room to run based on the trust and confidence we have in them to get after this. I think we have made some progress, but we have miles to go."

While they work together on this change, Goldfein also works on balance and mental health in his own way.

"My primary focus is presence — Presence at work and presence at home. Be present and give your full attention. Be there, be present. That's been really helpful for me," said Goldfein. "I also try not to miss a day of [physical

training]. I find that if I miss a day, the day doesn't go as well as when I get it in."

He also had words of wisdom to share with young supervisors and leadership teams.

"The foundation of success in our Air Force always starts and ends with character," said Goldfein. "So that's the first and most important step. The second one is competence, which is making sure we are absolutely competent in our trade, to be the best we can be at whatever it is we are being asked to do at the moment."

Sometimes it can be easy to get character and reputation confused, Goldfein said. While character reflects who someone is and how they live their life while nobody else is around, reputation is what other people think of someone after watching them.

"If you focus on [character] first, [reputation] takes care of itself," said Goldfein. "The reverse is not always true."

Overall, Goldfein believes in the Airmen at Minot AFB and was glad to have the opportunity to visit.

"It starts and ends here when it comes to nuclear deterrence, and I couldn't be prouder of this team," said Goldfein.



Gen. David Goldfein, Chief of Staff of the Air Force, rides in a helicopter from a missile alert facility near Minot Air Force Base, North Dakota, Jan. 3, 2020. During his visit he recognized Airmen who stand watch 24-7 for their outstanding performance and commitment to duty.

U.S AIR FORCE PHOTO | SENIOR AIRMAN ASHLEY BOSTER



Gen. David Goldfein, Chief of Staff of the Air Force, speaks with 5th Operations Support Squadron Airmen at Minot Air Force Base, North Dakota, Jan. 2, 2020.

U.S AIR FORCE PHOTO | SENIOR AIRMAN ASHLEY BOSTER



Captain, Lawrence Rajab, 742nd Missile Squadron missileer, briefs Gen. David Goldfein, Chief of Staff of the Air Force, at a launch control center near Minot Air Force Base, North Dakota, Jan. 3, 2020.

U.S AIR FORCE PHOTO  
SENIOR AIRMAN ASHLEY BOSTER

**ACCESS**  
Roll Up Cover

**ROLL-UP PICK UP COVERS**  
• SRT - 2 ELECTRIC • SPOOL ROLL TARP • TRUCK TARP

Manufactured by AGRI-COVER  
DISTRIBUTED BY  
**NELSON RIPPLINGER SALES**  
ASK ABOUT MILITARY DISCOUNT  
NEW & USED COVERS ON HAND OWNED BY VETS

JIM OR BONNIE 838-2515 • CELL 721-1251

"Best Toys in Town"

**main street BOOKS**  
NEW & USED

NOW SELLING KOMBUCHA ON TAP

**MILITARY ID DISCOUNT!**  
10% Off Everything, Every Day!  
WITH A MILITARY ID

**CHECK OUT ALL THE NEW ITEMS IN STORE!**

OPEN: Monday - Saturday: 10am - 6pm • Sunday: 12n - 4pm  
8 Main St S • Downtown Minot • 839-4050 • www.mainstreetbooksminot.com • mainstreetbooks@srt.com

Send us **YOUR** **Outdoor ADVENTURES**  
HUNTING • FISHING • BOATING • CAMPING • HIKING

**EDDIE BOLTON**  
ND BADLANDS,  
MULE DEER 2013

Include a Caption:  
Who, what, where & when  
IF WE LIKE IT, WE'LL PRINT IT!

EMAIL PHOTOS TO:  
nsgraphics@srt.com

At Great Clips we're great at

**MILITARY STYLE HAIRCUTS**  
...well we are just plain great at all haircuts!

Military Discount ~ On Line Check In  
Open at 8 AM Monday - Saturday, Noon on Sunday.

**Great Clips**  
3226 16th Street SW, Suite 200, (701) 858-1811  
GREATCLIPS.COM

explore, experience, discover

Bring out your inner artist!

**MARGIE'S**

Gift Shop • Coffee & Smoothie Bar • Ceramic & Glass Studio

**Team Minot**  
Every Tuesday from 5:30-8:30pm we invite our neighbors to the North at Minot AFB to come in!  
It's our thank you for serving!  
Must have a active AF ID card at time of purchase.

RECEIVE **10% off**  
includes Ceramics, Glass, Giftware & Coffee

**margiesartglass.com**  
109 South Main St. Minot  
701.837.8555  
No Appointments Necessary!

# Native American Hall of Honor Seeks Nominations

THE STATE HISTORICAL SOCIETY OF NORTH DAKOTA

BISMARCK, N.D.—The nomination process is now open for the North Dakota Native American Hall of Honor.

Located in the North Dakota Heritage Center & State Museum in Bismarck, the Native American Hall of Honor is an annual program recognizing Native Americans who have gone above and beyond in representing their

tribe and culture. The program is a partnership of the North Dakota Indian Affairs Commission, the State Historical Society of North Dakota and the State Historical Society Foundation.

The program recognizes traditional and contemporary achievements in four categories: Arts and Culture, Athletics, Leadership, and Military/

Veterans. Nominees can be living or in memoriam. The deadline for nominations is Monday, March 2, at 5 p.m.

“This program honors and celebrates the significant contributions of Native Americans in North Dakota,” said Scott Davis, executive director of the ND Indian Affairs Commission. “The North Dakota

Hall of Honor is a place to be legendary.”

Beginning with the application process, the stages of nomination will be rigorous. The vetting process will be competitive, with only two people per category accepted into the Hall of Honor each year.

The induction ceremony will be held on Thursday, Sept. 10

as part of the Tribal Summit and United Tribes’ International Powwow. Inductees will be featured in an annual exhibit at the State Museum.

Applications can be found at indianaffairs.nd.gov or call the ND Indian Affairs Commission, 701.328.2428.

## WHAT'S GOING ON MAFB

### TODAY

- Last Day to Register for Baseball Camp at the Youth Center
- 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

### SATURDAY

- For a full listing of Martin Luther King Jr. Day holiday weekend 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 246: McGregor vs Cowboy, prelims begin at 1900, main event begins at 2100, Rockers Bar & Grill

### SUNDAY

- For a full listing of Martin Luther King Jr. Day holiday weekend facility hours, visit 5thforcesupport.com
- NFL Game at Sportsmen's Feed, 1200-1800, Jimmy Doolittle Center
- Sunday Bowling, 1200-1800, Rough Rider Lanes
- Cycle, 1400, Fitness Center

### MONDAY

- For a full listing of Martin Luther King Jr. Day holiday weekend facility hours, visit 5thforcesupport.com
- Martin Luther King Jr. Day Special Lunch, 1030-1330, Dakota Inn Dining Facility

### TUESDAY

- Registration Opens for Snowboarding & Ski Trip to Terry Peak, SD at Outdoor Recreation
- Last Day to Register for the Team Minot Battle Rig Challenge at Fitness Center
- Cycle, 0600, Fitness Center
- Game Day, 1000-1930, Base Library
- Cycle, 1130, Fitness Center
- Moving Out of the Dorms Class, 1430-1600, A&FRC
- 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 Pinterest Party at Arts & Crafts
- Circuit Training, 0530, Fitness Center
- Right Start, 0730, Held at the Jimmy Doolittle Center and hosted by the A&FRC
- Club Member Benefit, 0900-1400, Rough Rider Lanes
- Story Time, 1030, Base Library
- Cycle & Yoga, 1130, Fitness Center
- Pre-Deployment/Remote Readiness Training, 1300-1400, A&FRC
- Moving Out of the Dorms Class, 1430-1600, A&FRC
- Mug Club Special, 1600-1800, Rockers Bar & Grill
- Team Minot Battle Rig Challenge, 1600, Fitness Center
- 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

- Cycle, 0600, Fitness Center
- Pre-Separation Counseling, 0800-1130, A&FRC
- Cycle, 1130, Fitness Center
- Reintegration Briefing, 1300-1400, A&FRC
- Moving Out of the Dorms Class, 1430-1600, A&FRC
- Trivia Night Registration, 1600-1845, Ground Zero Lounge in the Jimmy Doolittle Center
- Keystone Resiliency Challenge — Open Rec, 1600, Youth Center
- Fit to Fight, 1700, Fitness Center
- Trivia Night, 1900, Ground Zero Lounge in the Jimmy Doolittle Center

## UPCOMING EVENTS:

24 Jan

- Cycle, 0530, Fitness Center
- Swerk, 0915, Fitness Center
- Cycle and Yoga, 1130, Fitness Center
- Pinterest Party, 1300, Arts & Crafts
- 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)
- Keystone Meeting, 1800, Youth Center
- Mixed Fun League, 1830, Rough Rider Lanes
- Live Music with Joshua Herman, 1900-2200, Ground Zero Lounge at the Jimmy Doolittle Center
- Karaoke Night, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes

25 Jan

- Cycle, 0900, Fitness Center
- Youth Bowling League, 1000, Rough Rider Lanes
- Zumba, 1000, Fitness Center
- Escape Prohibition-Era Minot, 1100-1700, Base Library
- Lights & Strikes and Saturday Unlimited Bowling, 2000-2400, Rough Rider Lanes

### Rockers Bar & Grill

**January Special**  
**Kickin' Chicken Sandwich**  
 Toasted bread with chicken tenders dipped in fire and fury sauce, pepper jack cheese, and ranch! Served with fries for only \$9.75!

### 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!

### Auto Hobby

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

Let's turn your home into  
**entertainment central.**

Ready to Midco? Let's go!

Midco.com | 1.800.888.1300

© 2020 Midcontinent Communications. All Rights Reserved.



**MP MONTANA-DAKOTA**  
**UTILITIES CO.**  
 A Subsidiary of MDU Resources Group, Inc.  
 In the Community to Serve®

800-638-3278  
**800-MDU-FAST**

1130 20TH AVE SW,  
 MINOT, ND



2019 Ford F-150 Crew Cab

M24366

**\$44,995**

# Winter Savings

**DON  
BESSETTE  
MOTORS**



2018 Ford F-150 Crew Cab

M24629

**\$30,995**

**JANUARY ONLY SPECIAL PRICING! \***

 <p><b>\$28,995</b></p> <p>2018 Chevrolet Colorado 4WD LT Crew Cab M24412</p>	 <p><b>\$30,995</b></p> <p>2017 Chevrolet Colorado 4WD Z71 Crew Cab M24450</p>	 <p><b>\$41,995</b></p> <p>2018 Chevrolet Silverado 1500 LTZ Crew Cab M24373</p>	 <p><b>\$43,995</b></p> <p>2015 Chevrolet Silverado 1500 LTZ Crew Cab M24218A</p>	 <p><b>\$30,995</b></p> <p>2019 Chevrolet Silverado 1500 LD LT Extended Cab M24524</p>	 <p><b>\$30,995</b></p> <p>2018 Ford F-150 Crew Cab M24434</p>
---	---	---	---	---	---

\*Special Pricing after all qualifying rebates offered by dealership.  
\*\*On select models with approved financing with Hyundai. Rebates include Retail Motor Cash, Military Rebate, and Hyundai Motor Finance Cash. 10 yr./100K Pwr Train Warranty & 5 yr./60 mile New Vehicle Warranty included. Addtl. tax, title, license & fees due at signing. See dealer for details.

1715 N BROADWAY MINOT, ND • 701-852-3300

**WWW.DONBESSETTEMOTORS.COM**



# FIGHT *the* FROST

[FightTheFrost.com/minot](http://FightTheFrost.com/minot)  [Facebook.com/FightTheFrost](https://Facebook.com/FightTheFrost)

**Party Packages**  
Starting at **\$250.00**  
includes tickets, meals and reserved tables



**ND STATE FAIR CENTER • Minot**

Friday, January 17<sup>th</sup> • 3 pm – 9 pm

Saturday, January 18<sup>th</sup> • 9 am – 9 pm

Sunday, January 19<sup>th</sup> • 11 am – 5 pm

**SATURDAY is  
MILITARY APPRECIATION!**  
\$1 off Wristbands  
(with valid Military ID)  
**northsensentry**

**25+ Piece Indoor Inflatable Carnival!**

**All Day Play Inflatable Wristbands • Unlimited Rides**

• Children 5 & Under...\$8 • Ages 6 & Up...\$14

Wristbands will be sold at the door, the day of the event. Admission is free, only pay to play on the inflatable the games.

**Party Packages available by calling Games Galore Party Rental 701.373.0104.**

## OUTDOOR NOTES:

PATRICIA STOCKDILL

### Fishing:

Lake Sakakawea elevation, Jan. 13: 1,839.02 feet above mean sea level (MSL); 24,800 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,448.94 feet above mean sea level (MSL).

Stump Lake elevation: 1,448.84 MSL.

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

- Devils Lake, Ed's Bait Shop, Devils Lake: Cold weather shut down perch activity but continue working as deep as 50 feet. Be prepared to keep anything coming from that depth, however. Some walleye mixed in. Try Creel Bay, casino, or East and Black Tiger bays. Use caution on east Stump Lake with slush and ice pockets. Generally poor water clarity on northern lakes so move around to find clearer water, especially for pike spearing.

- Devils Lake, Woodland Resort, Devils Lake: Cold front slowed activity but walleye and perch success started improving early in the week. Try traditional light slip bobber, hook, and minnows or any rattling presentation. Most activity on Creel Bay working around 20 feet for walleye and deeper for perch. Best perch success remains in East and Black Tiger bays, though.

- Lake Audubon/Lake Sakakawea, Totten Trail Bait, Coleharbor: Look for continued success on Lake Audubon with most activity along the south shore.

- Lake Darling, Karma C-Store, Ruthville: Lake Darling somewhat slow with better success around Grano. Lake Audubon continues producing pike.

- Lake Metigoshe, Four Seasons, Bottineau: Continued bluegill success but sort through for the keepers with good numbers of small ones. Try wax worms. Occasional walleye with best success towards evening, although the bite is short.

- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Some pike spearing activity in Steinke Bay on the east end of Lake Sakakawea with some walleye success in Douglas Bay. A lot of anglers moved to the south side of Lake Audubon with overall fair success.

- Lake Sakakawea, Scenic 23, New Town: Lots of activity although overall walleye is slow in the Van Hook Arm. Try jigs and minnows.

- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace continues producing walleye in the chutes from boats as well as from shore. Try casting crankbaits. No activity from Lake Sakakawea. Lake Audubon fair for walleye.

- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Lake Sakakawea walleye success remains best in deeper water in 25 to 30 feet using jigs and minnows or anything with a rattle. Decent walleye success with occasional sauger below the Yellowstone River. Little Muddy River fair to good for hook-and-line and pike spearing. Skjerme Lake producing perch.

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

- North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Activity generally remains light on the Souris River and area lakes.

### 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 lift open.

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

- Huff Hills Ski Area, Mandan: 13- to 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 24-inch base with all runs and lifts open.

### N.D. Parks & Recreation Dept. cross-country ski trails:

- Fort Stevenson, Garrison: Fat tire bike trails groomed and in good hiking and biking condition but have icy base under thin layer of snow. Beware of ice and exposed areas. Cross-country ski trails packed and in fair to good condition.

- Garrison Dam Nat'l. Fish Hatchery, Riverdale (downstream Garrison Dam): Campground trails in fair shape and could be icy but lighted areas enable night skiing. West side trails in poor condition with open patches.

- Ice is never completely safe. Avoid areas with vegetation, moving water, pressure ridges, and springs. Check conditions as you go along on the ice.

- Jan. 18: Berthold Sportsmen Club banquet & auction, 5 p.m., Berthold.

- Jan. 25: Flakes of Fury Fat Tire Bike Race, Fort Stevenson State Park, Garrison, 10 a.m. registration starts with 1 p.m. racing.

### Tournaments:

- Jan. 18: Lake Sakakawea, Tobacco Garden.

- Jan. 25 & 26: Devils Lake, 6-Mile Bay.

- 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 and in fair condition.

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

- Lake Region (Nelson & Ramsey counties): A section open between Devils Lake and Lakota on trails 4, 5, & 6 with 3- to 6-inch base.

- Missouri Valley (Burleigh & Emmons counties): Wilton, Sterling, Moffit, & Hague trails open with 3- to 6-inch base with overall fair at best conditions. Watch for open water along sloughs and lake areas.

- Sheyenne Valley (Barnes, Dickey, LaMoure, Ransom, & Sully counties): 6- to 10-inch base. J1, J2, V2, V5, V6, L1, & M1 trails open and in fair condition. McKinnes Trail moved to Hwy. 46.

- Red River North (Pembina & Walsh counties): All trails open except for the Cavalier Trail. 2- to 5-inch base. Good conditions in ditches but marginal in open areas.

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

- All other trails closed until there are better snow conditions.

### Numbers to know:

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

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

# Enriching Life on the Northern Prairies

## International Music Camp Celebrates 65 years of serving North Dakota Families

The sunrise over the trees, the rustling of the birch leaves, and gentle bird calls signal the start of a new day of activity and growth at the International Music Camp. For the past 64 years, this fine arts camp located on the border Canada and the United States at the International Peace Garden has served as the summer destination for young artists and musicians on the northern plains. As the day begins, campers prepare themselves for rehearsals, classes, individual lessons, recreation time, concerts, and loads of fun.

The International Music Camp started in 1956 as the brainchild of Dr. Merton B. Utgaard. What began as a one week experience operating out of the old CCC buildings left behind when the Peace Garden was built has since morphed into a seven week experience that encompasses seventy buildings and offers over 40 programs for young people in the arts.

Although music is in its title, the International Music Camp provides training in dance, drama, musical theatre, visual arts, and creative writing in addition to its core programs of band, choir, and orchestra. Over 138,000 people have attended IMC over the years, and that number is slated to grow.

"Each summer we welcome around 2,000 campers," says Camp Director Tim Baumann. "A majority come from North Dakota and Manitoba, but our annual enrollment includes campers from over 25 states, all the provinces of Canada, and around 13 countries in addition to the US and Canada." Other countries? That's right. The International Music Camp hosts students from all over the world including countries like Sweden, Norway, Luxembourg, Hong Kong, Dominica, Honduras, Lebanon, Kuwait, and Egypt. "One of my favorite parts about the International Music Camp is that every week, people from all types of communities and around the world work together to create amazing performances and art shows," said Camp Director Christine Baumann.

Registration for the 2020 IMC Season is now open. Campers can register today by visiting [www.internationalmusiccamp.com](http://www.internationalmusiccamp.com). The basic tuition for a week at the International Music Camp is \$450 USD, which includes all meals, instruction, and supervision. Individual lessons are available for an additional \$35 USD and some specialty programs have additional user fees.



## CHOCOLATE CHIP COOKIES



### INGREDIENTS

- 2 1/2 CUPS ALL-PURPOSE FLOUR
- 1 TSP. BAKING SODA
- 1/2 TSP. SALT
- 1 1/2 STICKS BUTTER, SOFTENED
- 1 CUP PACKED LIGHT BROWN SUGAR
- 1/2 CUP GRANULATED SUGAR
- 2 EGGS
- 1 TSP. VANILLA EXTRACT
- 2 CUPS (12 OZ) SEMI-SWEET CHOCOLATE CHIPS
- 1 1/2 CUP WALNUTS OR PECANS, CHOPPED (OPTIONAL)

In a large bowl, combine flour, baking soda, and salt; set aside.

In another bowl beat butter until fluffy. Add brown sugar, sugar, eggs, and vanilla.

Gradually mix the flour mixture in. Gently fold in chocolate chips and nuts into dough.

Drop spoonful amounts of dough onto a sheet of aluminum foil.

When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Increase temperature to 350F and preheat, lid closed, for 5 to 10 minutes.

Bake for 17 minutes Tip From the Pro: Use a new sheet of foil for each batch of cookies to prevent sticking. Enjoy!

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



Ryan Davy - GM Minot

[www.HofE.com/BBHQ](http://www.HofE.com/BBHQ)

THIS SPECIAL FEATURE IS SPONSORED BY:



## THE DAKOTA'S AR AUTHORITY

Parts, Accessories, Modifications, Repair & Custom Builds

Shop Online [www.NodakArms.com](http://www.NodakArms.com)

Sales@nodakarms.com • 701.839.0005

2 Miles East of Minot on Highway 2

Follow us on Facebook

# Military Retirement: Do You Have This Covered?

MILITARY ONESOURCE

Transitioning to civilian life is just like everything else in military life. Doing it successfully takes preparation. Give yourself plenty of time to complete all the required tasks before you officially retire. There are four basic steps to take:

1. Separation requirements: Must-dos before your retirement date

Start with the Transition Assistance Program. You'll find detailed information here about what's included and how to connect with the program for your service branch.

Pre-separation counseling: You need pre-separation counseling no fewer than 90 days before separation, but you can schedule it up to 24 months before your retirement date. Pre-separation covers the basics about medical insurance, relocation assistance, life insurance, Department of Veterans Affairs benefits and more. Military OneSource also offers the Transitioning Veterans specialty consultation to assist you in navigating this phase of military life.

Employment workshop: Attend a Transition Assistance Program employment workshop. It may not be mandatory for you - but it can be extremely useful, with information on job-search strategies, resume writing, interview skills, salary negotiation and more.

Final medical exam: Schedule

your mandatory, final medical and dental exam with your installation's medical clinic 90 days before you separate.

Scheduling final move: You will have one year after leaving active duty to complete your final move. But the sooner you can schedule, the greater the chance of getting the dates you want. See below under benefits for more.

2. Plan your post-retirement budget: Know what you'll have to work with

Review your military retirement pay, benefits and expenses to plan your budget and calculate what you'll have each month.

Income: You'll receive one of three types of non-disability retirement pay:

Final basic pay - for service members with an entry date prior to Sept. 8, 1980.

High 36 - for service members with an entry date between Sept. 8, 1980 and July 31, 1986, or for those with dates after Aug. 1, 1986 who didn't elect REDUX.

CBS/REDUX - for service members with an entry date after July 31, 1986 who accepted a mid-career bonus at the 15-year mark and agreed to remain active duty for at least 20 years.

Note: Service members enrolled in the new Blended Retirement System will have slightly different retirement payments than the three outlined above,

including a different monthly retired pay formula, a possible lump sum payment taken at time of departure and a Thrift Savings Plan.

Payouts: Federal and state taxes will be withheld from your retirement check. Also remember medical and dental premiums, and Survivor Benefit Plan premiums.

Annual adjustments: Just like your active-duty pay, your retirement pay adjusts annually based on the cost of living to protect your income against inflation.

3. Benefits you've earned as a retiring service member

As an active duty service member, you receive a number of benefits. What happens to them when you retire?

TRICARE: Retiring service members must enroll themselves and eligible family members or risk losing TRICARE benefits. This includes family members with Medicare Part A and B.

Dental: You have access to dental insurance with the TRICARE Retiree Dental Program through Delta Dental for a monthly premium. Enroll any time after retirement on the Delta Dental website.

Final moving expense: You have one calendar year from your retirement date to use your last government-paid move anywhere within the U.S. or to your home of record

outside the country. Check with your installation's Relocation Assistance Program or visit the Defense Finance and Accounting Service site for information.

Life insurance: Your Servicemembers' Group Life Insurance plan continues uninterrupted for 120 days after separation. During that time, you can convert your life insurance to Veterans' Group Life Insurance. You can still convert after 120 days, but you have to prove that you're in good health. Check out ExploreVA.gov for more.

Commissary and exchange privileges: You and your family have the same access to both facilities after retirement. The only exception - overseas privileges may be subject to a Status of Forces Agreement.

GI Bill/Education and Training: You have up to 10 or 15 years after separation to use your GI Bill (depending on the program). Get the details at your installation's education office or at ExploreVA.gov.

Home loans: Find out about a Department of Veterans Affairs loan to purchase or build your dream retirement home. To qualify, you must have served at least 24 months and have an honorable or general discharge. Call 800-827-1000 or visit the VA Home Loans page.

The Survivor Benefit Plan: The plan provides a portion of your retirement pay to your spouse or

other eligible person after your death. As long as you have an eligible spouse or child, you'll automatically be enrolled, and at the maximum level unless you elect otherwise. Contact your Transition Assistance Program office or the Defense Finance and Accounting Service with any questions.

4. Finally, prepare for civilian life.

You've got military life down cold. What's it like being a civilian? Don't stress, just know what to expect, and have some strategies for success.

Saying goodbye: You've been through enough moves to know what it's like to leave friends who feel more like family. But these days, social media makes it easy to keep in touch.

Job searching: Ace that interview. Get a head start. You can attend a Transition Assistance Program employment workshop on your installation as early as two years before retirement.

Miss the lifestyle? It's not as farfetched as it sounds. You've been in a tight, exclusive community with its own unique lifestyle. Look into joining a military organization that can keep you connected and in the loop on retirement issues.

Retirement is the first step to your next successful life and career. Know what's ahead, be ready, and go ahead. Enjoy.

Be Part of Our **Birthday Club**

Simply send us your loved ones photo and birthday message by visiting [www.northern Sentry.com](http://www.northern Sentry.com)

SEPTEMBER 2  
**SARA**  
Happy 10th Birthday to the Best Daughter Ever! We love you! Mom & Dad

northern Sentry  
High Air Ground  
TRAMPOLINE PARK

For every child entered, they have a chance to win a Party Package from High Air Ground Trampoline Park.

**cartiva**  
701-857-9210  
3520 S. Broadway • Minot, ND 58701  
[www.CartivaOfMinot.com](http://www.CartivaOfMinot.com)

**CAR OF THE WEEK**  
2012 TOYOTA FI CRUISER BASE 4WD  
**\$24,995** STOCK# 565048

## FROZEN FINGERS FESTIVAL

February 14 & 15, 2020  
Minot Sleep Inn  
2400 10<sup>th</sup> Street SW, Minot, ND  
<https://www.frozenfingers.org/>

Walt Storey

Little Bluestems

The Missing Lynx

<p><b>Friday, February 14</b></p> <p>5:00 pm "Country Western Jubilee" by Frozen Fingers Members.</p> <p> Hors d'oeuvres will be served.</p> <p>8:00 pm Come dance to the Dakota Drifters</p>	<p><b>Saturday, February 15</b></p> <p>11:00 am Jim &amp; Cheryl Lingenfelter</p> <p>Noon Walt Storey and Friends</p> <p>1:00 pm Jerry Schlag &amp; Friends</p> <p>2:00 pm The Little Bluestems</p> <p>3:00 pm The Replacements</p> <p>4:00 pm Dakota Drifters</p> <p>5:00 pm Missing Lynx</p> <p style="text-align: center;">Door Prizes and Silent Auction</p>
---	--

Price: \$20 per day or \$35 for both days.

We are proud to sponsor annual scholarships to the International Music Camp for local students. Contact Brenda Johnson, Shell Kannianen or Lois Zahn for applications.

# Five Minutes to Thrive: What makes a good leader: nobility

DR. ASHLEY KILGORE, 5TH OMRS MENTAL HEALTH CLINIC

MINOT AIR FORCE BASE, N.D. --

Lt Gen Steven Kwast, AETC/CC, was the Commander of Air University at Maxwell AFB in 2015. At that time he delivered one of the most inspiring and profound admonition to future AF leaders on what it truly means to lead. He espoused four key pillars of character required of all successful leaders: nobility, humility, courage, and compassion. In that we are all leaders in some form, at some time, and with some people—and because the development of these traits is a journey, rather than something with which we're born—the next several 5M2T's will focus on each of these important characteristics, in turn. First up this week: Nobility.

If you're like me, when you hear this word, your mind immediately flashes to images of royalty. The connotation is deliberate; early monarchs (but certainly not all) were chosen for their noble character, for the virtue they demonstrated in their dealings with others, for their unquestioned integrity reinforced by their moral actions, and for the goodness with which they treated everyone under their

influence.

Have you ever read the book, *The Lion, the Witch, and the Wardrobe*, of the *Chronicles of Narnia* series by C.S. Lewis? If you've read the book or seen the movie, you know that these four children were unexpectedly thrust into regal positions which required them—like it or not—to act with nobility. Sometimes, they succeeded; other times they fell short. Likewise, at any given time certain (anticipated or unexpected) circumstances may call upon us each to assume a (formal or informal) role requiring the trait of nobility. In this, we must choose to do what is right over what is easy. We choose to work late to finish the job, and to thus sacrifice time with our families. We take the extra time to mentor a fellow Airman who is clearly struggling but who doesn't yet have the courage to ask for help. We go out of our way to help a stranger, because it's the right thing to do. We hold others accountable—and we hold ourselves to the same standards (better yet, we set the example)... and we do it without an ego.

- Accept your nobility. We all have the capability, but first we must make the commitment.

Look no further than the Air Force Core Values as a guide: by pledging yourself to Integrity first, Service before [your]self, and Excellence in all [you] do, you begin to grasp nobility.

- Demonstrate your virtues (and integrity to them). This boils down to both talking the talk AND walking the walk. Let others know where you stand on the important issues (i.e. work ethic, teamwork, physical fitness, etc.), show them the standard, and then help them attain it.

- Seize the call to action. You never know which crucial moments will make a resounding impact on someone's life; often, they're the events you wouldn't suspect! *Carpe diem* to make a difference for someone else. It only takes a little extra effort, applied regularly over time, to have an indelible influence on another's journey.

(Any media or pop culture references in this commentary does not constitute endorsement by any component of the U.S. Air Force or Department of Defense) For questions, contact Dr. Ashley Kilgore at [ashley.c.kilgore@mail.mil](mailto:ashley.c.kilgore@mail.mil) or the Minot Mental Health Clinic at 701-723-5527.


**northern  
sentry**

DEADLINE FOR DISPLAY  
AND CLASSIFIED ADS:

TUESDAY AT NOON ON THE  
WEEK OF PUBLICATION

ANY AD RECEIVED AFTER  
THIS TIME WILL RUN THE  
FOLLOWING WEEK

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

follow us on 



**FLOWER  
Central**

Voted Minot's #1 Flower  
Shop for the last 5 years!

405 Central Ave. E. • 701.852.6224



**ICE  
FISHING  
TRIP**

**FEBRUARY 8**  
8:00 AM - 5:00 PM


**REGISTER:  
JANUARY 13 - 31**

GET RID OF THOSE WINTER BLUES  
AND JOIN OUTDOOR REC FOR A  
GUIDED ICE FISHING DAY TRIP TO  
LAKE METIGOSHE!

ALL FISHING EQUIPMENT WILL BE  
PROVIDED -JUST BRING YOURSELF!

OPEN TO AGES 10 & UP. AGES 16+  
MUST HAVE A VALID NORTH DAKOTA  
FISHING LICENSE. ADULT SUPERVISION  
REQUIRED FOR ALL UNDER AGE 18. NO  
LUNCH PROVIDED. PARTICIPANTS ARE  
ENCOURAGED TO BRING A SACK LUNCH.

723-3648

 RECHARGE FOR RESILIENCY

## TRAEGER TALK



### RIBS RIBS RIBS

**SCOTT PEARSON, CEO**  
Home of Economy Stores  
Amish Gallery Stores  
[www.HomeOfLefse.com](http://www.HomeOfLefse.com)

There are probably as many ways to make ribs as there are people cooking them, and most are really good. Ribs are a great meat to prepare when first starting to barbecue and no one is ever so expert that ribs belong in their past.

Ribs can be cooked to your liking, to please your family and guests, or to compete in barbecue competition. Competition requires you to cook to a set of standards that may or may not be what you want to serve and eat. For family and guests, competition standards don't matter. All that matters is happy eaters!

The most basic thing you need to know about cooking ribs is that they need to get to about 205° to be tender. How tender they get depends on both temperature of the meat, and how long they are at those temperatures. They don't really start to tenderize at all until the meat is over 180°, and the hotter it gets, the faster they cook. How much heat transfers into the meat depends on the heat inside the grill and also any liquid in contact with the rib meat.

Most people cooking with a Traeger like smoke flavor. Stronger Smoke flavor comes from more time with the meat in contact with smoke and the moisture on the surface of the meat. If you like strong smoke flavors, you can experiment with putting the meat in the Traeger while it starts up. The initial blast of cold smoke may be just what you like. You can also use an Amazon Smoke Tube for a longer application of a bit lighter cold smoke.

I remember a poster on the wall of a pizza parlor in Grand Forks many years ago. The picture was of a sinister looking fellow with a blue face and an ugly scowl. The caption read "Some people don't like Shakey's pizza!" I am always reminded of that poster when I think of the fact that some people don't like smoke flavor. I shouldn't be, though, because what someone likes or doesn't like is up to them, not me. My job is to cook food that makes people happy.

If you or someone in your family prefers not to taste smoke, you can wrap the meat in pink Traeger paper or foil from the beginning and still enjoy delicious ribs cooked on the Traeger Wood Fired Grill. You will need to adjust the cooking time if you do that,

because wrapped ribs cook faster than unwrapped.

My favorite method of cooking ribs is also the simplest. It comprises only two steps. 1.) Apply spice rub. 2.) Put the ribs on the grill and set the temperature to 225°. At this point, you can leave. Go fishing if you want. Or paint the garage. Whatever you like. In five hours, the ribs are tender, smoky, delicious, and ready to eat. If you like sauce, it can be served on the side.



This method is my favorite because the meat is exposed to the full five hours of smoke. I rub with my standard basic rub, which is Kosher salt, pepper, garlic granules, and paprika. Traeger makes a lot of great sauces, all of which are delicious on ribs.

Probably the most popular method of cooking ribs is called the 3-2-1 method. It is also extremely simple, with only 6 steps. 1.) Apply spice rub. 2.) Put the ribs on the grill on the 180° setting, and cook for three hours. 3.) Wrap the ribs in foil or pink Traeger paper. You can add liquid at this stage if you want to experiment with honey, Dr Pepper, cider or juice, but no added liquid is necessary. 4.) Set the temperature to 225° and cook for two hours. 5.) Open the foil and drain the liquid. Apply barbecue sauce. 6.) Cook for one hour at 225° to set the sauce. At the end of the six hours, your ribs will be ready to eat.

There is plenty of room in both methods to experiment. You can use store bought rubs, or make your own. You can use any of the hundreds of sauces available from Traeger and many others, or again, you can make your own. Hickory pellets are the most popular and traditional, but pecan, or one of the available blends also work great. That's one of the great things about grilling on a Traeger Wood Fired Grill: it's an adventure. Have fun and good eating!



**TRAEBER**  
WOOD FIRED GRILLS

**\$999<sup>99</sup>**

**PRO SERIES 780  
PELLET GRILL**

**IN STOCK**



**Home  
of  
ECONOMY**

107 20th Ave SW, Minot [www.HofE.com/BBQHQ](http://www.HofE.com/BBQHQ)

# CHURCH DIRECTORY

<p><b>Little Flower Catholic Church</b> 800 University Avenue West 838-1520 <b>Mass Schedule</b> Saturday ..... 4:30 pm Sunday ..... 8:30 &amp; 10:00 am <b>Fr. Ken Phillips, Pastor</b> www.littleflowerminot.com</p>	<p><b>St. Peter The Aleut Eastern Orthodox Church</b>  <b>109 6th St. SE Minot • 838-3094</b> Sunday Liturgy ..... 10 a.m. Saturday Vespers ..... 5 p.m. Fr. Bill Neumann</p>	<p> <b>Break Forth BIBLE CHURCH</b> <i>New!</i> 7:00pm Service Thursday Evenings at the <b>GRAND HOTEL</b> www.breakforthbiblechurch.com</p>	<p> <b>An Evangelical Free Church</b> 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart) Sunday School &amp; Fellowship ..... 9:00 a.m. Worship ..... 10:30 a.m. www.trinitychurchminot.org</p>	<p> Worship Service at 10:45am Sundays Sunday School at 9:45am <b>1720 4th Ave NW, Minot 838-0916</b> MinotBibleFellowship.org</p>
<p> <b>Faith United Methodist Church</b> <b>5900 Highway 83 N, Minot</b> www.faithumcminot.com <b>Pastor Ken Mund 701-838-1540</b> Sunday School (All Ages): 9:45 a.m. Sunday Coffee Fellowship: 10:30 a.m. Worship Services: Sunday 11 a.m.</p>	<p><b>Minot Baptist Church</b> <i>Sending the Glorious Light of Jesus Christ to a Dark and Needy World</i> Sunday School ..... 9:45 a.m. Morning Worship ..... 11:00 a.m. Evening Worship ..... 6:00 p.m. Wednesday Evening ..... 7:00 p.m. <i>Independent/Fundamental/KJV</i> <b>500 46th Ave NE • 839-1351</b> Pastor David Miller</p>	<p><b>Cornerstone Presbyterian Church</b> <b>1000 NE 3rd Street 852-0315</b> <b>Sunday Schedule</b> Contemporary Worship ..... 9:00am Sunday School (All Ages) ..... 10:00am Traditional Worship ..... 11:00am <b>Wednesday Evening Schedule</b> Community Dinner ..... 5:30-6:30pm Contemporary Worship ..... 6:30pm Youth Group &amp; Small Groups.. 7:15pm <b>All are Welcome!</b> www.ecominot.org</p>	<p><b>Congregational UCC</b> 430 N. Broadway • 839-1064 <b>Sunday Worship ..... 11am</b> <b>Sunday School ..... 11am</b> <b>Tuesday Bible Study ..... 12pm</b> <b>Saturday Noah's Breakfast ..9:30am</b> Please join us, all are welcome here!  <b>UNITED CHURCH OF CHRIST</b></p>	<p> <b>St. Mark's Lutheran Church</b> <i>Missouri Synod</i> Sunday Worship ..... 8:30 am &amp; 11:00 am Holy Communion Served at All Services Sunday School, Youth, Adult Bible Class and Adult Choir ..... 9:45 am  <b>2209 4th Avenue NW Minot, ND 839-4663</b> Reverend Philip Beyersdorf</p>
<p> <b>Immanuel Baptist Church</b> 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. Classes for all ages ..... 6:30 p.m. Adult Choir (as scheduled). 7:30 p.m. <b>Brian T. Skar, Pastor</b> www.ibcminot.org</p>	<p><b>Apostolic Faith Church, UPCI</b> <b>2929 19th Ave NW • Minot</b> Located off Hwy 83 Bypass West <b>(701)838-0609</b> Saturday School ..... 2:00 p.m. Sunday Worship ..... 3:30 p.m. Wednesday Bible Study ..... 7:30 p.m. <b>Jesse Starr, Pastor</b></p>	<p><b>St. John the Apostle Catholic Church</b>  2600 West Central Ave • Minot, ND 58701 <b>839-7076</b> Daily Mass Schedule: Tuesday ..... 5:15 p.m. Wednesday - Friday ..... 7:00 a.m. Saturday ..... 5:00 p.m. Sunday ..... 8:00 &amp; 10:30 a.m. Fr. David A. Richter, Pastor Parish website: www.stjohnminot.com</p>	<p> <b>First Lutheran Church - ELCA</b> 120 5th Ave. NW 852-4853 Saturday Worship ..... 5:00 pm Sunday Worship.. 8:30 am &amp; 11:00 am Sunday Education ..... 9:45 am Wednesday Supper ..... 5:00 pm Wed. Worship &amp; Education ..... 5:45 pm  www.firstlutheran.tv (Live Stream &amp; Recorded) Radio Broadcast KRRZ 1390AM Sunday 8:30 am www.flcminot.com Pastor Brandy Gerjets • Pastor Ellery Dykeman</p>	<p> <b>Gospel Tabernacle Community Church</b> 9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson <b>Church: 701-838-4492</b> <b>Home: 701-838-5759</b> <b>KHRT 1320: 9 a.m. Sunday</b> <b>Sunday School ..... 9:45 a.m.</b> <b>Adult/Children Worship.. 11 a.m.</b> <b>Family Hour ..... 6:30 p.m.</b> <b>Evening Worship ..... 7:30 p.m.</b> <b>Bible Study/Child-Adult</b> <b>Children Worship (Wed).... 7 p.m.</b> <b>Prayer (Friday) ..... 7 P.m.</b></p>
<p><b>Bethany Lutheran</b> 215 3rd Ave. SE, Minot, ND Phone: 838-5196 A Member of the ELCA Sunday Worship ..... 8:30 &amp; 10:30 am Sunday Fellowship ..... 9:30 am Wednesday Church School ..... 5:45 pm Wednesday Worship ..... 6:45 pm <b>January 29 Service at 9:00 am</b> Website: www.bethanylutheranminot.com Email: bethanylutheran@srt.com Live Streaming: bethanylutheran.tv Pastor Janet Hernes Mathistad Pastor Gerald Roise</p>	<p><b>First Baptist Church</b>  200 3rd St. SW • 852-4533 www.fbcminot.org Classic Worship Service ..... 8:30 a.m. Adult Sunday School ..... 9:45 a.m. Contemporary Worship Service .. 9:50 a.m. Children's Church ..... 9:50 a.m. Sunday School (All Ages) ..... 11:00 a.m. Contemporary Worship Service.. 11:05 a.m. Wed. AWANA (Sept. to May) ..... 6:30 p.m. <b>Rev. Kent Hinkel, Senior Pastor</b> <b>Rev. Barry Seifert, Associate Pastor</b> <b>Pastor Sam Kautzmann, Student Ministries</b> <b>Elaine Carlson, Children's Ministry Director</b></p>	<p> <b>Cross Roads Baptist</b> Sunday School (all ages) ..... 9:45 a.m. Sunday Worship ..... 11 a.m. &amp; 6:30 p.m. Wednesdays (Prayer &amp; Missions) ... 6:30 p.m. <b>www.minotcrbc.org</b> <b>email: crbc@srt.com</b> <b>415 28th Ave SE (Behind Menards) 838-1873</b></p>	<p> <b>West Minot Church of God</b> <i>Family Worship Center</i> <b>1105 16th St. NW • 839-1407</b> Sunday School ..... 9:30 a.m. Sunday Worship ..... 10:30 a.m. Children's Church &amp; Nursery Wednesday Family Training Hour Meal ..... 5:30 p.m. Classes for All Ages ..... 6:30 p.m. Youth Center, Friday ..... 7:00 - 11:00 p.m. ABC Child Care Center ..... 852-6352 westminot.com facebook.com/westminot</p>	<p><b>James W. Henderson</b> <b>Anna B. Henderson</b> <b>Church: 701-838-4492</b> <b>Home: 701-838-5759</b> <b>KHRT 1320: 9 a.m. Sunday</b> <b>Sunday School ..... 9:45 a.m.</b> <b>Adult/Children Worship.. 11 a.m.</b> <b>Family Hour ..... 6:30 p.m.</b> <b>Evening Worship ..... 7:30 p.m.</b> <b>Bible Study/Child-Adult</b> <b>Children Worship (Wed).... 7 p.m.</b> <b>Prayer (Friday) ..... 7 P.m.</b></p>
<p> <b>Vincent United Methodist Church</b> <b>1024 2nd St. SE • 838-4425</b> <i>Behind Town &amp; Country Shopping Center</i> <b>open hearts...open minds...open doors!</b> Saturday Informal Worship.. 5:00 p.m. Sunday School ..... 9:00 a.m. Sunday Worship Service ..... 10:00 a.m. Fellowship ..... 11:00 a.m. <b>Pastor Jennifer McDonald</b> www.vincentumc.com</p>	<p> <b>OUR REDEEMER'S CHURCH</b> <i>A Church of the Lutheran Brethren</i> <b>Thursdays:</b> Worship ..... 6:30 p.m. <b>Sundays:</b> Worship ..... 8:30 a.m. &amp; 10:45 a.m. <b>700 16th Ave SE • 701-838-0750</b> For more information visit us on the web at: <b>www.ourredeemers.org</b></p>	<p><b>Chapel Services at MAFB</b> <i>Protestant (North Plains Chapel in Base Housing)</i> <b>Contemporary Service</b> Sunday Worship ..... 1000 <b>Gospel Service</b> Sunday Worship ..... 1130 <i>Catholic Mass (Northern Lights Chapel across from Rockers)</i> Sunday ..... 1000 &amp; 1700 Daily ..... Monday-Thursday at 1200</p>	<p><b>ORCS Preschool</b> Our Redeemer's Christian School's Preschool Program will be starting it's 33rd year the fall of 2020 and we would love to have your child be a part of it! <b>REGISTRATION FOR THE GENERAL PUBLIC WILL OPEN FEBRUARY 3 AT 8:00AM</b> Please contact our school office or visit our website for more information. <b>701.839.0772</b> Email: jschultz@orcsknights.org Website: www.orcsknights.org</p>	
<p><b>First Assembly of God</b> 1805 2nd St. SE 838-1111 Morning Worship ..... 8:30 a.m. Sunday School ..... 10 a.m. Morning Worship ..... 11 a.m. Wednesday Family Night..... 6:30 p.m.</p>	<p>  <b>Our Redeemer's Christian School</b> 700 16th Avenue SE Minot, ND 58701 info@orcsknights.org • 701-839-0772 <b>www.orcsknights.org</b></p>	<p><b>To Advertise your Church on this page,</b> <b>Call 839-0946</b> <b>Only \$7.00 a space / per week</b></p>	<p> </p>	

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



# CLASSIFIEDS

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

## UPCOMING EVENT



25+ Piece Indoor Inflatable Carnival!

## AUTOMOTIVE

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

## JOHN'S



## AUTOBODY

Pays Up To **\$500**

**Insurance Deductibles**  
We Guarantee All Work & Color Match  
4121 S. Broadway  
839-8896

## TRANSPORTATION

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

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

## PROFESSIONALS

### LEE CLOUSE INDEPENDENT BEAUTY CONSULTANT

www.marykay.com/1clouse. 701-839-0475 or 701-721-0475.

### IMMEDIATE FULL AND PART TIME OPENINGS

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

### THE NORTH DAKOTA NATIONAL GUARD

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

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

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

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

## RENTALS

### SURREY

3 bedroom ranch style home, 1 1/2 bath, basement, central air, attached garage, large yard, patio, storage shed in backyard. Newly remodeled - new flooring and window coverings. No pets /No smoking. \$1050/month plus utilities. Call (701) 721-0355

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

## REAL ESTATE

Find **ALL** listed homes for sale in Minot and the surrounding areas at **www.brokers12.com**.

### FSBO MOHALL ND

2010 Mfd home 28x64 has 2 decks, 3 bdrm, 2 bath, office, 2 car garage 28x42, large yard. Shop 32x64 has concrete floor & electricity. Price Reduced! Call/text for details, pictures, & to see. 701-228-4089 or 701-228-4190.

## GARAGE SALE

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

**northern sentry**

MINOT AIR FORCE BASE NEWSPAPER  
WWW.NORTHERNSENTRY.COM

## FOR SALE

### FIVE SHELF BOOKCASE WITH SLIDING GLASS DOORS.

Very Old Oak Miniature Camel Back Trunk. Vintage Solid Wood Marantz Stereo Cabinet, Old Tractor Seat & Horse Hames Stool Chair, Vintage Hammond Chord Organ, Works Fine. Questions Call 701-626-2712.

## ANSWERS

SUDOKU  
Answers to puzzle from page A4

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

## BASE ANNOUNCEMENTS

### EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

Embry-Riddle Aeronautical University is now registering for the Spring 2020 term ( 10 Feb-12 Apr ). You can enroll in classes for CCAF, classes towards Undergraduate degrees such as: AS/BS Aeronautics, AS/BS Aviation Maintenance, AS/BS Technical Management and Graduate degrees: MS Aeronautics, MBA Aviation & MS Management. Please stop by the ERAU office, located inside the Minot AFB Education Center Bldg, Room 223 or email your registration request & any inquiries to minot@erau.edu

To apply to the University, please go to: <https://worldwide.erau.edu/admissions/apply/> and select Minot as the Campus location. Our course modalities include Eaglevision class onsite, online and Eaglevision home. If you have any questions, please call 701-727-9007.

### PARK UNIVERSITY MINOT -

Your degree. Your way. Now enrolling for Spring 1 classes starting January 13. Earn your CCAF credits, AU-ABC, and your Bachelor's degree with PARK. Let's maximize your military experience! Find how many credits you can get from your military experience by going to [military.park.edu](http://military.park.edu). and confirmed your credits Or Ask Alexa! Enable the Park University skill on your Alexa device and say "Alexa, ask Park, How many credit hours can I get from my military experience?" She'll even tell you your graduation date! Minot AFB @ the Education Center RM 222| 844-884-8612|mino@park.edu PARK. YOU

### 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

February 5 • March 4 • April 1  
If you have any questions please do not hesitate to reach out to the Safety Office at 723-4262

Thursdays ~ Fridays ~ Saturdays

**AAD**  
Airmen Against Drunk Driving

**NO DUIs NO EXCUSES**  
**DRINK RESPONSIBLY**

**701-720-2254**

FREE  
**Live Music**  
IN THE GROUND ZERO LOUNGE

**January 24th**  
7:00PM - 10:00PM

FEATURING LOCAL MUSICIAN

**Joshua Herman**  
GRAB A FRIEND & KICK BACK WITH ONE OF OUR DRINK SPECIALS AT THE END OF THE WEEK!

LOUNGE OPENS AT 4:00PM.  
ADULTS (AGES 18+) ONLY IN GZL

723-3731



WIND DOWN WITH A VARIETY OF FAVORITES INCLUDING ROCK, POP, COUNTRY, MASHUPS, AND MORE!

# Let's Plan Your Party!

**Party Room**

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

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

**MAG STUDIO**

109 South Main St. Minot 701.837.8555

## Birthday PARTIES

X-TREME OR OPEN BOWLING

**SUPER PARTY**

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

**MEGA PARTY**

• 2 Hour Party for up to 10 People  
• Shoe Rental  
• 2 - 16" Pizzas, Pop and Ice Cream  
**\$185+tax**  
\$15 for each additional person

Additional \$10 for X-treme Bowling

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

1901 NORTH BROADWAY MINOT, ND  
NORTHHILLBOWL.COM

FOR RESERVATIONS PLEASE CALL **852-4108**

**Blake Krabseth**

Comedian / Magician

Great for Parties and Conventions

701-720-1786  
magic@blakekrabseth.com

**BLAKEKRABSETH.COM**

### Book an Event at OPT!

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

EMAIL FOR DETAILS: [alatoakpark@gmail.com](mailto:alatoakpark@gmail.com)

## High Air Ground

TRAMPOLINE PARK

**10% OFF ANY PARTY PACKAGE**

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

1210 4th Ave NW | Minot, ND 58703  
**701-837-JUMP**  
[WWW.HIGHAIRGROUND.COM](http://WWW.HIGHAIRGROUND.COM)

# BUSINESS & PROFESSIONAL Directory

### AUTOMOTIVE

**MBM AUTO SERVICE**  
Minot's Service Specialists  
**PARTS & SERVICE**  
We Specialize In:

**1215 Valley St.**  
**838-9607**  
Next to Action Wrecking

**ACTION AUTO WRECKING**

Free Parts Locating service

1215 Valley St., Minot  
Formerly Minot Wrecking

We pay top price for cars & trucks, running or not  
Selling new, used and rebuilt parts.

Phone 852-2470 or Toll Free 1-800-533-5904 • Fax 838-7627

### REAL ESTATE

BUY OR SELL ONLY WITH THE BEST!

**#SOLD WITH US!**

**BROKERS12.COM**

**Thank You FOR YOUR SERVICE!**

Serving Our Military (Active, Reserves and Veterans) and Saving Them Money on a Home.

It's our way to say Thank You.

**HomesForHeroes.com**

### AUTOMOTIVE

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

**Edwardson Sales**  
**839-9512**  
We also sell cars \$500 - \$1500  
Give Us A Call!  
Will Haul Junk Cars Free Of Charge

### HOBBY SHOP

**AEROPORT HOBBY SHOP**  
RC Cars, RC Airplanes, Rockets, Trains, Plastics, Testors Paints, Engines & Accessories, Helicopters, Balsa Wood & Glues.

**838-1658**  
2112 N. Broadway • Minot, ND  
Ask for Eva • [www.airporthobby.com](http://www.airporthobby.com)

### STORAGE UNITS

**NORTHERN PRAIRIE CONDOS & STORAGE, INC.**

Military Discounts - Best Rates  
24 Hour Access  
**701-720-1093**

Convenient North Location for Both Base & Minot Customers

**Lucas Knight**  
Signal Realtors

p: (701) 852-3505  
c: (701) 720-9163  
e: [Lucas@SignalRealtors.com](mailto:Lucas@SignalRealtors.com)  
w: [MinotHomeSearch.com](http://MinotHomeSearch.com)

### ACCOUNTANT

**BradyMartz**  
Make Every Day Count

CERTIFIED PUBLIC ACCOUNTANTS  
24 W. Central, Minot • 852-0196  
[www.bradymartz.com](http://www.bradymartz.com)

**northern sentry**

MINOT AIR FORCE BASE NEWSPAPER  
[WWW.NORTHERNSENTRY.COM](http://WWW.NORTHERNSENTRY.COM)

Feature your business here for as little as \$9.00 per week!

For more information call 839-0946 or email: [sentrystales@srt.com](mailto:sentrystales@srt.com)

# Census Bureau Ramps Up Hiring Efforts for 2020 Census

## Recruiting Underway Nationwide for More Applicants

THE U.S. CENSUS BUREAU

January 7, 2020 – The U.S. Census Bureau is ramping up its national recruiting efforts to hire up to 500,000 temporary, part-time census takers for the 2020 Census in communities across the country to reach its goal of more than 2 million applicants.

The positions offer competitive pay, flexible hours, paid training, and weekly paychecks. To determine the pay rate in a specific area, learn more about these positions, or apply for one of the temporary jobs, visit [2020census.gov/jobs](https://2020census.gov/jobs).

“Whether you’re looking to earn some extra cash, pay down your student debt, or offset holiday season spending, our part-time positions are a great way to do that,” said

Census Bureau Director Steven Dillingham. “What better way to earn some extra money and help shape the future of your community for the next 10 years than with the 2020 Census?”

Anyone age 18 and older, such as recent high school graduates, college students, veterans, retirees, military spouses, seasonal workers and people who are bilingual are highly encouraged to apply. People who already have jobs and want to earn extra income evenings and weekends are also encouraged to apply. The selection process begins this month, with paid training occurring in March and April. After paid training, most positions work between May and early July.

In addition, the Census Bureau released a new interactive map to help partners and job seekers identify areas where hiring is taking place. The Census Bureau needs more applicants in all 50 states, especially in Hawaii, Indiana, Iowa, Kentucky, Maine, Massachusetts, Michigan, Minnesota, New Hampshire, North Carolina, Ohio, Pennsylvania, Rhode Island, South Carolina, Vermont, Washington, West Virginia and Wisconsin. The Census Bureau makes every effort to hire locally so census takers are familiar with the neighborhoods they are assigned to work.

“Aside from Puerto Rico, that has already received enough applicants to fill all jobs in the

Commonwealth, every other area throughout the nation needs more applicants right now,” said Timothy Olson, Census Bureau associate director for Field Operations. “With low unemployment, the Census Bureau is taking extraordinary efforts to attract enough applicants to fill nearly 500,000 positions this spring.”

Census takers are critical for their communities during the 2020 Census — going door to door to collect responses from households who have not responded online, by phone or by mail.

“Our aim is to reach interested applicants right now, inform them of updated pay rates in their area, and get them into the

applicant pool to be considered for these critical jobs,” said Olson. “The hiring process occurs in stages, and we are encouraging everyone to apply right now before selections begin in January and February. Most census taker jobs begin training and work this spring.”

The U.S. Constitution mandates that a census of the population be conducted every 10 years. Census statistics are used to determine the number of seats each state holds in the U.S. House of Representatives and inform how state, local and federal lawmakers will allocate billions of dollars in federal funds to local communities every year for the next 10 years.

**Need Care Now?**

**Schedule An Appointment Today!**



**Caring like family means listening closely, helping more and being there when it matters most.**

With a collaborative care team and expertise you can trust, we meet the needs of each unique patient. Our coordinated approach to care includes education, prevention, wellness and specialty care — making it easier to help your family live the healthiest life possible.

**Meet Our Team:**



S. Brooking, DNP, CNM



C. Carroll, FNP-C



R. Gruenberg, FNP-C



N. Shipman, AGNP-C



S. Wright, ANP

**Minot Medical Plaza**  
2111 Landmark Circle  
Minot, ND 58703  
Monday - Friday  
8:00am - 5:00pm

**701.857.8031**

[CHiStAlexiusHealth.org](https://CHiStAlexiusHealth.org)

**Our experienced team is accepting new patients of all ages—expecting moms, babies to seniors! It is a privilege to care for you and your family. We look forward to meeting you!**

