

WHATS INSIDE
THIS WEEK:



NEW AIRCRAFT
PARTS STORE
OPENS FOR THE
FLIGHT LINE

A2



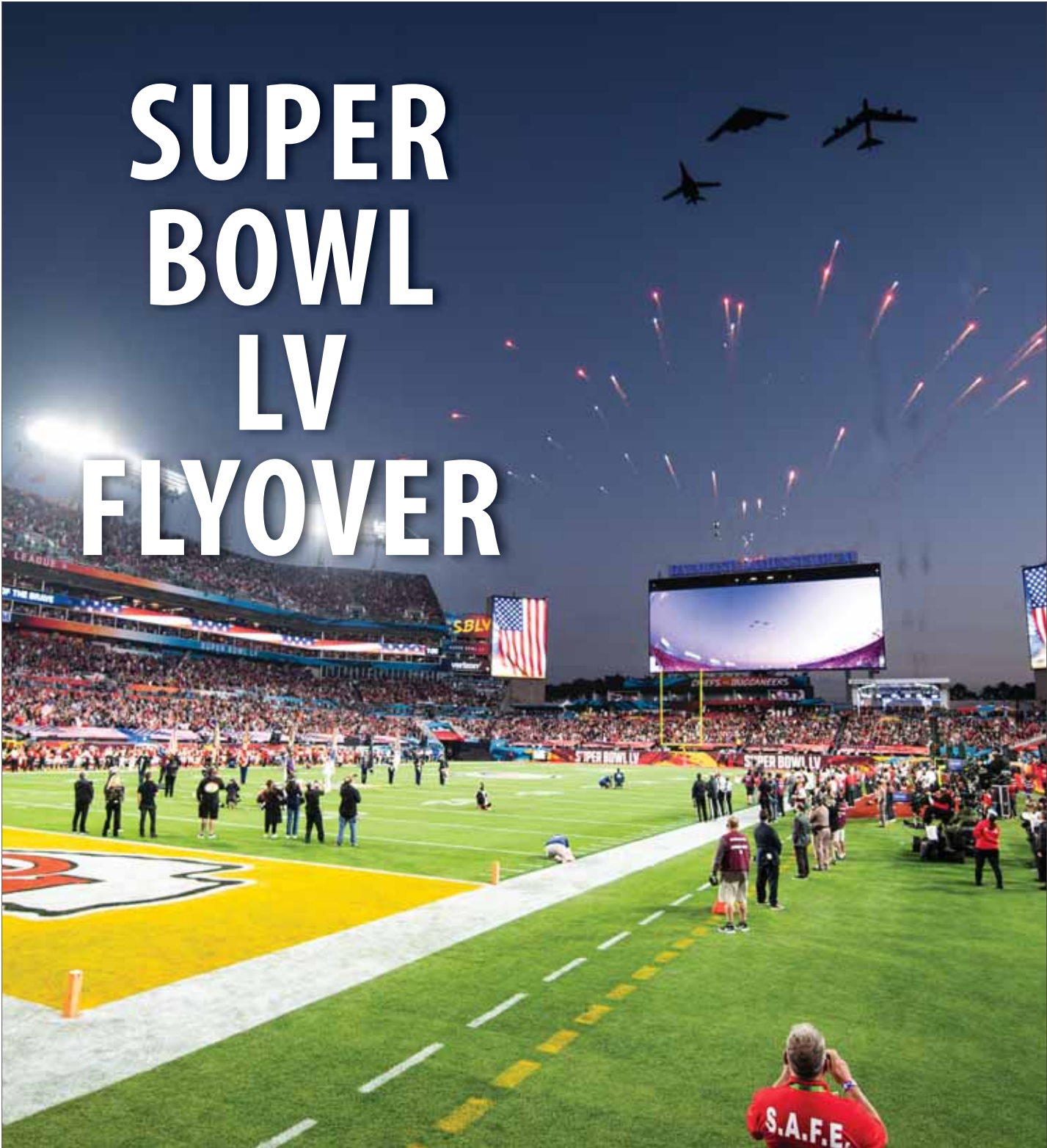
HELD IN RESERVE

A3



DUAL-MILITARY
COUPLES:
NAVIGATING
AIR FORCE LIFE
TOGETHER

A5



Air Force Global Strike Command bombers perform the Super Bowl LV flyover at Raymond James Stadium in Tampa, Fla., Jan. 7, 2021. The trifecta was the first of its kind as it included a B-1B Lancer from Ellsworth Air Force Base, S.D., a B-2 Spirit from Whiteman AFB, Mo., and a B-52H Stratofortress from Minot AFB, N.D. See page 4 for more photos.

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DETAILS ON PAGE B8



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New aircraft parts store opens for the flight line

ABIGAIL KINDER, NORTHERN SENTRY

On Feb. 8, 2021, Col. Michael Walters, 5th Bomb Wing Commander, and Capt. Roy Cruz, Director of Operations for the 5th Logistics Readiness Squadron, cut the ribbon on a new aircraft parts store at Minot Air Force Base, N.D. The warehouse, located on the flight line, is the first parts store on base since the late 1990s.

Previously, maintainers used the main parts warehouse down the street. Once the new aircraft parts store becomes fully operational, the 5th Aircraft Maintenance Squadron is projected to save about 16,000 hours of time annually. Leadership hopes that the warehouse will allow assets to be more readily accessible to

maintainers and reduce transit time to acquire parts, streamlining maintenance for Minot's B-52s.

"I applaud your creativity, and your willingness to not walk past a problem," said Col. Walters. The project was a collaboration between the 5th LRS and 5th AMXS and has opened up an extra 5,000 square feet of space for parts.

The B-52H Stratofortress has been in service for nearly 60 years, and is one of the oldest planes still in service with the Air Force. Through the diligent work of Team Minot's aircraft maintainers and supporting squadrons, the bomber is expected to stay in service until at least the 2040s.



Col. Michael Walters, 5th Bomb Wing commander, cuts the ribbon for the new Aircraft Parts Store Feb. 9, 2021. The APS is a Logistics Readiness Squadron warehouse that was a collaboration between LRS and Aircraft Maintenance Squadron and is estimated to save 16,000 man-hours annually.

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ROD WILSON, NORTHERN SENTRY

There was an empty desk in the office of the 91st Operations Group, one that Col. Kristen Nemish, Commander of the 91st Operations Group, knew she had to fill. The Deputy Commander position became vacant due to a retirement, and there were not a lot of options for finding an immediate replacement within the active-duty force. In Col. Nemish's eyes, she needed someone with experience, who could work well with others, and could "lead the way I think they should lead." It was a tall order, as any Deputy Commander position would be, and that tall order would land square on the shoulders of Lt. Col. Jaydee Burns, a reservist who was currently employed with the Air Force Nuclear Control and Communications Center (NC3) at Barksdale Air Force Base.

"The reserve is a trained, ready force that can be brought up to support the active-duty mission" according to Lt. Col. Burns, but this was a unique situation, "this is the first time that an Air Force Reservist has come up and filled the position as a Deputy Group

Commander on the ICBM side. It's something unique, it's something new."

Burns had been Air Force active-duty for 15 years, and now has almost 3 years-experience in the Air Force reserve. "The past few years the reserve (Air Force Reserve) has been helping to backfill the command community, "according to Burns, "I serve on staff in Barksdale as an IMA (Individual Mobilization Augmentee). They (the 91st Operation Group) were looking for someone who was career field specific, with missile experience and leadership experience." "It was happenstance that I got him" says Col. Nemish "and I could not have landed anyone better. He has a phenomenal attitude."



Lieutenant Colonel Jaydee Burns

Burns arrived at Minot AFB in November and knew right away that the position offered him the ability for a unique learning experience. "I am able to lead and command and get that experience over multiple groups" explains Burns.

For Col. Kristen Nemish, Lt. Col. Burns was a perfect fit. "I was in



U.S. AIR FORCE PHOTOS | MINOT AFB PA

desperate need of having him (Lt. Col. Burns) here. We are able to leverage a lot of his talents to fill the requirements of the 91st Operation Group. He was able to contribute immediately from a work load perspective, and I have the comfort of having him. I trust him to be me when I am not here. I have all the confidence in the world in him. I didn't realize how much I needed him until he got here."

Burns is quick to point out, "it's been a great experience. As a reservist you have to balance your civilian career with your reserve career. As it worked out it was perfect timing for my civilian job and for my family, so I was able to step up and fill the position."

Both Nemish and Burns have high admiration for each other. "He leads the way I think. He's a wonderful officer, but more than that, he's a good human being" says Nemish. Burns counters "I am glad that I was the one who was selected. There were others that applied."

The Burns family, including his wife and 6 children, remained in Shreveport. "I have a 22-year old daughter who graduated this spring as a 3rd generation nurse" Burns says with pride. As far as staying in contact with his family? "With today's technology we are able to do Zoom calls at least once a week, and sometimes more, to keep in touch. It's kind of like being deployed."

Lt. Col. Burns will fill the Deputy Commander position of the 91st Operations Group until July. He has enjoyed his time in North Dakota, including numerous hiking trips around the state. Lt. Col. Burns would also like to encourage others who are retiring to consider the Air Force Reserves. "I encourage officers who get out... that if they want to stay here and have a tie in to the community, they serve in the reserve part-time. They are already trained and have the skill set.

They can still be part of the mission, just not be part of that mission every single day.

CONTACTUS

Ted Bolton
Publisher | Advertising
bagroup@srt.com

Rod Wilson
Business Development | Marketing
sentrysales@srt.com

Nikki Greening
Head of Creative Services
nsads@srt.com or
nsgraphics@srt.com

Abigail Kinder
Reporter/Creative Services
nsabby@srt.com

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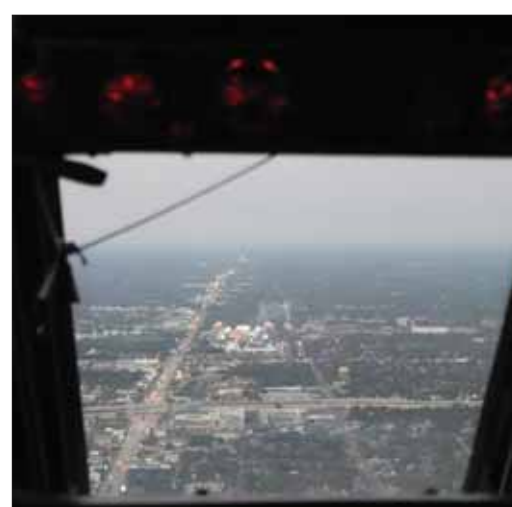
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SUPER BOWL LV FLYOVER

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Back Talk

Chiropractic Will Help Maximize Health & Fitness Goals in 2021

The top resolutions for 2021 include weight loss, improved physical fitness, smoking cessation, increasing financial revenue, minimizing stress, and simply enjoying life more. A new year brings new challenges and opportunities. The majority of adults approach a new year with fleeting commitments to look better, feel better, accomplish more and merge onto a more fulfilling path. Chiropractic offers a lifestyle change bearing tremendous power to positively impact a variety of resolutions.

A year of lockdowns, the pandemic, and working from home created more challenges and stress than any year over the last five decades. Millions of people enter 2021 needing an intervention that reduces stress without the use of drugs or surgery. Chiropractic does not simply alleviate pain and improve movement. The benefits of an adjustment extend far beyond the alleviation of pain and symptoms. The intimate relationship between the spine and central nervous system means that every adjustment helps open neural pathways that contribute to creating a stronger and more efficient body. Greater efficiency requires less energy to operate normal daily systems in the body and the body experiences less stress.

Medicine focuses on treating symptoms and specific conditions. Chiropractors spend years studying scientifically based methods of improving natural function and healing. Research confirms that a specific hormone called norepinephrine increases when the body experiences stress. Norepinephrine

enters the blood when the brain perceives that a stressful event occurred or will soon take place. According to studies, diseases linked directly to an increase in stress hormones include cancer, bipolar disorder, excessive body weight, hypertension, type 1 autoimmune diabetes, type 2 diabetes, glaucoma, osteoarthritis, rheumatoid arthritis, asthma, and immune system function.

The observation of those conditions proves just how delicate and significant stress hormone levels are to health, function, and the accomplishment of any life improvement goal. Chiropractic adjustments improve many aspects of human health and performance. Research done using expensive PET scan technology proves that gentle chiropractic adjustments help reduce stress hormone levels by removing stress from the central nervous system.

Starting a new weight loss strategy, exercise program, or dietary plan should utilize chiropractic to maximize overall health improvement. A body functioning in harmony naturally uses energy to accomplish intended purposes that include better fitness, weight loss, or any number of health outcomes. Start the New Year by opening the communication pathway between the brain and body with evidence based spinal adjustments. Chiropractic continues to be the most safe and effective choice for optimal health performance in 2021 and beyond.

All the best to you and yours in great health,

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Dual Military Couples: Navigating Military Life Together

ABIGAIL KINDER, NORTHERN SENTRY

According to the 2018 Demographics Report published by the Department of Defense, 10.9% of active duty Air Force members (enlisted and officer) are in dual-military marriages, meaning an active duty Airman is married to another active duty or reserve Airman. In some ways, dual-military life can be compared to a normal working couple's relationship, but it comes with its own unique set of opportunities and challenges.

Col. Kristen Nemish, Commander of the 91st Operations Group, and her husband, Retired Lt. Col. Mark Nemish, are an example of a couple with many years of experience as a dual-military family. After meeting at Malmstrom AFB, Mont., in 1999, the Nemishes navigated moves, career changes, and a growing family. In 2005, they were stationed together at Vandenberg AFB, Calif., and were able to get joint-spouse assignments until Mr. Nemish's retirement from the Air Force. After his retirement, Mr. Nemish took on a new career as a stay at home father, Key Spouse, and Minot AFB School Board member.

Individuals often have different career goals, and when in a dual-military relationship, it is important to sit down and have conversations about the future. There is one piece of advice in particular that has helped many dual-military couples.

"You need to have an open and honest relationship with leadership," said Col. Nemish, echoing the words of many other dual-military couples.

For Captains Dylan and Sara Fotheringham of the 91st Operations Group and 91 Missile Wing, talking to leadership actually ensured that they were able to stay together. "He told his

leadership that he was going to propose, and his boss ensured I would fly on the B-52 so that I could be stationed at Minot with Dylan," said Capt. Sara Fotheringham.

The Fotheringhams met in Pensacola, Fla., while volunteering at a Blue Angels show. They now have one son and three dogs, and are working through the ups and downs of dual-military life every day.

Some couples may opt to focus on their careers and follow every opportunity they are given. Others make the decision early on to focus on their family, and may turn down career opportunities in order to stay close. However, due to the nature of military life, the option to turn down opportunities is not always available, which is why communication and flexibility are so important in mil-to-mil relationships.

"It takes a lot of planning and foresight," said Capt. Sara Fotheringham. "You have to be proactive."

Capt. Matthew Rosa and Capt. Alyssa Ford of the 742nd Missile Squadron take plenty of time to plan out their future as much as possible. "Everyone's timeline is different, and we had to meet in the middle for our goals," they said. "The Air Force is constantly changing, so you have to consistently talk about what you want for your career."

Ford spent much of her early career at Minot in an office, but is now working as a Weapons Officer in charge of training. Since they met, Rosa has been moved to the 742nd Missile Squadron where he now works alongside his wife as a Squadron Evaluator. Because of their careers, they often spend weeks apart, but do have the opportunity to collaborate in some aspects of their jobs.

Even when stationed together, dual-military couples sometimes face obstacles when it comes to performing work duties and being a parent. Being in the military can leave individuals on alert 24/7, so dual-military couples often rely on a strong support system of friends and neighbors to help with the challenges of family life.

Parents are required to have a Family Care Plan in the event of last minute changes, and many dual-military families use each other as step-in caregivers in the event of a call in. Even for Capt. Rosa and Capt. Ford, who only have a dog and two cats, there is a community of people who work together to take care of each other's pets while they are away from home.

Alongside relying on their peers, dual-military couples often lean on each other for support, especially when it comes to work. "I think our relationship would have actually been more challenging if one of us wasn't in the military," said Rosa. "I found someone with ambition and drive, someone who gets to thrive with me."

Many dual-military couples feel that it is easier to let off steam about work when their significant other fully understands what they're going through. However, a clear line between work and personal life is important when maintaining a military relationship. "We have to make sure to we're present with each other when we're home," said Ford.

For the Fotheringhams, that meant thinking outside of the box to find ways of spending quality time together, even during a deployment. Technology has made being apart easier for families, and while deployed, the Fotheringhams took full

advantage of it by video calling and watching movies together with Bluetooth headphones.

Deployment, change of post, and normal job requirements often leave military couples apart for long periods of time. This can be one of the biggest challenges of mil-to-mil life, but a positive attitude and prioritizing family time when possible is one way that many couples cope with the distance.

A mere two days after getting married, Capt. Sara Fotheringham was deployed to Qatar. "I like to think that Qatar was my honeymoon," she said. Two years later, she deployed again to England for a Bomber Task Force. Meanwhile, Capt. Dylan Fotheringham was able to stay and live his "dad life to the max," taking care of their son while his wife was away.

While deployment and career changes may be inevitable for many dual-military couples, maintaining healthy, happy relationships is still possible. The Air Force allows couples to apply for joint-spouse assignments, where a spouse will be given orders to the same base as, or a base near, their significant other, depending on the availability of jobs. It is not always possible, especially for couples in different branches of the military, but the Air Force has made strides to improve their policies to keep families together.

"At the end of the day, the Air Force sees us as individual Airmen. However, we're proud of how far we've come to have more policies to support dual-military couples and those with children," said Col. Nemish. "Over the years, keeping dual-military families together, when possible, has become more of a forethought instead of an afterthought."



Retired Lt. Col. Mark Nemish and newly promoted Col. Kristen Nemish pose with their children at a promotion ceremony in 2019.



Capt. Alyssa Ford, Weapons Officer in charge of training, poses with her husband, Capt. Matthew Rosa, Squadron Evaluator.



Capt. Dylan Fotheringham, Missilier, and Capt. Sara Fotheringham, B52 Electronics Warfare Officer, pose with their son who is now one year old.

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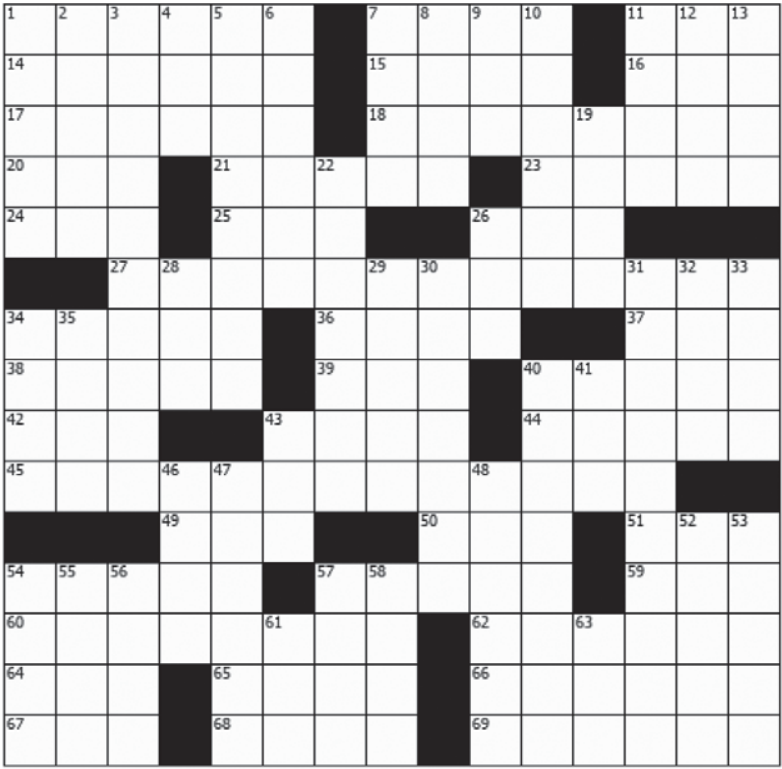
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CROSSWORD PUZZLE

- Across**
- 1. Beyond what's expected
 - 7. Moms in wool coats
 - 11. Welcome guest at Thanksgiving?
 - 14. Instrument for Michelangelo
 - 15. Seedy joint
 - 16. Inst. founded by Jefferson
 - 17. Malicious fabrication
 - 18. Big winner of 1967
 - 20. Certain URL ending
 - 21. Joel Grey, in "Cabaret"
 - 23. Soccer objectives
 - 24. NBA center Ming
 - 25. Slangy refusal
 - 26. "Ad astra ___ aspera" (Kansas motto)
 - 27. Big loser of 1588
 - 34. Like some communities
 - 36. Reaction to bad news
 - 37. Mood brightener
 - 38. Chalcedony
 - 39. Certain URL ending
 - 40. Line drawer of 1767
 - 42. Capek play
 - 43. Big bore
 - 44. Liqueur flavoring
 - 45. Summer attire
 - 49. The first cardinal
 - 50. Angle attachment?
 - 51. Toy with a string
 - 54. Like some committees
 - 57. Israeli military leader
 - 59. Darth Vader, as a boy
 - 60. Nineties megaband
 - 62. C.S. Lewis' magical world
 - 64. Seasonal helper
 - 65. "Sesame Street" favorite
 - 66. Connecticut submarine base site
 - 67. Rest
 - 68. Pieces of solid food for dipping
 - 69. Refuses drugs?



- Down**
- 1. Real man?
 - 2. Mitchell's belle
 - 3. Sixties idol
 - 4. Pamplona pronoun
 - 5. Under-the-window performance
 - 6. Hemingway sea-goer
 - 7. Slight advantage
 - 8. Hook up electronically
 - 9. Rapper with a self-named sitcom
 - 10. "If I Had a Hammer" songwriter
 - 11. Orchestral heavyweight
 - 12. Football-shaped
 - 13. Giant among sluggers?
 - 19. Testing standard
 - 22. Foolish fancy
 - 26. Goatish god
 - 28. Canoodle
 - 29. They're often canned
 - 30. Stuck-up
 - 31. Support staff
 - 32. Harmonizing minimums
 - 33. George I's predecessor
 - 34. Glad rags
 - 35. Feverish fit
 - 40. Tortellini topping, often
 - 41. Exterminator's target, perhaps
 - 43. Presidential monogram
 - 46. Marshy expanse
 - 47. Sam and Ben
 - 48. Certain Borneo denizens, briefly
 - 52. The beginning of each theme entry is one
 - 53. Clavichord's descendant
 - 54. Anthropoids
 - 55. A hero may be on display here
 - 56. Sword handle
 - 57. Humid
 - 58. Biblical prophet
 - 61. Selena portrayer, to fans
 - 63. First name among the "Hee Haw" cast

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

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

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	2	8			9			
								5
	7		3	1			4	

Solution to puzzle on page B10

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JURASSIC WORLD
(PG-13) 1700

JURASSIC WORLD:
FALLEN KINGDOM
(PG-13) 2000

REEL TIME THEATER MOVIE SCHEDULE

JURASSIC WEEKEND!



Upcoming Events

12-26
FEB

AMERICAS 2021: PAPERWORKS
1:00 PM - 5:00 PM
Northwest Arts Center
500 University Ave W, Minot

The Northwest Arts Center opens the spring semester at Minot State with the "Americas 2021: Paperworks" annual juried exhibition. The exhibition is on view January 15 to February 26 in the Walter Piehl Gallery. This year's exhibition features 48 artworks by artists from the United States, Canada and Australia.

A limited public reception and online viewing is scheduled Thursday, January 21 from 6:30 to 8 p.m. Both exhibition and reception are free and open to the public. Please see the reception event or NAC website for more details. Masks and physical distancing are required.



For more information:
Facebook Event / Americas 2021: Paperworks

13
FEB

VALENTINE LUMINARY WALK
7:00 PM
Woodland Trail
East of Highway 83 Bypass, Minot

Valentines Luminary Walk- Woodland Trail, February 13, 2021 at 7:00 pm Bring your sweetheart or your whole family of love bugs for a luminary lighted walk through Woodland Trail on February 13th.

Woodland Trail will be lined with decorated lanterns for all your sweethearts! Purchase a pack of 3 lanterns for \$5 to decorate and return to the Park District. Minot Parks will then display and light the lanterns for our Valentine Luminary Walk on Saturday, February 13th from 7:00 - 9:00 pm. Luminaries will be for sale starting February 1st at the Minot Parks office.

*This event is free to attend

*Event is subject to change due to COVID-19 guidelines



For more information:
Website / <https://minotparks.com/events/winter-events/>

13-14
FEB

3 PERSON 8 BALL POOL TOURNAMENT
11:00 AM - 1:00 AM
The Spot
6 2nd Street NE, Minot

3 Man 8 Ball Pool Tournament

\$500 added at 16 teams

\$1000 added at 32 teams

Starts at noon

Team must have a combined fargo rate of 1800 or below

BCA rules

Played on the 7 foot tables

Entry fee \$150 (\$30 for green fees)

3 rounds - first team to win 5 games for each match

Sign up at The Spot or call 701-852-7768



For more information:
Facebook Event / 3 person 8 Ball Pool Tournament

16
FEB

MARDI GRAS STREET FOOD
AGES 9+
4:00 PM - 6:00 PM
Gourmet Chef
122 Main Street S, Minot

Cost \$35. Join us on February 16th at 4pm as we head to New Orleans to celebrate Fat Tuesday with Chef Olivia! We will learn how to make some iconic Cajun food, including Sausage & Shrimp Skewers, Grilled Chicken Po' Boys, and Beignets!



For more information:
Website / www.gchef.com

18
FEB

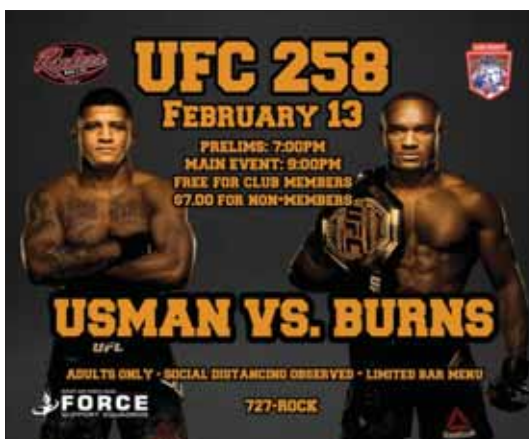
HAMMER TIME @ MARGIE'S
6:00 PM
Margie's Art Studio
109 Main Street S, Minot

Each of these adorable mushrooms are just over 6" in size. Let us show you how to make mushroom caps using a hammer to break the glass, resulting in an interesting and unique pattern. We will put them in the kiln after you reassemble the glass and add a little artistic flare to the mix!



For more information:
Facebook Event / Hammer Time / Margie's Art Studio

On Base



For more information visit: www.5thforcesupport.com

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14 HANDS WINERY

CABERNET

14

Airmen of Minot



AIRMAN FIRST CLASS AMBRYA ELIZEE
TRICARE OPERATIONS PATIENT ADMINISTRATION

Airman First Class Ambrya Elizee works in the Tricare Operations Patient Administration for the 5th Medical Group. She is originally from Chesapeake Virginia and became a member of Team Minot in September 2019.

"Being a part of Team Minot is pretty great as my first assignment," said Elizee. "It can be cold sometimes but other than that I have great leadership and I couldn't be more grateful to be here."

Her day-to-day tasks include importing patient records to an electronic record, she conducts quality checks and medically inprocesses new Airmen arriving

at Minot AFB.

"My favorite part of the mission is following our 'Trusted Care' which means that the patients know that they're well taken care of as well as their family members," said Elizee. "What keeps me motivated is knowing that I'm part of not just a team but of a family and having those around me that push me to be better," said Elizee.

Elizee spends her free time reading and learning new recipes to cook.

She plans on finishing school and getting her degree through the Community College of the Air Force.



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5TH BOMB WING BTF COINING

Col. Michael Walters, 5th Bomb Wing commander, coins Airmen February 4, 2021, at Minot Air Force Base, North Dakota.
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WINTER DRIVING TIPS

PROTECTING YOUR PAINT JOB

Salt on the roads may make winter driving safer, but its corrosive effects can wreak havoc on your car. Follow these tips to protect your vehicle's body against the elements all winter:

- Promptly remove any snow from your vehicle using a soft brush or non-abrasive foam snow removal broom.
- Wash your car regularly to remove salt and debris, and don't overlook the undercarriage where road salt can accumulate and cause rust damage.
- Give your car a thorough wax coat before the first snow, and touch it up with a spray wax throughout the season. Protect your vehicle as frequently as possible with garage parking, or invest in a removable cover.
- Have any chips or scratches repaired before winter to prevent rust from taking hold and spreading. You might also consider applying a clear paint protection film to the areas of your car most vulnerable to new scratches or nicks.

Winter Survival Trivia

What do you call the dangerous weather phenomenon that creates blowing snow that drastically reduces visibility when there is no precipitation falling?

Answer:
Ground Blizzard

Ground blizzards are fairly common in North Dakota and can be deadly.

An Alberta Clipper is a fast moving storm system that causes high winds, and can cause ground blizzard conditions, whether they bring snow with them or not.

Courtesy of MAFB Library

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The class that raises the most money gets a 🍕 PARTY!

**Thursday
Feb.11**




Crazy Quarter Day 🧦

Bring in your quarters, wear your craziest socks and/or hats


**Friday
Feb.12**

Show you Care Coins Day

Bring in any coins you may have been saving up- Wear Red, Pink, and hearts! ❤️



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PLAINS ZEBRA


CREATURE FEATURES

- Plains Zebras are boldly striped in black and white. No two individuals look exactly alike. Their stripes are camouflage that helps the zebra hide in the grass and make it more difficult for predators to identify one zebra amongst the herd. Zebra patterns are unique to each individual.
- Plains Zebras have very good hearing and eyesight, which helps them stay clear of predators such as lions, hyenas, and cheetahs.
- Herds will mingle with wildebeests, ostriches, and antelope while they graze and even come to depend on them as additional protection against predators.


Fact File

Life Span	25 years
Weight	650 - 1,000 pounds
Height at Shoulder	3 1/2 - 5 feet
Body Length	8 feet
Top Speed	35 mph
Wild Diet	Omnivore, Carnivore (Herbivore) Grasses, Bark, Leaves

HOURS:
MON - SAT
10AM-3PM
CLOSED SUNDAY

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WORD SCRAMBLE

I F A C R A

HINT: PLAINS ZEBRAS LIVE ON THIS CONTINENT

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UPCOMING EVENTS

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OUTDOOR

REPORT

OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, Feb. 8: 1,838.01 feet above mean sea level (MSL); 26,000 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,448.54 feet above mean sea level (MSL).

Stump Lake elevation: 1,448.47 MSL.

- N.D. Game & Fish Dept. game wardens: Stay prepared for potential emergencies due to extremely cold temperatures. Even though ice conditions are improving, lakes still have extremely variable ice depths. Use extreme caution. A few anglers out on north-central; area lakes but overall success is slow. Scattered success on Devils Lake around the Minnewaukan Flats and East Bay. No Lake Sakakawea reports.

- Devils Lake, Ed's Bait Shop, Devils Lake: Fewer anglers out with ongoing cold weather.

- Devils Lake, Woodland Resort, Devils Lake: Look for scattered success but overall it's a tough walleye and perch bite. Try 15 to 25 feet for walleye and 40 to 45 feet for perch.

- Lake Darling, Karma C-Store, Ruthville: Cold weather limiting activity.

- Lake Metigoshe, Four Seasons, Bottineau: Fewer anglers out with colder weather but look for continued small bluegill success.

- Lake Metigoshe, Lake Metigoshe State Park, Bottineau: Long Lake and Lake Metigoshe producing some nice walleye with pike spears finding some success on Lake Metigoshe. Long Lake slow for spearing with poor water clarity.

- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Lake Audubon producing a few small walleye but cold weather slowing angler numbers. Limited activity on the east end of Lake Sakakawea yet.
- Lake Sakakawea, Scenic 23, New Town: A few more permanent houses on the Van Hook Arm but cold weather limiting activity.

- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace quiet with cold weather snap. No Lake Sakakawea reports.

- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Try the guard camp area or Tobacco



- N.D. Game & Fish Dept. Earth Day patch contest entry deadline March 15. Information available on the Game & Fish Dept. website, (gf.nd.gov).
- Feb. 20: Mountrail Co. Fowlers Delta Waterfowl banquet, Mountrail Co. South Complex, Stanley, 4 p.m.

TOURNAMENTS

(check with event organizers for scheduling updates):

- Feb. 13: Lake Sakakawea, Van Hook Arm; North Carlson Lake.

Garden for walleye on the upper end of Lake Sakakawea. Try light jigs but the bite is quite light and watch for sensitive tugs. Yellowstone River continues producing walleye with continued crappie activity on Trenton Lake.

- Lonetree WMA area lakes, Harvey: Limited perch and walleye success on Harvey area lakes with best success still on Goose Lake for small perch.

- North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: No new reports with cold weather limiting activity.

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.
- Fort Stevenson, Garrison: Mowed trails have adequate snow for kick-sleds, which are available for rent at \$15 per day per sled. Contact the park (701) 37-5576, for details.

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 Feb. 15, Saturday, and Sundays. 6 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. 20- to 30-inch machine groomed, packed powder base. 6 runs, Bunny Hill, and new Terrain Park features with 2 lifts and bunny tow available.

- Terry Peak, Leads, S.D.: 14- to 18-inch base. 16 runs and all lifts open.

Snowmobile N.D.:

- East Central Valley (Cass & Richland counties): 2- to 6-inch base but marginal open area conditions with better snow along east-west trails. Portions of all 4 trails open. Sargent County trail won't open this season.

- All other 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.

Through With Chew Week is Feb. 21-27

FIRST DISTRICT HEALTH UNIT

N.D. – Ditch the dip with help from First District Health Unit (FDHU) during Through With Chew Week February 21-27. Smokeless tobacco users are encouraged to make the Great American Spit Out on February 25 their designated quit date. Setting a quit date greatly improves a tobacco user's chance at success.

First District Health Unit has the tools and resources for smokeless tobacco users who want to quit tobacco. FDHU is educating the community about how smokeless tobacco can cause harm and encourage young people never to start using these products.

In 2019, nearly 12% of North Dakota adult males reported using smokeless tobacco in the last 30 days. Both adult and high school-aged males currently use smokeless tobacco more than six times the females' rate. FDHU recognizes the most effective way to quit tobacco is to make a quit plan. Our office assists those wanting to quit tobacco by providing educational materials and tobacco cessation resources.

In addition, the statewide tobacco cessation program, NDQuits, offers free support and coaching through phone and web programs.

"There is no such thing as safe a tobacco product," said Bonnie Riely with First District Health Unit. "The fact is smokeless tobacco is harmful and can cause a number of health risks that are associated with its use. Tobacco users should use the Great American Spit Out as an opportunity to quit."

Reducing the rate of smokeless tobacco use is a top priority for First District Health Unit because it reduces the risk of cancer, heart disease, birth defects, and even death. Events like Through With Chew Week and the Great American Spit Out give us the perfect opportunity to raise awareness and take action against tobacco use, the leading cause of preventable death and disease in North Dakota.

For help with quitting smokeless tobacco, visit <https://ndquits.health.nd.gov/> or contact Bonnie Riely at 701-837-5171.



RED VELVET CAKE

PERFECT FOR VALENTINE'S DAY



INGREDIENTS

1 3/4 CUP ALL-PURPOSE FLOUR, PLUS MORE AS NEEDED
1/2 TEASPOON BAKING SODA
1/2 TEASPOON BAKING POWDER
1 TABLESPOON UNSWEETENED COCOA POWDER
1/4 TEASPOON SALT
1 CUP SUGAR
1/2 CUP GRAPESEED OIL
1 EGGS
3/4 CUP BUTTERMILK
1 TEASPOON VANILLA EXTRACT
1 OUNCE RED FOOD COLORING
1/4 CUP COLD COFFEE
1/2 TEASPOON APPLE CIDER VINEGAR
2 1/2 TABLESPOON BUTTER, SOFTENED
2 1/2 OUNCE CREAM CHEESE, ROOM TEMPERATURE
1/4 TEASPOON VANILLA
1 CUP POWDERED SUGAR
1/2 TABLESPOON MILK, PLUS MORE AS NEEDED

When ready to cook, set Traeger temperature to 325°F and preheat, lid closed for 15 minutes. In a medium bowl, whisk together flour, baking soda, baking powder, cocoa powder and salt. Set aside. In a large bowl, combine sugar and vegetable oil. Mix in the eggs, buttermilk, vanilla and red food coloring until combined. Stir in the coffee and vinegar.

Combine the wet ingredients with the dry ingredients, a small amount at a time, mixing after each addition. Mix just until combined. Generously grease and flour two 9 inch round cake pans with shortening and flour. Pour the batter evenly into each pan. Place cake pans on grill grate and bake for 30 to 40 minutes, or until a toothpick inserted in center comes out clean. Allow pans to cool on a cooling rack, until warm to the touch. Remove cakes from pans and allow to completely cool.

To Make the Frosting: Beat the butter with the cream cheese in a bowl until well blended. Beat in the vanilla, then gradually add the powdered sugar, beating on low speed. The mixture will be slightly stiff. Add 1 tablespoon of milk and beat on high speed, adding milk a teaspoon at a time as needed to achieve an icing with a spreadable consistency. When cake is cool, frost with cream cheese frosting, doing a layer of frosting between both cakes. Enjoy!



Ryan Davy - GM
Minot

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Super Bowl LV flyover took months of planning, coordination

AIR FORCE GLOBAL STRIKE COMMAND PUBLIC AFFAIRS

BARKSDALE AIR FORCE BASE, La. (AFNS) --

For fans watching the Super Bowl Feb. 7, the Air Force Global Strike Command tri-bomber flyover over Raymond James Stadium in Tampa, Florida, lasted seconds.

For the team planning this historic event, however – the first flyover of a major sporting event featuring a B-1B Lancer, B-2 Spirit and B-52 Stratofortress – the flyover has taken months of hard work.

“We started doing our initial planning for this flyover back in March of 2020,” said Katie Spencer, Sports Outreach Program manager and Aerial Events coordinator for the Secretary of the Air Force Public Affairs Office. “The bomber trifecta flyover is something that Carla Pampe, the AFGSC chief of civic outreach, had been pitching to us for about four years, and this year it worked out for us to do it.”

Spencer and her team worked

with Pampe to get the flyover approved by Gen. Timothy Ray, the AFGSC commander. Once the flyover was approved at the major command level, Maj. Kendall Smith, the Directorate of Operations’ Command lead, Bomber Force Management, began coordinating with the bomber units to see who was available to support the event.

“I reached out to all of our bomb wings and began working with them to see who had operational commitments that might conflict with the Super Bowl date,” Smith said. “Then the wing commanders all got together to decide which wings would actually fly the event, and which units would send aircrew and maintainers to Tampa to represent the Air Force and AFGSC in media interviews on the ground.”

After the units doing the flyover and static display in Tampa were selected, operational planning could begin.

Lt. Col. Chris McAlear is the

chief of the Air Combat Command Aerial Events Branch, and for the Super Bowl, served as the ground controller who vectors the aircraft in for the actual flyover.

“This flyover took a lot of extra coordination, because we were working with three different wings at three different bases. Normally you’re working with one unit who is used to doing these types of flyovers, so it was a new dynamic for us,” McAlear said. “Once we got the final aircrews selected and got the times from the NFL on when the National Anthem would end, I put together a detailed event briefing for the three flying crews.”

This briefing included maps of the area around the stadium, the staging area where the bombers would come together prior to the flyover, videos of the run in to the stadium, altitudes, time on target and more.

“It’s basically everything the aircrews would need to know to get them safely in and out of the

flyover area,” McAlear said. “In addition, we had to coordinate with the tanker aircraft at MacDill (Air Force Base) to schedule (KC-135 Stratotankers) for refueling of the flyover aircraft, so in all, a lot of teamwork.”

The flyover also meant a lot of planning at each wing supporting the event, because for each aircraft flying, there was a backup aircraft in case of maintenance issues.

“We have contingency plans in place with backups for all three aircraft, so that means a lot of coordination with aircrew and maintainers on the ground,” Smith said. “There were literally hundreds of Airmen involved in supporting this event from throughout the command.”

In the month leading up to the big event, aircrews and maintainers supporting the flyover were media trained by their public affairs teams at home station, and interviews were done at each base prior to the actual Super Bowl event.

“One of the reasons we do flyovers in the Air Force is to inspire patriotism and future generations of aviation enthusiasts, and our aircrew and maintainers are great messengers to share the Air Force story,” said Jennifer Bentley, chief of policy and public outreach for the Secretary of the Air Force Public Affairs Office. “This is also an amazing way to showcase the capabilities of our aircraft to the American public.”

In the end, Bentley hoped all the effort and coordination that took place would culminate in a flawless flyover of Super Bowl LV.

“As the bombers soar over Super Bowl LV this year, the public will see a showcase of American airpower, and hopefully feel inspired and proud,” she said. “But this flyover is also a testament to the hundreds of Airman and civilians behind the scenes who worked months and long hours to make it happen.”

Minot State offers tax preparation through VITA program

MINOT STATE UNIVERSITY

MINOT, N.D. – Minot State University will offer tax preparation services free of charge to individuals earning less than \$55,000 a year, elderly individuals, military members, and taxpayers with small businesses that meet certain guidelines through the Volunteer Income Tax Assistance (VITA) program.

VITA was originally created by the Internal Revenue Service to assist low-income taxpayers in properly filling out and filing their tax forms.

“Taxes can be complicated,” said Nicole Wald, assistant professor in accounting and finance. “For

people with tax situations that are not complicated, VITA offers a way for them to meet their tax obligation without an extra expense.”

All tax preparation work will be completed by fully-trained accounting students. This year,

three Minot State students are participating in the program.

Services will be offered every week starting Friday, Feb. 4 until Wednesday, April 7. Hours of operation are Mondays and Wednesdays from 4-7:30 p.m. Appointments can be made

by calling 701-858-3122 or by going <https://form.jotform.com/90245603550147>.

Potential clients are reminded to bring all necessary documentation, including their ID and the ID(s) for their dependents, to their tax appointment.

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<p>Badlands Restaurant & Bar</p> <p>1400 31st Ave SW, Minot, ND 58701 Phone: 701.852.7335 www.blgrill.com</p>	<p>28 Tastes & Taps</p> <p>1603 35th Ave SW Minot, ND 58701 Phone: 701.838.2828 www.facebook.com/28tastes</p>
<p>Mi Mexico</p> <p>301 40th Ave SW Minot, ND 58701 Phone: 701.858.0777 www.mimexicominotnd.com</p>	<p>Pink's Bar & Grill</p> <p>102 128th Ave NW Minot, ND 58703 Phone: 701.852.2385 www.facebook.com/PinksBarGrill</p>
<p>Culver's Restaurant</p> <p>3000 S Broadway, Minot, ND 58701 Phone: 701.852.4800 www.culvers.com</p>	<p>Prairie Sky Breads</p> <p>3 1st St. SE, Minot, ND 58701 Phone: 701.858.0612 www.prairieskybreads.com</p>
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MINOT AIR FORCE BASE NEWSPAPER
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Horror & action comes to Minot

Horror queen Cerina Vincent and Power Rangers' Johnny Yong Bosch to headline iMagicon 2021

iMAGICON

IMAGICON

MINOT – iMagicon announced February 9, special guests Cerina Vincent and Johnny Yong Bosch will be attending its spring convention. The Minot comicon is set to take place April 23-25, 2021, in the Minot Municipal Auditorium. The announcement comes after CBS Studio policies restricted the travel of Star Trek Discovery guests which were set to attend earlier in the year.

"We completely understand the studio's issue with travel while the Star Trek Discovery team is actively filming seasons 4 and 5," said Leann Mellum, event organizer. "They would have to quarantine two weeks before the convention and two weeks upon return to Toronto. That is just impossible. Luckily, we were able to work with our agent to get two solid names in the film industry."

Cerina Vincent got her start in the film industry with her hit role as Maya, the Yellow Ranger, on Power Rangers Lost Galaxy. Vincent is known for her roles in many horror flicks such as Return to House on Haunted Hill, Cabin Fever, It Awaits, Devil On The Mountain and many more. Vincent has also worked tv



series such as Mike & Molly, The Walking Dead, Two and a Half Men, Bones, and most recently, she played Suzy Diaz on Disney Channel's Stuck In The Middle.

Johnny Yong Bosch got his start fighting giant bugs as Adam Park, the Black Ranger, Green Zeo and Green Turbo Ranger on Mighty Morphin Power Rangers. It is a role that he would play for three and a half seasons on television, two motion pictures and two special guest appearances in future Power Rangers seasons. After Power Rangers, Johnny became incredibly involved in the world of voice over. From anime to video games, Johnny's voice can be heard throughout the industry including shows such as



Dragon Ball FighterZ and Bleach, and games such as Smash Bros, Mortal Kombat X to name a few.

The convention celebrates all fandoms from video gaming, tabletop gaming, cosplay, anime and more. Cosplay Contests are one of the most attended events at iMagicon with fans competing for the ultimate title of iMagicon Cosplayer of the Year, which includes a prize package and \$300 cash prize, courtesy of Rock 30 Games. Those wanting to compete in the cosplay contest, can preregister through iMagicon's website.

While cosplay may be one of the main features of the event, gaming is a close competition in popularity. Video tournaments will be replaced with the SRT LAN party for a more hygienic environment. Guests are encouraged to bring their gaming computer, hook up to the high-speed internet and compete during designated game times. Guests can look forward to an iMagicon Minecraft Build Off during the event, along with other coordinated gaming events.

iMagicon will also see the return of other fan favorite events

such as Draw Offs Competitions, LARPing (live action role playing) and Escape Rooms. Vendors from all over the Midwest are set to attend, giving the convention an unique shopping experience for fans.

"iMagicon is more than a place. It is a state of being," said Jared Adams, event organizer. "Here you can be whatever you want, you can do just about anything. If you can imagine it and have dreamed of it in the universe of nerd, iMagicon is the place for you."

iMagicon is now entering its 7th year, after narrowly launching the 6th event in 2020.

"We were lucky to have an event last year," said Mellum. "We learned a lot and will be bringing a lot of the safety protocols forward for this next convention."

Mellum said last year's guests were very gracious in complying with what the convention asked of them -- from temperature checks at the door to mask wearing. The convention also had hand sanitizer throughout out the building, limited high touch events, and encouraging people to sit six feet apart.

"We are lucky to have such a large venue and space to spread out, which really kept occupancy at a nice, low level," Mellum continued. "We only hit 15% occupancy last year, which was incredibly nice to see given the circumstances. The low attendance allowed us to effectively launch our safety procedures asked of us by the state. Now this year, we get to hone and perfect them."

MORE INFORMATION

VOLUNTEER: iMagicon is seeking volunteers to help make the event happen. To learn more, visit imagiconnd.com/volunteer.

HOTEL: The Hampton Inn & Suites (Minot) is hosting iMagicon

guests this year with special room blocks set aside for fans. To reserve a room, call 701-838-1400 and mention "iMagicon".

TICKETS: Tickets to iMagicon run \$20/day for individuals 14+; youth (13-7) are \$5/day. Guests looking to attend the full weekend can get major discounts by purchasing tickets in advance of the event. 3-Day Convention Passes are being sold for \$40 and 3-Day Family Passes for two individuals (14 and older) and two youth (13 and younger) are being sold for \$60. Advanced Tickets can be purchased at www.imagiconnd.com or by visiting participating ticket outlets.



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Black History Month



AIRMAN 1ST CLASS ZACHARY WRIGHT, MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

February marks the start of Black History Month and Minot AFB is excited to have the opportunity to continue the growth of observing, celebrating and honoring the contributions of African Americans to the Air Force and to our nation.

In 1925, Carter G. Woodson and the Association for the Study of African American Life and History created the Negro History Week that President Gerald R. Ford would expand to a month, creating the Black History Month we know today.

This year's theme is the Black Family: Representation, identity and diversity. The focus is to explore, educate and bring attention to the adjustments, changes, movements, and innovations that people of African descent, past and present, have made.

"As an African American, I grew up ignorant about the history of my race. As I got older and began to learn about our culture, it instilled a sense of pride because I realized that knowing where I came from gave me the knowledge of my foundation for where I'm going," said Tech. Sgt. Perry Sinclair, President of the African American Heritage Council.

"When celebrating Black History Month, it's a great opportunity to inspire our youth and educate people of all races to give an understating of the things that make us proud to be who we are."

The African American Heritage Council is hosting several events

during the month, starting off with Col. Michael Walters, commander of the 5th Bomb Wing, issuing a proclamation of the history and official start of Black History Month. The event continued by hosting an Essential Needs drive for the YWCA Women and Children Homeless Shelter inspired by Dr. Martin Luther King Jr. and his words of "What are you doing for others?"

The AAHC will also host a "Let's Talk" Luncheon with the Diversity and Inclusion Working Group on Feb. 17 from 11:30 a.m. to 1 p.m. at the North Plains Chapel. It will be an open forum for airmen to discuss and provide insight on how to improve

racial disparities in the military discipline process, development and career opportunities for African-Americans. Free food and drink will be provided.

Finally, the AAHC will end the month with a Celebration Ceremony on Feb. 26 at 2 p.m. to highlight influential African American leaders from past and present as well as showcase art displays from the Youth Center with closing remarks from Col. Christopher Menuet, 91st Missile Wing Commander.

Minot AFB would like to thank all those who volunteered to organize the events and to those who come out.



BLACK HISTORY MONTH PROCLAMATION

Minot Air Force Base leadership sign a Black History Month proclamation at the launch of Black History Month February 5, at the Minot Main Exchange.

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS ZACHARY WRIGHT

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A LOOK BACK THIS WEEK IN USAF HISTORY

OPERATION HOMECOMING BRINGS VIETNAM POWS HOME

FEBRUARY 12, 1973



POWs celebrate their freedom after being released from Vietnam. (USAF Photo)

Due to the Paris Peace Accords of 1973, POWs were to be released from North Vietnam during a mission called Operation Homecoming. The first group of 40 POWs, which included some of the longest-held prisoners, left Hanoi on February 12, 1973 on a USAF C-141 Starlifter known as the Hanoi Taxi. The crew stopped at Clark Air Base, Philippines, to offer the POWs medical care, new uniforms, and delicious food before returning to the United States. During the operation, 591 POWs were liberated. 325 of them served in the Air Force, 138 in the Navy, 77 in the Army, 26 in the Marine Corps, and 25 were civilian employees. There were also POWs released from South Vietnam, Laos, and China. Navy Cmdr. Everett Alvarez Jr. was the longest-held POW, having been in captivity for over eight years. "Everything seemed like heaven," said Air Force Capt. Larry Chesley. "When the doors of that C-141 closed, there were tears in the eyes of every man aboard."

Information courtesy of: nationalmuseum.af.mil / af.mil

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VALENTINE'S DAY
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(1954)

THE CROODS: A NEW AGE
(2020) (PG)

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Northern Celebrations

Embracing our
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Thinking about birds can be a year-around thing

Patricia Stockdill

Granted, North Dakota is 1,000-plus miles from Ithaca, N.Y., Cornell University, and the nonprofit organization Cornell Lab of Ornithology. In all honesty, that's OK because birds are a universal thing.

Cornell Lab of Ornithology grew from simple beginnings when Arthur A Allen came to the university as one of the country's first professors of ornithology. The story goes that he posted a sign "Laboratory of Ornithology" by his office door and that's how one of the world's leading conservation organizations – Cornell Lab of Ornithology – evolved. Today, it focuses on all things birds.

Really, this ties to North Dakota – or anywhere, for that matter – because the organization has umpteen ways to bring people from all over into the world of birds.

It's do-able in North Dakota even in the winter. For example, the Great Backyard Bird Count (GBBC) is underway from now through Feb. 15. Just go to (www.birdcount.org) for details.

That's just one way the Lab involves everyone from scientists to avid bird enthusiasts to the casual public. The organization has an array of projects through their citizen science programs, which link information provided by people to scientists using the information for research, population trend data, etc.

In addition to the Great Backyard Bird Count other citizen science programs include Global Big Day, Christmas Bird Counts, NestWatch, and eBird, for example.

Global Big Day is really two big days, one coming up in May and again in October. The timing is perfect for North Dakota because that's when a lot of birds are migrating into and through the state. Essentially, folks from anywhere in the world simply get outside and bird for a day – part or all day, depending on one's inclination. Sightings are logged into the Lab's eBird website, (ebird.org), and observers quickly see what birds were observed and where.

While the next Christmas Bird Counts won't take place until December 2021 into

early January 2022, people can find results from North Dakota counts – or anywhere a count was held – on the website, (www.audubon.org/conservation/science/christmas-bird-count). Upper Souris National Wildlife Refuge northwest of Minot hosts a count each December, for example.

The Christmas Bird Count launched the citizen science concept more than a century ago and it's still hugely successful.

Project FeederWatch just might be the most amazing of all of the citizen science programs because participants don't even need feeders. Plus, it's super flexible. All it takes is a few minutes to note what birds are observed anytime between November and April: Look out a building window and check out what flies into a nearby shrub. Or look at what might be flying around trees, feeders, and heated birdbaths while walking to a store, school, or work. Whether it's for five minutes, five hours, or anything in between, just submit observations.

This spring when nesting gets underway the Lab's NestWatch program is an amazing way to observe and learn about birds, nesting, and chick rearing. Participants learn how to become certified NestWatchers, reporting their information as well.

Thankfully people participating in any or all of Cornell Lab or Ornithology programs don't have to already be ornithology experts. They don't really even have to know much about birds.

All they need is curiosity and a link to the Cornell Lab of Ornithology's website, (www.birds.cornell.edu). Clicking "Get Involved" links to their citizen science programs and other ways to get involved with birds and birding, while "Birds" is a link with a wealth of information about birds throughout the world, as well as ways to report sightings and more.

So even though the organization is more like 1,500 miles away from North Dakota, it still brings birds close to home – theirs and ours.

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SchoolQuest is an online tool that helps parents of military-connected children prepare for the unique stressors of a military lifestyle, in particular the resource helps families to prepare for the frequent school moves which can adversely affect academic success. The website serves as a virtual hub where parents and students can find helpful information, tools, and resources centralized on a single platform. The available resources and features can be helpful for all students of all ages, however the majority of the functionality is focused on helping middle and high school students navigate through multiple moves during their academic careers. This resource is free and was developed by the Military Child Education Coalition (MCEC). There are numerous tools

available for students such as, StudentQuest Academic Tracker. The Academic Tracker is used to monitor and plan each student's academic career progress from 6th to 12th grade. Also included on the site are pre-built and customizable checklists to support a seamless transfer between schools. Families can also use the school search function which provides the ability to search GreatSchools, Niche, and DoDEA websites to aid in research about the educational opportunities of your new community. Visit schoolquest.militarychild.org to create an account and begin using the resource. Families can also reach out to the School Liaison for transition support: 701-723-1447 or mafb.school.liaison@us.af.mil.

2020-2021 MPS CALENDAR



IMPORTANT UPCOMING DATES

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

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							

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				

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

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Coins for Caring

ABIGAIL KINDER, NORTHERN SENTRY

This past week, Minot Air Force Base's elementary schools participated in the Coins for Caring fundraiser to raise money for families from North Plains Elementary who are going through significant medical treatment. Each day of the week

had a different theme, including Tie-Dye Nickel Day and Daring Dimes Day, where students could bring in their coin donations and dress up for fun. In the past, North Plains Elementary has used the week as a fundraiser for breast cancer awareness. This

is the first year that Dakota and North Plains are partnering to raise money for specific families in the community.

See next week's issue of the Northern Sentry to find out more information on Coins for Caring!

EFMP & Me Online Tool Empowers Military Families With Special Needs

MILITARY ONESOURCE

For families with special needs, the Department of Defense Office of Special Needs Exceptional Family Member Program provides support and resources to help you thrive in military life. Now, the new EFMP & Me online tool, available through Military OneSource, expands and tailors support to help you quickly navigate services, connect with resources and advocate for yourself or your family member with special needs - anytime, anywhere.

Designed for military families with special needs - with the caregiver in mind - EFMP & Me can be used by both families enrolled in EFMP and those who are eligible to enroll. The website also gives EFMP Family Support providers and military leaders another tool to guide families to the resources they need.

WAYS EFMP & ME PUTS YOU IN CHARGE

EFMP & Me can be used on any computer or mobile device - so you always have information and resources at your fingertips:

- Help understanding and

finding medical and educational resources

- Step-by-step support for EFMP enrollment, PCS preparation, deployment and other military life moments

- Convenient 24/7 access to EFMP resources and services from a range of programs.

Begin using the tool by answering a few questions on the homepage. Then, you can select the categories that reflect your needs and interests, including:

- About EFMP and Enrollment
- Child Care
- Education
- Medical
- Deployment
- Accessibility and Housing
- PCS
- Family and Community Life
- Separation and Retirement

The tool lets you choose from the checklists available in each category. Each checklist can be expanded to display related tasks, tips, programs and other resources. Tips often include links to helpful resources outside of the tool. If you are logged in,

you can save your progress on a checklist, return to it another time, or download a PDF of the checklist.

You do not need a Military OneSource account to use the tool. However, an account allows you to save your checklists and return to them anytime. Follow the directions on the homepage to log in or create an account.

You can also use EFMP & Me to sign up for the quarterly Exceptional Advocate eNewsletter, a publication for families with special needs, to contact EFMP Family Support staff, or to learn more about how the program can help you and your family.

EFMP & Me enhances and supplements the services of the Exceptional Family Member Program Family Support, which are available to families at their nearest installation office. EFMP serves families by making sure special needs are considered during assignments and by easing access to assistance wherever families are.



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ELLEN REED MEMBER



Ellen was appointed as a school board member in July 2020.

Ellen Reed was born and raised in Coeur d'Alene, ID. She has a Bachelor of Arts in English and German from Concordia College, and a Master of Public Administration from AMU. She and her husband, David, have five children, three of which attend Minot Public Schools. She has worked for seven years as an Air Force civilian, and previously worked in education and curriculum development for ESL. She has lived in South Korea, Okinawa, Texas, Germany, and Grand Forks, ND before coming to Minot in 2018. She enjoys camping, fishing, running, reading, travel, cooking and spending time with her family.



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Department of the Air Force institutes Office of Diversity and Inclusion

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

ARLINGTON, Va. (AFNS) --The Department of the Air Force, in support of both the U.S. Air Force and U.S. Space Force, stood up the Office of Diversity and Inclusion, Jan. 11.

In June 2020, former Secretary of the Air Force Barbara Barrett stood up a Diversity and Inclusion Task Force, which has evolved into this new office. The organization will work directly for the secretary of the Air Force and continue to address the strategic impact of diversity, inclusion and equity on Airmen, Guardians and their families.

Tawanda Rooney, a career member of the Defense Intelligence Senior Executive Service, is the acting senior advisor on Diversity and Inclusion. Prior to this position, Rooney served as deputy director, Concepts Development and Management Office, Secretary of the Air Force.

"The Department of the Air Force is committed to enabling all Airmen and Guardians to thrive in a diverse and highly inclusive

environment," Rooney said. "Our office will lead this charge and continue all the good work the Task Force initiated. Diversity and inclusion are warfighting imperatives and we need to capitalize on all available talent by enabling a culture of inclusion where every member is respected and valued for his or her identity, culture and background."

The ODI was established based on the recommendations of both the Office of Secretary of Defense and Air Force Inspector General independent review of racial disparity, ordered by the secretary of the Air Force and the Air and Space Forces service chiefs, released Dec. 21, 2020.

The inspector general's review focused specifically on assessing racial disparity in military discipline processes, personnel development, and career opportunities as they pertain to Black/African American Airmen and Guardians. The new office is charged with identifying and changing policies and procedures,

removing barriers and other practices that may have an unfair effect upon underrepresented Airmen and Guardians.

The office is a cross-functional team of military and civilian Air and Space professionals that represents communities across both services and applies subject matter expertise to the changes being considered. Members represent different ranks and perspectives, both minority and majority groups, whose sole focus is to make changes that create an equitable environment for all Department of the Air Force personnel.

The task force and Office of Diversity and Inclusion has made strides in the past months, including efforts such as an emblems and mottos review and tracking administrative discipline data.

For more information on diversity and inclusion efforts across the DAF, please visit www.af.mil/diversity.

Reardon to perform duties of under secretary of the Air Force

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

WASHINGTON (AFNS) -- Anthony Reardon, administrative assistant to the Secretary of the Air Force, is performing the duties of the under secretary of the Air Force as of Feb. 2.

Acting Secretary of the Air Force John Roth officially designated Reardon as the first assistant to the under secretary of the Air Force. In this capacity, he may perform the duties of the role in accordance with the Federal Vacancies Reform Act and Department of Defense Directive 3020.04.

Reardon served in the active duty Air Force from 1982 – 2003. He started his civil service career after retiring. A member of the Senior Executive Service, he serves as the senior career civilian advisor to the secretary of the Air Force performing high-level assignments following the secretary's policies, goals and objectives.

The office of the under secretary of the Air Force is responsible for the affairs of the Department of the Air Force, to include organizing, training, equipping

and providing for the welfare of approximately 697,000 active duty, Guard, Reserve and civilian Airmen and Guardians and their families worldwide.



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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>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, February 13 5 PM, No Vespers</p> <p>Sunday, February 14 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.</p> <p>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.</p> <p>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.</p> <p>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>	

Chapel Services at MAFB
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(North Plains Chapel in Base Housing)
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Sunday Worship 1130

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SUDOKU SOLUTION

Puzzle on page 6

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

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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• 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 12

- For full listing Presidents' Day holiday facility hours, visit 5thforcesupport.com
- AFGSC Family Day
- TAP (DoL) — Employment Workshop, 0800-1600, A&FRC
- NAF HRO Job Fair, 1400-1600, BX Main Entrance
- Club Member Benefit, 1700-1900, Rough Rider Lanes
- Club Members \$\$\$ Drawing, 1730-1830, Held at Rockers Bar & Grill, winner also announced at Bomber Bistro
- Family Skate Night, 1800-2000, Youth Center
- Movie Night, 1800-2100, ESC
- Mixed Fun League, 1830, Rough Rider Lanes
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

SATURDAY 13

- For full listing Presidents' Day holiday facility hours, visit 5thforcesupport.com
- Rough Rider Lanes Youth Bowling League, 1000, Rough Rider Lanes
- Winter STEAM Challenges, 1000, Minot AFB Library Facebook Page
- Swerk, 1015, Fitness Center
- Mad Science Party, 1300, Minot AFB Library
- Pre-Valentine's Day Special, 1400-2200, Bomber Bistro
- Bingo, 1600-1900, Rockers Bar & Grill
- UFC 258: Usman vs Burns, doors open at 1900, main event begins at 2100, Rockers Bar & Grill
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

SUNDAY 14

- For full listing Presidents' Day holiday facility hours, visit 5thforcesupport.com
- Sunday Bowling, 1000-1600, Rough Rider Lanes
- Zumba, 1400, Fitness Center

MONDAY 15

- For full listing Presidents' Day holiday facility hours, visit 5thforcesupport.com
- Registration Closes for Winter Games at Fitness Center
- Sign Up Closes for Winter Reading Program at Minot AFB Library

TUESDAY 16

- Cycle, 0530, Fitness Center
- Moving Out of the Dorms Budget Class, 0900-1030, A&FRC
- Arctic Winter Games, 1000-1700, Fitness Center
- Game Day, 1000-1930, Minot AFB Library Facebook Page
- Mardi Gras Special Lunch, 1030-1330, Dakota Inn Dining Facility

WEDNESDAY 17

- Registration Closes for Creative Kids Class at Arts & Crafts Center
- HIIT Strength and Conditioning, 0545, Fitness Center
- Bundles for Babies, 0900-1030, A&FRC — Online Zoom
- Pre-Deployment/Remote Readiness Training, 1000-1100, A&FRC — Online Zoom Meeting
- Arctic Winter Games, 1000-1700, Fitness Center
- Story Time, 1030, Minot AFB Storytime Club Facebook Group
- Cycle/Strength, 1130, Fitness Center
- Civilian TSP Class, 1400-1600, A&FRC
- Member Wind Down Wednesday Snacks, 1630-1830, Rockers Bar & Grill
- Squadron Extramural League, 1700, Rough Rider Lanes
- Barre, 1830, Fitness Center

THURSDAY 18

- Registration Closes for Wine & Paint Class at Arts & Crafts Center
- Cycle, 0530, Fitness Center
- Pre-Separation Counseling, 0830-1130, A&FRC
- Arctic Winter Games, 1000-1700, Fitness Center
- Reintegration Briefing, 1000-1100, A&FRC
- Creative Kids Class, 1030-1100, Arts & Crafts Center
- Fit to Fight, 1130, Fitness Center
- Modern Civilian Resume Workshop, 1400-1600, A&FRC
- Kids' Night, 1530-2030, Bomber Bistro
- Cycle, 1930, Fitness Center

FRIDAY 19

- HIIT Strength and Conditioning, 0545, Fitness Center
- Arctic Winter Games, 1000-1700, Fitness Center
- Fit to Fight, 1130, Fitness Center
- Teen Day Friday, 1500-2200, 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
- Wine & Paint Class, 1800-2000, Arts & Crafts Center
- Mixed Fun League, 1830, Rough Rider Lanes
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

ONGOING

- The status and location of Minot Air Force Base events are subject to change due to base restrictions.
- 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
- Harry Potter Escape Room Game, 6 February — 20 February, Minot AFB Library
- FCC Pre-Orientation: One-on-One Appointments: 1-28 February, Family Child Care — Call to schedule an appointment.
- DELIVERY OPTIONS (Hours subject to change) Bomber Bistro: Monday-Friday 1630-2030

FEB. SPECIALS

Bomber Bistro • Thursday Kids Night

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

The B-Fifty Brew • Red Bull Burners

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 • Sandwich of the Month - Reuben

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!

SATURDAY 20

- Heart Healthy Endurance Ride, 0900-1100, Fitness Center
- Rough Rider Lanes Youth Bowling League, 1000, Rough Rider Lanes
- Winter STEAM Challenges, 1000, Minot AFB Library Facebook Page
- Bootcamp, 1015, Fitness Center
- Call of Duty: Black Ops — Cold War Tournament, 1500, ESC
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes





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