

northern sentry

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WHAT'S INSIDE THIS WEEK:



5TH BW AND 91ST MW AWARD CEREMONIES

A5



TEAM MINOT MISSILEERS JOIN GT237 TEAM

A8



STEM EXPLORATION

B10-B11

MAFB RECOGNIZES 9 CHIEF MASTER SERGEANTS

 CHIEF MASTER SERGEANT WILLIAM E. IPOCK, JR.	 SENIOR MASTER SERGEANT MARK A. COFFELT	 SENIOR MASTER SERGEANT SHIONA C. MEYER
 SENIOR MASTER SERGEANT MIRANDA M. MINSHEW	 SENIOR MASTER SERGEANT WILFRED A. MORGAN	 SENIOR MASTER SERGEANT HOWARD R. SMITH
 CHIEF MASTER SERGEANT RYAN W. THOMPSON	 CHIEF MASTER SERGEANT GERALD R. BELLEW	 CHIEF MASTER SERGEANT EDGAR J. ULRICH

Check out this week's interviews with the 2020 Chief Master Sergeant Selects from Minot Air Force Base, N.D. See page A2 and A3.

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DETAILS ON PAGE B3

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Chief Master Sergeant Selects



Chief Master Sergeant William E. Ipock, Jr.

Chief Master Sergeant William E. Ipock, Jr. is the 5th Munitions Squadron Production Flight Chief, Minot Air Force Base, North Dakota. As Production Flight Chief, he leads 120 Squadron personnel tasked to provide nuclear munitions and missile maintenance support for the 5th Bomb Wing's fleet of 28 B-52H aircraft and 91st Missile Wing's Minuteman III Intercontinental Ballistic Missile fleet.

Chief Ipock enlisted in August of 1996. He has served in a variety of nuclear and conventional munitions maintenance positions, supported multiple operations along with National Defense Authorization Act sections 127e and 1209 joint programs. Previously, he served as the Joint Munitions Manager, Headquarters, United States Special Operations Command, MacDill AFB, FL. Additionally, his experience includes assignments as a Command Munitions Manager at AFGSC, Munitions Accountable Systems Officer, various Flight Chief and NCOIC positions, Munitions Inspector and a certified AETC Master Instructor spanning USAFE, AETC, AFGSC, and Unified Combatant Commands.

Chief Master Sergeant Ipock is married to Erica Ipock from Magnolia, AR and have three children Joshua, Trista and Izabel.



Senior Master Sergeant Mark A. Coffelt

Senior Master Sergeant Mark A. Coffelt is the 5th Bomb Wing Installation Inspector General Superintendent, Minot Air Force Base, North Dakota. As IG Superintendent, he oversees wing readiness and compliance, reports to higher headquarters utilizing the Air Force Inspection System along with interprets instructions and regulations to establish and execute the Commander's Inspection Program.

Senior Coffelt enlisted in August of 2000. He has served in a variety of special operations and maintenance positions and supported multiple operations including Operation ENDURING FREEDOM, IRAQI FREEDOM, FREEDOM'S SENTINEL, INHERENT RESOLVE and SPARTAN SHIELD. Previously, he served as the 5th Maintenance Squadron Maintenance Flight Chief. Additionally, his experience includes positions as 5th Aircraft Maintenance Squadron B-52H Production Superintendent, Aircraft Section Chief and 5th Maintenance Group Quality Assurance Chief Inspector at Minot Air Force Base. His previous assignments were as a AC-130H crew chief and a Wing Special Missions Logistics Planner at Hurlburt Field, Florida.

Senior Master Sergeant Coffelt is married to the former Aleecia Graves of Fort Walton Beach, Florida.



Senior Master Sergeant Shiona C. Meyer

Senior Master Sergeant Shiona C. Meyer is the 5th Comptroller Squadron Superintendent, Minot Air Force Base, North Dakota. As Comptroller Superintendent, she leads 37 Squadron personnel who provide military, civilian and travel pay services for nearly eight thousand personnel assigned to the 5th Bomb Wing and 91st Missile Wing. Additionally, she leads her team in the execution of a \$153M budget supporting the 5th Bomb Wing.

Sergeant Meyer enlisted in December of 1998. She has served in various unique Financial Management positions throughout her career, to include a Research Program Budget Analyst for the United States Air Force Academy and as the career fields only Enlisted Budget Officer at the 501st Combat Support Wing, Royal Air Force Alconbury, United Kingdom. Moreover, her experience includes assignments as a First Sergeant at Kunsan Air Base, Korea and Yokota Air Base, Japan. She has deployed in both career fields supporting Operation JOINT FORGE in Bosnia, Operation ENDURING FREEDOM in Oman and most recently in support of Operations FREEDOMS SENTINEL and RESOLUTE SUPPORT in Afghanistan.

Senior Master Sergeant Meyer is married to Joel F. Meyer of Fairbanks, Alaska. In addition, they have three children: Tylir, Kaiden and Dejanae.



Senior Master Sergeant Miranda M. Minshew

Senior Master Sergeant Miranda M. Minshew serves as the Career Assistance Advisor, 5th Force Support Squadron, Minot Air Force Base, North Dakota. She is the Senior Career Advisor for 5,600 Active Duty personnel at the Department of Defense's only installation housing two legs of the nuclear triad. She generates force development across all tiers of enlisted and officer ranks, establishing local educational needs through direct collaborative efforts with Professional Military Education and Installation Senior Leaders. Sergeant Minshew also serves as the principle advisor to two wings and 38 squadron leadership teams on issues of unit morale, cohesion, and Air Force retention, and has organized 89 development programs for the base populace annually.

A native of Arthur, Nebraska, Senior Master Sergeant Minshew enlisted in the Air Force in October 1998. She has served in a variety of positions within the Public Health career field and served in two Development Special Duty Positions. Sergeant Minshew has deployed in support of Operations ENDURING FREEDOM and IRAQI FREEDOM and her assignments include bases in Texas, South Dakota, South Korea, Florida, New Mexico, Illinois, Turkey and North Dakota. Sergeant Minshew is married to Master Sergeant Jared Minshew, Retired., of Texico, New Mexico.

Senior Master Sergeant Minshew is married to Master Sergeant Jared Minshew, Retired., of Texico, New Mexico.



Senior Master Sergeant Wilfred A. Morgan

Senior Master Sergeant Wilfred A. Morgan is the Superintendent, Operations Flight, 5th Civil Engineer Squadron, 5th Mission Support Group, 5th Bomb Wing, Minot Air Force Base, North Dakota. In this position, he leads 291 Warbull Engineers in the maintenance of a 1.8 million square yard airfield and 4.3 billion dollar infrastructure in support of the Department of Defense's only installation housing two legs of the nuclear triad.

SMSgt Morgan joined the United States Air Force in October 1999 as an Aircraft Armament Apprentice, where he worked on F-16s, and deployed to Prince Sultan Air Base in support of Operation SOUTHERN WATCH. In February 2003, he cross-trained to become an Electrical Systems Craftsman and spent five years at Joint Base McGuire-Dix-Lakehurst, New Jersey. During that time, he deployed three times, where he supported Operation ENDURING FREEDOM and IRAQI FREEDOM. SMSgt Morgan also supported the Hurricane Katrina humanitarian recovery efforts in Louisiana. In 2008, he volunteered to become an Air Force Military Training Leader at Fort George G. Meade Army, Maryland.

Senior Master Sergeant Morgan is married to his Queen, Sarah and they have two children Sydney and Sierra

Godfrey Tritoon

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**Senior Master Sergeant
Howard R. Smith**



**Chief Master Sergeant
Ryan W. Thompson**



**Chief Master Sergeant
Gerald R. Bellew**



**Chief Master Sergeant
Edgar J. Ulrich**

Senior Master Sergeant Howard R. Smith is the Quality Assurance Superintendent for the 91st Maintenance Group, Minot Air Force Base, N.D. He's responsible for maintaining 150 Minuteman III intercontinental ballistic missiles (ICBMs) and 15 associated missile alert facilities. His influence enables safe, secure, and effective weapons handling through technical evaluations, management inspections, and process improvement initiatives for a workforce of over 400 maintenance technicians across three air force specialty codes.

Senior Master Sergeant Smith is originally from Paris, Tennessee and entered the Air Force in January 2004. Throughout his 17 year career in ICBM maintenance, he's served in various locations such as Wyoming, Louisiana, and North Dakota. His previous positions have included Missile Maintenance Team Instructor, Evaluator, Team Chief, Non-commissioned Officer in Charge, Inspector General Team Member, Flight Chief, and Superintendent.

Prior to assuming his current position, he was the Generation Flight Chief for the 91st Missile Maintenance Squadron.

Senior Master Sergeant Smith is married to Jennifer and they have three children together, Evelyn, Oliver, and Elliott.

Chief Master Sergeant Ryan W. Thompson is the Superintendent of the 69th Aircraft Maintenance Unit, Minot AFB, North Dakota. He is responsible for the leadership and readiness of 280 Airman across 8 AFSCs while maintaining 14 B-52H aircraft valued at \$1.2B. Additionally, Chief Thompson expertly plans, organizes, directs, inspects, evaluates, and manages aircraft maintenance inspection, and repair activities for the Aircraft Maintenance Unit

Chief Thompson entered the Air Force in January 1997. His background includes duties in Aerospace Maintenance filling a myriad of positions including; Lead Technician, Shop Chief, Quality Assurance Inspector, Wing Avionics Manager, Air Combat Command Logistics Compliance Assessment Team (LCAT) Evaluator, Air Combat Command Maintenance Policy Superintendent, Section Superintendent, Lead Production Superintendent and Squadron Maintenance Superintendent. His assignments include bases in South Dakota, Virginia, and North Dakota. His deployment experience includes assignments in Diego Garcia, Guam, Oman, and Qatar supporting Operation ENDURING FREEDOM, Operation SOUTHERN WATCH, Operation IRAQI FREEDOM, and Operation FREEDOM'S SENTINEL.

Chief Master Sergeant Thompson is engaged to Kari Zeltner of Minot, North Dakota.

Chief Master Sergeant Gerald R. Bellew is the 5th Maintenance Squadron Superintendent, Minot Air Force Base, North Dakota. As Maintenance Superintendent, he leads 435 squadron personnel from 14 Air Force Specialty Codes performing heavy maintenance, inspection, and sortie generation support for the 5th Bomb Wing's 27 B-52H aircraft. Additionally, he manages a fleet of 433 Aerospace Ground Equipment and 28 munitions handling trailers all in support of the nation's largest operational nuclear stockpile and two thirds of the nations nuclear triad.

Chief Bellew enlisted in August of 1997. Throughout his career he has served five major commands. He maintained C-5, C-141, C-17, and C-130J aircraft supporting airlift operations throughout the Pacific, Europe and Africa. He supported electronic attack operations with Compass Call C-130Hs and now Strategic Bomber operations with the infamous B-52H Stratofortress. He has supported multiple operations including Operation ENDURING FREEDOM and Operation INHERENT RESOLVE. Additionally, he has held a variety of aircraft maintenance positions while stationed at Dover AFB, Delaware, Hickam AFB, Hawaii, Kadena AB, Japan, Davis-Monthan AFB, Arizona, and Ramstein AB, Germany.

Chief Master Sergeant Bellew is married to Andrea Bellew of San Diego, California

Chief Master Sergeant Edgar J. Ulrich is the 5th Munitions Squadron's Materiel Flight Chief, Minot Air Force Base, North Dakota. As Materiel Flight Chief, he leads 275 squadron personnel tasked to maintain the serviceability of the 5 BW's \$312 Million conventional munitions stockpile supporting 28 B-52H aircraft and the 91st Missile Wing's 150 Minuteman III Intercontinental Ballistic Missiles.

Chief Ulrich enlisted in July 1995, and is currently on his ninth assignment. He has been stationed at Moody AFB, Kunsan AB, Ramstein AB, Hill AFB, Sheppard AFB, Malmstrom AFB, Tyndall AFB, Misawa AB, and now Minot AFB. During his career, he has supported ENDURING FREEDOM as well as IRAQI FREEDOM and served a stint as a Tech School Instructor.

Chief Ulrich has a couple of kids and a couple of dogs.

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91st Missile Wing Commander:
Col. Christopher E. Menuey
91st Missile Wing Vice Commander:
Col. Barry E. Little

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Minot AFB prepares to celebrate Women's History Month 2021

ABIGAIL KINDER, NORTHERN SENTRY

Women's History Month began as a national celebration in 1987, when Congress passed Public Law 100-9, designating March as a month to commemorate women's contributions, achievements, and journey to equality.

In history's more recent years, women have shattered countless glass ceilings, and are well on their way to many more breakthroughs. The military, especially the Air Force, has also come a long way in supporting policies and opportunities for women.

In 1948, the Women's Armed Services Integration Act was signed, allowing women to serve as official members of the United States Armed Forces. While women only make up 20.8% of Active Duty Airmen today (2019 DoD Demographics profile), they have since worked their way into every career field and nearly every rank possible.

For many missileers, the history of the month is near and dear. Women began serving on missile crews in 1978 and their demographic in the field has

grown significantly.

In 2015, Minot made waves among the three USAF missile wings when former Commander of the 91st Operations Group, current Brigadier General Stacy Jo Huser, suggested an all women alert on International Women's Day.

"...A lot of us women started looking around and realizing that there were a lot more of us than there used to be," said Huser in an interview with InStyle Magazine. Since then, celebrating the day with all women work forces has spread to other entities at Minot AFB and even to other bases across the Air Force.

In 2016, the women of Team Minot once again took part in history alongside others from F.E. Warren AFB, Wyoming, and Malmstrom AFB, Montana, when they completed an all-female 24-hour alert on March 22. 90 missileers, as well as two all-female B-52 Stratofortress aircrews from Minot and Barksdale AFB, L.a., participated in the alert, proving the dedication of USAF women in carrying out their mission.

Today, the all-female alert crew celebrating Women's History Month is a tradition at Minot AFB. Due to COVID-19, the tradition may not happen as widely across the missile fields as it has in past years, but leadership still hopes to put together several all-female crews for an impressive show of women's strength.

Minot AFB is also starting off Women's History Month with a senior female leadership panel on March 8, which is also International Women's Day. The event will be held at 11 a.m. CDT at the Jimmy Dolittle Center, and will bring together female leadership and other men and women to share stories of inspiration and accomplishment.

2nd Lt. Kimberly Liu of the 91st Operations Group said, "We've come such a long way. For me, at least personally, I've gotten to a point where—I don't want to say it doesn't matter—but it doesn't really matter that we're female. It's just all about the mission and us getting the job done. It's no longer an anomaly."

TOP RIGHT: DEPARTMENT OF DEFENSE EDUCATION ACTIVITY GRAPHIC



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Cody Pehrson, MD



BackTalk

Don't Wait... Choose Proactive Health Care

An old adage instructs that good things come to those who wait. Waiting to make health care choices proves to be a major exception to the time-honored virtue of patience. Dental checkups, mammograms, prostate exams and physicals help detect problems early or address them before they turn into a larger problem. New research proves the value of early intervention to address back and sciatica pain.

Human beings tend to treat problems reactively rather than visualize problems on the horizon. Preventative care and proactive of health decisions represent some of the smartest and most cost-effective approaches for the whole family. The brain tends to address issues of immediate concern. The brain usually waits (reactively) until pain presents before calling attention to a health issue. Too often the problem existed for a previous time and could have been addressed to a healthier end.



Compelling research published in October 2020 showed that early intervention proved to be an essential ingredient in achieving long-term health satisfaction. Improvements in functional disability, pain intensity, and overall satisfaction resulted for people who sought early therapy and manual care intervention compared to people who waited or elected to use drug-therapy. The standard medical process for people with back pain and sciatica usually involves drug therapy to mask the pain while waiting to see if the problem progresses. This reactive approach risks greater long-term expenditure and the dangers of regular use of powerful pharmaceuticals. The wait and see approach combined with pain medication acknowledges a problem exists but does nothing to repair, fix, or heal the issue but rather allows the condition to persist.

Chiropractic care and physical therapy interventions help address problems before they become bigger and more permanent. Chiropractors use objective and specialized testing to determine the location and extent of a problem that needs to be addressed. America prescribes more prescription drugs than any country in the world. That reality contrasts with parents and families making a conscious decision to raise children and pursue health choices that do not involve dependency or need for medications. Chiropractic and physical therapeutic healthcare continue to gain momentum and popularity because of research that reveals the benefits of working with the body and honoring its ability to heal itself. When it comes to health care, good things come to those who don't wait.

All the best to you and yours in great health,
Dr. Willy Fielhaber

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Celebrating excellence: 5th Bomb Wing and 91st Missile Wing awards ceremonies

5th Bomb Wing Annual Award Recipients

Airman, SSgt. Alex Sandmann, 5 MSG
 Noncommissioned Officer, TSgt. Nevin Wolsleben, 5 MXG
 Senior Noncommissioned Officer, MSgt. Ivan Lucero, 5 MSG
 Company Grade Officer, Capt. Noah Spitler, 5 OG
 Field Grade Officer, Maj. Kevin O'Neill, 5 MXG
 Civilian Category I, Ms. Julie Steele, 5 MDG
 Civilian Category II, Mr. Douglas Geigle, 5 MSG
 Civilian Category III, Mr. Samuel Beaudoin, 5 MSG
 First Sergeant, MSgt. Adrian Galcik, 5 MXG
 Key Spouse, Ms. Kaija Tilstra, 5 MSG
 Honor Guard, SrA. Juan Chavez, 5 MXG
 Honor Guard Program Manager, TSgt. Dante Armijo, 5 MSG
 Chief MSgt. (Retired) Robert M. Herrington, Spirit of Service Award,
 Ms. Janet Wing, 5 MSG
 5 BW Commander's Innovation Award, The Warbulls, 5 MSG



91st Missile Wing Annual Award Recipients

Field Grade Officer, Maj. Spencer Shibley, 91 MXG
 Flight Commander, 1st Lt. Savannah Wheat, 91 MXG
 Company Grade Officer, Capt. Andrew Beckner, 91 MXG
 Senior Noncommissioned Officer, MSgt. Kyle Tow, 91 SFG
 Noncommissioned Officer, TSgt. Lauren Collins, 91 SFG
 Airman, A1C Noah Cox, 91 MXG
 Professional Team, Missile Maintenance Team (MMT), 91 MXG
 Key Spouse, Mr. Owen Lawler, 91 SFG
 Key Spouse Program, 91 MSFS Key Spouse Program, 91 SFG
 Civilian Category I, Stacy Bonin, 91 MXG
 Civilian Category II, Matthew Bianco, 91 MXG
 Volunteer, Capt Hannah Andrick, 91 OG
 First Sergeant, MSgt. Devon Bullock, 91 SFG



Members of the 5th Bomb Wing receive their annual awards Feb. 19, 2021 at Minot AFB, N.D.

Team Minot members hosted the 91st Missile Wing annual awards at Minot Air Force Base, North Dakota, on Feb. 18, 2021. Airmen from the 91st Missile Wing received awards for demonstrating excellence to the Team Minot mission.

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U.S. AIR FORCE PHOTOS | SENIOR AIRMAN MICHAEL RICHMOND

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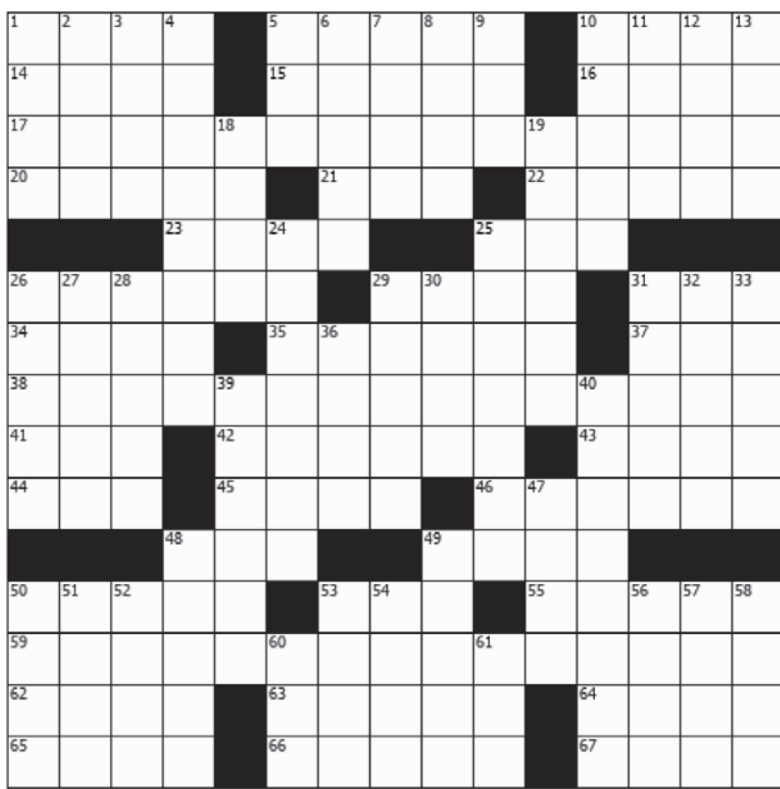
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CROSSWORD PUZZLE

Across

- 1. Makes a mistake
- 5. Dominican Republic neighbor
- 10. Bride's dress
- 14. Airplane stunt
- 15. Zeal
- 16. A great lake
- 17. Much-welcomed words
- 20. Shorthand pro
- 21. Cunning
- 22. South Pacific spots
- 23. Slangy refusal
- 25. Wide shoe width
- 26. Elate
- 29. Ewes' mates
- 31. Denver clock setting: Abbr.
- 34. Ore deposit
- 35. Magic charm
- 37. Doctors' org.
- 38. Compliment a person
- 41. Magazine execs.
- 42. Except if
- 43. Young horse
- 44. Father's Day gift
- 45. Danson and Turner
- 46. Not in secret
- 48. Kept out of sight
- 49. Be confident about
- 50. Brother of Moses
- 53. Questionnaire info
- 55. Piece of stationery
- 59. Alters an opinion
- 62. Patronize a pawnshop
- 63. Doesn't go
- 64. Nickname for Ireland
- 65. Looks at
- 66. Carbonated drinks
- 67. Start over with

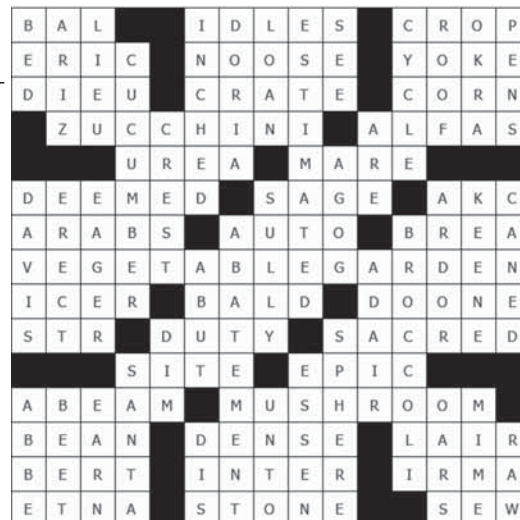


Down

- 1. Shade trees
- 2. Defeat soundly
- 3. Red flower
- 4. Twirling around
- 5. Derby, e.g.
- 6. Got up
- 7. Revered figure
- 8. Broadway award
- 9. Anger
- 10. Swans' relatives
- 11. Spoken
- 12. Send a telegram to
- 13. Loch __ monster
- 18. Great, to teens
- 19. Snooze, in Mexico
- 24. Made preparations
- 25. Writer Ralph Waldo __
- 26. Den appliance
- 27. Swiss miss of fiction
- 28. Washing-machine step
- 29. Ploys
- 30. Swiss mountains
- 31. Brick worker
- 32. One of the senses
- 33. Delicious
- 36. Playing-card combo
- 39. Day trip
- 40. Freebie restaurant drink
- 47. Balloon-bursting sounds
- 48. Sounds from 10 Down
- 49. Nairobi's nation
- 50. Muscle soreness
- 51. Sailor's greeting
- 52. Speed contest
- 53. Concerning
- 54. Ultimate objective
- 56. Not diluted
- 57. City in Oklahoma
- 58. City in Nevada
- 60. Upper-left keyboard key
- 61. Letter after ar

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.



SUDOKU

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

Solution to puzzle on page B10

FRIDAY, FEB 26
THE LITTLE THINGS
 (R) 1900

SATURDAY, FEB 27
THE LITTLE THINGS
 (R) 1800

SUNDAY, FEB 28
SECRET LIFE OF PETS 2
 (PG) 1800

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JUNE 7

the little things

SECRET LIFE OF PETS 2

JUNE 7



Upcoming Events

27-28 FEB

MINOT FLEA MARKET
8:00/10:00 AM - 4:00/3:00 PM
North Dakota State Fairgrounds
2005 Burdick Expy East, Minot

The Minot Flea Market is the biggest of its kind in the entire state of North Dakota. Many people come to sell their antiques, collectibles, or other valuable items while others sell their homemade crafts, products and foods. There is something for everyone at the Minot Flea Market! Admission is ONLY \$2.00 (ages 10 and under are FREE)



For more information:
Facebook Event / Minot Flea Market

2 MAR

RAFFIA LEAF MACRAME
6:30 PM - 8:30 PM
The Foundry
1407 South Broadway Suite C, Minot

Learn how to make this Raffia Leaf and be the envy of all your friends. Better yet, make it a girls night and reserve a table for your group. The Raffia Leaf measures approx 16 in x 33 in. This workshop is a great way to add natural texture to your home decor. TICKETS: \$50/person. SKILL LEVEL: No experience necessary. You are welcome to BYO drinks + snacks. Space is limited as to allow for Social Distancing. You must purchase a ticket to reserve your seat. Tickets can be purchased inside the store, prior to the event, as long as seats are available. To purchase, comment with your EMAIL and we will send you an invoice. Invoice must be paid within 24 hours to reserve your seat.

RAFFIA
Leaf Macrame

HANDS ON WORKSHOP

MARCH 2 @ 6:30 PM

For more information:
Facebook Event / The Foundry / Raffia Leaf Macrame

3-5 MAR

KMOT AG EXPO
9:00 AM - 5:00/4:00 PM
North Dakota State Fair Center
2005 Burdick Expy East, Minot

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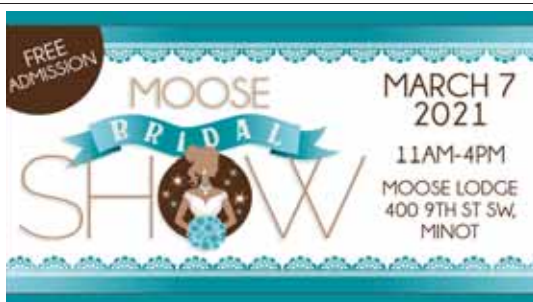


For more information:
Website / kmotagexpo.com

7 MAR

MOOSE BRIDAL SHOW
11:00 AM - 4:00 PM
Moose Lodge
400 9th Street SW, Minot

Moose Bridal Show, Moose Lodge, 400 9th St. SW Sunday, March 7, 11am-4pm Free Admission Getting married soon? Looking for some guidance for your special day? Check out this Bridal show with lots of shopping available!! The first 100 people through the door will receive a free succulent! Brunch, Mimosas and Ceasars are available for purchase!



For more information:
Facebook Event / Moose Bridal Show

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Airmen of Minot



SENIOR AIRMAN RAYMOND WALTERS HVAC TECHNICIAN

Senior Airman Raymond Walters is an HVAC technician for the 5th Civil Engineering Squadron. He is originally from Brazil, having moved to California when he was seven years of age. He became a member of Team Minot in November 2015.

"It's good. Minot when I first got here had a lot of bad stigmas, but it's been a good time here," said Walters. "I think there's a lot of friendly people. The people you meet around the base are always good-spirited for the most part."

His duties include responding to work orders, working on heat pumps on base and missile facilities. "Just being able to come to work every day and

making sure everyone is staying comfortable. I know this place gets really cold, so making sure that everyone stays warm makes me proud to come to work every day," said Walters. "What keeps me motivated is my family, I talk to my family a lot and the people that I surround myself with. My coworkers as well. And a close group of friends outside of work. I think we all kind of push each other to be better," said Walters.

Walters spends his free time playing soccer, taking care of school work, and caring for whatever needs to be taken care of at home. He plans on finishing his CCAF, obtaining a BA in mechanical engineering and making Staff Sgt.



U.S. AIR FORCE PHOTOS | MINOT AFB PA

BAKED DEEP DISH SUPREME PIZZA



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PARMESAN CHEESE
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1 1/2 TEASPOON FRESH BASIL
POUND MILD ITALIAN SAUSAGE
1 1/2 HALF BELL PEPPER, GREEN
3 TABLESPOON ONION, DICED
1 1/2 HALF BELL PEPPER, RED
MUSHROOMS, FRESH
PEPPERONI, SLICED
BLACK OLIVES

When ready to cook, set grill temperature to 450° F and preheat, lid closed for 15 minutes. Coat a 10 to 12-inch cast iron pan with extra virgin olive oil.

Add your dough to the pan and press out through the bottom and up around the sides.

To assemble the pizza, spread sauce on top of dough and add all toppings. Add mozzarella and fresh grated parmesan on top and sprinkle with oregano and basil.

Bake for 25-30 minutes or until the crust is golden brown and cheese and sauce is bubbling.

Let rest for 5-10 minutes before slicing. Enjoy!



Ryan Davy - GM
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Minot missileers join team for next Minuteman III test launch

20TH AIR FORCE



Meet 1st Lt. Shane Knowles, deputy missile combat crew commander at the 740th Missile Squadron at Minot Air Force Base and one of the six missileers selected for GT237. Shane joined ROTC his sophomore year at the University of Connecticut as a way to serve his community and country.

"I am truly grateful for the team and community we have here in Minot. With a mission as enduring as ours, the daily contributions of everyone at every level are necessary for the mission to succeed. From our chefs topside, to our defenders in the field and support personnel on base, I couldn't imagine a better team to fulfill our no-fail mission."



U.S. AIR FORCE PHOTO

Meet Capt. Tarina Crook, one of the six missileers selected for GT237. Tarina is a missile combat crew commander at the 741st Missile Squadron at Minot Air Force Base. She is an O'Fallon, IL native and a U.S. Air Force Academy graduate. The best part about being a missileer - forming relationships with the Airmen she works with, mentoring them and learning from their unique life experiences.

"When I found out I was selected to be a part of GT 237, it felt like it was a dream. I am truly filled with gratitude that I get to be a part of a project of this magnitude. I am honored to have been chosen for such an amazing opportunity, and I look forward to learning from this experience and coming back to Minot to share with others what I learned, as well as learning from my peers who are also there."



COURTESY PHOTO



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WINTER

DRIVING TIPS

4 factors to consider to maintain winter safety

Many changes are to be expected as fall gives way to winter. Temperatures drop for much of the country, and depending on where one lives, snow, wind and ice are to be expected.

As beautiful as snow-covered landscapes can be, winter presents unique hazards, notably slippery roads and surfaces. Chilly temperatures also can put people at risk if they spend prolonged periods outdoors unprotected.

According to the insurance company Carsurance, more than 156,000 crashes occur annually due to icy roads. Roughly 17 percent of all vehicle crashes happen in winter conditions. Winter hazards are not exclusive to driving, however. That means winter safety involves a consideration of a host of factors.

of travel accidents every year, advises the National Weather Service. It's important to slow down, leave plenty of distance, use your low-beam headlights, and recognize when it may be safest to pull over, such as when visibility is significantly compromised.

2. Snow removal
Shoveling snow or using a snowblower are common wintertime activities. Yet strenuous levels of activity in cold temperatures could put people at risk of heart attack, particularly if they are not acclimated to physical activity. Always warm up prior to shoveling snow to prepare the body for exercise. Go slowly and take frequent breaks. Avoid twisting and tossing snow over your shoulder, which can contribute to back injuries.

3. Carbon monoxide poisoning
Winter weather means turning up the heat or doing more indoor cooking. Carbon monoxide is produced through the burning of fuel in various forms, including stoves, engines, gas ranges, portable generators, and grills. The National Safety Council says carbon monoxide

1. Changing visibility
While slippery surfaces may contribute to some accidents, visibility can quickly change with winter weather. Blowing snow can contribute to whiteout conditions. In addition, fog can be hazardous to drivers, aviators and mariners and contributes to thousands

is an odorless, colorless gas that can go undetected as it builds up in enclosed spaces. Never warm up the car inside of a contained garage. Do not use portable flameless chemical heaters indoors, and have furnaces, water heaters and other fuel-burning appliances checked and serviced by a qualified technician annually. Be sure that carbon monoxide alarms are on every floor of the home, and take it seriously if the alarm goes off.

4. Black ice
Black ice is a common winter foe. Black ice forms when temperatures rise above freezing during the day, melting any snow on the ground and causing surfaces to become wet. If the temperature drops once more while the ground is wet, a thin, transparent sheet of ice can form. Black ice also may occur if moisture in the air condenses and forms dew or fog, and then the temperature drops below freezing, says the National Weather Service. Black ice gets its name because it looks black on asphalt roads. However, it also can form on sidewalks and overpasses, or spots shaded by trees or other objects. Slowing down and exercising extreme caution are essential.

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CROSSWORD PUZZLE

1				2				
								3
				4				
5								
					6			
					7			
8								

ACROSS

1. Festive day
4. Sweet ingredient
5. Slang for "yes"
6. A story
8. Irish patron saint

DOWN

1. Joyous
2. From Ireland
3. _____ beef and cabbage
7. Area of a hospital (abbr.)

Answers:
Across
1. Holiday 4. Sugar 5. Yeah 6. Tale 8. Patrick
Down
1. Happy 2. Irish 3. Corned 7. ER

RED KANGAROO

CREATURE FEATURES

Red Kangaroos are the largest living marsupial. Although its tail is used for balance, if attacked it will use its forelegs and paws to seize its enemy and deliver powerful kicks with its hind feet.

- A new born kangaroo is about 1 inch in length, hairless, deaf and blind. Within moments, it instinctively climbs up the mother's abdomen into her belly pouch. It attaches to a mammary gland where it will remain connected for months to nurse and complete its development.
- They can go for long periods of time without water due to getting their water from plants they eat.

Fact File

Length	5 feet
Tail	42 inches
Weight	130 - 200 pounds
Top Speed	35 mph
Wild Diet	Grass, Carrots, Hay, Foliage, Shoots, Fruits, Berries

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

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OUTDOOR

REPORT

OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, Feb. 22: 1,837.07 feet above mean sea level (MSL); 21,700 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,448.56 feet above mean sea level (MSL). Stump Lake elevation: 1,448.46 MSL.

•N.D. Game & Fish Dept. game wardens: East end of Lake Sakakawea producing some walleye but extremely variable ice conditions yet. No reports from the midsection. Warmer weather bringing out good numbers of anglers with Lake Metigoshe producing some pike and perch. Other north-central area lakes generally slow. No Devils Lake reports.

•Devils Lake, Ed's Bait Shop, Devils Lake: Warmer weather bringing a lot of anglers on Devils Lake with fair to good walleye success. Try Grahams Island or around the casino. Look for perch on the far east end of Devils Lake.

•Devils Lake, Woodland Resort, Devils Lake: Better weather bringing more anglers out with fair perch success, a case of quality more so than quantity, however. Look for continued improving success as fish move into pre-spawn mode.

•Lake Darling, Karma C-Store, Ruthville: More anglers out on Lake Darling and Grano but no reports on success. Lake Audubon producing fair walleye success with some nice-sized fish showing up.

•Lake Metigoshe, Four Seasons, Bottineau: Good bluegill numbers with occasional walleye. Try spearing on Lake Metigoshe for some nice-sized pike.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Despite cold weather and better ice conditions, variable ice depths remain prevalent on Lake Sakakawea and Lake Audubon, including Douglas Bay. Look for some walleye success in Garrison and Douglas bays with some pike mixed in for spears. Overall success is still spotty, however. Lake Audubon fair for walleye. Bite is short and variable on both lakes; mainly low light conditions for walleye with better

Outdoor Notes (check with organizers for event updates):

- New hunting, fishing, and trapping licenses available after March 15.
- N.D. Game & Fish Dept. Earth Day patch contest entry deadline March 15. Information available on the Game & Fish Dept. website, (gf.nd.gov).
- March 5 - 13: "Celebrate the North Country Trail" hikes, Sakakawea State Park, Pick City. Hike the trail anytime throughout those days as part of the NCT Central Flyway Chapter's celebration of the national trail.
- March 6: Lonetree Rocky Mtn. Elk Foundation banquet, Harvey Eagles, 5 p.m.

Tournaments (check with organizers for event updates):

- Feb. 27: Devils Lake.
- March 6: Devils Lake, Minnewaukan Flats.

pike success during the day.

•Lake Sakakawea, Scenic 23, New Town: Improving numbers of small walleye in the Van Hook Arm using jigs and minnows.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace remains slow, although a few more boats on the river. No reports from Lake Sakakawea or Lake Audubon.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Best walleye success remains from Lund's Landing west towards the boy scout camp on the upper end of Lake Sakakawea with best success from about 6 p.m. into the dark hours. Improving pike success. Work points leading into bays for pike. Missouri and Yellowstone rivers continue producing walleye with a few sauger mixed in.

•Lonetree WMA area lakes, Harvey: Area lakes generally slow to fair although Goose Lake producing good numbers of small perch. Warmer weather bringing more anglers out throughout area lakes.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Try the bridges on the Souris River by Upham for pike. No reports from area lakes.

N.D. Parks & Recreation Dept. trails (conditions can vary):

•North Dakota state parks remain open with trails usable for hiking. Check with individual

parks for other available amenities this winter. 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.: Open daily with 22 runs and 5 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.



DIAMOND SHARP AWARD

SrA. Richard Lane receives the 4th Quarter Diamond Sharp Award from SMSgt. Sergio Gonzales, Civil Engineering Squadron First Sergeant, Feb. 18, 2021 at Minot AFB, N.D. This award recognizes Airmen who have actively demonstrated their commitment to the Air Force values or have gone above and beyond in helping others.

U.S. AIR FORCE PHOTOS | MINOT AFB PA



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DoD tests VR suicide prevention training at Scott, Travis AFBs

NICHOLAS PILCH, 60TH AIR MOBILITY WING PUBLIC AFFAIRS

TRAVIS AIR FORCE BASE, Calif. (AFNS) --

Leaders from across the 60th Air Mobility Wing at Travis Air Force Base took part in a suicide prevention, virtual reality training test phase Feb. 17-19.

The 30-minute training is aimed to help Airmen's comfort in engaging with others to prevent suicide.

The training involves participants putting on a virtual reality headset and entering a scenario in which they interact with a person who is in obvious emotional distress. The goal is for the participant to convince the distressed person to get help. If participants don't ask the distressed person the right questions to prompt them to get help, a training coach chimes in to assist the participant.

Gen. Jacqueline Van Ovost, commander of Air Mobility Command, awarded a contract to Moth + Flame, which specializes in creating virtual environments and applications. She hired the company to develop suicide prevention training that would allow Airmen and their spouses to interact with distressed fellow Airmen in a virtual environment.

"We are excited and highly motivated to be the catalyst for this innovative suicide prevention program," said Brig. Gen. Norman West, Air Mobility Command surgeon general. "The VR scenario is very realistic and this is the type of training we need to save lives in the real world. One life lost to suicide is too many".

AMC is the first VR project in the Department of Defense to utilize immersive, conversational training for suicide prevention.

"We believe this training will not only save lives but prepare our Airmen for tough conversations that will build a more resilient force," said Mr. Victor Jones, AMC Suicide Prevention program manager.

Master Sgt. Shawn Dougherty, a VR training facilitator here, said one of the most common occurrences in the current training, which involves role playing with fellow trainees, is that when someone needs to say something tough, they don't say it as loud as the rest of what they say.

"The unique part of this VR training is that it's voice-activated, so you're required to say things out loud that maybe you've never had to say before," Dougherty said. "(You'll need to actually say) phrases to Airmen in distress like 'Do you have a gun in the house?' ... or 'Are you thinking

about harming yourself?'"

Scott and Travis AFBs were selected as pilot bases for this first phase of the training. During this phase, base leadership, squadron commanders, superintendents and first sergeants are participating in close-to-real-world, virtual scenarios.

"This module is an Airman-to-Airman scenario," Dougherty said. "The training gives you an opportunity to be face-to-face with another Airman, in an Airman's perspective with someone that's in distress. You are trying to talk them down, resolve the situation, figure out what is going on with him and find out the best scenario to get him to safety."

Dougherty said leadership is their primary audience for this first phase because before Airmen can accept the new training, leaders need to first.

"I think this is a great opportunity to see how technology is being used to leverage a similar experience to that of a pilot," said Lt. Col. Glenn Cameron, 60th Civil Engineering Squadron commander and participant in the VR training. "This allows you to have an experience of a scenario before you're actually in it."

Cameron leads one of the largest squadrons on base, and having this training available to his Airmen is something he thinks would benefit them all, from the youngest to the oldest Airman because these conversations are not easy to have.

"We're having wing leadership come in because their feedback is vital to making sure that we get this program right," Dougherty said. "We have to have the best solution to roll it out and reach as many Airmen as possible."

Dougherty said being immersed in a VR experience with dialogue-based training makes the conversation feel real.

"It's a pretty intense experience, to be honest," Cameron said. "You actually see a bona fide actor who doesn't feel like anything except a real human being talking to you, and he gives you real answers, and there's an interaction that gives you an opportunity to see when you cheese it up, he calls you out."

Cameron also said it was an honest and emotional experience.

"AMC is preoccupied with suicide, predicting duress, modeling and intervening at our earliest opportunity," West said. "The VR training increases our sensitivity to the subtleties and sub-threshold warnings necessary to make a positive difference. This is a family affair."

Editor's commentary: I

participated in the training, and here is what I experienced.

After you put on the VR goggles, you sign in. Then you are greeted by an Air Force official to discuss the importance of resiliency and tough conversations about suicide. After that, you are welcomed into Tony Dungy's office, who volunteered to be a part of this interactive experience. Dungy's son took his life in 2005, and his father was a Tuskegee Airman.

While interacting with Dungy, he probes about your service and reminds you of the Air Force's A-C-E protocol to ask, care and escort someone in distress.

Then, you are catapulted into a real-life scenario. You get a call from a woman asking you to check-in on Mike. Then images from social media showing warning signs that Mike is in distress scatter across the screen. Finally, you are face to face with Mike who wants to know why you are in his house.

From there, it plays out like any conversation. However, depending on what you say, Mike either shuts down or agrees to get help. Regardless of how the conversation goes, you feel like you're actually in the room, even if you don't at first.

I found myself feeling empathy for Mike. I answered incorrectly a couple times to see what his reaction would be, and the actor really pulled me into his story. His wife has left him and taken the kids. She won't talk to him, and during a tussle, she fell and hit her neck on something that left a mark. Mike is at his wits' end, and he doesn't come out and say he is going to hurt himself, but it's implied.

Eventually, you are prompted by Mike's demeanor that he needs help, and you ask him to come with you to see the first sergeant.

The training closes with Dungy talking about his connection to the Air Force, the subject matter and the importance of resiliency and these conversations.

"We need to have these tough conversations because they will help us get to that spiritual strength. This is something that happens as a community, and the more we can encourage the tough conversations, the stronger we'll get, together," Dungy said.

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Air Force releases environmental study on Ground Based Strategic Deterrent ICBM recapitalization Test Program

AIR FORCE GLOBAL STRIKE COMMAND PUBLIC AFFAIRS

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

The U.S. Air Force announces the availability of a draft environmental assessment, pursuant to the National Environmental Policy Act to evaluate potential environmental effects associated with the implementation of the Ground Based Strategic Deterrent, or GBSD, Test Program. The GBSD program would modernize the aging U.S. land-based intercontinental ballistic missile Minuteman III system.

The Air Force proposes to modernize the land-based leg of the nuclear triad, recapitalizing its ICBM fleet while upgrading the weapon system technology, supporting infrastructure, and command and control functions. Test program-related actions would occur primarily at Hill

Air Force Base, Utah and at Vandenberg Air Force Base, California. Such tests would include conducting missile launches from Vandenberg AFB with flights over the Pacific Ocean in the Western Test Range. Additional test support activities would occur at U.S. Army Dugway Proving Ground, Utah. The environmental assessment also includes analysis of the proposed GBSD Formal Training Unit/Schoolhouse at Vandenberg AFB. The GBSD and Minuteman III test demonstrations are proposed to occur at U.S. Army Garrison-Kwajalein Atoll and within the Republic of the Marshall Islands territorial waters. The analysis of overseas environmental impacts is also included in the assessment. Test activities would comply with the U.S. Army Kwajalein Atoll environmental standards.

The Draft GBSD Test Program environmental assessment and Draft Finding of No Significant Impact, or FONSI, are available at <http://gbsdtesteaoc.govsupport.us> for public comment. Public comments on the Draft Test Program Environmental Assessment and Draft FONSI will be accepted through March 22, 2021 and can be provided in either of the following ways: (1) email comments by March 22, 2021 to gbsdtesteaoc-comments@govsupport.us; (2) mail comments, postmarked no later than March 22, 2021, to: USASMDC, ATTN: SMDC-EN (D. Hasley), P.O. Box 1500, Huntsville, AL 35807. For more information visit: <http://gbsdtesteaoc.govsupport.us> or contact Air Force Global Strike Command at AFGSC.PAWorkflow@us.af.



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U.S. AIR FORCE PHOTO | 791ST MISSILE SECURITY FORCES SQUADRON



ARCTIC WINTER GAMES CLOSING CEREMONY

Col. Barry Little and CMSgt Garrett Langston awarded trophies to the winners of the annual Arctic Winter Games on Feb. 22, 2021 at Minot Air Force Base, North Dakota. The Arctic Winter Games took place Feb. 16, 2021 to Feb. 19, 2021 and will be back this summer in the form of the Arctic Summer Games.

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN MICHAEL RICHMOND

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Black History Month: Having important conversations

ABIGAIL KINDER, NORTHERN SENTRY

As Black History Month comes to an end, Team Minot is being encouraged to continue thinking about the importance of education and inclusion all year-round. The month included a proclamation, events, and donation drives coordinated by the Minot Air Force Base African American Heritage Council, but they aim to provide even more outreach in the future to educate others on the history of African Americans and the racial disparities they still face today.

The AAHC, which was started only two years ago, hopes to provide education for the community and instill confidence and leadership skills in young African Americans. TSgt. Perry Sinclair Jr., Council President, believes that giving back to the community is just as important as educating others, which is why one of their drives will benefit the Minot Young Women's Christian Association, a local women's shelter and advocacy center.

Focusing on education, the AAHC visited Minot AFB youth centers this month to speak to children about African American heritage in the hopes of creating a more inclusive community.

On Feb. 17, 2021, the AAHC also partnered with the Diversity and Inclusion Working Group to hold a "Let's Talk" luncheon

to bring Airmen and leadership together to discuss racial disparity and solutions for the workplace.

"We're at the point where we're trying to turn the ship, and our commanders are joining in these conversations and getting information on how to improve the system," said Sinclair.

The Air Force recently released a new Racial Disparity Report, in which many challenges



The African American Heritage Council hosted an open-forum luncheon to discuss racial disparity and educate airman on cultural diversity Feb. 17, 2021 at Minot AFB, N.D.

U.S. AIR FORCE PHOTO | MINOT AFB PA

facing black Airmen were noted, including inconsistent disciplinary measures compared to their fellow Airmen, as well as a lack of leadership opportunities and professional development.

At the luncheon held by the AAHC, Airmen were able to voice these concerns and speak openly

in a judgement-free environment.

While there is still work to do in closing those gaps, the Air Force has come a long way in recognizing the challenges that face their own and working towards solutions that are fair for everyone. One big step towards inclusion comes down to individuals in the community.

Sinclair, echoing the words of many others, says that the best way for others to be an ally to their fellow black Americans is to simply talk to them and ask them about their lives.

"It's important to be personable and to educate yourself. If you know you have differences in your workplace, it's a great idea to talk to each other and work together to learn about each other's cultures," said Sinclair. "And that's not specifically just for black culture. It's important to learn about every culture you're working with, even for African Americans."

These important conversations are just one part of a larger initiative that people can take to help create an inclusive environment for everyone.

For more information about the AAHC and how to get involved, email perry.sinclair@us.af.mil.



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A LOOK BACK THIS WEEK IN USAF HISTORY

FIRST USAF WOMEN TO ATTAIN PERMANENT RANK OF COLONEL
FEBRUARY 29, 1968



Maj. Gen. Jeanne Holm
(USAF Photo)

After Public Law 90-130 was signed by President Lyndon Johnson on November 8, 1967, Major General Jeanne M. Holm and Colonel Helen O'Day became the first women promoted to the permanent rank of colonel in the United States Air Force. Gen. Holm enlisted in the Women's Army Auxiliary Corps in 1942. In 1949, she transferred to the USAF. She was appointed director of Women in the Air Force, Office of the Deputy Chief of Staff, Personnel, in November of 1965. Gen. Holm helped to modernize Air Force policies for women and expanded their job opportunities. Col. O'Day joined the WAAC in July 1943. She was promoted to major in 1951, and became the first woman assigned to the Air Force Legislative Liaison Office in the House of Representatives. For six years, she served in Paris before retiring in July of 1967. She came back to active duty as one of the first female colonels soon after President Johnson signed the new law into effect, which lifted many promotion restrictions for Air Force women. Maj. Gen. Holm and Col. O'Day are two USAF women who broke many glass ceilings throughout their careers, and spearheaded the progress of women in the Air Force to where it stands today.

Information courtesy of: static.dma.mil / af.mil / Air Force Historical Foundation

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Community VOICES

This week, check out some submitted photos of the Northern Lights! Minot AFB is in a prime position to see this beautiful natural phenomenon.



Above: Northern Lights seen at 2:00 am CDT on February 21, 2021.

CHRISTINA BROWN PHOTO



JACQUELYN TOMFORD PHOTO

For Aurora tips and forecasts in Minot, North Dakota and surrounding areas, check out these useful resources:

<https://www.swpc.noaa.gov/products/aurora-30-minute-forecast>

<https://www.gi.alaska.edu/monitors/aurora-forecast>

<https://www.ndtourism.com/north-dakota-northern-lights-guide>

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

Send all submissions to nsabby@srt.com

Minuteman III test launch demonstrates safe, reliable deterrent

AIR FORCE GLOBAL STRIKE COMMAND PUBLIC AFFAIRS

VANDENBERG AIR FORCE BASE, Ca. --

A team of Air Force Global Strike Command Airmen launched an unarmed Minuteman III intercontinental ballistic missile equipped with a test reentry vehicle at 11:47 p.m. Pacific Time Feb. 23 from Vandenberg Air Force Base, California.

The test demonstrates that the United States' nuclear deterrent is safe, secure, reliable and effective to deter twenty-first century threats and reassure our allies.

"Our nation's ICBM fleet stands ready 24/7," said Lt. Gen. Anthony Cotton, deputy commander of Air Force Global Strike Command. "Operational tests validate our Minuteman III readiness and reliability. It further demonstrates to our citizens, our allies and our partners that men and women across three missile wings provide credible overwatch with a strategic deterrent that is safe, secure and effective."

During this test, the ICBM's reentry vehicle traveled approximately 4,200 miles to the Kwajalein Atoll in the Marshall Islands. These test launches verify the accuracy and reliability of the ICBM weapon system, providing valuable data to ensure a continued safe, secure and effective nuclear deterrent.

"Over the last year, our highly professional and dedicated team of Airmen, civilians and contractors have showcased phenomenal initiative and adaptability while continuing to run a successful ICBM test launch

program despite the challenges of a world-wide pandemic," said Col. Omar Colbert, 576th Flight Test Squadron Commander. "Today's launch sends a visible message of deterrence to the world, and I couldn't be more proud of our team, which includes task force members from the three ICBM wings along with key expertise and support from HQ Air Force Global Strike Command, HQ Twentieth Air Force, and the Air Force Nuclear Weapons Center."

The test launch is a culmination of months of preparation that involved multiple government partners and demonstrates that even during the pandemic, AFGSC maintains various levels of redundant capability to assure a national deterrent. The missile came from the 341st Missile Wing, with men and women supporting the launch from all three AFGSC missile wings as well as the 576th Flight Test Squadron.

"The Task Force traveled from all three operational missile wings and executed a successful test launch. The maintenance members showcased the resourcefulness and technical expertise that make them the backbone of the ICBM mission," said Maj. Jesse Haskett, Task Force commander. "The operators delivered an on-time on-target sortie and provided yet another reminder of the readiness and reliability of the Minuteman III weapon system. We're all truly honored to conduct this mission in conjunction with the 576th Flight Test Squadron and proud to represent the numerous

men and women that support the nuclear deterrence mission."

The ICBM community, including the Department of Defense, the Department of Energy, and U.S. Strategic Command, uses data collected from test launches for continuing force development evaluation. The ICBM test launch program demonstrates the operational capability of the Minuteman III and ensures the United States' ability to maintain a strong, credible nuclear deterrent as a key element of U.S. national security and the security of U.S. allies and partners.

The launch calendars are built three to five years in advance, and planning for each individual launch begins six months to a year prior to launch. Test launches are not a response or reaction to world events or regional tensions.

Air Force Global Strike Command is comprised of more than 33,700 Airmen and civilians assigned to two numbered air forces, 11 wings, two geographically-separated squadrons and one detachment in the continental United States, and deployed to locations around the globe. The command oversees all bomber and Intercontinental Ballistic Missile operations for the U.S. Department of Defense. More information can be found at: <https://www.afgsc.af.mil/Library/Fact-Sheets/Display/Article/454593/air-force-global-strike-command-air-forces-strategic-air/>.



An Air Force Global Strike Command unarmed Minuteman III intercontinental ballistic missile launches during an operation test at 11:49 p.m. PT Feb. 23, 2021, at Vandenberg Air Force Base, Calif. ICBM test launches demonstrate the U.S. nuclear enterprise is safe, secure, effective and ready to defend the United States and its allies. ICBMs provide the U.S. and its allies the necessary deterrent capability to maintain freedom to operate and navigate globally in accordance with international laws and norms.

U.S. SPACE FORCE PHOTO | CHRIS OKULA

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E-8C JSTARS all-African American flight crew makes history

SENIOR MASTER SGT. ROGER PARSONS, 116TH AIR CONTROL WING PUBLIC AFFAIRS

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

A crew of 33 E-8C Joint Surveillance Target Attack Radar System aviators made history Feb. 19 when the first all-African American flight crew in JSTARS history flew from Robins Air Force Base on a training mission.

The flight crew of Airmen and Soldiers from the Georgia Air National Guard's 116th Air Control Wing, active-duty Air Force 461st Air Control Wing and the Army's 138th Military Intelligence Company – collectively known as Team JSTARS – used the training to also commemorate Black History Month.

"This mission gives us the opportunity to celebrate the legacy and honor our previous successors in the Air Force, primarily the Tuskegee Airmen, and the sacrifices they made in order to get us to where we are now," said Capt. Dewey McRae, 461st ACW senior director instructor.

Given the large crew size on the E-8C JSTARS, the mission was years in the making.

"Within the active-duty and Guard, we have finally been able to come together and fulfill an entire African American aircrew," McRae said. "Taking that a step forward, we not only had enough people for the actual mission crew but were able to fill additional seats with instructors and evaluators, taking a full jet of African Americans to represent the combat Air Force."

For Capt. Andrea Lewis, the first African American female pilot in Georgia ANG history, this flight was a dream come true.

"Being the first African American female pilot in the Georgia Air National Guard is a milestone," Lewis said. "I didn't intentionally plan on being in that position, but I am proud to be a part of this. I think back to Bessie Coleman being the first African American female pilot to where we are now. It shows the importance of a flight like this."

Similar sentiments were shared by Maj. Sajjad Abdulleef, 461st ACW senior director technician.

"It's always been something I've looked forward to, and I look back to individuals like the Tuskegee Airmen and 2nd Lt. Eugene Bullard, the first African American fighter pilot to fly in combat," Abdulleef said. "Those are the individuals who we know when they stepped to their jets, the racial climate was a lot different than it is as we step to our jet today. They went through a different struggle than us. We appreciate the fact that we are now able to represent and display ourselves for the next individuals coming up."

Members of the JSTARS aircrew reflected on the individual challenges they faced.

"When I think about my background and where I came from, with neither of my parents graduating from high school, to me joining the military and becoming an aircrew member on JSTARS, I didn't think I

would ever be able to do that," said Senior Master Sgt. Tanisha Swift, 116th ACW senior director technician. "I'm proud to be able to show my son that it may be hard, but it can be done."

The flight was historic on many levels: the first all-African American E-8C JSTARS flight crew, piloted by the first female African American pilot in Georgia ANG history, with the first African American former wing commander in Georgia ANG history, and the first female African American state command chief in Georgia ANG history – all executing a mission with the E-8C JSTARS at Robins AFB.

"This flight is about living the legacy, knowing the legacy, and growing the legacy," McRae said.

Team JSTARS provides geographic combatant commanders around the world with on-call battle management, command and control, intelligence, surveillance, and reconnaissance.

E-8C MISSION

Team Joint STARS men and women have contributed tremendously to overseas contingency operations, flying more than 85,000 combat hours in support of Operations Enduring Freedom, Iraqi Freedom, New Dawn Odyssey Dawn, and Unified Protector. Their operational resume includes support of six Combatant Commands including U.S. Pacific Command, U.S. Northern Command and U.S. Southern Command, U.S. Africa Command, U.S. Europe Command.

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Airmen and Soldiers from the Georgia Air National Guard's 116th Air Control Wing, active-duty Air Force 461st ACW and the Army's 138th Military Intelligence Company pose for a photo at Robins Air Force Base, Ga., Feb. 19, 2021. The crew made history as the first all-African American E-8C Joint Surveillance and Target Attack Radar System flight crew to fly from Robins AFB on a training mission. The mission was also in commemoration of Black History Month.

U.S. AIR FORCE PHOTO | MASTER SGT. NANCY GOLDBERGER

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Dr. Ohiku completed her medical degree and General Psychiatry residency at the University of Illinois College of Medicine, Chicago. Her fellowship in Child and Adolescent Psychiatry was accomplished at Tulane University School of Medicine, New Orleans. She has practiced psychiatry with special populations, including forensic adults and juveniles, school-based mental health, veterans, the intellectually disabled, and severely mentally ill individuals. Dr. Ohiku is a Fellow of the American Psychiatric Association and a member of the American Academy of Child and Adolescent Psychiatry.

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AFGSC begins retirement of B-1 aircraft, paving way for B-21

AIR FORCE GLOBAL STRIKE COMMAND PUBLIC AFFAIRS

BARKSDALE AIR FORCE BASE, La. (AFNS) -- In support of its efforts to modernize America's bomber fleet, the Air Force will begin divesting 17 B-1B Lancers from its current fleet as authorized by the National Defense Authorization Act.

This action will not affect the service's lethality or any associated maintenance manpower. It will allow officials to focus maintenance and depot-level manpower on the remaining aircraft, increasing readiness and paving the way for the bomber fleet modernization ready to meet future challenges.

"Beginning to retire legacy bombers, to make way for the B-21 Raider, is something we have been working toward for some time," said Gen. Timothy Ray, commander of Air Force Global Strike Command. "Due to the wear and tear placed on the B-1 fleet over the past two decades, maintaining these bombers would cost tens of millions of dollars per aircraft to get back to status quo. And that's just to fix the problems we know about. We're just accelerating planned retirements."

The 17 B-1B aircraft will be retired from the current fleet of 62 B-1s, leaving 45 in the active fleet. Of the 17 B-1 aircraft, four will be required to remain in a reclaimable condition that is consistent with Type 2000 recallable storage.

Continuous combat operations over the last 20 years have taken a toll on the airframe's structure. Currently, a small portion of the B-1Bs are in a state that will require approximately ten to thirty million dollars per aircraft to get back to a status quo fleet in the short term until the B-21 comes online.

"Retiring aircraft with the least amount of usable life allows us to prioritize the health of the fleet and crew training," Ray said. "Our ability to balance these priorities will make us more capable and lethal

overall."

With fewer aircraft in the B-1 fleet, maintainers will be able to give more time and attention to each aircraft.

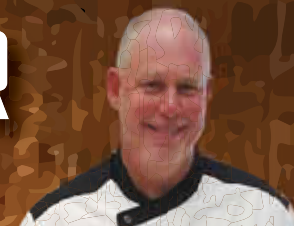
"The divestiture of the B-1 is necessary in order for the Air Force to create an even more lethal, agile and sustainable force with a greater competitive edge for tomorrow's fight," Ray said.



A B-1B Lancer is prepared for divestiture at Ellsworth Air Force Base, S.D., Feb. 16, 2021. The planned divestment of 17 B-1B aircraft supports the shaping of the B-1B fleet so that it remains a healthy and effective long-range precision strike force. The remaining fleet that will provide margin across the bomber transition and incur cost avoidance to reach the future bomber fleet faster.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS QUENTIN MARX

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INGREDIENTS

- 2 boxes (4.2 oz each) Dried Hash Browns
- 1/2 cup Mashed Potatoes
- 8 tbsp Butter, (1 stick) melted
- 1 large White Onion, diced
- 1 tsp Oregano
- Pinch Rosemary
- 1 tsp fine black pepper
- 1 tsp salt
- 2 tbsp vegetable oil



Prepare hash browns according to label instructions.

Add vegetable oil and half the onion to an 11" cast iron pan, place in Traeger at 275°F for 45 minutes to caramelize.

Mix prepared hash browns, mashed potatoes, caramelized onions, raw onions, oregano, rosemary, salt, and pepper in a large bowl.

Melt 2 tablespoons butter in cast iron skillet. Place the mixture in the skillet and spread evenly with a smooth top. Use a spatula to round the edge where it touches the pan to prevent the thin edge from overcooking. Pour remaining butter over the top.

Bake in the Traeger at 375°F for about an hour. Check the bottom for doneness after about 45 minutes and adjust time as necessary.

If you have leftovers, individual portions can be easily reheated in a skillet. Put the top side down, cover, and cook over medium heat. When done, both top and bottom will be brown and crispy. I think the leftovers are even better than fresh because you get two crispy surfaces.



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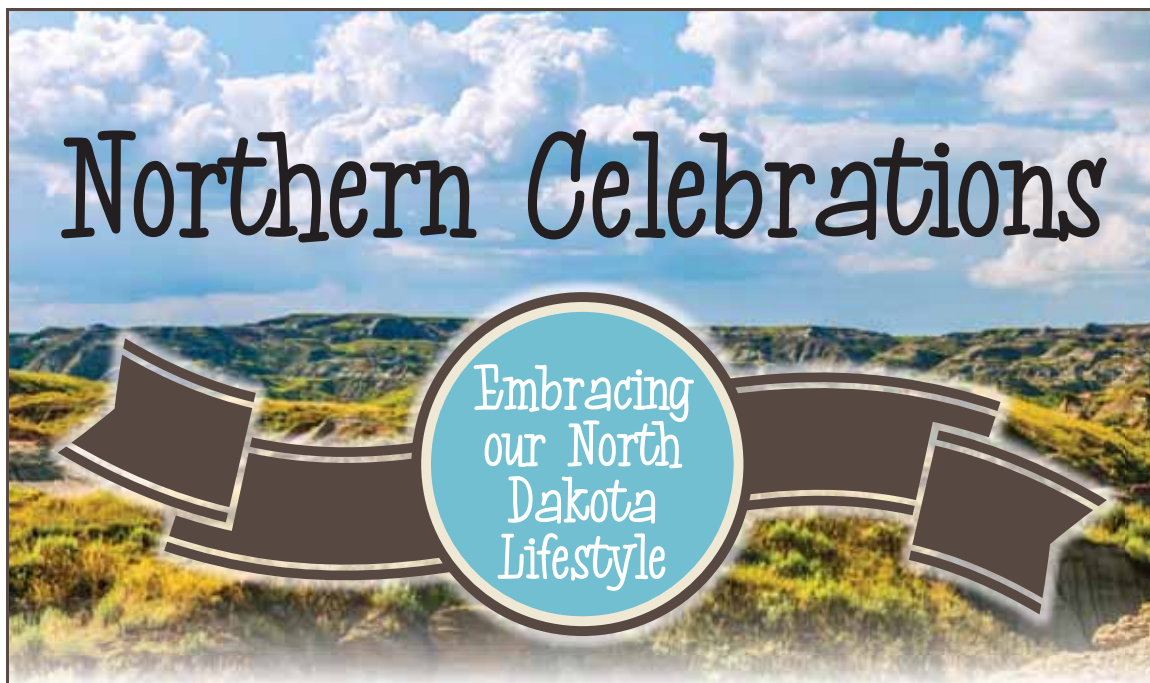
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Reasons to smile if you fish

Patricia Stockdill

Anglers oftentimes had good reason to smile once ice conditions became safe enough to venture onto lakes this winter.

They saw fish. They caught fish, generally enjoying pretty fair success.

For longtime anglers, it wasn't their imagination if they thought it took longer for drive-able and better ice conditions than usual. The mild winter weather of 2020-2021 provided what was likely the least amount of ice pack across most state lakes in recent or even longtime memory, N.D. Game and Fish Department Fisheries Division Chief Greg Power described. "There was open water in places we've never seen before," he added.

That included Lake Sakakawea, which U.S. Army Corps of Engineers officials at the corps' Garrison Dam Power Plant near Riverdale didn't declare completely iced over until Jan. 24, the latest on record.

But it was worth the wait on many small lakes. Good access – translation, lack of snow blown into massive drifts making it impossible to get on the ice with anything other than a snowmobile or tracked vehicle – and good weather brought out what will likely be the highest amount of ice-fishing participation the state has experienced. "What we saw this winter was a continuation of what we saw this summer," Power described.

Admittedly, covid-19 issues likely drew a huge number of people to lakes across North Dakota as they sought the outdoors for health, safety, and a way to deal with the year's challenges.

The fact that they also caught fish was another reason to take to the water.

That continued into the winter.

The biggest thing slowing angler numbers and success was Mother Nature's recent February reminder that, yes, she's still in control, and, yes, it can get and stay well below zero for days and nights on end in the Northern Great Plains.

Even under nearly ideal weather conditions some North Dakota lakes could possibly winter kill, which occurs when dissolved oxygen levels become too

low for fish survival. It's more likely to affect species such as walleye and perch than common carp or bullheads.

Winter kill is also more apt to happen when lakes – especially shallow ones – are covered with heavy snow blocking sunlight penetration, which in turn can cause aquatic vegetation to die. That results in depleted oxygen for fish and is especially bad when snow comes early and stays all winter.

However, while it's possible there could be some winter kill fish losses, Power doesn't expect major problems. Depleted oxygen levels can also occur in the summer in extended hot, dry conditions on shallower lakes.

In the ideal world, North Dakota would get an appreciable amount of spring rains, providing runoff into lakes and reservoirs to help bolster those that declined in elevation with last year's dry conditions. Record rains in the fall of 2019 helped many lakes retain adequate water levels, Power added, although if 2020 dry conditions persist another year there is concern some smaller lakes could face dissolved oxygen issues in the coming year.

Only time and Mother Nature will tell what happens in the rain or lack of rain department, but in the meantime Power anticipates good fishing could continue into late season ice-fishing, which is typically a great time for perch success.

Plus, the lakes and their fish are still available for plenty of fishing opportunities, despite 2020's dry conditions and lots of summer and winter activity.

This winter the Game and Fish Department requested a record number of walleye fingerlings to stock in state lakes in 2021 – about 13 million – from the Garrison Dam National Fish Hatchery near Riverdale, its partner in fish spawning, rearing, and stocking.

Maybe that's an indication of the optimism that is fishing in North Dakota – planning for the future with lots of lakes and lots of fish.

Simply get out and enjoy it, whether it's what is left of winter ice-fishing opportunities or when open water offers shore or boat fishing.

This special feature is sponsored by:

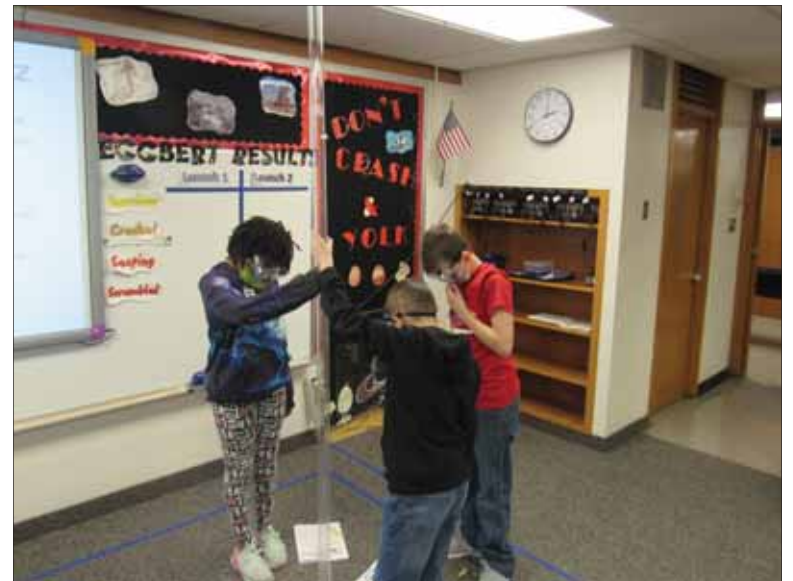
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2020-2021 MPS CALENDAR



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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STEM Exploration via the STARBASE Program

JOHN DAWSON

At times, the voices of STARBASE students are boisterous, especially during experiments such as "Contraption Action" and "Eggbert!" Ask any STARBASE Academy graduate and they will tell you STARBASE makes learning fun! STARBASE educates fifth graders in Science, Technology, Engineering, and Mathematics (STEM). Students easily visualize academic objectives when they use the Engineering Design Process to build their own experimental devices.

The global pandemic has not stopped the STARBASE staff from providing an unforgettable STEM experience for students in a hands-on, hi-tech, discovery/inquiry-based environment on Minot AFB. North Plains Elementary School hosts the North Dakota STARBASE program. The STARBASE staff, in coordination with other North Plains Elementary staff, have followed all Minot Public School Reintegration Committee and CDC requirements to ensure a safe and fun environment for students.

The program is five days long and consists of 25 hours of curriculum most of which is hands-on. All Minot Public School

fifth grade classrooms attend STARBASE and the 2020-21 school year calendar also includes Glenburn Public School and South Prairie Public School fifth graders. The curriculum includes physics, chemistry, energy, mathematics, and STEM career investigations. STARBASE is fun, but pre and

scrambled. Student objectives are to learn how to use the Engineering Design Process to solve real-world problems and recognize Newton's Three Laws of Motion. After witnessing Eggbert crash into the planet's surface it is easy to understand why you need to wear a seatbelt in a vehicle.

Additional lessons include The Law of Conservation of Energy, where students build their own Rube Goldberg machine to move nuclear waste into the safe zone without touching the simulated waste. Students learn Computer Aided Design, eventually building small personalized STARBASE plaques which the STARBASE Staff prints in plastic for them prior to their graduation ceremony on day five.

STARBASE introduces students to STEM environments and positive role models found across military installations. STARBASE allows area fifth graders to witness military members in their actual training areas while using the technology of their chosen career field. There are 67 STARBASE sites located on military installations across the United States and Minot AFB is proud to host North Dakota's only academy with the support of Minot Public Schools.



"Samsung" and "Storm" from Miss Huss' North Plains Elementary class prepare for the launch of their rocket dragsters as Mr. "Atlas" Ditmars instructs.

NORTH PLAINS ELEMENTARY PHOTO

post-test results annually show a 26% gain in knowledge.

Utilizing the Engineering Design Process students design and build a restraint system for an egg astronaut, appropriately named Eggbert. Student teams secure Eggbert to their wooden space vehicle and launch it down the wire to the planet's surface, in other words, the WALL! Their goal is to keep Eggbert from cracking, or worse, ending up

On page B10, from top to bottom: Team Thunderbolt ("Starlight," "Alpha," and "Bomber") from Miss Potts' North Plains Elementary class anticipate the launch of their simulated rocket during "Pop Goes the Fizz."

Team Galaxy ("Mister," "Buffer," "Warthog," and "Neptune") from Miss Kuntz's Dakota Elementary class watch their "Eggbert" space vehicle as it descends towards the planet's surface.

NORTH PLAINS ELEMENTARY PHOTO

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March 1st- 5th

Monday: Favorite Character
 Tuesday: Green Eggs & Ham
 Wednesday: Thing 1 & 2
 Thursday: Grinch Day
 Friday: Cat in the Hat

*Don't forget to vote for your favorite classroom door via Facebook: DakotaElementaryPTA!

MEET YOUR MINOT AFB SCHOOL BOARD



215 2ND ST SE, MINOT, ND 58701
701.857.4400
www.minot.k12.nd.us


BRANDA TANNER

MEMBER


Branda was appointed to the Minot AFB School Board in 2019.

Branda Tanner was born and raised in Great Falls, Montana. She has multiple military ties amongst her family members in various branches. Her husband's military career has currently landed her family here in Minot, North Dakota.


Branda has a degree in Education from Montana State and has been actively involved in the school districts and district programs across the country. Branda and her husband, Sonny have two daughters attending Dakota Elementary on the Minot AFB. Branda currently works as a civilian Government Contractor. She enjoys good food with friends, cozy blankets on the couch, and her German Shepherd, Steve. Branda is an advocate for quality education and excited to nurture her children's learning.




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BRANDA TANNER
MEMBER
406.799.2629

TENANT SATISFACTION SURVEY PARTICIPATION WINNERS

Congratulations to the Sargent, Thompson, Cowley, and Garrett Families! They are our final four winners chosen by CEL Associates for filling out their Tenant Satisfaction Survey! We would like to thank everyone for taking the time to fill out their surveys.

MINOT AFB HOUSING PHOTOS



Dakota Student SURVEY RESULTS

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

See next week for Responses from Grade 4 and Grade 5 Students

- ### Grade 2 Responses
- No homework for the hole week
 - That you have to bring vidio games
 - tell the truth
 - that everyone could get a shout out every time
 - Georg washington
 - more Rises
 - I will make new stuff like hard math
 - I would make no homeowrk
 - no masks at indoor recess
 - to not have a lost and found
 - I would change that moms and dad could bring lunch for kid so they can see their mom and dad
 - There would be three recss
 - I would put no homeowrk
 - Recess for 30 minutes
 - 15 dalers
 - I would put no homeowrk
 - The work becuse its has to change to real 2ndgrade work
 - Recess time minutes to 59 minutes
 - Recess for 39 minutes
 - I would put no homeowrk
 - We do not have to wear mask because I don't like them.
 - the work to 2nd grade work

- ### Grade 3 Responses
- If I became principal I would ask for at least 10 to 20 mins of free choice everyday but Friday, I want the normal 30-40 mins. Pleaseeeeeeee!
 - If I became principal I would let every student early releases each Friday
 - If I became principal I would ask for more free choice every day in school today
 - If I was principal I would let students have more time at home so they dont have to rush
 - If I became principal I would make it to where 3rd, 4th, 5th have extra recess and I would make it where all the children in this schools would have more recess time if they wanted
 - If I became principal I would make student have more toys
 - If I became principal I would give kids more recess
 - If I became principal I would add more play ground equipment.
 - 1 to 10 day weekend bec
 - If I becvame principal I would allow kid to have more toys in school
 - If I became principal today it would have more time to eat because I feel like I am rushed.
 - If I became principal I would let students bring IPads everyday.
 - If I became a principal I would let all the kids have computer time all day on Friday because kids need breaks from learning.
 - If I became principal I would allow a 3/4 day weekend because that way, I have two reasons: 1. More time to have fun. 2. With only 1 day to work, more time to study.
 - If I became principal I would make sure that the librarys wold be bigger and make no more testing and make art longer.
 - If I became principal, I would let any grade (if they want) do cursive when ever they want they just have to ask their teacher to do cursive.
 - If I became principal I would have more lunchtime and movies after novels.
 - If I became principal I would have another recess and more technology and to have more candy.
 - More time for art. Because we need to learn to be go so people can understand our art.
 - 1 to 10 day weekend because it would get us more time to read good
 - To have a ice cream day because its great


- Pets in the school, only for fridays because it would be really cool and you would get to learn with your pet and spend time with them.
 - To let kids have a treat on fridays, also do an activity on mondays or wendays, and do art everyday have extra recess everyday if class deserves it. And do class dojo points. AND OF COURSE HAVE FUN! Thank you for asking my opinion.
 - 5 more minutes of resece
 - 5 mi of recess plz and 4h of school
 - Make the fence outside not so easy to make things over it
 - To have extra recess and to have toys at school
 - I would take away homework. At home is for spending time with your family instead of working on math, ELA, etc. School work is for at school. When I had homework when I was gone a day. I got no time to talk to my mom or play with my dog.
 - If you are home a day. Still have students do homework if they skip a day. If they are on quarantine then no homework. Just online school. Some people have family over for like only a week. And if they have homework they will have no time to hangout with them.
 - School is made for work. Home is for fun and family and friends! I think kids will be happier and get to see their family more often. Instead of just on weekends, breaks, holidays, etc.
 - This is for the principal of "Dakota Elementary school" Blake griffith, 3rd grade, Mr. Delzer. (Hope this happens :))
 - Free choice would be two or three days a week. And for math I would do a little bit more harder and I would tell the teachers to help there students a little more for the hard work. And for recess if most or some kids want a few more minutes of recess I would let them get longer. And if it was to cold for most students at the school I would make an announce ment that if it was to col or you didn't have enough snow gear you could stay indoors read or do indoor recess.
 - For every kid to listen to their techer
 - To have recess for 10 min because we don't have a lot of time
 - More books in the library, toco tuesday, show and tell friday, free choice wednesday and friday



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.

Little Flower Catholic Church
 800 University Avenue West
 838-1520
Mass Schedule
 Saturday 4:30 pm
 Sunday 8:30 & 10:00 am
Fr. Ken Phillips, Pastor
www.littleflowerminot.com

St. Peter The Aleut Eastern Orthodox Church

109 6th St. SE Minot • 838-3094
Saturday, February 27
 5 PM, No Vespers
Sunday, February 28
 10 AM, Congregational Prayer Service


Break Forth BIBLE CHURCH
 Thursdays 7:00pm
 and Sundays 10:30am
1821 W Burdick Expressway
 For More Information:
 701.353.9337 | www.bfbc.tv


An Evangelical Free Church
 3500 4th St. SW • 839-5127
 (Just North of Super Wal-Mart)
 Sunday School & Fellowship 9:00 a.m.
 Worship 10:30 a.m.
www.trinitychurchminot.org


 Worship Service at 10:45am Sundays
 Sunday School at 9:45am
1720 4th Ave NW, Minot
838-0916
MinotBibleFellowship.org


Faith United Methodist Church
5900 Highway 83 N, Minot
www.faithumcminot.com
Pastor Ken Mund
701-838-1540
 Sunday School (All Ages): 9:45 a.m.
 Sunday Coffee Fellowship: 10:30 a.m.
 Worship Services: Sunday 11 a.m.

Minot Baptist Church
 Sending the Glorious Light of Jesus Christ to a Dark and Needy World
 Sunday School 9:45 a.m.
 Morning Worship 11:00 a.m.
 Evening Worship 6:00 p.m.
 Wednesday Evening..... 7:00 p.m.
Independent/Fundamental/KJV
500 46th Ave NE • 839-1351
 Pastor David Miller


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
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


Vincent United Methodist Church
1024 2nd St. SE • 838-4425
Behind Town & Country Shopping Center
open hearts...open minds...open doors!
 Traditional Service 9:00 am
 Contemporary Service 10:30 am
 Kid's Church 10:30 am
Pastor Matt Scherbenske
www.vincentumc.com



St. Mark's Lutheran Church
Missouri Synod
Sunday Worship
9:30 AM
2209 4th Avenue NW
Minot, ND
839-4663
Reverend Philip Beyersdorf
www.minotstmarks.com
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Immanuel Baptist Church
1615 2nd St. SE • Minot • 839-3694
 Sundays:
 Fellowship..... 9:00 am
 Sunday School 9:15 am
 Worship 10:30 am
 Wednesdays:
 Soup Kitchen 11:30 am
 Family Supper 5:30 pm
 Preschool/Kids' Club/ABY ... 6:30 pm
 Adult Bible Study 6:30 pm
Brian T. Skar, Pastor
www.ibcminot.org

Apostolic Faith Church, UPCI
2929 19th Ave NW • Minot
 Located off Hwy 83 Bypass West
(701)838-0609
 Saturday School 2:00 p.m.
 Sunday Worship 3:30 p.m.
 Wednesday Bible Study 7:30 p.m.
Jesse Starr, Pastor

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.
Fr. David A. Richter, Pastor
 Parish website: www.stjohnminot.com


First Lutheran Church - ELCA
 120 5th Ave. NW
 852-4853
 Sunday Worship
 9:30 am
www.firstlutheran.tv
 (Live Stream & Recorded)
 Radio Broadcast KRRZ 1390AM
 Sunday 9:30 am
www.flcminot.com
 Pastor Brandy Gerjets • Pastor Ellery Dykeman


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.

First Assembly of God
1805 2nd St. SE
838-1111
 Morning Worship 8:30 a.m.
 Sunday School 10 a.m.
 Morning Worship 11 a.m.
 Wednesday Family Night..... 6:30 p.m.

First Baptist Church
200 3rd St. SW • 852-4533
www.fbcminot.org
 Classic Worship Service 8:30 a.m.
 Adult Sunday School 9:45 a.m.
 Contemporary Worship Service .. 9:50 a.m.
 Children's Church..... 9:50 a.m.
 Sunday School (All Ages) 11:00 a.m.
 Contemporary Worship Service .. 11:05 a.m.
 Wed. AWANA (Sept. to May) 6:30 p.m.
Rev. Kent Hinkel, Senior Pastor
Rev. Barry Seifert, Associate Pastor
Pastor Sam Kautzmann, Student Ministries
Elaine Carlson, Children's Ministry Director


Cross Roads Baptist
Southern Baptist Convention
 Sunday School (all ages) 9:45 a.m.
 Sunday Worship 11 a.m. & 6:30 p.m.
 Wednesdays (Prayer & Missions) ... 6:30 p.m.
www.minotcrbc.org
 email: minotcrbc@gmail.com
Dr. Bob Farmer- Pastor
415 28th Ave SE (Behind Menards)
838-1873


West Minot Church of God
Family Worship Center
1105 16th St. NW • 839-1407
 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

Chapel Services at MAFB
(North Plains Chapel in Base Housing)
 Sunday Community Service... 1030
(Bldg 214 Second Floor)
 Wednesday Dormitory Service... 1800
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(Northern Lights Chapel across from Rockers)
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 Website: www.orcsknights.org

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for daytime and evening custodial positions cleaning buildings at the Minot Air Force Base. Pay is \$14.49/hour plus health & welfare benefit. Hours Days 8a or 9a-finish typically Monday through Friday, may include weekend work. Nights 5p-finish. Apply in person at: 605 27th St SE, Minot ND 58701 or contact: Matt Mackey By email or phone at mmackey@kalixnd.org 701-852-1014.

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MINOT AFB FIRING RANGE NOTICE

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

BASE ANNOUNCEMENTS

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

Embry-Riddle Aeronautical University is now registering for the Spring 2021 term (22 Mar-23 May). You can enroll in classes for CCAF, classes towards Undergraduate degrees such as: AS/BS Aeronautics, AS/BS Aviation Maintenance, AS/BS Technical Management and Graduate degrees: MS Aeronautics, MBA Aviation 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.

COLUMBIA COLLEGE

ONLINE COURSES - ASYNCHRONOUS

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

VIRTUAL EDUCATION COURSES - SYNCHRONOUS

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

• Early Spring Session (term 20SPRG1)

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

• Late Spring Session (term 20SPRG2)

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

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

PARK UNIVERSITY MINOT -

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

Let's Plan Your Party!

Birthday PARTIES

X-TREME OR OPEN BOWLING

SUPER PARTY

• 2 Hour Party for up to 10 People
• Shoe Rental
• Pop and Ice Cream
\$155+tax
\$12 for each additional person

MEGA PARTY

• 2 Hour Party for up to 10 People
• Shoe Rental
• 2 - 16" Pizzas, Pop and Ice Cream
\$185+tax
\$15 for each additional person

Additional \$10 for X-treme Bowling

ALL PARTIES INCLUDE:
Plates, Cups, Napkins, Utensils, Invitations & Balloons.
Birthday Child will receive a "Happy Birthday" Bowling Pin or a coloring T-Shirt.
You bring the cake and the kids!
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WHAT'S GOING ON MAFB

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 inside the Bomber Bistro
- Mixed Fun League, 1830, Rough Rider Lanes
- Lights & Strikes 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

SUNDAY 28

- Sunday Escapes Book Club, 1330, Minot AFB Library
- Zumba, 1400, Fitness Center

MONDAY 01

- Winter Reading Program: Last Day to Log Hours at the Minot AFB Library
- HIIT Strength and Conditioning, 0545, Fitness Center
- Reintegration Briefing, 1000-1100, A&FRC
- Zumba, 1730, Fitness Center

TUESDAY 02

- Cycle, 0530, Fitness Center
- Career & Certification Exploration Track, 0800-1600, A&FRC
- Moving Out of the Dorms Budget Class, 0900-1030, A&FRC
- Game Day, 1000-1930, Minot AFB Library Facebook Page
- Fit to Fight, 1130, Fitness Center
- Barre, 1800, Fitness Center

WEDNESDAY 03

- HIIT Strength and Conditioning, 0545, Fitness Center
- Career & Certification Exploration Track, 0800-1600, A&FRC
- Pre-Deployment/Remote Readiness Training, 1000-1100, A&FRC
- Story Time, 1030, Minot AFB Storytime Club Facebook Group
- Brown Bag Book Talks, 1200, Minot AFB Library
- First Duty Station Officer Financial Course, 1500-1630, A&FRC
- Boss & Buddy \$1 Off Draft Special, 1630-1830, Rockers Bar & Grill
- Member Wind Down Wednesday Snacks, 1630-1830, Rockers Bar & Grill
- Squadron Extramural League, 1700, Rough Rider Lanes

THURSDAY 04

- Cycle, 0530, Fitness Center
- Pre-Separation Counseling, 0830-1130, A&FRC
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Fit to Fight, 1130, Fitness Center
- Kids' Night, 1530-2030, Bomber Bistro
- Zumba, 1830, Fitness Center
- Cycle, 1930, Fitness Center

FRIDAY 05

- HIIT Strength and Conditioning, 0545, Fitness Center
- Spouses Corner, 0900-1000, A&FRC, In-Person and Zoom Meeting
- Fit to Fight, 1130, Fitness Center
- Teen Day Friday, 1500-2200, Youth Center
- Club Member Benefit, 1700-1900, Rough Rider Lanes
- First Friday, 1700-1900, Rockers Bar & Grill
- Zumba, 1730, Fitness Center
- Club Members \$\$\$ Drawing, 1730-1830, Held at Rockers Bar & Grill, winner also announced at Bomber Bistro
- Mixed Fun League, 1830, Rough Rider Lanes
- Karaoke Night, 2000-1900, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

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!

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
- FCC Pre-Orientation: One-on-One Appointments: Family Child Care – Call to schedule an appointment.
- DELIVERY OPTIONS (Hours subject to change)
Bomber Bistro: Monday-Friday 1630-2030

SATURDAY 06

- Cycle, 0900, Fitness Center
- Rough Rider Lanes Youth Bowling League, 1000, Rough Rider Lanes
- Winter STEAM Challenges, 1000, Minot AFB Library Facebook Page
- Designer Bag Bingo, 1600-1900, Rockers Bar & Grill
- UFC 259: Blachowicz vs Adesanya, doors open at 1900, main event begins at 2100, Rockers Bar & Grill
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

MARCH SPECIALS

Bomber Bistro • Taco Tuesday Bowl
Seasoned ground beef, tomato, onion, lettuce, jalapenos, and shredded cheddar cheese over white rice served with salsa and sour cream. Only \$9.25, drink included!

The B-Fifty Brew • Frittata
Add some variety to your day and dig in with a medley of eggs, parmesan cheese, onion, garlic, spinach, and swiss cheese for only \$4!

Rockers Bar & Grill • Sandwich of the Month – Turkey Bacon Ranch on a Pretzel Bun
Layers of warm smoked turkey, crispy bacon, melted swiss cheese, and ranch on a toasted pretzel bun with lettuce and tomato! Served with fries for only \$9.75!


QUALITY HEALTHCARE FOR ALL

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