

northern sentry

FREE | WWW.NORTHERNSENTRY.COM | VOL. 58 • ISSUE 04 | MINOT AIR FORCE BASE | FRIDAY, JANUARY 24, 2020

WHATS INSIDE THIS WEEK:



SIMPLE RULES
FOR A SAFETY
ADVENTURE

A3



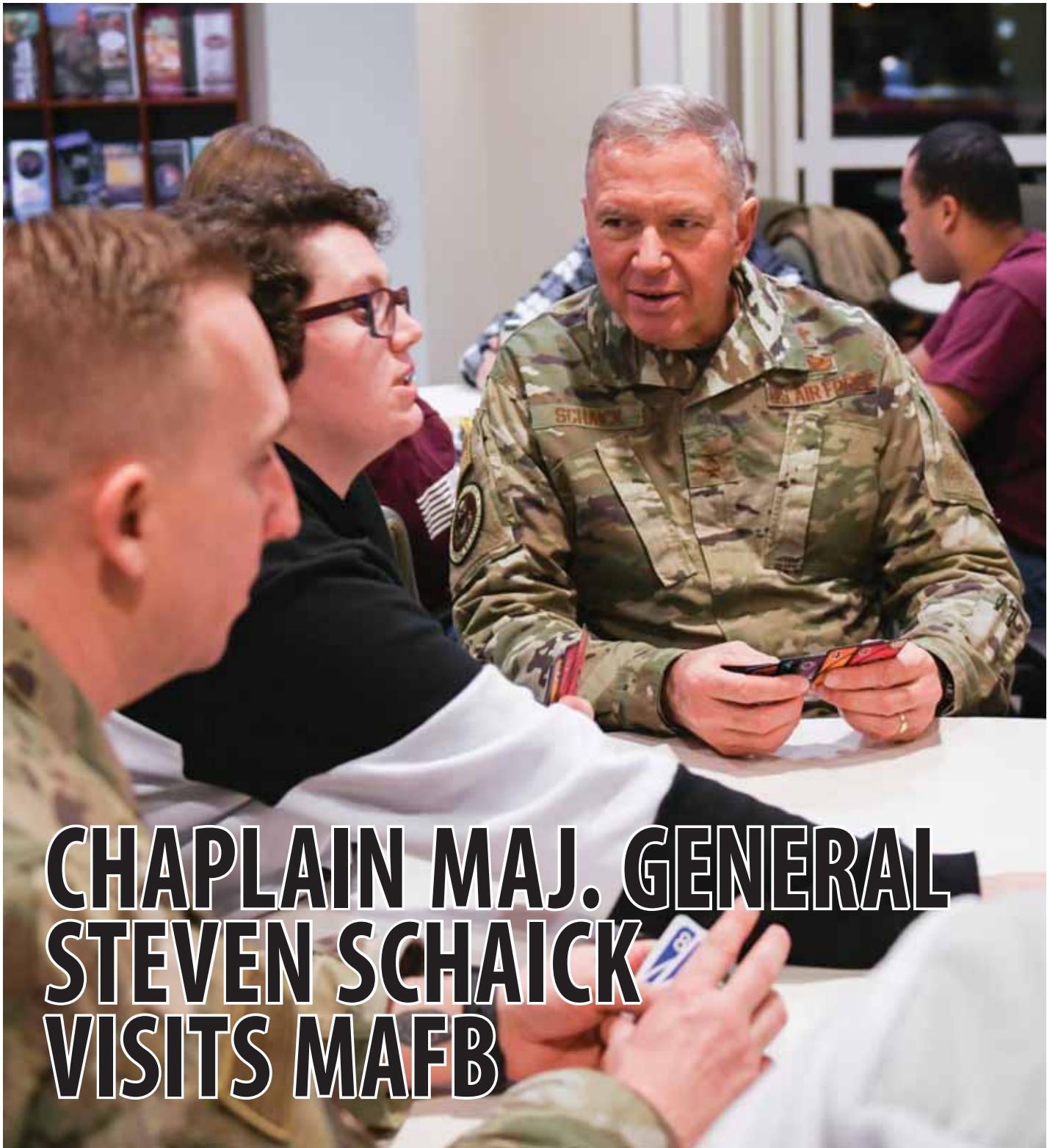
MILITARY
ONESOURCE
OFFERS FREE
TAX PREP

A2



FINDING
OUR RHYTHM
AFTER
DEPLOYMENT

B4



CHAPLAIN MAJ. GENERAL STEVEN SCHAICK VISITS MAFB

Chaplain Maj. General Steven Schaick, U.S. Air Force chief of chaplains, visits Airmen at Minot Air Force Base, North Dakota, Jan. 9, 2020. Schaick's visit included a dorm dinner, a missile alert facility tour, and a meet and greet with Team Minot Airmen. Find more photos on page B8 and on MAFB PA Flickr page.

U.S. AIR FORCE PHOTO | AIRMAN JAN K. VALLE

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Minot AFB



Videos

MilTax: Military OneSource offers free tax prep

TERRI MOON CRONK, DEFENSE.GOV

WASHINGTON (AFNS) --

Tax season can be a dreaded time of year for many people, but the Defense Department's Military OneSource offers the MilTax program to ease filing stress for service members and their families.

There is no need to worry about costs in tax preparation because the services are free. MilTax kicks off on Military OneSource Jan. 22, offering electronic filing via do-it-yourself software and personalized support from a tax consultant.

Those who qualify to use the free MilTax program are active duty service members and their families, National Guard members and Reservists, survivors and veterans who have

left the service in the last 365 days, said Kelly Smith, DoD's Military Community and Family Policy program analyst.

Smith emphasized that whether filing on one's own or seeking out assistance from a tax consultant, MilTax services are available year-round for extensions and circumstances unique to the military community.

"It is important for service members and families to know that they have options when it comes to support during tax-filing season," she said.

"Services are offered well past the tax deadline," she said, noting that some service members may file extensions, have additional properties, are looking to sell their homes and

other situations that are unique to military members.

"Tax consultants can let families know how to maximize their refund," she added.

A particular advantage of using MilTax is the military tax expertise that the Military OneSource tax consultants bring with them to each session.

They are certified public accountants or enrolled IRS agents, she said. They are knowledgeable about costs incurred during permanent changes of station, living in more than one state during the year, how to navigate benefits survivors may be entitled to and other military-specific issues.

The tax consultants are up to date on tax-law changes that

would affect service members.

"Something we're constantly working on and striving to do within military community and family policy is to raise awareness about the services that are offered through Military OneSource, so we're constantly letting people know what's available, and that support is essentially an

entitlement to them to help them live their best military life," Smith said.

To use MilTax beginning Jan. 22, visit the MilTax website, call 800-342-9647 or live chat to schedule an appointment with a Military OneSource tax consultant.

Air Force Aid Society launches new enhancements to its mobile budget app

LATOYA CROWE, AIR FORCE AID SOCIETY

WASHINGTON (AFNS) --

The Air Force Aid Society recently released a new version of its free AFAS Budget Builder App. The mobile app now offers more enhanced expense tracking and spending categories, customized budget reporting features and the ability to receive real-time AFAS news and program updates including disaster relief alerts.

The initial version of the AFAS Budget Builder App was launched in 2018 and was created primarily as a budgeting tool to help Airmen and their families improve how they save and budget their money each month. Prior to the Budget Builder App, AFAS provided paper check registers to Airmen and other service members to manually track monthly expense activity.

"When our Airmen tell us what they want, we listen. We are excited that we have a budgeting tool that puts information and financial tools right at their fingertips to stay connected with us," said retired Lt. Gen. John D. Hopper, AFAS CEO.

"Our goal with this application is to encourage better financial management practices. We also want to offer another avenue for our Airmen and their families to receive timely program information, especially during times of a natural disaster like the one we faced with Hurricane Michael."

The AFAS Budget Builder App is now available for download through the App Store and on Google Play. For more details on all the new features and enhancements, visit www.afas.org/budgetapp.

About Air Force Aid Society The Air Force Aid Society is a 4-star Charity Navigator rated private, nonprofit organization. Founded in 1942, the Air Force Aid Society's mission is to help relieve the financial distress of Air Force members and their families and assist them in

achieving their educational goals, as well as improving their quality of life by providing proactive programs. Over the last decade, the Air Force Aid Society has provided more than \$180 million to Airmen and their families through emergency assistance, education and community programs. Headquartered in Arlington, Virginia, the Air Force Aid Society administers assistance through Airman and Family Readiness Centers around the world and maintains cross-servicing agreements with the Army Emergency Relief, the Navy-Marine Corps Relief, the Coast Guard Mutual Assistance and the American Red Cross to offer emergency assistance 24 hours a day, 365 days a year.

To learn more about the Air Force Aid Society, visit www.afas.org or follow on Facebook, Twitter, Instagram and YouTube.

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Snowmobile Safety: Simple rules for a safety adventure

SSGT STACEY EVANITUS, 5TH BW OCCUPATIONAL SAFETY

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

- Impaired riding
- Excessive speeds
- Riding on highways/roads
- Riding on ice/unfamiliar terrain
- Riding after dark
- Never consume alcoholic beverages or drugs of any kind before riding. These things can impair your judgment and slow reaction time. Alcohol also causes the body temperature to drop at an accelerated rate, which increases the likelihood of hypothermia.

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

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

fences that may be concealed by the snow or blend in with the environment. Try to avoid riding on bodies of water when you are unsure of the thickness of ice. Especially running water and unpredictable weather as it changes all the time. They may affect the thickness and strength on lakes and ponds. Riding in the dark can also be a contributing



factor to accidents. It can impair your vision and if you are unfamiliar with the environment, the snowmobile and the area it may be fatal. It's also highly recommended to carry a first aid kit. You never know when and where you'll need it.

In accordance with MAFB Instruction 31-116, a snowmobile may be operated to/from the operating area using the most direct route using the field area or within the right of way of any street or roadway on Minot AFB.

Snowmobiles shall travel in the same direction as the direction of motor vehicles traveling on the side of the roadway immediately adjacent to the side of the right of way when conditions are such that no damage will be caused to seeded areas.

To operate a snowmobile on Minot AFB owners/operators must meet the following:

- They must have an operational headlight and taillight, which must be illuminated while in operation and an operational brake light. Vehicles must have a properly installed muffler in good working order and a functional engine "kill" switch.
- This is a list of required safety equipment for on-road use:
 - Headgear and impact resistant eye protection. Helmets will meet the standards of Snell Memorial Foundation

(SMF), The American National Standards Institute (ANSI) or Department of Transportation (DOT).

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

Operators and passengers will wear brightly colored clothing or reflective and/or retro-reflective materials.

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

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

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

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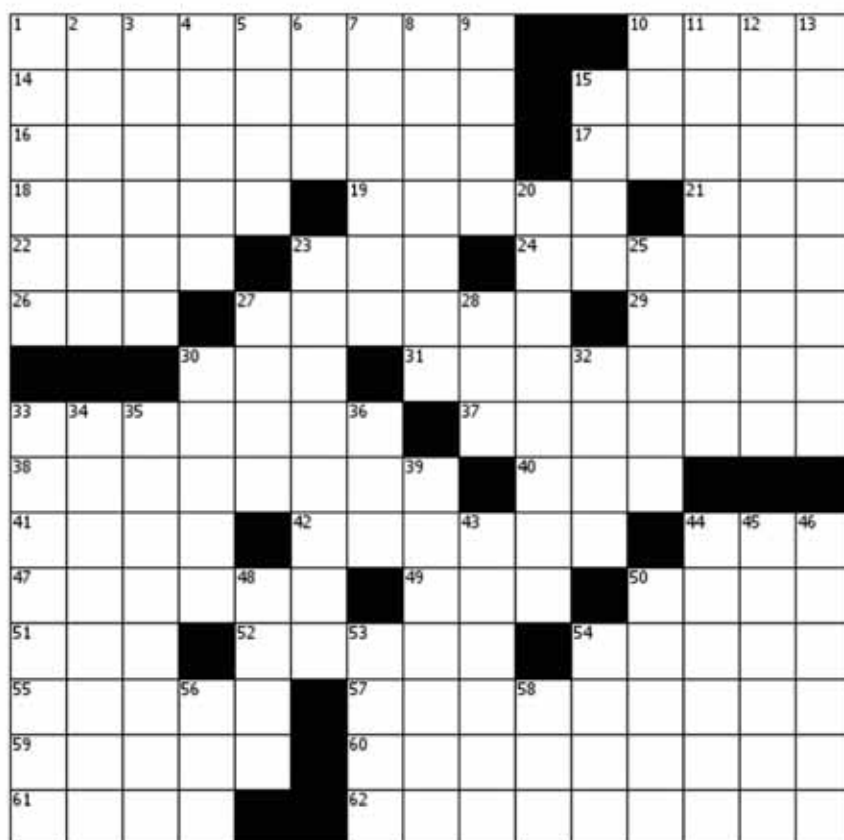
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When gambling is no longer a fun hobby, but an addiction, know there is help. Call the 2-1-1 Hotline today for help and guidance. 4 Bears Casino & Lodge cares about you and wants you to know that help is available.

CROSSWORD PUZZLE

Across

- 1. Meddler
- 10. Lady's man
- 14. Any sense, say
- 15. Soup for junior
- 16. Went too far with a role
- 17. Kick out
- 18. Attack
- 19. Camera technique
- 21. ETS test
- 22. OT causers
- 23. Co. based in Vienna
- 24. Fare at some film festivals
- 26. Camera type
- 27. Some recycled railroad cars
- 29. ___ the finish
- 30. Golden, in Grenoble
- 31. Offer formally
- 33. Like some music
- 37. Got comfy
- 38. Ornamental shells
- 40. Sen. Shelby's state
- 41. It means "straight"
- 42. Within practical limits
- 44. Monitor part
- 47. Base
- 49. Man in chains
- 50. Operates
- 51. Year in the reign of Claudius
- 52. Literary signature
- 54. "A Man in Full" novelist
- 55. Drop a hint
- 57. Smoothed
- 59. Winner of seven Tonys
- 60. Carmichael tune
- 61. Spring observance
- 62. Type of swim meet



Down

- 1. Promotes
- 2. Introduce
- 3. Be unsteady
- 4. Shul scrolls
- 5. Perseverance motto starter
- 6. Sports div. since 1969
- 7. Squelches
- 8. Beamed with pride
- 9. ___ : Tokyo :: New Amsterdam : New York
- 10. Casual sign-off
- 11. First
- 12. Have fun
- 13. Couldn't take
- 15. Laborer
- 20. Gave 12 to North and 14 to West
- 23. Mumbai server
- 25. Papal bulls, e.g.
- 27. Ninny
- 28. MTV toon
- 30. Anything triangular
- 32. "Survivor" locale
- 33. The 38th, for one
- 34. Inspirational 1950s song
- 35. Quit
- 36. Classical starter
- 39. Caterer's need
- 43. Something easy
- 44. Virginia, once
- 45. Get ready to go on
- 46. Housefly cousin
- 48. Glinda, in "The Wiz"

- 50. Never-seen title character
- 53. Ill-gotten gains
- 54. ABC and UPN, to "Variety"

- 56. Giants' #4
- 58. "Steve Allen Show" regular

SUDOKU Solution to puzzle on page B6

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

Solution to last week's Crossword puzzle.

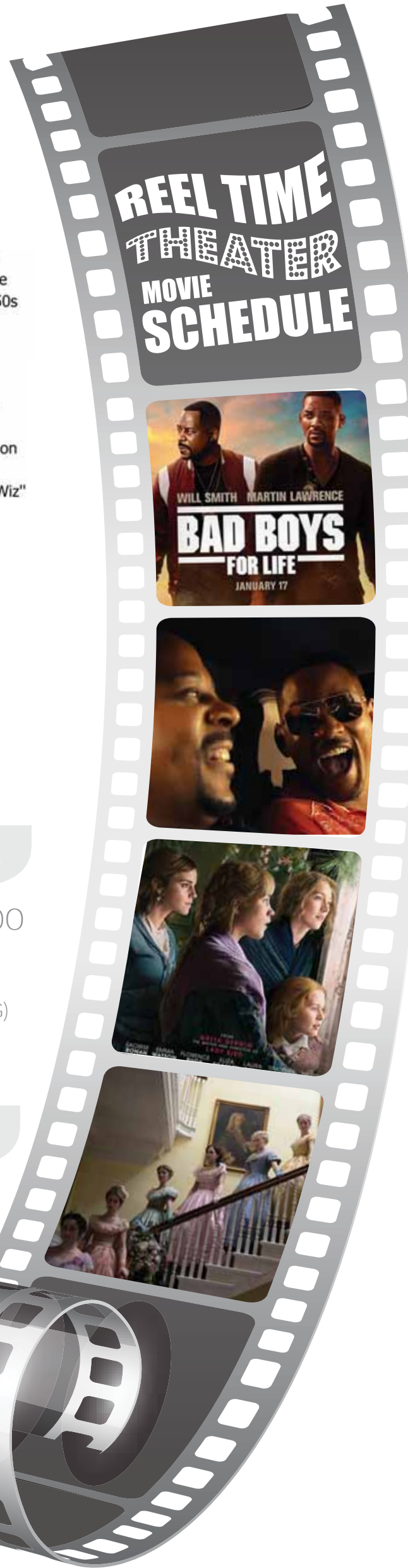
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T	O	R	E			I	N	N			N	Y	L	O	N

FRIDAY, JAN. 24 1800
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. ”

SATURDAY, JAN. 25 1700
SUNDAY, JAN. 26 1500
LITTLE WOMEN (PG)

“ Jo March reflects back and forth on her life, telling the beloved story of the March sisters - four young women each determined to live life on their own terms. ”



Taco Pie



Recipe courtesy of: www.smartschoolhouse.com/easyrecipe/tacopie

INGREDIENTS:

- 1 package of refrigerated crescent rolls
- 1 pound of ground beef or turkey
- 1 packet of taco seasoning (optional)
- 1 cup of shredded cheese
- 1/2 cup of sour cream
- 1/4 cup of red taco sauce
- 1/2 shredded lettuce
- Fresh cut tomatoes (amount based on preference)
- Non-stick spray

INSTRUCTIONS:

- Preheat the oven to 375 degrees
- Prepare a pie dish with non-stick spray
- Remove crescent rolls from their package and pull apart the triangles
- Put the triangles along the inside of the pie dish (as pictured)
- Using your hands, press and pull the dough so that it is evenly spread along the dish, looking like a real pie crust!
- Bake the dough according to the crescent roll package: at 375 degrees for about 11 minutes, or until the bottom of the pie is golden.
- Remove the crescent pie crust from the oven and set it aside
- Cook the ground beef over medium heat until brown (or cooked through), then drain the excess oil
- Add the ground beef to the pie crust
- Sprinkle the cheese on top
- Return the pie back into the oven for another 10 minutes or until the cheese is melted
- While the cheese is melting, mix the sour cream and taco sauce in a small bowl
- Cut small slices of fresh tomato
- Remove the taco pie from the oven and spread the sour cream mixture evenly on top
- Sprinkle on the shredded lettuce and tomatoes over the sour cream mixture
- Cut with a knife and serve with a spatula!



Upcoming Events

21-25 JAN

CAPITAL RV LIQUIDATION SALE
10:00 AM - 7:00 PM
Location: North Dakota State Fair Center
2005 Burdick Expy E, Minot, ND

Take advantage of unbeatable savings at The Great Outdoors Liquidation Sale January 21st through the 25th at the North Dakota State Fair Center! You don't want to miss out on incredible savings! Free Admission, 60+ RV's indoors, Special on the spot Financing available. North Country Marine & Pure Power Sports will join the event January 23rd thru 25th, with Boats, Pontoons, Side-by-Sides, Ice Houses and more...Tuesday through Friday 10:00am - 7:00pm, Saturday 10:00am - 5:00pm



For more information:
For more info contact Capital RV of Minot at (701) 839-7878.

25 JAN

WARD COUNTY PUBLIC LIBRARY FAMILY MOVIE: ABOMINABLE
11:00 AM - 1:00 PM
Location: Ward County Public Library 225 3rd ST SE, Minot, ND 58701

Come spend the day watching Abominable at the Ward County Public Library. There will be comfy pillows to lounge on. We'll have the popcorn! You may bring your own drink. Children of all ages are welcome but children under age 6 must be accompanied by an adult.



For more information:
Facebook event/ Ward County Public Library

28 JAN

MINOT FUN ZONE
9:00 AM - 12:00 PM
Location: Minot Auditorium-Old Armory (east side of the building) - 420 3rd Ave SW, Minot

The Fun Zone is a free opportunity for adults to bring their young children to play in a safe, warm, fun environment during the cold winter months. It is held in the Old Armory in the lower level of the Minot Auditorium and feature bouncing castles, games, coloring, and much more. Children must be accompanied by an adult. The Fun Zone is a free opportunity for adults to bring their young children to play in a safe, warm, fun environment during the cold winter months residents through the Minot Park District.



For more information:
Facebook event/ Minot Parks

30 JAN

CANVAS, CORKS & CONSERVATION (21+ YEARS)
6:30 PM - 8:30 PM
Location: Roosevelt Park Zoo 1219 Burdick Expy E, Minot, ND

Join us in combining your thirst for creativity with our mission for conservation! Roosevelt Park Zoo's Canvas, Corks & Conservation is an adult-only painting class that will inspire your love for the natural world through guided paint classes. We will provide your canvas, paints, and all other materials needed to create your masterpiece. All you need to provide is the wine! All money raised in 2019 will be donated to the Zoo's Change For Change Conservation directly benefiting wild animals and wild places. \$25 for zoo members \$30 for nonmembers



For more information: www.rpzoo.com/canvas-corks-conservation or Facebook event/ Roosevelt Park Zoo

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
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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



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Patricia Stockdill

Now that we're almost a month beyond the fact the 2019 hunting season is officially over – well, except for some furbearer opportunities, that is - it's time to think about 2020.

Seriously, why not while away long winter evenings by planning for the upcoming year? It's not too early to check over those beloved hunting boots now, rather than the night before the 2020 hunting season opens. If nothing else, if they're leather now is a good time to oil them or condition them for waterproofing. Good boots deserve TLC because nothing can ruin a hunt faster than sore feet and uncomfortable boots, especially if they leak water instead of repel water.

Replace bootlaces now, if necessary.

It's also a good time to start shopping if new boots are in order. As tough as it is to think about replacing a treasured pair of boots, it's better to do it when there is time to put into identifying the next perfect pair. Besides, there might be some good end-of- hunting season clearance sales.

Take inventory of one's shotgun and rifle shells and make a list of what needs to be restocked. That's especially important when using less common rifle calibers and traveling somewhere on a hunting trip. Not all stores in small towns are going to have wildcat calibers while they are more likely to have tried and true .270, .243, or .30-06 shells. Get shells now so they're handy when hunting season arrives.

Clean that rifle and shotgun, as well, even if using the rifle simply involved sighting it in or target practicing.

Do that favorite upland and waterfowl vest a favor and empty out the pockets before hanging it up for the year. Besides, the weight of shells just creates sagging pockets.

That partially eaten – and forgotten - candy bar stuffed in one's waterfowl jacket isn't going to be tasty when next fall's duck season rolls around.

The dog's water bottle in that vest pocket isn't going to be fresh nine months from now, either.

And speaking of pockets, there could be some lingering feathers that really don't need to spend 10 months hanging around in a game pouch.

OK, the season ending "to do" checklist has boot care and assessment on it, the cleaning out of hunting vests and jackets, and take shell inventory.

Don't forget hunting accessories. What about that hunting knife? Just how dull is it? Why not sharpen it now rather than realizing next fall that, guess what, it's not as sharp as what one thought? Usually that realization occurs when it's needed the most – field dressing a deer, for example.

What about those duck and goose decoys? Are there any cracks on the shell decoys? What about stakes for field decoys...how many are missing? How about organizing decoys so there they're stored by species rather than having a bag or box with assortment of X number of snow goose with a couple of Canada goose decoys? That way when next waterfowl season rolls around there literally isn't a mixed bag of who-knows-what in it?

How dirty and caked with dried mud are the decoys? Granted, washing them down with a garden hose is best done later this spring but if they're sorted and organized now, you'll know what condition they're in when the weather is more conducive to decoy cleansing. Even the N. D. Game and Fish Department tries to help hunters plan ahead by releasing tentative opening dates for the coming year in December, allowing people time to make plans.

That little detail should probably be right near the top of the "to do" list, as well. After all, for hunting critters like deer with a rifle, marking those dates on a vacation calendar is an indicator of an eternal optimist in being able to draw a rifle tag.

By the time the hunting off-season checklist is completed, it just might be time for some open water fishing.

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Public Invited to Film Screening of "Swahili on the Prairie" at the North Dakota Heritage Center & State Museum

BISMARCK, N.D. – The public is invited to a free film screening of "Swahili on the Prairie: A 1968 Wartime Peace Corps Tale" at 2 p.m. on Sunday, Jan. 26, at the North Dakota Heritage Center & State Museum in Bismarck. Produced by David A. Goldenberg, the 81-minute film presents contemporary interviews and archival photos and film from Peace Corps volunteers who received training in North Dakota in 1968.

Anthropologist and documentary filmmaker Goldenberg was one of 59 young men gathered at Fort Lincoln outside of Bismarck to learn Swahili and train for Peace Corps service in Kenya. "Swahili on the Prairie" captures that life-changing summer and the subsequent service in Kenya as it is remembered by the trainees 50 years later. In the midst of the Vietnam War, threat of draft, and national political turmoil, the trainees, who came from all over America, found North Dakota as exotic to them as they were to the locals. A trailer for the film can be found at <https://vimeo.com/282954648>.

A post-screening discussion will include the filmmaker and

other members of the group who appear in the film: Alan Johnston, an international demographer; Jack Diffily, a senior Foreign Service officer; Owen Heinrich, a North Dakota native who lives and owns businesses in Kenya; and Bob Gribbin, former U.S. Ambassador to Rwanda and the Central African Republic and his wife, Connie, who was a Peace Corps teacher in Kenya.

This film screening is part of the State Historical Society of North Dakota's Sensational Sundays series. Sensational Sundays are free cultural programs that include a variety of lectures, concerts, movies, and tours. For more information, contact Curator of Education Erik Holland at 701.328.2792. This program is a partnership of the State Historical Society of North Dakota and the Dakota Film Festival.

The North Dakota Heritage Center & State Museum, managed by the State Historical Society of North Dakota, is open from 8 a.m. to 5 p.m. on weekdays and 10 a.m. to 5 p.m. on weekends. Admission is free. For information about additional upcoming events, visit history.nd.gov/events.

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Are you sad or are you SAD?



AIRMAN 1ST CLASS JENNIFER GONZALES, 86TH AIRLIFT WING/PUBLIC AFFAIRS

It's that time of year again, when the warm summer fades into autumn chills and frosty winters. The skies become grayer and the sun barely shines. For some, autumn and winter are welcome breaks from the summer heat; but for others, the change in seasons may cause dread.

Some individuals suffer from Seasonal Affective Disorder, also referred to as Depressive Disorder, with the seasonal pattern. As the name suggests, it's a form of depression that occurs during the seasonal change, particularly after summer until spring.

SAD occurs more often in northern regions, such as Europe and Canada.

"People living in locations close to the equator experience very low rates of seasonal depression due to their exposure to consistent sunlight year-round," said U.S. Air Force Capt. Abigail Wolfe, 86th Medical Group licensed clinical psychologist. "In Germany, daylight hours become significantly shorter in the winter months and SAD appears to be linked to diminishing daylight."

Melatonin, a sleep-related hormone, and circadian rhythm can be disrupted by the sudden change in sunlight exposure. Serotonin, a chemical in the brain that affects mood, is thought to play a role in SAD. Lack of sunlight can cause a drop in this chemical, which may trigger depression.

"The decrease in sunlight may disrupt the body's internal clock, reduce the levels of feel-good neurochemicals--such as serotonin--and disrupt the hormones that regulate sleep patterns and overall mood states," Wolfe said.

Symptoms may be similar to other types of depression such as feelings of hopelessness, despair, apathy, lack of motivation,

wanting to oversleep, anxiety, and lethargy. Similar to a physical injury, the disorder should be treated and cared for properly, but it's important to note the symptoms can be on a spectrum.

"For those mildly impacted, basic interventions such as maintaining a regular sleep and exercise schedule may prove effective," Wolfe said. "The use of light therapy employing a SAD lamp that emits at least 10,000 lux has proven to be an effective way to deal with this condition, and symptoms that come with it."

People on a mild level of seasonal pattern depression may benefit from taking Vitamin D supplements, exercising regularly, maintaining a good sleep schedule, and eating nutritious foods.

For severe symptoms such as suicidal thoughts or behavior, anxiety, eating disorders, alcohol dependency, or substance abuse, it's a good idea to seek professional help. Ramstein Air Base has various options available such as the mental health clinic, Military Family Life Counseling and Chaplains.

"People with more severe symptoms of depression may require a higher level of care including talk therapy and medication," Wolfe said.

No one is ever alone in their

internal battles, even if it might feel like it. SAD is common and there's no shame in experiencing it. In the U.S. alone, SAD is estimated to affect 10 million people, which means 1 in 30 people suffer from it. Just because it's not visible doesn't mean it's not real.

"The important takeaway point is: resources are available to help people struggling with symptoms of seasonal depression through the dreary winter months," Wolfe said.

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Back Talk

I must be allergic to exercise

I think I'm allergic to exercise. I tried it once and my face got all red, I started sweating and it was hard to breath. I am never trying that again! How many of you have felt this way? I know there are times in my life that I have. It is difficult to motivate ourselves to work out. I can agree with that, but the working out is not the most important thing, it's the movement that is important. Our bodies were literally made to move. It is a part of our DNA.

Years ago, if you went to a zoo you might look in the cages and see some sick looking animals. I am reminded of a story about a gorilla who was getting very ill. The gorilla was depressed, had diabetes, was overweight and in a very steep health decline. They brought in a health expert and that expert started feeding the gorilla the things that gorillas eat in the wild, and convinced the zoo to give the gorilla more room to roam and fun activities to help it to move about and exercise. Low and behold the animal went from being sick to being well. Why? Because it was doing what its DNA was wired to do. It was acting in accordance with its genetics and its design.

Did you know that for the most part the bones of your body don't touch? We have a ridged frame and are able to stand upright due to a complicated system of compression and tension in our musculoskeletal system. The name for this system is bio-tensegrity, and it is why we can move and jump and bend over, etc. It is a pretty awesome thing. If we don't move however this system beaks down. If we stand up and get moving it strengthens this system.

Like I said movement is the important thing. If you go to the gym 5 days a week that is awesome, but you can do as little as walking your dog, playing with your kids, do an hour of housework, garden, shovel snow... etc, etc. Just get moving!!! Your body needs it.

I was joking about being allergic to exercise in the beginning of this article, but it would not be a stretch to say that we are allergic to sitting. One stress our body was never designed to face was too little movement! Every cell of your body needs exercises every day for life! So get out there and get moving. Go to the gym, or play with your kids, take the stairs, park a long ways a way in the parking lot, make multiple trips with your grocery bags. Movement is a necessity to be healthy and there is no excuse not to do it. If some of those movements are causing you pain or if your health is limiting you from doing some of the movements you like to do, give us a call at Cornerstone Chiropractic; 701-852-2800.

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WHAT'S GOING ON MAFB

TODAY

- 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

WEDNESDAY

- BGCA Fine Arts Week at Youth Center
- Circuit Training, 0530, Fitness Center
- TAP GPS Workshop, 0730-1600, Held at the Education 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
- 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

SATURDAY

- 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

SUNDAY

- NFL Sunday Ticket Football, 1130-1800, Rockers Bar & Grill
- Sunday Escapes Book Club, 1330, Base Library
- Cycle, 1400, Fitness Center

MONDAY

- BGCA Fine Arts Week at Youth Center
- Tactical Fit Express, 0530, Fitness Center
- TAP GPS Workshop, 0730-1600, Held at the Education Center and hosted by the A&FRC
- EFMP Orientation, 0900-1100, A&FRC
- Swerk, 0915, Fitness Center
- Cycle, 1130, Fitness Center
- Reintegration Briefing, 1300-1400, A&FRC
- Newbery Book Club, 1545, Base Library
- Mixed Martial Arts, 1700, Fitness Center
- Zumba, 1730, Fitness Center

TUESDAY

- BGCA Fine Arts Week at Youth Center
- Cycle, 0600, Fitness Center
- TAP GPS Workshop, 0730-1600, Held at the Education Center and hosted by the A&FRC
- Game Day, 1000-1930, Base Library
- Cycle, 1130, Fitness Center
- Family Night Kids Eat Free with Adult Club Member Entrée Purchase, 1700-2000, Rockers Bar & Grill
- Fit to Fight, 1700, Fitness Center
- Swerk, 1900, Fitness Center

UPCOMING EVENTS:

- 31 Jan**

 - Last Day to Register for Youth Indoor Basketball and Cheerleading at Youth Center
 - Last Day to Register for Ice Fishing Trip at Outdoor Recreation
 - BGCA Fine Arts Week at Youth Center
 - Cycle, 0530, Fitness Center
 - Swerk, 0915, Fitness Center
 - Cycle and Yoga, 1130, Fitness Center
 - Torch Club, 1600-1700, Youth Center
 - Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill
 - Mixed Martial Arts, 1630, Fitness Center
 - Club Members \$\$\$ Drawing, 1730-1830, Rockers Bar & Grill (name of Club Member drawn also announced at the Bomber Bistro)
 - 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
- 1 Feb**

 - Cycle, 0900, Fitness Center
 - Youth Bowling League, 1000, Rough Rider Lanes
 - Zumba, 1000, Fitness Center
 - After Hours Kids' Movie Night, 1800, Base Library
 - Lights & Strikes and Saturday Unlimited Bowling, 2000-2400, Rough Rider Lanes

THURSDAY

- BGCA Fine Arts Week at Youth Center
- Cycle, 0600, Fitness Center
- Cycle, 1130, Fitness Center
- Reintegration Briefing, 1300-1400, 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

ONGOING EVENTS:

Bomber Bistro
January Special
Monday Lunch Special: Chicken Marsala
 Don't miss this special featuring grilled chicken and sautéed onions & mushrooms with pasta in a 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!

February Special
Wednesday Lunch Special: Smoked BBQ Plate
 Dig in to the new Smoked BBQ Plate! Enjoy your choice of smoked sausage, brisket, or ribs served with beans, coleslaw, and a fountain drink! Try it on Wednesdays during lunch while supplies last! Get 1 meat for \$9.95, 2 meats for \$10.95, or 3 meats for \$11.95!

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!

February Special
Ultimate Breakfast Sandwich
 You can't go wrong with this classic! Enjoy crispy bacon, tomato, egg, and roasted peppers on a bagel or croissant for only \$4!


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!

February Special
French Dip Sandwich
 Try our tender roast beef with a delicious blanket of melted swiss cheese on a toasted split-top bun served with a side of au jus! Served with fries for only \$9.75!


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!

February Special
February 1-29: February Tire Special
 Swing by Auto Hobby to mount your own tires, have the staff balance them, and your stall fee will be waived! *Includes flat & lift stalls - Save up to \$6 today by asking for the February special to receive the discount on services.


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Dalton Hoskin
Isabella Knupp
Kyle Kreutzbender
John Little

Alice Maytan
Porter Middents
Hayleigh Myers
Kailey Orndorff
Noah Pitts
Wayne Roberts
Caleb Roth
Keira Vlaun
Ryan Weed
Ethan Wittnebel
Aryssa Zebert

7TH GRADE

Adam Barrington
Brianna Brinkerhoff
Bryce Elam
Kaden Flavin
Morgan Groth
Amiya Hardy
Jordan Harris
Laurel Harrison
Summer Holloway

Chloe Moran
Shawn Roberts
Elijah Roth
Juliana Stehle
Grant Vlaun
Saralyn Weed
Chloe Wikoff
Ai Yasumura

6TH GRADE

Saoirse Adkins
Noelani Alpiche Martinez
Levi Balas
Kryshna Bostic
Andrew Dahle
Jaxon Hann
Paige Harrop
Morgan Haynes
Caroline Maytan
Ivy Middents

Najiyah Mosley
Bernard Novak
Azdyn Orndorff
Akina Pallera
Emma Ramirez
Tianna Sikes
Christy Stevenson
Aidan Ward
Mitchell Zebert

High Honors

8TH GRADE

Marcela Barron
Paloma Barron
Mackenzie Boykin
Taylor Cardwell
Tyler Denis
Helen Faircloth
Bridgid Edrea Lim
Ariana Montgomery
Rachel Phallan
Bonnie Roberts
Kailani Venable

7TH GRADE

Basil Bruttomesso
Sophia Manternach
Jesse Miles
Janiece Mitchner
Mia Pipkin
Mariah Sutton

6TH GRADE

Jordan Bell
Evan Berg
Matthew Brown
John Cash
Ni'Jae Cross
Jaden Dale
Hailie Davis
Lilliana Fox
Rebecca
Harding-Besson

Brooklyn Knox
Noelani Morris
Evliana Neziri
Jace Remo
Isabell Slater
Dominik St Andre
Victoria Vadala

8TH GRADE

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Kaydee Graham
Elijah Hardy
Ariana Lewis
Omari Mangram
Jayda McCain
Noelani Spade-Franken
Cadence Waite

7TH GRADE

Mariana Acevedo
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Ashlyn Bowden
William Burrell
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Aubrie Davis
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Syniah Moyer
Allana Munoz Price
Saniya Pomerlee
Ethan Santiago
Layla Slater
Jacob Wilson

6TH GRADE

Margaret Brinkerhoff
Ayla Frushon
Jude Kantack
Jaycee McElroy
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REPORT

OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, Jan. 20: 1,838.49 feet above mean sea level (MSL); 25,000 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: 1,448.89 MSL.

•N.D. Game & Fish Dept. game wardens: Antelope and Clear lakes producing occasional walleye but anglers need to be prepared to put in some time for success. No reports from Lake Sakakawea, Lake Audubon, Devils Lake, or other north-central area lakes.

•Devils Lake, Ed's Bait Shop, Devils Lake: Ice conditions remain good but it might take some time for good access throughout the lake after last weekend's storm. Perch activity remains somewhat slow but continued nice walleye success. Look for good numbers of 14- to 18-inch fish. Try 10 to 40 feet around structure.

•Devils Lake, Woodland Resort, Devils Lake: Improving walleye and perch success with warming weather. Work 20 to 32 feet throughout Creel Bay. Roads are open in the bay.

•Lake Audubon/Lake Sakakawea, Totten Trail Bait, Coleharbor: Increasing number of anglers along the south shore of Lake Audubon.

•Lake Darling, Karma C-Store, Ruthville: A few anglers out but look for more activity and better success on Lake Darling and the Grano area with warmer weather.

•Lake Metigoshe, Four Seasons, Bottineau: Look for more activity with warmer weather. Generally continued fair small walleye and bluegill success.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Scattered walleye success on the east end of Lake Sakakawea with anglers seeing nice numbers of fish but a finicky bite. Work a variety of depths throughout Douglas, Steinke, and Centennial bays. Scattered success on Lake Audubon, as well, with anglers moving around. An increasing numbers of houses moved along the south shore.

•Lake Sakakawea, Scenic 23, New Town: Walleye success remains slow in the Van Hook Arm. Access remains good, however.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace boat ramp iced over earlier in the cold, windy weather. Look for better success and potential access with warmer weather. Lake Audubon producing walleye with a night bite. Try minnows.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Work deeper water in 20 to 30 feet for walleye on the west end of Lake Sakakawea. fair to good walleye success around Tobacco Garden and White Earth Bay. Look for some nice-sized pike in the back bays with better water clarity for spearing from Little Beaver Bay to the east. Some perch activity from Kota and Blacktail dams.

•Lonetree WMA area lakes, Harvey: Generally slow success throughout area lakes although overall ice conditions are OK for vehicles.

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

Downhill skiing:

•Bottineau Winter Park, Bottineau: 10- to 30-inch base with 7 trails and bunny slope 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: 5 trails, Harebell beginner trail, and Terrain Park open Friday through Sunday.

•Huff Hills Ski Area, Mandan: 20- to 24-inch machine groomed base with 8 runs, bunny lift, and all chairs 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: Trails in fair to good condition but look for potential drifting and blowing in open areas.

•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.

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

•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. 25: Free Learn to Skishoe class, Souris Valley Golf Course, 1 p.m.

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

•Feb. 8: Full Snow Moon Hike, Fort Stevenson State Park, Garrison, 6 p.m.

Tournaments:

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

•Feb. 1: Lake Sakakawea, Van Hook Arm.

Snowmobile N.D. (conditions can vary):

•Cattail (Barnes, Cass, Steele, & Traill counties): 3- to 7-inch base with trails open and in fair to good 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): Sections open between Devils Lake and Lakota on trails 4, 5, & 6 with 3- to 6-inch base.

•Missouri Valley (Burlingame & 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, & Stutsman 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.

•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.



NORTH DAKOTA GAME AND FISH DEPARTMENT

Winter Anglers Reminded to Clean Up Ice

The North Dakota Game and Fish Department reminds winter anglers to clean up the ice after fishing. This not only applies to trash, but fish as well.

It is not only unsightly, but it is illegal to leave fish, including minnows used for bait, behind on the ice. According to state fishing regulations, when a fish is caught, anglers must either immediately release the fish back into the water unharmed, or reduce them to their daily possession.

It is common practice for some anglers to fillet fish on the ice, which is allowed, as long as fish entrails and other parts are removed from the ice and properly disposed of at home.

In addition, all trash, including aluminum cans, cigarette butts and Styrofoam containers, must be packed out and taken home.

Deer Test Positive for CWD

Eight deer taken during the 2019 North Dakota deer gun season tested positive for chronic wasting disease, according to Dr. Charlie Bahnson, wildlife veterinarian for the North Dakota Game and Fish Department.

All were antlered deer taken from areas previously known to have CWD – six from unit 3F2 and two from 3A1. Bahnson said six of the eight were mule deer, with two whitetails from unit 3F2. CWD was not detected in any deer harvested in the eastern portion of the state where hunter-harvested surveillance was conducted last fall. In addition, no elk or moose tested positive.

“Only about 15% of hunters submit heads for testing in units where CWD has been found, so the infection rate is more meaningful than the raw number of positive animals found,” Bahnson said. “Approximately

3% of harvested mule deer were infected with CWD in unit 3F2, and roughly 2% in unit 3A1. Our infection rate in whitetails in 3F2 was about 1%.

“Overall,” he continued, “we could probably live with these current infection rates long-term, but they suggest an upward trend and we’ve certainly seen an expansion in the known distribution of the disease. We need to continue to try to limit the spread within our herds as best as we can. CWD is a fatal disease of deer, moose and elk that can cause long-term population declines if left unchecked.”

Bahnson said the eight positive deer put the total at 11 detected since Sept 1. As previously reported, two mule deer taken in September tested positive for CWD – one was harvested during the archery season from deer gun unit 4B and one during the youth season in unit 3A1. CWD was also detected in a white-tailed deer from unit 3F2 that was euthanized in December following a report from the public that it appeared sick and was displaying erratic behavior.

Game and Fish will use its 2019 surveillance data to guide its CWD management strategy moving forward. More information about CWD can be found at the Game and Fish Department’s website, gf.nd.gov/cwd.

Remove Gear from WMAs

Hunters are reminded that tree stands, blinds, steps and other personal items such as cameras, must be removed from all wildlife management areas by Jan. 31.

Items not removed by Jan. 31 are considered abandoned property and are subject to removal and confiscation by the North Dakota Game and Fish Department.

TURKEY JALAPENO MEATBALLS



INGREDIENTS

- TURKEY JALAPENO MEATBALLS
- 1 1/4 LBS GROUND TURKEY
- 1 JALAPENO PEPPER, DESEEDED AND FINELY DICED
- 1/2 TSP GARLIC SALT
- 1 TSP ONION POWDER
- 1 TSP SALT
- 1/2 TSP GROUND BLACK PEPPER
- 1/4 TSP WORCESTERSHIRE SAUCE
- CAYENNE PEPPER, PINCH
- 1 LARGE EGG, BEATEN
- 1/4 CUP MILK
- 1/2 CUP PLAIN BREAD CRUMBS OR PANKO

In a separate small bowl, combine the milk and bread crumbs.

In a large bowl, mix together turkey, garlic salt, onion powder, salt, pepper, Worcestershire sauce, cayenne pepper, egg and jalapeños.

Add the bread crumb milk mixture to the bowl and combine. Cover with plastic and refrigerate for up to 1 hour.

When ready to cook, set the temperature to 350°F and preheat, lid closed for 15 minutes

Roll the turkey mixture into balls, about one tablespoon each and place the meatballs in a single layer on a parchment lined baking sheet.

Cook meatballs until they start to brown, flipping occasionally until they reach an internal temperature of 175°F and all sides are browned (about 20 minutes).

Glaze: Combine cranberry sauce, marmalade, chicken broth, and jalapeños and cook over medium heat in a small saucepan on the stovetop. Cook until ingredients are incorporated.

Half way through meatball cook time, brush the meatballs with the cranberry glaze.

Transfer meatballs to a serving dish with cranberry glaze on the side. Serve immediately. Enjoy!

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

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Ryan Davy - GM Minot

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DIY style tips for any base house

KARA LUDLOW, RDN



Move over, Joanna Gaines. With each and every Permanent Change of Station move, military spouses find themselves with a fresh set of white walls to make their own. However, the blank canvas of base housing may not always spark instant inspiration, making it time-consuming to decide how to make a new address into a home. One Air Force wife decided to create a virtual gathering space where the relocation masters of the military community can encourage one another with design ideas.

White Walls, a Facebook group founded in 2013, was launched by Erin Morris to generate interior design conversations. The social media meet up spot has grown to more than 100,000 members over its six years, while rewriting the home décor rules when it comes to living on or off a military installation. With determination, ingenuity and a whole lot of color, military spouses are transforming housing into gorgeously-styled homes.

Morris jokingly shared that

her motivation for starting White Walls was “because I got tired of looking in people’s windows to see what they did to their houses.”

And it is clear that others were seeking to fill a similar interest because the group is the go-to site for military families looking for style tricks, room décor tips and idea-sharing. White Walls’ members engage daily on each other’s posts, offering a sense of camaraderie for men and women living across all geographies.

If these walls could talk

The most common limiting factor in military housing is unquestionably the plain, white walls. Paint isn’t the only way to transform a living space, and group members offer a variety of stunning alternatives.

For instance, in the main photo, Shawna Fields transforms her dining room with peel-and-stick wallpaper, which she found at Target. But check out how others make a big splash in their temporary homes with little effort and minimal funds:

Jessy Durazo uses a combination of washi tape and peel-and-stick triangle wall decals to achieve this look.

Dreamy kid spaces

Relocating military kids comes with the added challenge of setting up a space quickly that eases the emotions of leaving an old duty station behind. Members of White Walls shared examples of how to make children’s rooms and play areas aesthetically pleasing, yet functional.



Using a specific color scheme and textured décor items, like a rug and wall art, Josly Lilibeth Gutierrez creates a space you would never guess is in military housing.

Kirsten Sibley proves that you don’t have to wait for your forever home before enjoying a shiplap wall. Spoiler: it’s wallpaper!

Texture is a designer’s best kept secret

Texture is another element within a home designer’s toolbox as it can transform a room from flat to one with depth. Whether it’s a plant, woven basket or other natural material, texture gives the eye something to grab on to and ultimately increases the cozy factor.

Haley Shimkonus Kennan said, “I incorporated my love for Halloween into my home and added touches of elegance and my personal sense of humor to it.”

Air Force spouse Megan Smith has been a site admin since the groups beginning.

“We’re amazed at how quickly the White Walls groups have grown, and motivated by how much encouragement and inspiration happens within the groups every day. Service

members and their families face a lot of unique challenges, and we believe feeling really at home no matter where you are can have a big impact on overall happiness,” Smith said.

Whether you are a military family just settling into a new home or want to refresh a space, White Walls is available for home décor inspiration, idea exchanges and images to help members realize what’s possible within the walls of military housing.

This story originally appeared in Military Family Magazine.



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Little Bluestems

The Missing Lynx

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		2:00 pm	The Little Bluestems
		3:00 pm	The Replacements
		4:00 pm	Dakota Drifters
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Finding our rhythm after deployment

NOELLE BOYER

Reintegration — the time after the homecoming pictures are printed and your formerly deployed spouse wants things to go back to “normal.” But if you’re like me, and you were the spouse left behind during deployment, normal doesn’t exist like it did before.

My husband Ryan recently came home from a six-month deployment to Asia. He left 10 days after our youngest son was born and three months before our oldest son turned 3. I quickly learned how to manage toddler tantrums, sleep train a newborn, and that the preset on the coffee maker is one of life’s greatest inventions.

This deployment was one of the hardest seasons of my life. I cannot tell you how many people told me, ‘I could never do what you did,’ or, ‘I don’t know how you did it.’ The truth is, I don’t know how I did it. I just know my kids needed me to get through those months without Daddy. They needed me to create a new normal. My boys didn’t need a perfect mom who did it all. They needed a happy mom who made things fun and kept them safe.

When Ryan got home, the first couple of days were wonderful. We were in the honeymoon phase of ease and connection. Then Day 2 came and honestly, I wanted Ryan to go back. He was disrupting our routine. My house was messier. My kids were going to bed later. I found myself getting annoyed that he didn’t see the things that needed to be done around the house. I expected Ryan to become my third arm when he got home.

I expected him to take care of me after I spent six months taking care of his sons and his dog. But that wasn’t happening. I grew resentful and it was only the first weekend.

It’s been a few months since Ryan returned home. I’m surviving this new transition by eliminating expectations. For the last six months, I felt like super mom. I dominated deployment. I stayed social, kept up with my workouts, enjoyed my boys, and even travelled. I did more than I expected and with so much joy. I poured everything into my boys and myself without realizing that I hadn’t left room for Ryan. Once he got back, I was resisting the need to redefine my role as a mother and wife post-deployment.

Now, I have my partner home and our family has military orders to move across the country in less than a month. I feel overwhelmed. It feels as if I used up all my super powers and now I’m running on fumes.

When Ryan went to work just five days after returning stateside, I panicked. I started feeling anxious about being home alone with the boys again. This was a feeling I didn’t expect and honestly didn’t know how to deal with. I went from feeling like I had everything together to suddenly feeling incapable of doing anything alone.

I’m not mentally prepared for this aspect of post-deployment life on top of moving so soon after Ryan’s return. It isn’t like we haven’t been through deployment before. We’ve moved between

states and all the way across the country. But this time, it feels like everything is different.

So what am I doing about this unfamiliar anxiety? I’m talking about it in the hopes that if another military spouse out there is struggling too, together we will feel less alone.

I’m also accepting this phase of our journey. I’m not disappointed in my feelings and I’m not beating myself up. I’m letting myself feel the feels and choosing to find joy in the chaos. I find joy through things like journaling, trusting God, and letting go of the things that stress me out. Obviously, this is all much easier said than done. I have days that are harder than others. I have moments where I catch myself missing the structure and routine I worked so hard to develop during deployment. But I also have my family together again and that’s a pretty great thing.

Something I’ve learned over the past five years of this crazy, unpredictable and often unfair military life is that community is a powerful thing. With the right people in your corner, you can figure most anything out. If I know one thing for sure, it’s that Ryan is one of the best people to have in my corner and together, we’re going to make the best of whatever comes next. But don’t be surprised if you see me posting about how he leaves his stuff all over the house and never does the dishes.

This article originally appeared in Military Family Magazine.

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<p> Faith United Methodist Church 5900 Highway 83 N, Minot www.faithumcminot.com Pastor Ken Mund 701-838-1540 Sunday School (All Ages): 9:45 a.m. Sunday Coffee Fellowship: 10:30 a.m. Worship Services: Sunday 11 a.m.</p>	<p>Minot Baptist Church Sending the Glorious Light of Jesus Christ to a Dark and Needy World Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Evening Worship 6:00 p.m. Wednesday Evening 7:00 p.m. <i>Independent/Fundamental/KJV</i> 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p>Cornerstone Presbyterian Church 1000 NE 3rd Street 852-0315 Sunday Schedule Contemporary Worship 9:00am Sunday School (All Ages) 10:00am Traditional Worship 11:00am Wednesday Evening Schedule Community Dinner 5:30-6:30pm Contemporary Worship 6:30pm Youth Group & Small Groups.. 7:15pm All are Welcome! www.ecominot.org</p>	<p>Congregational UCC 430 N. Broadway • 839-1064 Sunday Worship 11am Sunday School 11am Tuesday Bible Study 12pm Saturday Noah's Breakfast ..9:30am Please join us, all are welcome here!  UNITED CHURCH OF CHRIST</p>	<p> St. Mark's Lutheran Church <i>Missouri Synod</i> Sunday Worship 8:30 am & 11:00 am Holy Communion Served at All Services Sunday School, Youth, Adult Bible Class and Adult Choir 9:45 am  2209 4th Avenue NW Minot, ND 839-4663 Reverend Philip Beyersdorf</p>
<p> Immanuel Baptist Church 1615 2nd St. SE • Minot • 839-3694 Sundays: Sunday School 9:15 a.m. Worship 10:30 a.m. Wednesdays: Soup Kitchen 11:30 a.m. - 12:30 p.m. Family Supper 5:30 p.m. Classes for all ages 6:30 p.m. Adult Choir (as scheduled). 7:30 p.m. Brian T. Skar, Pastor www.ibcminot.org</p>	<p>Apostolic Faith Church, UPCI 2929 19th Ave NW • Minot Located off Hwy 83 Bypass West (701)838-0609 Saturday School 2:00 p.m. Sunday Worship 3:30 p.m. Wednesday Bible Study 7:30 p.m. Jesse Starr, Pastor</p>	<p>St. John the Apostle Catholic Church  2600 West Central Ave • Minot, ND 58701 839-7076 Daily Mass Schedule: Tuesday 5:15 p.m. Wednesday - Friday 7:00 a.m. Saturday 5:00 p.m. Sunday 8:00 & 10:30 a.m. Fr. David A. Richter, Pastor Parish website: www.stjohnminot.com</p>	<p> First Lutheran Church - ELCA 120 5th Ave. NW 852-4853 Saturday Worship 5:00 pm Sunday Worship.. 8:30 am & 11:00 am Sunday Education 9:45 am Wednesday Supper 5:00 pm Wed. Worship & Education 5:45 pm  www.firstlutheran.tv (Live Stream & Recorded) Radio Broadcast KRRZ 1390AM Sunday 8:30 am www.flcminot.com Pastor Brandy Gerjets • Pastor Ellery Dykeman</p>	<p> Gospel Tabernacle Community Church 9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday Sunday School 9:45 a.m. Adult/Children Worship.. 11 a.m. Family Hour 6:30 p.m. Evening Worship 7:30 p.m. Bible Study/Child-Adult Children Worship (Wed).... 7 p.m. Prayer (Friday) 7 P.m.</p>
<p>Bethany Lutheran 215 3rd Ave. SE, Minot, ND Phone: 838-5196 A Member of the ELCA Sunday Worship 8:30 & 10:30 am Sunday Fellowship 9:30 am Wednesday Church School 5:45 pm Wednesday Worship 6:45 pm January 29 Service at 9:00 am Website: www.bethanylutheranminot.com Email: bethanylutheran@srt.com Live Streaming: bethanylutheran.tv Pastor Janet Hernes Mathistad Pastor Gerald Roise</p>	<p>First Baptist Church  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. Rev. Kent Hinkel, Senior Pastor Rev. Barry Seifert, Associate Pastor Pastor Sam Kautzmann, Student Ministries Elaine Carlson, Children's Ministry Director</p>	<p> Cross Roads Baptist Sunday School (all ages) 9:45 a.m. Sunday Worship 11 a.m. & 6:30 p.m. Wednesdays (Prayer & Missions) ... 6:30 p.m. www.minotcrbc.org email: crbc@srt.com 415 28th Ave SE (Behind Menards) 838-1873</p>	<p> West Minot Church of God <i>Family Worship Center</i> 1105 16th St. NW • 839-1407 Sunday School 9:30 a.m. Sunday Worship 10:30 a.m. Children's Church & Nursery Wednesday Family Training Hour Meal 5:30 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>James W. Henderson Anna B. Henderson Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday Sunday School 9:45 a.m. Adult/Children Worship.. 11 a.m. Family Hour 6:30 p.m. Evening Worship 7:30 p.m. Bible Study/Child-Adult Children Worship (Wed).... 7 p.m. Prayer (Friday) 7 P.m.</p>
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ANSWERS

SUDOKU
Answers to puzzle from page A4

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

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.

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WINTER DRIVING SAFETY COURSE

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

UPCOMING COURSE DATES

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

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\$155+tax
\$12 for each additional person

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MINOT AIR FORCE BASE NEWSPAPER
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Chaplain Maj. General Steven Schaick, U.S. Air Force chief of chaplains, visits Airmen at Minot Air Force Base, North Dakota, Jan. 9, 2020. Schaick's visit included a dorm dinner, a missile alert facility tour, and a meet and greet with Team Minot Airmen. U.S. AIR FORCE PHOTOS | AIRMAN JAN K. VALLE

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Ages 5-12: \$40 (Non-Members \$55)

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