

# northern sentry

FREE | WWW.NORTHERNSENTRY.COM | VOL. 58 • ISSUE 08 | MINOT AIR FORCE BASE | FRIDAY, FEBRUARY 21, 2020

## WHATS INSIDE THIS WEEK:



TEAM MINOT YEAR IN REVIEW

A2-A3



AIR FORCE ART CONTEST WINNERS

B8

Join our team **\$1,500** SIGN ON BONUS!

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



## GIVING HEARTS DAY

Third graders from Our Redeemers Christian School shared valentines cards with Team Minot Airmen at Minot Air Force Base, North Dakota, February 13, 2020. During their visit the children toured the 54th Helicopter squadron. *More photos on page 7.*

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





**BADLANDS**  
RESTAURANT BAR

# WE'LL BUY YOU DINNER!

ENTER WEEKLY!

DETAILS ON PAGE 3



No Limit, Enter As Many Times As You Wish!

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



## TEAM MINOT 2019: YEAR IN REVIEW



A B-52H Stratofortress taxis on the runway at Minot Air Force Base, North Dakota, March 5, 2019. The B-52 can perform strategic attack, close-air support, air interdiction, offensive counter-air and maritime operations.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS HEATHER LEY



From right, 1st Lt. Alexander Hansen, 742nd Missile Squadron mission lead, and 2nd Lt. Elizabeth Jordan, 742nd MS missileer, go through an inspection at Minot Air Force Base, North Dakota, Jan. 15, 2019. Members of the 742nd MS are responsible for providing day-to-day combat operations for the nation's intercontinental ballistic missile fleet.

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



Firefighters assess the situation of the scene Dec. 28, 2019, at Minot Air Force Base, North Dakota. These Airmen are trying to decide the best way to attack the fire.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS CALEB S. KIMMELL



Team Minot families have fun at the 2019 Disaster Day at Minot Air Force Base, North Dakota, Sept. 21, 2019. A variety of emergency management services were available to provide information about emergency preparedness.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS JOSH W. STRICKLAND



From right, 1st Lt. Alexander Hansen, 742nd Missile Squadron mission lead, and 2nd Lt. Elizabeth Jordan, 742nd MS missileer, practice turning keys in a missile operations building at Minot Air Force Base, North Dakota, Jan. 15, 2019. The 91st Missile Wing contributes to the nation's strategic defense by sustaining and operating various Minuteman III intercontinental ballistic missiles and the associated launch facilities.

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



Staff Sgt. Stephen Foxworth, 5th Maintenance Squadron aircraft hydraulic systems craftsman, operates a hydraulic test stand at Minot Air Force Base, North Dakota, April 4, 2019. Aircraft hydraulic systems maintainers are responsible for ensuring aircraft hydraulic and pneumatic systems work properly.

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



A transporter erector is raised during an annual proofload test at Minot Air Force Base, North Dakota, April 2, 2019. A transporter erector is used to downstage a Minuteman III intercontinental ballistic missile rocket engine into silos.

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



Staff Sgt. Reuben Krueger, 5th Civil Engineer Squadron heavy equipment operator, explains to Airman 1st Class Dallas Wainman, 5th Force Support Squadron outbound assignments technician, how to operate an excavator at Minot Air Force Base, North Dakota, Feb. 21, 2019. Participants were allowed to operate various pieces of heavy equipment during the Engineer Week Immersion tour.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS HEATHER LEY



Crew chiefs assigned to the 5th Maintenance Squadron lower the vertical stabilizer on a B-52H Stratofortress at Minot Air Force Base, North Dakota, Feb. 10, 2019. Vertical Stabilizers are seldom taken down for maintenance.

U.S. AIR FORCE PHOTO | AIRMAN JESSE JENNY



# WINNING CAREERS

YOUR OASIS 4 FUN & WORK!

**Now Hiring:**

- Bison Room
- Porter
- Steakhouse Staff
- Front Desk
- Cache Buffet Staff
- Live Games Dealer
- Security Officer

**Special Openings:**

- Swing Bar Supervisor
- Live Games Supervisor

For all open positions visit:  
[4BearsCasino.com/employment](http://4BearsCasino.com/employment)  
 800.294.5454



# Team Minot 2019: Year in review

AIRMAN 1ST CLASS JOSH W. STRICKLAND | MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. - As we move into 2020, we can't help but to look back on all the amazing things that Team Minot has accomplished this past year.

From numerous exercises, countless distinguished visitors, inspections and base improvements, our Airmen came together to complete the mission day in and day out, conducting combat sorties and operations to standing watch at missile fields 24 hours a day, 365 days a year. For years Minot Air Force Base has stood and stands as the most strategic Air Force base. With that being said, it's no wonder why 266 days out of 2019, Team Minot had distinguished visitors with boots on the ground seeing what makes Minot the home of the Global Striker.

Airmen of both the 23rd and 69th Bomb Squadrons provided support to the Continuous Bomber Presence in the Pacific Air Force region. The year-long mission provided assurances of U.S. support to our allies and maintained an environment of peace in the region. In addition they flew 6,100 hours and completed 1,022 sorties in four different areas of responsibility along with contributing to a "perfect execution" of a first ever no-notice dual wing inspection.

Throughout the year, Team Minot completed many exercises aimed at showcasing the importance of rapid deployments to conduct combat operations. These exercises ranged from scenarios where B-52s were launched from multiple locations to strike the same target simultaneously, to assembling an airfield and producing combat sorties in a remote civilian airfield.

For the first time in 10 years, the 5th Civil Engineer Squadron conducted a BIVOUAC exercise in Fargo, North Dakota. This exercise demonstrated the ability of 100 engineers to setup a bare base with an airfield and defend it. This exercise resulted in over 1200 hours of reportable training to

Airmen from not only the CES but also the 5th Logistics Readiness Squadron.

Training continues to be an area of importance to all leaders and Airmen at Minot, and to that end, three squadrons teamed up to create a virtual reality threat trainer. With that virtual trainer in place across eight wings, Minot continues to be a hotbed of innovation. To facilitate that innovation, BUFFWERX was born from the Air Force SPARKTANK program. The program allows Airmen to contribute their ideas, fund them and make the Air Force stronger in every way while empowering Airmen with the best tools to complete the mission.

Team Minot continued to set the standard in 2019 by installing the first TCMax automated arming system at the Air Force's largest dual wing armory that services over 1,500 security forces Airmen and an 8,000 item inventory. TCMax, installed and operated by the same Airmen who use it, reduced the arming time by 35 percent in five different security forces squadron and set the benchmark in AFGSC.

Airmen won nine trophies in the 2019 Global Strike Challenge, where they competed against other bases in Air Force Global Strike Command. The Global Strike Challenge is a competition with the intention to showcase and involve the world's premier bomber, intercontinental ballistic missile, helicopter operations, maintenance and security forces squadrons.

Team Minot made history with the best Nuclear Surety Inspection in AFGSC history in 2019. The NSI is an inspection with the goal of incorporating maximum nuclear surety from weapon system development to dismantlement. Minot was awarded 14 superior performers and 14 superior team achievements during this

inspection.

The superior performance of Minot extends not only to our active duty personnel, but also to our reserve Airmen. On Oct. 26, 2019, history was made when a reserve Airman from the 91st Operations Support Squadron went on "alert" at a missile alert facility. In the 60 years that the Air Force has manned and stood watch over ICBMs, it has never had a reserve Airman complete a 24 hour alert at a MAF.

Active duty Airmen make up most of Team Minot's driving force, but not all. The 91st Missile Wing integrated over 100 Air National Guard Airmen into the midst of daily missile field ops while maintaining the title of the only nuclear certified Air Reserve Component in the Department of Defense.

While Global Thunder 2019 showcased a majority of the premier capabilities of the B-52, the 91st MW worked hard showcasing the ready to strike capabilities of their world class Airmen and missile field.

For the first time in several years, the blast door to a launch facility, usually housing a Minuteman III ICBM, was opened using focused explosives to test its functionality. This test was to assure Minot has the ability to strike anywhere at a moment's notice.

The 91 MW achieved unmatched rates of success during 2019 bringing in four AFGSC top spots, such as best sortie alert, launch facility availability and maintenance rates. These accomplishments were conquered by securing 165 missile field sites, bringing in a 99.3 percent alert rate.

Marking history, the 91st MW brought innovation in 2019, with the first ever 3D printed module in a numbered Air Force. The printed module saved the Air Force 10

million dollars by replacing a 1.6 million dollar asset.

In addition and keeping the theme of innovation, the 91st MW developed a 15 hour tactical response team tryout program for the 91st Security Forces Group's Tactical Response Force. Lauded by Air Force Headquarters as "best seen to date," they evaluated 140 Airmen in 2019 for the TRF team. TRF is a special weapons and tactics team tasked with protecting Minot Air Force Base's nuclear assets.

No award would have been possible without the constant and unrivaled support of the community of Minot. The city of Minot was awarded the Barksdale Trophy, an award only given out every two years for outstanding community support.

Fueled by the support of local legislators, leaders also pressed on to drive the creation of not one, but three state laws benefiting Team Minot Airmen and families. One of which allows spouses of military members to use out-of-state certifications in North Dakota, bringing in more qualified professionals to the community.

Once in the role of most denials for the Exceptional Family Member Program in the past years, Team Minot is now stepping out of that role. Now accommodating 20 percent more EFMP members, Team Minot now offers a newly pioneered telemedicine program at the medical group. Armed with telemedicine, providers are now able to bring in three additional specialties to those families in the EFMP.

From the tireless work of the Airmen and their leaders, the dedication of civilian Airmen, unmatched support of the local community and immeasurable love and backing of military families, Team Minot showcased their ability to stand as the strategic backbone of the United States Air Force and proudly say "Only The Best Come North." Thank you Team Minot.



## CONTACTUS

Ted Bolton  
Publisher | Advertising  
bagroup@srt.com

Rod Wilson  
Business Development | Marketing  
sentrystales@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

Technical Sgt. Benjamin Smith

Staff Sgt. Michael Kantack

Staff Sgt. Steven Adkins

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.northern Sentry.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.

**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.

**\$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.

No Limit, Enter As Many Times As You Wish!

## Bridal Gala

## HUNKS

THE PERFECT GIRLS NIGHT OUT

**FEBRUARY 22**

## 2020 HYUNDAI PALISADE GIVEAWAY

February 28

## LOCASH

WITH TIGIRLILY

**SATURDAY, FEBRUARY 29**

RELAX AND ENJOY FRANTIC ANARCHY ON FEBRUARY 21 & 22 AT POCKET ACES LOUNGE

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

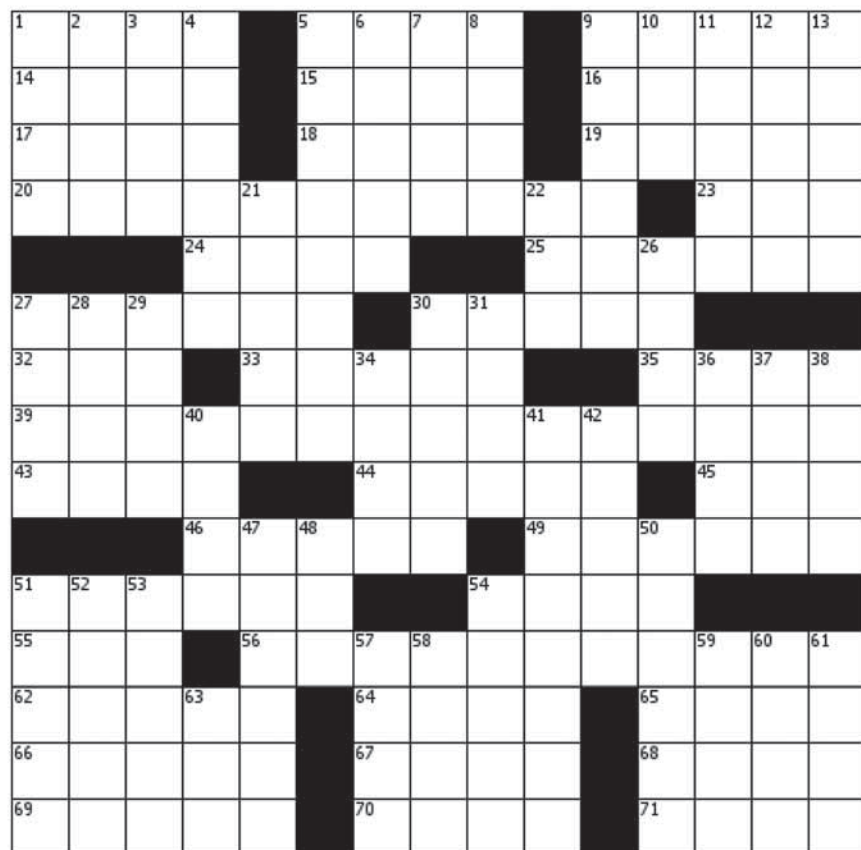
When gambling is no longer a fun hobby, but an addiction, know there is help. Call the 2-1-1 Hotline today for help and guidance. 4 Bears Casino & Lodge cares about you and wants you to know that help is available.



# CROSSWORD PUZZLE

**Across**

- 1. Bit of chowder
- 5. Acorns, e.g.
- 9. Put an ID on
- 14. Fabled race loser
- 15. Elvis' middle name
- 16. Maker of Space Invaders
- 17. PC alternative
- 18. Shakespearean villain
- 19. Buckboard, for one
- 20. "Minnie the Moocher" singer
- 23. Summer hours in Fla.
- 24. Pound sounds
- 25. Band offering, perhaps
- 27. Graf's mate
- 30. Norwegian inlet
- 32. Corn holder
- 33. Vintage platter
- 35. Where most people live
- 39. You've heard it all too often
- 43. Different
- 44. "Silas Marner" author
- 45. Motorola rival
- 46. Shell used as a dipper
- 49. Breakfast staple
- 51. Decennial count
- 54. Opera highlight
- 55. Oscar role for Jamie
- 56. Ballroom employees
- 62. Stares at
- 64. Prepare for publication
- 65. Granny or square
- 66. Single-handedly
- 67. Alaskan port
- 68. "Hairspray" mom
- 69. Religious teaching
- 70. Pub offerings



**Down**

- 1. Stylish
- 2. Tibetan monk
- 3. Saudi, e.g.
- 4. Tourist attractions
- 5. Sharp-edge smoother
- 6. Europe/Asia divider
- 7. Ordering option
- 8. Winter forecast
- 9. Brief drafter
- 10. One-time connection
- 11. Hard roll
- 12. Wear down
- 13. Like dryer vents
- 21. Cause of some fires
- 22. Start of a Latin trio
- 26. When Operation Overlord began
- 27. Yearn (for)
- 28. Score for Beckham
- 29. Basics
- 30. Catch on the
- 31. Obi-Wan, for one
- 34. Salon worker
- 36. Regal address
- 37. Machu Picchu native
- 38. "I've Got \_\_\_ in Kalamazoo"
- 40. Beer holders
- 41. Aristotle \_\_\_ Onassis
- 42. Got takeout, maybe

- 47. Beginning
- 48. Olympics chant
- 50. Illegal enterprise
- 51. One from Zagreb
- 52. Links rarity
- 53. Hose material
- 54. Stop on \_\_\_
- 57. Warrior princess of TV
- 58. Screen favorite
- 59. Stops
- 60. Gossipy Barrett
- 61. Have the lead
- 63. Ethyl ending

## SUDOKU Solution to puzzle on page B6

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

Solution to last week's Crossword puzzle.

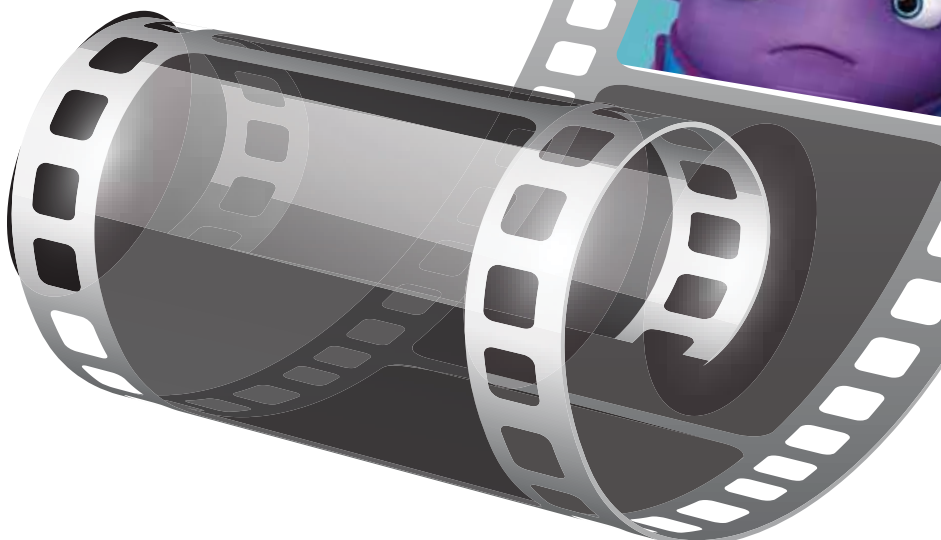
F	A	L	L		E	L	A	N		G	N	O	M	E
A	L	A	I		T	A	C	O		R	E	M	A	P
C	O	R	K	S	C	R	E	W		E	R	N	I	E
T	H	R	E	W		G	R	A	P	E	V	I	N	E
S	A	Y		O	N	E	B	Y	O	N	E			
			B	O	A				S	E	S	A	M	E
B	R	A	I	N	B	U	S	T	E	R		M	A	V
R	E	S	T			P	T	A			J	O	K	E
A	B	S		B	A	C	K	B	R	E	A	K	E	R
T	A	N	G	O	S				E	G	G			
			I	N	T	H	E	A	I	R		S	M	U
S	U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

FRIDAY, FEB. 21 1800  
 SUNDAY, FEB. 23 1500  
**THE TURNING** (PG-13)

SATURDAY, FEB. 22 1700  
**THE LAST FULL MEASURE** (R)

SUNDAY, FEB. 23 1200  
**HOME** (PG)

### REEL TIME THEATER MOVIE SCHEDULE







# Raspberry Fluff Jello Salad



Recipe courtesy of: www.thechunkychef.com/raspberry-fluff-jello-salad/

### INGREDIENTS:

- 3 cups water
- 3 oz package instant vanilla pudding
- 3 oz package instant, or cook and serve tapioca pudding
- 3 oz package raspberry jello
- 8 - 12 oz frozen whipped topping, thawed (cool whip)
- 1 pint fresh raspberries, plus extra for topping

### INSTRUCTIONS:

- In a saucepan, bring water to a boil. Whisk in pudding mixes and jello. Return to a boil, stirring constantly, and boil for 1 minute. Remove from the heat, pour into a container, and cool completely.
- Refrigerate jello mixture for several hours or overnight. Gently fold in cool whip and raspberries, being careful not to stir too vigorously. Keep refrigerated until ready to eat.
- Top with additional raspberries and serve.



## Upcoming Events

**20-22  
27-29  
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 are now on sale. Visit the MACA office at #3 South Main street, Minot, or call the office at 701-852-2787 to purchase tickets.



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

**22  
FEB** **NORTHERN PLAINS CHILDREN'S ADVOCACY CHAMPAGNE AND ICE GALA**  
6:00 PM - 12:00 AM  
Location: Grand Hotel, 10505 N

Broadway, Minot  
Cocktail hour begins at 6:00pm followed by a silent auction, live auction at 8:00pm, and live music by Moments Notice! Enjoy complimentary champagne & hors d'oeuvres. Tickets are \$50/person which includes admission, hors d'oeuvres, and champagne. Purchase tickets at the Northern Plains Children's Advocacy Center. For more information contact (701) 852-0836. Must be 21 or older to attend.



For more information:  
Facebook event/Northern Plains Children's Advocacy Center

**22  
FEB** **COFFEE AND COCOA DOWNTOWN CRAWL**  
10:00 AM - 4:00 PM  
Location: Downtown Minot

Join us again for the Coffee and Cocoa Crawl! Hop from store to store downtown to shop sales and get coffee or cocoa at each participating location. Many of your favorite local businesses will be participating so brave the cold and join us for a hot beverage and some great specials!



For more information:  
Facebook event/ Heart Of Our City

**24  
FEB** **SALVATION ARMY YOUTH DROP IN CENTER**  
3:00 PM - 5:00 PM  
Location: Salvation Army 315 Western Ave, Minot

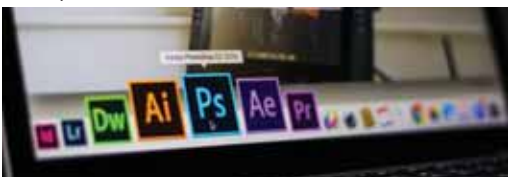
The Salvation Army of Minot is excited to announce the re-opening of our Youth Drop In Center! Youth ages 13 to 18 years old are invited to join us after school every Monday until 5:00 PM for help with homework, board games, video games, arts and crafts, pool, ping pong and carpet ball. This service is free and welcome to all youth.



For more information:  
Facebook event/ Minot Salvation Army

**25  
FEB** **PHOTOSHOP BASICS!! (ART)**  
6:00PM-8:00PM  
Location: Magic City Campus Art Department, 1100 11th Ave SW, Minot

Must be registered prior to attending class! Designed for beginners, we will explore the basics and more advanced concepts in Photoshop CS6 on iMacs! You will create digital projects each night that incorporate the skills learned in that class! Concepts covered include tools and toolbars, navigation, text, pictures, shapes, blending modes, layer styles, making and editing selections, downloadable content, saving files, and more! When: Tuesdays & Thursdays: February 25, 27, March 3, 5\*\* : Cost \$60 (4 Sessions) Instructor: Matthew Swenson \*\*You must be able to attend ALL class dates listed below- No makeup dates will be permitted.



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

**25  
FEB** **THE ANONYMOUS PEOPLE FILM SCREENING**  
6:30 PM - 9:00 PM  
Location: Oak Park Theater 1500 4th Ave NW, Minot

Independence, Inc. and the Minot Area Recovery Community (MARCO) will host a screening of the documentary, The Anonymous People on February 25, 2020 from 6:30-9:00P.M. at Oak Park Theater in Minot. The film highlights stories of Americans living in long-term recovery from substance abuse disorder and the movement to transform public attitudes towards addiction. A panel discussion comprised of local recovery experts will follow. Event is free and open to the public. Concessions will be available for purchase.



For more information:  
Facebook event/ Independence Inc., a Resource Center for Independent Living

## NOTHING BEATS SUNDAY BRUNCH

SERVING FROM 10AM - 2PM

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](http://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



## The Light goose conservation order is upon us

Patricia Stockdill

Scattered splotches of snowdrifts and snow dot the frozen ground across the prairie landscape. Lakes and wetlands look like large, amazing ice cubes.

Really, really large ice cubes. Any sheet water from melting snow or ice is likely to harden rapidly because, let's face it, it's still February and in North Dakota that still means potential cold, snow, blizzards, and wind.

And more cold, snow, blizzards, and wind. However, that being said, should any brave, hardy light goose decide it wants to test the elements and head north for an early start on early Arctic nesting activity, the North Dakota Light Goose Conservation Order opens Feb. 22. And that means hunters can head afield should any light geese be in the state.

It's likely any and all light geese – snows, blues, and Ross's – are still languishing along their southern wintering grounds. They're soaking up the sun and warmth, feeding, and putting on weight in preparation for their journey more than 1,500 miles in length.

Depending on when Mother Nature decides to shift from winter mode to spring, light geese probably won't be anywhere in North Dakota until enough snow melts, allowing for sheet water in fields and open water in wetlands for birds to feed and rest.

Don't expect that anytime soon, although this is North Dakota and anything can happen.

Besides, there is a reason the Conservation Order opens so early: It allows ample time for harvest opportunities should any light geese be in the state. That philosophy also applies to the fact that it doesn't end until May 10. By that time, a vast majority, if not all, light geese have long settled into their Arctic summer homes.

North Dakota isn't a large player in harvest totals during the light goose conservation order in large part because of its weather. When the birds start to make their northward move, light geese tend to languish more so in South Dakota, resting on sheet water covered

fields and feeding. When it comes to North Dakota, the state needs a snow line or adverse weather and shallow sheet water in fields and temporary wetlands to hold them so they can rest. Otherwise, most birds tend to view North Dakota from the air. The peak light goose migration in North Dakota centers around April 1 – one week on either side of that date.

Another reason North Dakota isn't a major player in harvest is, admittedly, it's hard to get into position to be able to harvest birds in the spring. For starters, there are thousands – tens of thousands and more – of them flying in large flocks. That's a whole lot of eyes in the air and those adults are pretty suspicious when it comes to identifying potential dangers, even when they're flying high in the sky.

In other words, they're darn smart birds and they're hard to decoy.

In addition, fields are muddy by the time they're moving through in late March and early April. Access is difficult and it's imperative to get permission – even if fields aren't posted – because landowners do not appreciate having muddy fields torn up by hunters. This spring will be especially difficult given so much standing corn in many areas of the state.

Another challenge in the spring is that light geese tend to move rapidly. They typically need a storm to hold them in the state. Otherwise, they can be in one location one day and well into Canada the next morning if they decide to take flight.

However, generous regulations during the light good conservation order are designed to allow for a larger harvest and make it a little easier to be successful. It's still worth checking out for more information on license requirements, regulations, and other details.

Besides, it's a wondrous sight and sound when they journey over the state – and worth watching.

Go to the N.D. Game and Fish Department website, ([gf.nd.gov](http://gf.nd.gov)) for details.

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)

MEMORABLE  
MOMENTS @  
M.M.S.

A select few of Memorial's MathCounts Team qualified for the State Competition to be held in Bismarck on March 9th! Pictured (left to right): Wayne Roberts, Jenny Coucoules, Luke Balas, Kyle Kreutzbender, and Coach Pam VanTilborg

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

**CAR OF THE WEEK**  
2014 JEEP GRAND CHEROKEE  
LIMITED 4WD  
**\$16,495** STOCK# 56811A

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!**

**701-852-5028**  
[WWW.CREATIVEMINOT.COM](http://WWW.CREATIVEMINOT.COM)





# GIVING HEARTS DAY

Third graders from Our Redeemers Christian School shared valentines cards with Team Minot Airmen at Minot Air Force Base, North Dakota, February 13, 2020. During their visit the children toured the 54th Helicopter squadron.

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



NORTHERN PLAINS CHILDREN'S ADVOCACY CENTER  
PRESENTS  
**CHAMPAGNE AND ICE**  
DIAMONDS, BUBBLES, & BIDDING

\$50

**SATURDAY, FEBRUARY 22, 2020  
AT THE GRAND HOTEL**

ENJOY COMPLIMENTARY CHAMPAGNE & HORS D'OEUVRES

COCKTAIL HOUR BEGINS AT 6:00 PM WITH A  
SILENT AUCTION, LIVE AUCTION, AND DANCE TO  
FOLLOW WITH LIVE MUSIC BY  
**MOMENTS NOTICE!**

EMCEE'D BY MINOT'S OWN SHAUN SIPMA

PURCHASE TICKETS AT:  
NORTHERN PLAINS CHILDREN'S ADVOCACY CENTER  
FOR MORE INFORMATION CONTACT 852-0836

**ACCESS**  
Roll Up Cover

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

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

ASK ABOUT  
**MILITARY DISCOUNT**

JIM OR BONNIE 838-2515 • CELL 721-1251

**VINTAGE city**

**MINOT'S HOTSPOT  
FOR ALL THINGS ANTIQUE,  
VINTAGE, & REPURPOSED!  
2100 SQ. FT.**

*Open Thursday  
Friday, & Saturday!*

**FEB. 20-21-22**  
10AM - 5PM

FIND US ON FACEBOOK

701.720.0215  
OR  
701.720.4494  
2001 8th Ave. SE Minot

**Back Talk**

*Your Power Goes Out More Often During a Storm*

What happens when you disconnect the brain from the body? I know that is kind of a tough question so let's make it multiple choice. Is it:

A. You get better  
B. You are mildly inconvenienced  
C. You are dead

The answer is C. Yeah, I know that escalated PRETTY quickly! You see every organ tissue and gland in your body is under the control of your brain. It runs the show. It is responsible for the tens of thousands of chemicals your body produces, it is responsible for every heartbeat, every breath, everything digested, everything detoxed, you name it and your brain is in control of it. It runs this show through a network of nerves. These nerves leave your brain through a big hole in your skull called the foramen magnum (that is Latin for Big Hole, seriously, ha-ha). Anyhow, your brain turns into your brain stem, then into your spinal cord, then into your nerves, and that is how your body works. Problem is once that brain leaves the skull every bit of it travels through your spinal column. Your spinal column was engineered to be flexible but that can cause another problem. The individual bones that make up your spinal column can shift out of place and when they do they pinch, stretch, or put pressure on those nerves. That is a bad thing and it is called a Subluxation. A hard-spinal bone interfering with a soft nerve causes problems. It shuts the power off from the brain to the organ or tissue that it is meant to be controlling. That means that the minute there is a subluxation your body is no longer working at 100% optimal performance, and you are automatically missing out on living your best life. When I adjust someone I often say after I am finished restoring all the subluxated bones of the spinal column, "Powers On." It is a really easy way for me to express that the connection from the brain to the body is restored. Kids love it when I say that because more than anyone kids get it!

They know how much better they feel and how much healthier they are once they get adjusted. I am sure you have been in your house when the power has gone out. It is a pain. You probably had a few too many things going on one circuit and all of the sudden Sponge Bob turns off on the TV and you are sitting there in the dark. You have probably also noticed that the phenomenon of your power shutting off happens more often during a bad storm. In fact, not only your power may be affected but your whole neighborhood may be having the same problem. Sometimes the power will come back on and all is well. But if the storm keeps raging it will go out again. You see the same is true for your body. In your body the storm is caused by stress! Physical, chemical and emotional stresses cause inflammation, and inflammation causes subluxation. Those stresses cause your power to go out. Is the storm of inflammation raging inside of you? If it is there are things you can do. I once had a new patient in our clinic confess to me that they were checking out nursing homes because they were tired of feeling sooo bad! This patient was only in their fifties! I explained to them they could cancel their search if they were willing to work on quieting the storm inside of them. To quiet your storm, you need to work on 4 things

Thinking Right  
Eating Right  
Sleeping Right  
Moving Right

I don't have space in this article to go into detail about those 4 things but I would be more than happy to chat with you about them at any time. If you can dial in these 4 things you will quiet the storm and you will Subluxate less, hold your adjustments longer and not miss out on the health God has in store for you. Give us a call at CornerStone Chiropractic 701-852-2800 and let's see what we can do to quiet that storm.

**CornerStone Chiropractic**

Dr. Matt Hanson

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



# WHAT'S GOING ON MAFB

## TODAY

- Cycle, 0530, Fitness Center
- Swerk, 0915, Fitness Center
- NAF & APF Job Fair, 1100-1300, BX Food Court
- Cycle and Yoga, 1130, Fitness Center
- Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill
- Mixed Martial Arts, 1630, Fitness Center
- Torch Club, 1730, Youth 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
- Free Country Dance Lessons, 1900, Ground Zero Lounge in the Jimmy Doolittle Center
- Country Dance Social, 2000-2200, Ground Zero Lounge in the Jimmy Doolittle Center
- Karaoke Night, 2000, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes

## TUESDAY

- Last Day to Register for Athletes: Armed Force Bowling Championship at <https://cloud.mwr.army.mil/apprac/atwsc/apprac.wsc/wb1000.html?wbp=5>
- Cycle, 0600, Fitness Center
- TAP GPS Workshop, 0730-1600, Held at the Education Center and hosted by the A&FRC
- Aqua Fitness, 0930, Fitness Center
- Game Day, 1000-1930, Base Library
- Mardi Gras Special Lunch, 1030-1330, Dakota Inn Dining Facility
- 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

## THURSDAY

- Cycle, 0600, Fitness Center
- TAP GPS Workshop, 0730-1600, Held at the Education Center and hosted by the A&FRC
- Aqua Fitness, 0930, Fitness Center
- Reintegration Briefing, 1000-1100, Held at the Education Center and hosted by the A&FRC
- Cycle, 1130, Fitness Center
- 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
- Zumba, 1800, Fitness Center
- Trivia Night, 1900, Ground Zero Lounge in the Jimmy Doolittle Center

## SATURDAY

- Cycle, 0900, Fitness Center
- Youth Bowling League, 1000, Rough Rider Lanes
- Zumba, 1000, Fitness Center
- Post Presidents' Day Bowling Special, 1400-2000, Rough Rider Lanes
- Mini-Golf, 1800-1845, Base Library
- Lights & Strikes and Saturday Unlimited Bowling, 2000-2400, Rough Rider Lanes

## SUNDAY

- Sunday Escapes Book Club, 1330, Base Library
- Cycle, 1400, Fitness Center

## MONDAY

- Tactical Fit Express, 0530, Fitness Center
- TAP GPS Workshop, 0730-1600, Held at the Education Center and hosted by the A&FRC
- Swerk, 0915, Fitness Center
- Reintegration Briefing, 1000-1100, Held at the Education Center and hosted by the A&FRC
- Fit to Fight, 1130, Fitness Center
- Newbery Book Club, 1545, Base Library
- Mixed Martial Arts, 1700, Fitness Center
- Zumba, 1730, Fitness Center

## WEDNESDAY

- Circuit Training, 0530, Fitness Center
- TAP GPS Workshop, 0730-1600, Held at the Education Center and hosted by the A&FRC
- Right Start, 0730, Held at the Jimmy Doolittle Center and hosted by the A&FRC
- Spouses Welcome, 0830-1230, 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, Held at the Education Center and hosted by the A&FRC
- First Duty Station Office Financial Training, 1500-1630, Held at the Education Center and hosted by the A&FRC
- Mug Club Special, 1600-1800, Rockers Bar & Grill
- Boss & Buddy \$1 Off Draft Special, 1630-1830, Rockers Bar & Grill
- Members Wind Down Wednesday Buffet, 1630-1830, Rockers Bar & Grill
- Mixed Martial Arts, 1630, Fitness Center
- Cycle, 1700, Fitness Center
- Wednesday Night Fun Bowl, 1700-2100, Rough Rider Lanes
- Squadron Extramural League, 1730, Rough Rider Lanes
- Wednesday Night Bingo, 1730, 1830, 1930, Rockers Bar & Grill
- Yoga, 1830, Fitness Center
- Swerk, 1930, Fitness Center

## UPCOMING EVENTS:

- 28 Feb**
- Cycle, 0530, Fitness Center
  - Swerk, 0915, Fitness Center
  - Fish Fry Special Lunch, 1030-1330, Dakota Inn Dining Facility
  - Cycle and Yoga, 1130, Fitness 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)
  - Mixed Fun League, 1830, Rough Rider Lanes
  - Karaoke Night, 2000, Rockers Bar & Grill
  - Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes

- 29 Feb**
- Cycle, 0900, Fitness Center
  - Swerk, 1000, Fitness Center
  - Youth Bowling League, 1000, Rough Rider Lanes
  - Lights & Strikes and Saturday Unlimited Bowling, 2000-2400, Rough Rider Lanes

## ONGOING EVENTS February Specials

### Bomber Bistro

#### 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

#### 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

#### 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

#### 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.



DAY OR NIGHT  
RAIN OR SHINE  
HARD WORK NEVER QUILTS.



Contact Us For All Your Electric Needs!

Minot - Velva  
701-852-0406  
800-472-2141

WWW.VERENDRYE.COM

People you know.  
Experience you trust.



FIRST WESTERN  
BANK & TRUST

firstwestern.bank





# SHOWROOM

SWEET DEALS!

## Grand Re-Opening



### 2020 HYUNDAI SONATA SEL

Stock# M11140

Price \$26,730  
Dealer Discount -\$1,152

Final Price \$25,578  
Valued Owner Cash -\$500  
US Military Rebate -\$500



### 2020 HYUNDAI VENUE SE

Stock# M11138

Price \$19,920  
Dealer Discount -\$430  
Retail Bonus Cash -\$500

Final Price \$18,990  
US Military Rebate -\$500



### 2020 HYUNDAI KONA LIMITED AWD

Stock# M11158

Price \$28,585  
Dealer Discount -\$1,112  
Retail Bonus Cash -\$1,500

Final Price \$25,973  
US Military Rebate -\$500



### 2019 HYUNDAI IONIQ HYBRID LIMITED

Stock# M10969

Price \$29,860  
Dealer Discount -\$1,225  
Retail Bonus Cash -\$1,750

Final Price \$26,885  
US Military Rebate -\$500



### 2020 HYUNDAI TUCSON VALUE AWD

Stock# M11124

Price \$27,740  
Dealer Discount -\$965  
Retail Bonus Cash -\$2,500

Final Price \$24,275  
US Military Rebate -\$500



### 2019 HYUNDAI SONATA SEL

Stock# M11075

Price \$25,365  
Dealer Discount -\$1,164  
Retail Bonus Cash -\$3,250  
Special Financing -\$1,000

Final Price \$19,951  
US Military Rebate -\$500



### 2020 HYUNDAI SANTA FE SEL 2.4 AWD

Stock# M11155

Price \$30,965  
Dealer Discount -\$1,298  
Retail Bonus Cash -\$1,250

Final Price \$28,417  
US Military Rebate -\$500



**DON BESSETTE MOTORS**

Over 25 Certified Pre-Owned Vehicles!!!

**HYUNDAI**

Certified Pre-Owned

ALL OF FEBRUARY REGISTER FOR GIVEAWAYS!

FREE POPCORN

# DON BESSETTE HYUNDAI

1715 N BROADWAY MINOT, ND 701-852-3300

WWW.DONBESSETTEHYUNDAI.COM

America's Best Warranty<sup>®</sup>  
10-Year/100,000-Mile  
Powertrain Limited Warranty



All New Hyundai are Invoice Prices! \*\* Less any Applicable Rebates \*\* MAP Pricing



# Minot Chamber Chorale Winter Classical

A winter classical masterpiece concert, will be presented by the talents of The Minot Chamber Chorale, on Sunday, March 1st, 2020 at 3:00 pm at Minot State University's Ann Nicole Nelson Hall.

This Winter Concert features the performance of Norwegian composer Kim Andre Arneson's Magnificat featuring soprano soloist Tess Altiveros, accompanied by orchestra, organ and piano.

Don't miss this concert enhanced by the wonderful acoustics of MSU's Ann Nicole Nelson Hall. The concert is free and open to the public. A free will offering will be received to support the Chorale.

# Minot AFB Homes We Love Our Pets Contest



We love our Pets! Starting February 3rd, send a photo of your adorable pet along with your pet's name to [kworchester@bbcgrp.com](mailto:kworchester@bbcgrp.com). Encourage family, friends and coworkers to go to our We Love Our Pets Contest Photo Album and like/love your photo. The photo with the most likes/loves will win a special goody basket for their pet. Contest ends Feb. 25th.

**North Hill BOWL X-TREME BOWLING**  
FRIDAY & SATURDAY

**OPEN BOWLING DAY & NIGHT EVERYDAY!** X-TREME BOWLING HOURS:  
FRIDAY & SATURDAY  
9:15 PM 6:00 PM

CELEBRATE WITH US!  
**WE DO BIRTHDAY PARTIES FOR ALL AGES!**

1901 NORTH BROADWAY, MINOT, ND  
852-4108  
[WWW.NORTHHILLBOWL.COM](http://WWW.NORTHHILLBOWL.COM)

\*Military Discounts Available\*

**Flower Central**

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

**405 Central Ave. E. • 701.852.6224**

## TRAEGER TALK

**ZESTY PEACH COBBLER**

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

\$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)

Cobblers are a wonderful and easy dessert for any time of year. Serve hot from the oven on a cold Winter's night, or chilled with a scoop of vanilla ice cream on a scorching Summer's day, they are a perfect end to any meal. Apples, cherries, or blueberries are other traditional fruits for cobbler, but today we will talk about peaches with a zesty boost. You can bake this in an ordinary oven, but a touch of smoke from the Traeger Wood Fired Grill makes it extra special.

Here in the frozen North, we are at the mercy of peach growers in warmer states. Even in Summer, good peaches can be hard to get. I developed this recipe after promising a peach cobbler dessert at my friend's summertime wedding and finding that I had several flats of wooden fruit instead of the delicious juicy peaches I was expecting.



When we discovered that the skins were refusing to come off the fruit, a quick sample of the flesh told me that we had an impending dessert disaster. There was no sweetness and we were going to have to deal with skin-on fruit. As often happens, necessity gave birth to invention, and we served a dessert we were proud of and everyone loved.

The solution was lemon zest. Our recipe already called for some lemon juice to brighten the flavor, but we needed to add more flavor, and lots of it!

Step one is to melt a stick of butter in a 12" cast iron skillet. Set aside on a level surface and let it harden. I also like to rub the sides of the skillet with butter. Add a tablespoon if you do that.

Step two is to prepare the batter. Mix 1 cup flour, one cup sugar, ¼ tsp salt, and a tablespoon of baking powder. Stir in one cup milk. Pour this mixture over the butter. You do not want them to mix, so pour gently and do not stir.

Step three is to prepare the filling. We diced up the peaches, leaving the skin on. Traditionally, the skin would be removed, but this also turned into a fortuitous circumstance. The skin added a beautiful rosy hue to the dish and gave us a nice flavor bonus.

Using a Microplane zester, we removed the zest and then squeezed the juice from about 1.4 million lemons. For this recipe, only two will be necessary. You can add more lemon if that suits you, or only use one. You will need to adjust the sugar to compensate for the tartness of the lemons and the sugar content of your peaches. Plan to add another five or six tablespoons of sugar.



Place the diced peaches, lemon juice, and 1 cup sugar in a saucepan and cook over medium heat, stirring occasionally. When the peaches have softened, add lemon zest and cinnamon. Cook for five more minutes and try a sample. The fruit should be soft, but still lumpy. You are going to need to add more sugar at this point until it tastes right to you. It should be left slightly tart, as the batter is very sweet, and the tartness gives the dish a wonderfully fresh contrast.

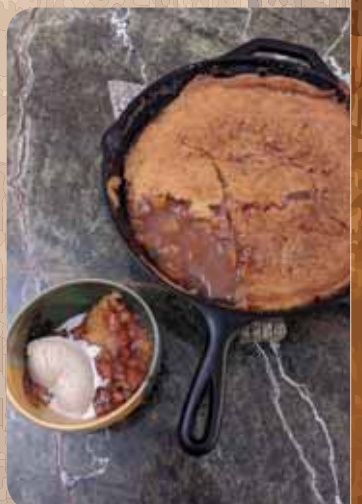


When you are satisfied with the filling, pour over the back of a spoon so as not to disturb the batter and the butter layers. Set the Traeger Wood Fired Grill to 375 and bake for 35 minutes. As the batter rises, it will float to the top and take on a beautiful caramel brown color. If it isn't brown enough, leave it until it is. All ovens and grills vary in temperature, but total baking time should be about 40 to 45 minutes.



**INGREDIENTS:**

- 6 peaches
- 2 lemons
- 1 stick butter (¼ pound, ½ cup)
- 1 cup flour
- 1 cup milk
- Sugar, about 2 ¼ cups, divided
- ¼ tsp salt
- 1 tbsp baking powder
- ½ tsp cinnamon





# Five Minutes to Thrive: Best Sleep I Ever Got

DR. ASHLEY KILGORE, 5TH OMRS MENTAL HEALTH CLINIC

MINOT AIR FORCE BASE, N.D. --

You may have a friend or have personally suffered from insomnia. At night, many folks lay down in bed and close their eyes, and one million tangentially-related thoughts pop up, one after the other, each screaming for attention. These thoughts steadily prevent attempts to slip into a state of restful sleep. Some nights, people don't fall asleep until 3 or 4 a.m.; other nights some describe feeling like they never slept at all!

On the flip side, there are those people who most nights, can fall asleep in as little as 5-10 minutes, and only need about 6 hours of good-quality sleep to feel well-rested. I can already hear what you're thinking: They must have a simple / easygoing / stress-free life! Or they probably take a boat-load of sedatives! To the contrary, these people may also have optimal sleep hygiene skills.

Believe me (or not), there are plenty of things we can do to improve the quantity and quality of our sleep; here are a handful of recommendations that have work.

- Set and keep a consistent bedtime and wake time. Every day. Including on the weekends.

Our bodies run on a hormonally-mediated day/night cycle called the circadian rhythm, which tries to "guess" when we eat, exercise, and sleep. If your sleep schedule varies, your circadian rhythm can't adequately prep your body for sleep; on a similar note, NO NAPS > 15 minutes.

- Create a pre-bedtime routine. Do the exact same things, in order, every night before you get into bed; you're conditioning your body to recognize its sleepy time, so after a week or so of consistency you'll notice you start to become exhausted toward the end of the routine.

- Cut down. Alcohol, tobacco, & caffeine impair sleep quality by increasing body temperature, physiological activity, or both. Use minimal alcohol/tobacco within 2 hours of sleep, and no caffeine within 6 hours. On that note, try to avoid big meals, exercise, and/or technology use

within 2 hours of sleep—you've got to give your body and your brain time to wind down!

- Play it cool. Set the right "mood" in the bedroom: cool (temperature), dark, and quiet. You should also reserve the bed solely for sleep and \*passionate\* activities; reading or watching TV in bed confuses your brain as to what the bed is actually for... and how it should act!

- Visualize. Paying attention to anxious thoughts sparks neural beta waves, which prevent you from drifting off to sleep. Counting sheep, a mathematical function, also does the exact same thing! If you want to facilitate transition to the 1st stage of sleep (alpha waves), try visualizing yourself in the most comforting or relaxing environment you can think of—for me, it's a white-sand, clear-blue-water beach—and stay there, even when aberrant thoughts try to butt in. It takes practice and persistence, but over time you'll become more adept in teaching both your mind and body to relax in a timely fashion!

For questions, contact Dr. Ashley Kilgore, ashley.c.kilgore.mil@mail.mil or the Minot Mental Health Center at 701-723-5527.



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**



**TRAERGER CRISPY ORANGE CHICKEN WINGS**

**INGREDIENTS**  
ZEST FROM 1 ORANGE  
1 CUP FRESH SQUEEZED ORANGE JUICE, 3-4 ORANGES  
2 TBSP SOY SAUCE  
1/3 CUPS BROWN SUGAR  
SALT  
1 TSP GROUND GINGER  
1 TBSP CORN STARCH  
1 TBSP CHILI GARLIC PASTE  
1/4 TSP GROUND WHITE PEPPER, OR BLACK PEPPER  
1/4 CUP CHICKEN STOCK

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

Place chicken wings skin side up on a wire drying rack over a sheet pan or a sheet pan lined with paper towels. Blot with paper towels to dry.

Sprinkle with kosher salt and place wings in fridge for at least 1 hour.

For sauce, combine corn starch to chicken stock, mix well.

Add all remaining ingredients to a small saucepan, whisk and bring to a simmer over medium heat.

Once simmering, whisk in corn starch and chicken stock slurry. Continue simmering until sauce has thickened. Remove from heat and set aside.

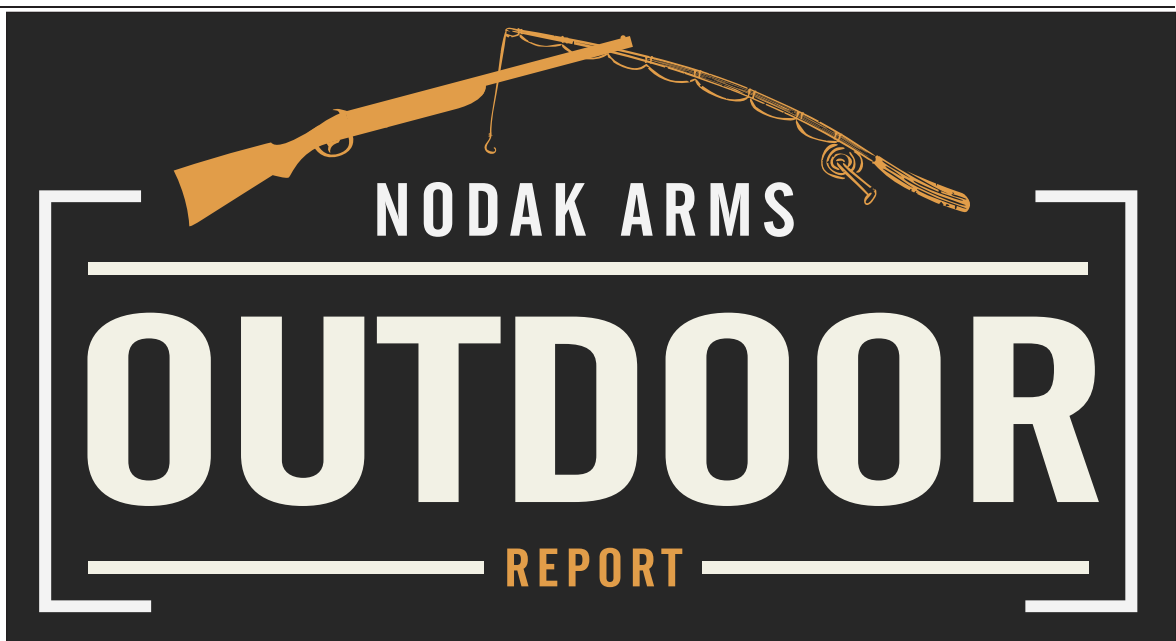
Place wings directly on grate and cook for 45 minutes or internal temp reads 170° and skin is golden brown.

Remove wings from grill and place in bowl with orange sauce. Toss until wings are covered with sauce. Enjoy!

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

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

Ryan Davy - GM  
Minot  
www.HofE.com/BBQHQ



**NODAK ARMS**

**OUTDOOR**

**REPORT**

## OUTDOOR NOTES:

PATRICIA STOCKDILL

### Fishing:

Lake Sakakawea elevation, Feb. 17: 1,838.06 feet above mean sea level (MSL); 25,100 cubic feet per second (CFS) Garrison Dam average daily releases.

Devi's Lake elevation: 1,448.98 feet above mean sea level (MSL).

Stump Lake elevation: 1,448.91 MSL.

•N.D. Game & Fish Dept. game wardens: Continued Missouri River tailrace activity for walleye. Devils Lake generally remains slow with limited walleye success on the Minnewaukan Flats. Try morning hours. Occasional perch from Stump Lake. No new reports from Lake Sakakawea. Dry Lake producing an occasional - at best - walleye.

•Devi's Lake, Ed's Bait Shop, Devils Lake: Fair for a mix of walleye and perch. Try 15 to 25 feet for walleye with best success in the morning and evening. A lot of activity in Creel Bay. Work deep water from mid-morning to mid-day for perch. Drill numerous holes to try to locate perch schools.

•Devi's Lake, Woodland Resort, Devils Lake: Anglers continue marking fish but bite remains finicky. Best success is still on the east side of Devils Lake for perch. Lots of small ones from Creel Bay. Best perch is mid-morning to mid-day while the best walleye bite is morning and evening. Try 17 to 25 feet for walleye; deeper for perch.

•Lake Audubon/Lake Sakakawea, Totten Trail Bait, Coleharbor: Move around on the east end of Lake Audubon for some walleye activity with some nice-sized ones showing up occasionally.

•Lake Darling, Karma C-Store, Ruthville: Lake Darling generally slow with a few small walleye. Look for a little better walleye success at Grano.

•Lake Metigoshe, Four Seasons, Bottineau: Continued fair to good success for a mix of bluegill, walleye, and pike. Move around, though, to find active schools.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Not many reports from the east end of Lake Sakakawea, although a few more portables out on Garrison Bay. Lots of houses on Lake Audubon but limited reports.

•Lake Sakakawea, Scenic 23, New Town: Lots of anglers on the Van Hook Arm with good numbers of small walleye. Best success is in the evening and at night. Try 10 to 20 feet. Access remains good.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri

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

• Feb. 21: West Dakota Waterfowlers Delta Waterfowl banquet, Grand Hotel, Minot, 5 p.m.

• Feb. 22: Light goose conservation order begins. Go to the N.D. Game & Fish Dept. website, (gf.nd.gov) for regulations and licensing information.

• Feb. 28: Watford City Ducks Unlimited Crawfish Boil, Watford City Eagles, \$5:30 p.m., \$50.

### Tournaments:

• Feb. 22: Devils Lake, Lake Audubon.

River tailrace continues producing walleye from boats during the day. Some pike mixed in around the Guppy Hole. Weather permitting, look for activity from the wing walls or from shore success. Not much ice fishing activity from Lake Sakakawea.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Lake Sakakawea remains hit-and-miss with best areas still around Long Creek and White Earth Bay. Confluence area producing a few walleye, especially up into the Yellowstone River. Trenton Lake producing a few crappie. Not many reports from small area lakes.

•Lonetree WMA area lakes, Harvey: Area lakes generally remain slow.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: No new reports from area lakes.

### Downhill skiing:

• Bottineau Winter Park, Bottineau: 10- to 25-inch base with all runs open and in good condition. Chair and carpet lifts open. 3 Sunny Side and 4 Backside tubing runs and lift open with snow jumps and rollers open in the Terrain Park.

• Frostfire Ski Area, Walhalla: 6 trails, Harebell beginner trail, and Terrain Park open Friday through Sunday.

• Huff Hills Ski Area, Mandan: 24- to 30-inch powder, packed powder base. 7 runs, bunny hill, and 2 lifts open. Open daily.

• Terry Peak, Lead, S.D.: 20- to 26-inch base with all lifts and runs open.

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

• Fort Stevenson, Garrison: Cross-country trails in fair to good condition but be cautious of bare spots in exposed areas. Fat tire bike trails in fair condition with icy base layer and several exposed areas. Northwest corner of North Pine Loop has drifting.

### Snowmobile N.D.:

• Cattail (Barnes, Cass, Steele, & Traill counties): 5- to 9-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): All trails open except Trail 6 with 4- to 8-inch base. Fair to good condition.

• Missouri Valley (Burleigh & Emmons counties): Wilton, Sterling, Moffit, & Hague trails open with 3- to 6-inch base. Watch for possible water on lakes and sloughs. Snow removal operations along highways 83 and 11 created large drop-offs and deep cuts. Slow down and beware of changing conditions. Thin ice west of McKenzie on Sterling Trail by culvert on large slough. Stay on shoulder. Open water on Moffit Trail along highway north of Moffit. Chevrons in place directing traffic to shoulder.

• Northeast (Cavalier, Pembina, & Walsh counties): 5- to 8-inch base with all trails open and in good condition.

• Red River North (Pembina & Walsh counties): All trails open with 4- to 8-inch base. Good conditions in ditches, marginal in open areas.

• Red River South (Grand Forks and Walsh counties) West Loop closed but other trails open and in fair condition. 4- to 8-inch base.

•Sheyenne Valley (Barnes, Dickey, LaMoure, Ransom, & Stutsman counties): 8- to 12-inch base. J1, V2, V5, V6, L1, & M1 trails open and in fair condition. McKinnis Trail moved to Hwy. 46.

• Southern Valley (Richland County): 8- to 14-inch base with all trails open and in fair to 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.

THIS SPECIAL FEATURE IS SPONSORED BY:



**NODAK ARMS**

**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



# The Maxwell Quartet to Perform March 3

The International Artists Series of Minot and Live On Stage, Inc. announce Scottish String Quartet as part of their 2019 - 2020 Concert Season

MINOT, ND – Glasgow-based string quartet, The Maxwell Quartet, is bringing the sounds and stories of Bonnie Scotland to Ann Nicole Nelson Hall - MSU on Tuesday, March 3, 2020 at 7:30 p.m. Doors will open 30 minutes in advance with no reserve seating. Single event tickets are available at \$30/adult and \$15/student at the door, or by calling the number below or on the International Artist Series website. Early-bird subscriptions for the 2020-2021 Season will be available for purchase at the door the night of the concert. To purchase event tickets, or to get more information on season tickets, please visit the association's website at [www.minotconcerts.org](http://www.minotconcerts.org), contact 701-838-1113, or email at [iasminot@srt.com](mailto:iasminot@srt.com).

The Glasgow-based Maxwell

Quartet is now firmly regarded as one of Britain's finest string quartets, with performances set apart by the tribute they pay to their Scottish folk music heritage. The Maxwell Quartet consists of four great friends who grew up playing classical and folk music together in youth orchestras and music schools across Scotland. Performing widely across Scotland, the quartet has established a reputation for delighting audiences with their "unaffected enthusiasm" (North Highland Times) and their "panache and conviction" (Strathearn Herald). Their concert features a combination of classical favorites and unforgettable original pieces, all tied together with stories from home.

The International Artists Series of Minot, North Dakota has

been presenting internationally acclaimed artists to the community since 1947. The all-volunteer non-profit board is committed to bringing artists and audiences together and enriching the cultural life of the greater Minot community through live performances offered at affordable, family friendly prices. Live On Stage, Inc. provides excellent, affordable, entertainment attractions and support services to an American community of concert presenters.



# Prairie Public launches 2020 PBS Kids Writers Contest

PRAIRIE PUBLIC BROADCASTING

Prairie Public has launched the 2020 PBS Kids Writers Contest to promote the advancement of children's reading skills through hands-on, active learning. The deadline to submit stories is March 27, 2020.

The contest encourages children in grades K-3 in the prairie region to write and illustrate stories. Each story entered will be evaluated by Prairie Public staff and a team of local teachers and librarians until a first-place winner and three Red Ribbon Favorites are chosen for each grade level.

Every child who enters the contest will receive a certificate of achievement and personalized, positive feedback from contest evaluators. First-place winners will receive prizes, have their stories featured on the Prairie Public website, and have the opportunity to read their stories on Prairie Public's statewide radio network.

Entry forms and complete rules



are available from Prairie Public online at [prairiepublic.org](http://prairiepublic.org) or by calling Christine McClellan at 701-239-7527.

Prairie Public Broadcasting, headquartered in Fargo, is a non-profit member station of PBS and NPR that provides public television services throughout

North Dakota, northwestern Minnesota, southern Manitoba, and parts of Montana and South Dakota; public radio service to North Dakota; and educational and technological services to communities and individuals across its coverage area.

**BF**  
Break Forth  
BIBLE CHURCH

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

Welcoming  
**MAFB**  
Servicemen  
and Women!

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

MINOT AIR FORCE BASE

**Finest**

A1C  
**JORDAN SWANSON**  
5TH SECURITY FORCES SQUADRON

Recipient of the 5th Bomb Wing  
CMSgt Robert Harrington (ret)  
Spirit of Service Award 2019

MINOT'S *Finest*  
**COLLISION CENTER**

Proudly Serving MAFB  
for over 30 years!

[www.minotfinest.com](http://www.minotfinest.com) 701.839.0989  
524 31st Avenue SW • Minot, ND

Full Service Salon  
• cuts  
• colors  
• highlights  
• pedicures  
• manicures  
• facials  
• perms

**Berni's**  
Hair Designers, Inc.  
• Melisa Ellison •  
701-240-1385

Located on North Hill  
2001 3rd St NW • Minot

HOURS: Mon, Tues, Thurs. 8:30-8:30 • Wed, Fri. 8:30-6:00 • Sat. 8:30-3:00

**CPM**  
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!**

**CPM** 701-852-5028  
creative property management Inc. [WWW.CREATIVEMINOT.COM](http://WWW.CREATIVEMINOT.COM)

**INTERNATIONAL MUSIC CAMP**

Summer School Of Fine Arts

**MUSIC & ARTS PROGRAMS FOR MIDDLE & HIGH SCHOOL STUDENTS**

- Six One-Week Sessions in June & July
- Programs in Vocal & Instrumental Music, Theatre, Art, Dance & More!
- Prominent Guest Conductors & Outstanding Artist-Teachers Every Week
- Private Lessons Available
- Adult Community Camps

**NO AUDITIONS REQUIRED!**

**IMC - UNITED STATES**  
111 - 11th Ave. SW, Suite 3  
Minot, ND 58701  
[info@internationalmusiccamp.com](mailto:info@internationalmusiccamp.com)  
701.838.8472 | 701.838.1351 Fax

**IMC - CANADA**  
[brent@internationalmusiccamp.com](mailto:brent@internationalmusiccamp.com)  
204.269.8468



# 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>  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> <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> <b>1615 2nd St. SE • Minot • 839-3694</b> 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 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>  <b>200 3rd St. SW • 852-4533</b> 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> <b>Southern Baptist Convention</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. www.minotcrbc.org email: minotcrbc@gmail.com <b>Dr. Bob Farmer- Pastor</b> 415 28th Ave SE (Behind Menards) 838-1873</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>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>Vincent United Methodist Church</b> <b>1024 2nd St. SE • 838-4425</b> Behind Town &amp; Country Shopping Center open hearts...open minds...open doors! 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: www.ourredeemers.org</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>	<div data-bbox="1140 1718 1869 2475"> <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>NOW ACCEPTING REGISTRATIONS FOR THE 2020-2021 SCHOOL YEAR</b> <b>HIGHLIGHTS OF OUR PROGRAM</b> • Time-tested curriculum including STEM and Language Arts activities as well as Free Play • 2 and 3 day options available • Kindergarten readiness skills practiced each session • All teachers hold a North Dakota Professional Educator's License • Christ-centered environment Please contact our school office or visit our website for more information. <b>701.839.0772</b> Email: jschultz@orcsknights.org Website: www.orcsknights.org</p> </div>	
<p><b>First Assembly of God</b> <b>1805 2nd St. SE 838-1111</b> 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 CHURCH KNIGHTS</b>  Our Redeemer's Christian School 700 16th Avenue SE Minot, ND 58701 info@orcsknights.org • 701-839-0772 www.orcsknights.org</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>		

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





# CLASSIFIEDS

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

## RUMMAGE SALE

### RUMMAGE & BAKE SALE SATURDAY, FEBRUARY 29

9am-2pm, Lunch at 11am...  
Sweet Treats all day.  
Bag Bargains at 1pm.  
**Vincent United Methodist Church, Minot.**  
1024 2nd St. SE,  
4 blocks east of Toad's.

wk09

## FLEA MARKET

### MOVING NEED CASH?

Sell your used/unwanted items at MAGIC CITY FLEA MARKET, MARCH 7 & 8, State Fairgrounds. Info 701-340-7930.

tfn

## 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.

tfn

## 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.

tfn

## JOHN'S



### AUTOBODY

Pays Up To **\$500**

Insurance Deductibles

We Guarantee All Work & Color Match

4121 S. Broadway  
839-8896

## PROFESSIONALS

### LEE CLOUSE INDEPENDENT BEAUTY CONSULTANT

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

tfn

### 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.

tfn

### 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.

tfn

### 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.

tfn

## RENTALS

### 2-3 BEDROOM APARTMENT,

All Utilities Paid, No Lease, Fully Furnished, Washer/Dryer, Cable & WiFi, 2 Car Garage. \$900 Per Month. For more information call (701) 833-9943.

wk10

### 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

wk8

### 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

tfn

## REAL ESTATE

Find ALL listed homes for sale in Minot and the surrounding areas at [www.brokers12.com](http://www.brokers12.com).

tfn

### 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.

wk2

## TRANSPORTATION

### I BUY CARS OR HAUL JUNKERS AWAY FOR FREE -

Call Karz 4-U at 240-9172.

tfn

### \$\$\$ 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)

tfn

## BASE ANNOUNCEMENTS

### EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

Embry-Riddle Aeronautical University is now registering for the Spring 2020 term (23 Mar-24 May). 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](mailto: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](mailto:mino@park.edu) PARK. YOU

## 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.

tfn

## ANSWERS

SUDOKU  
Answers to puzzle from page A4

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

## MINOT AIR FORCE BASE NORTHERN SENTRY

follow us on



## Have A Ball Bowling League

at Rough Rider Lanes

March 5 - May 21

Thursday Nights at 6:00PM

GET A BOWLING BALL AT THIS FUN 12 WEEK LEAGUE! AT THE END WITH ALL DUES PAID, BOWLERS WILL RECEIVE A STORM MASTER LINE BOWLING BALL OF THEIR CHOICE FROM THE STORM BALLS BELOW!



ONE OF THESE BALLS COULD BE YOURS!

Only \$20 Per Week Plus Shoe Rental

\* BALL NEEDS TO BE AT LEAST 12 TO 16 POUNDS. LIGHTER BALLS ARE AVAILABLE BUT NOT IN THE OPTIONS LISTED.



STOP BY OR CALL 727-4715 TO REGISTER TODAY!



## BINGO NIGHTS

AT ROCKERS BAR & GRILL

FEBRUARY 5, 12, 19, & 26

JOIN US FOR A GAME OF BINGO EVERY WEDNESDAY IN THE ROCKERS BAR AREA! ROUNDS START AT 5:30PM, 6:30PM, & 7:30PM! PAYOUT IS \$25 FOR THE FIRST STRAIGHT BINGO OF EACH ROUND. THEN THE GAME WILL CONTINUE TO COVERALL GAMES WHICH WILL EACH HAVE A 50/50 PAYOUT FOR THE COVERALL WINNER!

\$1.00 FOR A SINGLE CARD  
\$5.00 FOR 6 CARDS!

MUST HAVE 10 PLAYERS TO CONDUCT EACH ROUND





# 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!

**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

### 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)



# Air Force announces Air Force Art Contest winners

AIR FORCE INSTALLATION AND MISSION SUPPORT CENTER PUBLIC AFFAIRS

JOINT BASE SAN ANTONIO-LACKLAND, Texas (AFNS) --

The Air Force Services Center recently released the winners of the 2019 Air Force Art Contest.

The contest, which runs Nov. 1-30 each year, is designed to highlight and celebrate creative works by Airmen and their families around the globe.

More than 900 artists submitted more than 1,400 pieces of art in this year's contest using a variety of media.

Congratulations to the following winners:

**Adult Accomplished Winners**

**First Place:** Nick Malin, McConnell Air Force Base, Kan., "Hide & Seek" oil painting on canvas

**Second Place:** Jenna Ervin, Schriever AFB, Colo., "Jai Yen" oil painting on canvas

**Third Place:** Eleanor Puetz, Offutt AFB, Neb., "5 and Fire" pencil

**Adult Novice Winners**

**First Place:** Jazmine McDuffie, Minot AFB, N.D., "Lady of Many Colors" acrylic and water paint

**Second Place:** Danny Phillips,

Tinker AFB, Okla., "Duck" acrylic

**Third Place:** Randi Nelson, U.S. Air Force Academy, Colo., "Cream" graphite, charcoal, colored pencil and ink

**Youth Ages 13-17 Winners**

**First Place:** Kole McCarrick, Luke AFB, Ariz., "Boneless" black pen

**Second Place:** Mara Danner, Peterson AFB, Colo., "Popped" mixed media

**Third Place:** Rebecca Frazier, Spangdahlem Air Base, Germany, "Donuts" acrylic paint

**Youth Ages 9-12 Winners**

**First Place:** Morgan Becker, Hill AFB, Utah, "Rising Star" oil paint on canvas

**Second Place:** Tai Oser, Ramstein AB, Germany, "Parrot" pencil

**Third Place:** Haniyah Robinson, Wright Patterson AFB, Ohio, "Warrior Cat"

**Youth Ages 6-8 Winners**

**First Place:** Riley Roberts, Seymour Johnson AFB, N.C., "Self Portrait" paint

**Second Place:** Alora Brownfield, Joint Base San Antonio-Lackland,

"Owl Eyes" white charcoal pencil  
**Third Place:** Clay Koertner, Scott AFB, Ill., "A Pup's Curiosity" pencil

Winners in each category received \$400, \$300 and \$200 gift cards for first, second and third place respectively.

The Air Force Services Center manages the Air Force Art and Photo Contests. To view the winning images and for more information on these and other Air Force services programs, go to [www.myairforcelife.com](http://www.myairforcelife.com).



U.S. AIR FORCE GRAPHICS | AIR FORCE SERVICES CENTER

**TOGETHER, WE IMPROVE QUALITY OF LIFE** Same day appointments available.

1201 11th Avenue SW, Minot, ND  
Phone 701.858.6700, 800.841.7321  
Hours: Monday-Friday 8 a.m.-5 p.m.  
[cfminot.UND.edu](http://cfminot.UND.edu)

**Center for Family Medicine**  
**SCHOOL OF MEDICINE & HEALTH SCIENCES**  
UNIVERSITY OF NORTH DAKOTA

**MAGIC CITY CAR AND TRADE SHOW**  
PRESENTED BY: **NODAK SUPERMARKET** and **MAGIC CITY MID**

**NORTH DAKOTA STATE FAIR CENTER 4H HALL**  
**FEBRUARY 22<sup>nd</sup> & 23<sup>rd</sup>**

**RAFFLE: \$20 PER TICKET**  
1ST: HONDA RANCHER 420 ATV  
2ND: HONDA EU2200I GENERATOR  
3RD: \$500 CASH  
**RAFFLE ENDS: FEBRUARY 23RD**

**FOR MORE INFO, CONTACT ADAM DYESS 701-822-7223 OR VISIT OUR SITE RACENODAK.COM**

**CAR SHOW | SWAP MEET | RC CARS RAFFLE | SEMINARS | VENDORS**

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.

**Golden Ticket Winner!**

**Mike Eggebraaten** found a \$20 Golden Ticket in his Northern Sentry

Find hidden treasure in your Northern Sentry!