

northernsentry

FREE | WWW.NORTHERNSENTRY.COM | VOL. 59 • ISSUE 03 | MINOT AIR FORCE BASE | FRIDAY, JANUARY 22, 2021



2ND "PRESENCE PATROL" OF 2021 IN MIDDLE EAST

A KC-10 Extender assigned to the 908th Expeditionary Air Refueling Squadron refuels a U.S. Air Force B-52 Stratofortress assigned to the 5th Bomb Wing during a Bomber Task Force (BTF) mission over the U.S. Central Command area of responsibility, Jan. 17, 2021. The B-52 is a long-range bomber with a range of approximately 8,800 miles, enabling rapid support of BTF missions or deployments and reinforcing global security and stability. See page 3 for coverage.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN AARON LARUE GUERRISKY



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DETAILS ON PAGE B8

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VOLUNTEER VICTIM ADVOCATES

Last week, 15 Volunteer Victim Advocates completed VVA training sessions with the Minot Air Force Base Sexual Assault Prevention and Response team. The VVAs completed the 40 hour course and learned how to lend support and advocate for survivors of sexual assault in the military.

MINOT AIR FORCE BASE SEXUAL ASSAULT PREVENTION AND RESPONSE PHOTO

BABY

ANNOUNCEMENTS

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| | |
|--|--|
| | <p>BABY GIRL BORN ON MONDAY, JANUARY 11, 2021 TO: AEJHA AND ROMANE REID MAFB, ND</p> |
| | <p>BABY BOY BORN ON MONDAY, JANUARY 11, 2021 TO: CHRISTINA AND RILEY BROWN MAFB, ND</p> |
| | <p>BABY GIRL BORN ON TUESDAY, JANUARY 12, 2021 TO: REASHA AND GLENN BOWERS MAFB, ND</p> |
| | <p>BABY BOY BORN ON WEDNESDAY, JANUARY 13, 2021 TO: LAURA AND BENJAMIN BAWDEN MINOT, ND</p> |
| | <p>BABY BOY BORN ON WEDNESDAY, JANUARY 13, 2021 TO: JUSTINA AND JUSTIN AGUIGUI MINOT, ND</p> |
| | <p>BABY GIRL BORN ON THURSDAY, JANUARY 14, 2021 TO: LEXIS AND ALEXANDER WESOJA MAFB, ND</p> |
| | <p>BABY BOY BORN ON THURSDAY, JANUARY 14, 2021 TO: HEATHER AND DUSTIN SERIGHT TOWNER, ND</p> |

If you want to put a photo of your baby in the Northern Sentry, send it to nsads@srt.com. Please include your name and the birth date of your baby. Baby listings will come from Trinity.

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U.S. Central Command statement on first bomber mission of 2021

BY U.S. CENTRAL COMMAND PUBLIC AFFAIRS U.S. CENTRAL COMMAND COMMUNICATION INTEGRATION

Two U.S. Air Force B-52H bombers conducted a Bomber Task Force mission today in the Middle East to demonstrate the U.S. military's continuing commitment to regional security and deterrence to aggression.

The aircrews flew a 36-hour, non-stop mission from the 5th Bomb Wing's home at Minot Air Force Base, N.D., to the

Arabian Gulf and back to send a clear deterrent message by displaying the ability to deploy overwhelming combat power on short notice.

The temporary deployment, the fourth in the last two months and the command's first bomber mission of 2021, is one element of a robust U.S. defensive posture that includes the USS Nimitz

(CVN-68) aircraft carrier and other assets.

The B-52H "Stratofortress" is a long-range, heavy bomber that can perform a variety of missions. The bomber can fly at high subsonic speeds at altitudes reaching 50,000 feet. It has an unrefueled combat range in excess of 8,800 miles. The B-52H can carry precision guided ordnance

with worldwide precision navigation.

"America doesn't seek conflict," said U.S. Navy Capt. Bill Urban, U.S. Central Command spokesman. "This mission is a measured approach to demonstrate that we are committed to the defense of our forces in the region and are capable of responding to any aggression on short notice."

Aircrews Conduct 2nd "Presence Patrol" of 2021 in Middle East

U.S. Air Force B-52H "Stratofortress" aircrews successfully completed a presence patrol in the Middle East today, marking the second such mission of 2021.

Bomber Task Force missions are observable ways to demonstrate the U.S. military's continuing commitment to regional security, said U.S. Central Command's commander.

"Short-term deployments of strategic assets are an important part of our defensive posture in the region," said Gen. Frank McKenzie. "The training opportunity and continued integration with regional partners improves readiness and delivers a clear and consistent message in the operational environment to both friends and potential adversaries, alike."

This is the fifth Bomber Task Force mission into the Middle East in the last few months.



A U.S. Air Force B-52 Stratofortress assigned to the 5th Bomb Wing departs after receiving fuel from a KC-10 Extender assigned to the 908th Expeditionary Air Refueling Squadron during a Bomber Task Force (BTF) mission over the U.S. Central Command area of responsibility, Jan. 17, 2021. BTF missions or deployments showcase the U.S. Air Force's ability to rapidly and effectively support missions around the globe and seamlessly integrate into operations.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN AARON LARUE GUERRISKY

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Col. Michael O. Walters

5th Bomb Wing Vice Commander:

Col. Brian D. Vlaun

91st Missile Wing Commander:

Col. Christopher E. Menuet

91st Missile Wing Vice Commander:

Col. Barry E. Little

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CMSgt Timothy Wieser
5th Bomb Wing Command chief



COMPASSION & CHARACTER CANDOR

What do you look for in a leader?

"Someone who can connect with people. Someone with impeccable character, uses candor, goes up and down the chain of command and approaches situations with compassion."

Compassion

"Be kind, for everyone you meet is fighting a hard battle." – Socrates ... That quote is one of the greatest of all time. If we can all live by those words, our force will thrust into a rewarding and attentive environment."

Character

"Have the type of character that's approachable. Being open-minded and welcoming will harvest an atmosphere and alliance that will bring our organization to an apex level."

Candor

"Just simply be you. The respect that is gained will be unrivaled if you can stay true to having candor. Your teammates will rely and trust in you not because of what's on your collar or sleeve. You will, however, gain their trust from being transparent and a bold leader."

Communication

The best way to communicate, and the only way to be 100% effective, is to communicate in person, face-to-face. Being able to convey the message along with tone of voice and body language provides the full message to the receiver.

Leading Up

"Taking care of your boss is foundational to achieving mission success. The next time a tasking comes down that you may not agree with, step back and ask yourself these three questions..."

- Is it important to your boss?
- Is it important to your unit?
- Is it important to the Air Force?

If you can say yes to any of these, then seize the opportunity and complete the mission."

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91 SFG, 4th Quarter and Annual Award winners of 2020

COLONEL THOMAS E. SEGARS, JR

Another amazing...but strange...year under our belts. The introduction of COVID-19 has changed the landscape on how we do business, and the 91 SFG led that charge! Unprecedented 14-day tours the first in the Air Force to “move out.” We’ve negated over 9K security situations, the most in 20 AF. Over 2 million miles driven in the complex and achieving one of the best safety records in 20 AF. The first wing to roll out with code change during OLYMPIC RAMPART, and completed it in 1/3 of the time it normally takes. The wing establishing a strategic margin within the complex with a massive surge of maintenance and convoy ops in heightened HPCONS that produced one of the highest alert rates on record...99.6%, highest in the command. We also saw an uptick in an area that we routinely suffer in...Present For Duty rates. While it fluctuates daily, the 91 SFG saw a rise in PFD rates of up to 20% over the 2 previous years, with the “Do Not Arm” roster due to disciplinary to under 10%...of 1K personnel!

We’ve asked you to do the work, to put in the time, and you have achieved greatness. Chief Sullivan and I are so proud of you and the work it takes to be the best, 24/7/365. Thankless work, that most of the country would never know even existed. You are the stalwarts, the sheepdogs and the protectors, and we cannot thank you enough.

Every quarter and every year, we have the awesome opportunity to recognize the best of the best, not an easy feat by any means. The following personnel were selected via internal boards by your peers and leaders as the SFG’s 4th quarter and our annual award winners. Please help the Chief and I congratulate your 91 SFG, 2020, 4th Quarter and Annual Award winners!!

4TH QUARTER AWARD WINNERS:

Amn of the Quarter: SrA Alexandra Lugo, 791 MSFS
NCO of the Quarter: TSgt Ryan P. Bell, 791 MSFS
SNCO of the Quarter: MSgt Michael L. Hanson, 891 MSFS
CGO of the Quarter: 2d Lt Alexis N. Janke, 891 MSFS
Flt CC of the Quarter: 2d Lt Christopher J. Long, 91 MSOS
Professional Team of the Quarter: 791 MSFS Operations and Training
Cat I, Civilian of the Quarter: Mr. Dennis C. Harris, 891 MSFS
Cat II, Civilian of the Quarter: Mr. Donovan D. Womack, 91 SFG
Volunteer of the Quarter: TSgt Stevie M. Brown II, 91 MSOS
Key Spouse of the Quarter: Ms. Jourdan Carrell, 91 MSFS
Key Spouse Team of the Quarter: 91 MSFS

ANNUAL AWARD WINNERS:

Amn of the Year: A1C Michelle Ocampo-Gonzalez, 91 MSFS
NCO of the Year: TSgt Lauren M. Collins, 891 MSFS
SNCO of the Year: MSgt Kyle R. Tow, 791 MSFS
CGO of the Year: Captain Daniel M. Peterson, 91 SFG
Flt CC of the Year: 2d Lt Alexis N. Janke, 891 MSFS
First Sergeant of the Year: MSgt Devon J. Bullock, 791 MSFS
Professional Team of the Year: 791 MSFS Operations and Training Section
Cat I, Civilian of the Quarter: Mr. Gary C. Conlee, 91 MSOS
Cat II, Civilian of the Quarter: Ms. Tara L. Schaefer-Nygaard, 791 MSFS
Key Spouse of the Year: Mr. Owen Lawler
Key Spouse Team of the Year: 91 MSFS
Security Forces, Outstanding Large Unit of the Year: 791 MSFS
Security Forces, Outstanding Medium Unit of the Year: 91 MSOS

ADDITIONAL ANNUAL AWARD CATEGORIES:

The 2020, 91st Missile Wing nomination for the US Strategic Command, Professional Team of the Year: Convoy Response Force, 91 MSOS

The 2020, 91st Missile Wing nomination for the US Strategic Command, Junior Enlisted Tier, Annual Award: SrA Kacie J. McCann, 891 MSFS

The A1 CSS of the Year award nominee: 891 MSFS

The A1 General Billy J. Boles Mentorship Award: TSgt Lionel J. Blunt, Jr., 891 MSFS

The 91 SFG, AFSA Pitsenbarger Award nominee, SSgt Joshua T. Howard, 91 MSFS

Thanks again for all you do and congrats/good luck to our SFG nominees who will go on to compete at the wing level!



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LAW TALK

Avoiding Ancillary Probate

Last time, we discussed Ancillary Probate and explained what it was and how it differs from the “normal” probate process. Opening probate in two states can be challenging.

So, can ancillary probate be avoided? If you are looking to the future and preparing your own estate plan in order to avoid probate and the hassle, we can absolutely help you avoid ancillary probate as part of that. There are a few ways to avoid probate (regular and ancillary). These generally consist of either a trust or a life estate deed or transfer on death deed.

A trust to avoid ancillary probate.

If you own property in multiple states and North Dakota is one of those states, we can help you. The first option to avoid ancillary probate would be to set up a trust. In setting up a trust, you will have established a trustee. A trustee can then take care of the property held in trust with (usually) no court action necessary! This helps eliminate the need to open probate cases in multiple states as your trustee would already have the legal authority to manage the property and would not require a court to grant that authority.

Deeds to avoid ancillary probate.

Often, the property we deal with in ancillary probates is real property (either surface interests or mineral interests). As you prepare your estate to avoid ancillary probate, life estate deeds and transfer on death deeds are two options to consider.

A life estate deed allows you to convey real property to individuals of your choosing (the grantees), reserving a life estate for yourself. This means that you continue to use the property during your lifetime but, upon your death, ownership will transfer to the grantees. One downside of a life estate deed is that it can be difficult to change if you change your mind—all of the grantees would have to agree and sign any document.

A transfer on death deed works in much the same way except you can change your mind and revoke the deed at any time. This provides more flexibility in estate planning; however, a transfer on death deed would not remove the value of the property from your estate and so this could be a downside if you're also exploring ways to protect your estate from estate taxes or creditor claims.

Final Thoughts

Whether you are looking to handle ancillary probate for a deceased loved one or to avoid ancillary probate of your own estate in the future, Boppre Law Firm can help with the details. Please reach out to us via our website or call us at 701-852-5224 to let us know how we can be of assistance!



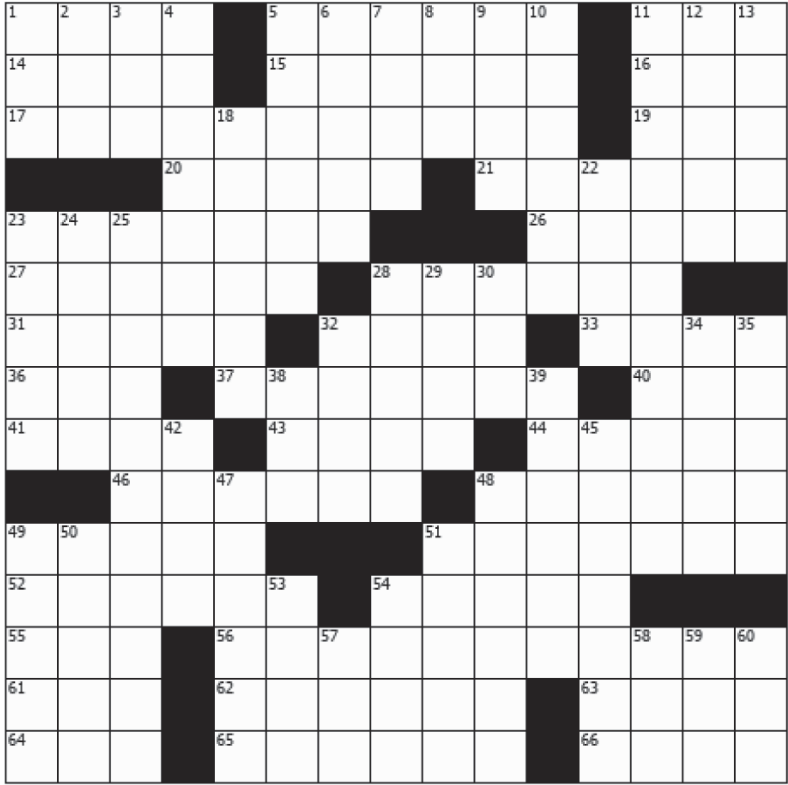
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CROSSWORD PUZZLE

- Across**
- 1. Sharp taste
 - 5. California volcanic peak
 - 11. Kind of temper or treatment
 - 14. Controversial apple spray
 - 15. Dowager
 - 16. Place for a pit stop in London?
 - 17. Iterative
 - 19. Fleur-de-__
 - 20. Choral work
 - 21. Professor's protection
 - 23. Bawled out
 - 26. Light in a light show, perhaps
 - 27. High-society hors d'oeuvre
 - 28. Expeditious
 - 31. "___ we all?"
 - 32. Supplication
 - 33. Times of note
 - 36. Links standard
 - 37. They probably think this song is about them
 - 40. Tax-deferred nest egg
 - 41. Abbr. at the end of a list, perhaps
 - 43. Football strategy
 - 44. Not easy to get close to
 - 46. Official witness, of a kind
 - 48. Sentence fragment
 - 49. Guts
 - 51. Water flowers
 - 52. Comes to mind
 - 54. Homo erectus, for one
 - 55. Classic car
 - 56. Hardworking
 - 61. Subject of this puzzle's theme
 - 62. Seattle landmark
 - 63. He sang with Crosby
 - 64. CIA forerunner
 - 65. Physiological property
 - 66. Type of matter



- Down**
- 1. Creosote source
 - 2. Andy Capp beverage
 - 3. Preschooler's dread, sometimes
 - 4. Troublemaker of folklore
 - 5. Hard hitter, biblically
 - 6. Detested
 - 7. "Look ___ this way ..."
 - 8. Sign for a sellout
 - 9. Racetrack tipster
 - 10. Saint and a founder of scholasticism
 - 11. Renowned
 - 12. France's longest river
 - 13. Short straw drawer, e.g.
 - 18. So far
 - 22. Scruff of the neck
 - 23. Land's end?
 - 24. Jeweler's 200 milligrams
 - 25. Excessively distressed
 - 28. Either of two noted Roman authors
 - 29. Part of R&R
 - 30. Nibble for a nag
 - 32. Serve the tea
 - 34. "___ by any other name ..."
 - 35. Some are cracked
 - 38. 3.50, e.g.
 - 39. Cracker factory employee or winter road worker, perhaps
 - 42. Hi's mate
 - 45. Exalting
 - 47. Preparing to kick or drive
 - 48. Chopper
 - 49. "Super" one of Nintendo games
 - 50. Black and white cookies
 - 51. Glove thread, perhaps
 - 53. Olden dagger
 - 54. Melville's Billy
 - 57. Place for thieves?
 - 58. Row with the flow
 - 59. It's in the center of Jerusalem?
 - 60. Skittish

SUDOKU

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

Solution to puzzle on page B10



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CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

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

REEL TIME THEATER

MOVIE SCHEDULE

FRIDAY, JAN 22 1900

SATURDAY, JAN 23 1800

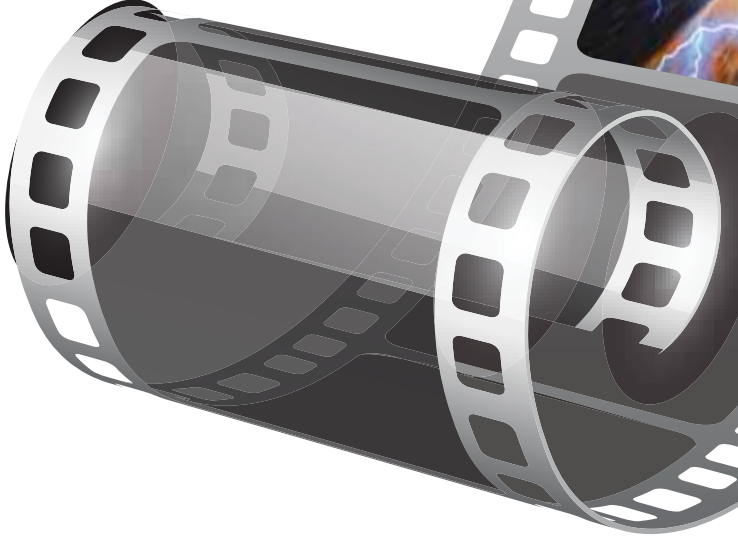
SUNDAY, JAN 24 1800

NEWS OF THE WORLD (PG-13)

SATURDAY, JAN 23 1400

SUNDAY, JAN 24 1400

SONIC THE HEDGEHOG (PG)



Airmen of Minot



AIRMAN FIRST CLASS HALEY ALASPA RESPONSE FORCE LEADER

Airman First Class Haley Alaspa is a response force leader for the 791st Missile Security Forces Squadron. She is originally from Sault Ste. Marie, Michigan and became a member of Team Minot in October 2019.

"I love Minot, it reminds me of home," said Alaspa. "My squadron is like one giant family."

Her primary responsibility is to secure the missile fields and respond to alarms that may go off at launch facilities to handle any potential threat.

"My job usually entails answering alarms at launch facilities," said Alaspa. "We stay out at missile alert facilities for a week at a time and respond

to any threat near the launch facilities."

When she isn't out ensuring the security of the missile fields, she spends her free time sewing, reading books and painting. Alaspa also has an enthusiasm for outdoor activities such as skiing, hunting and fishing.

"I love the outdoors, I love anything that gets me outside," said Alaspa.

As for what the future holds, she is hoping to make the Convoy Response Force team and is furthering her education with plans to finish her degree through the Community College of the Air Force.



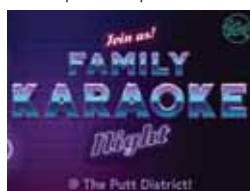
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Upcoming Events

23 JAN **FAMILY KARAOKE NIGHT @ THE PUTT DISTRICT**
6:00 PM - 10:00 PM
The Putt District
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Family Karaoke at The Putt District! Pizza, mini-golf, & drinks! Come hungry and ready to sing to sing your heart out!



For more information:
Facebook Event / The Putt District

23 JAN **SUCCULENT MAKE + TAKE**
5:00 PM
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8401 County Rd 15 W, Minot

When: January 23rd, 2021
Where: Wildwood Golf Course
Time: 5:00pm
\$45 per person + includes a beverage of choice.
Items include pot of choice + 2 succulents. Limited spots available!



For more information:
Facebook Event / Succulent Make + Take

26 JAN **PAINTING LESSONS**
7:30 PM
Virtual Event (Facebook Live)
Nature's Nook Children's Toys & Books FB Page

Join Deb on Tuesday night, Jan 26 at 7:30pm to paint a loose rose and bud. This is not to say the rose is easy but rather, it is NOT a photorealistic painting lesson. Deb will take you step-by-step through an abstract method to paint this beautiful rose and bud.

This is a free FB live event. We write this because, unfortunately, there are dishonest people who'll try to sell you tickets to our events. Always deal directly with Nature's Nook Toys.

If you do not have art supplies, we sell art kits with everything you'll need for this event. Art Kits cost \$25 and are available on our website at www.naturesnootoys.com

ACRYLIC PAINTING ROSE AND BUD LESSON



For more information:
Facebook Event / Loose Rose and Bud Acrylic Painting Lesson

28 JAN **VIRTUAL KITCHEN BLUEBERRY PANCAKES**
3:00 PM
Virtual Event (Facebook)
Minot Public Library Facebook Page

Celebrate National Blueberry Pancake day with us on January 28th! Watch us on Facebook as we teach you how to make blueberry pancakes! To follow along you need:

2 cups all-purpose flour, 4 teaspoons baking powder, 1 teaspoon salt
2 large eggs, room temperature, 1 1/2 cups milk
1/4 cup melted butter or oil of choice
2 Tablespoons sugar
1 teaspoon vanilla extract
2/3 cup fresh blueberries



For more information:
Facebook Event / Virtual Kitchen Blueberry Pancakes

29 JAN **PUPPY PALOOZA**
3:00 PM - 6:00 PM
4R Home Thrift
2031 N Broadway, Minot

Puppy cuteness overload! Sweet Cheeks and her pups will be on display at the store from 3pm-6pm.

Come by and meet the amazing 8 reindeer (puppies) and possibly (probably) fall in love.

SVAS and 4R Home Thrift are teaming up for an adoption clinic.

We will be posting pictures of the awesome 8 as we near the date.

Stayed tuned to our Facebook page.



For more information:
Facebook Event / Puppy Palooza / 4R Home Thrift

On Base



For more information visit: www.5thforcesupport.com



Department of the Air Force offers limited Active Duty Service Commitment waivers; expanded PALACE CHASE

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

The Department of the Air Force will implement several voluntary officer and enlisted force management programs for fiscal year 2021, including an expanded PALACE CHASE program and limited Active Duty Service Commitment waivers.

These programs provide provisions for both enlisted and officer members who meet specified criteria. The application window runs Jan. 20 – April 2.

"Voluntary force management programs provide Airmen with flexible options to retire, separate or affiliate at times that suit their personal circumstances and allow the Department of the Air Force to balance certain specialties to ensure we meet the needs of the high-end fight," said Col. Richard Cole, Military Sustainment and Transition Program Division chief.

The limited ADSC waiver program allows eligible Airmen to retire no later than Sept. 1, or separate no later than Sept. 29. Retirement-eligible Airmen must complete at least 20 years of total active federal military service and, for officers, at least 10 years of total active federal commissioned service, before the requested retirement date.

Enlisted ADSC waivers will be considered for permanent change of station (PCS), date estimated return from overseas (DEROS) curtailment, and senior noncommissioned officer promotions. Officer waivers will be considered for PCS, DEROS curtailment, tuition assistance, direct accession, Extended Active Duty ROTC and OTS service commitments.

The FY21 Expanded PALACE CHASE Program provides an opportunity for Airmen in selected Air Force specialties and grades to apply for a transfer from active military service to an Air Reserve Component position. For enlisted Airmen transitioning into an ARC position, the service commitment is reduced from a "two-to-one" service obligation to a "one-to-one" exchange. For officers transitioning into an ARC position via PALACE CHASE, the service

commitment is reduced from a "three-to-one" service obligation to a "one-to-one" exchange.

"Air Force leaders are working hard to preserve the mission and care for the Airmen who accomplish it," Cole said. "Implementing a variety of voluntary programs allows the Department of the Air Force to

“

Voluntary force management programs provide Airmen with flexible options to retire, separate or affiliate at times that suit their personal circumstances

COL. RICHARD COLE, MILITARY SUSTAINMENT AND TRANSITION PROGRAM DIVISION CHIEF

”

offer retirement and separation options that may align with an Airman's needs or goals."

Interested members should review the eligibility criteria and the list of eligible Air Force specialties, grades and year

groups before submitting their applications for consideration. Applications will be processed on a first-in, first-out basis. Members in a specialty that is not on the list of eligible Air Force specialties may apply on a case-by-case basis.

Airmen approved for a service commitment waiver are required to repay the government for related unearned portions of bonuses, special pays, education assistance and all other monetary incentives. Airmen released under the expanded PALACE CHASE program are relieved of recoupment obligation for unearned bonuses. Recoupment of education costs will be deferred contingent upon successful completion of the PALACE CHASE obligation.

Separation and retirement applicants who meet basic eligibility criteria and apply for release under these programs are not guaranteed approval, Cole said.

"While an Airman may be eligible, manning and mission requirements will be considered when evaluating applications," he said. "Airmen should consider their options and apply promptly if interested, as eligibility is subject to change quickly as applications

are approved."

For more information, and to check eligibility, visit the CAC-enabled myPers websites at FY 21 Enlisted Voluntary Force

Management Program and FY 21 Officer Voluntary Force Management Program.



The Department of the Air Force will implement several voluntary officer and enlisted force management programs for fiscal year 2021, including an expanded PALACE CHASE program and limited Active Duty Service Commitment waivers.

U.S. AIR FORCE GRAPHIC

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NODAK ARMS OUTDOOR REPORT

OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, Jan. 18: 1,838.55 feet above mean sea level (MSL); 16,600 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,448.5 feet above mean sea level (MSL).

Stump Lake elevation: 1,448.48 MSL.

•N.D. Game & Fish Dept. game wardens: New Town and White Earth Bay slow to fair for walleye on Lake Sakakawea. Use extreme caution on the ice. Van Hook Arm opened up. No reports from Devils Lake or north-central area lakes.

•Devils Lake, Ed's Bait Shop, Devils Lake: No new reports.

•Devils Lake, Woodland Resort, Devils Lake: Generally fair success with best perch activity in deeper water on sunny days. Fair walleye success in 12 to 14 feet with jigging Raps. Use extreme caution on the ice, however, with variable ice depths.

•Lake Darling, Karma C-Store, Ruthville: Beware of poor ice conditions on area lakes after last week's winds and test ice depths and conditions before venturing out. Some activity at Grano.

•Lake Metigoshe, Four Seasons, Bottineau: Continued fair bluegill and walleye success with best walleye activity in the evening.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Last week's winds weakened ice on Lake Sakakawea back bays on the east end. Best Lake Audubon success is in late afternoon, early evening, and after midnight but ice conditions are extremely dangerous on both lakes.

•Lake Sakakawea, Scenic 23, New Town: Van Hook Arm opened up with last week's winds, which also created open water in other areas. It's best to stay off any ice in the midsection, including in the New Town area.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace remains slow with the best activity from shore off the rocks at night. Try casting crankbaits.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Tobacco Garden producing better numbers of walleye and sauger in



• Ice is never completely safe. Avoid areas with vegetation, moving water, pressure ridges, and springs. Check conditions as you go along on the ice and don't move around at night.

• Jan. 23: Flakes of Fury fat tire bike race, Fort Stevenson State Park, Garrison, 1 p.m. Go to (www.ticketleap.com) and google the race for details and registration.

TOURNAMENTS

(check with event organizers for scheduling updates):

• Jan. 30: Devils Lake, 6-Mile Bay.

20 to 22 feet. Also try Red Mike's and Long Creek on the north side of Lake Sakakawea. Missouri River producing open water walleye fishing activity around the pumphouse. Try the confluence of the Yellowstone and Missouri rivers for walleye through the ice. Trenton Lake remains fair for crappie and pike. Northgate Dam producing rainbow trout and bluegill.

•Lonetree WMA area lakes, Harvey: No new reports.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Some pike success on Buffalo Lodge Lake and the Souris River. Use caution yet on the ice.

N.D. Parks & Recreation Dept. trails

(conditions can vary):

- North Dakota state parks remain open with trails usable for hiking. Check with individual parks for other available amenities this winter.
- Lake Metigoshe, Bottineau: Poor snow conditions limiting winter trail use but trails in good condition for hiking.
- Fort Stevenson, Garrison: Trails

have light snow.

Downhill skiing

(conditions can vary):

- Bottineau Winter Park, Bottineau: Contact the ski area, (701) 263-4556 for hours.

- Frostfire Ski Area, Walhalla: Open Saturday and Sundays. 5 runs, Beginner Hill, and Magic Carpet open. Call (701) 549-3600 for trail conditions.

- Huff Hills Ski Area, Mandan: Open Saturday and Sundays. 12- to 20-inch base with snow-making underway when temperatures permit.

- Terry Peak, Leads, S.D.: 12 - to 16-inch base with 7 runs and 1 lift, 2 express, and 1 carpet open. Open daily.

Snowmobile N.D.:

- Trails remain closed until 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.

Army & Air Force Exchange Service Energizes Fitness Resolutions with Weekly BE FIT Live Workouts

MINOT AFB EXCHANGE

Just in time for a new commitment to fitness to start the new year, the Minot AFB Exchange invites Airmen and military families to put some muscle into their exercise routines during live BE FIT workouts each Monday on the Exchange's Facebook page, facebook.com/shopmyexchange.

Army & Air Force Exchange Service BE FIT ambassador Roy Montez and Air Force Senior Master Sgt. Sonja Berry return for a second year of hosting nearly 30-minute workouts on Facebook at 11 a.m. CST every Monday. In addition, Airmen, retirees, Veterans and military family members can watch the series on the Exchange Facebook page.

The live workouts, which include interval training, core workouts, strength exercises and more, began last summer and grew out of a desire to promote wellness during the COVID-19 pandemic.

"BE FIT Live workouts are a reminder of the importance of staying fit and living a healthy lifestyle, especially during the pandemic," said Brian M. Read, Minot AFB Exchange General Manager. "Following along with Roy and Senior Master Sgt. Berry on Facebook is a great way to build resiliency and a sense of community through fitness."

Several new features are planned this year, including spotlighting BE FIT items available at the Minot AFB Exchange—such as kettle bells and resistance bands—and how they can develop specific muscles.

At least once a month, sessions will feature targeted workouts that focus on certain muscle groups, and Montez also hopes to take outdoor workouts on the road occasionally to area installations if conditions permit.

"These onsite workouts will be conducted with the Exchange's COVID-19 protocols at the forefront," Montez said. "We want to make sure people can participate in a safe, secure and sanitized environment."

During each session, health and wellness will be highlighted, including proper nutrition, the importance of sleep and recovery, and staying active.

The Exchange's BE FIT initiative highlights better-for-you dining grab-and-go options and provides an assortment of fitness gear and wellness services. The program empowers military customers, their families and the broader military community to make healthy lifestyle choices.

For more BE FIT choices, visit the Exchange's community Hub.

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- 2 TABLESPOON LEMON JUICE
- 1 TABLESPOON LEMON ZEST
- 1 TEASPOON GARLIC, MINCED
- 1 TEASPOON SALT
- 1/2 TEASPOON BLACK PEPPER
- 1 TEASPOON CHOPPED FLAT-LEAF PARSLEY
- 10 STRIPS BACON

SERVES 6 PEOPLE

Rinse the shrimp under cold running water and dry thoroughly. Transfer to a plastic bag or a bowl. For marinade: Combine the olive oil, lemon juice, lemon zest, garlic, salt, pepper, and parsley in a small jar with a tight-fitting lid and shake vigorously until combined. Pour over the shrimp and refrigerate for 30 minutes to 1 hour. About 30 minutes before you are ready to cook the shrimp, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 400 °F and preheat, lid closed, for 10 to 15 minutes. Grill bacon for 10 to 12 minutes, until the bacon is partially cooked but still very pliable. Cut each strip in half width-wise. Drain the shrimp, discard marinade. Wrap a strip of bacon around the body of each shrimp, securing with a toothpick. Grill for 4 minutes per side, turning once. Enjoy!

Ryan Davy - GM
Minot

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Barrett praises senior Air Force leaders; assesses her tenure as secretary

BY CHARLES POPE, SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

JOINT BASE ANACOSTIA-BOLLING, Washington (AFNS) --

Secretary of the Air Force Barbara M. Barrett publicly praised Airmen, Guardians, and senior Air and Space Forces leaders during a ceremony at Joint Base Anacostia-Bolling, Jan. 14.

While praising the Air and Space Forces, Barrett highlighted the achievements of the five assistant secretaries of the Air Force who served under her tenure, as well as under the tenure of Heather Wilson, the 24th Secretary of the Air Force.

"When you see that each individual -- John Henderson, Will Roper, Tom Ayres, John Roth and Shon Manasco -- is working to live by the code of integrity and excellence in all you do, with true service before self, that is just how we want America to be identified," Barrett said.

Henderson is assistant secretary of the Air Force for installations, environment and energy; Roper, assistant secretary of the Air Force for acquisition, technology and logistics; Ayres, Air Force general counsel; Roth, assistant secretary of the Air Force for financial management and comptroller; and Manasco, the acting under secretary of the Air Force.

Each of them, Barrett said, deserves praise for "making outsized impacts on the Department of the Air Force and our nation." She presented each of them the Department of Defense Distinguished Civilian Service Award, the highest award the Department can bestow on civilians.

Like Barrett, each of those senior officials will serve until noon on Jan. 20 when President-elect Joe Biden is sworn into office.

The ceremony, which was hosted by Air Force Chief of Staff Gen. Charles Q. Brown, Jr., and Chief of Space Operations Gen. John Raymond, gave Barrett a chance to recognize the work and values of a team that, by extension, reflected the work and values of the entire service. Brown and Raymond also presented the Department of Defense Medal for Distinguished Public Service to Barrett.

"There are those who may think that the Air Force core values -- 'Integrity First, Excellence in All We Do, and Service Before Self' -- are mere words," she said. "After interacting with thousands of Airmen and Guardians, I know they are so much more. The Air Force Core Values truly are your Polaris, your North Star and guiding light."

Brown and Raymond set the tone before Barrett spoke.

"Let me just say, we are a better Air Force because of Secretary Barrett's passion, commitment, leadership and heart," Brown said.

"You paved the way for our Air Force to fly, fight, and win today and into the future," he said. Then, turning to Manasco, Roth, Roper, Ayres and Henderson, he said, "On behalf of the entire United States Air Force, thanks to you and your families for saying yes when called to serve."

Raymond noted Barrett's influential role in helping create the Space Force from scratch. "Ma'am, from an idea to a reality, with you at the controls, the Space Force has taken many

steps forward, each in rapid succession," he said.

"Thank you for trusting and empowering all of our leaders to do whatever it takes to get this right for our nation," Raymond said.

He also joked about having to adapt to Barrett's at times Baroque vocabulary.

"Today, I'm armed with an arsenal of words to describe a secretary who has done so much for our nation and its newest service -- she moves with alacrity, in the Pentagon, and on every adventure. Nothing and no one slows her down," he said.

"Secretary Barrett is altruistic. And she is inimitable; I couldn't think of anyone more uniquely suited to lead the Air Force and invent the Space Force."

Barrett's tenure includes some of the most historic and significant moments in Air Force history. She managed the U.S. Space Force's successful birth and blossoming, making it the first new and independent branch of the military since 1947.

Barrett was secretary as well when Brown was named Air Force chief of staff, the first African American in history to become the highest-ranking military officer of any branch of the U.S. military.

She played a prominent role in efforts to address racial equity in the services and on quality of life matters such as ensuring adequate housing and professional opportunities for military spouses.

Finally, she was the first secretary to lead the service during a pandemic.

She and her team helped drive forward efforts to make the Air Force digitally connected to the joint force, known as Joint All-Domain Command and Control. As part of that effort, the Advance Battlement Management System, which uses artificial intelligence and machine learning to simultaneously connect warfighters in the air, land, sea, space and cyber domains, was part of several successful large-scale tests.

They helped further the development of the B-21 Raider, the next generation long-range strike bomber, as well as seeing to the continued modernization of the aging nuclear deterrent. (The Air Force is responsible for two of the three legs of the nuclear force, those launched from air and from land.)

At Barrett's direction, the team spearheaded the first formal Arctic Strategy for the Department of the Air Force, a significant milestone that outlines the Department's roles and priorities in a strategically important region where the Air Force, and now the Space Force, have maintained a

major presence for decades.

Under her stewardship, the Department's X-37B spaceplane won the prestigious Robert J. Collier Trophy for advancing technology that pushes "the boundaries of flight and space exploration."

Barrett said that ensuring the Air and Space Forces fulfilled requirements outlined in the National Defense Strategy served as her overarching guide in leading the Department and for establishing priorities.

Barrett pressed forward with streamlining and improving the Air Force's often bulky and inefficient acquisition process. That was one of Wilson's prime focuses.

"In this as in almost everything, what I did was not invent something new but to really build from the great things that had been established before my arrival," she said. "So on the acquisition side, that meant allowing the continued good work Dr. Will Roper as he did things like Pitch Days and working with AFWERX to invite, inspire and reward innovation."

Barrett also embraced -- and expanded -- change across the Air Force and Space Force that former Air Force Secretary Heather Wilson and former Air Force Chief of Staff Gen. David Goldfein, championed such as accelerating the department's new thinking on race, diversity and quality of life. She also emphasized moving with speed to aggressively address the Air and Space Forces requirements in the NDS.

"To have the United States Air Force to be one of the top innovative places -- the only government institution -- to be on the list of innovative places to work, that's how we modernize," she said, referring to AFWERX being named as one of Fast Company's Top 100 Workplaces for Innovators.

Not lost on her was that all these efforts took place in 2020.

"All of this is happening with the overlay of COVID(-19), with unprecedented forest fires (across the West and Southwest), civil unrest, hurricanes running through the alphabet and starting again," she said.

Through it all, Barrett said she exploited and relied on a singular truth.

"There is one eye-watering constant across the Air and Space Forces: the universality that these are good people," she said in her remarks Jan. 14. "I have worked at numerous businesses, I have been a member of dozens of groups, and I have been part of myriad organizations, but I have never been part of any entity where there is such consistency of good intent and effort to be the

best, together.

"I leave confident that the United States of America is safe and secure because of you -- the brave men and women who stand the watch, guard the perimeter, ensure free and open access to space, and defend democracy from the sky," she said.



Secretary of the Air Force Barbara M. Barrett delivers remarks during her farewell ceremony at Joint Base Anacostia-Bolling, Washington, D.C., Jan. 14, 2021. As the 25th Secretary of the Air Force, Barrett was responsible for the welfare of more than 697,000 active duty, Guard, Reserve, and civilian Airmen and Guardians and their families.

U.S. AIR FORCE PHOTO | ERIC DIETRICH



Chief of Space Operations Gen. John W. Raymond, left, Air Force Chief of Staff Gen. Charles Q. Brown, Jr., right, and other senior Air Force civilian officials applaud Secretary of the Air Force Barbara M. Barrett during her farewell ceremony at Joint Base Anacostia-Bolling, Washington, D.C., Jan. 14, 2021. As the 25th Secretary of the Air Force, Barrett was responsible for the welfare of more than 697,000 active duty, Guard, Reserve, and civilian Airmen and Guardians and their families.

U.S. AIR FORCE PHOTO | ERIC DIETRICH



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Airman donates bone marrow to stranger in need

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DYESS AIR FORCE BASE, Texas -- She was in the midst of Air Force technical training in 2015 when she heard shattering news that echoed throughout her family. Her three-year-old cousin, Benaiah, was diagnosed with Leukemia.

2nd Lieutenant Ashlyn Zurek, 7th Force Support Squadron career development officer in charge, and her family were in shock because none of their close relatives had cancer before.

"We were all terrified when my cousin was diagnosed with Leukemia because cancer is very scary," Zurek said. "We were all fearing the worst and didn't quite know what to expect in the coming months."

Sometime after her cousin was diagnosed with cancer, she came across an organization that hit home to her: the Salute to Life organization. Salute to Life is the DoD affiliated version of the organization "Be the Match", an organization focused on giving people a second chance at life through a bone marrow donation system.

"I felt like in a small way I was doing my part to help humanity," Zurek said. "I was also excited to see members registering because this organization saves lives. Who doesn't want to save lives?"

After a medical employee took a swab from her cheek and she provided some personal information, Zurek became registered with the organization. From there, she went on with her normal daily routine and pushed forward with her life.

As the days turned into weeks and then turned into years, she completely forgot about registering to become a potential bone marrow match.

During that time, Zurek became a Public Affairs journeyman at Pease Air National Guard Base, New Hampshire, and was working at a restaurant in 2019 when she received the fateful phone call where she found out that she was a possible match for someone. She immediately began testing to determine her compatibility.

"So many people that are on various donation registries wait forever to find a match," Zurek said. "Being a healthy person, I was able to donate fast and save a life."

According to the Salute to Life website, more than 17,000 individuals in America are diagnosed with a disease that requires a bone marrow transplant. Of those people who need a transplant, only 30 percent of the patients can find a matching donor within their family.

"It felt like I had more blood drawn in three months than I have in my entire life," she said.

Zurek went through extensive testing that included tests of her leukocyte genes and blood levels that determined her compatibility with the recipient. After months

of testing and screening, it all came down to a single email in September of 2019 telling her "You are the match."

That began the process of the donation itself, starting with a week of injections of filgrastim. Filgrastim is a twice-daily injection meant to increase the number of stem cells in a person's body. An unfortunate side effect of the injections, however, is bone pain from the stark increase in bone marrow within the bones. After the injections, it was time to get to the donation center.

Lieutenant Zurek completed the injections, and after a flight in September 2019, she donated the life-saving bone marrow in the Philadelphia branch of the Cancer Treatment Centers of America.

"I had to get a central line put into my neck because I have really small veins in my arms," she said. "I'm a healthy, young, fit person, so going through a couple of days of discomfort was so minuscule in comparison to giving someone a second chance at life."

In the middle of October 2020, she received an email from her contact at Salute to Life asking if she would like to volunteer her information and see if her recipient wanted to exchange contact information.

Due to legal reasons, bone marrow donors and recipients stay anonymous for the entire donation process. Even then, both parties have to agree to release their information, so it was a nerve-racking wait to see if the

other family would do the same. The entire time they knew nothing besides gender, age, and whether they were from the US or outside of the country.

The two were able to exchange contact information and finally met virtually, as COVID-19 greatly increased the dangers of meeting in-person. The two equally felt strange simply calling the other "their recipient" or "their donor", so they named one another to give an extra sense of friendship and personalization to their journey. "So it was 'Henry and Ruby, saving the world', so that was a huge part," explained Zurek.

"The whole time, from calling me Ruby, they were also calling me their superhero, which seems like an exaggeration to me,"

Zurek said. "For me, it was doing something that anybody else would hopefully do in my position."

Zurek says that donating bone marrow opened her eyes to how sharing a 'gift of life' can change not only the individuals, but the entire families involved. She asserts that choosing to donate is never an easy choice with the physical and mental barriers behind it.

"It's incredible to be able to say that I have a cellular twin out there and that I have friends for life," Zurek said. "As a kid, I always wanted a twin, now I finally have one!"



2nd Lieutenant Ashlyn Zurek, 7th Force Support Squadron career development officer in charge, holds a bag of her bone marrow before donating it at the Philadelphia branch of the Cancer Treatment Center of America in September 2019. Only 30 percent of bone marrow recipients are able to receive a bone marrow transplant from a family member.

COURTESY PHOTO CROPPED TO PORTRAY ARTICLE TOPIC



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Col Segars, Chief Sully, and Lt Col Nelson received phase I of the COVID-19 vaccine January 13. Before you make a decision, please research and know the facts! DEFENDERS! Lead the Way!

91ST SECURITY FORCES GROUP

SecAF selects Huntsville, Alabama as preferred location to host USSPACECOM

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

WASHINGTON (AFNS) --

The Secretary of the Air Force, on behalf of the Office of Secretary of Defense, selected Redstone Arsenal, Huntsville, Alabama, as the preferred location for the U.S. Space Command Headquarters.

The Department of the Air Force conducted both virtual and on-site visits to assess which of six candidate locations would be best suited to host the U.S. Space Command Headquarters based on factors related to mission, infrastructure capacity, community support and costs to the Department of Defense.

Huntsville compared favorably

across more of these factors than any other community, providing a large, qualified workforce, quality schools, superior infrastructure capacity, and low initial and recurring costs. Additionally, Redstone Arsenal offered a facility to support the headquarters, at no cost, while the permanent facility is being constructed.

Albuquerque, New Mexico; Bellevue, Nebraska; Cape Canaveral, Florida; Colorado Springs, Colorado; and San Antonio, Texas, will remain reasonable alternative locations for the U.S. Space Command Headquarters.

The preferred and reasonable alternative locations were chosen from amongst 24 states that were evaluated as potential locations for hosting the headquarters.

The Department of the Air Force anticipates making a final decision for the location of U.S. Space Command Headquarters in spring 2023, pending the results from the required environmental impact analysis.

Colorado Springs, Colorado, remains the provisional headquarters until the permanent location is ready to support the mission.

SAF/IE releases Installation Energy Strategic Plan for energy assurance

MELISSA TIEDEMAN, AIR FORCE ENERGY

WASHINGTON (AFNS) --The assistant secretary of the Air Force for Installations, Environment, and Energy announced the release of the Installation Energy Strategic Plan. The Plan, which replaces the 2017 Air Force Energy Flight Plan, seeks to better align installation energy efforts with mission needs.

"This plan captures major shifts in the department's approach to installation energy," said Mark Correll, deputy assistant secretary of the Air Force for Environment, Safety, and Infrastructure.

"By placing a greater focus on resilience and mission, the strategic plan will create an enterprise that is ultimately more prepared to deliver energy and water when and where it is needed to protect the nation, its values, and its interests."

The Department of the Air Force is facing an increasingly interconnected world. One with growing threats and unprecedented changes to the operating environment. This plan identifies three goals aimed to enhance mission

assurance through energy assurance: Identify Enabling System Vulnerabilities, Improve Resilience Planning, and Ensure Resilience Results.

"When disaster strikes, those who have planned and incorporated end-to-end resilience into their missions will be best positioned for the fight," Correll said.

To view the complete strategic plan, visit Installation Energy Strategic Plan.

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North Dakota & the Conservation President

Patricia Stockdill

At first it may seem weird North Dakota, a state some 1,500 miles from the State of New York has a deeply rooted love for Pres. Theodore Roosevelt.

There is good reason, however: After the death of his wife Roosevelt, born in New York City, retreated to a ranch in what is nowadays North Dakota's western Badlands. Back in 1884 it was a little slice of Dakota Territory.

It's been said he credits his nearly two-year experience as shaping much of what would later follow in his life, including as United States president. He wrote about those experiences in a book, "Hunting Trips of a Ranchman".

North Dakota unofficially adopted the 26th president and the national park named in his honor, Theodore Roosevelt National Park, near Medora, N.D. has become a major destination for residents and nonresidents alike.

His time on that western North Dakota ranch solidified his love of the land and of hunting. It also solidified his strength as a leader, defender, and advocate of his country.

En route to Yellowstone in 1903, friend and fellow passenger John Burroughs recalled traveling via train with Roosevelt through the Badlands: "Had he (Roosevelt) not gone West, he said he never would have raised the Rough Riders Regiment, and had he not raised the regiment and gone to the Cuban War, he would not have been made governor of New York; and had that not happened, the politicians would not unwittingly have made his rise to the Presidency so inevitable," Burroughs is quoted as saying.

To read some of Roosevelt's writings such as "Hunting Trips of a Ranchman" is to understand Roosevelt and his love for what understandably might be perceived as rugged wasteland. It's brutal winters and summer heat, however, wasn't daunting – it was career and life-changing for Roosevelt.

Let's face it, even though this has been a mild winter, it's still winter in North Dakota and nights tend to be long. Reading "Hunting Trips of a Ranchman" and two other books authored by Roosevelt in what could be considered a trilogy – "Ranch Life and the Hunting Trail" (published in 1888) and "The Wilderness Hunter" (1893) – provide insight into a man who could easily earn

the honor of being called "The Conservation President".

Understanding Roosevelt's dedication to conservation and his conservation philosophy is chronicled in the book "President Theodore Roosevelt's Conservation Legacy" by W. Todd Benson.

It provides insight into how Roosevelt was influenced in his conservation and hunting ethics through friendships with some of America's early and greatest hunters and conservationists. Roosevelt hosted a dinner pitching the idea of an organization dedicated to protecting the country's big game species that gave birth to the Boone and Crockett Club.

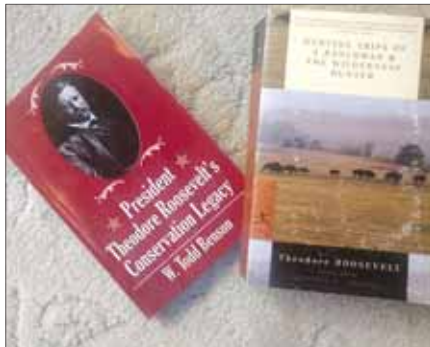
Roosevelt served as Vice-President under Pres. William McKinley, assuming the presidency after McKinley's death in September 1901. During his tenure in office, he advocated for strong public land stewardship for future generations. From April 11, 1902 with the establishment of San Isabel and Santa Rita National Forests through the end of his presidency in 1909, Roosevelt was responsible for establishment of hundreds of national forests, parks, monuments, and national wildlife refuges.

Roosevelt established Sully's Hill National Game Preserve near Devils Lake in 1904 as a national park. It became a National Game Preserve in 1914 and would later come under U.S. Fish and Wildlife Service management. In 2019 its name was changed to White Horse Hill National Game Preserve.

Five islands within Stump Lake, also near Devils Lake, were designated as a National Bird Reservation in 1903. The Fish and Wildlife Service now manages the islands as part of the National Wildlife Refuge system. However, high water flooded the islands and the refuge is closed to the public.

Roosevelt's time in North Dakota admittedly wasn't a lengthy stay. Yet what he absorbed during that time stayed with him forever.

There is some great reading to provide insight into the nation's "Conservation President". A North Dakota winter is a good time for just that.



Winter is a great time to learn about America's "Conservation President", Theodore Roosevelt, and the important role North Dakota played in his life- and life's work.

Patricia Stockdill photo

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As winter weather begins to intensify it's a good time to consider school response to weather conditions. Minot Public Schools has a Winter Weather Watch Committee comprised of district administrators who work as a team during severe weather to determine whether or not to cancel school, delay start or begin school at the regular time. The primary concern for the school district is to ensure the safety of the children and staff with limited interference in the day-to-day learning process of all students. In making these decisions the committee checks on road conditions for travel between the base and the city of Minot to determine if streets and roadways are passable. Members of the committee check and report weather conditions in the early hours of the day which allow a decision to be made and Minot AFB command to be notified prior to 0600 on severe weather days. Once a decision has been made to either cancel or delay schools, parents will be notified via the district's alert system and announcements posted to television, radio, and the MPS webpage. The safety of children is of the utmost importance; parents reserve the right to keep their children at home when weather conditions are not to their liking

with no penalty to class credit but parents must call their school or students will be counted as absent.

The late start schedules for the area is as follows:

Memorial Middle 10:00-2:45, North Plains 10:30-3:05, Dakota 11:00-3:35, Dakota AM Preschool-No Session, Dakota PM Preschool 12:55-3:35, Head Start Main 10:00-3:10, Head Start Dakota 11:00-3:35, Head Start Jefferson 10:00-3:10, MAFB Central & Magic City Students 10:00 until scheduled end time.

The bussing late start schedules is as follows:

MPS Gifted & Talented Edison Students- Bus Route begins at 8:50, MPS Central Campus & Magic City pick up times for west & east routes- 09:05, Yellowfin on-base service begins 30 minutes prior to the delay start times listed above for Memorial, North Plains, and Dakota.

Finally, as a reminder, ensure students have appropriate winter weather gear when heading to school to include gear while at the bus stop: winter coat, snow pants, snow boots, gloves, winter hat, scarf, and warm layers underneath. Additionally, the Minot Public Schools mask mandate is still in effect, so be sure your student has a mask on when heading out the door.

2020-2021 MPS CALENDAR

IMPORTANT UPCOMING DATES

February 10

Early Release 1:15pm

February 15

Prof. Development Day -
No School for Students

| February 2021 | | | | | | | 19 days |
|---------------|----|----|----|----|----|----|---------|
| S | M | T | W | T | F | S | |
| | 1 | 2 | 3 | 4 | 5 | 6 | |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 | |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 | |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 | |
| 28 | | | | | | | |



- Vacation Days - not contracted day
- Early Release Days - 1:15pm
- Holidays
- Parent/Teacher Comp Days

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7 helpful tips for new college students

KALYN EDWARDS

Getting ready to start college? Whether it is online or in-person, through a university or a community college, these seven tips will set you up for success.

1. Majorly unsure of your major?

Well, consider yourself in good company. Many people coming into college do not have the slightest clue on what they want to study. Thankfully, that is where your general electives can come into play. Start off with those and take the time to consider and explore what you are truly passionate about. Also, do not be afraid to switch your major if need be. For instance, if you think you may want to study underwater basket weaving but later on discover that ASMR production suits you better, then make the change. Do not get stuck with a degree for the sake of having a degree.

2. Read the syllabus!

You would be surprised at how many students choose to not do this. The syllabus can be your best friend in college. It not only introduces the class, but it also outlines all important assignments, requirements and due dates. Be aware of any upcoming activities in the class so that you can figure ways to best divvy up your time.

3. Got a planner?

Whether you use a planner, calendar or notebook, find a reliable place to keep track of all your assignments. This is not only great for ensuring you complete your homework each week, but it also acts as a daily

reminder. Pencil in any personal objectives for the week and adjust your schedule as needed. Being mindful of the requirements each week will assist you in completing them in a timely fashion.

4. "Hi, professor _____. My name is..."

This is another area where many students fall short. It may sound intimidating to have a one-on-one conversation with a professor, but consider the fact that you are one of many students they come into contact with on a regular basis. Introducing yourself helps the professor remember your name and to separate you from the rest of their students. This may seem counterintuitive, but when it comes to test time these relationships with your professors become valuable. Visit their office hours in the process. They have to provide them so take advantage of them. These simple acts will also become beneficial in moments when you may require a favor from them like a recommendation for a job, scholarship or graduate school.

5. Notes are no joke.

Take notes, take notes, take notes. This is not to imply that you should go overboard with the note taking. Better yet, you should consider taking as many notes as you deem useful to your success in that class. Taking notes is not simply writing what the professor says verbatim, but rather they should act as reminders of the important topics covered in class. Jot down any terms or concepts that you are struggling with and feel you need to understand

better. Adopt better note-taking skills so that come test time you can utilize these notes as study guides.

6. Friends...

...is more than a television show. Regardless of the institution you attend, it is always nice to have people to talk to or ask questions. This goes beyond your normal friend group.

Communicate with your classmates and get to know them on a more personal level. You don't have to add them on social media, but it is beneficial to have a few people in your class to reach out to when you have questions. When it comes close to test time, you can form study groups.

7. Daily check-ins.

Life can get hectic and many of us can become so consumed with taking care of home, work, kids and our spouses that we forget to do regular check-ins with ourselves. No one can do what you do and handle the life that you lead better than you. This is why it is crucial that you take time to examine your mental health. Take a day or even a couple of hours to go to the gym, watch a movie, do some yoga or even color – yes, they make coloring books for adults.

Whatever it is, do not procrastinate when it comes to becoming a better and healthier version of you.

More tips from the author can be found on YouTube at KalynKae

This story originally appeared in Military Families Magazine.

A LOOK BACK THIS WEEK IN USAF HISTORY

57TH AIR DIVISION IS ACTIVATED AT MINOT AFB
JANUARY 22, 1975



On January 22, 1975, the 57th Air Division was activated at Minot Air Force Base, ND. The unit had a long history overseas and at many other United States bases before moving without personnel or equipment to Minot. It took on the resources of the base and lent vital support to the 91st Strategic Missile Wing and 5th Bombardment Wing. The 57th AD would go on to become the host unit of the base after the Iran

Hostage Crisis in 1980, when Strategic Air Command tasked them with organizing the Strategic Protection Force. The 57th AD was the first division in SAC to implement the concept. At the forefront of the force were the B-52 Stratofortresses, which could provide worldwide warfare capabilities. The 57th Air Division was in control of all missile and bomb wings in North Dakota, including those at Grand Forks AFB and Minot. The unit was deactivated in June of 1991 and the 5th Bomb Wing became the host wing, and continues to assume host responsibilities to this day.

Information courtesy of: minot.af.mil / Air Force Combat Wings by Charles Ravenstein / History of Minot AFB c. 1980

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Elijah Roth

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Jordan Bell
Evan Berg
Kryshna Bostic
Andrew Dahle
Jaden Dale
Ayla Frushon
Jaxon Hann
Maranna Amber Malixi
Angelita Mendez
Gabriel Mendez
Noelani Morris
Zachary Peterson
Keylynn Wilson

Honors

6TH GRADE
Dylan Ewalt
Dylan Graham
Caleb Jones-Dow
Layton Kelly
Madilynn Knupp
Joshua Myers Jr
Jaxon Ruppert
Keira Venable
Riley Wood

6TH GRADE
Taylor Doan
Arianna Forth
Nathan Friesz
Alina Gascon
Samuel Graham
Emily Hooper
Nathaniel Howell
Wyatt Jensen
Tryston Keilman

6TH GRADE
Dylan Ewalt
Dylan Graham
Caleb Jones-Dow
Layton Kelly
Madilynn Knupp
Joshua Myers Jr
Jaxon Ruppert
Keira Venable
Riley Wood

8TH GRADE
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Adrian Burdick
Zalien Cone
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Sadie Tilstra

Megan Watts
Brandon Weber
Riley Weed
Jeremiah Whaley
Amelia Williams

Air Force establishes significant evolution in Foreign Area Officer career field

JILL MARIE DIEM, SECRETARY OF THE AIR FORCE, INTERNATIONAL AFFAIRS

ARLINGTON, Va. (AFNS) --The Department of the Air Force announced Jan. 15, the opportunity for U.S. Air Force officers to voluntarily transfer into an internationally-focused core career field beginning spring 2021.

Since 2005, the Foreign Area Officer program has organized and trained select Air Force officers to be language-enabled, culturally astute, and operationally relevant regional experts.

More than 800 officers are currently certified as FAOs, filling a critical role in providing essential support to the National Defense Strategy by engaging foreign military leaders and government officials to build partner capability and capacity.

The restructuring of the FAO program is part of the Air Force's broader reorientation toward great power competition. The recommendation that emerged from an Air Force cross-functional team's year-long study was to establish the FAO career field as a strategic core career field while retaining operational relevance.

Until now, the Air Force FAO program operated as a secondary career field, alternating assignments between FAO and the officer's core Air Force specialty code, or AFSC. This presented a key challenge in managing FAOs as strategic assets.

"Focusing FAO development on International Airmen skills and experiences, rather than challenging officers to hit milestones in two career fields, is more important than ever to increase awareness in our current strategic context with both our allies and partners and in the joint community," said Kelli Seybolt, deputy under secretary of the Air Force, international affairs.

This strategic core career field

will now be a Secretary of the Air Force International Affairs-managed AFSC, 16F or 16Z, to better cultivate professional development with a strategic international perspective. Within this new core AFSC, FAOs will be poised for more efficient utilization to meet Air Force strategic needs and will compete for promotion advancement within a single developmental category of professional FAO peers.

Continued operational relevance will be achieved through "FAO-



All of us volunteered to serve, and now we ask for volunteers to help build a new AFSC that is tailor-made to provide the internationally-minded officers that our nation needs.

COL. LAWRENCE E. PRAVECEK,
FAO CAREER FIELD MANAGER



mind" Intervening Operational Tours in each FAO's original AFSC that sustains the various operational skillsets of each specialty and enhances Air Force strategic international engagement interests within those fields. It presents an increased return on FAO investment to provide deepened regional expertise and requires less in terms of training, sustainment, and manpower to support FAO development. Restructure of the FAO program, and increased primary emphasis in FAO development, will reduce the required inventory for FAOs from other AFSCs by

approximately 30%.

"The United States Air Force FAO career field has been improving tremendously over the past decade," stated Col. Lawrence E. Pravecek, FAO career field manager. "With the changes in the officer promotion system, now is the perfect time to take the next step in managing the development of our international experts. The choice to request transfer into the FAO Core AFSC will be a personal decision. All of us volunteered to serve, and now we ask for volunteers to help build a new AFSC that is tailor-made to provide the internationally-minded officers that our nation needs."

For those already certified as FAOs or in the FAO training pipeline, applications for transfer to 16F or 16Z as their new core AFSC will begin early 2021. At that time, all eligible personnel will receive a direct email from the Air Force Personnel Center announcing the opening of the application window and providing directions to submit their applications online. FAOs who do not volunteer to transfer will remain in their current AFSC, while maintaining 16F as a secondary AFSC.

Air Force Reserve Component members will be notified by the AF Reserve or Air National Guard regarding ARC-specific processes. For questions/feedback, send email to the FAO Program Workflow Box at SAF.IAPA.IAS.Program.Workflow@us.af.mil.

For FAO resources, visit <https://www.milsuite.mil/book.groups/air-force-ias>.

For ARC programs, visit <https://www.milsuite.mil/book/groups/arc-international-affairs-specialist-program>.

TRAEGER TALK



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SMOKED COD WITH ONION BUTTER AND WHITE WINE REDUCTION



Probably the lowest cost fish in the grocery store is cod. It is the staple protein for fish and chips, but the Traeger wood fired grill does it even better. Better yet, any lean fish lends itself to this process.

The USDA recommends 145°F internal temperature for any fish for food safety. Most people will want it done to at least that temperature. When the fish flakes easily, it is done.

For this recipe, we simply coated the fish in salt and pepper, just like you would if it came to your table without seasoning. Clean your cooking grates and apply cooking spray so you don't have to fight to keep the fish in one piece when serving.

Use the Smoke setting, 165°F or 180°F. The lower the better for smoke flavor, but in outdoor temperature below freezing, the Smoke setting is not always usable. Depending on the thickness of the filets, smoking could take up to about 45 minutes on 180°F.

The sauce is easy and quick to make. It is another variation on our hollandaise sauce recipe, but without the full strength emulsion. You can make the sauce while the fish is on the grill. It's best not to do it too far ahead because the weaker emulsion may not stand reheating.

Melt the butter while you finely chop a large white onion. When the butter is melted, stir in the onion and cook over medium heat until the onion is softened. About 10 to 15 minutes is good. Remove from heat and let it cool slightly. In a separate bowl, add two tablespoons of the melted butter and onion mixture to the egg yolks. Stir together until smooth,

then add slowly back to the butter and onion, stirring constantly. Heat over medium heat until it starts to thicken, then add white wine. Reduce until it reaches the desired thickness. Add garlic and paprika.

Wilt the greens in a skillet over medium heat with a teaspoon of water. Add vinegar to taste.

Serve the fish on a bed of wilted greens under a blanket of sauce and with extra sauce on the side. Serves about 4.

INGREDIENTS

- 2 pounds Cod loin filet
- ½ cup Butter, salted
- 1 large Onion, white or red
- ½ cup Wine, white, dry
- Sauvignon Blanc is good
- 2 Egg Yolks
- 1 tsp Garlic granules
- 1 tsp Paprika
- 5 oz Mixed Greens
- 2 tsp Vinegar, apple cider or malt
- Salt
- Pepper



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CHURCH DIRECTORY

Because of the uncertainty of the COVID-19 virus effects, the Northern Sentry will continue to post future events as advertised by area groups. However, we highly encourage you to check in advance on the current status of your church service.

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|---|--|--|---|---|
| <p>Little Flower Catholic Church 800 University Avenue West 838-1520</p> <p>Mass Schedule Saturday 4:30 pm Sunday 8:30 & 10:00 am</p> <p>Fr. Ken Phillips, Pastor www.littleflowerminot.com</p> | <p>St. Peter The Aleut Eastern Orthodox Church  109 6th St. SE Minot • 838-3094</p> <p>Saturday, January 23 5 PM, No Vespers</p> <p>Sunday, January 24 10 AM, Congregational Prayer Service</p> | <p> Break Forth BIBLE CHURCH Thursdays 7:00pm and Sundays 10:30am 1821 W Burdick Expressway For More Information Visit breakforthbiblechurch.com</p> | <p> An Evangelical Free Church 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart) Sunday School 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</p> <p>1720 4th Ave NW, Minot 838-0916 MinotBibleFellowship.org</p> |
| <p> Faith United Methodist Church 5900 Highway 83 N, Minot www.faithumcminot.com Pastor Ken Mund 701-838-1540</p> <p>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</p> <p>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</p> <p>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> Vincent United Methodist Church 1024 2nd St. SE • 838-4425 <i>Behind Town & Country Shopping Center</i> open hearts...open minds...open doors!</p> <p>Traditional Service..... 9:00 am Contemporary Service..... 10:30 am Kid's Church 10:30 am Pastor Matt Scherbenske www.vincentumc.com</p> | <p> St. Mark's Lutheran Church <i>Missouri Synod</i> Sunday Worship 9:30 AM 2209 4th Avenue NW Minot, ND 839-4663 Reverend Philip Beyersdorf www.minotstmarks.com <i>Join us on facebook</i></p> |
| <p> Immanuel Baptist Church 1615 2nd St. SE • Minot • 839-3694</p> <p>Sundays: Fellowship..... 9:00 am Sunday School 9:15 am Worship 10:30 am Wednesdays: Soup Kitchen 11:30 am Preschool/Kids' Club/ABY ... 6:30 pm Adult Bible Study 6:30 pm 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</p> <p>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. <i>Fr. David A. Richter, Pastor</i> Parish website: www.stjohnminot.com</p> | <p> First Lutheran Church - ELCA 120 5th Ave. NW 852-4853 Sunday Worship 9:30 am</p> <p>www.firstlutheran.tv (Live Stream & Recorded) Radio Broadcast KRRZ 1390AM Sunday 9:30 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>First Assembly of God 1805 2nd St. SE 838-1111</p> <p>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>First Baptist Church 200 3rd St. SW • 852-4533 www.fbcminot.org</p> <p>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 Southern Baptist Convention</p> <p>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: minotcrbc@gmail.com Dr. Bob Farmer- Pastor 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</p> <p>Sunday School..... 9:30 a.m. Sunday Worship 10:30 a.m. Children's Church & Nursery Wednesday Family Training Hour Meal..... 5:30p.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>Chapel Services at MAFB <i>Protestant</i> <i>(North Plains Chapel in Base Housing)</i> Contemporary Service Sunday Worship 1000 Gospel Service Sunday Worship 1130</p> <p><i>Catholic Mass (Northern Lights Chapel across from Rockers)</i> Sunday 1000 Daily Monday-Thursday at 1200</p> | <p>To Advertise your Church on this page, Call 839-0946 Only \$7.00 a space / per week</p> | <p> OUR REDEEMER'S CHURCH <i>A Church of the Lutheran Brethren</i></p> <p>Thursdays: Worship..... 6:30 p.m. Sundays: Worship..... 8:30 a.m. & 10:45 a.m.</p> <p>700 16th Ave SE • 701-838-0750 For more information visit us on the web at: www.ourredeemers.org</p> | <div>  <p>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!</p> <p>NOW ACCEPTING REGISTRATIONS FOR THE 2020-2021 SCHOOL YEAR</p> <p>HIGHLIGHTS OF OUR PROGRAM</p> <ul style="list-style-type: none"> • 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 <p>Please contact our school office or visit our website for more information. 701.839.0772 Email: jschultz@orcsknights.org Website: www.orcsknights.org</p> </div> | |

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RESUMING

1ST & 3RD SATURDAY

IN FEBRUARY

SUDOKU SOLUTION

Puzzle on page 6

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

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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.

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HELP WANTED

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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.

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MINOT AFB FIRING RANGE NOTICE

The base firing range is located at 106 Range Road. It is illegal as well as dangerous to trespass in this area due to live weapons fire. For approved access to this area during weekdays contact Technical Sergeant William Delphia or Technical Sergeant Adam Worcester at 701-723-7597. For all other times coordinate with the base law enforcement desk at 701-723-3096/3097.

BASE ANNOUNCEMENTS

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

Embry-Riddle Aeronautical University is now registering for the Spring 2021 term (8 Feb-11 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 and MS Management. Please 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 current course modalities include Online and/or Eaglevision home. If you have any questions, please call our teleworking phone number: 904-513-9734.

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Weekly assignments and due dates provided by instructor. Please verify technology requirements

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Student and instructor are online anywhere at the same time/set schedule. Please verify technology requirements.

• Early Spring Session (term 20SPRG1)

Session dates: Monday, January 11, 2021 - Saturday, March 6, 2021
Registration dates: Monday, November 9, 2020 - Sunday, January 10, 2021. Late registration dates: Monday, January 11, 2021 - Wednesday, January 13, 2021

• Late Spring Session (term 20SPRG2)

Session dates: Monday, March 8, 2021 - Saturday, May 1, 2021
Registration dates: Monday, November 9, 2020 - Sunday, March 7, 2021. Late registration dates: Monday, March 8, 2021 - Wednesday, March 10, 2021

Please call to schedule an appointment. 701-727-8386.

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WHAT'S GOING ON MAFB

FRIDAY 22

- HIIT Strength and Conditioning, 0545, Fitness Center
- Zumba, 1730, Fitness Center
- Club Members \$\$\$ Drawing, 1730-1830, Held at Rockers Bar & Grill, winner also announced at Bomber Bistro
- Keystone Meeting, 1800-2100, Youth Center
- Mixed Fun League, 1830, Rough Rider Lanes
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

SATURDAY 23

- Battle of the Barbell, 0900, 1200, 1500, Fitness Center
- Family Bowling, 1000-1400, Rough Rider Lanes
- Rough Rider Lanes Youth Bowling League, 1000, Rough Rider Lanes
- Winter STEAM Challenges, 1000, Minot AFB Library Facebook Page
- Swerk, 1015, Fitness Center
- Canvas & Paint Class, 1600-1800, Jimmy Doolittle Event Center
- Club Member Benefit, 1700-1900, Rough Rider Lane
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes
- UFC 257: McGregor vs Poirier, doors open at 1900, main event begins at 2100, Rockers Bar & Grill

SUNDAY 24

- Sunday NFL Football, 1130-1800, Rockers Bar & Grill
- Zumba, 1400, Fitness Center

MONDAY 25

- HIIT Strength and Conditioning, 0545, Fitness Center
- TAP, 0730-1600, A&FRC — Online Zoom Meeting
- Swerk, 0915, Fitness Center
- Reintegration Briefing, 1000-1100, A&FRC — Online Zoom Meeting
- New 2 Yoga, 1130, Fitness Center
- Newbery Book Club, 1600, Minot AFB Library
- Zumba, 1730, Fitness Center

TUESDAY 26

- Cycle, 0545, Fitness Center
- TAP (VA), 0800-1600, A&FRC — Online Zoom Meeting
- Game Day, 1000-1930, Minot AFB Library Facebook Page
- Functional Strength Training, 1700, Fitness Center
- Swerk, 1830, Fitness Center

WEDNESDAY 27

- HIIT Strength and Conditioning, 0545, Fitness Center
- Right Start, 0730-1230, A&FRC — Online Zoom Meeting
- TAP (DoL), 0800-1600, A&FRC — Online Zoom Meeting
- Fighting COVID with Fitness Workshops, 0800-1500, Fitness Center
- Pre-Deployment/Remote Readiness Training, 1000-1100, A&FRC — Online Zoom Meeting
- Story Time, 1030, Minot AFB Storytime Club Facebook Group
- Lunch Cycle, 1130, Fitness Center
- Member Wind Down Wednesday Snacks, 1630-1830, Rockers Bar & Grill
- Squadron Extramural League, 1700, Rough Rider Lanes
- Barre, 1830, Fitness Center
- Swerk, 1930, Fitness Center

THURSDAY 28

- Cycle, 0545, Fitness Center
- TAP (DoL), 0800-1600, A&FRC — Online Zoom Meeting
- Reintegration Briefing, 1000-1100, A&FRC — Online Zoom Meeting
- Kids' Night, 1530-2030, Bomber Bistro
- Functional Strength Training, 1700, Fitness Center
- Swerk, 1830, Fitness Center
- Cycle, 1930, Fitness Center

FRIDAY 29

- HIIT Strength and Conditioning, 0545, Fitness Center
- TAP (DoL), 0800-1600, A&FRC — Online Zoom Meeting
- Cycle, 1630, Fitness Center
- Club Member Benefit, 1700-1900, Rough Rider Lanes
- Torch Club, 1630-1730, Youth Center
- Zumba, 1730, Fitness Center
- Club Members \$\$\$ Drawing, 1730-1830, Held at Rockers Bar & Grill, winner also announced at Bomber Bistro
- Mixed Fun League, 1830, Rough Rider Lanes
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

SATURDAY 30

- Family Bowling, 1000-1400, Rough Rider Lanes
- Rough Rider Lanes Youth Bowling League, 1000, Rough Rider Lanes
- Winter STEAM Challenges, 1000, Minot AFB Library Facebook Page
- Swerk, 1015, Fitness Center
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

ONGOING

- The status and location of Minot Air Force Base events are subject to change due to base restrictions.
- Beast Mode Challenge, Monday-Friday, 1000-1500, Fitness Center
- 30 Day Fitness Center Attendance Challenge, 4 January — 3 February, Fitness Center
- Winter Reading Program: 1 December 2020 — 1 March 2021, Minot AFB Library —
- Sign up: 1 December 2020 — 15 February 2021
- Log your reading: 1 December 2020 — 1 March 2021
- FCC Pre-Orientation: One-on-One Appointments: 1-31 January, Family Child Care — Call to schedule an appointment.
- Moving Out of the Dorms: One-on-One Appointments: 1-31 January, A&FRC — Call to schedule an appointment.

JAN. SPECIALS

Bomber Bistro • Banh Mi Sandwich • Monday Lunch Special
Grab this 9-inch hoagie filled with pickled carrot, cucumber, and cabbage covered in a delicious house sauce for an exciting lunch experience! Available on Mondays for Lunch for \$9.75. Includes a drink. Get it while supplies last!

The B-Fifty Brew • Tasty Refreshers
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Rockers Bar & Grill • Fried Chicken Basket • Tuesday Special
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DINING

Delivery Options (Hours subject to change)
Bomber Bistro: Monday-Friday 1630-2030

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