

# northern sentry

FREE | WWW.NORTHERNSENTRY.COM | VOL. 59 • ISSUE 05 | MINOT AIR FORCE BASE | FRIDAY, JANUARY 29, 2021

## WHATS INSIDE THIS WEEK:



POLAR PLUNGE 2021: FREEZIN' FOR A REASON

A2



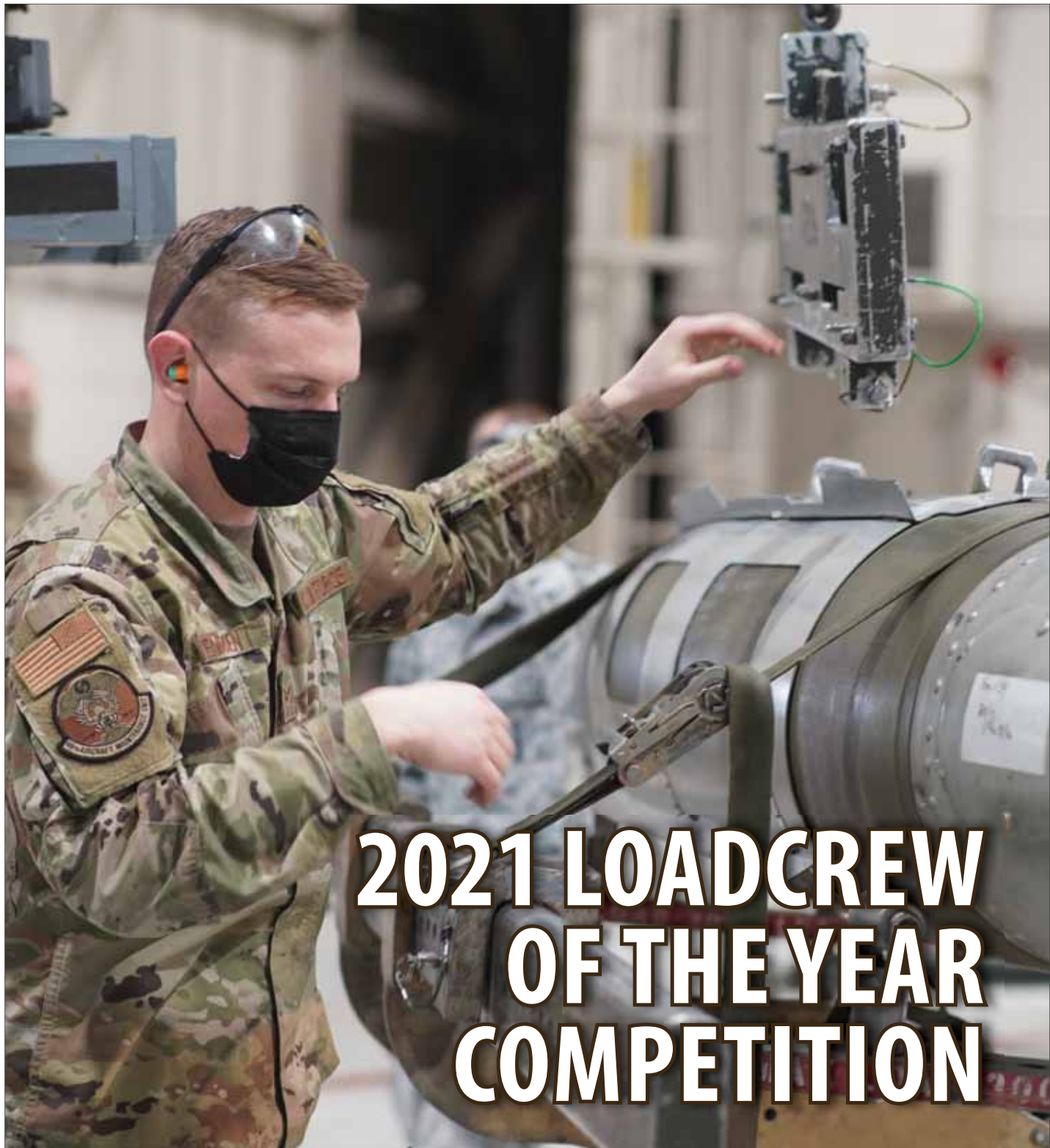
AIR FORCE GLOBAL STRIKE FLYOVER TO SUPPORT SUPER BOWL 55 IN TAMPA

B3



MEET YOUR MINOT AFB SCHOOL BOARD

B7



## 2021 LOADCREW OF THE YEAR COMPETITION

Airmen from the 23rd and 69th Bomb Squadron Weapon Load Crews compete in the annual load crew of the year competition on Jan. 19, 2021 at Minot Air Force Base, ND. The competition is held annually to determine the best load crew. See page B8 for coverage.

U.S. AIR FORCE PHOTOS | AIRMAN FIRST CLASS JAN VALLE AND SENIOR AIRMAN MICHAEL RICHMOND

## TENANT SATISFACTION SURVEY



*Deadline extended to February 5th!*

Participate in the Tenant Satisfaction Survey to provide feedback on your living experience.

OMB Control Number: 0704-0553 OMB Expiration Date: 31 March 22



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# Special Olympics North Dakota Polar Plunge 2021: Freezin' for a Reason

ABIGAIL KINDER, NORTHERN SENTRY

Special Olympics North Dakota is a nonprofit organization that offers disabled individuals the opportunity to create lasting relationships and learn valuable life skills through the power of sports. The program serves nearly 1,600 athletes and includes over 5,000 volunteers in North Dakota, and it helps those with intellectual disabilities to gain confidence, friendships, and improve their lives.

In 2014, SOND and Law Enforcement Torch Run brought the idea of the Polar Plunge to Minot, N.D., and the event has been one of the organization's local fundraisers ever since. Other cities that hold the annual event include Grand Forks, Fargo, Dickinson, and Bismarck.

This year, the organizers would like to expand the Polar Plunge to members of Minot Air Force Base in the hopes of including more service members in their program and creating relationships

between the community and SOND athletes.

"Minot Air Force Base gets involved and friendships are made," said Janet Wing, Alternate Installation Deployment Officer and SOND volunteer.

In the spirit of involving Team Minot with the Special Olympics, SOND is hoping to recruit several teams to represent squadrons from all over the base. They also hope to expand involvement to at least 100 participants, including Airmen, families, and any other volunteers.

The fundraising goal for this year's event is \$35,000. Donations will contribute to athlete expenses, developing Special Olympics school programs, providing health screening and training for strong minds, and funding many more SOND efforts.

"We charge no fees to the people we serve, and that's why fundraising is so important," said Kathleen Meagher, President

and Chief Executive Officer of SOND. "It's about people helping people."

The Polar Plunge will be taking place on March 13, 2020 at the Sleep Inn & Suites, Minot. Participants will be required to raise a minimum of \$75 to earn the privilege of participating in the extreme sport. Any other money raised will allow teams or individuals to compete for certain contest categories, including best costume, youngest plunger, and whitest legs!

In order to keep participants safe, the event will be following strict COVID-19 guidelines. However, SOND is expecting to continue the tradition of celebration with food, hot chocolate, and socially distanced award ceremonies.

Are you, your family, or your friends interested in joining the 2021 Polar Plunge? To register or find out more information, visit [www.specialolympicsnd.org](http://www.specialolympicsnd.org).



Participants in one of the 2019 Polar Plunge events took the leap into a pool of ice cold water to raise money for Special Olympics North Dakota. All ages are encouraged to join the fundraiser.

SOND'S FACEBOOK PHOTOS

## MINOT AFB OFF BASE ACTIVITY GUIDE

### ALLOWED ACTIVITIES

- Indoor gatherings are limited to 70% of the room's fire code capacity not to exceed 100 personnel (except on-base schooling and religious services), and will continue to adhere to social distancing requirements.
- Dine-in restaurants w/ Covid mitigations (No sitting at bars or high-top)
- Coaching/Referee
- Religious Services: on/off the installation
- Active duty may utilize off base retail businesses. Personnel are encouraged to focus on purchasing needed items and discouraged from browsing ("Buy-Don't Shop").
- Face masks required
- Provide theaters if face coverings and physical distancing are required with the exception of when people are actively eating or drinking
- Personal Service Businesses
  - Face coverings by all service providers
  - CDC hygiene practices
  - Appointment Only or limits number of those waiting in line
  - To include:
    - Tattoo Parlors
    - Spas
    - Nail Salons
    - Massage Parlors

- Travel within 100 miles
  - pre-approved lakes/ outdoor recreation areas
- Travel outside 100 miles approved w/Covid pre-departure worksheet
- Authorized medical care approved by a military medical provider includes service provided via referral to a non-military provider

### RESTRICTED ACTIVITIES

Establishments that preclude ability to physically distance/ nor practice good hygiene, etc:

- Sporting events (indoor or outdoor) if face coverings are not worn by attendees
- Bars
- Large gatherings (>100)
  - Rallies and fairs
  - Concert venues
- Casino/ gambling establishments

For more information: [www.minot.af.mil](http://www.minot.af.mil)

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# DoD extends deadline for Tenant Satisfaction Survey

ZOE SCHLOTT, AIR FORCE INSTALLATION AND MISSION SUPPORT CENTER PUBLIC AFFAIRS

JOINT BASE SAN ANTONIO-LACKLAND, Texas (AFNS) -- The Department of Defense is extending the deadline for Air Force housing residents to complete the annual Tenant Satisfaction Survey to Feb. 5 to ensure residents have an opportunity to voice their opinions.

"The more residents who respond, the better we can gauge what is happening at our housing projects, and continue improving our programs," said Robert E. Moriarty, Deputy Assistant Secretary of the Air Force for Installations, Headquarters Air

Force. "This is a chance for residents to directly speak to Air Force leadership about their housing needs."

In December 2020, a third-party firm hired by the Air Force to distribute the survey and collect data sent a total of 60,684 electronic survey invitations to residents in privatized and government-owned housing. To date, an average of 24.3% of residents across 66 housing projects have responded to the survey. For the 14 government-owned projects, the average response rate sits at 18.8%. With around two weeks left to respond

Air Force leadership is urging residents to take the time and complete the survey.

"The Air Force Civil Engineer Center, project owners and Military Housing Offices are working tirelessly to provide safe, healthy homes in which Airmen want to reside," said Col. Sara Deaver, Air Force Housing Division chief. "We know where to put our efforts based on the data residents provide annually via the satisfaction survey."

Deaver said the anonymous feedback serves to make the Air Force more conscientious stewards of taxpayer dollars by

ensuring the housing program budget is allocated to provide and sustain quality homes for Airmen and their families today and in the future.

If a resident wishes to provide feedback, but has not yet received the survey link via email, they are encouraged to email CEL & Associates at AirForceHousingSurvey@celassociates.com for assistance. The Office of Management and Budget control number for this survey is OMB 0704-0553.

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# Tax Center Info

MINOT AIR FORCE BASE LEGAL

Team Minot,

Due to the ongoing COVID-19 pandemic, the free tax services offered through Minot Air Force Base's Volunteer Income Tax Assistance program will be modified for the upcoming filing season. Airmen, E-1 through E-6, will receive tax services between 25 January and 14 March 2021. All other eligible taxpayers, including the remaining enlisted tier, officers, retirees, DoD civilian personnel, and other branches of service will be seen on a space available appointment from 15 March through 15 April 2021.

Due to the expected limited appointments and limited pool of trained VITA volunteers, the base tax center will be unable to accommodate the amount of customers as in past years. Therefore, members are highly encouraged to switch to other free tax software programs, including that offered through Military One Source (<https://www.militaryonesource.mil>), or any other free software program. Military One Source MilTax program offers filing of federal

and up to three state tax returns, with tax consultants available for assistance at (800) 342-9647. However, before filing your state taxes online, know your state's rules for military income and if married, that of a spouse who may not be from the same legal state of residency.

Our legal office representatives stand ready to answer any questions you may have concerning how states tax military pay and what you should expect. On average, a married filing joint couple with two state tax returns can save between \$500-\$700 by utilizing free software. Self education on federal and state tax law can save you hundreds of dollars.

As a reminder, to receive tax assistance, you must bring photo IDs and social security cards for the taxpayer, spouse, and dependents. Once you have received and printed all your tax documents, you may schedule an appointment starting 1 FEBRUARY 2021 by calling 723-3026.

**What does HPCON mean?**  
A program to inform base population of specific health protection actions recommended in response to an identified health threat, justified by the scope and severity of the threat.

To reduce the potential for COVID exposure, all active duty personnel will avoid the 3 C's at all times:  
Crowding, Closed Spaces, Close Contacts.

**Changes for Team Minot:**

- Unit commanders will follow indoor gathering rules. If not possible, use virtual meeting options.
- Work centers should utilize telework or alternate work schedules for personnel who are considered high risk or for mission related considerations.
- Team Minot members may return to utilizing all personal service businesses as long as the establishment follows CDC and State prescribed safety precautions.
- Indoor gatherings are limited to 75% of the room's fire code capacity not to exceed 100 personnel (except on-base schooling and religious services), adhere to social distancing requirements.
- Active duty may utilize off base retail businesses. Personnel are encouraged to "Buy-Don't Shop".
- Outdoor gatherings may have up to 100 individuals. Cloth face coverings are required if you cannot maintain six feet of distance from others.
- Team Minot members are authorized to dine-in at restaurants as long as the establishment follows CDC and State prescribed safety precautions. If the establishment has both a dining and a bar area, members will only be seated in the dining area. (DoD Civilians and dependents are highly encouraged to adhere to this policy)
- Restricted areas: Bars or establishments whose primary purpose is to serve alcohol. Casinos or other gambling establishments. Rallies, fairs or other large gatherings (>100 people). Sporting events (indoor or outdoor) where physical distancing is not maintained. Movie theaters if face coverings and physical distancing are not required.

Child Development Center is mission essential & the standard priority list

send questions to [minot.covid.tips@us.af.mil](mailto:minot.covid.tips@us.af.mil)

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# Air Force to allow longer braids, ponytails, bangs for women

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

ARLINGTON, Va. (AFNS) --

As an outcome of the 101st Air Force uniform board, Air Force women will be able to wear their hair in up to two braids or a single ponytail with bulk not exceeding the width of the head and length not extending below a horizontal line running between the top of each sleeve inseam at the under arm through the shoulder blades. In addition, women's bangs may now touch their eyebrows, but not cover their eyes.

These new changes will be effective upon publication of the new standards in Air Force Instruction 36-2903 in February.

"As I outlined in Action Order A: Airmen, this decision is a commitment to supporting the Airmen We Need and sustaining the culture and environment of excellence that will continue to make the Air Force an attractive career choice for Airmen and families," said Air Force Chief of Staff Gen. Charles Q. Brown, Jr. "I'm thankful for the feedback and research conducted from a number of women leaders, the Women's Initiative Team, the Air Force uniform board, and our joint teammates."

The Air Force uniform board convened virtually in November 2020 to discuss ideas sourced from Airmen across the Air Force who participated in a dress and appearance crowdsourcing campaign. Participants on the board included 19 diverse Airmen of various ranks from across the major commands and headquarters directorates.

The board reviewed all ideas including a recommendation from the Air Force's Women's Initiative Team. Thousands of women across the Air Force provided feedback to the Women's Initiative Team,

stating constraints to hair grooming standards resulted in damage to hair, migraines and in some cases, hair loss. The detailed work done by the Women's Initiative Team to research and support the recommendation was greatly appreciated by the uniform board.

"In addition to the health concerns we have for our Airmen, not all women have the same hair type, and our hair standards should reflect our diverse force," said Chief Master Sergeant of the Air Force JoAnne S. Bass. "I am pleased we could make this important change for our women service members."

In addition to addressing issues associated with personal health and hair loss, adjusting female hair standards supports ongoing efforts to address diversity and inclusion in the ranks. Earlier this year and in her role leading the Defense Department's Diversity Board, then-Secretary of the Air Force Barbara M. Barrett played a prominent role in supporting these types of adjustments to ensure a more inclusive culture in the services.

The Air Force chief of staff approved the policy after considering feedback from the force, the uniform board recommendation, and the professional image and standards of the Air Force and U.S. military.

"We remain committed to removing barriers to service," said Lt. Gen. Brian Kelly, Air Force deputy chief of staff for manpower, personnel and services. "In an all-volunteer force, we want fully qualified volunteers who are representative of the nation to see us as a great opportunity to maximize their talent and serve."

Members must adhere to current occupational safety, fire and health

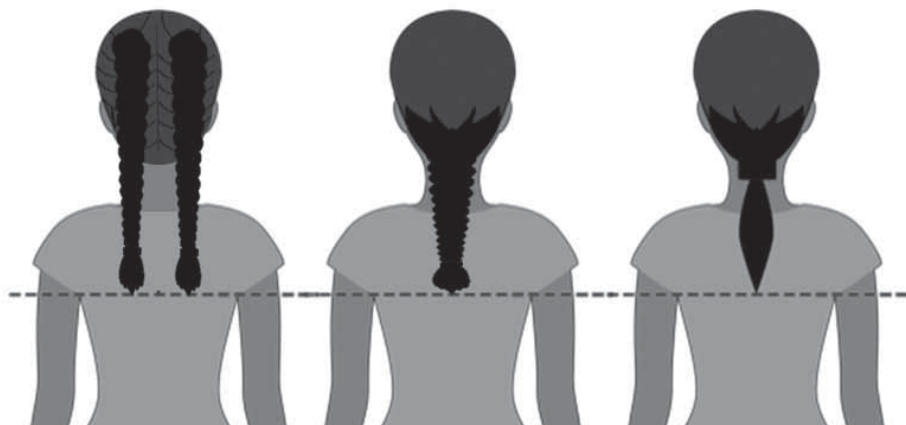
guidance, and mishap prevention procedures emphasizing when and how to mitigate the potential for injury from hair of varying lengths around machinery, equipment, power transmission apparatus or moving parts. Airmen are encouraged to reach out to their safety office for assistance in analyzing any potential hazards, as applicable.

Another idea considered by the board related to beard wear for men. Unlike with women's hair standards, there are no known health or hair loss issues associated with current male grooming standard compliance. As such, the Air Force plans to continue under

the current male grooming standards without adjustments. Beards are currently permitted in conjunction with medical exceptions such as shaving waivers or for approved religious accommodations.

At this time, Guardians will adhere to the female grooming standards of the Air Force. Eventually, the U.S. Space Force will develop its own policy.

Numerous other ideas from the board are still under consideration for implementation and will be released in the future. For more information, consult AFI 36-2903 Dress and Appearance.



Beginning in February 2021, female Airmen will be able to wear their hair in up to two braids or a single ponytail with bulk not exceeding the width of the head and length not extending below a horizontal line running between the top of each sleeve inseam at the under arm through the shoulder blades. In addition, women's bangs may now touch their eyebrows, but not cover their eyes.

U.S. AIR FORCE GRAPHIC BY COREY PARRISH



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 Tuesday: 9:00am – 6:00pm  
 Wednesday: 7:30am – 6:00pm  
 Thursday: 7:30am – 6:00pm  
 Friday: 7:30am – 4:30pm  
 Saturday: 2 a month by appt  
 Sunday: Closed

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# 91 SFG Winter Expo

91ST SECURITY FORCES GROUP

The 91 SFG is hosting a small winter informational event. We found the need to get as much information we can to the families of our active duty members specifically about moving around the community during the winter months. A lot of times the active duty member receives information about the “Dos and Don’ts” during the winter but forget to pass the information to their families. We reached out to the Wing Safety Office and Library to possibly have someone speak and provide literature/pamphlets

to assist us educate our member’s families (i.e. driving, what to have in your vehicle for emergencies, what to look for before driving etc.). The time, duration and location below are listed.

We also reached out to the Airman & Family Readiness Center to have their own table to speak about opportunities/assistance with childcare for members who routinely post to the missile field and may be deployed; they also have programs where they offer free oil changes. Outdoor Recreation,

91 SFG Key Spouses, Library, Balfour Beatty and the First Sergeants Food Pantry will also be in attendance to speak on the different items they have available for the community.

Date: 29 Jan 21  
 Timeframe: 1000 – 1400  
 Location: Community Center Complex (also known as the Turf or indoor soccer field).  
 For any questions or concerns, please consult MSgt Mario Anderson, 91 MSOS, at 723-1891.

## Dakota Hope Clinic: Peace After Abortion

ABIGAIL KINDER, NORTHERN SENTRY

In 2018, a total of 1,141 abortions in North Dakota were reported to the Centers for Disease Control. While abortion affects everyone differently, it can take a heavy emotional toll on the women who have had the procedure. Because of this, Dakota Hope Clinic offers a variety of resources to help women who have had abortions to heal and find closure.

The upcoming Peace After Abortion class is one resource that offers an in-depth curriculum aimed at changing the lives of those left broken by past abortions. The class is run by knowledgeable registered nurses and mentors with firsthand experience.

One brave mentor, Tanya, is working every day to heal from her past and help other women on the path to peace.

27 years ago in a Minneapolis clinic, she was faced with the loss of a lifetime. She was young and pregnant, with no support from the father and no options.

“He stood over top of me while he made me sign the papers. I kind of blacked out at that point;

I don’t really remember much,” she recalled. Tanya wanted to keep her baby, but due to her circumstances, she was coerced into the abortion.

After years of living with hidden emotions, Tanya took the Peace After Abortion class at the Dakota Hope Clinic. “I thought that I had done some healing on my own, but it made me realize how much I needed help,” she said.

Now, Tanya is a mentor for Peace After Abortion, and she is working towards becoming a therapist to help others overcome their struggles.

Women who have abortions are often at risk for drug and alcohol use, lower self confidence, eating disorders, depression, and difficulty maintaining relationships. The Peace After Abortion class is available to help women in any situation. The group mentors aim to create a nurturing, judgement-free space where women can gather and heal as a community.

They emphasize the judgement-free aspect of the group to encourage women to be open

and honest with themselves and others about their experiences.

“[Other people] don’t realize how badly their words can hurt another person,” said Tanya. “When I took the class, I felt like I had a thousand pounds lifted off me, and now I’m not afraid of people knowing.”

Today, she continues to share her story to let other women know that they are not alone.

Handling an abortion can take a toll on a person, physically, mentally and emotionally. Dakota Hope Clinic hopes that through education, support, and accessible resources, they can help women make the best decision for themselves and encourage them towards a bright, successful future.

Peace After Abortion begins on Feb. 8, 2021 at 6 p.m. CDT and will continue until March 15, 2021. The classes will be held virtually, and will be completely anonymous. To register, visit [www.dakotahope.org](http://www.dakotahope.org).

The clinic also offers other resources such as pregnancy testing, pregnancy loss support, and support for men.

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Walk-in or schedule a flu shot today!  
 Find a clinic near you at [trinityhealth.org/influenza](http://trinityhealth.org/influenza).

MAKING MORE POSSIBLE



Discover Peace is a confidential and safe, 6-week small group class that can help heal the trauma of a past abortion. You are not alone.

Weekly classes start **Monday Feb. 8<sup>th</sup> at 6pm** until **Monday March 15<sup>th</sup> at 6pm.**

To see if this **FREE** and **PRIVATE** class sponsored by Dakota Hope Clinic is right for you:

Call (701)852-4675 and ask for Shelly

Send a text to (978)-705-3421

Or email [shelly@dakotahope.org](mailto:shelly@dakotahope.org)

Classes will be held virtually.

Don't miss this chance for a better life. We are here for you.

*"I felt like I had 1,000 pounds lifted off my shoulders because I realized that God forgave me."*  
 -past participant of Discover Peace

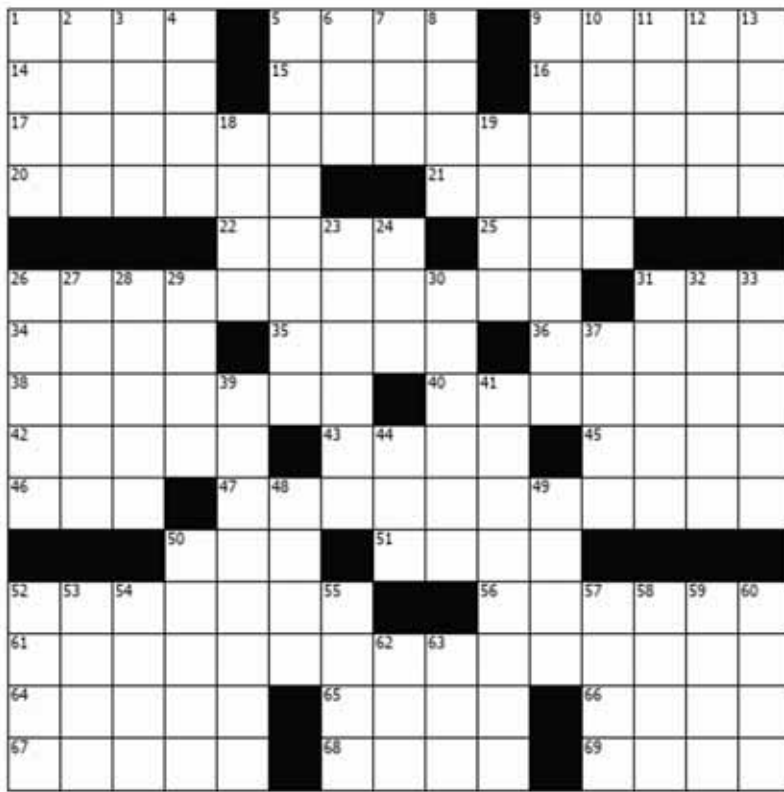


*"I cant' even begin to tell you how much this class helped me. ....I felt so accepted"*  
 -past participant of Discover Peace



# CROSSWORD PUZZLE

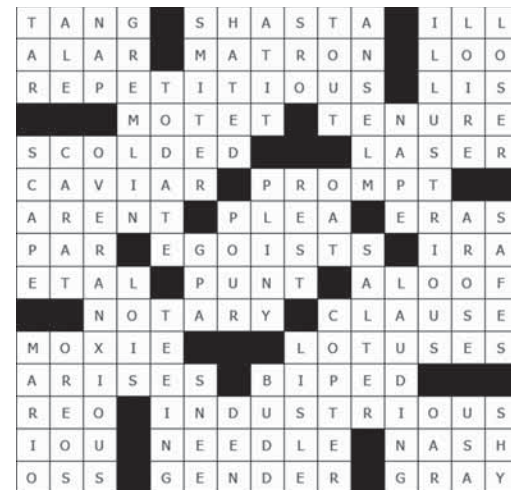
- Across**
- 1. Counterfeit
  - 5. Pinto prodder
  - 9. Singer Khan
  - 14. Composer Stravinsky
  - 15. Guesstimate phrase
  - 16. Veronica of "Hill Street Blues"
  - 17. Carson's spinning-toy essay?
  - 20. Houses with walls of water
  - 21. Revives
  - 22. Puts the collar on
  - 25. Caesar, for one
  - 26. Levi Stubbs' cookware set?
  - 31. Eyeliner target
  - 34. Bee flat?
  - 35. Shade of blue
  - 36. Beef cut
  - 38. It borders Kazakhstan
  - 40. Basic nature of a perfume
  - 42. Tithed percentage
  - 43. Zapata's "zip"
  - 45. Cry of mock horror
  - 46. Sound after a pinprick
  - 47. Decides to critique harshly?
  - 50. Sault --- Marie
  - 51. London park name
  - 52. Rod on a screen
  - 56. Makeshift digs
  - 61. Photo's ace?
  - 64. Revolutionary Allen
  - 65. Touched ground
  - 66. Morales of "Bad Boys"
  - 67. Val Kilmer movie (with "The")
  - 68. Coloring agents
  - 69. Lady of the knight



- Down**
- 1. Pacific archipelago
  - 2. Spellbound
  - 3. Germany's Helmut
  - 4. Cubic Rubik
  - 5. Bottle by the chow mein
  - 6. Whiz
  - 7. JFK served in it
  - 8. Mil. student body
  - 9. Molecule mavens
  - 10. Loathed
  - 11. Famous cookie maker
  - 12. Continued (with "on")
  - 13. Ran preceder
  - 18. Dessert, to a dieter
  - 19. Parasite's home
  - 23. Bear of Alabama football
  - 24. Masseur's workplace
  - 26. "--- all, folks!"
  - 27. Gives a job to
  - 28. Roy's wife Dale
  - 29. Fedora fabric
  - 30. Sometime in the future
  - 31. "Say" sound
  - 32. Of an ancient Peruvian empire
  - 33. Ownership papers
  - 37. Pager signal
  - 39. Weapons at some weddings?
  - 41. Amateur baseball
  - 44. Fire sign
  - 48. Look curiously
  - 49. Very distant, as space
  - 50. Indian music maker
  - 52. Baited a state trooper
  - 53. One of the Jackson 5
  - 54. Alpine reverberation
  - 55. Pore over
  - 57. Opposite of flunked
  - 58. Astronaut's org.
  - 59. Coal carrier
  - 60. Garfield's whipping boy
  - 62. Untrustworthy
  - 63. Stalemate

## CROSSWORD SOLUTION

Solution to last week's crossword puzzle.



# SUDOKU

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

Solution to puzzle on page B10

FRIDAY, JAN 29 1900  
 SATURDAY, JAN 30 1800  
 SUNDAY, JAN 31 1800

**WONDER WOMAN**  
 1984 (PG-13)

SATURDAY, JAN 30 1400  
 SUNDAY, JAN 31 1400

**RALPH BREAKS THE INTERNET** (PG)

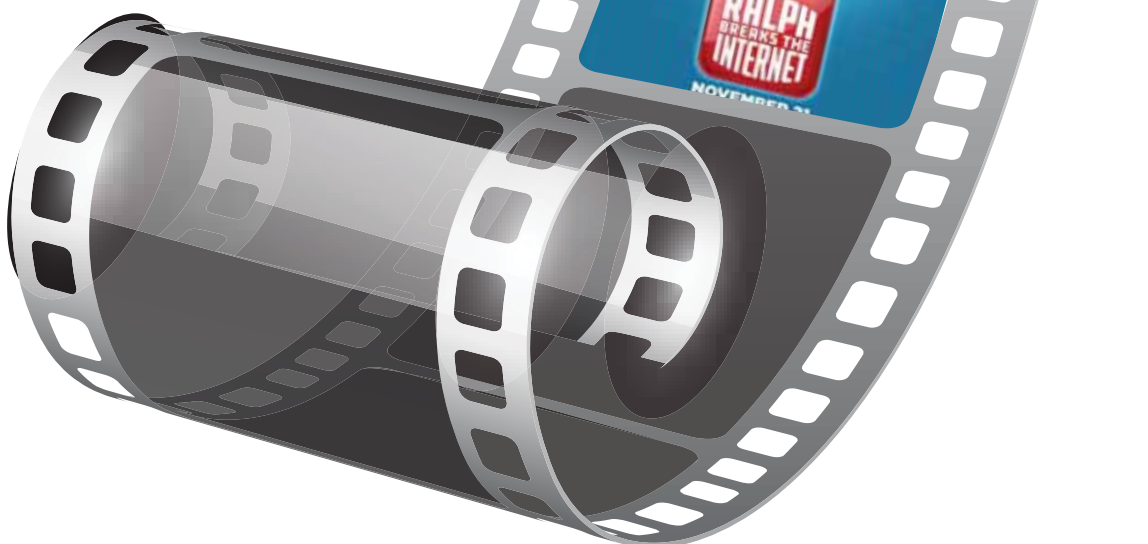


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# Upcoming Events

**30 JAN** LEARN TO CURL  
10:30 AM - 12:00 PM  
Minot Curling Club  
2005 E Burdick Expy, Minot

Want to check out curling for the first time? This may be your only chance this year! Come on down to the club, we will have instructors available. The event is free of charge. Following the Learn-to-Curl, we will have a Fun Spiel open to all members. Entry cost is \$10



For more information:  
Facebook Event / Learn to Curl / Minot Curling Club

**30 JAN** FAMILY OPEN MIC NIGHT!  
6:00 PM - 9:00 PM  
The Putt District  
17 South Main Street Suite A, Minot

Stop by The Putt District January 30th from 6pm to 9pm with the family and jam out to some tunes, or even get up and sing! We will be offering \$2 ice cream cones, board games, pool, and pizza!



For more information:  
Facebook Event / The Putt District

**1 FEB** FEBRUARY ON-RAMP  
6:00 PM  
CrossFit Minot  
4542 N Broadway, Minot

Did you miss out on our first On-Ramp of the year? No worries, we have another one coming at you! Our On-Ramp will give you the tools to hit the ground running with proper movement and solid nutrition. The first meeting will be Monday, Feb. 1st at 6pm where we will meet and go over what it is we do and why we do it, no sweating required. No obligation to sign your life away that first day, so come check it out and see how we can help you reach all your fitness goals!



For more information:  
Facebook Event / February On-Ramp / CrossFit Minot

**2 FEB** VALENTINE'S SIGN & GARLAND WORKSHOP  
6:00 PM  
The Market on 4th  
1900 4th Ave NW, Minot

Workshops are BACK at The Market! Join us for this fun workshop where you will create a Valentines Garland and Valentines Sign. These pieces are a fun way to add a little Valentine's Day to your home. All ages are welcome in this class so bring your friends, moms and kiddos! All supplies are included along with drinks. Cost for this workshop is \$45 plus tax. Must have a minimum of 5 people signed up to avoid cancellation. No Refunds. There will be room for social distancing and masks are required at all workshops. Also, be sure to join us for Shop to Support Ashley on Feb 4-6, to help us raise money for medical expenses for one our our Makers!



For more information:  
Facebook Event / The Market on 4th

**5 FEB** GOLDFISH LOVE ACRYLIC PAINTING LESSON  
7:30 PM  
Virtual Event (Facebook Live)  
Nature's Nook Children's Toys & Books

This is a FREE Facebook live event. 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.naturesnooktoys.com](http://www.naturesnooktoys.com) If you're a returning customer buying an art kit, let Deb know because she likes to add different style brushes than the ones received in your previous kits. Learn how to paint with us!



For more information:  
Facebook Event / Nature's Nook Children's Toys & Books

## On Base



For more information visit: [www.5thforcesupport.com](http://www.5thforcesupport.com)

# Airmen of Minot



**AIRMAN FIRST CLASS TORRMALL THOMAS**  
SPORTS PROGRAM MANAGER ASSISTANT  
MCADOO FITNESS CENTER  
THE 5TH FORCE SUPPORT SQUADRON

Airman First Class Torrmall Thomas is a sports program manager assistant for the McAadoo Fitness Center with the 5th Force Support Squadron. He is originally from Boise, Idaho, and became a member of Team Minot in September 2019. Some of Thomas's responsibilities include organizing and coordinating intramural and extramural sports for the base.

"We get a roster of the sports and teams of those interested in participating in a sport," said Thomas. "We get referees and coordinate the games and awards that get presented at the end of the seasons. If anyone has a sport that we do not provide, we can send it up the chain to get approved and we'll have a new

sport integrated then."

In his free time, he pursues his passion for physical fitness as an amateur bodybuilder and enjoys spending time with his wife and playing with his dog.

"My favorite part of the mission is being able to do what I naturally do," said Thomas. "Before the military, I used to work at a gym, and being in the Air Force gave me the ability to still do that."

Thomas describes himself as naturally driven and that innate drive has given him the goals of promoting to staff sergeant on his first attempt, obtaining a college degree, and continuing to sharpen his proficiency within the fitness industry.



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# Community VOICES

## WORK

ALYSSA N. KELLY

To wake each day in a purposeful way striving to earn, sharing your day with others.

To wake each day in a purposeful way applying your knowledge, anticipating what may you prepare.

To wake each day in a purposeful way reflecting on past, ratifying mistakes you positively give to the world.

## ENERGY

ALYSSA N. KELLY

Sailing along near the shore each gust of wind is used for propulsion.

Walking along near the sad each word shared should be glad exertion.

Running through every work day each task completed should relay production.

Thinking of life's journey each effort expended effected every movement.

Do you have something you'd like to share with the world? Whether it's a pretty photo of Minot AFB, a fun piece of writing, or a picture of something your child made, send it to the Northern Sentry. Let us feature your creativity!

Send all submissions to nsabby@srt.com

# BABY ANNOUNCEMENTS

SPONSORED BY DAKOTA HOPE CLINIC

 <p><b>BABY BOY BORN ON</b> FRIDAY, JANUARY 15, 2021 TO: HOLLY AND ROMEN SCHLOTTFELDT MINOT, ND</p>	 <p><b>BABY BOY BORN ON</b> THURSDAY, JANUARY 21, 2021 TO: MARIA GUTIERREZ AND CHARLES WOODY JR MINOT, ND</p>
 <p><b>BABY BOY BORN ON</b> MONDAY, JANUARY 18, 2021 TO: TAYLOR STRICKHOUSER AND ROBERT BUTCHER MAFB, ND</p>	 <p><b>BABY BOY BORN ON</b> WEDNESDAY, JANUARY 20, 2021 TO: JASMINE AND TILMON ALVIN MAFB, ND</p>
 <p><b>BABY BOY BORN ON</b> WEDNESDAY, JANUARY 20, 2021 TO: PEARL AND AUSTIN MORAN MAFB, ND</p>	 <p><b>BABY BOY BORN ON</b> THURSDAY, JANUARY 21, 2021 TO: MARILYN AND JONATHAN CALO MINOT, ND</p>
 <p><b>BABY BOY BORN ON</b> WEDNESDAY, JANUARY 20, 2021 TO: ASHLEY AND JESSE NICODEMUS MINOT, ND</p>	 <p><b>BABY GIRL BORN ON</b> FRIDAY, JANUARY 22, 2021 TO: STEFANEY WILLIAMS AND MICHAEL PARKER MINOT, 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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# TRAEGER TALK



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## LASAGNA AN ITALIAN FEAST

**INGREDIENTS**

- 1 pound Sweet Italian Sausage
- 1 pound Ground Beef
- 21 Lasagna Noodles
- 1 Large Onion, diced
- 2 Bell Peppers, diced (1 green, 1 red)
- 6 cloves Garlic, chopped
- 1 tbsp Garlic Powder
- 28 oz can Diced Tomatoes
- 15oz Tomato Sauce
- 8 oz Tomato Paste
- 24 oz Cottage Cheese
- 12 slices Provolone Cheese
- 12 slices Mozzarella Cheese
- ¼ cup Parmesan/Romano Cheese
- 4 tbsp Fennel, cracked
- 4 tbsp Basil, dried
- 1 tbsp Oregano
- 1 tsp Red Pepper Flakes
- 2 tbsp Olive Oil
- 1 tbsp Salt, plus lots more for the pasta water
- 1 tbsp Pepper

Lasagna is a favorite for Sunday evening dinners. Delicious and festive, it is a celebration of flavor and texture, color and family. There is significant time that has to be invested, but there is a silver lining; it is easily frozen in family size or individual portions for later meals with little to no work involved. My personal opinion is that lasagna tastes even better after reheating. Lasagna doesn't have to be complicated to make. You can use pasta sauce from a jar and store bought Italian sausage with great results. Or, you can add your own personal touch by making your own sauce and spicing your own meats.

For smoke lovers, the Traeger adds another dimension to the flavor. The smoke flavor won't be strong, as cooking in a pan doesn't expose much surface to the smoke and the baking temperature is high enough that the Traeger isn't producing strong flavored smoke. To bring more smoke flavor into the dish, we can smoke some of the ingredients of the sauce before incorporating them into the whole, which is what I did with this recipe.

I used half sweet Italian pork sausage and half ground beef for the meats. After mixing ground beef with sausage (two tablespoons cracked fennel, two tablespoons dried basil, one tablespoon garlic granules, one tablespoon dried oregano, one teaspoon salt and one teaspoon pepper) spices, I spread both meats out in bite-sized irregular chunks on a jelly roll pan prepped with two tablespoons of olive oil. The chunks were made irregular to expose the maximum amount of surface area to the smoke. I also smoked the diced bell peppers, onion, and chopped garlic. I smoked the meat and vegetables for an hour at 180°F, then turned the grill up to 425°F for 15 minutes to brown and sear.

The smoked meat and veggies were then added to the pot with the tomatoes, tomato paste, and tomato sauce. I added the rest of the spices and simmered the sauce for an hour before building the lasagna. The sausage chunks stuck themselves together in the grill and had to be broken apart in the pot.

The noodles should be cooked according to label instructions to al dente firmness. My roaster pan needed seven noodles for each layer, for a total of 21 noodles. I cooked a few extra to make sure I had enough in case they didn't expand as much as expected, but 21 turned out just right.

A purist might insist that the only acceptable soft cheese is ricotta. However, cottage cheese is a popular choice also. In any case, the stores in the area were out of ricotta, so this batch has cottage cheese. I also used provolone, mozzarella, and blended Parmesan/Romano.

Spread a layer of sauce on the bottom of the pan, then noodles, then sauce, cheese, and noodles. There were 11 layers in all: Sauce, noodles, sauce, provolone cheese, noodles, sauce, cottage cheese, noodles, sauce, mozzarella cheese, and Parmesan/Romano cheese garnish.

The whole roaster went back into the Traeger for 45 minutes at 425°F. You will want to check after 30 minutes and pull it out when the cheese on top is lightly toasted. Let the pan sit for a half hour before serving. This will allow the noodles to absorb any loose liquid and for the cheese to firm up.

Even with the extra smoke treatment, the smoke flavor was subtle. I used Pecan pellets, which have good smoke flavor and have been the most popular flavor in our tasting events, the #greattraegerpelletshootout.






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## NORTH AMERICAN RIVER OTTER

### CREATURE FEATURES

Because they have the densest fur of any mammal, a North American River Otter's fur helps waterproof them and keep them warm. They have fur on the bottoms of their webbed feet for additional warmth.

- The River Otter's facial whiskers are called vibrissae and are extremely sensitive to touch. The vibrissae help the otter find food in the muddy water.
- Their nostrils and ears close in the water and they can hold their breath underwater for up to eight minutes!
- The North American River Otter swims by propelling themselves with their powerful tails and flexing their long bodies.

### Fact File

Life Span	9 - 14 years
Weight	11 - 30 pounds
Body Length	32 inches
Tail Length	12 - 20 inches
Swimming Speed	7 mph
Land top speed	18 mph
Wild Diet	Crustaceans, Cephalopods, Mollusks, Fish, Birds, Small mammals, Amphibians, Invertebrates

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

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# NODAK ARMS

# OUTDOOR

## REPORT

## OUTDOOR NOTES:

PATRICIA STOCKDILL

**Fishing:**

Lake Sakakawea elevation, Jan. 25: 1838.53 feet above mean sea level (MSL); 16,300 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,448.52 feet above mean sea level (MSL).

Stump Lake elevation: 1,448.47 MSL.

- N.D. Game & Fish Dept. game wardens: Area north-central lakes remain slow. No Devils Lake or Lake Sakakawea reports.

- Devils Lake, Woodland Resort, Devils Lake: Cold front slowed success but look for improving activity with warming weather. Overall success was good prior to cold snap, including a solid perch bite throughout much of the lake. Try morning or evening for walleye.

- Lake Darling, Karma C-Store, Ruthville: Lake Audubon fair but inconsistent for walleye. Increasing activity on Lake Darling but no new reports.

\*Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: A lot of activity on Lake Darling with some permanent houses north of Landing #3 and by Grano and Greene. Several pressure ridges north of Landing #3 so use extreme caution and avoid those areas. Best success is spearing for pike.

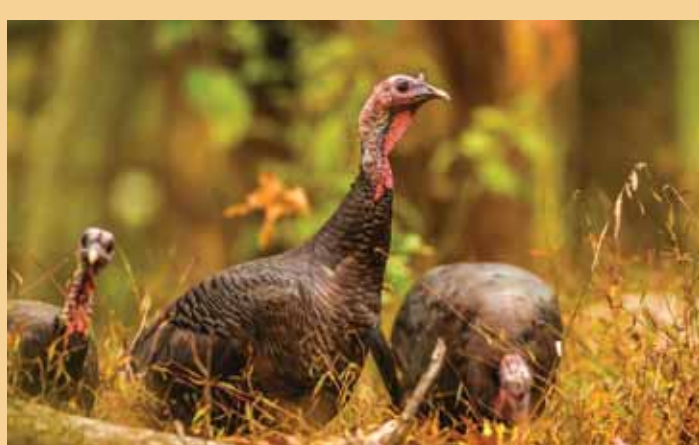
- Lake Metigoshe, Four Seasons, Bottineau: Continued activity throughout the lake. Look for a mix of walleye and bluegill. Occasional spearing success for pike.

- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Best Lake Audubon success is in late afternoon, early evening, and after midnight. Lake Sakakawea back bays gaining ice on the east end but use caution yet.

- Lake Sakakawea, Scenic 23, New Town: Look for more activity with colder weather making ice. Continue checking depths, however, because of open water earlier and thin ice.

- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Limited activity but look for continued walleye success from shore for walleye casting crankbaits off the rocks at night. Try herring or smelt for pike from shore.

- Lake Sakakawea/northwest N.D.



- 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.
- Feb. 10: Spring turkey applications due.

### TOURNAMENTS

(check with event organizers for scheduling updates):

- Feb. 13: Lake Sakakawea, Van Hook Arm.

lakes, Scenic Sports, Williston: Work deeper water around Long Creek in 20 feet and White Earth Bay around 30 feet on the upper end of Lake Sakakawea. Work points leading into bays with tips and smelt for pike. Yellowstone River continues producing walleye. Not much activity on small area lakes.

- Lonetree WMA area lakes, Harvey: Look for decent perch and walleye success from Silver Lake with continued activity on Hurdsfield Lake.

- North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Devils Lake producing occasional pike. No reports from the Mouse River or area lakes.

**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: Trails open with some new snow.

- Fort Stevenson, Garrison: About an inch of new snow. Trails tentatively packed, weather and

snow conditions permitting.

**Downhill skiing** (conditions can vary):

- Bottineau Winter Park, Bottineau: Open Friday through Sunday. Contact (701) 263-4556 for more information.

- Frostfire Ski Area, Walhalla: Open Saturday and Sundays. 5 runs, Beginner Hill, and Magic Carpet open. Contact (701) 549-3600 for schedule and covid-19 information.
- Huff Hills Ski Area, Mandan: Open Saturday and Sunday. 14- to 25-inch base. 3 runs, Bunny Hill, and with 3 lifts available. More opening with snowmaking underway.

- Terry Peak, Leads, S.D.: 12- to 16-inch base. 11 runs, 2 express, and 1 carpet and lift open.

**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.

## 91st Missile Wing Awards



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# Air Force Global Strike flyover to support Super Bowl 55 in Tampa

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

BARKSDALE AIR FORCE BASE, La. – Three different Air Force Global Strike Command bombers will conduct a first-of-its-kind trifecta flyover during the National Anthem performance at the fifty-fifth Super Bowl, Feb. 7 over Raymond James Stadium in Tampa, Florida.

“Supporting this event is a tremendous honor for our command and the U.S. Air Force,” said Gen. Tim Ray, AFGSC commander. “We look forward to this opportunity to showcase the reliability, flexibility and precision

of our bomber fleet to the nation during this exciting event.”

- The bomber flyover, will feature:
- B-1B Lancer from Ellsworth Air Force Base, South Dakota
  - B-2 Spirit from Whiteman AFB, Missouri
  - B-52 Stratofortress from Minot AFB, North Dakota

Each aircraft will take off for the Super Bowl LV flyover from their respective bases, join up for the flyover, and return to base following the event, demonstrating the flexibility of AFGSC’s bombers and their

ability to deploy anywhere in the world from the continental United States.

The U.S. Air Force performs close to 1,000 flyovers a year and serve as a way to showcase the capabilities of our aircraft while also inspiring patriotism and future generations of aviation enthusiasts. These flyovers done are at no additional cost to the taxpayer and serve as time-over-target training for our pilots, aircrew and ground control teams.

## Minot AFB Exchange Helps Airmen Maintain BE FIT Lifestyle during Pandemic with Better-for-You Meal, Snack Options

MINOT AFB EXCHANGE

The Army & Air Force Exchange Service is helping the Minot AFB community start the year off right with a wide selection of better-for-you meals and snacks—all while keeping the safety and well-being of the community top priorities.

“With more better-for-you meal and snack options than ever, the Exchange makes it easy to maintain a BE FIT lifestyle,” said Minot AFB Exchange General Manager Brian M. Read. “Whether dining out or on the go, Airmen can count on the Exchange to help them meet their nutritional goals while maintaining a safe, sanitized and secure environment.”

All of the Minot AFB Exchange’s restaurants offer better-for-you options that support readiness and resiliency:

- Taco Bell Power Bowl

- Subway Turkey Flatbread
- Popeye’s Blackened Chicken
- Charley’s Veggie Sandwich

Airmen and families can also find better-for-you meal and snack options on the go. At Minot’s Express convenience store, shoppers can easily spot better-for-you meal and snack options thanks to Healthier Choices, Healthier Lifestyle shelf tags. BE FIT-approved items available at the Minot AFB Main Exchange and Express include variety of nuts, tuna fish packets, vitamin waters and many more items.

The Minot AFB Exchange is committed to maintaining a safe, sanitized and secure environment during the COVID-19 pandemic. Safety measures underway at Minot AFB Exchange restaurants include:

- Requiring food workers to wear

gloves and masks

- Regularly sanitizing restaurant counters and food prep areas

Other preventative measures at Minot AFB Exchange facilities include minimizing the use of cash; requiring face masks; and regularly disinfecting PIN pads, countertops, door handles, shopping carts and baskets. Clear acrylic shields separate cashiers and customers, and strategically placed floor decals remind shoppers to maintain 6 feet of distance in checkout lines and other high-traffic areas.

Shoppers can learn more about the Exchange’s better-for-you offerings—including restaurant-specific video nutrition guides; highlights from the Exchange’s Healthier Choices, Healthier Lifestyle selection, and more—at [www.ShopMyExchange.com/be-fit](http://www.ShopMyExchange.com/be-fit).



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Send all submissions to [nsabby@srt.com](mailto:nsabby@srt.com)  
**northernsentry**



## Local Cravings Restaurant Guide

**Applebee's Grill & Bar**

2302 15th St SW, Minot, ND 58701  
Phone: 701.839.2130  
[www.applebees.com](http://www.applebees.com)

**Bone's BBQ Steakhouse & Grill**

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# Champagne and Ice Gala Held Virtually

NORTHERN PLAINS CHILDREN'S ADVOCACY CENTER

MINOT, ND— This year's Champagne and Ice Gala, hosted by the Northern Plains Children's Advocacy Center, will be held virtually on Saturday February 27 from 6-7 pm. Tickets for this 11th annual event are available at <https://cbo.io/npcac/tix>.

The NPCAC provides a compassionate and effective way to serve children victimized by sexual abuse and other crimes. Families that come to NPCAC are never charged for services. Funding for NPCAC comes from grants and community donations, so events like this are vital in continuing to serve children and families.

"Centers like this significantly reduce the trauma associated with child abuse and assists in holding offenders accountable. Every year, we serve more children than the last; almost 700 victims received services from NPCAC in 2019. During 2020 we saw 549 victims, the reduction due to Covid-19 related barriers. We expect a significant rise in cases as the pandemic regresses," said Christal Halseth, NPCAC Executive Director. "This gala has grown into our most valuable source of funding."

Although this year's gala will have a different look, some things remain the same. An online auction will begin on February 19, concluding on February 27 at 7 pm. The auction will include baskets donated by area businesses, a Star Wars poster autographed by David Prowse and Carrie Fisher, an Arnold Palmer embroidered Masters flag, and a Rolling Stones autographed guitar. The bidding site is located on our Champagne & Ice page at <https://cbo.io/npcac/tix>. Kicking off the week is a Dine & Donate event at the Starving Rooster on February 22.

Raffle tickets are available for a Traeger grill and cover and a shimmering diamond pendant donated by Knowles Jewelry of Minot. Tickets are \$20 each and available through any NPCAC staff or board member.

Tickets for the gala are \$50 each. The first 150 monetary donations of \$100 or more will receive a Gala in a Box which contains two champagne flutes, two cookies, two masks, two diamond necklace raffle tickets, a sample bottle of champagne, small dish of Dot's Homestyle Pretzels and gala program.

Cocktail attire is encouraged for this event and a contest will be held for best dressed. The winner will receive tickets to next year's gala.

The evening will include presentations by Capt. Justin Sundheim, of the Minot Police Department, ND Assistant Attorney General Kelly Dillon, and ND BCI Special Agent Cassidy Halseth with his new partner K9 Special Agent "Jab." We will also be announcing the 2020 NPCAC Annual MDT Everyday Hero Award winner.

Founded in 2007, a Bottineau location was opened in 2020 making services more accessible for our rural areas.

"Services offered by NPCAC are forensic interviews, specialized therapy, family advocacy and coordinator of multi-disciplinary teams," Halseth said. "We work very closely with all levels of law enforcement, child protective services, and prosecution."

Be sure to check out the NPCAC's Facebook page for gala updates. Please call 701-852-0836 or email [christal@northernplainscac.org](mailto:christal@northernplainscac.org) for raffle ticket information.

# Roth to serve as acting Secretary of the Air Force

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

WASHINGTON (AFNS) --John P. Roth will serve as the Acting Secretary of the Air Force as of Jan. 20, until the president nominates and the Senate confirms a permanent replacement.

Roth succeeds Barbara Barrett, who served as the 25th Secretary of the Air Force from Oct. 18, 2019, until Jan. 20.

Roth has served as the Assistant Secretary of the Air Force for Financial Management and Comptroller since January 2018. From May 2019 to December 2020, he also performed the duties of Under Secretary of the Air Force, a role he held from June to October 2019.

"It is a privilege to serve Airmen and Guardians as the Acting Secretary of the Air Force," Roth said. "Protecting the nation is a solemn responsibility; one that the U.S. Air and Space Forces execute daily without fail. I

look forward to working side-by-side with Gen. (Charles Q. Brown, Jr.) and Gen. (John W.) Raymond to ensure our Airmen and Guardians have the training and resources required to meet national security requirements and keep America safe.

"I'm eager to continue the momentum Secretary Barrett and these two great military leaders put into motion as we work together to accelerate change for our Air Force and continue building America's Space Force," he said.

As acting secretary, Roth leads the Department of the Air Force, comprised of the U.S. Air Force and U.S. Space Force. He is responsible for organizing, training and equipping Air and Space Forces and for the welfare of 697,000 active duty, Guard, Reserve, and civilian Airmen and Guardians and their families.

# Biden Reverses Ban on Transgender Individuals Serving in the Military

BRIAN W. EVERSTINE, AIR FORCE MAGAZINE

President Joe Biden on Jan. 25 reversed the ban on transgender individuals serving in the military, opening the door to thousands barred from service and correcting the service record of anyone affected by the ban.

The executive order, announced before Secretary of Defense Lloyd J. Austin III's swearing-in ceremony at the White House, reverses an order from former President Donald J. Trump that cited "tremendous medical costs and disruption" from transgender individuals serving in uniform. The order reverts to the Pentagon's prior position of allowing transgender people into the military, so the DOD can recruit and retain "those who can best accomplish the mission."

"President Biden believes that gender identity should not be a bar to military service, and America's strength is found in its diversity," the White House said in a statement. "This question of how to enable all qualified Americans to serve in the military is easily answered by recognizing our core values. America is stronger, at home and around the world, when it is inclusive. The military is no exception. Allowing all qualified Americans to serve their country in uniform is better for the military and better for the country because an inclusive force is a more effective force."

In a statement following the executive order, Austin said the Pentagon will immediately take steps to ensure individuals who identify as transgender are able to enlist and serve in their self-identified gender.

"These changes will ensure no one will be separated or discharged, or denied reenlistment, solely on the basis of gender identity," Austin said.

Additionally, all medically necessary transition-related care will be available to service

members.

"We would be rendering ourselves less fit to the task if we excluded from our ranks people who meet our standards and who have the skills and the devotion to serve in uniform," he said. "This is the right thing to do. It is also the smart thing to do."

A 2016 study by the RAND Corp. estimated there are between 1,320-6,630 transgender service members in Active duty, but that number varies widely based on a lack of data and current military policies. The same study estimated that Active component health care costs would increase by between \$2.4 million and \$8.4 million annually if DOD covered transition-related care.

The White House in its

statement pointed to a 2016 DOD study that noted that "open transgender service has had no significant impact on operational effectiveness or unit cohesion in foreign militaries," and testimony in 2018 by each service uniformed leader stated that they were not aware of issues of unit cohesion.

The White House also said the Pentagon would report back in 60 days on its progress implementing the order.

Trump first announced the ban in July 2017 on Twitter, saying "please be advised that the United States government will not accept or allow transgender individuals to serve in any capacity in the US military." Days later, then-Defense Secretary James N. Mattis delayed implementation so the policy

could be reviewed.

Advocacy groups on Jan. 25 lauded the ban's reversal. In a joint statement, the Service Members, Partners, Allies for Respect and Tolerance for all and the Modern Military Association of America said the move is a "victory" for inclusion in the government.

The reversal "enhances national security by allowing otherwise qualified Americans to serve their country, and for transgender people already serving to reach their full potential," said Jennifer Dane, MMAA executive director and Air Force veteran, in the statement.



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# Physio Moments: Joint by Joint, Part 2a, Hip Flexion

DR. RON GILES, CAPT, USAF, PT, DPT, CSCS

Welcome to another installment of physio moments. It has been a while since I last wrote so please refer back to previous installments which can be found at. This week we continue our screen of the hip looking now at extension or your ability to get your leg behind your body without compensation. Our modern comfortable world does not set us up for success when discussing hip mobility as many of us spend extended periods of time sitting be it at work, at home or during our commutes. Our body is great at adapting to the positions we most often subject it to and sitting is no different. The good news is as with many mobility restrictions, with the right exercises and consistency we can start to change this.

Hip extension comes into play with daily movements like standing, walking, running, jumping and a lot of times with my low back pain patients and knee pain patients I find limitations in their ability to extend their hips appropriately. Like always my goal is to show you a basic screen for this movement and provide a couple drills to help you improve any restrictions you may find.

- Hip Extension Screen
  - o Sitting on the edge of your bed, bench or couch hug one knee to your chest
  - o Rock backwards and allow your free leg to hang naturally
  - o If your leg is unable to come parallel to the floor or your knee naturally straightens then you likely have a limitation into hip extension



Good



Impaired  
(notice the leg can't drop to parallel)

- Hip Extension Drill 1 : Perform 30s stretch for every 1hr of sitting
  - o With your foot propped up on chair and your opposite leg in a lunge position bring your chest up and keep back straight, work to avoid arching through your low back.
  - o You should feel a stretch in the front of your hip and thigh.
  - o If the stretch is too intense move your knee that is on the floor further away from the chair.



Straight torso



Arching through low back

- Hip Extension Drill 2: Perform 2-3x Daily x 5 repetitions/side with 5sec hold each and before every workout

- o While on all fours, contract your core (imagine preparing for a slap to the stomach)
- o Kick one leg up behind you concentrating on engaging through your glute muscle
- o Work to keep your low back in same the same position from the start, do not arch.



Glute engaged with straight back



Over arch through low back

Stay consistent with these drills over the next 4 weeks and then come back to the screen and see how you have improved. The drills provided here are by no means the only way to improve your mobility and there are endless resources online with great videos should you want to explore further on your own. These are designed to get you started in an easy and accessible way that does not require a lot of equipment. As always, move well, live healthy and keep the mission alive Warbirds and Rough Riders!

Dr. Ron Giles, Capt, USAF, PT, DPT, CSCS, 701-723-5095, ron.c.giles.mil@mail.mil

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**INGREDIENTS**

1 CUP WARM WATER (110°F TO 115°F)  
1/2 OUNCE ACTIVE DRY YEAST, DIVIDED  
1 TEASPOON SUGAR  
2 1/2 CUP FLOUR  
1 TEASPOON SALT  
1/4 CUP EXTRA-VIRGIN OLIVE OIL  
1 1/2 TEASPOON ITALIAN HERBS, DRIED  
1/8 TEASPOON RED PEPPER FLAKES  
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Measure water and stir in the yeast and sugar. Let rest in a warm place. After 5 to 10 minutes, the mixture should be foamy, indicating the yeast is "alive." If it does not foam, discard and start again. Pour water/yeast mixture in the bowl of a food processor. Add 1 cup of flour, the salt, and 1/4 cup of olive oil. Pulse several times to blend. Add remaining flour, Italian herbs, and hot pepper flakes. Process dough until smooth, elastic, and pulls away from the sides of the bowl, adding small amounts of flour or water if the dough is too wet or too dry. Let dough rise in the covered food processor bowl in a warm place until doubled in size, about 1 hour. Remove dough from the food processor (it will deflate) and turn onto a lightly floured surface. Oil two 8- to 9-inch round cake pans generously with olive oil. Divide dough into two equal pieces, shape into disks, and put one in each cake pan. Oil the top of each disk with olive oil and dimple the dough with your fingertips. Sprinkle lightly with coarse salt, and if desired, additional dried Italian herbs. Cover the dough with plastic wrap and let rise in a warm place, about 45 minutes to 1 hour. When ready to cook, start the Traeger grill and set the temperature to 400 °F and preheat for 10 to 15 minutes. Put the pans directly on the grill grate. Bake until the focaccia is light golden in color and baked through, 35 to 40 minutes, rotating the pans halfway through the baking time. Let cool slightly before removing. Enjoy!



Ryan Davy - GM  
Minot

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# Northern Celebrations

Embracing our North Dakota Lifestyle

## Take a winter hike

Patricia Stockdill

Minot's Glee Mayer has a passion for kayaking and hiking and she wants others to catch that passion.

Mayer, retired Minot High School educator and track coach, helped establish the North Country Trail (NCT) Central Flyway Chapter, a volunteer organization dedicated to help develop, maintain, and promote a large part of the trail's western segment in North Dakota.

The North Country National Scenic Trail treks about 4,600 miles from Vermont to North Dakota. The state's portion covers more than 440 miles and is divided into three segments: The Central Flyway Chapter now maintains the Western Terminus from Lake Sakakawea State Park near Pick City to the east end of Lonetree Wildlife Management Area. The Sheyenne River Valley Chapter maintains from the upper end of Lake Astabula to just east of Lisbon, and Dakota Prairie Chapter maintains from Lisbon to the North Dakota - Minnesota border.

Mayer and other avid hikers established the nonprofit Central Flyway Chapter in 2019. Their efforts quickly showed, transforming part of the trail's route on Audubon National Wildlife Refuge (NWR). With the cooperation of the U.S. Fish and Wildlife Service refuge office, volunteers re-routed the trail from the refuge's auto tour route so it now travels away from the gravel road and along natural portions of the refuge.

They're not stopping there, Mayer offered, and are working with the N.D. Parks and Recreation Department, U.S. Army Corps of Engineers, and the Fish and Wildlife Service to identify other routes connecting the Audubon NWR trail segment with Lake Sakakawea State Park's western trail terminus.

While kayaking isn't an option in a North Dakota winter – even one was mild as this year – hiking is. The Central Flyway Chapter, in conjunction with the Garrison Dam National Fish Hatchery, is sponsoring a self-guided hike on the hatchery's nature trails below Garrison Dam.

People are invited to hike the trails anytime, especially from Jan. 29 through Feb. 7 as part of their "Hike Where the Eagles Fly" celebration of hiking, winter, and the amazing wildlife and waterfowl viewing opportunities on the Missouri River below Garrison Dam.

Plus, it's a great way to get an introduction to the North Country Trail and what the chapter is all about.

The free hike takes participants on the hatchery's River Loop Trail, about two miles through the woods. The trail is already part of the Lewis and Clark National Scenic Trail and its kiosks feature information about the 1804 - 1806 Lewis and Clark expedition in search of a Northwest Passage and wildlife, including bald eagles that nest and winter along the river.

The trailhead is south of the hatchery's main building and signs will be available to direct hikers. Located west of Riverdale and the Garrison Dam spillway, the hatchery is downstream of the dam. Parking is available at the trailhead.

A "selfie" station about a mile into the trail will be set up in an area where hikers can see a large bald eagle nest. Participants are encouraged to post photos and comments about the hike and their observations, Mayer added.

People can hike the trail as part of "Hike Where the Eagles Fly" event at their convenience during those days and the hatchery trails are open year-around. There is also an option to continue on additional trails to the corps' Downstream Campground.

More information about the hike is available on the chapter's Facebook page, ([www.facebook.com/NCTCentralFlywayChapter](http://www.facebook.com/NCTCentralFlywayChapter)), the North Dakota North Country Trail Association Facebook page, ([www.facebook.com/NCTinND](http://www.facebook.com/NCTinND)), the chapter's website, ([www.northcountrytrail.org/trail/north-dakota/fly/](http://www.northcountrytrail.org/trail/north-dakota/fly/)) or email ([fly@northcountrytrail.org](mailto:fly@northcountrytrail.org)).

The upcoming hike, as well as other NCT Central Flyway Chapter hikes, is also listed on the Meetup app.



The newly established North Country Trail Central Flyway Chapter is a group of volunteers working to enhance and promote the national North Country Trail, which – depending on one's viewpoint – ends or begins at Lake Sakakawea State Park near Pick City, N.D. The chapter is sponsoring a self-guided hike anytime from Jan. 29 through Feb. 7 on the Garrison Dam National Fish Hatchery's River Loop Trail.

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The Exceptional Family Member Program (EFMP) Respite Care Program is a child care option for EFMP enrolled families with a child or children who have a moderate to severe diagnosis. The purpose of this program is to provide some respite for the parents of young children enrolled in EFMP. The program provides 40 hours of in-home care each month for children under the age of twelve. The hours can be used to support a variety of parent needs to include: shopping, appointments, date night, and others. However, it cannot be used for work or school related child care needs. Respite care providers are inspected by the Family Child Care (FCC) office to ensure each provider meets Air Force standards and has the certifications required for specialized care services. Upon enrollment into the Respite Care Program, families are provided contact information for available providers and will be able to choose

the provider(s) used for care. After selecting a provider the family and provider will work to schedule the dates and times needed for care and then report that schedule to the FCC office. To be eligible to enroll into the Respite Care program, families must be: Active Duty or Fulltime Active Guard Reserve and have an exceptional family member with a diagnosis of moderate to severe. Families can request to have their Primary Care Manager complete the Respite Care referral form and submit it to the EFMP Medical office on-base and request a copy to be turned into the FCC office. Once the FCC office receives notification from Air Force for approval, the family is enrolled and care can be scheduled with a respite care provider. Families with questions about EFMP or the Respite Care Program can contact the EFMP Family Services Coordinator at 701-723-3950.

## 2020-2021 MPS CALENDAR



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							

### IMPORTANT UPCOMING DATES

**February 10**

Early Release 1:15pm

**February 15**

Prof. Development Day - No School for Students

**March 10**

P/T Comp Day - No School

**March 11 & 12**

Spring Break

**March 17 & 31**

Early Release 1:15pm

March 2021							20 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	29	30	31				

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## KRISTYN KUEHN BOARD PRESIDENT



Kristyn Kuehn was appointed to the MAFB School Board in July of 2018.

Kristyn was born and raised in Omaha, Nebraska. She earned a bachelor's degree in business management from the University of Nebraska-Omaha, as well as a master's degree in project management from Bellevue University. She worked for over six years in the financial industry before making her move to Minot. Prior to moving, she was also enrolled in Culinary School to fulfill her passion for cooking/baking.

Kristyn and her husband, Cory, have two children. She enjoys cooking/baking for others, traveling, catching up with good friends, and sporting events. Although Kristyn does not have any children in the Minot school system, she is excited to use her business background to help support the parents, students, and faculty of Minot and Minot Air Force Base.



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**2021 LOADCREW OF THE YEAR**

Airmen from the 23rd and 69th Bomb Squadron Weapon Load Crews compete in the annual load crew of the year competition on Jan. 19, 2021 at Minot Air Force Base, ND. The competition is held annually to determine the best load crew.

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**A LOOK BACK**  
THIS WEEK IN USAF HISTORY

**LOOKING GLASS BEGINS AIRBORNE NUCLEAR COMMAND**

FEBRUARY 3, 1961



Looking Glass battle staff (USAF Photo/Library of Congress)

The "Looking Glass" mission began on February 3, 1961, when Strategic Air Command recognized a potential need for airborne launch control systems in the event of ground-based command centers becoming inoperable. SAC initiated Looking Glass with the use of EC-135s, which would operate 24/7. The Boeing planes carried high-tech communication equipment operated by a battle staff who could remotely control Minuteman and Peacekeeper ICBMs. In the late 1960s and early 1970s, Air Launch Control System crews came from the 44th Strategic Missile Wing at Ellsworth AFB, South Dakota, and the 91st SMW at Minot AFB, North Dakota. Soon, ALCS capable units were available at Offutt AFB, Nebraska, as well. The EC-135 was taken off of continuous airborne alert in 1990, and while the mission has evolved with the times, the US Air Force and Navy continue operational airborne command to this day.

Information courtesy of: media.defense.gov / offutt.af.mil / fas.org

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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.

<p><b>Little Flower Catholic Church</b> 800 University Avenue West 838-1520</p> <p><b>Mass Schedule</b> Saturday ..... 4:30 pm Sunday ..... 8:30 &amp; 10:00 am</p> <p><b>Fr. Ken Phillips, Pastor</b> <a href="http://www.littleflowerminot.com">www.littleflowerminot.com</a></p>	<p><b>St. Peter The Aleut Eastern Orthodox Church</b></p> <p><b>109 6th St. SE</b> <b>Minot • 838-3094</b></p> <p><b>Saturday, January 30</b> 5 PM, No Vespers</p> <p><b>Sunday, January 31</b> 10 AM, Congregational Prayer Service</p>	<p><b>Break Forth Bible Church</b></p> <p>Thursdays 7:00pm and Sundays 10:30am</p> <p><b>1821 W Burdick Expressway</b> For More Information Visit <a href="http://breakforthbiblechurch.com">breakforthbiblechurch.com</a></p>	<p><b>Trinity Church</b></p> <p><b>An Evangelical Free Church</b> 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p>Sunday School &amp; Fellowship ..... 9:00 a.m. Worship ..... 10:30 a.m.</p> <p><a href="http://www.trinitychurchminot.org">www.trinitychurchminot.org</a></p>	<p><b>Bible Fellowship Church</b></p> <p>Worship Service at 10:45am Sundays Sunday School at 9:45am</p> <p><b>1720 4th Ave NW, Minot</b> <b>838-0916</b> <a href="http://MinotBibleFellowship.org">MinotBibleFellowship.org</a></p>
<p><b>Faith United Methodist Church</b></p> <p><b>5900 Highway 83 N, Minot</b> <a href="http://www.faithumcminot.com">www.faithumcminot.com</a></p> <p><b>Pastor Ken Mund</b> <b>701-838-1540</b></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><b>Minot Baptist Church</b></p> <p>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.</p> <p><i>Independent/Fundamental/KJV</i> <b>500 46th Ave NE • 839-1351</b> Pastor David Miller</p>	<p><b>Cornerstone Presbyterian Church</b></p> <p><b>1000 NE 3rd Street</b> <b>852-0315</b></p> <p><b>Sunday Schedule</b> Contemporary Worship ..... 9:00am Sunday School (All Ages) ..... 10:00am Traditional Worship..... 11:00am</p> <p><b>Wednesday Evening Schedule</b> Community Dinner ..... 5:30-6:30pm Contemporary Worship ..... 6:30pm Youth Group &amp; Small Groups.. 7:15pm</p> <p><b>All are Welcome!</b> <a href="http://www.ecominot.org">www.ecominot.org</a></p>	<p><b>Vincent United Methodist Church</b></p> <p><b>1024 2nd St. SE • 838-4425</b> <i>Behind Town &amp; Country Shopping Center</i></p> <p>open hearts...open minds...open doors!</p> <p>Traditional Service..... 9:00 am Contemporary Service..... 10:30 am Kid's Church ..... 10:30 am</p> <p><b>Pastor Matt Scherbenske</b> <a href="http://www.vincentumc.com">www.vincentumc.com</a></p>	<p><b>St. Mark's Lutheran Church</b> <i>Missouri Synod</i></p> <p><b>Sunday Worship</b> <b>9:30 AM</b></p> <p><b>2209 4th Avenue NW</b> <b>Minot, ND</b> <b>839-4663</b></p> <p><b>Reverend Philip Beyersdorf</b> <a href="http://www.minotstmarks.com">www.minotstmarks.com</a> <i>Join us on facebook</i></p>
<p><b>Immanuel Baptist Church</b></p> <p><b>1615 2nd St. SE • Minot • 839-3694</b></p> <p>Sundays: Fellowship..... 9:00 am Sunday School ..... 9:15 am Worship ..... 10:30 am</p> <p>Wednesdays: Soup Kitchen ..... 11:30 am Preschool/Kids' Club/ABY ... 6:30 pm Adult Bible Study ..... 6:30 pm</p> <p><b>Brian T. Skar, Pastor</b> <a href="http://www.ibcminot.org">www.ibcminot.org</a></p>	<p><b>Apostolic Faith Church, UPCI</b></p> <p><b>2929 19th Ave NW • Minot</b> Located off Hwy 83 Bypass West <b>(701)838-0609</b></p> <p>Saturday School..... 2:00 p.m. Sunday Worship..... 3:30 p.m. Wednesday Bible Study ..... 7:30 p.m.</p> <p><b>Jesse Starr, Pastor</b></p>	<p><b>St. John the Apostle Catholic Church</b></p> <p>2600 West Central Ave • Minot, ND 58701 <b>839-7076</b></p> <p>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.</p> <p><i>Fr. David A. Richter, Pastor</i> Parish website: <a href="http://www.stjohnminot.com">www.stjohnminot.com</a></p>	<p><b>First Lutheran Church - ELCA</b></p> <p>120 5th Ave. NW 852-4853</p> <p>Sunday Worship 9:30 am</p> <p><a href="http://www.firstlutheran.tv">www.firstlutheran.tv</a> (Live Stream &amp; Recorded) Radio Broadcast KRRZ 1390AM Sunday 9:30 am <a href="http://www.flcminot.com">www.flcminot.com</a></p> <p>Pastor Brandy Gerjets • Pastor Ellery Dykeman</p>	 <p><b>Gospel Tabernacle Community Church</b></p> <p>9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson</p> <p><b>Church: 701-838-4492</b> <b>Home: 701-838-5759</b> <b>KHRT 1320: 9 a.m. Sunday</b></p> <p><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>First Assembly of God</b></p> <p><b>1805 2nd St. SE</b> <b>838-1111</b></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><b>First Baptist Church</b></p> <p><b>200 3rd St. SW • 852-4533</b> <a href="http://www.fbcminot.org">www.fbcminot.org</a></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.</p> <p><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></p> <p><b>Southern Baptist Convention</b></p> <p>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.</p> <p><a href="http://www.minotcrbc.org">www.minotcrbc.org</a> email: <a href="mailto:minotcrbc@gmail.com">minotcrbc@gmail.com</a> <b>Dr. Bob Farmer- Pastor</b></p> <p><b>415 28th Ave SE (Behind Menards)</b> <b>838-1873</b></p>	<p><b>West Minot Church of God</b> <i>Family Worship Center</i></p> <p><b>1105 16th St. NW • 839-1407</b></p> <p>Sunday School..... 9:30 a.m. Sunday Worship ..... 10:30 a.m. Children's Church &amp; 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</p> <p><a href="http://westminot.com">westminot.com</a> <a href="https://facebook.com/westminot">facebook.com/westminot</a></p>	<p><b>Church: 701-838-4492</b> <b>Home: 701-838-5759</b> <b>KHRT 1320: 9 a.m. Sunday</b></p> <p><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>

**Chapel Services at MAFB**  
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## SUDOKU SOLUTION

Puzzle on page 6

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

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## BASE ANNOUNCEMENTS

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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](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 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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#### • 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

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# WHAT'S GOING ON MAFB

## FRIDAY 29

- HIIT Strength and Conditioning, 0545, Fitness Center
- TAP (DoL), 0800-1600, A&FRC – Online Zoom Meeting
- Cycle, 1630, Fitness Center
- Torch Club, 1630-1730, Youth Center
- Club Member Benefit, 1700-1900, Rough Rider Lanes
- 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

## MONDAY 1

- HIIT Strength and Conditioning, 0545, Fitness Center
- Swerk, 0915, Fitness Center
- Reintegration Briefing, 1000-1100, A&FRC
- New 2 Yoga, 1130, Fitness Center
- Zumba, 1730, Fitness Center

## THURSDAY 4

- Cycle, 0530, Fitness Center
- Pre-Separation Counseling, 0830-1130, A&FRC
- Reintegration Briefing, 1000-1100, A&FRC
- Fit to Fight, 1130, Fitness Center
- Moving Out of the Dorms Budget Class, 1430-1600, A&FRC
- Kids' Night, 1530-2030, Bomber Bistro
- Harry Potter Night, 1800, Minot AFB Library Facebook Page
- Zumba, 1830, Fitness Center
- Cycle, 1930, Fitness Center

## FOOD SPECIALS

**The B-Fifty Brew • Tasty Refreshers • January Special**  
Start your day with a thirst-quenching Refresher! Available in Strawberry Acai, Mango Dragon Fruit, and Pink Drink flavors! Take it to go today!  
Available in Tall \$3.85, Grande \$4.35, Venti \$4.85!

**The B-Fifty Brew • Red Bull Burners • February Special**  
Grab one of our ice-cold Red Bull Burners to go! First, choose your Red Bull flavor: Original, Blueberry, Cranberry, Tropical, or Sugar-free. Next, choose your syrup: Peach, Coconut, Raspberry, Pineapple, Strawberry, Cherry, Mango, or Watermelon. Finally, top it off with Original Lemonade. Available in Venti size only for \$4.00!

**Rockers Bar & Grill • Reuben • February Sandwich of the Month**  
Try out this sandwich filled hearty corned beef, sauerkraut, swiss cheese, and thousand island dressing stacked on toasted rye bread! Served with fries for only \$9.75!

**Bomber Bistro • Thursday Kids Night • February Special**  
Thursday Night is for the kids! Join us at the Bomber Bistro Thursday nights from 1530-2030 for this \$3 children's meal special.

## 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

## TUESDAY 2

- Cycle, 0530, Fitness Center
- Game Day, 1000-1930, Minot AFB Library Facebook Page
- Fit to Fight, 1130, Fitness Center
- Swerk, 1830, Fitness Center

## FRIDAY 5

- Early Registration Closes for Pre-Valentine's Day Special at Bomber Bistro
- HIIT Strength and Conditioning, 0545, Fitness Center
- Swerk, 0915, Fitness Center
- Basketball Bootcamp, 1130, Fitness Center
- Club Member Benefit, 1700-1900, Rough Rider Lanes
- First Friday, 1700-1900, Rockers Bar & Grill
- 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 6

- Cycle, 0900, Fitness Center
- 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

## DINING

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

## SUNDAY 31

- Sunday Bowling, 1000-1600, Rough Rider Lanes
- Sunday Escapes Book Club, 1330, Minot AFB Library
- Zumba, 1400, Fitness Center

## WEDNESDAY 3

- HIIT Strength and Conditioning, 0545, Fitness Center
- Pre-Deployment/Remote Readiness Training, 1000-1100, A&FRC – Online Zoom Meeting
- Story Time, 1030, Minot AFB Storytime Club Facebook Group
- Cycle/Strength, 1130, Fitness Center
- Brown Bag Book Talks, 1200, Minot AFB Library
- First Duty Station Officer Financial Course, 1300-1430, A&FRC
- Member Wind Down Wednesday Snacks, 1630-1830, Rockers Bar & Grill
- Squadron Extramural League, 1700, Rough Rider Lanes
- Barre, 1800, Fitness Center
- Swerk, 1930, Fitness Center

## 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 –
  - o Sign up: 1 December 2020 – 15 February 2021
  - o Log your reading: 1 December 2020 – 1 March 2021
- Harry Potter Escape Room Game, 6 February – 20 February, Minot AFB Library
- FCC Pre-Orientation: One-on-One Appointments: 1-31 January and 1-28 February, 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.

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