

## WHAT'S INSIDE THIS WEEK:



QUICK GUIDE TO 2020 TAX INFORMATION

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# MOMENTS OF IMPACT



Graduates of Airman Leadership School on Feb. 11, 2021, were given the chance to speak about moments that have greatly impacted their lives. Stories of hardship, backseat baby delivery, and inspiration can be found on page A3.

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# Behind the Braids: Reservists play key role in first women's hair policy change in 70 years

BO JOYNER, AIR FORCE RESERVE COMMAND

ROBINS AIR FORCE BASE, Ga. (AFNS) --

Reserve Airmen have been instrumental in helping bring about the first major change in the Air Force's women's hair policy since the late 1940s.

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, Feb. 10.

Maj. Alea Nadeem, a Reserve Airman who serves as the leader of the Air Force Women's Initiative Team, played a key role in bringing about the hair policy change.

"The Women's Initiative Team works to remove barriers for Airmen so they can continue to serve successfully and uses a common-sense approach to change outdated policies," she said. "The women's hair policy has been on the WIT's radar for a number of years."

Nadeem said active-duty Master Sgt. Johnathon Lind deserves a lot of the credit for bringing problems with the old hair policy into the limelight and tirelessly and relentlessly working toward a solution.

"For me, this all started in 2016 when I had a very courageous, young Airman who came to me and told me about all the problems she was experiencing from having to wear her hair in a tight bun all the time," Lind, who currently serves as the noncommissioned officer in charge of air traffic control training for the 4th Fighter Wing, Seymour Johnson Air Force Base, North Carolina,

said. "When I talked to my wife (who also serves in the Air Force and was deployed at the time) about this, she told me she was actually considering getting out of the Air Force because of the same problems. I had no idea it was such a problem for my wife and countless other women throughout the Air Force."

Lind and his wife, Tech. Sgt. Jocelyn Lind, started the Warrior Braids Project in hopes of bringing about a change to the Air Force's women's hair policy. Lind interviewed hundreds of women and started working with his various chains of command to try and bring about a change to the policy, with varying degrees of success. Lind said a number of fellow Airmen have been critical to efforts over the years, including Capt. Hailey Garrett, 1st Lt. Natasha Monroe, Senior Airman Emily Stanley-Cruz and Master Sgt. Ashley McCarthy.

In 2019, Lind and Warrior Braids joined forces with the WIT in hopes of accelerating a change in policy.

"We had a lot of great data and the WIT had a lot of great contacts, so our partnership was critical to getting the change approved," he said.

In addition to Lind, Nadeem said Capt. Sarah Berheide and 1st Lt. Montana Pellegrini have been instrumental in the WIT's efforts to advocate for a change to the women's hair policy. Also, the first historic photos of servicewomen with their hair down were taken by a Reserve Airman, Chief Master Sgt. Jaimee Freeman, the enlisted executive to the chief of the Air Force Reserve.

"Our research and the research done by Master Sgt. Lind showed that the old policy actually had a negative effect on both operational and medical readiness," Nadeem said. "In addition, the policy didn't support a culture of inclusion for almost a quarter of our Total Force Airmen."

Thousands of women across

the Air Force provided feedback to the WIT and warrior braids. Many said that constraints to hair grooming standards resulted in damage to hair, migraines and, in some cases, hair loss.

When the time came to seek senior leader support for a new women's hair policy, one of Nadeem's first stops was Air Force Reserve Command headquarters.

"As a Reservist, my first thought was to find out what General Scobee and Chief White thought," she said.

Lt. Gen. Richard Scobee is the chief of the Air Force Reserve and commander of Air Force Reserve Command. Chief Master Sgt. Timothy White is AFRC's command chief master sergeant and Scobee's senior enlisted advisor.

"I wholeheartedly support the WIT's efforts to reform the Air Force hair policy for women," Scobee said. "It's imperative that we implement policies which account for all genders, ethnicities and backgrounds while ensuring leaders continue to foster a culture of inclusiveness. The time is definitely right to change the outdated hair policy for women serving in the Air Force."

"To me, this was a no-brainer," White said. "As a father of two daughters, I could see how the old policy could be a potential barrier for young women interested in joining the Air Force, and I could see how it was contrary to the culture of diversity and inclusion we are constantly striving for."

Scobee and White immediately wrote a letter to the Air Force uniform board in support of women's hair policy reform, saying the proposed changes would "mitigate safety, medical and operational risks, while fostering a culture of inclusion within the Department of the Air Force."

"Eventually, we got letters of support from seven of the nine major-command commanders and more than 40 wing

commanders," Nadeem said. "Having the support of General Scobee and Chief White from the beginning was critical to our success."

With the backing of dozens of commanders and years of research and data in hand, the team made its case to the Air Force uniform board in November 2020. In late January, the board announced that the Air Force would be changing its women's hair standards.

In announcing the policy change, Air Force senior leaders expressed their support for the new standards.

"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 Sgt. of the Air Force JoAnne S. Bass. "I am pleased we could make this important change for our women service members."

Nadeem is serving in an Active Guard Reserve position as a Congressional budget and appropriations liaison with the Secretary of the Air Force Financial Management Directorate. She volunteered to be part of the WIT in 2015 while serving on active duty. In 2017, she was asked to lead the team.

"We have more than 600 active-duty, Reserve, Guard and civilian volunteers serving on the WIT," she said. "We are constantly striving to improve the lives of Airmen and their families by working with Air Force leaders to make policy changes. The new women's hair standards are a big win for the Women's Initiative Team and the Department of the Air Force."

"I think this just goes to show what you can do if you don't give up," Lind said. "If you believe what you are doing is the right thing, keep on pushing. You can make a difference."



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, Feb. 10, 2021.

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# An impactful moment

ROD WILSON, NORTHERN SENTRY

Graduation was held on Thursday, 11 February, for 49 Airman Leadership School students. Of those 49, 47 attended in person and 2 attended online. Commandant, as she has been since 2018, was MSgt Asua Rose, who with SMSgt Yucari Brown introduced the opportunity for students to step up on stage, in front of all of their peers, and tell a story about themselves. “We offered them all the opportunity to share a story or testimonial... something that they were passionate about, an Impactful Moment in their lives” according to Brown.

## Dad Of The Year

The first student making his way to the stage was SA William (Billy) Roberts. Under the lights, and with a microphone in his hand, SA Roberts shared the story of the birth of his daughter last year. All births are an Impactful Moment in time, but this birth even more so as it took place in the back seat of a car and “I delivered my own daughter” according to Roberts. The Roberts family has 2 children ages 8 and 2, and a daughter born in March of last year. “My wife thought she might be in labor, so according to plans we called a friend. To be honest, it took a long time for him to get here (to the Roberts home). You know, I wasn’t really believing that this was it, but we got her (his spouse) in the back seat of the car and headed out. It’s early in the morning, you know, (around 4 A.M.) and we spotted a cop in a parking lot just outside of base. So, we pull up to him and I am freaking out when

I tell him that my wife is having a baby in the back seat of my car. The cop relays the message on his radio, and of course no one believes him. The next thing I know is that my wife is telling me that his (the baby’s) head is out. So, I tell the cop... the baby’s head is out!...and I can hear him yelling on the radio that the baby’s head is out.” The pace of the story continues to escalate as the baby is born in the back seat of the car. “I was panicking” according to Roberts, “more than she (his wife) was. But then there is that defining moment. The baby was born, and I am holding her. The doors of the car are open, and the cold is rushing in...and there I am, holding a slimy, wet baby. It was the most blissful moment in my life!” Roberts says with excitement in his voice. “So, what do you do? You have to make the most of that moment” exclaims SA Roberts “you just do!” The other players? SA Roberts’ wife of 4 years, Amanda, and of course Avianna, the now almost 1 year old daughter born March 14th of 2020. For Roberts this story shows the strength of the human spirit to “get through a lot of crazy situations.” With limited note cards prepared, SA Roberts

chose to “speak from the heart.” SMSgt Brown was the advisor for this part of the Airman Leadership School, and shared that they gave all the students a chance to take their turn and share a story. “This time there were only 2, however, some of the students have asked to come back to the next class and share their story or testimony” according to Brown “there were so busy with ALS that they just didn’t think



Airman Leadership School (ALS) is the first level of the Enlisted Professional Military Education (EPME) continuum and prepares Senior Airmen to be professional, war-fighting Airmen and Space Professionals who can supervise and lead work teams to support the employment of Air and Space power.

Thomas N. Barnes Center for Enlisted Education



they had the time to organize a presentation. It’s like paying it forward. They have an inspirational moment to share. All of them (the students) are thinking about themselves taking the reins of leadership. They aren’t just worrying about themselves anymore.”

## Sharing That Impactful Moment

Also taking the stage was TSgt Johann Gonzalez. His story was different. “I want to share a Moment of Impact. I hope it helps someone in this room.” Gonzalez was given up for adoption, but on a Christmas Day his Mom returns and wants custody. The situation with his Mom and Stepfather ended up being abusive, both for his mother and for him. At 17 Gonzalez left home and his next

was a recruiting station because “I really didn’t know where else to go. “My attitude? Nothing’s going to scare me!” It was the Air Force recruiter that put TSgt Gonzalez’s feet back on the ground by simply explaining to him “you got nowhere to go, no choice, that’s why you are here.” The story fast forwards to a point where Gonzales is deployed with his girlfriend of 2 ½ years back at home. “The letter, well the Dear John letter didn’t come from my girlfriend, it came from someone I knew. My significant other was hooking up with my flight chief back home. I was in a dark place.” But his superior “grabbed me and said, You have people who need you. You gave them a promise that you were going to get them back home. They need to get you back, so you can get them back. You gotta care!” And that was the Moment of Impact that TSgt Gonzalez needed. He did return, and now he is going steady with a college student who plans on finishing a nursing degree. TSgt Gonzalez is the primary mentor for Airman Leadership School, and he says that he has learned “a lot!”

## Stories & Testimonials Define the Moment

For both SMSgt Brown and MSgt Rose, the Impactful Moments were important. “When you think back to your ALS experience” says Brown “you may not remember everything they taught you in class. But you more than likely remember the stories and testimonies that were shared, and that’s important. A defining moment in time.”

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## From the 91st Security Forces Group

Congratulations to the following Defenders who graduated from ALS Class 21-B today!

SrA Thomas Alcaraz, 791 MSFS

SrA Izaah R. Chadis, 791 MSFS

SrA Nikolas W. Crispin, 91 MSOS

SrA Yancarlos I. Flores, 891 MSFS

SrA Austin Hagerperry, 891 MSFS

SrA Miyah L. Jones, 91 MSFS

SrA Serafin Lopez, 791 MSFS

SrA Shaunice R. Samuels, 91 MSFS

Congratulations to SrA Austin Hagerperry, 891 MSFS, for winning the Academic Achievement Award and being a Distinguished Graduate!

Welcome to the NCO ranks!



SMSgt. Yucari Brown speaks to the graduates of Airmen Leadership School on Feb. 11, 2021.

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# Airman Leadership School Class 21-B

Airman Leadership School is a program designed to teach Airmen the principles of leadership and prepare them to become supervisors of other Airmen in the future. There are approximately six to eight ALS classes held each year with 48 to 60 students in each class. The students are then divided into three separate flights until the end of the course.

There are four main lessons Airmen are taught during the course: professional Airmen, supervisor of Airmen, supervisory communicator and expeditionary Airmen.

These sections teach Airmen drill, ceremony and retreat procedures, team leadership skills, how to perform tasks that involve both verbal and written communication, and the rules of engagement when deployed.

Throughout the six week course, Airmen go through peer assessments, enlisted performance reports, problem solving and team building exercises in order to strengthen their bonds with one another as well as their leadership capabilities. (The next leaders of the Air Force, Minot Air Force Base Public Affairs)



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# Quick guide to 2020 tax information, resources for military families

MILITARY FAMILIES MAGAZINE

It is time to file 2020 taxes, and service members and military families are fortunate to have access to many tax filing resources to help with the process. But before you begin, here are a few helpful things to know, including what documents are required, employee and independent contractor rights, and of course, where can you file (for free in some cases).

Keep in mind the IRS announced it will not start accepting and processing 2020 tax year returns until Feb. 12. You can start working on your return now, though, to ensure you don't miss the deadline.

Steps for military families to complete their 2020 taxes:

## Step one: The W-2s

If you work for the Department of Defense as a uniformed service member or civilian, or if you are now a retiree or annuitant, DFAS (Defense Finance and Accounting System) is responsible for providing your 2020 tax statements. Below is the list of when the electronic statements are released by branch.

- Retiree 1099-R – available now
  - Reserve Component Air Force, Army, Navy W-2 – available now
  - Marine Corps Active & Reserve W-2 – available now
  - Army Non-Appropriated Fund (NAF) Civilian W-2 – available now
  - Active Duty Army, Air Force, Navy W-2 – available now
  - Military/Military Retiree IRS Form 1095 – available Jan. 31
  - Civilian IRS Form 1095 – available now
- The full list can be found on the DFAS 2020 Tax Statement Schedule.

Don't forget to retrieve your special W-2s if you did a Personally Procured Move (Travel/Miscellaneous W-2) or had money in the Savings Deposit Program (1099 INT).

## Step two: Civilian tax documents

If you have other sources of taxable income, employers have until Jan. 31 to send out W-2s and other tax documents. Examples of other items you may need to file are college tuition statements, bank statements, receipts, and mortgage interest statements.

If you are an independent contractor, your pay is reported

on a 1099 form. You will want to gather the documents to support your business expenses before starting the tax filing process.

When in doubt, ask the professionals at Military OneSource (for free). Contact them at 1-800-342-9647. You can also use the live chat option available in the upper right-hand corner of their website.

## Step three: Where can you file as a military member and military family (hopefully for free)

After you have gathered all of your tax documents, it is time to decide if you are going to file for yourself or use an external agency.

IRS expects simple returns that are filed electronically to have any refund paid within 2-3 weeks. But don't forget that clock doesn't start until the IRS starts processing returns in February.

Also, put some thought into what you plan to do with your return. Installations around the U.S. have personal finance counselors, and Military OneSource has representatives who you can speak with over the phone. Tax extensions for military service members and their families

Any U.S. citizen, including service members, can apply for an extension on their tax return by filling out IRS Form 4868.

However, you will be required to pay interest on your owed taxes (if applicable) from the date of the original deadline of April 15 until your extension deadline. In some cases, penalties may also apply.

There are a variety of ways military service members can get an extension. Folks who are stationed overseas receive an automatic two-month extension (stipulations apply. Check here for more). In the case of a deployed

service member, they will get 180 days since their last day in the combat zone plus any days they were located in the combat zone before the filing date. In other words, if a service member was in a combat zone starting Nov. 1 they would receive an extension of 165 days plus an additional 180 days.

For both those who are stationed overseas and those who are deployed in a combat zone, simply attach a statement of qualification to your return by the extension deadline.

\*PLEASE NOTE: If you are stationed overseas and you owe taxes, you will have to pay interest on the amount owed even if you qualify for an extension. In other words, if you wait to file your taxes with the two-month automatic extension (which puts a due date of June 15), you will owe applicable interest on any amount owed from April 15 to June 15. The interest does not apply to those who are deployed to a combat zone.

Military ID cardholders have a few options for free or discounted filing:

- Installation tax centers: Look up your installation's information by clicking here. In most cases, you have the option to set an appointment or walk-in.

- Military OneSource offers free tax filing support through its MilTax program. In addition to the e-filing software, MOS also provides consultants who can assist you. Click here to learn more: MilTax.

- IRS Free File – for any taxpayer with an income less than \$72,000, there is free federal filing on an IRS partner site. For income above \$72,000, access free fillable forms after Feb. 12.

- TurboTax – offers free federal and state tax filing for all enlisted personnel.

- TaxSlayer – free federal filing for all active duty military.

The regular due date to file your federal income tax return is Apr. 15.

## Step four: When will you get your refund?

This is really the most important question, isn't it? As usual, the



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## A MESSAGE FROM MINOT AFB LEGAL

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

## LAW TALK

### How Do I Set Up an LLC?

A Limited Liability Company (LLC) is a legal business entity. This type of entity has similarities to both an S corporation and a limited partnership and can be organized for any lawful business purpose. The owners of an LLC are referred to as members and these members are shielded from being personally responsible for the business's liabilities.

At Boppre Law Firm, we are skilled and experienced in setting up LLCs for clients. In fact, most of our business entity clients choose to establish an LLC!

1. The first step is to draft Articles of Organization. This document is filed with the North Dakota Secretary of State and outlines the basic required information of the LLC including its name, the registered agent, principal place of business, and purpose of the LLC. Once these Articles are filed, it takes the Secretary of State a few weeks to review, approve, and complete the filing process.
2. The next step is to hold an organizational/first meeting. At this meeting, the members review and approve the Operating Agreement and Membership Agreement. These documents control the way the LLC and members conduct themselves. If there is any real property for the LLC to own, deeds can be executed at this time, conveying the property to the LLC.
3. After organization, LLCs will hold at least annual meetings but often meet more frequently. Careful minutes should be recorded at each meeting in order to keep the business entity's records complete.

Working closely with an attorney and accountant will help ensure the LLC is formed and operated correctly. Give us a call at 701-852-5224 to see how we can help you!



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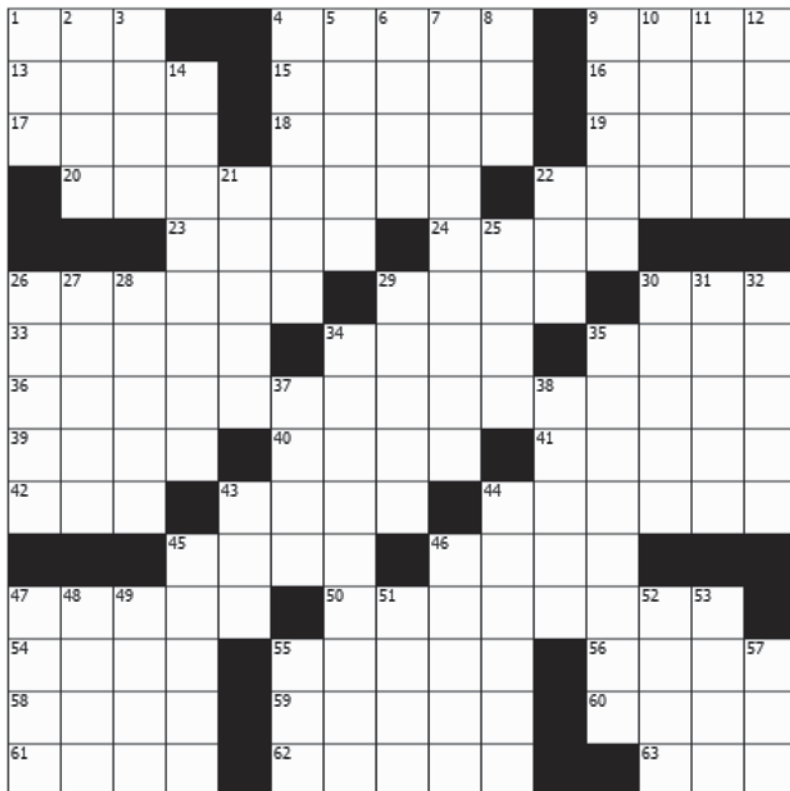


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# CROSSWORD PUZZLE

**Across**

- 1. \_\_\_ Harbour, Fla.
- 4. Runs while sitting
- 9. Jockey's persuader
- 13. Lindros or Roberts
- 15. Gallows' loop
- 16. Symbol of servitude
- 17. Prie-\_\_\_ (prayer bench)
- 18. Fruit container
- 19. Moonshine ingredient
- 20. Popular summer squash
- 22. Italian sports cars, briefly
- 23. Component used as fertilizer
- 24. Dark plain on the moon
- 26. Considered
- 29. Wise person
- 30. Dog lovers' org.
- 33. Ishmael's people
- 34. Type of pilot
- 35. La \_\_\_ Tar Pits
- 36. Place to demonstrate a green thumb
- 39. Cake decorator
- 40. With a chrome dome
- 41. Blackmore's "Lorna \_\_\_"
- 42. Bering or Formosa (Abbr.)
- 43. Binding obligation
- 44. Holy
- 45. Construction area
- 46. "King Kong," e.g.
- 47. Perpendicular to the keel
- 50. Grow and spread quickly
- 54. Coffee or vanilla
- 55. Hard to penetrate
- 56. Secret retreat
- 58. Ernie's partner
- 59. Prefix with state or act
- 60. Lemmon film, "\_\_\_ la Douce"
- 61. Active European volcano
- 62. Fourteen pounds
- 63. Stitch



**Down**

- 1. Board partner
- 2. Nev. neighbor
- 3. Stead
- 4. Emulated a worm
- 5. Ill-fated vessel Andrea \_\_\_
- 6. Kind of shark
- 7. Approximated
- 8. Envision
- 9. Washing machine phase
- 10. It's over your head
- 11. Southern dish
- 12. Authors
- 14. Pickle, once
- 21. Avian tuft
- 22. 100 square meters
- 25. Highly excited
- 26. Lincoln's Confederate counterpart
- 27. Upright, as posture
- 28. Gung ho
- 29. Besmirch
- 30. Fervidness
- 31. Nancy Drew author Carolyn
- 32. Switch-hit?
- 34. Suppression
- 35. It has florets
- 37. Border on
- 38. Firefighter Red
- 43. Faint
- 44. Geometric figure
- 45. He has a small work force
- 46. Ruhr Valley hub
- 47. Pop vocalist Lane
- 48. Redness typified
- 49. Garner
- 51. "Do \_\_\_ others ..."
- 52. Propellers of a sort
- 53. Silent performer
- 55. Insult, nowadays
- 57. Not yet processed

# SUDOKU

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

Solution to puzzle on page B10

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# CROSSWORD SOLUTION

Solution to last week's crossword puzzle.

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

**REEL TIME THEATER**  
**MOVIE SCHEDULE**



**THE MUMMY**



**DESPICABLE ME 3**



**THE MUMMY RETURNS**



**DESPICABLE ME 3**



**THE MUMMY: TOMB OF THE DRAGON EMPEROR**

**FRIDAY, FEB 19**

**THE MUMMY**  
(PG-13) 1900

**SATURDAY, FEB 20**

**DESPICABLE ME 3**  
(PG) 1400

**THE MUMMY RETURNS**  
(PG-13) 1800

**SUNDAY, FEB 21**  
**DESPICABLE ME 3**  
(PG) 1400

**THE MUMMY: TOMB OF THE DRAGON EMPEROR**  
(PG-13) 1800

# BADLANDS RESTAURANT BAR

## Upcoming Events

**19-28 FEB** **AVIS VEIKLEY - OF THIS PLACE**  
10:00 AM - 5:00 PM  
Northwest Arts Center  
500 University Ave W, Minot

The Northwest Arts Center presents 'Of This Place,' an exhibition by North Dakota artist and painter Avis Veikley, on view in the Northwest Arts Center's Walter Piehl Gallery from February 19 to March 9. Masks and physical distancing are required. The Walter Piehl Gallery is located in the Northwest Arts Center on the lower level of the Gordon B. Olson Library, with its own entrance on the south side of the library. It is open TWTF, 10 a.m. to 5 p.m., Saturday 1-5 p.m. and by special arrangement. It is closed holidays.



For more information:  
Facebook Event / Avis Veikley - Of This Place

**20 FEB** **NEBULA ART**  
10:00 AM - 3:00 PM  
Minot Municipal Auditorium  
420 3rd Ave SW, Minot

What is a nebula? It is a cloud of gas and dust in space. A nebula forms when a star explodes or when a new star is forming. Join us to learn more about nebulae and create your own Nebula Art using paint and a Salad Spinner! We will be using a kit from NISE Net (National Informal STEM Education). Remember to bring a sack lunch, a water bottle, and your mask.



For more information:  
Facebook Event / Minot Municipal Auditorium Room 301

**22 FEB** **PRESIDENT WASHINGTON'S B-DAY!**  
6:30 PM - 8:30 PM  
The Putt District  
17 South Main St. Suite A, Minot

"Perseverance and spirit have done wonders in all ages."  
— George Washington  
Come down for a fun, off-the-cuff event to celebrate one of our original founding fathers! Get \$1 off your ice cream!



For more information:  
Facebook Event / The Putt District

**22 FEB** **YOGA + HIIT WITH ANNIKA!**  
6:30 PM - 7:30 PM  
Spectrum Fitness Minot  
1915 N. Broadway, Minot

Yoga + HIIT involves a power yoga format with high intensity interval movements targeting the entire core and more while using light weights and your bodyweight. This class can be tailored to all levels, as the instructor will guide you through a fun and safe practice.



For more information:  
Facebook Event / Spectrum Fitness Minot

**24-28 FEB** **DAKOTA ELEMENTARY ONLINE SCHOLASTIC BOOK FAIR**  
ANY TIME  
Virtual Event

You're invited to shop our Scholastic Book Fair online from February 24 to March 9! All purchases benefit our school and connect kids with new books, favorite characters, complete series, and more. You'll love the new option to shop for Book Fair exclusives directly from the interactive booklist and enjoy these online shopping features: Over 6,000 items. All orders ship direct to home, FREE shipping on book only orders over \$25. All purchases support our school and earn 25% in rewards!

**Dakota Elementary PTA Fundraiser**  
Shop our online Scholastic Book Fair!



For more information:  
<https://www.scholastic.com/bf/dakotaelementaryschool2>

## On Base

**BRONER VS SANTIAGO**  
STREAMED LIVE AT ROCKERS BAR & GRILL  
SATURDAY, FEBRUARY 20TH AT 8:00 PM

FREE FOR CLUB MEMBERS  
\$7 FOR NON-MEMBERS

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Registration opens at 1200  
Blind Draw Tournament starts at 1300  
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# NOTHING BEATS SUNDAY BRUNCH

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# Embrace winter recreation in North Dakota

NORTH DAKOTA TOURISM

BISMARCK, N.D. – February is Winter Recreation month and a perfect time to experience North Dakota's unique winter activities, including hiking, skiing, fishing and snowmobiling.

Outdoor activities don't stop in winter, they just switch gears. Dirt, water and grass are replaced by ice and snow. Adventure-seekers will find the Pembina Gorge ([www.ndtourism.com/pembina-gorge](http://www.ndtourism.com/pembina-gorge)) a winter wonderland, with a series of trails for off-road vehicles, snowmobiles and foot traffic, and Frost Fire Park ski and snowboard area (<https://frostfirepark.org/>) for downhill skiing.

Feel the downhill rush at North Dakota's three other ski areas: Bottineau Winter Park (<http://skibwp.com/>) in the Turtle Mountains near Bottineau, Huff Hills (<https://www.huffhills.com/>) near Mandan and Thrill Hills (<https://www.facebook.com/pages/category/Sports---Recreation/Thrill-Hills-109028900630748/>) at Fort Ransom.

For a slower pace, take the 12 Month, 12 Hike Challenge or the Adventure Challenge at North Dakota's state parks ([www.parkrec.nd.gov/challenges](http://www.parkrec.nd.gov/challenges)). Each challenge is a way for outdoors enthusiasts to experience the

natural wonders in the state's 13 state parks ([www.parkrec.nd.gov/](http://www.parkrec.nd.gov/)). Rent cross-country skis at Cross Ranch ([www.parkrec.nd.gov/cross-ranch-state-park](http://www.parkrec.nd.gov/cross-ranch-state-park)), Fort Ransom ([www.parkrec.nd.gov/fort-ransom-state-park](http://www.parkrec.nd.gov/fort-ransom-state-park)), Fort Stevenson ([www.parkrec.nd.gov/fort-stevenson-state-park](http://www.parkrec.nd.gov/fort-stevenson-state-park)) and Lake Metigoshe ([www.parkrec.nd.gov/lake-metigoshe-state-park](http://www.parkrec.nd.gov/lake-metigoshe-state-park)) state parks. Cross Ranch, Fort Stevenson, Lake Metigoshe and Beaver Lake ([www.parkrec.nd.gov/beaver-lake-state-park](http://www.parkrec.nd.gov/beaver-lake-state-park)) state parks rent snowshoes.

Speed things up on 2,800 miles of groomed snowmobile trails. Access and grooming of the 14 trail association routes are determined by snowfall. Check the Snowmobile ND website ([www.snowmobillend.org/](http://www.snowmobillend.org/)) for trail updates.

Ice fishing is a popular activity and as the "Perch Capital of the World," Devils Lake (<https://devilslakend.com/>) has the complete package. Check out all-inclusive Woodland Resort ([www.woodlandresort.com/](http://www.woodlandresort.com/)), where guides, lodging, food, drink and camaraderie await.

Find more winter fun throughout the state at [www.ndtourism.com](http://www.ndtourism.com).

**ICE SKATE RENTALS**

Available at Outdoor Recreation

PRICES

Daily: \$5	Weekend: \$8
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# Vision Zero: seat belts save lives

KYLE PATTERSON, VISION ZERO REGIONAL COORDINATOR

Seat belts save lives. It's a fact that we have all heard at one time or another. Vision Zero has one goal – to end traffic fatalities and serious injuries on North Dakota roads. Every 11 days, one unbelted vehicle occupant died in a motor vehicle crash in North Dakota in 2019. While zero may be a lofty goal, it is one we are determined to meet because crashes are preventable.

I am one of the three new Vision Zero Regional Coordinators located in Bismarck, Grand Forks and Minot. We are here to be your connection, provide you with information, and, our top priority, to keep you and your family safe while on North Dakota roads. That being said, we can't do it without you.

Help us reach Vision Zero's goal by sharing how important it is to take personal responsibility as a driver and vehicle occupant. Wearing a seat belt, transporting

children in the appropriate child passenger safety seats, driving sober and distraction-free, obeying all posted speed limits, and driving for North Dakota's ever-changing road conditions will all play a critical role in getting to zero.

Buckling up takes seconds. Those few seconds could save your life and prevent your loved ones from going through the heartbreak of losing you. As a father of two young children, I want to teach my children ways to protect themselves and others. I believe putting on your seat belt is one of those ways. Hopefully when they see their dad putting on their seat belt without a second thought, they will do the same when they get older.

When it comes to your life or the lives of your family and friends, is any other number acceptable? To learn more about Vision Zero, go online to [VisionZero.ND.gov](http://VisionZero.ND.gov).



## BAKED BREAKFAST MINI QUICHES



### INGREDIENTS

- COOKING SPRAY
- 1 TABLESPOON EXTRA-VIRGIN OLIVE OIL
- 1/2 YELLOW ONION, DICED
- 3 CUP SPINACH, FRESH
- 10 EGGS
- 4 OUNCE SHREDDED CHEDDAR, MOZZARELLA OR SWISS CHEESE
- 1/4 CUP FRESH BASIL
- 1 TEASPOON KOSHER SALT
- 1/2 TEASPOON BLACK PEPPER

Spray a 12-cup muffin tin generously with cooking spray. In a small skillet over medium heat, warm the oil. Add the onion and cook, stirring frequently, until softened, about 7 minutes. Add the spinach and cook until wilted, about 1 minute longer. Transfer to a cutting board to cool, then chop the mixture so the spinach is broken up a little. When ready to cook, set the oven temperature to 350 °F and preheat for 15 minutes. In a large bowl, whisk the eggs until frothy. Add the cooled onions and spinach, cheese, basil, 1 tsp salt and 1/2 tsp pepper. Stir to combine. Divide egg mixture evenly among the muffin cups. Place tray in oven and bake until the eggs have puffed up, are set, and are beginning to brown, about 18 to 20 minutes. Serve immediately, or allow to cool on a wire rack, then refrigerate in an air tight container for up to 4 days.

Enjoy!



Ryan Davy - GM  
Minot

[www.HofE.com/BBQHQ](http://www.HofE.com/BBQHQ)

# BHM

## Black History Month

Events brought to you by the Minot AFB African American Heritage Council (AAHC), and with the special participation of the Diversity and Inclusion Working Group (DIWG)

26  
FEB

CELEBRATION OF  
BLACK HISTORY  
INDOOR SOCCER FIELD | 12:00 PM

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Minot AFB | 61 Missile Ave | 701-727-4141

## WINTER DRIVING TIPS



Roadside assistance calls to AAA often double, or triple, during winter weather, due to motorists spinning out on slick roads, flat tires, dead batteries and other breakdowns. Last winter, AAA responded to more than 312,000 roadside assistance calls. The most common calls were for tows, batteries and tires.

### Stay Ahead of Trouble

Motorists can help avoid winter breakdowns with preventative vehicle maintenance, including:

**Tires:** Adequate pressure and tread depth are essential for stopping and going on ice and snow, but tire pressure can drop during cold weather. Make sure tire pressure matches the sticker on the driver's side doorjamb and the tread depth is above the wear bar indicators marked on the tires.  
**Battery:** The average life of a battery is 3-5 years. Cold weather can drain batteries quickly, and leave drivers stranded. Have a technician inspect the battery at least twice a year.

**Replace old windshield wipers and solvent:** Precipitation and salty spray from the roads often make it hard to see when driving during the winter. Solvent and good windshield wipers can greatly improve winter driving visibility. If you break down or spin out during a winter storm, it may take longer for help to arrive. That's why it's important to be patient and pack an emergency roadside kit that includes blankets and extra clothes to stay warm, flashlights and extra batteries, an ice scraper, safety reflectors, a shovel, a first aid kit, a simple tool kit, water and non-perishable food, jumper cables and a mobile phone and charger to call for help.

### Safe Winter Driving

Motorists can also avoid spinning out on slick roads by remaining alert and driving for conditions. To stay safe on winter roads, AAA offers several winter driving tips:

**Slow down:** Always adjust your speed to account for less traction when driving on snow or ice. This often means driving below the posted speed limit.

**Accelerate and decelerate slowly:** Apply the gas slowly to retain traction and avoid skids. Also remember, it takes longer to slow down on slick roads.

**Increase following distance:** Allow five to six seconds of following distance between your vehicle and the one in front of you. The extra space will allow you time to stop safely.

**Never use cruise control:** Using cruise control on any slippery (wet, ice, snow, sand) surface can cause your vehicle to lose control more easily.

**Don't panic:** If you start to slide, hitting the brake is the worst thing to do. Instead, take your feet off the pedals and keep your eyes focused on where you want to go.

**Leave early:** Expect trips to take longer in winter driving conditions.

By taking a few preventative measures and adjusting your driving practices to fit weather conditions, you can stay safer on the road this winter.

Courtesy of AAA

## TIRES PLUS - MINOT AFB

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or by e-mail to: [terry.schreiner@tiresplusnd.com](mailto:terry.schreiner@tiresplusnd.com)



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M11349 MSRP \$22,050

Don Bessette Hyundai Discount **-\$697**  
Hyundai Lease Cash **-\$500**

Final Price **\$20,853**

LEASE FOR  
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per month  
3year/  
30,000 miles

\$1741 due at lease signing  
\*does not include 1st payment, tax, title, license, and fees  
\*\*with approved credit

### 2021 Hyundai Kona SEL Plus AWD



M11398 MSRP \$27,145

Don Bessette Hyundai Discount **-\$1,060**  
Hyundai Lease Cash **-\$1,750**

Final Price **\$24,335**

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**\$223**  
per month  
3year/  
30,000 miles

\$1741 due at lease signing  
\*does not include 1st payment, tax, title, license, and fees  
\*\*with approved credit

### 2021 Hyundai Palisade SEL AWD



M11414 MSRP \$44,670

Final Price **\$44,670**

**1.9%**  
Financing for  
60 Months

\*does not include tax, title, license, and fees  
\*\*with approved credit

### 2021 Hyundai Tucson Ultimate AWD



M11314 MSRP \$35,315

Don Bessette Hyundai Discount **-\$1,626**  
Retail Bonus Cash **-\$2,500**  
HMF Cash **-\$1,000**

Final Price **\$30,189**

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M24841 **\$17,995**

M24843 **\$17,995**

M25004 **\$19,995**

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

HAWK  
OWL  
CRANE  
PIGEON  
PARROT  
QUAIL  
KIWI  
HERON  
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## UPCOMING EVENTS

**MARCH 1**


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# NODAK ARMS

# OUTDOOR

## REPORT

## OUTDOOR NOTES:

PATRICIA STOCKDILL

**Fishing:**

Lake Sakakawea elevation, Feb. 15: 1,837.58 feet above mean sea level (MSL); 21,800 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,448.51 feet above mean sea level (MSL).

Stump Lake elevation: 1,448.46 MSL.

- N.D. Game & Fish Dept. game wardens: Weather continues limiting activity throughout many area lakes and the Missouri River System, including slow pike success both spearing and hook-and-line. No reports from north-central area lakes.

- Devils Lake, Ed's Bait Shop, Devils Lake: Reports remain limited.

- Devils Lake, Woodland Resort, Devils Lake: Walleye and perch bite remains finicky. Anglers seeing fish on cameras but they're not biting. Try 25 feet for walleye and 35 feet for perch. Fair pike success in 8 to 10 feet using smelt.

- Lake Darling, Karma C-Store, Ruthville: Some activity on Lake Darling but no reports. No reports from Lake Audubon.

- Lake Metigoshe, Four Seasons, Bottineau: Cold weather continues limiting angler numbers on Lake Metigoshe but those going were finding some bluegill. Walleye slow, however.

- 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, although Douglas Bay producing some walleye.

- Lake Sakakawea, Scenic 23, New Town: Anglers starting to move around a bit more on the Van Hook Arm although walleye success remains slow.

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

- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Best walleye bite on Lake Sakakawea is from Lund's Landing or Tobacco Garden



- 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.

going back to the west at night from 9 p.m. to midnight. Auger extensions needed in some areas. Missouri and Yellowstone rivers fair to good for walleye with most activity around the confluence. Trenton Lake still producing a few crappie. Coyote fur has rubbed enough so fur prices are low and buyers not doing much purchasing.

- North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: No new reports with cold weather continuing to limit 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. New park passes now available.

**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 March 5, 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 Sundays. 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. 19 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.

## Operational Support Team



"To Support Those Who Serve"

### 6 Week AFFT Prep Class

**Who:** All Personal

**What:** 6 week AFFT prep class; run focused

**When:** Starting 22 Feb 2021

Group 1 M/W 1200-1300

Group 2 Tu/Th 0700-0800

**Where:** McAdoo Fitness Center

**Why:** Certified Strength and Conditioning Specialist led workout sessions to prep for upcoming AFFT.

**How:** Sign up via email: nathan.p.reed.civ@mail.mil

\*Limited 10 participants/group\*

**Questions:** Email Nathan Reed, OST Strength and Conditioning Specialist

nathan.p.reed.civ@mail.mil

The Minot AFB Operational Support Team (OST) is offering a 6 week Air Force Fitness Test preparatory class. This class will focus on improving overall fitness levels, primarily focused on run improvement, in preparation for fitness testing. This class will run 22 Feb.-1 Apr. 2021 on Monday/Wednesday from 1200-1300 or Tuesday/Thursday 0700-0800 at the McAdoo Fitness Center. Participants will meet next to the Alpha Warrior Rig in the basketball courts. Due to Covid restrictions, class size is limited to 10 participants. Sign up is a first come first serve basis. Questions, email Nathan Reed <nathan.p.reed.civ@mail.mil>



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MINOT AIR FORCE BASE NEWSPAPER  
[WWW.NORTHERNSENTRY.COM](http://WWW.NORTHERNSENTRY.COM)

# Air Combat Command appoints first Diversity and Inclusion Officer

STAFF SGT. DANA TOURTELLOTTE, AIR COMBAT COMMAND PUBLIC AFFAIRS

JOINT BASE LANGLEY-EUSTIS, Va. (AFNS) -- The Air Force Office of Diversity and Inclusion was established Dec. 21, 2020, 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.

With ODI being established at the Air Force level, Air Combat Command is now making a cultural change beginning by appointing Dr. Rachel Castellon as ACC's first ever diversity and inclusion officer.

"We take from our citizens, that's who become our Airmen and we want an Air Force that is representative of our country," Castellon said. "That means giving everyone an equal opportunity to progress and take their talents, skills and expertise and utilize

them to the best of their ability for the betterment of the Air Force."

According to Castellon, this intentional cultural cultivation is crucial to helping the Air Force, through its Airmen, to continue to outperform U.S. adversaries by increasing unity and productivity. She is poised to assist and develop the wing level councils at each of the ACC bases spread across the U.S.

In Castellon's twenty years of service, she has learned that there is a lot to understand in every job and many opportunities to give back. She says her investment in the Air Force has only grown over time and she plans to utilize that experience in this Diversity and Inclusion position.

"I feel really indebted to the Air Force in a lot of ways because if it wasn't for the Air Force, I wouldn't have received my CCAF Degree, I wouldn't have been selected for a commissioning

program so I could finish my undergraduate degree, and I wouldn't have done my master's degree or my PHD for that matter. The Air Force has done a lot for me," Castellon said.

With a desire to give back to the Air Force, Castellon is setting out to ensure that others receive the same kind of opportunities that she did without bias. A culture of inclusivity, established in a diverse Air Force that mimics the diversity of the U.S., and which she hopes will allow others to feel the same sense of desire to give back to the Air Force.

"We are looking at integration, making sure that diversity and inclusion is part of the culture... that it is sustained in the Air Force," Castellon concluded. "That will be done by finding ways to incorporate it into our programs, processes, policies and educational training."

## Air Force update for COVID-19

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

WASHINGTON (AFNS) --

Below are current coronavirus disease 2019 statistics for Department of Air Force personnel: Feb. 16, 2021

Current as of 2 p.m., Feb. 15, 2021:

USAF TOTAL STATS*				
	CASES	HOSPITALIZED	RECOVERED	DEATHS
Military	27,516	13	20,331	0
Civilian	9,033	21	6,910	45
Dependents	8,571	8	6,039	3
Contractors	2,727	9	2,046	21
<b>Total</b>	<b>47,847</b>	<b>51</b>	<b>35,326</b>	<b>69</b>

\*These numbers include all of the cases that were reported since our last update on Feb. 9.

Feb. 9, 2021

Current as of 2 p.m., Feb. 8, 2021:

USAF TOTAL STATS*				
	CASES	HOSPITALIZED	RECOVERED	DEATHS
Military	26,940	12	19,622	0
Civilian	8,827	18	6,543	45
Dependents	8,391	6	5,813	3
Contractors	2,679	7	1,938	21
<b>Total</b>	<b>46,837</b>	<b>43</b>	<b>33,916</b>	<b>69</b>

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# Challenges inspire the highest readiness level in Air Force Global Strike Command history

KEEFER PATTERSON, AIR FORCE GLOBAL STRIKE COMMAND PUBLIC AFFAIRS

BARKSDALE AIR FORCE BASE, La. --

Air Force Global Strike Command's readiness levels are currently the highest in the command's history despite the global pandemic and aging aircraft across bomber and intercontinental ballistic missile fleets.

Despite challenge after challenge, command maintainers and depots have met challenges with planning and innovation. Although coronavirus has burdened the globe, it has also functioned as a force multiplier with Strikers.

"On the ICBM side, readiness is up because of coronavirus; on the aircraft side, readiness is up in spite of coronavirus," said Michael Morgan, AFGSC Operations and Communications executive director.

## ANTICIPATORY APPROACH

From the beginning of the pandemic, AFGSC was at the forefront of response and innovation—being proactive in establishing processes, instituting training and holding exercises as early as January 2020.

"AFGSC was out in front initially," Morgan said. "Back in February, it was our command that sent out the direction to our wing commanders to go through pandemic exercises."

Gen. Tim Ray, AFGSC commander, has continuously praised the team's performance throughout the pandemic.

"Despite COVID-19, our forces are more ready than they've been in the history of the command," Ray said. "Because we understood the importance of executing our mission within any context, we took an anticipatory approach in the pandemic which allowed us not to just muddle through but build readiness in 2020. On the Nation's worst days, we are expected to operate and thrive. We are ready under all conditions. All conditions."

## OPERATIONS

In early 2020, maintenance forces were sent out to launch facilities to maximize intercontinental ballistic missile alert readiness. Because of this initiative, AFGSC ensured the capability of 400 ICBMs generating to alert at moment's notice even if confronted with

COVID-19 induced manpower shortfalls.

"The ICBM force's alert rates are the highest they have ever been in the command's history," Morgan said, without releasing the exact numbers due to operation security.

In 2020, AFGSC oversaw a readiness reset for the majority of the B-1B fleet following a stand-down to allow time for in-depth maintenance. In 2021, the Air Force has directed the retirement of a portion of the B-1 fleet to create a smaller more capable force and make way for the B-21.

When AFGSC first inherited the B-2 from Air Combat Command, there were many logistical and sustainment challenges to overcome. But over time, AFGSC improved sustainment.

"Even with coronavirus, you'll see the B-2 rolling in and out of 2020 with virtually no changes in readiness," Morgan said. "It has been, and continues to be, at a very high level of readiness."

Placing continuous bomber presence missions in the rearview mirror, the B-52 has played a significant role, alongside the B-1B and the B-2, in supporting dynamic force employment—fostering an era of strategic predictability with operational unpredictability and increasing manning availability as personnel can now carry out missions anytime, anywhere from their home stations

"Because you're not taking groups of Airmen and deploying them for six months in Guam or Al Udeid, they are ready at the homefront all over the country," Morgan said.

Whether it is from an ICBM, airframe, or aircrew perspective, operational readiness continues to significantly increase across the command due to the ability to accelerate change and innovate in the middle of a pandemic.

COVID-19 created barriers and forced Airmen to socially distance, or work from home. Although distance presented obstacles, it also provided opportunities to increase productivity.

"We've learned a lot this year with teleworking," Morgan said. "We're able to do a ton of things that we probably would have put on the back burner. Leveraging those tools have really opened

our eyes to some of the things we can do virtually rather than physically."

Teleworking presented opportunities for the command to focus, without distraction, on updating policies, instructions, supplements and mission directives.

"We're relatively caught up," Morgan said. "I've been with the command since it was stood up and for the first time in my experience, all of our ops AFIs are current. There is not one single one that is behind the power curve."

A fundamentally important piece to AFGSC's success in communication is the fact the command minimizes bureaucracy.

"I've worked in MAJCOMs where it's taken me three or four months to get on the four-star's calendar, we don't have that issue or challenge here," Morgan said. "If it's important, we can get to the commander within a handful of days or even a handful of minutes, depending on what it is by leveraging a collaborative group and board construct implemented by Gen. Ray."

Bomber crews, missileers, and all supporting functions have maintained a mission-ready posture throughout the pandemic.

"AFGSC has been extremely successful at managing and mitigating the impact of COVID-19," said Col. Karyn McKinney, AFGSC deputy command surgeon.

From anticipatory approaches to increased communication, AFGSC's successes in establishing and maintaining readiness have been the product of a willingness to plan, adapt and innovate.

"COVID got us to communicate more," Morgan said. "There are some things we are doing now that will never go back."

However, looking forward to 2021 and beyond, there are many challenges AFGSC must still face, such as force modernization.

"When you go from old to new, there is a bow wave of workload, manpower and resources," Morgan said. "Looking forward I would call it a target rich environment to overcome challenges and it's going to require our best talent and abilities to ensure uninterrupted strategic deterrence for our nation."



## AIRMEN RECOGNIZED FOR THEIR PART IN SUPER BOWL LV FLYOVER

Airmen from across Air Force Global Strike Command are recognized for their part in the Super Bowl LV flyover at Raymond James Stadium in Tampa, Fla., Feb. 7, 2021. The flyover was the first of its kind as it included a trifecta of bombers from AFGSC.

U.S. AIR FORCE PHOTOS | AIRMAN FIRST CLASS JACOB B. WRIGHTSMAN

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IZZY REMO PHOTO



Nana Pross, Coen Pross, and Maysleigh Pross deliver to Route #10 and Route #7 on Minot AFB. Maysleigh went the extra mile and covered her sister's route while she was recovering from surgery.

KELAH PROSS PHOTO



Janiece Mitchner and Jasmyn Mitchner brave snow, rain or shine to get newspapers to the citizens of Minot AFB.

TARA MITCHNER PHOTO

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## A LOOK BACK THIS WEEK IN USAF HISTORY

**FIRST TEST SATELLITE OF USAF NAVSTAR GPS IS LAUNCHED INTO ORBIT**  
 FEBRUARY 22, 1978



NAVSTAR 1 was the first GPS satellite launched from Vandenberg AFB, California. (USAF Photo)

On February 22, 1978, the United States Air Force launched its first Global Positioning System satellite into orbit. Known as NAVSTAR 1 or OPS 5111, the satellite was launched at 23:44 Coordinated Universal Time from Vandenberg AFB, California, and was the first of eleven test satellites that would be launched in the coming years. The Block I satellites were a precursor to the modern GPS constellation that provides accurate 3D location, velocity, and time information.

Originally, GPS was envisioned as a military system, but over the years it has evolved to have a variety of uses for not only the military, but millions of civilians nationwide. NAVSTAR 1 was retired from service on July 17, 1985, and the Block I satellites were replaced with fully operational Block II satellites, many of which are still operational today.

Information courtesy of: pacaf.af.mil / afspc.af.mil / nssdc.gsfc.nasa.gov

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# Northern Celebrations

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## Educating beginning hunting

Patricia Stockdill

Late winter and spring might not conjure up images of hunting. Yet in North Dakota, it's the most popular time of year to teach individuals the basics of hunting, firearm safety, and ethics and responsibility that come along with what it means to a hunter.

Now is the time of year when many communities across North Dakota, including the Minot area, host N.D. Game and Fish Department Hunter Education courses. It's the time of year when hundreds of volunteers contribute their time and dedication to introduce people to hunting.

North Dakota has one of the smallest wildlife and natural resources agencies in the country, which is why the nearly 700 volunteers scattered across the state play such an important role in teaching the Hunter Education program. As volunteers, instructors - especially those in small communities - often schedule classes around activities such as winter high school sports or busy farming times of the year.

As part of becoming a volunteer Hunter Education instructor a person must pass a background check, complete instructor training, attend in-service and training workshops, complete and submit detailed reports, and adhere to the Game and Fish Department mission and philosophies.

In other words, they're an extremely dedicated group of people contributing many hours to educate and encourage hunting, firearm safety, and wildlife conservation.

While the course is geared towards anyone 11 years of age and older, some instructors offer classes geared to specific groups, such as school-aged students or adults only or girls and women classes.

North Dakota law requires anyone born after 1961 who is 12 years of age and older to have completed Hunter Education certification in order to obtain hunting licenses. Children who

turn 11 in the calendar year can take a course.

There are a couple of exceptions: After the state authorized a one-time 'apprentice license' an adult who hasn't completed Hunter Education can get a small game license or apply and get drawn for a deer gun license and hunt. However, they must be accompanied by an adult 18 years of age or older with a valid North Dakota hunting license. That individual's license can't be an apprentice license, which means the person completed Hunter Education certification.

After getting one apprentice license, the individual must obtain Hunter Education certification in order to purchase hunting licenses or apply for lottery licenses.

Another Hunter Education certification exception is children less than 12 years of age can hunt with parent, guardian, or authorized adult but the child must possess valid hunting licenses.

Classes often fill early so anyone interested in attending an in-person class should go to the Game and Fish Department website, (gf.nd.gov), click "Education" on the home page menu, "Programs", and "Hunter Education".

The in-person Hunter Education course is free and includes 14 hours of classroom and hands-on training followed by a test.

An online course option can also be available, which includes online home study and in-person classroom hands-on learning.

Interested people can log onto the website to see if additional classes are available as well as sign up to receive email or text notices when new classes are added throughout the year in the state.

Hunter education has been mandatory in North Dakota since 1979. Archery education courses are also available at various times in the some North Dakota communities, as well, although bow hunting education isn't required to obtain an archery license.

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# Youth In Action



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Minot Public Schools student enrollment is accomplished online via the official district website, [minot.k12.nd.us](http://minot.k12.nd.us). Once logged onto the site find the "Enrollment" tab along the top of the page and click to get started. The registration process takes approximately 30 minutes and a computer, rather than a smartphone, should be used to complete this process. The following documents are needed for registration: Parent/Guardian photo ID, Copy of State Certified Birth Certificate, Copy of Immunization Record, Custody/guardianship paperwork (if applicable), Proof of Residence must apply to the dwelling (e.g.: Utility Bill - current within the last 60 days, Rental/Lease Agreement, Home Mortgage Statement, Home Purchase Agreement, Homeowner's/Renter's Insurance Policy, Ward County Property Tax Statement)- Parents who reside on Minot Air Force Base can use any one of the following for proof of residence: Lease, military orders, utility bill or military ID. To begin

the registration process parents must first verify the school which students will attend based upon current physical address using 'Map My School', then complete a pre-registration form, create a 'PowerSchool' account, and finally complete and upload the forms. Military-connected families who live in town can opt to attend one of the base schools: Dakota Elementary, North Plains Elementary or Memorial Middle School. Kindergarten enrollment for the 2021-2022 school year is now open; students must be age 5 by July 31, 2021 to attend school in the fall. Families only need to enroll NEW students, if your child attended Minot Public School during the previous school year they will roll over to the next grade. For questions regarding the enrollment process for Minot Public Schools, families can call 701-857-4444. For general questions or questions about enrollment at other districts or private schools call the School Liaison at 701-723-1447.

## 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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DAKOTA ELEMENTARY PHOTOS

Dakota Student  
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If you became Principal today, what change would you make and why?

## Kindergarten Responses

- The rules so we can do whatever we want
- Change the school into a hotel made out of salt (Mystery Science)
- I would move into the school and make it my house
- Play Minecraft at school
- I would build a pool and waterslide on the playground
- Keep the school the same but have more parties
- Video games at school
- Homework everyday for everyone
- Our class would make lunch and recess longer because they are so much fun!

## Grade 1 Responses

- I would have a dance party to get energy out
- I would allow video games during free time
- I would check on every student and see if they were okay
- Everyone would play Duck, Duck, Goose at recess
- I would put toys in every grade
- I would give candy and toys to every classroom and even some to houses
- I would sell candy for one dollar

See next week for Responses from Grade 2 and Grade 3 Students



# MEET YOUR MINOT AFB SCHOOL BOARD



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## LAUREN VENGELS VICE-PRESIDENT

Lauren was appointed to the Minot AFB School Board in July of 2019.

Lauren was born in Newton, Massachusetts and grew up as an Air Force dependent living in different states across the US. As an adult, she lived on the Central Coast, California. She has worked most of her career with Intellectually Disabled Adults and Mentally Ill Adults as a Licensed Psychiatric Technician while living in California. Lauren is currently working towards her B.S. in Business Management and is ultimately striving to become an Industrial and Organizational Psychologist. Lauren and her husband have four children, three of which attend Minot AFB schools. Lauren is looking forward to continuing to play an active role in her children's classrooms while also serving on the Minot AFB Board. It is her hope to positively influence the education for all the students within the Minot AFB schools.

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# Preventing teen dating violence

MINOT AIR FORCE BASE VIOLENCE PREVENTION

What is teen dating violence?  
 Teen dating violence (TDV) is a type of intimate partner violence. It occurs between two people in a close relationship.

TDV includes four types of behavior:

- Physical violence is when a person hurts or tries to hurt a partner by hitting, kicking, or using another type of physical force.

- Sexual violence is forcing or attempting to force a partner to take part in a sex act, sexual touching, or a non-physical sexual event (e.g., sexting) when the partner does not or cannot consent.

- Psychological aggression is the use of verbal and non-verbal communication with the intent to harm another person mentally or emotionally and/or exert control over another person.

- Stalking is a pattern of repeated, unwanted attention and contact by a partner that causes fear or concern for one's own safety or the safety of someone close to the victim.

Teen dating violence also referred to as, "dating violence," can take place in person or electronically, such as repeated texting or posting sexual pictures of a partner online without consent. Unhealthy relationships can start early and last a lifetime. Teens often think some behaviors, like teasing and name-calling, are a "normal" part of a relationship—but these behaviors can become abusive and develop into serious forms of violence. However, many teens do not report unhealthy behaviors because they are afraid to tell family and friends.

How big is the problem?

TDV is common. It affects millions of teens in the U.S. each year. Data from CDC's Youth Risk Behavior Survey and the National Intimate Partner and Sexual Violence Survey indicate that:

- Nearly 1 in 11 female and approximately 1 in 15 male high school students report having experienced physical dating violence in the last year.

- About 1 in 9 female and 1 in 36 male high school students report having experienced sexual dating violence in the last year.

- 26% of women and 15% of men who were victims of contact sexual violence, physical violence, and/or stalking by an intimate partner in their lifetime first experienced these or other forms of violence by that partner before age 18.

- The burden of TDV is not shared equally across all groups—sexual minority groups are disproportionately affected by all forms of violence, and some racial/ethnic minority groups are disproportionately affected by

many types of violence.

What are the consequences?

Unhealthy, abusive, or violent relationships can have severe consequences and short-and long-term negative effects on a developing teen. For example, youth who are victims of TDV are more likely to:

- Experience symptoms of depression and anxiety
- Engage in unhealthy behaviors, like using tobacco, drugs, and alcohol
- Exhibit antisocial behaviors, like lying, theft, bullying or hitting
- Think about suicide

Violence in an adolescent relationship sets the stage for problems in future relationships, including intimate partner violence and sexual violence perpetration and/or victimization throughout life. For example, youth who are victims of dating violence in high school are at higher risk for victimization during college.

How can we stop teen dating violence before it starts?

About **1 in 9** female  
 and **1 in 36** male  
 high school students reported experiencing sexual dating violence in the last year

Nearly **1 in 11** female teens  
 About **1 in 15** male teens  
 reported experiencing physical dating violence in the last year.

Fact: 1 in 3 young people experience some form of physical or sexual abuse!

**TEEN DATING VIOLENCE AWARENESS MONTH**

Dating abuse is more common than you think.

Sexual abuse, physical abuse, emotional or verbal abuse, financial abuse, digital abuse and stalking are all forms of intimate partner violence.

Any young person can experience dating abuse or unhealthy relationship behaviors, regardless of gender, sexual orientation, socioeconomic standing, ethnicity, religion or culture.\*

\*Remember, abuse is never your fault, and asking for help is nothing to be ashamed of.

National 24/7 Crisis Hotline  
 1-800-799-SAFE (7233)

Family Advocacy Program  
 701-723-5096

**f**

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**northern sentry**

MINOT AIR FORCE BASE NEWSPAPER  
 WWW.NORTHERNSENTRY.COM

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 Tom Hanks (PG-13)

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

**CASABLANCA**  
 Humphrey Bogart & Ingrid Bergman (1954)

**THE WAR WITH GRANDPA**  
 Weekend Only (PG)

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**\$4.00 ALL SEATS**

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**WWW.OAKPARKTHEATER.NET**  
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**BABY ANNOUNCEMENTS**  
 SPONSORED BY DAKOTA HOPE CLINIC

**BABY GIRL** BORN ON THURSDAY, FEBRUARY 11, 2021 TO: JACQUESE AND QUINTON SMALL JR. MINOT, ND

**BABY GIRL** BORN ON FRIDAY, FEBRUARY 12, 2021 TO: HALEY LOLMAUGH AND JASON WEST MINOT, ND

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.

**Dakota Hope clinic**  
 Free and Confidential Pregnancy Help  
 www.dakotahope.org

315 S. Main Ste. 205, Minot  
**701.852.4673**

**DakotaHopeMinot**

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**WWW.RPZOO.COM • 701-857-4166**



# 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 Minot • 838-3094</b></p> <p><b>Saturday, February 20</b> Vespers, 5PM</p> <p><b>Sunday, February 21</b> Holy Liturgy, 10AM, Fr. Paul Hodge</p> <p><b>Annual General Meeting</b> Immediately Following Liturgy with no Potluck or Coffee</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></p> <p>For More Information: <b>701.353.9337   www.bfbc.tv</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><b>www.trinitychurchminot.org</b></p>	<p> Worship Service at 10:45am Sundays Sunday School at 9:45am</p> <p><b>1720 4th Ave NW, Minot 838-0916</b></p> <p><b>MinotBibleFellowship.org</b></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> 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><b>Minot Baptist Church</b></p> <p><i>Sending the Glorious Light of Jesus Christ to a Dark and Needy World</i></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 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> <b>www.ecominot.org</b></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><b>open hearts...open minds...open doors!</b></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> <b>www.vincentumc.com</b></p>	<p> <b>St. Mark's Lutheran Church</b> <i>Missouri Synod</i></p> <p><b>Sunday Worship 9:30 AM</b></p> <p><b>2209 4th Avenue NW Minot, ND 839-4663</b></p> <p><b>Reverend Philip Beyersdorf</b> <b>www.minotstmarks.com</b> <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 Family Supper ..... 5:30 pm Preschool/Kids' Club/ABY ... 6:30 pm Adult Bible Study ..... 6:30 pm</p> <p><b>Brian T. Skar, Pastor</b> <b>www.ibcminot.org</b></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></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><b>www.firstlutheran.tv</b> (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></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 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> <b>www.fbcminot.org</b></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><b>www.minotcrbc.org</b> <b>email: minotcrbc@gmail.com</b> <b>Dr. Bob Farmer- Pastor</b></p> <p><b>415 28th Ave SE (Behind Menards) 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><b>westminot.com</b> <b>facebook.com/westminot</b></p>	<p><b>Chapel Services at MAFB</b></p> <p><i>Protestant (North Plains Chapel in Base Housing)</i></p> <p><b>Contemporary Service</b> Sunday Worship ..... 1000</p> <p><b>Gospel Service</b> Sunday Worship ..... 1130</p> <p><i>Catholic Mass (Northern Lights Chapel across from Rockers)</i></p> <p>Sunday ..... 1000 Daily ..... Monday-Thursday at 1200</p>

**Chapel Services at MAFB**

*Protestant (North Plains Chapel in Base Housing)*

**Contemporary Service**  
Sunday Worship ..... 1000

**Gospel Service**  
Sunday Worship ..... 1130

*Catholic Mass (Northern Lights Chapel across from Rockers)*

Sunday ..... 1000  
Daily ..... Monday-Thursday at 1200

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**701.839.0772**  
Email: [jschultz@orcsknights.org](mailto:jschultz@orcsknights.org)  
Website: [www.orcsknights.org](http://www.orcsknights.org)

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# CLASSIFIEDS

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## FLEA MARKET

**MOVING NEED CASH?**  
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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](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.

**COLUMBIA COLLEGE ONLINE COURSES - ASYNCHRONOUS**  
Weekly assignments and due dates provided by instructor. Please verify technology requirements  
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Student and instructor are online anywhere at the same time/set schedule. Please verify technology requirements.

- **Early Spring Session (term 20SPRG1)**  
Session dates: Monday, January 11, 2021 - Saturday, March 6, 2021  
Registration dates: Monday, November 9, 2020 - Sunday, January 10, 2021. Late registration dates: Monday, January 11, 2021 - Wednesday, January 13, 2021
- **Late Spring Session (term 20SPRG2)**  
Session dates: Monday, March 8, 2021 - Saturday, May 1, 2021  
Registration dates: Monday, November 9, 2020 - Sunday, March 7, 2021. Late registration dates: Monday, March 8, 2021 - Wednesday, March 10, 2021  
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## MINOT AFB COMMISSARY

**ADULT & TEEN BAGGERS NEEDED AT THE MINOT AFB COMMISSARY** Baggers Work for Tips Only • Adult Hours Tuesday-Friday 7am-4pm • Later start times available but must be able to stay until 4pm & Sunday 11am-6pm • Teen Hours Tuesdays-Friday 4pm-7pm & Saturday 7am-6pm • Morning start times rotate & vary. Please speak to Charlie at the commissary if interested or leave contact information with customer service.

## SUDOKU SOLUTION

Puzzle on page 6

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



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MINOT AIR FORCE BASE NEWSPAPER  
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# WHAT'S GOING ON MAFB

## FRIDAY 19

- HIIT Strength and Conditioning, 0545, Fitness Center
- Arctic Winter Games, 1000-1700, Fitness Center
- Fit to Fight, 1130, Fitness 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

## MONDAY 22

- HIIT Strength and Conditioning, 0545, Fitness Center
- TAP GPS Workshop, 0730-1600, A&FRC
- Reintegration Briefing, 1000-1100, A&FRC
- New 2 Yoga, 1130, Fitness Center
- Newbery Book Club, 1600, Minot AFB Library
- Cycle, 1630, Fitness Center
- Zumba, 1730, Fitness Center

## THURSDAY 25

- Cycle, 0530, Fitness Center
- TAP (DoL) Employment Workshop, 0800-1600, A&FRC
- Reintegration Briefing, 1000-1100, A&FRC
- Fit to Fight, 1130, Fitness Center
- Kids' Night, 1530-2030, Bomber Bistro
- Cycle, 1930, Fitness Center

## 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 • Reuben • 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!

## 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
- Broner vs Santiago Boxing Match, 2000-2300, Rockers Bar & Grill
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

## TUESDAY 23

- Cycle, 0530, Fitness Center
- TAP (VA), 0800-1600, A&FRC
- Game Day, 1000-1930, Minot AFB Library Facebook Page
- Fit to Fight, 1130, Fitness Center

## FRIDAY 26

- HIIT Strength and Conditioning, 0545, Fitness Center
- TAP (DoL) Employment Workshop, 0800-1600, A&FRC
- Fish Fry Special Lunch, 1030-1330, Dakota Inn Dining Facility
- Fit to Fight, 1130, Fitness Center
- Cycle, 1630, Fitness 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
- Family Skate Night, 1800-2000, Fitness Center
- Movie Night, 1800-2100, ESC
- Mixed Fun League, 1830, Rough Rider Lanes
- Lights & Strikes Bowling and Unlimited Bowling, 2100-2300, Rough Rider Lanes

## SATURDAY 27

- Cycle, 0900, 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
- Cornhole Tournament, 1200-1600, The Turf
- 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 21

- Zumba, 1400, Fitness Center

## WEDNESDAY 24

- HIIT Strength and Conditioning, 0545, Fitness Center
- TAP (DoL) Overview, 0800-1600, A&FRC
- Pre-Deployment/Remote Readiness Training, 1000-1100, A&FRC
- Story Time, 1030, Minot AFB Storytime Club Facebook Group
- Cycle/Strength, 1130, Fitness Center
- Cycle, 1630, Fitness Center
- Member Wind Down Wednesday Snacks, 1630-1830, Rockers Bar & Grill
- Squadron Extramural League, 1700, Rough Rider Lanes
- Barre, 1830, Fitness Center

## 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.

**Family Skate Nights Youth Center**

Come on out and enjoy a couple hours of music, skating, disco ball, games, and fun from 2PM - 8PM!

Date:	Theme:
12 February	Sweetheart Skats
26 February	Grow in the Dark
12 March	Spring Break
26 March	Basketball Mania
9 April	Bunny Hop
23 April	40 x Night

Cost:  
Free for members • \$2 for non-members • \$5 for families

Youth under the age of 9 must have a parent present at all times.

Refreshments will be sold. No outside food or drinks allowed. Exception will only be a water bottle.

Bring your own skates/roller blades!  
Go check out a pair from us!  
Helmets required for all skaters.  
Other protective equipment is optional.

For more information please call the Minot Youth Programs at 701.725.2838.

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