

# northern sentry

FREE | WWW.NORTHERNSENTRY.COM | VOL. 60 • ISSUE 01 | MINOT AIR FORCE BASE | FRIDAY, JANUARY 7, 2022

## WHATS INSIDE THIS WEEK:



SECAF  
HOLIDAY  
VISIT TO  
MINOT  
AFB

A2



AFGSC  
SELECTS  
WARBIRD  
AIRMAN  
FOR  
PRESTIGIOUS  
SLECP-A

A3



MISS BEKA  
SUE KNOWS  
BOURBON

B1

## LOAD CREW COMPETITION 2021



At the latest quarterly load crew competition between the 23rd BS and the 69th BS, Team Minot aircraft armament load crews competed to see who could arm a B52 the fastest and with the most accuracy. Both crews put on a stellar showing but in the end, the Baron 2 crew barely edged out the Knight Hawk 2 crew 1119 to 1091 to take home the trophy. The close competition just goes to show only the best come north. See page A5 for more coverage.

U.S. AIR FORCE PHOTO | MINOT AFB PA



# WE'LL BUY YOU DINNER!

ENTER  
WEEKLY!

No Limit, Enter  
As Many Times  
As You Wish!

DETAILS ON PAGE A7



## HOME OF THE GLOBAL STRIKER

Only The **BEST** Come North!

[WWW.MINOT.AF.MIL](http://WWW.MINOT.AF.MIL)

CONTACT MINOT AFB PUBLIC AFFAIRS  
701.723.6212 • [V35BW.PA@US.AF.MIL](mailto:V35BW.PA@US.AF.MIL)

Minot AFB Videos



Find us on   
Minot Air Force Base



# SecAF Holiday Visit to Minot AFB



Secretary of the Air Force Frank Kendall recognizes Senior Airman Austin Nelson, 891st Security Forces Squadron, for his services to the 91st Missile Wing at Minot Air Force Base, N.D., Dec. 23, 2021. Kendall recognized several Airmen for their dedication to the strategic mission during his holiday visit to Minot Air Force Base.



Secretary of the Air Force Frank Kendall and Col. Christopher Menuey, Commander of the 91st Missile Wing, tour the Launch Control Center at a Missile Alert Facility at Minot Air Force Base, N.D., Dec. 23, 2021. Secretary Kendall was briefed on the Launch Control Center's defensive capabilities by members of the 742nd Missile Squadron.



Secretary of the Air Force Frank Kendall meets with 1st Lt. Kate Mainland, 742nd Missile Squadron crew commander at the Launch Control Center of Missile Alert Facility Oscar 1 at Minot Air Force Base, N.D., Dec. 23, 2021. Mainland discussed several of the responsibilities involved in being a Missile Operator to Secretary Kendall during his tour of the LCC.



Secretary of the Air Force Frank Kendall and North Dakota Senators Kevin Cramer and John Hoeven meet with the Airmen of the 54th Helicopter Squadron during their visit to Minot Air Force Base, N.D., Dec. 23, 2021. The Secretary and Senators visited during the holidays to show their appreciation to the Airmen of Team Minot.



Secretary of the Air Force Frank Kendall talks with members of the 91st Missile Wing Security Forces during their presentation at the Missile Alert Facility at Minot Air Force Base, N.D., Dec. 23, 2021. Secretary Kendall expressed his gratitude to the Defenders for their dedication and service during the holidays.




Secretary of the Air Force Frank Kendall, North Dakota Senator Kevin Cramer (left) and North Dakota Senator John Hoeven (right) during their holiday visit to Minot Air Force Base, N.D., Dec. 23, 2021. The Secretary and Senators met with members of Team Minot during the holidays to thank the men and women of the 5th Bomb Wing and 91st Missile Wing for maintaining our strategic defense posture every day of the year.



Secretary of the Air Force Frank Kendall and North Dakota Senators Kevin Cramer and John Hoeven receive an informational brief about the 91st Missile Wing's missile field operations before touring a Missile Alert Facility at Minot Air Force Base, N.D., Dec. 23, 2021. The Secretary and Senators were given a tour of the Missile Alert Facility during their holiday visit to Minot Air Force Base.

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



**JEEP WAGONEER III 4X4 GIVEAWAY**


QUALIFY: JAN 1 - MAR 17  
DRAWING: MARCH 18

**TAILGATE PARTY WITH VIKINGS LEGEND CHUCK FOREMAN**

Speech, Autographs and Photos  
2pm-5pm

\*Minimum \$20 wager to get into the Tailgate party.

**Win a \$12K man cave for more sports action!**



**LeAnn Rimes**

JANUARY 15, 2022  
TICKETS ON SALE NOW!

**4 BEARS SPORTSBOOK**

North Dakota's first ever sports book!

Place your sports book bets on all the great NFL, NBA and NHL action this season.

**LUCKY START \$15K DRAWING**

Top prize of \$2,022

Join us on January 8 and 22 for your chance to win your share of \$15,000 each Saturday, with a grand prize of \$2,022!

Guests entering the casino and lodge are not required to wear a mask, but we highly encourage wearing one.

**4 BEARS CASINO & LODGE**  
4 MILES WEST OF NEW TOWN

4bearscasino.com  
800.294.5454

**NEW HOURS**

CASINO MON-TUES 5 PM-1 AM; WED-THUR 11 AM-1 AM; FRI 11 AM-4 AM; SAT 8 AM-4 AM; SUN 8 AM-2 AM  
BAR 12 PM-1:30 AM FRI/SAT AND 12 PM-12:30 AM WED/THUR/SUN

When gambling is no longer a fun hobby, but an addiction, know there is help. Call the 2-1-1 Hotline today for help and guidance. 4 Bears Casino & Lodge cares about you and wants you to know that help is available.



- Bait & Tackle
- Green Mountain Grills
- Toro Mowers
- T & E Tools







**Tool Surplus Center**

Best prices on tools in the state!

**Full-Time Outdoor Power Equipment Mechanic On-Site!**

Small equipment in need of repair?

**Call us!**

**Check 'em Out!!**



**YAMAHA**  
Golf Cars



**Hwy 83**

Lawn, Leisure & Tools

**1619 HWY 83 NW, GARRISON, ND**

Intersection of Hwy 83 & Hwy 37

**701.337.2500**

HOURS: Mon - Fri: 5:30 a.m. - 5:00 p.m.  
Saturday: 5:30 a.m. - Noon



# AFGSC selects Warbird Airman for prestigious SLECP-A

SENIOR AIRMAN JOSH W. STRICKLAND, MINOT AIR FORCE BASE PUBLIC AFFAIRS

On December 30, 2021, an enlisted Warbird Airman from the 5th Communications Squadron at Minot Air Force Base, North Dakota was chosen for a prestigious opportunity to join the ranks of the Air Force's commissioned officers.

Staff Sergeant Theodore Banta, a 5th CS NCO in charge of the Mission Defense Team, received a call under the guise of a "Way Ahead" brief from Gen. Anthony Cotton, commander of Air Force Global Strike Command, to congratulate him on his selection to the Senior Leader Enlisted Commissioning Program.

"I'm truly honored and humbled that I was a selectee," said Banta on the phone to CMSGT Melvina Smith, AFGSC command chief. "I know there are a lot of great applicants out there. I don't think anyone can do these kind of things by themselves. I have a great support structure, I have some of the best Airmen I can ask for and more mentors than I probably should have. They help me to grow and continue to grow into the best person I can be."

The SLECP is a commissioning program that empowers members of senior leadership to handpick enlisted members for commissioning through Officer Training School. Enlisted members who are

picked demonstrate exceptional leadership talent and are incredibly talented in their area of specialties.

"SSgt Banta has been a tremendous leader and member of the 5th Communications Squadron," said Lt. Col. Macey Bozarth, 5 CS commander. "Congratulations to him on his SLECP-A selection! We wish him best of luck as he goes on to be an officer in the USAF."

The SLECP holds no board or application for selection, however during each cycle of selection the competition is extremely stiff with only one Airman being selected from each U.S. Air Force major command. SSgt Banta, among the thousands of enlisted Airmen from over the multiple AFGSC bases, was the only one selected for the SLECP.

"I look forward to seeing you as a second lieutenant and [I'm] looking forward to working with you in the future," said Cotton. "It's a late Christmas present and hopefully a great New Year's present, congratulations."

The noticeable difference between the two paths within the SLECP is while on SLECP-A, an enlisted member will pursue achieving their degree full time while remaining on active duty status; and while on SLECP-O,

the Airmen already possess their bachelor's degree enabling them to directly enter OTS. SSgt Banta was selected for the SLECP-A program, he will be pursuing his bachelors and will be finishing in less than a year.

"He has his ducks in a row and regardless of whether he's a staff sergeant Banta, lieutenant Banta, lieutenant colonel Banta or general Banta. I think he's got a great head on his shoulders and I think he's going to lead well as a commissioned officer in our Air Force," said Col. Michael Walters, 5th Bomb Wing Commander, to Cotton on the phone.



Staff Sgt. Theodore Banta, NCO in charge of the 5 Communication Squadron Mission Defense Team, poses for an official photo on November 13, 2018, at Minot Air Force Base North Dakota. The SLECP is a commissioning program that empowers members of senior leadership to handpick enlisted members for commissioning through Officer Training School.

U.S. AIR FORCE PHOTO  
SENIOR AIRMAN JOSH W. STRICKLAND



Gen. Anthony Cotton, commander of Air Force Global Strike Command, surprises Staff Sgt. Theodore Banta, NCO in charge of the 5 Communications Squadron Mission Defense Team, with being selected for the Senior Leader Enlisted Commissioning Program (SLECP) on December 30, 2021 at Minot Air Force Base, North Dakota. The SLECP is a commissioning program that empowers members of senior leadership to handpick enlisted members for commissioning through Officer Training School.



Staff Sgt. Theodore Banta, NCO in charge of the 5 Communication Squadron Mission Defense Team, gets informed that he is selected for the Senior Leader Enlisted Commissioning Program (SLECP) by Gen. Anthony Cotton, commander of Air Force Global Strike Command, on December 30, 2021, at Minot Air Force Base North Dakota. The SLECP is a commissioning program that empowers members of senior leadership to handpick enlisted members for commissioning through Officer Training School.



Gen. Anthony Cotton, commander of Air Force Global Strike Command, informs Staff Sgt. Theodore Banta, NCO in charge of the 5 Communications Squadron Mission Defense Team, that he is selected for the Senior Leader Enlisted Commissioning Program (SLECP) on December 30, 2021 at Minot Air Force Base North Dakota. The SLECP holds no board or application for selection, however during each cycle of selection the competition is extremely stiff with only one being selected from each U.S. Air Force major command.

U.S. AIR FORCE PHOTOS BY AIRMAN 1ST CLASS EVAN J. LICHTENHAN

## CONTACTUS

Ted Bolton

Publisher | Advertising  
bagroup@srt.com

Rod Wilson

Business Development | Marketing  
sentralsales@srt.com

Abigail Kinder

Reporter/Creative Services  
nsabby@srt.com

## GRAPHIC DESIGN BY

Nikki Greening

nsads@srt.com or  
nsgraphics@srt.com

## MINOT AIR FORCE BASE

PUBLIC AFFAIRS

Chief

Maj. Chris Mesnard

Public Affairs Officer

1st Lt. Ryan Walsh

1st Lt. Christopher Thibeaux-Moore

Superintendent

Master Sgt. Jon Foster

Community Relations

Mr. George F. Gutierrez

## Staff Photojournalists

Technical Sgt. Crystal Cheriére

Technical Sgt. Benjamin Smith

Senior Airman Dillon Audit

Senior Airman Josh Strickland

Senior Airman Michael Richmond

Senior Airman Jesse Jenny

Senior Airman Caleb Kimmell

Airman 1st Class Evan Lichtenhan

Airman 1st Class Zachary Wright

Airman 1st Class Saomy Sabournin

De Los Santos

Airman 1st Class Allison K. Martin

## COMMANDERS

5th Bomb Wing Commander:

Col. Michael O. Walters

5th Bomb Wing Vice Commander:

Col. Michael D. Maginness

91st Missile Wing Commander:

Col. Christopher E. Menuey

91st Missile Wing Vice Commander:

Col. Johnny L. Galbert

## NEWS SUBMISSIONS

Northern Sentry Office

nsads@srt.com | 701.839.0946

## MAFB Public Affairs Office

v35bw.pa@us.af.mil

701.723.6212

## MAIL

315 South Main Street, Suite 202

Minot, ND 58701

## VIEW ONLINE

www.northernsentry.com

www.minot.af.mil

## FIND US ON FACEBOOK

Minot Air Force Base - Northern Sentry. The Northern Sentry is published by BAG, LLC., a private firm operating independently of the U.S. Air Force. Contents of the Northern Sentry are not necessarily the official views of, or endorsed by, the U.S. government, the Department of Defense or the Department of the Air Force. The official news source for Minot Air Force Base is [www.minot.af.mil](http://www.minot.af.mil). The appearance of advertising in this publication, including inserts or supplements, doesn't constitute endorsements by the DoD, the Department of the Air Force or BAG LLC., of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchasers, users or patrons. We welcome your stories and photos of interest to the readership of the Northern Sentry. Minot Air Force Base Public Affairs reserves the right to not authorize publication. The Northern Sentry deadline for submission of materials is at noon the Tuesday before publication date.

Full Service Salon

- cuts
- colors
- highlights
- pedicures
- manicures
- facials
- perms

**B&D**

**Berni's**  
Hair Designers, Inc.

• Melisa Ellison •

**701-240-1385**

Located on North Hill  
2001 3rd St NW • Minot

HOURS: Mon. Tues. Thurs. 8:30-8:30 • Wed. Fri. 8:30-6:00 • Sat. 8:30-3:00

**Vintage City**

Minot's Hotspot for all things  
Antique, Vintage, & Repurposed!  
**2100 SQ. FT.**

Open Thursday,  
Friday & Saturday  
**JAN 6-7-8**  
10AM-5PM

Buying and Selling everything  
antique, vintage and retro!

701.720.0215 or 701.720.4494  
**2001 8th Ave. SE Minot**

FIND US ON FACEBOOK



# So...This is Your First Winter

**northern  
sentry**

A VIEW FROM OUR SIDE  
ROD WILSON, NORTHERN SENTRY



A few days back there was a Facebook conversation between two native North Dakotans. Neither was very happy with the -22 temperatures that blanketed the area for over a week. In the end, they both agreed that even with the cold they would never live anywhere else. One statement went something like this, "I hate the weather. I have always hated winter. But there is no other place that I would live." Seems like an oxymoron statement, and perhaps it is. None of us native North Dakotans appreciate temperatures in the double digits below zero. As many of you have probably found out, things just don't work the same when it is that cold. Cars don't start, batteries die from the intense cold. Your car seats, if you don't have seat warmers, are like sitting on a brick.

And yet through all of the adversity of snow and cold, we are expected to maintain "the norm" as my Dad used to say.

About a year ago the Minot Air Force Base was brought to the forefront for sending a B-52 to the Super Bowl for a pre-game flyover. What brought that memory to mind is that last week when the temperature on my pickup was -20, I noticed a B-52 on a take-off. And then later on in the week there was a Facebook post about going for a walk when the temperature got above zero.

To me, that really tells the story. At Minot Air Force Base they, too, are expected to maintain "the norm", no matter what the weather. And pretty soon you come to appreciate all of the little things, like temperatures above zero.

## IT PAYS TO PICK UP YOUR NORTHERN SENTRY

# GOLDEN

**DID YOU  
KNOW...**  
THE NEWSPAPERS  
DELIVERED  
TO BASE HOUSING  
COULD HAVE A  
"GOLDEN TICKET"  
INSIDE WORTH  
\$45 OR MORE?



# TICKET

**OVER \$7000 WORTH OF GOLDEN TICKETS  
HAVE BEEN DISTRIBUTED ON MINOT AFB  
IN THE LAST 6 MONTHS.**

**northern**sentry

KEEP READING, YOU COULD BE OUR NEXT WINNER!

**UNDER NEW  
MANAGEMENT**

**100% VETERAN  
OWNED**

**WE PROVIDE BERRY COMPLIANT  
-TAA COMPLIANT-USA MADE**

**203 72ND AVE NE, HWY 83N MINOT, ND 58703**

Email: [mary@dakotaouterwear.com](mailto:mary@dakotaouterwear.com)

Phone: 800-252-8455 or 701-839-8455 | Fax: 701-852-1996

- OCP RAINSUITS
- 2452 SOCKS
- LEATHER FLIGHT JACKET
- OCP APECS JACKET
- WAFFLE THERMALS 499 TAN

- 499 T-SHIRTS
- MIDWEIGHT 499 THERMALS
- DEPLOYMENT GEAR
- LEVEL 7
- HATS

- OCP COVERALLS
- OCP BIBS
- OCP PARKAS
- FLEECE
- UNDERWEAR

- APECS
- OCP PONCHOS
- UNDER ARMOUR
- MORALE SHIRTS
- OAKLEY

- GEN III LVL 3 FLEECE
- BOOTS
- GLOVES
- SOCKS





### LOAD CREW COMPETITION 2021

At the latest quarterly load crew competition between the 23rd BS and the 69th BS, Team Minot aircraft armament load crews competed to see who could arm a B52 the fastest and with the most accuracy. Both crews put on a stellar showing but in the end, the Baron 2 crew barely edged out the Knight Hawk 2 crew 1119 to 1091 to take home the trophy. The close competition just goes to show only the best come north.

U.S. AIR FORCE PHOTO | MINOT AFB PA

## A LOOK BACK THIS WEEK IN USAF HISTORY

**B-52 STRATOFORTRESS FROM MINOT AFB PERFORMS  
RECORD-BREAKING OPERATION "PERSIAN RUG"**  
JANUARY 11, 1962

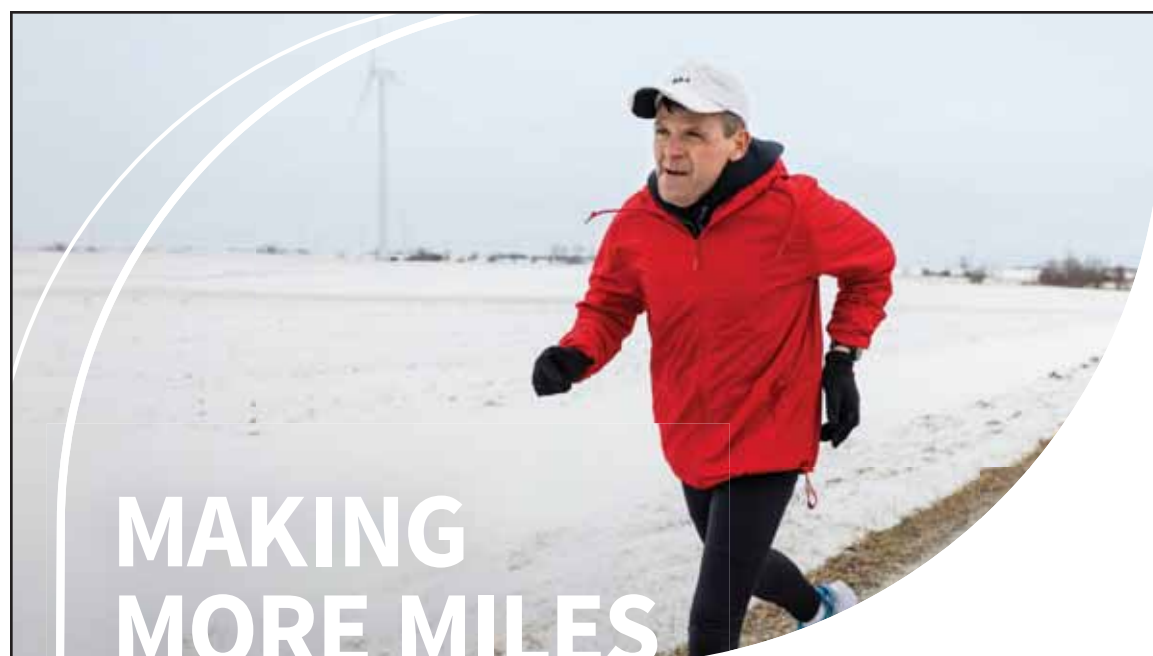


Col. Clyde P. Evelyn with the crew of the record-setting B-52 from Minot AFB, ND. (USAF Photo)

On January 11, 1962, an eight man crew from Minot Air Force Base's 4136th Strategic Wing flew a record-breaking flight from Kadena Airbase, Japan to Torrejon Air Base, Spain. The flight, which was nicknamed Operation Persian Rug, broke several non-stop distance and speed records, some of which are still active. The B-52H Stratofortress and crew completed a nearly 22 hour non-refueled flight that spanned about 12,500 miles across the globe.

It traveled at approximately 604 miles per hour. This historic flight, which took place nearly a year after the B-52 Model H was first unveiled, demonstrated the continual power and mission-ready capabilities of the bomber. The crew received awards for their accomplishment and were invited to Washington D.C. to be personally congratulated by President John F. Kennedy.

Information courtesy of: Minot, North Dakota and Area History by Bruce Anderson / [thisdayinaviation.com](http://thisdayinaviation.com/) / [defencetalk.com](http://defencetalk.com)



# MAKING MORE MILES POSSIBLE.

### The power of state-of-the-art heart care.

At Trinity Health, we're raising the bar to heal more hearts across North Dakota. Our team of heart specialists is leading the way helping people recover faster with the latest minimally invasive surgical options. From advanced diagnostics to innovative treatments, we're dedicated to delivering everything you need to experience your best outcome.

Learn more or find a physician at [trinityhealth.org/heart](http://trinityhealth.org/heart).



**TRINITY  
HEALTH**



**MAYO CLINIC  
CARE NETWORK**  
Member

MINOT, ND

**CELEBRATE LIFE**  
SERVING YOU SINCE 1926

304 S MAIN ST  
MINOT, ND

**THOMAS  
FAMILY  
FUNERAL HOME**

CALL  
701-838-2832

[WWW.THOMASFAMILYFUNERALHOME.COM](http://WWW.THOMASFAMILYFUNERALHOME.COM)



# Discover the Magic of iMagicon

## Cast from Star Trek Discovery TV-series to visit North Dakota

IMAGICON

MINOT – Comic and gaming convention iMagicon returns for its 8th year with some big names guests in tow. The convention will be held April 29-May 1, 2022, at the Minot Municipal Auditorium and will be hosting 4 cast members from the CBS hit-series “Star Trek Discovery”.

The fandom convention announced, December 29, 2021 that special guests Doug Jones, Janet Kidder, Hannah Cheesman and Ronnie Rowe Jr will be featured guests and panelists at the 2022 year’s event.

“To say we are excited for these guests is an understatement,” said Leann Mellum, one of iMagicon’s event directors. “These guests were originally booked in 2020, but Covid restrictions put a halt to those plans. Restrictions lingered through 2021 and finally, two years later, it is going to happen.”

“This is a major milestone toward a bold new horizon for the con,” event director Nicole Reifel add. “The convention continues to grow bigger each year, and this year, we had to officially move iMagicon’s night activities to the Grand Hotel.”

### SPECIAL GUESTS

This year’s special guests have decades of experience in the pop culture industry.

Currently known as Saru on CBS’ “Star Trek Discovery”, Doug Jones has been acting for more than 30 years across television and film. From roles such as Silver Surfer in “Fantastic Four” to Abe Sapien in “Hellboy” to a clown in “Batman Returns”, Jones has played a vast variety of characters throughout his career. Most notably, Jones can be seen in the Oscar-winning films, “The Shape of Water” and “Pan’s Labyrinth”. During Halloween, most fans may recognize him as Billy Butcherson from the hit movie “Hocus Pocus” and the highly anticipated sequel, “Hocus Pocus 2” (Initial release: 2022).

Janet Kidder has a 30-year career under her belt with appearances on stage across Canada and the UK, and numerous TV and film credits to her name. Fans will recognize her as Osyraa in CBS’s “Star Trek Discovery”, along with her film roles in “Bride of Chucky”, “La Femme Nikita”, “The Big Heist” and tv-series “Continuum”, and “Arrow”. Kidder also made

appearances on “Supernatural” and “The X-Files”.

Hannah Cheesman -- a CSA-nominated filmmaker, writer, and actor, Cheesman is an emerging film director with several short and featured films under her belt. In 2020, her short film “Succor” premiered at the 2020 Toronto International Film Festival. She has won several awards for her web series “Whatever, Linda”. Cheesman played Commander Airiam on CBS’ Star Trek Discovery Season 2. Cheesman also is in development on her forthcoming 30-minute cable dark comedy, Badger.

Beginning acting all the way back in school, landing the roll of Will in “The Fresh Prince of Bel Air” in high school, Ronnie Rowe Jr has always loved to act. Professionally acting since 2003, he has appeared in numerous roles from “Bullet for Adolf” to “Black Cop” to Lieutenant Commander R.A. Bryce in CBS’ “Star Trek Discovery”.

### A CONVENTION FOR ALL FANDOMS

The convention celebrates all fandoms from video gaming, tabletop gaming, cosplay, anime and more. Cosplay Contests are one of the most attended events at iMagicon with fans competing for the ultimate title of iMagicon Cosplayer of the Year, which includes a prize package and a large cash prize. Those wanting to compete in the handmade cosplay contest, must preregister in advance through iMagicon’s website.

While cosplay may be one of the main features of the event, gaming is a close competition in popularity. Last year, iMagicon’s gaming was conducted by Hebi Studios, an independent gaming company out of San Antonio, TX. Fans should expect to see the return of Smash tournaments and more.

iMagicon also are planning on the return of other fan favorite events such as Draw Offs Competitions, LARPing (live action role playing) and Escape Rooms. Vendors from all over the Midwest are set to attend, giving the convention a unique shopping experience for fans.

“iMagicon is more than a place. It is a state of being,” said Jared Adams, event director. “Here you can be whatever you want, you can do just about anything.

If you can imagine it and have dreamed of it in the universe of nerd, iMagicon is the place for you.”

### SAFETY PROTOCOLS

Attendees can expect to see a return of mandatory temperature checks at the door and possible mask wearing at the event, or just at individual booths - including special guests.

“Similar to last year, special guests reserve the right to require masks when approaching their booths, during panel sessions and even in photo sessions; depending on the situation we may find ourselves in when April rolls around,” said Mellum. “We completely respect these guest’s comfort levels and will work with them on a decision as that time nears.”

“The special guests just wanted to be upfront in advance, so attendees know what may be expected of them,” Mellum continued.

These safety protocols have become a common practice as comic cons throughout the nation try to rebound and host events.

### MORE INFORMATION

#### VOLUNTEER:

iMagicon is seeking volunteers to help make the event happen. To learn more, visit <https://imagiconnnd.com/volunteer/>

#### HOTELS:

The Hampton Inn & Suites (Minot) and The Grand Hotel (Minot) are hosting iMagicon attendees this year with special room blocks set aside for fans.

#### TICKETS:

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

iMagicon is made possible through the support of sponsors like KMOT, Hampton Inn & Suites, The Grand Hotel, SRT Communication, Northern Sentry, Hometown Radio Group, Papa Johns (Minot), Dakota Outdoor Advertising.



Janet Kidder



Hannah Cheesman



Ronnie Rowe Jr.



Doug Jones

# iMAGICON

2 Winners Every Week!

## WE'LL BUY YOU DINNER!

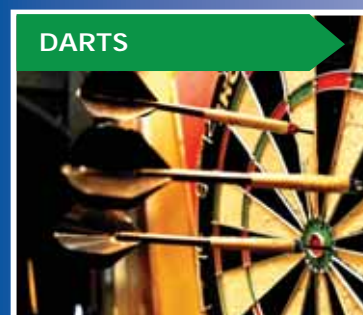
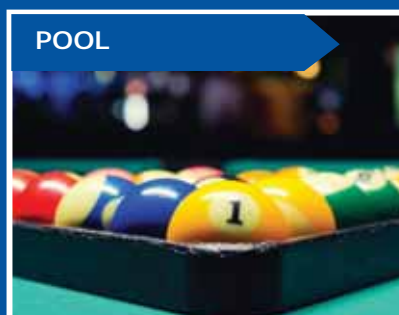
1. Take a selfie photo showing this ad!
2. Like Badlands Restaurant & Bar on Facebook!
3. Send a message to the Badlands Facebook inbox.
4. In the message, provide your e-mail information and make sure to attach your selfie/photo.

No Limit, Enter As Many Times As You Wish!

\$25.00 Gift Certificate From

Badlands Restaurant & Bar

By participating in the above contest, you give Badlands Restaurant & Bar and co-marketing partners permission to use your photo submission to announce you as a winner! Badlands Restaurant & Bar will not share your email information.



MONDAY - THURSDAY:  
11AM - 1AM  
FRIDAY - SATURDAY:  
11AM - 2AM  
SUNDAY: CLOSED

6 2ND STREET NE, MINOT  
701-852-7768  
(SPOT)



# CSAF Spouse announces Five & Thrive initiative

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

WASHINGTON (AFNS) --

The spouse of the Chief of Staff of the Air Force, Sharene Brown, has announced a Five & Thrive initiative, which increases focus and attention on the top five quality of life challenges military families face.

The challenges – childcare, education, healthcare, housing and spouse employment – are directly tied to military family readiness, resilience, and retention of the force. These five areas were selected based on feedback from military families and surveys conducted by Blue Star Families, Military OneSource, the Military Family Advisory Network, and other organizations.

Five & Thrive was developed by Brown with her Thrive Team, a diverse group of spouses. Her platform aims to encourage, support and build thriving military families by tackling these challenges and enhancing preventative measures through partnerships and sharing of best practices.

“My goal is to ensure these five specific areas are highlighted and any challenges under them are met with purpose and resolve, to include the unique challenges to our Exceptional Family Members Program families,” Brown said.

Brown meets with families and service members during base visits to collect experiences, best practices and recommendations. Her goal is to share this information with senior leaders to address these challenges, promote community partnerships, and ultimately improve quality of life for military families.

With support of the Thrive Team, Brown publishes a monthly CSAF Spouse Situation Report, which helps to communicate and share information with military spouses. The SITREP will focus on identifying the latest actions, policy changes, and available resources made at the headquarters level to bring awareness to our military families.

“These actions and policies taking place at the highest levels are not always readily communicated to our spouses

and families,” Brown said. “Sharing this information directly to our spouses is vital to their continued support. Military spouses are essential to the success and strength of our force and should be included in those quality-of-life discussions.”

Brown, in conjunction with the Thrive Team, collaborates to support her Five & Thrive platform, as well as other initiatives that are for spouses and led by spouses.

This team produced an educational and inspirational guidebook for today’s military spouse. This guidebook consolidates essential information and resources into one easy-to-use tool and is currently available on the AF.mil website and the AF Connect App. The guidebook is divided into three sections:

1. “In This Together” – This section highlights pertinent information on Airman and Family Readiness, the Key Spouses Program, Military OneSource, the Spouses clubs, and resiliency resources.

2. “Five & Thrive” – This section explains the services and support options available to members and their families under each pillar of the Five & Thrive initiative as described below:

Childcare – on and off-base daycare options, before and

after-school care, child care subsidies and youth programs

Education – K-12 education, Military Interstate Compact Commission, spouse education, spouse career advancement and Post-9/11 GI Bill

Healthcare – TRICARE, dental, pharmacy, vision, patient advocates, Exceptional Family Members Program, mental health and Family Advocacy Program

Housing – base housing, off-base housing, household goods, storage and move planning

Spouse employment – Airman and Family Readiness Center programs, hiring assistance programs, re-licensure/recertification, USAJOBS, career development and entrepreneurial exploration

An extra section explains additional resources outside of these pillars such as Airman’s Attic, base exchange, library, commissary, fitness center, legal assistance and sexual assault response coordinator.

3. “Military Life” – This section focuses on military organization, rank structure, pay and benefits, acronyms and security issues. Spouse testimonials share personal insight, knowledge, and experience to bring awareness to spouse situations.

For up-to-date information on these initiatives, follow Brown’s Facebook page.



U.S. AIR FORCE GRAPHIC

## STORYTIME

and activity with Miss Kristi  
Tuesday and Friday 11 am

### MILITARY ID DISCOUNT!

10% Off Everything, Every Day!  
WITH A MILITARY ID

TRADE YOUR LIKE-NEW USED BOOKS FOR STORE CREDIT - DETAILS ONLINE AND IN-STORE!

OPEN: Monday - Saturday: 10am - 6pm • Sunday: 12n - 4pm  
8 Main St S • Downtown Minot • 839-4050 • [www.mainstreetbooksminot.com](http://www.mainstreetbooksminot.com) • [mainstreetbooks@srt.com](mailto:mainstreetbooks@srt.com)

## TOGETHER, WE IMPROVE QUALITY OF LIFE

Same day appointments available.

1201 11th Avenue SW, Minot, ND  
Phone 701.858.6700, 800.841.7321  
Hours: Monday-Friday 8 a.m.-5 p.m.  
[cfmminot.UND.edu](http://cfmminot.UND.edu)

Center for Family Medicine  
 SCHOOL OF MEDICINE & HEALTH SCIENCES  
UNIVERSITY OF NORTH DAKOTA

## Local Cravings Restaurant Guide

### Applebee's Grill & Bar

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

### Bone's BBQ Smokehouse & Grill

1412 2nd Ave SW, Minot, ND 58701  
Phone: 701.838.9140  
[www.bonesbbqminot.com](http://www.bonesbbqminot.com)

### Badlands Restaurant & Bar

1400 31st Ave SW, Minot, ND 58701  
Phone: 701.852.7335  
[www.blgrill.com](http://www.blgrill.com)

### 28 Tastes & Taps

1603 35th Ave SW Minot, ND 58701  
Phone: 701.838.2828  
[www.facebook.com/28tastes](http://www.facebook.com/28tastes)

### Mi Mexico

301 40th Ave SW Minot, ND 58701  
Phone: 701.858.0777  
[www.mimexico.minotnd.com](http://www.mimexico.minotnd.com)

### Pink's Bar & Grill

102 128th Ave NW Minot, ND 58703  
Phone: 701.852.2385  
[www.facebook.com/PinksBarGrill](http://www.facebook.com/PinksBarGrill)

### Culver's Restaurant

3000 S Broadway, Minot, ND 58701  
Phone: 701.852.4800  
[www.culvers.com](http://www.culvers.com)

### Prairie Sky Breads

3 1st St. SE, Minot, ND 58701  
Phone: 701.858.0612  
[www.prairieskybreads.com](http://www.prairieskybreads.com)

### Ironhorse Kitchen + Bar

21 E Central Avenue, Minot, ND 58701  
Phone: 701.852.8183  
FB: Ironhorse Kitchen + Bar Minot

### The Starving Rooster

30 1st St. NE, Minot, ND 58703  
Phone: 701.838.3030  
[www.starvingrooster.com](http://www.starvingrooster.com)

### Primo Restaurant

1505 N Broadway, Minot, ND 58703  
Phone: 701.838.7746  
[www.primominot.com](http://www.primominot.com)

### Souris River Brewing

32 3rd St NE Minot, ND,  
Phone: 701.837.1884  
[www.sourisriverbrewing.com](http://www.sourisriverbrewing.com)

## STARTS FRIDAY

### NO TIME TO DIE

(2021) Daniel Craig "Bond"  
Action, Adventure, Thriller (PG-13)

### HELD OVER

### RON'S GONE WRONG

(2021) Animation, Adventure, Comedy (PG)

### VENOM 2

### LET THERE BE CARNAGE

(2021) Action, Adventure, Sci-Fi (PG-13)

RENT THE THEATER FOR EVENTS  
CHECK OUR WEBSITE FOR MORE INFO

FOR SHOWTIMES  
[WWW.OAKPARKTHEATER.NET](http://WWW.OAKPARKTHEATER.NET)  
1500 4TH AVE NW, MINOT, ND

## CPM

creative property management Inc.

## MOVE-IN READY UNITS!

### STUDIO AND 1 BEDROOM APARTMENTS

STARTING AS LOW AS \$325 A MONTH!

SCHEDULE YOUR SHOWING TODAY!

701-852-5028  
[WWW.CREATIVEMINOT.COM](http://WWW.CREATIVEMINOT.COM)





MASTER SERGEANT  
JONATHAN CALO



**JOB DESCRIPTION**

Calo is NCOIC of the Counter Unmanned Aircraft System (UAS) Program and Program Manager for the UAS Flying Program.

**IMPACT**

Without the Counter UAS Program, detecting, identifying, and taking down hostile drones would not be possible.

"THEY'RE GREAT TECHNOLOGY FOR THE MILITARY AND THEY ARE ALSO JUST FUN TO FLY. ALSO REALIZE THAT THERE ARE RESTRICTIONS TO IT. THE ENTIRE BASE AND 5 MILES AROUND BASE IS RESTRICTED AIR SPACE, WHERE YOU NEED FAA APPROVAL. FLYING (DRONES) ON OR AROUND BASE IS LIMITED TO THOSE WHO HAVE APPROVAL FROM THE BASE COMMANDER."

SkinnyWeek provides the tools for sustainable weight management.  
[skinnyweek.com](http://skinnyweek.com)



**Military Special!**  
Get 50% off your first month  
after you attend two meetings!

# Jerome's

## COLLISION CENTER



## Your Collision Experts

### What We Do



Vehicle Collision Repair



Boat & Fiberglass Repair



Semi-Tractor Body Work



RV Body Repair



Vehicle Detailing



Nationwide Lifetime Warranty

**Don't Settle for Less,  
Choose Jerome's**

(701) 852-5126 | (800) 761-1160

Fax: (701) 839-4488

2705 North Broadway, Minot, ND 58703

Connect with us!

[jeromescollision.com](http://jeromescollision.com)





Rebekah Neeley tasting from barrels in the rickhouse.

# Miss Beka Sue Knows Bourbon

## Minot Native Makes Kentucky Her Home

ROD WILSON, NORTHERN SENTRY

Rebekah Sue, aka Beka, Bolton was raised in Minot, graduating from Our Redeemers High School in 2006. Her Mom, Margie, owns Margie's Art Glass studio in downtown Minot, and her Dad, Ted, is a marketing representative with the Farm & Ranch Guide; and more recently purchased the Northern Sentry and Velva Area Voice newspapers. Nothing in her early life had any connection to bourbon, and her geographical location in Minot, North Dakota was not exactly in the heart of the bourbon distilling regions of the US. So how does a girl from the magic city of Minot, become an expert, and eventually be a key part of a family distillery in Kentucky? "Well, we need to go way back" said Beka during a recent interview, and so we did.

Beka worked at various jobs in the Minot area, on Minot Air Force Base as a mechanic, and then as a supervisor in the oil fields for about 10 years, before she finally settled on her current vocation, well sort of. "I've been a big whiskey person for a while, when I first started out, and the first thing I got into was Scotch. I was able to drink some really good and some very old scotches, and I love scotch" according to Beka "but Steve Akley from the ABV Network saw a funny post I made on social media and asked if I could be on one of their podcasts. I said sure, I don't know anything about bourbon, but I like to drink whiskeys so why not go on this bourbon podcast?"

Beka thought she had done a terrible job and figured her podcast stardom was over. "But he (the producer of the podcast) called me up a week later and asked me if I would like to be on the podcast again? People thought I was funny and easy to talk to" and well that was four years ago and Beka is still the co-host to this day. The show is called the Bourbon Daily. "When I started out I had maybe three bottles of bourbon, and before I moved to

Kentucky (more on this later) I had about 100 bottles of bourbon in my collection" Beka continues. In March of 2020 Beka's oilfield career would end. Her boyfriend, now husband, Royce Neeley was a regular guest on Beka's show "but he was in Kentucky, and I was from North Dakota" and a long distance relationship just didn't seem to be in the cards. But that isn't the end of the story, Beka continues "we met up at a distiller's vacation in Key West in January of 2020 and we hit it off. By March of 2020 we were engaged. I had no intentions of living here (Kentucky) yet." The opinion of the Neeley family, and Beka, was that the distillery was going to be shut down. "But then the came the pandemic, and we started to make hand sanitizer" Beka said "it was absolutely insane, we were getting 400 phone calls a day. We stopped making bourbon to make hand sanitizer." As it turns out, Neeley Family Distillery sent a pallet of their hand sanitizer to Trinity Health in Minot.

It became obvious to Beka that her future would be in Kentucky, and not in a North Dakota oil field. "So, May 1st (of 2020) was my last day working in the oil fields." Beka & Royce got married on June 10th of 2020 in Las Vegas which was according to Beka "the best decision ever" and soon the Neeley distillery was open and events like tours of the distillery and management of the gift shop became part of Beka's regular job. "I became manager of the single barrel (unique recipe, limited to one barrel or 250 bottles of bourbon) program, and so I get to pick out all of the single barrels that we do. I get to pick out all of the single barrels, one of which (she proudly proclaims) won a gold at the San Francisco Spirit Competition, which is one of the biggest competitions in the world, and it was only a 21 month old bourbon." Beka smiles and says, "it was kinda cool that I picked it out, and it won a gold."

For a North Dakota girl to be deep into bourbon in the state of Kentucky is certainly unique? "Yeah, I kind of forget about that sometimes. The bourbon industry is a really great industry to be in." says Beka "it's a very close knit industry. It's always weird to me when people know who I am, and people will come into the gift shop and when I tell people my name or talk about what I have done they say, so you're Miss Beka Sue. I just forget, we get 30,000 and up to 60,000 downloads (of our podcast) per month."

A little bit about Neeley Family Distillery. "We put out four barrels per day, which is a bit different than (another distiller) that puts out 1,200 barrels a day. We're a craft distillery and they are large distillery" according to Beka. And Neeley Family Distillery is on the grow. "We're discussing dropping in another 8 fermenters (they have eight now) so we can expand a little bit more. We are opening a second location in Daniel Boone National Park. Hopefully the beginning of summer 2022." According to Beka they don't want to be a larger distiller like a Jim Beam. "We want to be smaller so that our quality will stay top notch" says Beka "once you get too big then your quality just kind of goes down the drain."

Can we get your (Neeley Family Distillers) bourbon in North Dakota? "We will be able to ship to North Dakota once we get our ND license because of a change to direct to the consumer laws" she answers.

But people can just go about 45 minutes south of Cincinnati to Sparta, Kentucky and ask for Beka. And if you tell her you are from North Dakota, and Minot, North Dakota in particular, you'll receive an award winning smile and a warm handshake from Miss Beka Sue.

Or for more information call up Neeleyfamilydistillery.com.



Neeley Family Distillery won two golds at the San Francisco World Spirits Competition for their .375 bottles of bourbon.



Rebekah Neeley doing a tasting in the Neeley gift shop after a tour.



Ol Browney, an all copper 600 gallon Vendome pot still.



Outside of Neeley Family Distillery in Sparta, Kentucky.



Rebekah Neeley tasting bourbon mash from an all Cyprus fermenter.



Rebekah and Royce Neeley getting married in Vegas, June 10, 2020 after dating for 5 months.



# AFCLC launches new introduction to China, Russia courses with certificates on Culture Guide app

MIKALA MCCURRY AND LORI QUILLER,  
AIR FORCE CULTURE AND LANGUAGE CENTER OUTREACH TEAM

MAXWELL AIR FORCE BASE, Ala. (AFNS) --

The Air Force Culture and Language Center recently added Introduction to China, Introduction to Russia Culture courses, and a video library to its newly updated, free Culture Guide mobile app. The addition of the courses moves lock-step with Air Force Chief of Staff Gen. CQ Brown Jr.'s strategic initiative, Accelerate Change or Lose, outlining four Action Orders and focusing on people, decision-making, competition, and adapting to change.

Airmen and Guardians will receive a Certificate of Completion ready to upload to their training record for credit when completing a course.

During his speech at the 6th Annual Air University Language, Regional Expertise and Culture Symposium in October, and later quoted in Air Force Magazine, Secretary of the Air Force Frank Kendall highlighted the importance of understanding Chinese culture for integrated deterrence.

"Collectively, we Americans lack an adequate understanding of Chinese culture," Kendall said. "We run a significant risk of misinterpretation and missed

signals when we project our own perspectives upon Chinese actions and communications."

In less than 60 minutes, each course gives service members the baseline general attributes of the cultures of the nation's strategic competitors. An outline of the courses includes:

**Introduction to China:** The new China Culture course consists of two informative segments. Part 1 introduces the concept of culture, social behaviors, and how they define a culture's native belief system. In Part 2, the user engages the 12 Domains of Culture concerning China, the nation's history, religion, socio-political relations, and more.

**Introduction to Russia:** The new Russia Culture course consists of two intricate parts and takes about 40 minutes. The first half introduces conceptions and philosophies related to culture in general. Then, in Part 2, the course introduces Russia as a nation, its multifaceted history, and explores the socio-political climate that encompasses the federation in the 21st century.

The new video library includes education content for integrated deterrence organically produced and curated by AFCLC. Currently, the library consists

of Introduction to the Air Force Culture and Language Center, Korean Peninsula History, and Quadrilateral Initiative.

"The concept of official education delivered through a mobile app completely untethered from government IT systems has never been done before," said Howard Ward, AFCLC director. "At Air War College and Air University, we take pride in being the Air Force's global classroom. The way to accelerate learning is through mobile devices, where learning can occur anytime, anywhere, and through delivery methods familiar to Airmen, Guardians, Total Force, and members of other services. To accelerate change in learning at enterprise scale, the path to an Airman or Guardian's mind begins in their pocket."

AFCLC's Culture Guide app is available to all military service members and civilians through the App Store and Google Play and it is safe for Department of Defense mobile devices. More than 20,000 individuals are already utilizing the app, and for those individuals, an automatic update to Version 2.0 is now available.

## DAF authorizes pass for COVID booster

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

WASHINGTON (AFNS) --

Airmen and Guardians who are eligible and elect to receive a booster dose of the COVID-19 vaccine are authorized a four-hour pass, or up to four-hours administrative leave for Department of the Air Force civilians.

"We strongly encourage all Airmen, Guardians, and DAF federal employees to receive a booster. As COVID-19 cases continue to surge, we need to do everything possible to protect ourselves, our families, and our communities—that means getting a booster," said Under Secretary of the Air Force Gina Ortiz Jones. "The four-hour authorized time may be applied retroactively for those who have

already received the booster."

The Office of Personnel Management authorizes federal employees up to four hours of administrative leave to receive a vaccine booster shot, which is designed to cover "the time it takes to travel to the vaccination site, receive the vaccination dose, and return to work."

If federal employees take less than four hours to receive their booster shot, they should be granted only that amount of time in administrative leave, and employees cannot receive leave or overtime if they get their booster shot outside of their normal work hours.

Federal employees are also authorized up to four hours of administrative leave to

accompany their family members who are receiving any dose of a COVID-19 vaccination.

Federal employees should obtain advance approval from their supervisor before being permitted to use administrative leave for COVID-19 vaccination purposes.

To date, more than 95% of Total Force Airmen and Guardians have been vaccinated. For the latest information on DAF COVID policies, statistics, news and resources, visit the DAF COVID-19 website on AF.mil or Spaceforce.mil.



### WHY YOUR EYES HAVE BEEN LESS ITCHY IN THE LAST 3 YEARS

It does not have to do with less pollen. It does not have to do with fewer allergies. It has to do with the fact that some of the wool that has been covering our eyes is being pulled back. Since the beginning of the pandemic those of us (myself included) who were the most ardent natural health, God fearing, sons and daughters of liberty and did our best to be good soldiers. We social distanced, we wore masks if it was absolutely required, we quarantined if we had a sniffle and we followed the rules to the extent our personal philosophies, social pressures, and common decency allowed.

Since then those of us who take the time to study the data have seen blatantly that the numbers are telling a different story than the legacy media narrative. The fracture that this has caused has not been in half, it has been into thirds in my opinion.

There is 1/3 who think like me that God gave us an immune system that is more than equal to the task of this particular virus.

\*Cavities

We believe that we are being purposefully misled towards an agenda. Information is being spun or in some cases withheld or covered up. That information would allow us to see that we can move together forward and come out even better on the other end. I fully admit my bias of being in this camp. I could be wrong. I don't think I am, but I could be. There is a proverb that I have always liked. It is, would you rather live your life believing in God to die and find out that there is none, or live your life not believing in God and die to find out there is one. The answer has always been simple for me. I would rather believe and find out I was wrong than not believe and find out I was wrong. I would rather live guided by a higher morality that my personal philosophy tells me is a better life than live the opposite. That being said I would rather die with my beliefs in personal liberties, a free society, and the human immune system intact than to live in fear and isolation. I want to state for the record that my proceeding statements are personal opinion. I rattled on a bit too long. Now let's get to the other 2/3.

The next 1/3 just does not know. They can tell their eyes are itchy but they maybe think it is supposed to be that way. They are confused and they oscillate between being scared and being suspicious. This is understandably so. The message in the media and the data are confusing because what we are being told does not make sense based on the numbers, to put it quite boldly they think they might be being lied too but they are not sure.

The last 1/3 are the folks that claim to value opinions and feelings but I guarantee would be more than willing to attack me for mine. Ok, maybe that was not a fair characterization but I like most of you reading this am a bit fatigued with this pandemic. The last 1/3 loves the wool and would pour it on the cereal in the morning if Black Rock could get one of their companies to make that possible. I did it again. I am sorry. The last 1/3 believes what they are being told by the NIH and the legacy media. Those voices have told them they are supposed to be scared and they are. This is the 1/3 that I am glad I am not in. As acerbic as my previous comments were, I do have sympathy for them. It is no fun to be scared.

Ok get ready. . . I am now going to tell you what that wool is that was making your eyes itch and that is being pulled back more and more with each day of this pandemic. The big secret in health care in the last 50 years is that healthcare is not run by the thousands of well-meaning medical doctors in this world, HEALTH CARE IS RUN BY THE PHARMACEUTICAL COMPANIES!! The evidence of this has become quite clear in the past 3 years. Even a cursory glance at anything beyond the official narrative will tell you this. In my lay lectures I do quote statistics quite often when I write I feel there are folks that are better at that than me, but I am more than happy to point you to sources if you would like. One stat that is widely available and in my opinion is the only one you need to look at is that we spend 2.4 trillion (probably more currently) on health care per year in America. That is in the neighborhood of 4X what we spend on the military. What is our reward for that investment? The 38th healthiest population in the industrialized world. Is that because the other 37 countries are spending more per person on healthcare? Nope. Of the top of the list of the other 37 in terms of spending, we spend 200% more per person than them. Why do we get such crappy results? Because healthcare is run by the pharmaceutical companies. In other words, for the past 50 years the people who are in charge of your HEALTH are the ones that only get paid when you are SICK. Let that one sink in. Not only that we are one of only 2 countries in the world (and there are a bunch of countries) that let pharmaceutical advertise on television. What does that mean? It means that not only do the pharmaceutical companies control our healthcare they also have a strong arm over the legacy media. If you don't believe me watch a football game this Sunday and count all of the drug adds. I also feel like I need to add as a side note that of the 2 countries in the world that allow drug companies to advertise America is by far the least regulated of the 2.

Are pharmaceutical companies all bad? Nope, but the big one that starts with a P is the most heavily criminally penalized company in the history of our country!! And, they have been found guilty on Rico charges!!! That is what they use to prosecute the mafia!! But . . . they are not all bad they make some pretty cool drugs that can help people. That in my opinion should be their job. They can keep their mitts of mine, my families, my communities, and my countries health and stick to what they are good at which is helping people when they are sick which should be rarely. I personally have taken medications and, in those instances, found them quite helpful, but I think that my health is my responsibility and endeavor to make choices in my lifestyle that keep the instances where I need a medication to adjust my physiology to an absolute minimum.

My final word is this. Whether or not you accept that our health care system is run by the pharmaceutical companies or not please, understand this. The people who run the pharmaceutical companies have a duty to their shareholders to make a profit. Their shareholders do not get paid as much if you are healthy and thus, they do not have your best interests in mind. In other words, the people who are in charge of your healthcare value the profitability of their businesses over your wellbeing.

Can you see better now? Behind that wool?

\*The Cavoite

If you are lucky enough to have bought your first car, or house, or PlayStation, or guitar etc. Once it is yours and you realize no one is going to take care of it but YOU! Well, the same is true for your immune system. It is YOURS and no one can take care of it but YOU! My experience on how to best take care of it over my years of clinical practice are to get adjusted by a competent chiropractor (chiropractic adjustments have been scientifically proven to increase T cell activity, and T cells are very important in dealing with viruses). Have adequate vitamin D levels. You should supplement this in the North in the winter times and for \$30-\$60 you can get a test that will tell you your level. You can get this test at our clinic, on the web, or at your primary care clinic. In my opinion the optimal level for a rockin' immune system is between 60-90ng/dl. If you are worried about covid you should take 30mg of zinc at least 5 days per week, and have your levels checked if you are in question. You should take a good quality (meaning you pay a bit more for it) multivitamin. You should take about 1000mg of vit C per day as well. In addition to that you should reduce your intake of carbs in general and simple sugars specifically. You should drink alcohol only in moderation. You should aim for 7-9 hours of sleep per day, and you should make time for exercising a minimum of 30 min 3 times a week. More is better. That is a good recipe to take care of your immune system if you have any more specific questions I will always make time to answer them.

CornerStone Chiropractic

Dr. Matt Hanson

1350 20th Ave SW, Minot, ND 58701  
(701) 852-2800



FOLLOW US ON  
FACEBOOK

**northern  
sentry**

MINOT AIR FORCE BASE NEWSPAPER  
WWW.NORTHERNSENTRY.COM

EVERYDAY HAPPY HOUR • 3PM – 6PM	DAILY SPECIALS	FAMILY PACKS
\$2 off All Apps	Monday \$5 Moscow Mules (all day)	Monday Pizza Pack Combo
\$3 House Wine & Domestic Pints	Tuesday \$4 ND breweries (all day)	Tuesday Sandwich Pack
Bavarian Pretzels with Beer Cheese Sauce	Wednesday 1/2 Price Wine by the glass/bottle (all day)	Wednesday Chef Creation*
\$4 Rail Drinks, ND Brewery Pints & 22oz Domestic Taps, 4 Lettuce Cups	Thursday \$1 up for all Tall Taps (all day)	*Changes Weekly – Check our Facebook Page
\$5 Moscow Mule	BRUNCH (11am-2pm)	Thursday Pasta Pack
\$6 Specialty Cocktails, Martinis & 22oz ND Breweries Taps	\$7 TSR Bloody Mary & Caesars	
1/2 Flat Bread Pizza	\$12 Bottomless Mimosas	
	\$6 Breakfast Shots	

thestarvingrooster.com

MILITARY DISCOUNT 10% OFF



# With 2022's arrival, U.S. Air Force gears up to commemorate its 75th anniversary

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

WASHINGTON (AFNS) --

It's never too early to start celebrating a major milestone, which explains why the U.S. Air Force and Department of the Air Force kicked off the year with a bang Jan. 1 by highlighting the start of their 75th year at the Tournament of Roses Parade and the Rose Bowl.

Seventy-five years after the Air Force's birth on Sept. 18, 1947, the spirit of innovation that has driven the service was on display when a B-2 Spirit from the 509th Bomb Wing, located at Whiteman Air Force Base, Missouri, roared over the Tournament of Roses Parade and one of the most prestigious college bowl games, the 2022 Rose Bowl, to kick-off the yearlong 75th-anniversary celebration.

The B-2 has supported the Tournament of Roses and Rose Bowl for nearly two decades, showcasing one of the Air Force's premier weapon systems over the skies of Pasadena to inspire a future generation of patriotism and aviation.

Joining the B-2 this year to kick off the celebration was an Air Force Total Force Band, comprised of 75 Airmen-Musicians from 14 units. Fittingly, the band marched in the 75th spot in the Tournament of Roses parade lineup.

The Airmen taking part in the start of the year celebration highlighted one of the service's greatest strengths: the nearly 700,000 active duty, Guard, Reserve and civilian Airmen who remain the heart and soul of the service, said Air Force Chief of Staff Gen. CQ Brown, Jr., who currently serves as the service's highest ranking military officer.

"Ever since the Air Force became a separate military service, empowered Airmen have pushed the boundaries of technology and innovation that have allowed the service to excel and keep pace with the rapid changes and the demands placed upon us," Brown said. "Our commemoration of this important anniversary provides a chance to reflect on the amazing accomplishments of our service and those who have served among its ranks since 1947, while also celebrating the boundless future that lies ahead."

Brown added, "As the Air Force approaches its 75th anniversary, we have a responsibility to our

nation and our international allies and partners. I am confident that our Airmen will continue to innovate, accelerate and thrive so that we can execute our mission to Fly, Fight, and Win...Airpower Anytime, Anywhere."

To honor the past, present and future, the theme for the 75th anniversary is "Innovate, Accelerate, Thrive - The Air Force at 75." That focus captures a range of activities and observations that will take place throughout the year and highlight the anniversary's significance.

"The 75th anniversaries of the U.S. Air Force and the Department of the Air Force provides a unique opportunity to highlight the contributions of our Total Force Airmen, both past and present, who have fought and defended our nation in air and space," Secretary of the Air Force Frank Kendall said. "When you think about what the Air Force has accomplished since its inception in 1947, there's so much to be proud of - it's truly incredible."

"These past 75 years have showcased the service's ability to adapt to any situation and provide unparalleled airpower as well as spacepower right up to the establishment of the U.S. Space Force within the Department of the Air Force in 2019," he said. "As we look ahead to the next 75 years, we must continue to adapt and modernize so that our Airmen and Guardians have the warfighting capabilities they need to stay ahead of our pacing challenges, while also ensuring they and their families have the resources they need to thrive. One team, one fight!"

Throughout 2022, the Air Force will celebrate its 75th milestone with various events around the U.S. and worldwide to showcase the values, commitment, and expertise of America's Total Force Airmen, past and present. In addition, the service will spotlight its history, accomplishments, and many of the pioneering Airmen whose innovation, dedication to mission, and war-fighting spirit helped established the U.S. Air Force of today.

Innovation fueled by Airmen has always been a part of the Air Force's heritage, even before it became an independent service in 1947.

Maj. Gen. Billy Mitchell, also known as the "Father of the Air Force," was one Airman who paved the way for the service. According to military historians, his commitment to pushing boundaries and working towards a distinct aerial service branch seeded a renaissance for the airpower legacy that would distinguish itself during conflicts across the globe for years to come.

Likewise, Gen. Henry H. "Hap" Arnold, who was designated the first and only five-star General of the Air Force by President Truman, also played a key role in leading, developing and innovating American military airpower during World War II, providing the necessary vision and drive to ultimately create the conditions for an independent U.S. Air Force following the war. Today, Gen. Arnold is considered an airpower pioneer whose efforts helped to lay the foundation for modern Air Force logistics, R&D, and operations, according to the National Museum of the U.S. Air Force.

The Air Force's history is also the history of the nation's advancements in space. Under the Air Force's early space pioneers such as Gen. Bernard Schriever, the Air Force developed and integrated the technologies that put U.S. rockets and satellites into space. By Operation Desert Storm in 1991, often called the nation's first space war, space became central to nearly all military operations. These same technologies that brought victory in Desert Storm, such as GPS and communication satellites, are now essential to modern life in America. The importance of space grew to such an extent that the U.S. Space Force emerged as an independent service within the Department of the Air Force in 2019.

"This is what is being celebrated as the U.S. Air Force and the Department of the Air Force enter their 75th years and what was on display in the skies over California when the B-2 roared overhead: 75 years of American airpower, spacepower, and innovation that have secured our nation and made us stronger," said Brig. Gen. Patrick Ryder, Department of the Air Force Public Affairs director.

## BAKED WINTER SQUASH AU GRATIN



### INGREDIENTS

2 CUP HEAVY CREAM  
SALT AND PEPPER  
3 CUP SHREDDED GRUYERE CHEESE  
4 CLOVE GARLIC, DICED  
2 TABLESPOON BUTTER  
3 YELLOW POTATOES, PEELED AND CUBED  
1 BUTTERNUT SQUASH, SEEDED, PEELED AND CUBED  
1 ACORN SQUASH SEEDED, PEELED AND CUBED

When ready to cook, set Traeger temperature to 375°F and preheat, lid closed for 15 minutes.

In a medium saucepan, cook the cream, stirring constantly, until it comes to a low boil. Add salt, pepper, garlic and shredded Gruyere cheese. Stir until cheese is melted. Grease a 9x13 inch baking dish with 2 tablespoons of butter. In a large mixing bowl, combine potatoes, butternut and acorn squash. Stir in the cheese sauce. Place mixture in the prepared baking dish and place in grill.

Cook for 45 minutes or until potatoes and squash are fork tender. Remove from grill and let cool for 10 minutes before serving.

Enjoy!



Ryan Davy - GM Minot

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



creative property management Inc.

## BEAUTIFUL CONDOS & TOWNHOUSES FOR RENT

### 2 AND 3 BEDROOMS AVAILABLE WITH ATTACHED HEATED GARAGE

GREAT LOCATION, RIGHT OFF HIGHWAY 2 FOR EASY ACCESS TO THE BASE

STARTING AS LOW AS \$895 A MONTH!

SCHEDULE YOUR SHOWING TODAY!



701-852-5028  
[WWW.CREATIVEMINOT.COM](http://WWW.CREATIVEMINOT.COM)

# BABY ANNOUNCEMENTS



BABY GIRL BORN ON  
WEDNESDAY, DECEMBER 22, 2021 TO:  
BREANNA AND ASHLEY BLUE  
BOTTINEAU, ND



BABY GIRL BORN ON  
MONDAY, DECEMBER 27, 2021 TO:  
KAYLA AND JACOB GROSZ  
MINOT, ND



BABY BOY BORN ON  
TUESDAY, DECEMBER 28, 2021 TO:  
ISABELLA LUGO AND CODY LESTER  
MINOT, ND



BABY BOY BORN ON  
WEDNESDAY, DECEMBER 29, 2021 TO:  
SAMANTHA AND TYLER DEJOE  
MAFB, ND



BABY GIRL BORN ON  
SATURDAY, JANUARY 01, 2022 TO:  
ASHLEY AND BOBBY OLSON  
WILLOW CITY, ND

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

## We Specialize in All Things Glass...



Get **\$25 off**  
a service of  
**\$275 or more**

Limited time offer. One per customer.  
Cannot be combined with other offers.  
Valid at participating locations.

GLASS DOCTOR<sup>®</sup>  
a neighborly company



Shower Enclosures • Table-top Glass/Curio Cabinet Glass  
Automotive Glass Repair and Replacement • Mirrors

GLASS DOCTOR<sup>®</sup>  
a neighborly company

701.852.3741 • [GlassDoctor.com/Minot](http://GlassDoctor.com/Minot)  
1122 S. Broadway Minot, ND 58701

Locally Owned and Operated Franchise





FCC provides valuable in-home child care services to support the families of Minot AFB

## Provider of the Month Feature

JANUARY 2022



KIARA KLUKA

What do you enjoy most about being an FCC Provider?

Being able to help families in desperate need for care. Helping children learn and grow everyday.

What are your interests/hobbies? My interest and hobbies are making custom/personalized tumblers.

What advice do you have for new providers/those interested in being FCC Providers?

Its a reward to be able to help so many families in need of care and you get to build relationships with the children and their families.

explore, experience, discover

Bring out your inner artist!

# MARGIE'S

Gift Shop • Coffee & Smoothie Bar • Ceramic & Glass Studio



Team Minot

Every Tuesday from 5:30-8:30pm we invite our neighbors to the North at Minot AFB to come in! It's our thank you for serving!

Must have a active AF ID card at time of purchase.

RECEIVE 10% off includes Ceramics, Glass, Giftware & Coffee

margiesartglass.com

109 South Main St. Minot  
701.837.8555

No Appointments Necessary!



## Upcoming Events

8 JAN

FROZEN BIZON FATBIKE RACE/  
FESTIVAL  
12:00 PM  
Bison Plant Trail  
7801 54th Ave SE

Baby Bizon Fatbike race will be a 1.5 hour race located within the tight and twisty groomed Bison Plant trail.

Frozen Bizon Fatbike race will be a 3 hour race on the magnificent Souris river bottom trail we call the Bison Plant with technical sections to keep spirits high and bars turning. Race starting approximately 12pm/Noon. Snowshoeing Bizon will be held on the Bison Plant Main Trail only crossing the race route in certain areas, the Bison Trail is a beautiful scenic section of the Bison Plant which covers 2.5 miles and surrounds the entire park!



For more information:  
Contact Val's Cyclery / 701-839-4817

11 JAN

CUDDLE UP WITH QUILTS  
12:15 PM - 2:00 PM  
Grand Hotel  
1505 N Broadway, Minot

Ladies luncheon with a great program:

\*Music - Lenny Rodin, Kenmare, ND  
\*Feature - Claire Larson, Minot, ND presents "Family History of Antique Quilts"

\*Speaker - Sue L. Hamilton sharing how our lives become pieces of our legacy that is sewn into a beautiful quilt of life. Learn about God has carried her by faith, from substance abuse to a life filled with miracles.

\*\$15 inclusive - reservations by Sunday, January 9, 2022 by 701-263-7170 or minotchristianwomens@hotmail.com



For more information:  
Facebook Event / Grand Hotel / Cuddle Up With Quilts

13 JAN

AFTER SCHOOL GAMING  
3:30 PM - 5:30 PM  
Minot Public Library  
516 2nd Ave SW, Minot

We have 2 Nintendo Switches, an XboxOne, a PlayStation 4 and a WiiU! Join us for AFTER SCHOOL fun! Masks recommended!



For more information:  
Website / [www.minotlibrary.org](http://www.minotlibrary.org)

14 JAN

FREE PIZZA NIGHT  
5:30 PM - 7:30 PM  
The Putt District  
17 Main St S, Minot

Stop by for a night with the family, as a couple, or flying solo! All you have to do is purchase a round of golf with the family, and before/after the game, you can head on down to our Clubhouse for arcade games, and pizza on us!



For more information:  
Facebook Event / The Putt District

15 JAN

DAKOTA ELEMENTARY ONLINE  
SCHOLASTIC BOOK FAIR  
10:30 AM  
Chaos Games LLC  
17 2nd Ave SE, Unit C/D, Minot

2000 Point 40k RTT

Missions to be played are 22, 13, and 11

Check ins at 1030. Dice roll at 11.

15 Dollar entry day of

2:45 rounds with a 15 minute break after final scores. No lunch break.

Pre register here:

<https://www.bestcoastpairings.com/eventlanding/wel0yg29...>



For more information:  
Facebook Event / Chaos Games LLC

## On Base



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

NOTHING BEATS  
SUNDAY BRUNCH

SERVING FROM 10AM - 2PM

BLGRILL.COM | 1400 31ST AVE | MINOT, ND | 701-852-7335





On behalf of the Twentieth Air Force Commander, we are extremely proud to announce the following.

The Twentieth Air Force nominee for the 2022 NCOA Vanguard Award:

MSgt Anthony Fridley – 341 CES, Malmstrom Air Force Base, MT

The Non Commissioned Officers Association (NCOA) Vanguard Award is sponsored by the NCOA, which recognizes a noncommissioned officer from each of the military services who has performed a heroic act, on- or off-duty, which resulted in the saving of life or the prevention of serious injury.

The Twentieth Air Force nominee for the 2022 Joan Orr Air Force Spouse of the Year Award:

Mrs. Kelah Pross – Minot Air Force Base, ND

This Air Force Association (AFA) award recognizes the significant contributions made by non-military spouses of Air Force military members. The nominee's husband or wife must be serving in the Air Force (Active Duty, Guard, or Reserve). The award period is 1 January 2021 to 31 December 2021. Nominations will include facts and specific accomplishments that clearly state the individual's contributions to the Air Force.

The Twentieth Air Force nominee for the 2022 Brigadier General Wilma Vaught Visionary Leadership Award:

Officer – Capt Angelica G. Phillips – 740 MS, Minot AFB, ND

Enlisted – MSgt Adrian G. Galcik – 91 MSFS, Minot AFB, ND

The Brigadier General Wilma Vaught Visionary Leadership Award was created in honor of Brigadier General Wilma Vaught, a truly remarkable general in the United States Air Force, for her outstanding service and dedication to the Air Force and the nation both during her career and after her retirement. The award is presented to an officer (O-6 and below), enlisted (E-9 and below) and civilian (GS-15 and below) from any career field or occupational series who exhibits those attributes of character--innovation, commitment and a selfless spirit of service to others--that Brig Gen Vaught demonstrated and inspired in others, and whose personal, innovative efforts have inspired others and significantly improved the integration and opportunities for women in the Air Force.

The nominees will now compete at AFGSC level.



## HITTING THE TRAILS

Patricia Stockdill

Even though Alaska takes honors for being the farthest north state, in the Lower 48 North Dakota could still be considered the Great White North. Or some folks think of it as the Frozen North.

While both could well be correct, just because it's winter and gets into the minus digits Mother Nature still – usually – offers enough of her sunshine, warmth, and good intentions to allow opportunities to get into the Great Outdoors.

Take cross-country skiing, for example. Several North Dakota state parks turn their summer hiking and bicycling trails into usable trails for winter activities.

Despite often being mistaken for the Great White North, not all of North Dakota typically enjoys a heavy blanket of winter snow. There are winters when it's hard to get in days to cross-country ski because of lack of snow in some parts of the state.

Lake Metigoshe State Park north of Bottineau is usually the state park with the most consistent snow conditions. They back it up by having a warming house along the trail system and offer cross-country ski rentals.

Heading into the New Year, much of North Dakota is shaping up in the snow department and parks will groom and maintain trails as weather and conditions permit.

Here's a look at what some area state parks offer for cross-country ski trails.

- Cross Ranch State Park, Hensler, (701) 794-3731: Matah ("river"), 2.9 miles; Cottonwood and Gaines trails, 5.4 miles (connected), and Levis, 2.2 miles are groomed for cross-country skiing. In addition, others available for snowshoeing and hiking.
- Fort Stevenson, Garrison, (701) 337-5576: de Trobriand, 1.7 miles; Trooper Challenge, 0.63 miles; and Whitetail Loop, 0.9 miles.
- Grahams Island, Devils Lake, (701) 766-4015: Cross-country ski, 3 miles.
- Lake Metigoshe, Bottineau, (701) 263-4651: East side trails include Antelope, 2.5 miles; Beaver, 4.25 miles; Coyote, 5.95 miles; and Deer, 8.05 miles (round-

trip mileage). West side trails include Cub, 2.75 miles; Tenderfoot, 3.31 miles; Scout, 3.35 miles, and Eagle 4.56 miles (round-trip mileage). A warming house is available along the trails.

Turtle River, Arvilla, (701) 795-3180: Fisher, 0.65 miles; Timber, 1.16 miles; Eco Loop, 1.05 miles, and Hollows, 1.74 miles. Tucked along the Turtle River, the park also offers a sledding hill and warming house.

Cross Ranch State Park has 24 pairs of cross-country skis available for rent with shoes in adult sizes while Lake Metigoshe has 34 pairs available for rent. Skis, poles, and boots rent for \$15 per day. Fort Stevenson also has cross-country ski rentals that don't require specific cross-country boots so skiers can use their own winter boots.

Weather and adequate snow conditions permitting, the parks groom, pack, and track their cross-country ski trails on a regular basis as much as possible, especially for weekend use. When in doubt, though, contact the park in advance to get trail updates or visit their Facebook pages.

Trail maps can be downloaded from each park by visiting the N.D. Parks and Recreation Department website, ([parkrec.nd.gov](http://parkrec.nd.gov)), clicking "Play" on the upper right-hand corner menu bar, and the words "destination finder" to log into each park's web page.

The parks also have other trails that aren't groomed specifically for cross-country skiing so skiers wanting more of a backcountry experience can get out. In addition, those trails can be used for snowshoers, fat tire bicycling, or simply a winter hike.

With trees a prized commodity across much of North Dakota's treeless plains, cross-country skiing through wooded areas in several of the state parks means there is the possibility of seeing woodland critters such as woodpeckers, northern flickers, white-tailed deer, or depending on one's location, perhaps even a moose or pheasant.

Regardless of whether skinny skiing in the park's woods or open areas, it's an excuse to explore The Great White North.

## BEAUTIFUL PROFESSIONAL SUITE



**315 SOUTH MAIN STREET, MINOT**  
Perfect for dentists, hair stylists, massage studio.  
Ready to move in. Call Jim for a tour.  
MLS# 20078

**MINOT HOMES.COM**

408 N. Broadway Minot, ND 58703  
701-852-1156 [www.minothomes.com](http://www.minothomes.com)

Serving the Greater Minot Area Since 1951



**James J. Bowman**  
GRI, SFR, MRP  
808-462-2173  
[jim@minothomes.com](mailto:jim@minothomes.com)



# X-TREME BOWLING

FRIDAY & SATURDAY

**OPEN BOWLING 7 DAYS A WEEK**  
NO OPEN BOWLING WEDNESDAYS 5PM-9PM

**X-TREME BOWLING HOURS:**  
FRIDAY 9:15PM-CLOSE  
SATURDAY 6PM-CLOSE

**CELEBRATE WITH US!**  
**WE DO BIRTHDAY PARTIES**  
FOR ALL AGES!

1901 NORTH BROADWAY, MINOT, ND  
852-4108  
[WWW.NORTHHILLBOWL.COM](http://WWW.NORTHHILLBOWL.COM)

**Military Discounts Available!**



**BEST SMOKED RIBS & BRISKET IN TOWN!**  
FRESH SMOKED MADE FROM SCRATCH RECIPES

1412 2ND AVE, SW. MINOT 701.839.9140  
[BONESBBQMINOT.COM](http://BONESBBQMINOT.COM)





# NODAK ARMS

## OUTDOOR

### REPORT

## OUTDOOR NOTES:

PATRICIA STOCKDILL

### Fishing:

Lake Sakakawea elevation, Jan. 3: 1,828.17 feet above mean sea level (MSL); 16,100 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,417.16 feet above mean sea level (MSL).

Stump Lake elevation: 1,417.14 MSL.

•N.D. Game & Fish Dept. game wardens: North-central area lakes generally have difficult access although some trails have been plowed on Lake Metigoshe. No reports from Devils Lake. Increasing activity on Lake Audubon with anglers starting to move houses onto the lake. Somewhat slow walleye success yet. Most activity is along the west end by Totten Trail boat ramp and south side off the Audubon refuge access point. Some pike spearing on Long Lake.

•Devils Lake, Ed's Bait Shop, Devils Lake: Lots of activity on Devils Lake with good perch and walleye success. Try Creel Bay or Woods-Routon Road for perch using wax worms or tiny minnows. Anglers can access Lake Irvine from Lake Alice but it's more difficult to get onto Pelican Lake.

•Devils Lake, Woodland Resort, Devils Lake: Fair to good for walleye with anglers just beginning to drive vehicles on the lake. Work 26 to 28 feet for perch; shallower for walleye.

•Lake Darling, Karma C-Store, Ruthville: Cold weather limiting activity with a few anglers at Grano and Lake Audubon. Look for occasional walleye from Audubon.

•Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: Some permanent fish houses on Lake Darling but overall walleye success remains generally slow. Pike spearing also slow.

•Lake Metigoshe, Four Seasons, Bottineau: Access becoming more difficult on Lake Metigoshe although those using snowmobiles have more mobility than pickups on the plowed trails. Overall fair success.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Lots of activity on the west end of Lake Audubon with anglers accessing off

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

•Remember to keep fish caught in 25 feet and deeper; they rarely survive coming up from deep depths.

•Jan. 15: Berthold Sportsman's Club banquet, Main St., Berthold, 5 p.m.

•Jan. 15: Bottoms Up Delta Waterfowl banquet, Wilton City Hall, 5 p.m.

•Jan. 19: Mondak Chapter Pheasants Forever Cabin Fever Gun Grab, River's Edge Bar & Grill, Williston, 5:30 p.m.

### TOURNAMENTS:

- Jan. 8: Lake Darling; Lake Sakakawea, Lewis & Clark State Park.
- Jan. 15: Lake Sakakawea, Tobacco Gardens.

Totten Trail boat ramp and Audubon refuge's south access point. A few anglers on the east end by the cabin site embankment and walking onto North Lake but no reports on success. East end of Lake Sakakawea has some activity in Steinke Bay and by the U.S. Highway 83 embankment.

•Lake Sakakawea, New Town: Van Hook Arm remains slow for walleye with better success from Reunion Bay west to White Earth Bay.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Limited Missouri River tailrace reports. Hit-and-miss success on Lake Audubon.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Fair walleye success from Hofflund Islands to the Williston area on the west end of Lake Sakakawea in a variety of depths. Try jigging. Fish are in a variety of sizes. Try the confluence for walleye and sauger on the Missouri River but the Yellowstone River has too much broken ice. Trenton Lake producing crappie and pike. Try Blacktail, Kota-Ray, or Springbrook dams for panfish.

•Lonetree WMA area lakes, Harvey: Goose Lake fair to good for a mix of walleye and perch. No reports from other area lakes.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Cold weather and questionable access on some lakes limiting area activity.

•Turtle Mtn. area lakes, Coast-2-Coast, Rolla: Activity slowed with

cold weather although lots of houses throughout area lakes.

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

•Fort Stevenson, Garrison: Trails packed with cross-country trail groomed, weather permitting.

•Grahams Island, Devils Lake: Trails groomed with 4- to 6-inch base.

**Downhill skiing (conditions can vary) Contact for updates and days of operation:**

•Big Sky Resort, Big Sky, Mont., (800) 548-4486: 19- to 34-inch base with 26 lifts and 171 trails open.

•Bottineau Winter Park, Bottineau, (701) 263-4556: 18-inch base with 1 chair, 2 magic carpets, 4 runs, and all tubing runs open. Terrain Park closed.

•Frostfire Ski Area, Walhalla, (701) 549-3600: Trails open Saturdays and Sundays.

•Huff Hills Ski Area, Mandan, (701) 663-6421: 12- to 28-inch powder, packed powder base with 3 lifts and 7 groomed runs open.

**Predator hunting:**

•Pelts running about \$20 in good condition but fur is still in prime condition and good numbers of coyotes in most areas.

**Numbers to know:**

•N.D. Game and Fish Dept., main Bismarck office: (701) 328-6300, website: (<http://gf.nd.gov>).

•Report All Poachers: (701) 328-9921.



## New Year's Baby

TRINITY HEALTH

(MINOT, ND)--It took all night, but Trinity Health finally welcomed several new babies into the world on this first day of 2022.

The first New Year's baby was Ashley Luna Olson, daughter of Ashley and Bobby Olson of Willow City.

Little Ashley arrived at 7:25 this morning weighing 7 pounds, 1 ounce, and measuring 20 inches.

Dr. David Amsbury performed the delivery, which went as planned, despite some snow and icy roads driving to the hospital. It's the Olson's fourth child and third daughter.

Asked if they had qualms about bringing a new life into the world during a pandemic, mom said, "Life goes on."



**Culver's**  
Welcome to delicious.™

**10% DISCOUNT FOR ALL MILITARY PERSONNEL**  
(with valid ID and cannot combine with other offers/discounts)

**CULVER'S OF MINOT**  
3000 S Broadway Minot, ND 58701  
701-852-4800



**Vibeto Orthodontics**

BEAUTIFUL SMILES FOR A LIFETIME

GREAT SMILES COME FROM VIBETO ORTHODONTICS

- Traditional metal and clear braces
- Invisalign® and Invisalign Teen™ clear aligners

SCHEDULE A COMPLIMENTARY INITIAL ORTHODONTIC CONSULTATION TODAY!

Bryan Vibeto, DDS, MS

(701) 839-6010  
2615 Elk Drive Suite 2  
Minot, ND 58701

THIS SPECIAL FEATURE IS SPONSORED BY:



**NODAK ARMS**

**THE DAKOTA'S AR AUTHORITY**  
Parts, Accessories, Modifications, Repair & Custom Builds

Shop Online [www.NodakArms.com](http://www.NodakArms.com)  
Sales@nodakarms.com • 701.839.0005

2 Miles East of Minot on Highway 2

Follow us on Facebook 



# Nurse Educator Receives Legendary Nurse Award

TRINITY HEALTH



(MINOT, ND)—Margo Dailey-Filipkowski, MSN, RN, a nurse educator with Trinity Health, has received one of this year's Legendary Nurse Awards from the North Dakota Center for Nursing.

Nikki Medalen, MS, BSN, who serves on the Center's Board of Directors presented Dailey-Filipkowski the "Evidence Based Practice Award." It recognizes nurses who demonstrate clinical excellence by employing the most current evidence-based practices in patient care decision-making.

Margo joined the education department in 2009 as Trinity's first nurse educator. She has worked with new graduates and experienced nurses in numerous departments and currently serves as clinical nurse educator in the Intensive Care Unit. "She is a champion of evidenced-based practice, with a passion

that is unmatched," said Melissa Regalado-Smith, Nurse Educator Supervisor with Trinity Health.

Margo, whose nomination was submitted by first-year nurse Angela Schultz, BSN, RN, called the honor humbling. "I always say embrace change. Without change we don't become better," she said.

Margo began her career as a CNA at Trinity Homes, which inspired her to pursue a nursing degree. She earned a Bachelor of Science in Nursing from Minot State University and joined St. Joseph's Hospital's critical care unit in 1992. She later received a master's degree in nursing from the University of North Dakota.

The North Dakota Center for Nursing launched its Legendary Nurse Awards program in 2015 to honor exemplary nurses across the state.



## 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 Cursurance, 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.

### 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

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

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.

**20% Military Discount**

**Primo**  
RESTAURANT

1505 N Broadway, Minot, ND 58703  
(701) 838-7746

*Grand*

Closed Mondays

Tuesday-Saturday  
7:00 am - 1:00 pm

Thursday-Saturday  
5:00 pm - 9:00 pm

Sunday  
7:00 am - 1:00 pm

**FOR ALL YOUR HOME LOAN NEEDS**

**BENCHMARK MORTGAGE**  
Ark-La-Tex Financial Services, LLC NMLS# 2143

**We appreciate you & put you FIRST!**

**Offering a \$500 off closing cost credit in appreciation for your service**

**Mention this ad for the \$500 off**

**701-839-3360**  
**2080 36th Ave SW, Suite 205, Minot**

**APPLY NOW ONLINE**  
**www.teamnd.benchmark.us**

Steve Fennewald NMLS #766570  
Sarah Burckhard NMLS #766557

This is not a commitment to lend. Offer valid to qualifying borrowers. Borrower receives credit for lender origination fees up to \$500.00 at loan closing. Loan must close and fund with Ark-La-Tex Financial Services, LLC NMLS# 2143 (www.nmlsconsumeraccess.org). Information, rates, and pricing subject to change without prior notice at the sole discretion of Ark-La-Tex Financial Services, LLC. Other restrictions may apply. (https://benchmark.us) Must present this coupon for it to be valid.

**OIL & FILTER SERVICE**

**OIL, LUBE AND FILTER SERVICES CONSIST OF:**

- REPLACING THE OIL FILTER
- CHECKING THE AIR FILTER
- INSPECTING AND TOPPING OFF ALL FLUIDS UNDER THE HOOD
- OILING ALL FITTINGS
- CHECKING ENGINE FOR HOLES
- CHECKING BELTS AND HOSES
- INSPECTING TIRE PRESSURE
- CHECKING ENTIRE UNDERCARRIAGE

**\$10 off**  
**VALVOLINE OIL CHANGE**

**Auto Care - Valvoline Instant Oil - Tires**  
**Minot AFB | 61 Missile Ave | 701-727-4141**  
Minot | 1301 20th Ave SW | 701-837-1301

**YOU CAN DEPEND ON  
YOUR HOMETOWN EXPERTS  
TO SERVE ALL YOUR  
CAR CARE NEEDS IN MINOT.**

**Auto Care - Valvoline Instant Oil - Tires**  
**Minot AFB | 61 Missile Ave | 701-727-4141**  
Minot | 1301 20th Ave SW | 701-837-1301



# Trinity Health Foundation Announces Nursing Scholarship Recipients

TRINITY HEALTH FOUNDATION

(MINOT, ND)— Trinity Health Foundation recently completed the latest round of scholarship interviews and is excited to announce the 2021 recipients.

A record number of applicants applied for the 2021 Trinity Foundation Nursing Scholarship. Of the 68 applicants, 17 scholarships were awarded to nursing students throughout the region. Recipients each received \$3,000 scholarships totaling \$51,000 in awards.

The 2021 nursing scholarship recipients are:

Abigail Leet – Minot State University  
Alessandra Sams – Minot State University  
Annie Koenig – University of Mary  
Hailee Fletcher – Minot State University  
Jennifer Marquez – Minot State University  
Jessica Olafson – Dakota

College at Bottineau  
Jordyn Erickson – Williston State College  
Leah Azure – Minot State University  
Mercedes McKay – University of North Dakota  
Michelle Hewitt – Dakota College at Bottineau  
Nolan Comper – Minot State University  
Paige Rosencrans – North Dakota State University  
Payton Erie – Dakota College at Bottineau  
Praise Okunbor – Minot State University  
Rachel Martinson – Minot State University  
Rachel Thompson – Dakota College at Bottineau  
Seraphine Abugiche – Lake Region State College  
The annual nursing scholarship application period is open from August to September and is funded through the nursing

scholarship fund that has been generously supported since its inception in 1995.

As the country continues to experience a shortage in nurses, the scholarship has served as an excellent recruiting tool for potential students in the field.

Trinity Health Foundation was established in 1922 to assist in the establishment of the Trinity Hospital. Over the last 100 years, the foundation has been supported through the financial stewardship of individuals, families, foundations, corporations, civic clubs, and other organizations, with the purpose of significantly impacting healthcare and the quality of life in the region. Through generous donations, we are able to fulfill our mission of creating a system of care that provides the most significant impact on health and wellness throughout northwest North Dakota.

## NOTES ON BEING SAFE

### SLOW DOWN, AND BE CAREFUL



ROD KRAUSE  
5TH BOMB WING  
SAFETY & OCCUPATIONAL  
HEALTH MANAGER



Although it may seem a bit intimidating at first, it doesn't take much time for first-time winter drivers to learn to properly tackle snow-packed and icy roads in the local area. Patience is key when heading out on winter roads for the first time, many people end up in accidents each year because they drive too fast for the conditions. The following are things drivers should remember when the snow and ice starts to fall.

For maximum power when starting cars in cold temperatures, turn off all accessories, including the radio and heater, before turning the ignition key. For carbureted cars, depress the accelerator once and release it. For fuel-injected vehicles, don't touch the pedal. Turn the key and hold it for about 20 seconds. Don't over grind the starter; it can damage it. Let the engine run for at least a minute before driving. Don't accelerate too quickly for at least a mile or two.

Not all vehicles handle in winter weather conditions the same, and it's important for people to know how to handle their vehicle in demanding winter weather. It's a good idea for people to carefully practice slow-speed maneuvers on an empty snow- or ice-covered parking lot. The vehicle owner's manual also outlines handling characteristics.

Front-wheel-drive vehicles generally handle better than rear-

wheel-drive vehicles on slippery roads because the engine's weight rests on the drive wheels to improve traction. The back end of rear-wheel drive vehicles, especially pick-up trucks, tends to slide from side to side when turning on icy roads. To compensate, people with rear-wheel drive should add weight in the trunk or truck bed to give the wheels more grip.

Even a little bit of ice and snow can turn a 2,000-pound car into an unguided bobsled. To avoid accidents, drivers should pay special attention when approaching intersections.

Slow down before approaching an intersection. Scan left, then right, then left again for pedestrians and vehicles cars on cross streets. If you're having trouble stopping, they probably will too. Prepare for drivers sliding into intersections from the side, then decide if you can safely get through the intersection or stop to avoid hitting an oncoming vehicle. After stopping, press the accelerator slowly to get going again. Vehicles with manual transmissions should start in second gear to keep the wheels from spinning.

When approaching an icy hill, find a path with the best traction. Watch the cars ahead of you, and steer clear of spots where people are spinning their wheels or sliding backward. Try driving

on unpacked snow; it sometimes offers better traction.

Build speed gradually while you're still on level ground. If you have shift-on-the-fly four-wheel drive, shift into it before you reach the hill. When you reach the crest, begin to decelerate slowly, shifting into a lower gear to allow engine drag versus your brakes to cut your speed.

Slow down before you enter an icy curve. Any sudden acceleration or deceleration in a turn could send you into a skid.

Controlled speed and smooth steering and braking helps prevent skids. If your wheels lose grip, gradually release the pressure from the pedal you're using. Smoothly steer in the direction you want the car to go.

People who get stuck in snow, ice or mud often do the wrong thing and stomp on the gas pedal and end up spinning their wheels and digging in deeper. To free your vehicle, try turning the steering wheel gently from side to side and use light foot pressure on the accelerator. Then rock the vehicle forward and backward while pointing the front wheels straight ahead. It's a good idea to check the owner's manual first because this procedure can damage the transmission on some cars. If you're still stuck, stay with your vehicle and make use of your winter survival kit until assistance arrives!

**COOKIES for YOU!**  
and cupcakes too  
A Cookie Gift + Bouquet Company

- Cookie & Candy Bouquets
- Cookie Pizzas • Sweets Trays
- Assorted Cupcake Flavors
- Homemade Fudge & Caramels
- Assorted Artisan Truffles
- Pop, Beer & Wine baskets - with a little sweet & salty too!

117 S Main Street  
701-839-4975  
www.cookiesforyou.com

## All About Pets

How dogs can help your mental health



It's easy to see why dogs are considered man's best friend. Not only are they loyal and fun, but dogs have very special personalities and are scientifically proven to have many health benefits for humans, even those struggling with mental illness! If you are beginning to feel those winter blues, try focusing on your furry friend for a little bit of relief.

Has your dog ever responded to your negative emotions by seemingly trying to comfort you? Maybe Fido puts a paw on your lap when you are crying, or he can tell you are having an off day and opts to cuddle with you on the couch instead of chewing his bone. Many dogs are able to gauge emotional states by recognizing body language, tone of voice, and facial expressions. And while your dog may not understand these emotions or intentionally be able to comfort you, humans often perceive their actions as comforting in the midst of tough times and for us, that's all that matters.

It has been shown that many pet owners experience increased levels of oxytocin, also known as the love chemical, when they are with their dogs. This hormone has a variety of benefits for humans, including easing stress and depression, improving social skills, and sleeping better. Dogs are also able to offer valuable

companionship to those who may feel lonely due to mental illness. While they still have their individual needs that must be met, dogs are an easy relationship to maintain when you just don't have the capacity for more.

Another way that dogs can help us in our times of need is that they contribute to a healthy lifestyle and good habits! Dogs need exercise, and by meeting this basic need, we are being "forced" to exercise ourselves, whether it is a quick walk in the park or going for a mid-day run. For those who struggle to leave the house, this is a valuable way to find motivation. Often, dogs require a routine. For people with anxiety or ADHD, steady routines can help ease symptoms and create a sense of security and productivity. This can benefit both you and your dog! Not to mention that productivity and responsibility can be linked to higher self-esteem, which everyone could use every once in a while.

Your everyday dog is probably a good candidate for helping some symptoms of mental illness or even just giving you a happiness boost. However, some people may need a more trained or task-performing dog (service dog or emotional support animal) to help manage their symptoms. Whatever you need, a dog can offer it.

Your favorite neighborhood store serves up big fun.

Join Our Pack!

Sign up in store or online today.

Preferred Pet Club Benefits Include:

Freebies, exclusive coupons, member only pricing, birthday gift for your pet.

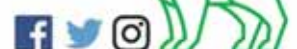


**PET SUPPLIES PLUS.**

Minus the hassle.

2215 16th St NW, Minot, ND  
701-857-4070  
HOURS Mon-Sat: 09:00 AM - 09:00 PM  
Sun: 10:00 AM - 06:00 PM

Stay Connected with Pet Supplies Plus



Happy New Year!  
from your friends at



nsccu.com



701-858-9300 800-410-2226



# GET THE **Kramer** ADVANTAGE

At Kramer Subaru, you can get the vehicle you need, without the hassle.

With our one price, clearly marked, you know you're getting a great price from the start. Our 7-day money-back guarantee gives you the freedom to bring the car back within 7 days, no questions asked; and our 30-day exchange gives you even more time to change your mind if you need it. Top all that off with our Warranty Forever and you're sure to find the perfect vehicle.

Love is what makes Subaru, Subaru — and at Kramer you'll love not only your Subaru, but our service as well.

MANDAN • ND  
**Kramer**

**WARRANTY FOREVER!**



SUBARU

**LOVE.**  
It's what makes  
Subaru, Subaru.

700 Old Red Trail NW • Mandan, ND  
888.852.6376 • [KramerSubaru.com](http://KramerSubaru.com)



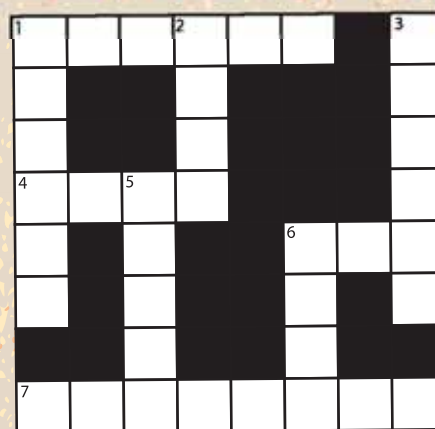
## GREAT HORNED OWL

### CREATURE FEATURES

- Thanks in part to facial disc feathers that direct sound waves to their ears, the Great Horned Owls have keen hearing and vision in low light and adapt well to hunting at night.
- Great Horned Owls have large eyes, pupils that open wide in the dark, and retinas containing many rods.
- Their eyes don't move in their sockets, but they can swivel their heads more than 180 degrees to look in any direction.
- Great horned owls are the only animal that feeds on skunks on a regular basis.



## CROSSWORD PUZZLE



### ACROSS

1. Devices with wheels or blades
4. Enclosed area for skating
6. Frozen water
7. Made a surface even and regular

### DOWN

1. Physical activities
2. Speak and express
3. Ice sport
5. Tortilla chip with cheese or other topping
6. One-twelfth of a foot

Across:  
1. States 4. Rink 6. Ice 7. Smoothed  
Down:  
1. Sports 2. Talk 3. Hockey 5. Nacho 6. Inch

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

FOLLOW US ON FACEBOOK  
1219 BURDICK EXPY EAST MINOT, ND  
[WWW.RPZOO.COM](http://WWW.RPZOO.COM) • 701-857-4166

SEE OUR FACEBOOK  
PAGE FOR  
UPCOMING EVENTS!

**MILITARY  
DISCOUNT**  
\$5.00 off a \$75.00  
Annual Family Pass





## Military One Source App

The Military One Source App now contains a MilLife Guide for the School Liaison Program. It allows families, leadership, and community stakeholders to connect fast to support and answers. With 24/7 access to powerful tools and help in your hands, anytime, anywhere. The app provides a quick read on PreK- 12 Education support along with articles, benefits, tools and connecting with a local PreK-12 education specialist. See link for more information on the Military OneSource App: <https://www.militaryonesource.mil/>



RACQUEL LABADIE, GS-11  
SCHOOL LIAISON SPECIALIST  
CHILD AND YOUTH EDUCATION SERVICES



confidential-help/interactive-tools-services/my-military-onesource-app/. Contact the School Liaison at [mafb.school.liaison@us.af.mil](mailto:mafb.school.liaison@us.af.mil) or call 701-723-1447 with questions

related to all Kindergarten – 12th grade education needs for military-connected students in Minot and surrounding areas.

**ND-021 Magic City Composite Squadron (Minot)**  
Commander: 1st Lt. Jeremy Skalicky  
Civil Air Patrol, America's Air Force auxiliary, building the nation's finest force of citizen volunteers serving America. Supporting America's communities with emergency response, diverse aviation and ground services, youth development and promotion of air, space and cyber power.  
**Come Fly With Us!**  
2400 N Broadway, Minot, ND 58703  
Phone: (701)340-7954  
Email: [021cc@ndcap.us](mailto:021cc@ndcap.us)

## 2021-2022 MPS CALENDAR

### IMPORTANT UPCOMING DATES

**December 24-January 3**

Vacation - No School

**January 4**

Classes Resume

**January 17**

Professional Development Day

Martin Luther King Jr. Day

No School

**February 9**

Early Release Day

**February 18**

Early Release Day

**February 21**

P/T Comp Day - No School

December 2021 16 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	

January 2022 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
23/30	24/31	25	26	27	28	29

February 2022 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					

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



**CALL AHEAD AND TAKE OUT  
DELIVERY AVAILABLE!**

**301 40TH AVE SW  
MINOT, ND  
701-858-0777**

[WWW.MIMEXICOMINOTND.COM](http://WWW.MIMEXICOMINOTND.COM)

## GOT MUSICAL TALENT?

### WE'RE LOOKING FOR MEMBERS!

- **Heritage Singers**
  - o Men's Chorus
  - o Practice Thursday Evenings at 7:00 PM
- **Brass Band Of Minot**
  - o North Dakota's Only British Style Brass Band
    - Room For All Brass Players
    - Horns Provided
    - Meets Sunday Afternoon at 3 PM
- **Community Band of Minot**
  - o Community Band
    - Room For All Musicians
    - Meets Mondays at 7 PM
- **Nodakords**
  - o Men's Barbershop Chorus
    - Meets Mondays at 7 PM

### INTERESTED?

Email [sentrysales@srt.com](mailto:sentrysales@srt.com) and we'll be happy to put you in touch with any of the above groups!!!



**HAVE FUN AS A  
VOLUNTEER AT**

**Team building?**  
We have volunteer opportunities that fit your style and your schedule! Painting, lifting, raking, chopping, staining, picking, etc.

**CALL US TODAY!**

FOLLOW US ON FACEBOOK

1219 BURDICK EXPY EAST MINOT, ND  
[WWW.RPZoo.com](http://WWW.RPZoo.com) • 701-857-4166



# 5 Adoption Options

MILITARY ONESOURCE

Military life is no longer a barrier to adoption as it once was. However, the adoption process can be a complicated journey and goes more smoothly with a little guidance and information. Here are five adoption options that prospective military parents should know about:

## 1. Agency adoption

Adoption agencies can be public or private. Agencies are regulated by the state and licensed to place children with prospective adoptive parents. Public agencies are state-run, and the children they place are predominantly foster children of elementary or high school age. Private agencies are often run by social service organizations. Private agencies usually have more infants available for adoption, and birth parents often have a say in who adopts their child.

## 2. Independent adoption

Independent adoption involves a direct arrangement between the birth mother/parents and the adoptive parents. This type of adoption is common and legal in most states but can be heavily regulated. Check your state laws before exploring this option. You can use your own resources and networking skills to find a child or work with an intermediary,

such as a doctor or lawyer.

## 3. Identified adoption

Adoption through identification is a blend of independent and agency adoptions styles. Usually, prospective parents locate a birth mother and then both sets of parents request that an agency step in to provide counsel and handle the adoption process.

## 4. International adoption

International adoptions involve a citizen of one country adopting a child who is a citizen of a different country. Agencies specializing in international adoption can help you with this complicated yet popular option.

## 5. Open adoption

This option involves some communication among the adoptive parents, the birth

parents and the child. The adoptive and birth parents decide how much communication will occur and how much identifying information is shared before and after the adoption. Therefore, no two open adoptions are the same.

Different options for adopting provide many paths to welcoming your child. Find out more about your options and the support available as you navigate the adoption process. Set up a live chat with Military OneSource or call 800-342-9647 to schedule an adoption specialty consultation. OCONUS/International? Visit Military OneSource website at [www.militaryonesource.mil](http://www.militaryonesource.mil)



**NODAK ARMS**

**INDOOR INTERACTIVE SHOOTING RANGE**

Range Time **HAPPY HOUR:** 10 AM - 2 PM Mon.-Thurs.  
\$7.50 per 50 Rounds 6 PM - 10 PM Fri. & Sat.

Book Range Time: [www.nodakarms.com/bookings](http://www.nodakarms.com/bookings) \*Guns Supplied Free if Needed



**Kim Albert Agency**

**701-852-1460**

2825 S. Broadway, Suite 2

[abby.martinson@allstate.com](mailto:abby.martinson@allstate.com)



**Allstate**  
You're in good hands.

© 2019 Allstate Insurance Co.

10585723

**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

**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!  
**NO OUTSIDE FOOD OR BEVERAGES ALLOWED.**

Additional \$10 for X-treme Bowling

1901 NORTH BROADWAY MINOT, ND  
[NORTHHILLBOWL.COM](http://NORTHHILLBOWL.COM)

FOR RESERVATIONS PLEASE CALL **852-4108**

**Party Room**

**FROM KID'S BIRTHDAY PARTIES TO GIRLS NIGHT OUT, OR TEAM BUILDING!**

We have a party space available for all of your fun!  
**Call for details!**

**109 South Main St. Minot**

**701.837.8555**

**Blake Krabseth**

**Comedian / Magician**

Great for Parties and Conventions

**701-720-1786**  
[magic@blakekrabseth.com](mailto:magic@blakekrabseth.com)

**BLAKEKRABSETH.COM**

**BOOK YOUR PARTY!**

**BIRTHDAYS, GAMING PARTIES, PRIVATE MOVIE EVENTS, FAMILY GATHERINGS**

Monday-Thursday  
Time Slots Available:

- 10 AM-12:30 PM
- 1 PM-4 PM
- 6 PM-10 PM

Email for details:  
[alatoakpark@gmail.com](mailto:alatoakpark@gmail.com)

**WWW.OAKPARKTHEATER.NET**

**HighAir Ground**

• TRAMPOLINE PARK •

1210 4th Ave NW / Minot, ND 58703  
701-837-JUMP

**FAMILY NIGHT**

**\$45.00**

**Includes:**

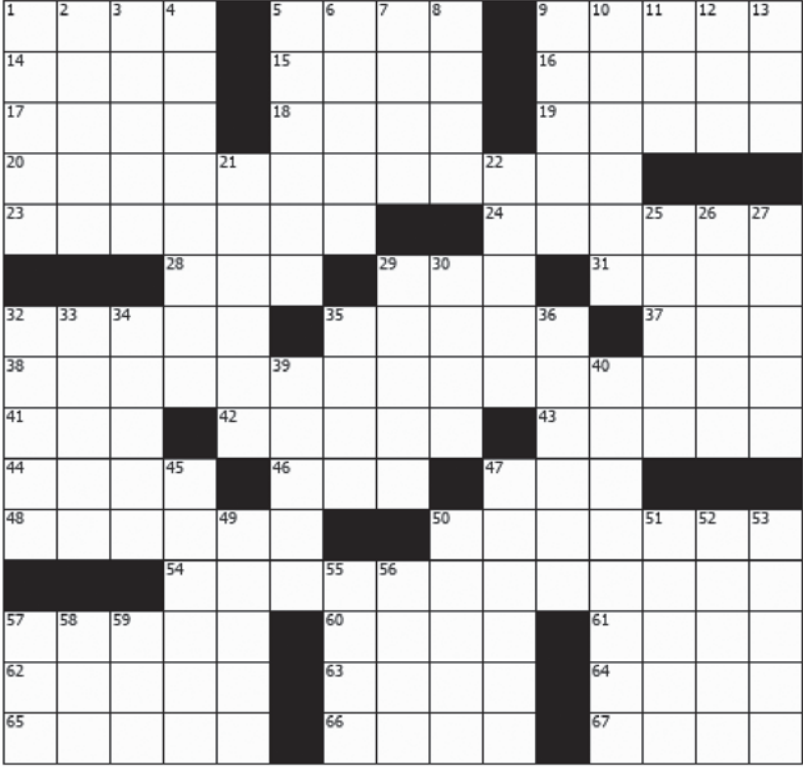
- 4 Jumpers
- Marco's Pizza
- Four 16 oz. Drinks
- Additional Jumpers Only \$10!

[www.highairground.com](http://www.highairground.com)



CROSSWORD PUZZLE

- Across**
- 1. Infamous Colombian city
  - 5. Hogwash
  - 9. "Lou Grant" star
  - 14. Islands off Ireland
  - 15. Untraceable author, for short
  - 16. Oak-tree-to-be
  - 17. "Dead \_\_\_\_" (Francis book)
  - 18. Become prominent
  - 19. The in things
  - 20. Hangover remedy
  - 23. Retirement home residents (with "the")
  - 24. Director Bergman
  - 28. Weekly stipend, e.g.
  - 29. Colonial insect
  - 31. Not missing any marbles
  - 32. Impassive
  - 35. Deplume, in a way
  - 37. Passing word?
  - 38. Politically moderate
  - 41. When the French fry?
  - 42. Island known for immigration
  - 43. Towel material
  - 44. Utah ski resort
  - 46. "To Kill a Mockingbird" author
  - 47. It's loaded with cash
  - 48. Job-hunter's offering
  - 50. Asserts without proof
  - 54. Just average
  - 57. Workers, as opposed to management
  - 60. Painter of melting watches
  - 61. Statue's bottom
  - 62. John who wrote "Butterfield 8"
  - 63. Poet Khayyam
  - 64. Arthurian maid
  - 65. Well-worn
  - 66. Musical silence
  - 67. Some numbered rds.



- Down**
- 1. Hidden supply
  - 2. "He's \_\_\_\_ nowhere man ..." (Beatles)
  - 3. Web-footed aquatic bird
  - 4. Daring
  - 5. Sot
  - 6. Oneness
  - 7. Fridge raider's quest, perhaps
  - 8. Dummy's seat
  - 9. Brother of Moses
  - 10. Rocker Boz
  - 11. Eggy drink
  - 12. Before, in an old syllable
  - 13. IV givers
  - 21. Delphi figure
  - 22. You can dig it
  - 25. "Key to the City" presenter
  - 26. Words with bend or lend
  - 27. Prepared
  - 29. Oscar-nominated song of 1966
  - 30. Some party snacks
  - 32. Apply jam
  - 33. Appellation
  - 34. "Golden Boy" playwright
  - 35. Amundsen's quest
  - 36. It may let off steam
  - 39. Actress Burstyn
  - 40. Show appreciation to
  - 45. Goddess of the dawn
  - 47. Touted trumpeter
  - 49. Diego Rivera work
  - 50. Hammond product
  - 51. Jack's adversary
  - 52. Borden's cow
  - 53. Seasonal transports
  - 55. Nose-wrinkling stimulus
  - 56. Renown
  - 57. Arced toss
  - 58. "Eureka!"
  - 59. Blackball

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

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

SUDOKU

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

Solution to puzzle on page C6

FRIDAY JANUARY 7 1800  
HOUSE OF GUCCI (R)

SATURDAY JANUARY 8 1800  
RESIDENT EVIL  
WELCOME TO  
RACCOON CITY (R)

SUNDAY JANUARY 9 1500  
HOUSE OF GUCCI (R)

FOLLOW REEL TIME MOVIE  
THEATER MINOT, AFB  
ON FACEBOOK OR VISIT  
MINOT EXCHANGE WEBSITE  
FOR UP TO DATE  
MOVIE LISTINGS



**NOW OPEN**

21 E CENTRAL AVENUE  
DOWNTOWN MINOT

701.852.8183

REEL TIME  
THEATER  
MOVIE  
SCHEDULE





## CHURCH DIRECTORY

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

<p><b>Chapel Services at MAFB</b> <i>Protestant</i> (North Plains Chapel in Base Housing) <b>Sunday Community Service</b> 1030 a.m. (Holy Communion 1st Sunday) Children's Church during school year</p> <p><i>Catholic Mass (Northern Lights Chapel across from Rockers)</i> Sunday ..... 1000 Daily ..... Monday-Thursday at 1200</p>	<p><b>St. Peter The Aleut Eastern Orthodox Church</b>  <b>109 6th St. SE</b> <b>Minot • 838-3094</b></p> <p><b>Saturday, January 8</b> 5PM, No Vespers</p> <p><b>Sunday, January 9</b> 10AM, Congregational Prayer Service</p>	<p> <b>Break Forth BIBLE CHURCH</b> Wednesdays 7:00pm and Sundays 10:30am <b>1821 W Burdick Expressway</b> For More Information: <b>701.353.9337   www.bfbc.tv</b></p>	<p> <b>An Evangelical Free Church</b> 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart) Sunday School &amp; Fellowship ..... 9:00 a.m. Worship ..... 10:30 a.m. <b>www.trinitychurchminot.org</b></p>	<p> Worship Service at 10:45am Sundays Sunday School at 9:45am</p> <p><b>1720 4th Ave NW, Minot</b> <b>838-0916</b> <b>MinotBibleFellowship.org</b></p>
<p> <b>Faith United Methodist Church</b> <b>5900 Highway 83 N, Minot</b> <b>www.faithumcminot.com</b> <b>Pastor Ken Mund</b> <b>701-838-1540</b></p> <p>Sunday School (All Ages): 9:45 a.m. Sunday Coffee Fellowship: 10:30 a.m. Worship Services: Sunday 11 a.m.</p>	<p><b>To Advertise your Church on this page,</b></p> <p><b>Call 839-0946</b></p> <p><b>Only \$9.00</b> <b>a space / per week</b></p>	<p><b>Cornerstone Presbyterian Church</b> <b>1000 NE 3rd Street</b> <b>852-0315</b> <b>Sunday Schedule</b> Contemporary Worship ..... 9:00am Sunday School (All Ages) ..... 10:00am Traditional Worship ..... 11:00am</p> <p><b>Wednesday Evening Schedule</b> Community Dinner ..... 5:30-6:30pm Contemporary Worship ..... 6:30pm Youth Group &amp; Small Groups.. 7:15pm <b>All are Welcome!</b> <b>www.ecominot.org</b></p>	<p> <b>OUR SAVIOR LUTHERAN CHURCH</b> 3705 11th St. SW Minot, ND 58701 701-852-6404 <b>www.oslcmminot.com</b></p> <p><b>Rev. Heath Trampe</b> <b>Rev. Brian Doel</b></p> <p><b>SUNDAY MORNING</b> Worship Services 8:15, 9:30, &amp; 11:00 am Sunday School Age 4 - Grade 12 9:30 am (Sept-May) Adult Bible Study 9:30 am</p>	<p> <b>St. Mark's Lutheran Church</b> <i>Missouri Synod</i> <b>Sunday Worship</b> <b>9:30 AM</b> <b>2209 4th Avenue NW</b> <b>Minot, ND</b> <b>839-4663</b> <b>Reverend Philip Beyersdorf</b> <b>www.minotstmarks.com</b> <i>Join us on facebook</i></p>
<p> <b>Immanuel Baptist Church</b> <b>1615 2nd St. SE, Minot</b> <b>701-839-3694</b></p> <p><b>Sundays:</b> 9:00 am.....Fellowship 9:15 am.....Sunday School 10:30 am.....Worship</p> <p><b>Wednesdays:</b> 11:30 am..... Soup Kitchen 5:30 pm.....Family Supper 6:30 pm..Preschool/Kids' Club/ABY 6:30 pm..... Adult Bible Study <b>www.ibcminot.org</b></p>	<p><b>Minot Baptist Church</b> </p> <p>Sunday School ..... 9:45 a.m. Morning Worship .... 11:00 a.m. Evening Worship ..... 6:00 p.m. Wednesday Evening..... 7:00 p.m. <i>Independent/Fundamental/KJV</i> <b>500 46th Ave NE • 839-1351</b> Pastor David Miller</p>	<p><b>St. John the Apostle Catholic Church</b>  2600 West Central Ave • Minot, ND 58701 <b>839-7076</b> Daily Mass Schedule: Tuesday ..... 5:15 p.m. Wednesday - Friday ..... 7:00 a.m. Saturday ..... 5:00 p.m. Sunday ..... 8:00 &amp; 10:30 a.m. <i>Fr. David A. Richter, Pastor</i> Parish website: <a href="http://www.stjohnminot.com">www.stjohnminot.com</a></p>	<p> <b>First Lutheran Church - ELCA</b> 120 5th Ave. NW 852-4853 Sunday Worship 9:30 am</p> <p><b>www.firstlutheran.tv</b> (Live Stream &amp; Recorded) Radio Broadcast KRRZ 1390AM Sunday 9:30 am <a href="http://www.flcminot.com">www.flcminot.com</a> Pastor Brandy Gerjets • Pastor Ellery Dykeman</p>	<p></p> <p><b>Gospel Tabernacle Community Church</b> 9999 27th St NE 4 miles south of MAFB <b>James W. Henderson</b> <b>Anna B. Henderson</b> <b>Church: 701-838-4492</b> <b>Home: 701-838-5759</b> <b>KHRT 1320: 9 a.m. Sunday</b> <b>Sunday School ..... 9:45 a.m.</b> <b>Adult/Children Worship.. 11 a.m.</b> <b>Family Hour ..... 6:30 p.m.</b> <b>Evening Worship ..... 7:30 p.m.</b> <b>Bible Study/Child-Adult</b> <b>Children Worship (Wed).... 7 p.m.</b> <b>Prayer (Friday) ..... 7 p.m.</b></p>
<p> <b>JOURNEYCHURCH</b> ASSEMBLY OF GOD <b>1805 2nd St. SE</b> <b>838-1111</b> <b>Sunday Services</b> 8:30 AM 10:00 AM 11:30 AM <b>Wednesday</b> 6:30 PM</p>	<p><b>Apostolic Faith Church, UPCI</b> 2929 19th Ave NW • Minot Located off Hwy 83 Bypass West (701) 838-0609</p> <p>Saturday School ..... 2:00 p.m. Sunday Worship ..... 3:30 p.m. Wednesday Bible Study ..... 7:30 p.m.</p> <p><b>Jesse Starr, Pastor</b></p>	<p> <b>Cross Roads Baptist</b> <b>Southern Baptist Convention</b> Sunday School (all ages) ..... 9:45 a.m. Sunday Worship ..... 11 a.m. &amp; 6:30 p.m. Wednesdays (Prayer &amp; Missions) ... 6:30 p.m.</p> <p><b>www.minotcrbc.org</b> <b>email: minotcrbc@gmail.com</b> <b>Dr. Bob Farmer- Pastor</b> <b>415 28th Ave SE (Behind Menards)</b> <b>838-1873</b></p>	<p> <b>West Minot Church of God</b> <i>Family Worship Center</i> <b>1105 16th St. NW • 839-1407</b> Sunday School ..... 9:30 a.m. Sunday Worship ..... 10:30 a.m. Children's Church &amp; Nursery Wednesday Family Training Hour Meal ..... 5:30p.m. Classes for All Ages ..... 6:30 p.m. Youth Center, Friday ..... 7:00 - 11:00 p.m. ABC Child Care Center ..... 852-6352 <b>westminot.com</b> <b>facebook.com/westminot</b></p>	<p><b>Church: 701-838-4492</b> <b>Home: 701-838-5759</b> <b>KHRT 1320: 9 a.m. Sunday</b> <b>Sunday School ..... 9:45 a.m.</b> <b>Adult/Children Worship.. 11 a.m.</b> <b>Family Hour ..... 6:30 p.m.</b> <b>Evening Worship ..... 7:30 p.m.</b> <b>Bible Study/Child-Adult</b> <b>Children Worship (Wed).... 7 p.m.</b> <b>Prayer (Friday) ..... 7 p.m.</b></p>

**To Advertise your Church on this page,**

**Call 839-0946**

**Only \$9.00**  
**a space / per week**

**First Baptist Church**  
  
**200 3rd St. SW • 852-4533**  
**www.fbcminot.org**

Classic Worship Service ..... 8:30 a.m.  
Sunday School (All Ages) ..... 9:45 a.m.  
Contemporary Worship Service..... 9:50 a.m.  
Adult Sunday School ..... 11:00 a.m.  
Contemporary Worship Service..... 11:05 a.m.  
Children's Church ..... 11:05 a.m.  
Wed. AWANA (Sept. to May) ..... 6:30 p.m.  
Fridays, Celebrate Recovery ..... 7:00 p.m.

**Rev. Kent Hinkel, Senior Pastor**  
**Rev. Barry Seifert, Associate Pastor**  
**Pastor Sam Kautzmann, Student Ministries**  
**Elaine Carlson, Children's Ministry Director**

  
**OUR REDEEMER'S CHURCH**  
*A Church of the Lutheran Brethren*

**Sundays:**  
Worship..... 9:00 a.m. & 11:00 a.m.  
**700 16th Ave SE • 701-838-0750**  
For more information visit us on the web at:  
**www.ourredeemers.org**

  
**OUR REDEEMER'S CHRISTIAN SCHOOL**  
700 16th Avenue SE  
Minot, ND 58701  
**info@orcsknights.org • 701-839-0772**  
**www.orcsknights.org**

**ORCS Preschool**

Our Redeemer's Christian School's Preschool Program has started its 34th year the fall of 2021 and we would love to have your child be a part of it!

**NOW ACCEPTING REGISTRATIONS FOR THE 2021-2022 SCHOOL YEAR**

**HIGHLIGHTS OF OUR PROGRAM**

- Time-tested curriculum including STEM and Language Arts activities as well as Free Play
- 2 and 3 day options available
- Kindergarten readiness skills practiced each session
- All teachers hold a North Dakota Professional Educator's License
- Christ-centered environment

Please contact our school office or visit our website for more information.  
**701.839.0772**  
**Email: jschultz@orcsknights.org**  
**Website: www.orcsknights.org**

**ADVERTISE YOUR Church**

*Advertise*  
FOR ONLY \$9 PER WEEK

*Revisions*  
MADE UPON NOTICE  
FROM THE CHURCH

*Deadline*  
TUESDAYS BY NOON  
WEEK OF PUBLICATION

**VIEW OUR PAPER ONLINE AT**  
**NORTHERNSENTRY.COM**

**CONTACT US**  
*call*  
701-839-0946  
*email*  
NSADS@SRT.COM  
*fax*  
701-839-1867

we've got the church  
you've been looking for

*Your life matters to God!*





# CLASSIFIEDS

www.northernsentry.com | nsads@srt.com or sentrysales@srt.com | 701.839.0946 | 315 S. Main Suite 202 | Minot, North Dakota

## PROFESSIONALS

**LEE CLOUSE INDEPENDENT BEAUTY CONSULTANT**  
www.marykay.com/1clouse.  
701-839-0475 or 701-721-0475.

## RUMMAGE SALE

A Little Bit Of Everything...  
With A Lot Of Savings!

### 4R HOME THRIFT

**2031 N Broadway**

Furniture, Tools, Movies,  
Misc. & Interesting Items

Monday - Saturday -  
8:30 AM to 6 PM  
Sunday - 12 PM to 5 PM

**15% Military Discount!**  
<https://www.facebook.com/4rhomethrift>

## GARAGE SALE

**3721 E. BURDICK EXPY HUGE VINTAGE & COLLECTIBLE SALE!** Every Weekend, Weather Permitting. Many Old Pictures, Old Books, Pottery, China, Glassware, Cast Iron, Old Vinyl Records, 8 Track Tapes, Old Picture Frames, Old Beer Cans, Signs, DVD Movies, Partial List. Questions Call 701-626-2712.

## WANTED TO BUY

**AUTO BENT UP OR JUNKED??**  
I'll buy!! Also Scrap iron!! Call 701.240.2147 OR (701) 240-7453.

## FOR SALE

### FRESH CHICKEN

Farm-raised  
Butchering Chicken

### GRASSFED BEEF

(no antibiotics, no  
GMOs),

### FRESH FARM EGGS

Located just 20  
minutes with delivery  
to the base.

### EMAIL:

esavelkoul@srt.com.

## SUDOKU SOLUTION

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

## HELP WANTED

**THE NORTH DAKOTA NATIONAL GUARD** have openings available in a variety of career fields across the state and in Minot. Continue your military career on a part-time basis. For more information call 420-5903 or 420-5904 in Minot.

**MATURE, RELIABLE, AND A TRUSTWORTHY INDIVIDUAL.** Part-Time Retail sales 25-35 hrs/ week occasional Sat. closed Sun. Apply in person at Aeroport Hobby Shoppe, 2112 N. Broadway.

### IMMEDIATE FULL AND PART TIME OPENINGS

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.

### 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.**

### LOOKING FOR A CAREER THAT IS BOTH CHALLENGING AND REWARDING?

Kalix is seeking caring and compassionate people to provide support for people with disabilities. We have schedules to fit your needs. We offer competitive wages and excellent benefits.

We are an equal opportunity employer and a drug free workplace.

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

## FOR RENT OR SALE

**20 MINUTES TO MINOT AND THE MINOT AIR FORCE BASE** 2 and 3 bedroom mobile homes for sale or rent from \$695 per month - includes lot rent and utilities. Located in Deering, ND. 701-502-0554.

## REAL ESTATE

Find **ALL** listed homes for sale in Minot and the surrounding areas at [www.brokers12.com](http://www.brokers12.com).

## RENTALS

**AVAILABLE NOW!** Several apts on North Hill available 4 rent. 2 Bdrm + 1 bath. \$655 to \$795. Call Matt or Jerry at IPM. 852-1157

**HOUSE FOR RENT - 30 PAVED MILES FROM MAFB.** Choice of 4 School Districts. 2 Bedroom- 1 Bath. Double Garage. \$550.00 Call (701) 768-2692 or (701) 263-2093

## AUTOMOTIVE

**\$\$\$ QUICK CASH \$\$\$** Paying cash now for any car or truck, running or not. We also sell cars \$500-\$1500, give us a call. Edwardson Sales 839-9512 (Will haul junk cars or trucks away, no charge)

**NORTHERN AUTO AUCTION**  
**1st & 3rd Saturday Every Month!**  
Approx. 75-100 Cars, Pickups, Trucks, Etc.!!  
Bring vehicles & title to auction yard  
**BUY or SELL!**  
All units sold AS-IS condition  
Terms: Cash or check supported by a bank letter of credit  
Auctioneers: Clint Beeler, Lic. #199 & Kevin Beeler, Lic. #464 - Clerk Lic. #199  
3035 Valley St., Minot, ND 58701  
701-838-3733 or 1-800-210-8995

## JOHN'S



### AUTOBODY

**Pays Up To \$500**

**Insurance Deductibles**

**We Guarantee All Work & Color Match**

**4121 S. Broadway**

**839-8896**

## KRAMER SUBARU SERVICE

700 Old Red Trail NW • Mandan, ND

888.856.2383



**DON'T RISK IT ALL!**  
**IF THERE IS ANY DOUBT CALL**

## AIRMEN AGAINST DRUNK DRIVING

**Free and Confidential**

**Saving Lives and Careers**



Available to ALL Minot AFB Military Members and Spouses

- Call AADD
- Notify location and destination
- State the amount of people that need a ride
- Give a description on an easily identifiable article of clothing
- Verify member's military/ dependent status by showing identification

**CONTACT US AT:**  
**(701) 727-2233**  
**(701) 727-AADD**

**THURSDAY, FRIDAY & SATURDAYS**  
**09:00 PM – 02:00 AM**

**HOLIDAY WEEKENDS**  
**08:00 PM – 03:00 AM**

Thanks to SRT for donating the phone services for AADD



**FOLLOW US ON FACEBOOK!**

**northernsentry**

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



# CLASSIFIEDS

www.northernsentry.com | nsads@srt.com or sentrysales@srt.com | 701.839.0946 | 315 S. Main Suite 202 | Minot, North Dakota

## MINOT AFB ANNOUNCEMENTS

### EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

Embry-Riddle Aeronautical University is the world's pre-eminent university for aviation and aerospace education. However, our dynamic, hands-on programs will prepare you for careers well beyond the limits of the sky. Our Worldwide Campus has been working with U.S. military service members since 1970, helping them to earn a degree while on active duty or as veterans. And we do it at more than 90 military installations around the globe. The Embry-Riddle Minot Campus — located at Minot Air Force Base — offers associate, bachelor's, and master's degrees, as well as undergraduate and graduate certifications, that will help you whether you are an active-duty military service member, a veteran, or a civilian working at or around Minot Air Force Base. Embry-Riddle Worldwide is here to help you earn your college degree. A degree from Embry-Riddle Worldwide will help service members to become commissioned officers, will make veterans more desirable job candidates as they enter the civilian workforce, and will assist civilians with job advancement or career changes. Our modes of instruction are: Online, Eaglevision Home and Eaglevision Classroom. Our next term is: 10 Jan-13 Mar. For more information, please visit us in Room 223 located in the Base Education Center Building (2nd floor), email: [minot@erau.edu](mailto:minot@erau.edu), office phone: 701-727-9007 or Teams phone: 904-513-9734.

### COLUMBIA COLLEGE

For nearly fifty years Columbia College has offered educational opportunities to the military and is proud to establish our newest location here, at Minot AFB. Founded in 1851, Columbia College is a private, nonprofit liberal arts and sciences college that serves approximately 18,000 students annually and is proudly recognized by numerous organizations as a Military Friendly institution of higher education. Check out our website ([ccis.edu](http://ccis.edu)) for the list of organizations that recognize the hard work the college puts in to serve those who serve our country and their families. With 29 online degrees the college is working to offer classes this summer on the installation. In the meantime you can choose your mode of education from strictly online classes to in-person ZOOM synchronous classes. Chose from the many associate, bachelor, or master's degree programs available and know your degree can be completed at Minot or anywhere you have internet connectivity or explore in-seat opportunities if you re-locate near one of our 30 locations nationwide. Fully accredited by the Higher Learning Commission (HLC) we are delighted to establish this location at Minot. Come talk to us at the education center and explore your options for your next step down the path to your educational goal. We are located in Room 219 or call (701) 727-8386.

### PARK UNIVERSITY MINOT –

PARK UNIVERSITY MINOT – Your degree, Your way. Open enrollment for the 2021/2022 year! Earn your CCAF credits, AU-ABC, and your Bachelor's degree with PARK. Let's maximize your military experience! Find how many credits you can get from your military experience by going to [military.park.edu](http://military.park.edu). and confirmed your credits Or Ask Alexa! Enable the Park University skill on your Alexa device and say "Alexa, ask Park, How many credit hours can I get from my military experience?" She'll even tell you your graduation date! Minot AFB @ the Education Center RM 222 | 844-884-8612 | [mino@park.edu](mailto:mino@park.edu) PARK. YOU

### MINOT STATE UNIVERSITY

Minot State offering face-to-face classes at Minot Air Force Base. Minot State University is excited to again offer face-to-face classes at the Minot Air Force Base starting with the Summer 2021 semester. The Summer 2021 semester begins June 1 and finishes July 29 with registration currently open. MSU at the Minot Air Force Base will also have three sessions of face-to-face classes in Fall 2021. Those three sessions are Aug. 23 to Dec. 17, Aug. 23 to Oct. 14, and Oct. 18 to Dec. 19. There is no application fee for active-duty military personnel. Military personnel can complete their Community College of the Air Force (CCAF) degree and earn a bachelor's degree from Minot State. For more information, contact Brigitte Mikula at 701-727-9044 or by email at [Brigitte.mikula@minotstateu.edu](mailto:Brigitte.mikula@minotstateu.edu)



Contact Rod Wilson to get your business listed here!  
E-mail: [sentrysales@srt.com](mailto:sentrysales@srt.com) | 701.839.0946



### TRUCK ACCESSORIES

**ACCESS**  
Roll Up Cover

**ROLL-UP PICK UP COVERS**  
• SRT - 2 ELECTRIC • SPOOL ROLL TARP • TRUCK TARPS

Manufactured by AGRI-COVER

DISTRIBUTED BY  
**NELSON  
RIPPLINGER  
SALES**

NEW & USED COVERS ON HAND

ASK ABOUT  
MILITARY DISCOUNT  
OWNED BY VETS

**JIM OR BONNIE 838-2515 • CELL 721-1251**

### STORAGE UNITS

**NORTHERN PRAIRIE  
CONDOS & STORAGE, INC.**  
Meeting your Storage needs is our priority!

NPCS

- Excellent Location with Security Fencing and Lighting
- 24 Hour Access with Keyless Entry
- Many Sizes Available
- Auto and Recreational Storage
- Best Rates Guaranteed

**Duane W. Block "Dewy" Owner**

Call: **701.720.1093**  
Today for more Information.

NPCS

8 46th AVE NE  
Minot, North Dakota  
58703

### AUTOMOTIVE

**QUICK CASH!!**  
Running & Non-Running  
Cars & Trucks

**Edwardson Sales**  
**839-9512**  
We also sell cars \$500 - \$1500  
Give Us A Call!  
Will Haul Junk Cars Free Of Charge

### ACCOUNTANT

**BradyMartz**

Make Every Day Count

CERTIFIED PUBLIC ACCOUNTANTS

24 W. Central, Minot • 852-0196

[www.bradmartz.com](http://www.bradmartz.com)

### HOBBY SHOP

**AEROPORT HOBBY SHOP**

RC Cars, RC Airplanes, Rockets,  
Trains, Plastics, Testors Paints,  
Engines & Accessories,  
Helicopters, Balsa Wood & Glues.

**838-1658**

2112 N. Broadway • Minot, ND

Ask for Eva • [www.airporthobby.com](http://www.airporthobby.com)

### REAL ESTATE

*Danielle Bolinske*  
REALTOR®  
701-833-7180

**ELITE**  
REAL ESTATE  
*Excellence In Action*  
1829 S. Broadway  
Suite 1, Minot, ND

### FLOWER SHOP

**FLOWER**  
*Central*

**Voted Minot's #1 Flower  
Shop for the last 7 years!**

**405 Central Ave. E. • 701.852.6224**

### REAL ESTATE

**BUY OR SELL  
ONLY WITH THE  
BEST!**

**BROKERS12**  
REAL ESTATE

**#SOLD WITH US!**

**BROKERS12.COM**



# WHAT'S GOING ON MAFB

## FRIDAY 07

- HIIT Strength & Conditioning, 0530, Fitness Center
- Spouses Corner, 0900-1000, A&FRC, In-Person and Zoom Meeting
- Family Zumba, 1000, The Turf, hosted by the Fitness Center
- First Friday, 1600-2000, Jimmy Doolittle Event Center
- Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill
- Laser Tag Party, 1630-1730, Turf, hosted by Outdoor Recreation
- Cycle, 1700, Fitness Center
- Swerk, 1800, Fitness Center
- Game Night Series: Call of Duty: Vanguard, 1800, ESC
- Karaoke Night, 2000, Rockers Bar & Grill

## SATURDAY 08

- Cycle, 0900, Fitness Center
- Star Wars Spectacular, 1300, Minot AFB Library
- Magic The Gathering Chaos Draft, 1700, ESC

## SUNDAY 09

- NFL Sunday Ticket, 1200-1900, Rockers Bar & Grill
- Zumba, 1400, Fitness Center

## MONDAY 10

- Registration Opens: Intramural Water Polo at Outdoor Recreation
- Registration Opens: Dog Sledding Trip to Minnesota at Outdoor Recreation
- HIIT Strength & Conditioning, 0530, Fitness Center
- TAP GPS Workshop, 0730-1600, In person at A&FRC, online Zoom Meeting
- Family Fit Bootcamp, 1000, Turf hosted by the Fitness Center
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Cycle, 1700, Fitness Center
- Craft Club, 1800, Minot AFB Library
- Yoga, 1830, Fitness Center
- Swerk, 1930, Fitness Center

## ONGOING

- The status and location of Minot Air Force Base events are subject to change due to base restrictions.
- Winter Reading Program: 1 December – 1 March, Minot AFB Library
- FCC Pre-Orientation: One-on-One Appointments: Family Child Care – Call to schedule an appointment.

## TUESDAY 11

- TAP (VA), 0800-1600, A&FRC
- Game Day, 1000-1930, Minot AFB Library
- Pre-Separation Counseling Short Notice / COVID, 1300-1530, A&FRC, Zoom Meeting
- Wine & Paint Class, 1800-2000, Arts & Crafts Center
- Zumba, 1830, Fitness Center

## WEDNESDAY 12

- HIIT Strength & Conditioning, 0530, Fitness Center
- TAP (DoL) - Overview, 0730-1600, A&FRC
- Pre-Deployment/Remote Readiness Training, 1000-1100, A&FRC, Zoom Meeting
- Story Time, 1030, Minot AFB Library
- Yoga, 1200, Fitness Center
- Moving Out of the Dorms Budget Class, 1300-1500, A&FRC
- Federal Resume Workshop, 1400-1600, A&FRC
- Fighting Game Night, 1800, ESC
- Yoga, 1830, Fitness Center
- Swerk, 1930, Fitness Center

## THURSDAY 13

- TAP (DoL) – Employment Workshop, 0800-1600, A&FRC
- Pre-Separation Counseling Short Notice, 0930-1130, A&FRC
- Family Fit Bootcamp, 1000, Turf, hosted by the Fitness Center
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Kids' Night, 1530-2030, Bomber Bistro
- EFMP Kids STEAM Activity: Circuit Bugs, 1730-1830, A&FRC
- Craft Club, 1800, Minot AFB Library
- Magic The Gathering Pauper Night, 1800, ESC
- Zumba, 1830, Fitness Center
- Yoga, 1930, Fitness Center

## FRIDAY 14

- AFGSC Family Day
- For full listing Martin Luther King Jr. holiday facility hours, visit 5thforcesupport.com
- Registration Closes: Ice Fishing Trip to Lake Metigoshie at Outdoor Recreation
- TAP (DoL) – Employment Workshop, 0800-1600, A&FRC
- Spouses Corner, 0900-1000, A&FRC, In-Person and Zoom Meeting
- Home School Library Orientation, 1100, Minot AFB Library
- Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill
- Disaster Movie Night, 1800, ESC
- Karaoke Night, 2000, Rockers Bar & Grill

## SATURDAY 15

- For full listing Martin Luther King Jr. holiday facility hours, visit 5thforcesupport.com
- Game Night Series: Board Games, 1700, ESC

## JANUARY SPECIALS

### Bomber Bistro • Chef Salad

Try this tasty medley of lettuce, turkey, ham, tomato, egg, cucumber, red onion, and cheddar cheese. Grab it to go for only \$9.00. Add some chicken for \$3.00 more!

### 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 • Imposter Burger

Try this ¼ lb. plant-based burger on a bed of lettuce and tomato, served with a side of crispy fries! Grab this tasty combo for \$7.50!



## NOW OPEN IN MINOT!

Columbia College-Minot located on Minot Air Force Base

Over 30 programs offered online!

Military.CCIS.edu | (701) 727-8386 | Minot@CCIS.edu

Columbia  
College

Private. Non-Profit. Accredited.

# GAS UP. SNACK UP. GET GOIN'.

FUEL RESTROOMS COFFEE FOOD & DRINKS

2625 N. Broadway 2005 N. Broadway 1105 S. Broadway 7141 US HWY 2

# ON the RUN