

# northersentry

FREE | WWW.NORTHERNSENTRY.COM | VOL. 60 • ISSUE 03 | MINOT AIR FORCE BASE | FRIDAY, JANUARY 21, 2022

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## CAN'T STOP TEAM MINOT

Brothers Jensen and Taren Shimonsky enjoyed a snow day at their Minot Air Force Base home January 14, 2022. Recent weather conditions called for a school cancellation, giving families the perfect opportunity to get out and make the most of the Minot weather.



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# A personal request from The Publisher:

## On Feb 8 Edward Zilli, D-Day Veteran and my father-in-law will turn 99

TED BOLTON, NORTHERN SENTRY

It was June 6, 1944, D-Day.... As part of the US Army's 4th Infantry Division (known as the Ivy Division), Sgt Edward John Zilli had crossed the Atlantic on the Queen Mary, landed in Scotland, rode a blacked out train to a small village in England, had several months of additional field training, and now found himself crossing the English Channel on an LST heading for Utah Beach in Normandy, France.

Ed grew up on Long Island New York, right on the ocean, and was a great swimmer so he wanted to be as high on that ship as possible. When I asked why he replies "I could swim like a fish, and I figured if that ship got hit and was going down I wanted to be able hit the water and not be trapped inside." He went on "you know a lot of my guys weren't good swimmers, so I told them if you end up in the water dump your gear, everything including your rifle. It's no good to you if you're drowned." It was that kind of common sense thinking that helped him not only survive the war, but to excel in both his military & law enforcement careers. The "Ivy Division" was the first unit to land on Utah Beach. Once his feet hit the beach Ed spent the next twelve months in almost constant motion, involved in some of the most notable events of the war. After fighting his way off the beaches of Normandy and through the hedge rows of France, he helped liberate Paris. Sgt Zilli says, "There was no time to enjoy Paris that summer. We were moving and fighting constantly, but I sure had some good times in Paris the following summer!" After liberating Paris and eastern France, it was on in to Germany, fighting in the Hürtgen Forest, and later the Battle of the Bulge in the frigid winter with only light jackets. He also remembers crossing the Rhine and so many other battles both named and unnamed. Then on May 8, 1945 he and his men were only a few miles from Pilsen, Czechoslovakia, home of the world famous Pilsner Urquell Brewery, when



word of the German surrender reached them. When I asked what did you think when you heard the war was over? Zilli's eyes light up and he says "Hell, we were so close to getting that great beer, you know, just one more day and we would have been there! I mean, of course we were all happy it was over, but we had been thinking about that beer for days, and it was just a few clicks away...."

That is just a glimpse of Ed's amazing 99 years of life. Sgt Zilli is my wife, Margie's Dad. He is a special person and one of only a few D-Day veterans left. Sgt Ed Zilli was born February 8, 1923, and God willing, we will attempt to get more of his stories in print over the next year.

### NOW FOR MY SPECIAL REQUEST:

Ask yourself, what in the world would be a great birthday gift for someone who has done it all, seen it all, and so far has made 99 trips around the sun. How about a flood of cards and notes thanking him for his service and wishing him a happy, healthy 99th birthday!

If you agree and would like to help make that happen, cards can be mailed to:

Ed Zilli c/o Margie's Art Glass Studio, 109 Main St S, Minot ND 58701. Each and every card will be read and enjoyed by Sgt Edward Zilli as he celebrates turning 99.



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# Cervical cancer screening saves lives

59TH MEDICAL WING PUBLIC AFFAIRS

JOINT BASE SAN ANTONIO-LACKLAND, Texas --

Cancer can start at any place in the body. Cervical cancer starts in the cervix. It starts when cells in the cervix grow out of control and crowd out normal cells. This makes it hard for the body to work the way it should.

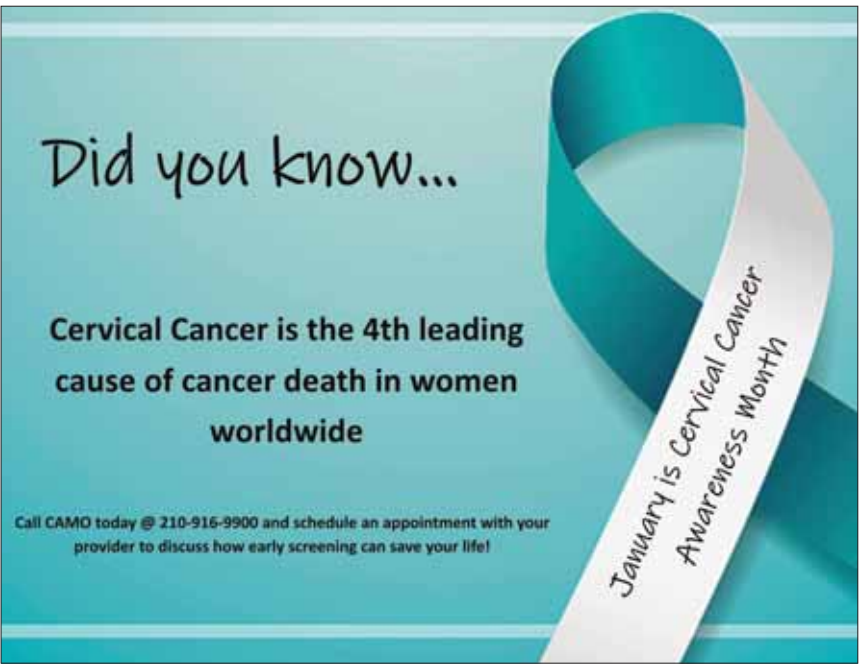
The American Cancer Society estimated 14,480 new cervical cancer cases and approximately 4,290 deaths from this disease during 2021.

January is Cervical Cancer Awareness Month. Cervical cancer can often be found early, and sometimes even prevented, by having regular screening tests. If detected early, cervical cancer is one of the most successfully treatable cancers.

However, cervical cancer is still the fourth-leading cause of cancer death in women worldwide. Human papillomavirus, or HPV, is the main cause of cervical cancer and is most commonly passed from one person to another during sexual intercourse.

Risk factors associated with cervical cancer include smoking; long-term use of birth control pills multiple sex partners, a family history of cervical cancer and other factors. HPV is often asymptomatic, therefore one can have it and not be aware of its presence.

The two important screening tests for detection of and early intervention for cervical cancer are the Pap smear and HPV tests. The Pap test looks for cell changes on the cervix that may become cervical cancer if not treated appropriately. The HPV test detects the HPV which



January is Cervical Cancer Awareness Month. Cervical cancer can often be found early, and sometimes even prevented, by having regular screening tests. If detected early, cervical cancer is one of the most successfully treatable cancers.

causes cellular changes.

HPV is a common virus that can cause six types of cancer. While there is no treatment for HPV, there is a vaccine that can prevent it.

Parents of children between ages 9 and 12 should talk to their doctor about the HPV vaccine. Vaccinating your child at the recommended ages can help keep them healthy well into adulthood and is the best way to prevent HPV cancers later in life.

It is important to consult with your doctor or health care provider about getting essential vaccines during the COVID-19 pandemic.

Women ages 21-29 should receive the Pap screening exam every three years unless more frequent screening is

recommended. Women ages 30-65 should receive the Pap screening and the HPV test every five years unless more frequent screening is recommended.

These screening exams can be

scheduled by calling your local medical provider. For more information, visit the American Cancer Society's website at <https://www.cancer.org/cancer/cervical-cancer.html>.

## NOTICE

Minot AFB, N.D. – 2d Lt, Domenica Avila from the 891st Security Forces Squadron, has been appointed the Summary Court Officer (SCO) for the estate of

**SRA AMIR HUMPHREY AL-AMIN JIBRI, 891ST SECURITY FORCES SQUADRON.**

All claims for or against the estate of the deceased must be submitted to the SCO.

For more information, 2d Lt, Domenica Avila at (701) 818-0088.

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# True North Dakota Way of Life

**northern  
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**A VIEW FROM OUR SIDE**  
ROD WILSON, NORTHERN SENTRY



I was having a conversation with an active duty officer on base last week and what he said brought a smile to my face and a short chuckle. We were talking about ice fishing, and he said that one of his colleagues was going to take him out ice fishing on Saturday. My natural question was of course, where? It was then that he revealed he had been sworn to secrecy about the lake where they were going, and after the fishing trip he would not be able to tell me where they had been. Now that, my friends, is a true North Dakota way of life. Never mind the fact that there are a multitude of small lakes that harbor great fishing for those who are willing to take on the elements, and that just an hour south of Minot is Lake Audubon and Lake Sakakawea, both known for great ice fishing for Northern Pike, Walleye, and Small Mouth Bass. In fact, a good friend of mine, Kim Fundingsland just returned from Lake Audubon and a great day of fishing with a number of near trophy Small Mouth Bass being pulled through the ice. There have been times

when I have been on the ice and watched as fishermen try to camouflage their recently drilled fishing holes so that they kept their "honey hole" secret. If these same fishermen had one of those tough days on the ice, it would be "fill in the holes quickly", and there would be little, or no, time spent making sure that this area was returned to pristine condition so that only those who knew just where to find this spot would be back. Oh, did I forget to tell you that from the time I was old enough to drop a line in the water, or the ice, I was informed by my Dad that this was "our spot" and other anglers did not need to know where it was. Yes, I am North Dakota born and raised, and I have been taught to boast of fishing and hunting fortune. Be specific about the number and size of the fish or game that you brought home. But never, and I mean under pain of death (well almost), should you reveal exactly where you had you found your fortune. It truly is a North Dakota way of life, and one we love to share with our friends at Minot AFB.

## IT PAYS TO PICK UP YOUR NORTHERN SENTRY

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## A LOOK BACK THIS WEEK IN USAF HISTORY

**57TH AIR DIVISION IS ACTIVATED AT MINOT AFB  
JANUARY 22, 1975**



On January 22, 1975, the 57th Air Division was activated at Minot Air Force Base, ND. The unit had a long history overseas and at many other United States bases before moving without personnel or equipment to Minot. It took on the resources of the base and lent vital support to the 91st Strategic Missile Wing and 5th Bombardment Wing. The 57th AD would go on to become the host unit of the base after the Iran

Hostage Crisis in 1980, when Strategic Air Command tasked them with organizing the Strategic Protection Force. The 57th AD was the first division in SAC to implement the concept. At the forefront of the force were the B-52 Stratofortresses, which could provide worldwide warfare capabilities. The 57th Air Division was in control of all missile and bomb wings in North Dakota, including those at Grand Forks AFB and Minot. The unit was deactivated in June of 1991 and the 5th Bomb Wing became the host wing, and continues to assume host responsibilities to this day.

Information courtesy of: minot.af.mil / Air Force Combat Wings by Charles Ravenstein / History of Minot AFB c. 1980

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# Show your love on Giving Hearts Day

ABIGAIL KINDER, NORTHERN SENTRY

Nonprofit organizations all over North Dakota are busy preparing for another season of giving. Giving Hearts Day, which was founded in 2008 by the Dakota Medical Foundation, encourages people to show love to their favorite charities on February 10. In the 14 years since its founding, Giving Hearts Day has raised over \$112 million for nonprofits all over North Dakota and northwest Minnesota to continue making the world a better place.

Minot's own Project Bee, formerly the YWCA, has big plans for Giving Hearts Day 2022. Their goal? To raise as much money as possible for their Broadway Circle capital campaign. Broadway Circle will be a resource hub that features a six-unit family shelter, 17 housing units, space for the Lord's Cupboard Food Pantry and Welcome Table Soup Kitchen, as well as commercial space. Nearly 73% of the capital campaign is covered through federal grants awarded to Project Bee, but they need the community's help to raise the remaining 27%.

Liz Larsen, Executive Director of Project Bee, explained, "The cost of everything has gone up, so for what was originally planned even with the grant... it's not enough. We are going to have to raise about \$2.2 million to complete the project."

Project Bee will break ground on Broadway Circle in May of

2022. Because of constraints on the federal grants, they must raise the remainder of the money and have the facility completed by September of 2023, leaving them one short year to finish the project—a daunting task, but one that Larsen believes is essential to the community. "The addition of a family shelter is something that our community does not have and it's something that we need," she said.

As Project Bee continues to expand their services, their clientele diversifies as well. Unfortunately, due to the requirements of other facilities, some families must be separated in order to be granted shelter which is why an all-inclusive family shelter is important. "That's why we need this family shelter, so that these families who did not fit these boxes before have a safe place to go," said Larsen. "It is designed for families of all makeups. So maybe it's two moms and a kid, or a single dad with three kids. Whatever that family looks like, they are going to have a safe space to address their trauma with our amazing, trained staff and overcome their barriers to get that permanent housing."

Each shelter plays a vital role in supporting the homeless community, but Project Bee hopes that Broadway Circle will be a place for everyone to go and find the help that they need.

"This winter, we have seen a lot of groups that are just meant

to be served by this family shelter, and I can't wait until we can do more. It's traumatizing enough when you have to go into a shelter. We want to make [Broadway Circle] as nice as we can and give them dignity and respect, wrap them in love, and give them something better that they deserve," she said.

According to Larsen, every little donation counts in a big way for nonprofit organizations. "Even if it's only \$10, donate it to an organization that you really love and let them know that you're there, you're rooting for them, and you believe in their mission. What if ten people donated \$10? That's our trash bill for a whole month. That's meals for families. It has a huge impact and I think it takes a lot of people to come together and

create something big."

But monetary donations are not the only way to contribute to Project Bee on Giving Hearts Day. Individuals can donate new and used goods, as well as their time to volunteer with diaper drives, community closet sorting, and more. "It makes a huge difference, and we are so grateful for our donors. You don't have to donate a lot to make a big difference," continued Larsen.

Throughout the next month, Project Bee will be doing outreach at coffee shops all over Minot and scheduling donations for Giving Hearts Day. Donors can pledge their share ahead of time to be collected on February 10. While Project Bee hopes to use monetary donations for Broadway Circle, donations can also be given to contribute to

everyday operations.

With the support of the community, whether it is on Giving Hearts Day or any day of the year, Project Bee can continue to provide client-centered programs that offer dignity and respect to those in times of crisis. "This [family shelter] is not happening because of one of two people; it's happening because of a lot of people coming together and all giving a little bit, whether it's a little bit of time, or money, or expertise," Larsen said.

To learn more about Project Bee and their Giving Hearts Day, visit [www.projectbeend.org](http://www.projectbeend.org), go to the Project Bee Facebook page, or visit [www.givingheartsdays.org](http://www.givingheartsdays.org) and search for their organization.



On February 10, Project Bee will be participating in Giving Hearts Day, one of the longest-running and most successful giving days in the nation that benefits nonprofit organizations in North Dakota and Minnesota. Project Bee is hoping to raise \$2.2 million for their Broadway Circle capital campaign to construct a new family shelter and resource hub that will support homeless and struggling families and individuals.

## LOCAL ORGANIZATIONS PARTICIPATING IN GIVING HEARTS DAY

Giving Hearts Day was started in 2008 by the Dakota Medical Foundation as a day of giving to support local charities and nonprofit organizations in North Dakota and northwest Minnesota. Since it was founded, Giving Hearts Day has raised over \$112 million for those who are making a big difference in the world.

You can support your local organizations through monetary donations, or by giving goods and volunteer time. Every little bit matters, and your contributions make a big difference not only for the charities, but in the lives of those who they help. Here are a few of Minot's organizations who are participating in Giving Hearts Day. Visit [www.givingheartsdays.org](http://www.givingheartsdays.org) to schedule your donation for February 10!

- CRU Northern Plains Campuses
- Dakota Boys and Girls Ranch
- Dakota Hope Clinic
- Embrace ND Inc
- Habitat for Humanity Northern Lights
- Magic City Aquatics
- Minot Area Men's Winter Refuge
- Minot Youth for Christ
- North Dakota State Fair Foundation
- Northern Plains Children's Advocacy Center
- Our Redeemer's Christian School
- Prairie Grit Adaptive Sports
- Project Bee
- Salvation Army Minot
- Souris Valley Animal Shelter

THIS  
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Giving Hearts Day  
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# Local Farm Family Selling Whole Milk Shares

ROD WILSON, NORTHERN SENTRY

For Rod & Eileen Savelkoul this extraordinarily cold and snowy winter has meant tough trips to the barn to milk their cow, Fancy. The Savelkoul family is only one of a very few farmers who sell raw milk cow shares. Currently the direct sale of raw milk in North Dakota is not allowed. However, since 2013, people who make payments for a share in a cow or a herd can receive raw milk for their personal consumption.

The story of Fancy is quite amusing. Her mother was Millie. Millie previously lived at a different farm where she had Fancy, who was appropriately named for her attitude and temperament.

As the story would have it, Fancy was purchased by the Savelkoul family and well, had not so great an attitude and temperament, until the Savelkoul family were given an opportunity to bring Millie back to their farm. From then on Fancy "turned into a different cow" according to Eileen Savelkoul.

It wasn't exactly the plan for Fancy to turn into a one cow dairy, but soon the Savelkoul farm was producing way more milk than one family could consume. "For Fancy, she produces between 4 and 5 gallons of milk per day" Eileen shares.

As we said before, the sale of raw milk, without a share program, is prohibited. But,

according to Eileen, people interested in milk or cream shares can purchase a share of Fancy and enjoy the superb quality of farm fresh product.

Once you own a share of a cow, or of a herd, you are also responsible for the upkeep. That means you share in the cost of feed, veterinary visits, whatever is needed. For about 10 months out of the year production is pretty predictable. However most non-commercial dairies like to give their cows a couple of months rest, and the opportunity to have a calf.

Besides the overall better taste of the raw milk or cream from a non-commercial dairy, Fancy has one more advantage, she is an A2A2 cow. So, what does that mean? Well, there is a peptide in milk known as BCM-7. A1 milk (vs. A2A2 milk) makes it digestible, but A2A2 milk does not. A1 cows have a genetic mutation that makes BCM-7 digestible. This peptide, when digested by humans, can cause gastrointestinal digestive discomfort and other issues. A2A2 milk can also be helpful for those folks who suffer from lactose intolerant symptoms.

Rod & Eileen Savelkoul are not sure how long they will provide a raw milk share program. "There is a lot of work to milking and maintaining cows" according to Eileen. But for now, a call could be made to Eileen at (701) 240-0873 for more details about how to be

included in their raw milk share program.



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## BackTalk

### Father of Medicine Predicted Why Chiropractic Would Be So Valuable

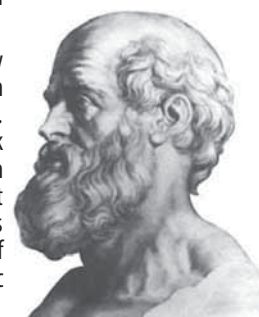
Hippocrates lived from 460 BC until 370BC and earned historical acclaim as the Father of Modern Medicine. Hippocrates was the first physician to advocate how diseases were caused naturally, not through superstition or as punishment from polytheistic gods. His approach revolutionized peoples' understanding of modern healthcare. Emphasis shifted from misconceptions to actively changing environmental factors, diet, and living habits to address specific health conditions or symptoms. Hippocrates' influence remains strong today as the "Hippocratic Oath" continues to be recited by every graduating doctor from medical or professional school.

One of the most profound findings and statements that Hippocrates made during his lifetime related to the spine.

**"Get knowledge of the spine, for it is the requisite for many diseases." -Hippocrates**

This line of thinking and prediction withstood the test of time. Immeasurable research and scientific evidence continue to validate Hippocrates thoughts and findings from nearly 2500 years ago. The spine functions as so much more than just a hard set of bones that holds the posture upright. The spine maintains an intimate connection with the health and performance of the entire body through the central nervous system. Chiropractic developed as a specific health care approach over 2000 years after Hippocrates lived. The basis of chiropractic simply recognized basic facts about the spine and its inter-relationship with optimal function of the body through the nervous system. Chiropractors use this knowledge to apply specific, gentle adjustments to misaligned vertebrae with the intention of improving communication from the brain to the entire body.

Millions of amazing testimonies of healing and recovery provide evidence of restoration occurring in both children and adults after receiving chiropractic care. Many of the results have little to do with spine or neck pain. Breathing, digestion, heart, and immune health all represent examples of symptoms or conditions that improve through chiropractic on a regular basis in clinics all over the world. Too many people remain unaware of the natural benefits achieved with proactive chiropractic care.



Chiropractic adjustments benefit everyone. Research from 2014 evaluated nerves in the neck and their impact on overall health. The study surveyed many aspects of the body including brain health, heart function, digestion, and immunity. Overwhelming evidence linking the spine to many other parts of the body became very apparent through steady research. The health of the spine matters. Chiropractic helps all aspects of function and human performance because of the unique connection between the spine and nervous system. Maintenance care of the spine serves a vital purpose that combats the daily physical and emotional stresses of life. Chiropractic offers so much more than a solution for back or neck pain. Maximized function and performance originate from proactive care for the entire body. Chiropractic works.

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# Air Force unveils action plan to 'Develop tomorrow's enlisted Airmen'

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

WASHINGTON (AFNS) --

As the service continues to refine what is needed to develop the Airmen required to fight and win our future wars, Air Force officials announced the implementation of the Enlisted Force Development Action Plan, located at <https://www.af.mil/Portals/1/images/news-2022/EFD-Action-Plan.pdf>.

With a goal to complete 28 force development objectives in the next two years, the plan and a corresponding "Blueprint for Enlisted Force Development," releasing in the spring, is aligned with the Air Force chief of staff's action orders and is focused on investing in and empowering Airmen for the future fight.

"The fight for tomorrow has already begun and it will undoubtedly be fought by many Airmen who are serving today," said Air Force Chief of Staff Gen. CQ Brown, Jr. "As we continue to focus on our readiness against strategic competitors, specifically China and Russia, our Airmen will need to be prepared to defeat the speed and complexity of threats we face around the globe each day. This plan is designed to do just that."

Deliberate development of the enlisted force, which represents over 75% of the Air Force's military personnel, means a culture of teamwork that integrates everyone's diverse abilities, talents, and ideas is essential to maximize and deliver meaningful results.

"An environment focused on developing and managing the talents of our Airmen is key for their ability to thrive and reach their full potential," said Chief Master Sgt. of the Air Force JoAnne S. Bass. "Deliberate development of the enlisted force is a mission imperative and must be a top priority for anyone who is expected to lead – from front-line supervisors to commanders."

Soon to accompany the plan is "The Blueprint for Enlisted Force Development." This document will serve as a living foundational resource that links all enlisted development from entry to departure, including key concepts to connect enlisted Airmen to the Profession of Arms.

"The blueprint serves as a focal point to create a shared understanding of our Air Force journey," Bass said. "This will provide every Airman a roadmap that highlights pathways, resources and opportunities to be successful."

The premise of the action plan is centered on six areas that align with Air Force priorities and the CSAF Action Orders, with quarterly report cards to the force for accountability and transparency on updates and progress on each area.

## COMPETITION-FOCUSED FORCE

Supporting Action Orders Airmen and Competition, this area consists of objectives tied to developing a highly trained, educated and adaptable Airman ready to operate in a joint environment and to dominate the competition.

Initiatives include updating the "Little Blue Book," Air Force Core Values, and "Little Brown Book," Enlisted Force Structure, along with the creation of a "Purple Book" that includes the values, capabilities, and warfighting concepts of the Joint Force team.

## FRONT-LINE LEADER DEVELOPMENT

Supporting Action Orders Airmen, Competition and Design, this area is focused on deliberate leadership development for Airmen as they take on the increased responsibility of caring for others.

Initiatives include "The Blueprint for Enlisted Force



Enlisted Force Development Action Plan cover graphic.

U.S. AIR FORCE GRAPHIC

Development," developing validation processes for new supervisors, elevating the value placed on experience and creating a standardized Air Force writing guide.

"Saying 'you'll figure it out' to new supervisors can't be our default approach," Bass said. "We must be more deliberate – especially when it comes to people."

## TEAMING TO SOLVE PROBLEMS

Supporting Action Orders Airmen and Competition, this focus area is centered on teaming with the ability to operate and survive in all domains.

Initiatives include training and developing Airmen at all levels to foster inclusion and value diversity, cultivate the problem-solving capabilities inherent within our people, and enabling command teams to better engage with community partners and develop exercise models to increase confidence to operate under Mission Command.

CONTINUED ON NEXT PAGE

## All About Pets

Contra-free loading explained



Contrafree loading is a term that many pet owners probably have not heard before. Coined in 1963, contrafree loading is the concept that some animals prefer to work for their food instead of having it handed to them for free. When given the choice between free food or food that requires effort to obtain, giraffes, rats, monkeys, dogs, and even humans have been observed as choosing the work over "free loading." Note that contrafree loading is not consistent for every individual pet or species, but it is a very useful concept, especially for those pets that prefer to have a job to do such as working dogs. Also, it has been shown that most house cats prefer to be served instead of working for their food, and there is nothing wrong with that!

Many people know how hard dogs will work for food. This motivation can come from two places: extrinsic motivation, which comes from the actual reward, and intrinsic motivation, or the feeling of achievement individuals experience having worked for the reward. Some dogs were bred by humans to have a job to do, so their motivation to work is going to be higher. These types of pets will often find effort to be rewarding, and a lack of meaningful activity to be stressful or boring, which can be detrimental to a pet's wellbeing. This goes hand in hand with enrichment, which is essential for your pet's quality of life. Animals like to have a sense of control over their environments, and working for food offers this. That sense of control can help your pet's confidence and willingness to explore the world and try new things.

Instances of contrafree loading tend to decline in times of food shortage or when the effort required to obtain the food increases too much, as well as with other factors such as old age. Also, some pets just do not have the motivation to work too hard for their food and prefer easy access, and others are just not

food motivated. This is completely normal. But what we can take from contrafree loading is the importance of opportunities for problem solving and mental and sensory enrichment for our pets. Instead of sitting your dog's food in a bowl at the same time every day, try using a puzzle toy or snuffle mat. Use her kibble for a training session or ask her to perform a few tricks before eating. For those dogs who love to sniff, scent work is a great way to let them use their natural instincts while also earning a wonderful reward.

If you are doing these types of enrichment with your pet, be sure to set them up for success by starting out easy and upping the ante as it gets faster and better at the activity. If your pet is showing signs of frustration, it is not beneficial for them.

You can even try to observe contrafree loading in your own home! My dog loves food, but if I sit his bowl on the ground with no work of any kind, he is not very interested. He enjoys his training sessions, and when I incorporate his food into those every day, he is a happier and more motivated dog. Between scatter feeding and a puzzle toy, my dog will choose the puzzle first. For those who are interested in animal behavior, it is a very interesting thing to witness.

Think of contrafree loading from a human perspective. In a day and age where food is readily accessible to us, some people still prefer to grow their own food or make things from scratch simply for the satisfaction it brings. But it is not the same for everyone!

If your dog enjoys being challenged in positive ways, then try finding some new and exciting tasks for them. If they don't, then feeding from a bowl is perfectly fine as well! It's all about learning your dog's personality and doing what is best for him or her.

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# Enlisted Force Development Action Plan

CONTINUED FROM  
PREVIOUS PAGE

"Embracing a multi-capable mindset to operate beyond traditional specialties toward the commander's intent while decisively executing with speed, discipline, and confidence is key to the vision of the 2030 force," Brown said. "At the same time, operating as part of a collaborative team requires Airmen to bring their unique and diverse perspectives to meet mission objectives in seizing the competitive advantage."

## RESILIENCE IS FOUNDATIONAL TO READINESS

Supporting Action Order Airmen, this focus area supports the understanding that well-being enhances resilience and builds ready Airmen.

Initiatives include instituting "Airmen's Time" at units to elevate connections and prioritize well-being of Airmen, further development of wellness education programs, better utilization of Resilience Training Assistants and Master Resilience Trainers as well as financial fitness and Transition Assistance programs tailored for each tier.

"Airmen and families who are resilient and ready are the foundation of everything we do as an Air Force," Brown said. "Prioritizing our readiness in the human domain mitigates the threats we face and keeps our enlisted force primed to compete."

## FORCE DEVELOPMENT ECOSYSTEM

Supporting Action Orders Airmen, Competition, and Design, this area is focused on opening development opportunities beyond traditional classes, courses, and schools - to

provide the right content at the right time.

Initiatives include creating an Air Force-wide development plan and framework for enlisted competency progression, re-imagining enlisted professional military education to address historical gaps over a career, curating quality content, and professionalizing a larger cadre to connect development objectives to base levels.

"In order to succeed in the 21st Century fight, Airmen need an interconnected development system that supports continuous growth," Bass said. "We have to do this by harnessing the modern capabilities that exist in the Information Age to build greater connections between initial skills, technical, and on the job training, education, and experiences."

## SYSTEMS TO MATCH VALUES

Supporting Action Orders Bureaucracy and Design, this area is focused on reducing systems, processes, or practices that unnecessarily robs Airmen of time or stands in the way of achieving Air Force priorities.

Initiatives include transforming the Airmen feedback process, revamping enlisted performance evaluations to align with Airmen Leadership Qualities, advancing promotion testing to include situational judgment application, formalizing the career broadening program, to include developmental special duties, and improving talent management systems to capitalize on them.

"This plan is about accountability and action...not talk," Brown said. "While we can't do this all at once, we will not wait to begin developing the Airmen of 2030 today."

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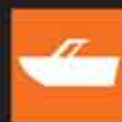


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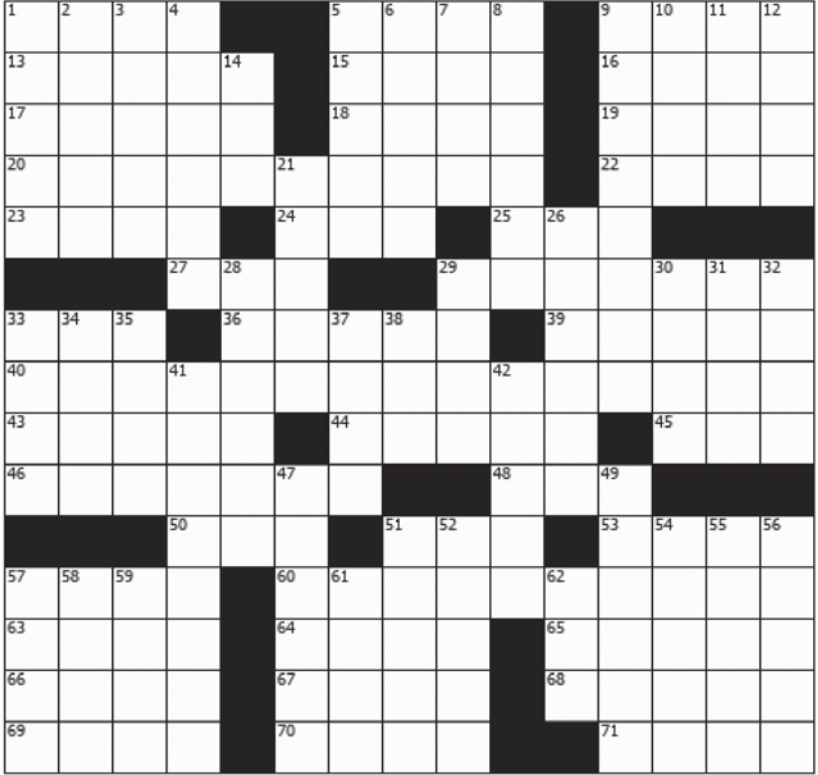
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CROSSWORD PUZZLE

- Across**
- 1. Lose fur
  - 5. Sheep sounds
  - 9. Young cow
  - 13. Stories
  - 15. Singer Guthrie
  - 16. Computer owner
  - 17. Klutzy
  - 18. Hang on to
  - 19. Queue
  - 20. Town near Cape Canaveral
  - 22. See socially
  - 23. Singer Eartha
  - 24. Hwys.
  - 25. Suffix for suburban
  - 27. Dallas sch.
  - 29. Health-spa offering
  - 33. \_\_-CIO
  - 36. On a cruise
  - 39. Art stand
  - 40. Decorative touches in sewing
  - 43. Lake boat
  - 44. Uncorks
  - 45. \_\_ out a living
  - 46. Get out of one's chair
  - 48. \_\_ Aviv
  - 50. Chip off the old block
  - 51. British title
  - 53. Leisure
  - 57. One pill a day, perhaps
  - 60. Decoration on armor
  - 63. Solemn assent
  - 64. Tulsa's loc.
  - 65. Brainstorms
  - 66. Cash-register compartment
  - 67. Vocal
  - 68. Literary style
  - 69. Poker starter
  - 70. "My Fair \_\_"
  - 71. "Darn it!"



- Down**
- 1. Adhere
  - 2. Vietnam's capital
  - 3. Vote in
  - 4. Bus terminals
  - 5. Prepared, as popovers
  - 6. Vicinities
  - 7. Actor Baldwin
  - 8. Actress Loren
  - 9. Dead end
  - 10. Largest continent
  - 11. Ash Wednesday follower
  - 12. On the house
  - 14. Bus terminal: Abbr.
  - 21. Cruel one
  - 26. African fly
  - 28. Manage somehow
  - 29. Husband or wife
  - 30. Arthur of tennis
  - 31. Nerd
  - 32. Ultimatum conclusion
  - 33. Kindergarten lesson
  - 34. Like a pancake
  - 35. Turner of films
  - 37. Discontinue
  - 38. Sixth-sense letters
  - 41. Baloney
  - 42. Opening statement
  - 47. Not with it
  - 49. Band boss
  - 51. Soup alternative
  - 52. Where Venice is
  - 54. Sports stadium
  - 55. Brainy
  - 56. Road curves
  - 57. Numerical info
  - 58. Sign of the future
  - 59. Shipped out
  - 61. Gumbo ingredient
  - 62. Turkish fruit

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

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

SUDOKU

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

Solution to puzzle on page C6

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# Military women use skills to excel in cybersecurity

CRYSTAL KUPPER, MILITARY FAMILIES MAGAZINE

A global community of women working in cybersecurity believes their military counterparts are potential perfect fits for the burgeoning industry.

“The current state of cybersecurity needs improvement, and a team of individuals with different personalities and backgrounds can influence positive change,” said retired Air Force Master Sgt. Latoyia Overton. “You do not have to fit a certain mold or be ‘geeky’ in order to add value to the cybersecurity field.”

Cybersecurity — the practice of protecting systems, networks, and programs from digital attacks — as a market was worth \$167.13 billion in 2020, according to Grand View Research reports. It’s expected to expand even further this year. Yet only 20 to 24% of cybersecurity workers, studies show, are women. That’s a perfect chance, Overton says, for military women — either serving or out — to contribute their acquired skills to a steady field.

“Data analytics, team-building, and project management, among other skills, are all needed for success,” Overton said. “Those [outdated] stereotypes are being broken, as individuals with different personalities are finding cyber roles that fits their talents.”

## SERIOUSLY CYBER

Overton previously worked as the Cyber Systems Coordinator at Barksdale Air Force Base. Despite not having a technology-related degree or any previous technology experience, she successfully helped ensure network security for all Air Force Global Strike installations. Thanks to military educational opportunities, she eventually earned degrees in computer studies and cybersecurity. Today, Overton uses her Air Force cybersecurity experience in her role as Senior Cyber Defense Technologist II/Security Control Assessor at Raytheon Missiles & Defense.

“I’ve worked several jobs in the Air Force ranging from administrative to technical as well as management,” said Overton. “My current role [at Raytheon] is not the same, but my experiences in the Air Force helped build my confidence and enhanced my abilities as a cyber

professional.”

Former soldier Julia Davila also did not have technology degrees or certifications when she began her foray into cybersecurity in 2014. Yet today, she is the co-founder of ZibaSec, a cybersecurity firm that helps companies strengthen their networks through simulated cyberattacks.

“I get to run simulated attacks against the FBI every month, which is really badass,” she said. “It’s kind of surreal to be able to say that.”

## OVERCOMING OBSTACLES

Overton and Davila both volunteer as mentors for female veterans with Women in Cybersecurity (WiCyS), a worldwide alliance of female cyber professionals. Both have seen their fair share of gender discrimination in the workplace, they say.

Davila was giving an hour-long presentation to a group of men while consulting at a software company. Halfway through, a man entered and began engaging in small talk with each person there, ignoring Davila’s formal presentation happening directly in front of him.

“Who are you?” he finally asked. Davila explained that she was a consultant. “That’s cool,” he replied. “You should know that I don’t discriminate against vendors, but I do discriminate against women.”

The other workers apologized profusely. Still, Davila says, “It was very Mad Men-esque.”

Overton, meanwhile, was the only woman on a project at her first post-Air Force job. The lack

of gender and ethnic diversity disheartened her, she says, as well as the resulting attitudes from her male peers. Still, the experience shaped her for the better.

“While it was difficult to collaborate with stakeholders who did not understand the importance of cybersecurity, I maintained my professionalism, recorded and documented the challenges, and sought to influence change,” she said. “I am confident that as more women pursue cyber careers, these types of environments will become more inclusive.”

That’s the goal of WiCyS, an organization that offers multiple forms of assistance for women veterans interested in cybersecurity. Overton also volunteers regularly with cyber workshops for high schoolers in Maricopa County, Arizona. The increasing number of cyber opportunities for young people — especially females — excites her.

“I believe an increased presence of cybersecurity professionals is necessary to defend every organization against attacks and exploitation,” she said. “I believe there will be plenty of opportunities for women to contribute.”

Davila and Overton believe the time is right for an influx of female veterans in the industry.

“As women in a technology-related field, we must persevere, learn, and remain confident in our abilities,” Overton said. “I’m glad to be a woman in a cybersecurity career.”

This article originally appeared in Military Families Magazine.



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Our Team Minot App has now been discontinued and we have now fully transitioned to the AF Connect App for all upcoming information. Make

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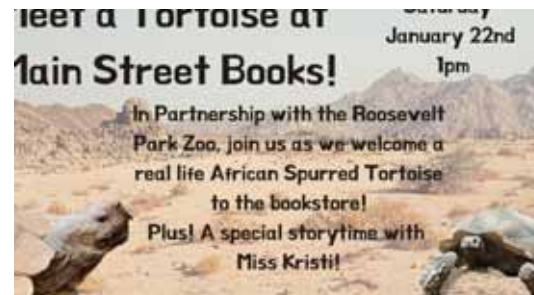
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**Upcoming Events**

**22 JAN** **MEET A TORTOISE AT MAIN STREET BOOKS**  
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Starts at 1 pm at Main Street Books.



For more information:  
Facebook Event / Meet a Tortoise at Main Street Books!

**26-28 JAN** **KMOT AG EXPO**  
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**28-30 JAN** **ANNUAL RIVERBOAT POKER TOURNAMENT**  
8:00 AM  
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### JANUARY DORM DINNER

First Dorm Dinner of the new year was a success per usual. Dorm residents enjoyed home made soups and chilis which is fitting in this cold weather.

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# NORTHERN CELEBRATIONS

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## KICK-SLEDDING THROUGH WINTER

Patricia Stockdill

Sometimes the combination of ingenuity and necessity make for fun things, born out of a way to make life simpler and easier while providing some fun along the way.

Or sometimes something designed to be fun turns out to be quite functional.

Maybe that explains kick-sleds. Envision a down-sized dog sled sans the dog.

That's a kick-sled. However, rather than one dog or a team of happy, vociferous canines propelling the rider and sled, a kick-sled user simply stands with one foot on the sled—much as they would a traditional dogsled—propelling forward by kicking back with their other foot to glide the sled forward.

That's the ingenuity of a kick-sled. A person doesn't always have to have a dog or dog team handy to get from Point A to Point B when there's too much snow to get around otherwise. That might be why kick-sleds can come in handy in places like cities in Scandinavian countries, which is also where they were developed.

Granted, one could get around on a snowmobile but most cities don't really like or allow snowmobiles within their jurisdictional confines.

Kick-sledding is a combination of cross-country skiing and dogsledding, becoming increasingly popular in Scandinavian countries as well as Canada and northern United States. It's even a way some Scandinavians get around grocery shopping or running other errands, Fort Stevenson State Park Manager Chad Trautman described.

Trautman learned that while researching kick-sleds and exploring the possibility of adding more winter recreational opportunities for park visitors. The park, located three miles south of Garrison on Lake Sakakawea, added Finnish-made kick-sleds to their rental fleet of cross-country skis, snowshoes, and fat tire bikes in early 2020.

A total of 23 sleds are available. They're based on a person's height: The park has four fitting children less than 3 feet tall, four each for children 3 to 4 feet in height; people 4 to 5 feet tall; those 5 feet to 5 feet, 7 inches tall; people from 5 feet, 7 inches to 5 feet, 11 inches in height; and another four for anyone 6-feet and taller.

The park's kick-sled fleet began with one each in the various height ranges, growing their fleet since 2020. They rent for \$15 per day in addition to the park's daily entrance fee or annual pass. Sled manufacturers also make a dog harness to turn a kick-sled into an actual dogsled.

The trickiest part beginner kick-sled users could encounter might be learning the nuances of turning, Trautman suggested.

In other words, a possible face-plant might be in the works but it's all part of the potential learning curve as it would be for any new activity. Heck, a wipe-out can happen to even the most experienced folks and a person isn't usually going that fast, anyway.

With a little practice and sense of humor, kick-sledding is yet another diverse winter recreational opportunity that's quite family-friendly. Some of the kick-sleds are outside at the park's Visitor Center, which tends to pique people's curiosity to try them, Trautman described. Several park trails are maintained for activities like kick-sleds.

The smaller toddler-sized sleds—those fitting children less than 3 feet tall, for example—can interlock with kick-sleds designed for taller adults. If a youngster tucks out, they can simply hook onto the bigger kick-sled and ride along, Trautman added.

Fort Stevenson State Park's Visitor Center hours are meant to accommodate winter recreation users, providing additional equipment rental opportunities and the all-important restrooms. It's open on weekends, as well as during the normal business week, from 8 a.m. to 5 p.m. except holidays. A pot of hot chocolate is usually on, as well—and it's free.

The park also rents fat tire bikes (\$8 an hour or \$50 per day) along with Nordic cross-country skis and poles and snowshoes and poles for \$15 per day.

Trail conditions are updated on the park's Facebook and Instagram social media pages. People can also contact Fort Stevenson State Park, (701) 337-5576 for updates and rental reservations.



A kick-sled user treks on Fort Stevenson State Park's trails. The park, located three miles south of Garrison, has a variety of kick-sleds available for daily rental.

FORT STEVENSON STATE PARK PHOTO

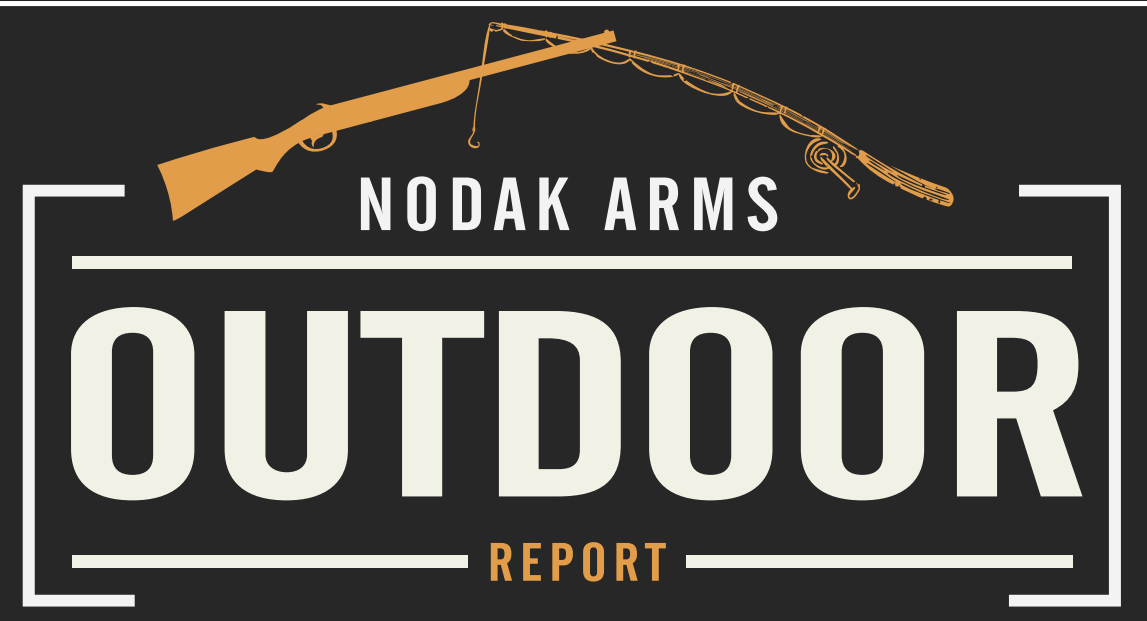


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# OUTDOOR

## REPORT

## OUTDOOR NOTES:

PATRICIA STOCKDILL

### Fishing:

Lake Sakakawea elevation, Jan. 17: 1,827.89 feet above mean sea level (MSL); 16,200 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,447.2 feet above mean sea level (MSL).

Stump Lake elevation: 1,447.14 MSL.

•N.D. Game & Fish Dept. game wardens: Lots of activity on Lake Audubon with generally limited success. Generally slow on the east end of Lake Sakakawea. Devils Lake access difficult unless on a plowed trail. Improving perch and walleye success in Creel Bay with nice white bass activity. East Devils Lake and Black Tiger Bay producing fair to good perch success with numbers of small ones but some nice-sized ones mixed in. Access remains a problem on small area lakes with tracked vehicles needed. Some activity on area north-central lakes but access is difficult.

•Devils Lake, Ed's Bait Shop, Devils Lake: Lots of activity on Creel Bay with good, nice-sized perch success. Work shallower for walleye. Also try East Devils Lake, Black Tiger Bay for perch or Lake Irvine for walleye. Tracked vehicles necessary unless on trails, which are limited in some areas.

•Devils Lake, Woodland Resort, Devils Lake: Don't go beyond the plowed trail between Rocky and Military points due to poor ice conditions and potential open water. Otherwise, continued fair to good walleye success with some plowed trails. Use tracked vehicles if going off trail due to snow on the ice.

•Lake Darling, Karma C-Store, Ruthville: Look for some walleye success on Grano and Lake Darling, as well as Lake Audubon.

•Lake Metigoshe, Four Seasons, Bottineau: Increasing snow cover on Lake Metigoshe with a couple of access trails. Use tracked vehicles if going off trail. Those going out are finding good bluegill success with some walleye and pike mixed in.

•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. 22: Flakes of Fury fat tire bike race, Fort Stevenson State Park, Garrison. 10 a.m. registration. Contact the park, (701) 337-5576, for details.

### TOURNAMENTS:

•Jan. 29: Devils Lake, 6-Mile Bay.

•Feb. 5: Lake Sakakawea, Van Hook Arm.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Occasional walleye from the east end of Lake Sakakawea. Look for a mix of walleye and pike with occasional small perch from Lake Audubon. Try 18 to 20 feet.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Work shallow water in the evening; deeper in the afternoon for walleye on Lake Audubon. Fair bite but not steady. Fair for walleye on Steinke Bay and the south shore at Wolf Creek in 20 to 25 feet on the east end of Lake Sakakawea. Water is clear enough for pike spearing in those areas.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Limited anglers on the Missouri River tailrace with generally slow success. Lake Audubon walleye success hit-and-miss.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: West end of Lake Sakakawea hit-and-miss for walleye. Yellowstone and Missouri rivers remain fair to good for walleye. Try Kota-Ray or Blacktail dams for perch.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Limited reports from area lakes and the Souris River.

•Turtle Mtn. area lakes, Coast-2-Coast, Rolla: No new reports with additional making access questionable on some area lakes.

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

•Fort Stevenson, Garrison: Trails groomed and in fair to good condition with some possible drifting in open areas.

•Grahams Island, Devils Lake: Trails open with good snow base.

•Lake Metigoshe, Bottineau: Trails groomed and in good condition.

•Cross Ranch, Hensler: Trails groomed and in good condition with nice 3-inch base.

### Downhill skiing. Conditions can vary. Contact for updates and days of operation:

•Big Sky Resort, Big Sky, Mont., (800) 548-4486: 17- to 37-inch base with 27 lifts and carpets and 256 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 18-inch machine groomed, loose granular base with 2 lifts, 1 tow, and 10 groomed and ungroomed runs open. Table tops and rail jump terrain features open on Green Lift area.

### 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.

# TRICARE expands telemedicine services, coverage

CRYSTAL KUPPER, MILITARY FAMILIES MAGAZINE

Spurred by COVID-19 and all its accompanying concerns, TRICARE expanded its telemedicine offerings to military families in hopes of making doctor visits easier, quicker and safer.

Telemedicine (sometimes called telehealth) is when healthcare providers communicate with patients and their families through phone conversation, texts or video conferencing platforms like Zoom. Such virtual caregiving eliminates anxiety in crowded or unhygienic waiting rooms, as well as the time and money spent traveling.

"Patients don't always need to see a healthcare provider face to face, and sometimes it's inconvenient or impossible to schedule a face-to-face appointment," said Army Capt. John Bockmann, a physician assistant. "We have this problem while deployed anyway, so building our telemedicine capability makes a lot of sense."

TRICARE now covers telemedicine visits, waives cost-shares and copayments for all covered services and allows more providers to offer telemedicine options. The benefit can be used for needs like office visits, preventive health screenings, mental health services and certain services for specific conditions like end-stage renal disease and autism.

Marine spouse Molly Dee used telemedicine multiple times since March 2020. Right after the world locked down, she noticed a lump on her son's neck. But when she tried to get him seen, base providers told her she would have to take him to the emergency room, as no doctor was examining patients unless the problem was life-threatening.

"I was incredibly upset that they wouldn't even let me send a photo of my son's neck," Dee said.

Thankfully, she was directed to a telemedicine appointment instead.

"I was very happy for my telemedicine appointment because all I wanted was a referral to dermatology, which they sent in for me."

Rubi Meltz is an Army spouse whose husband is stationed at rural Fort Huachuca near the Mexican border. Recently, three of her children were scheduled for appointments in Phoenix —

a full four hours away — but Meltz couldn't find childcare for her fourth. So, she turned to telemedicine.

"It's awkward for children who do not like to sit in front of a screen or feel weird showing their bellies and backs to a phone," Meltz explained. "But I appreciated the saved trip."

### THE FUTURE OF VIRTUAL DOCTOR VISITS

Telemedicine isn't a whenever-you-want catchall for every sort of medical service. Depending on the TRICARE plan, patients may first need a referral, like with active-duty service members who need referrals for "telemental health care" (psychotherapy, psychiatric diagnostic interviews and exams and medication management). Additionally, for those stationed OCONUS, telemedicine must be legal in the host nation and the provider licensed to practice in that location.

Bockmann sees strong growth in telemedicine's role in modern healthcare.

"Telemedicine is really only good for a certain type of low-acuity, basic appointment. But if it spreads across the DOD — and I think it will — it'll be here to stay," he said. "It's cheaper, it extends our geographical reach, it's pandemic-friendly, and the institutional inertia involved in implementing it across the DOD means it's likely to achieve critical, self-sustaining mass as opposed to withering away."

That's perfectly alright with Dee, who especially hopes telemedicine can help those with mental health needs.

"As long as the providers help you, it's great," she said. "There's nothing worse than needing antibiotics and waiting on the doctor, only to have them say you need to go to the ER or urgent care."

In a world where almost everything seems to be virtual, Bockmann asked, why not healthcare, too?

"Keep in mind, we've done 'telemedicine' for a long time with T-cons (telephone conferences), and most everyone uses videoconferencing socially or professionally," he said. "I think this is a natural next step."

For more information on TRICARE's telemedicine offerings visit <https://tricare.mil/CoveredServices/IsItCovered/Telemedicine>

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# Troops would get 12 weeks of paid parental leave as part of defense bill deal

PATRICIA KIME | MILITARY.COM

By the end of next year, new military parents will be eligible for 12 weeks of family leave following the birth or adoption of a child, under the defense policy bill agreed to Tuesday by the House and Senate.

The \$768.2 billion fiscal 2022 National Defense Authorization Act will require the services to provide up to 12 weeks of paid parental leave for military personnel who are designated as either the primary or secondary caregiver for a child.

This means that new military moms who also are the primary caregiver could receive 12 weeks of leave in addition to their six weeks of convalescent leave for a birth or adoption — roughly four months to stay at home with a new child.

The legislation also will expand what was previously referred to as paternity leave, now known as secondary caregiver leave, to 12 weeks. That's an increase from as little as two weeks in some of the services.

The new benefit, to go into effect a year after the bill is signed into law by President Joe Biden, also will be available to those who enter into a long-term foster agreement for a child.

According to the lawmakers who sponsored the original version of the bill, the provision brings the benefit in line with those offered by many other federal agencies and private companies and would help improve retention of service members.

"Parental leave for military service members is absurdly out of touch and outdated when compared to federal benefits and options provided by many private, large employers," said Rep. Jackie Speier, D-Calif., when introducing the proposal in May with Sen. Tammy Duckworth, D-Ill.

According to the bill, expected to pass the House and Senate

this week, the leave would be authorized within the first year of birth, adoption or a foster placement but could be authorized, with permission, in circumstances of a deployment, military schooling or operational need.

Current regulations provide up to six weeks of maternity convalescent leave to new military moms and allow for an additional six weeks for the family's designated primary caregiver, to be taken at the caregiver's discretion.

Secondary caregivers now receive up to three weeks of leave in the Army and Air Force, and two weeks in the Navy and Marine Corps.

The new legislation also cuts women some slack on meeting their military branches' physical fitness requirements after childbirth.

It stipulates that female service members will be required to meet body composition standards or pass a physical fitness test within 12 months of giving birth "only with the approval of a health care provider," if it is necessary in the "interest of national security," and the service member agrees to it.

The bill also will standardize bereavement leave for service members in the event of the death of a spouse or child. Under the soon-to-be-signed law, service members will be allowed up to two weeks of leave. Members with fewer than 30 days' accrued leave would not have their leave docked; those with 30 days or more of available leave would be charged, but would not be left with less than 30 days.

The bereavement leave provision would go into effect 180 days after the bill becomes law.

-- Patricia Kime can be reached at [Patricia.Kime@Monster.com](mailto:Patricia.Kime@Monster.com). Follow her on Twitter @ [patriciakime](https://twitter.com/patriciakime).



## Wheel Alignment Tips

Have your Wheel Alignment checked every other tire rotation and always when installing new tires. Wheel alignment sometimes referred to as tracking, is part of standard automobile maintenance that consists of adjusting the angles of the wheels so that they are set to the car maker's specification. The purpose of these adjustments is to reduce tire wear, and to ensure that vehicle travel, is straight and true (without "pulling" to one side). Alignment angles can also be altered beyond the maker's specifications to obtain a specific handling characteristic. Motorsport and off-road applications may call for angles to be adjusted well beyond "normal" for a variety of reasons.

**Primary Angles**  
The primary angles are the basic angle alignment of the wheels relative to each other and to the car body. These adjustments are the camber, caster and toe. On some cars, not all of these can be adjusted on every wheel.

These three parameters can be further categorized into front and rear, so summarily the parameters are:

**Front: Caster (right & left)**  
Front: Camber (right & left)  
Front: Toe (left, right & total)  
Rear: Camber (left & right)  
Rear: Toe (left, right & total)  
Rear: Thrust angle

**Secondary Angles**  
The secondary angles include numerous other adjustments, such as:

**SAI (left & right)**  
Included angle (left & right)  
Toe out on turns (left & right)  
Maximum Turns (left & right)  
Toe curve change (left & right)  
Track width difference  
Wheelbase difference  
Front ride height (left & right)  
Rear ride height (left & right)  
Frame angle

Setback (front & rear) is often referred as a wheel alignment angle. However setback simply exists because of the measuring system and does not have any specification from car manufacturers.

**Measurement**  
A camera unit (sometimes called a "head") is attached to a specially designed clamp which holds on to a wheel. There are usually four camera units in a wheel alignment system (a camera unit for each wheel). The camera units communicate their physical positioning with respect to other camera units to a central computer which calculates and displays how much the camber, toe and caster are misaligned.

Often with alignment equipment, these "heads" can be a large precision reflector. In this case, the alignment "tower" contains the cameras as well as arrays of LEDs. This system flashes one array of LEDs for each reflector whilst a camera centrally located in the LED array "looks for" an image of the reflectors patterned face. These cameras perform the same function as the other style of alignment equipment, yet alleviate numerous issues prone to relocating a heavy precision camera assembly on each vehicle serviced.



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# DAF to launch myEval in 2022

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

WASHINGTON (AFNS) --

Beginning January 2022, the Department of the Air Force will launch a new enlisted and officer evaluation system application, myEvaluation (myEval), to further support ongoing IT and talent management transformations for Total Force Airmen and Guardians.

"Shifting to a 21st century IT application, like myEval, enables the department to greatly improve our performance feedback and evaluation systems, synchronizing and complementing the many updates we've made to our talent management systems over the past couple of years. The myEval application reduces administrative burdens, enhances the user experience, and provides leaders with performance data to assist in making informed talent management decisions," said Lt. Gen. Brian Kelly, Deputy Chief of Staff for Manpower, Personnel, and Services. "For the Air Force specifically, transitioning to myEval in early 2022 also begins the evolution to a cloud-based officer and enlisted evaluation system grounded in our Airman Leadership Qualities."

To allow for a progressive rollout of myEval, human resource professionals across the DAF gain access to the myEval app from the new myFSS platform landing page

starting the week of Jan. 4, 2022, in advance of all routine-access users. This provides time for familiarization of the new application and to work out any technical issues prior to a full launch. On Jan. 18, 2022, myEval will open a familiarization period for all Airmen and Guardians. Full usage and functionality will open DAF-wide Feb. 4, 2022.

The DAF will transition from vPC to myEval in multiple phases to allow for appropriate adjustment cycles prior to mandatory use. Across the Total Force, beginning Feb. 4, 2022, Airmen and Guardians must accomplish performance feedback using myEval, and officer and enlisted evaluations with a close-out date of May 31, 2022, or later, must be processed in myEval. Evaluations with a close-out date May 30, 2022, or earlier, will continue to be processed in vPC.

All Letters of Evaluation and Training Reports, regardless of closeout date, will continue to be processed using current systems while the DAF finalizes plans to integrate these products into myEval. As the Air Force transitions to ALQ-based feedback this spring, and to ALQ-based evaluations this fall, the Space Force will continue to use the current Airman Comprehensive Assessment feedback forms and current

officer and enlisted performance reports accessible in myEval, until a transition decision is announced at a later time.

While numerous enhancements will be live when the system myEval launches in January, the DAF will continue to develop and release additional capabilities within myEval the app throughout 2022. Improvements include auto-population of information directly from the

Military Personnel Data System (MilPDS), introduction of a click-to-sign feature, and the integration of myEval with other myFSS applications, such as myFitness, to auto-populate performance related data, reducing the number of supporting documentation items to be manually attached.

"The journey of improving our evaluation system for both the enlisted and officer corps is

in full-swing," said Col. Laura King, the Air Force Talent Management Innovation Cell Director. "There are several milestones along this journey to a competency-based evaluation system that enables increased transparency and more direct feedback between Airmen and their supervisors. The launch of myEval is a big step towards reaching our end goals."

## NOTES ON BEING SAFE

### DON'T FORGET ABOUT YOUR PETS!



ROD KRAUSE  
5TH BOMB WING  
SAFETY & OCCUPATIONAL  
HEALTH MANAGER



Pet owners should be made aware of winter's dangers, which include harsh weather; leaked antifreeze and road salt. Following are recommendations on steps you can take in order to ensure that the season is not marred by disaster.

One of the hazards a pet may face in winter is exposure to extreme cold. A pet's feet, ears and other areas of the body not covered by much hair get cold and can very well become frostbitten. Signs of frostbite include skin that is pale and cool to the touch and decreased sensation in the affected area. After thawing, there may be pain and the skin may look as though it was burned. If frostbite is suspected, gently thaw the area with warm water; then take your pet to a veterinarian.

The National Humane Education Society agrees with other humane organizations in advising owners of cats to keep them inside all year round. The cat can get enough exercise inside and won't get lost or injured. An enclosed "outdoor" environment such as a screened porch is certainly ideal for fresh air and sunshine but windows with a ledge or built-on perch can also provide much all-season pleasure.

During the cold weather, it is a good idea to knock on your car's hood or sound the horn before starting the engine, as cats permitted to run free can climb up inside the engine seeking warmth.

Deciding on whether to keep your dog outdoors depends largely on the dog's coat and the outside temperature. Ideally, the dog should live indoors, as part of the family. However, if the dog must live outdoors, adequate preparation for the cold months is essential. Be aware that large, long-haired dogs fare better outside during the winter than others.

#### HAZARDOUS SUBSTANCES

Ethylene glycol, the major ingredient in antifreeze, attracts both dogs and cats because of its sweet taste. But it is extremely poisonous. A tablespoon can kill a cat, and half a cup can be fatal to a 25-pound dog. Within two days, a fatal dose will cause prolonged vomiting, severe kidney pain, ulcers in the mouth and excruciating death from kidney failure. If your pet

should swallow any antifreeze, call your veterinarian at once.

#### ROCK SALT UNDERFOOT

Rock salt is another substance to be wary of in winter. As it is abrasive, it may cut into an animal's paws and burn their mouths. Dogs may eat rock salt which will cause vomiting. When bringing in a pet from the outside during an icy-cold day, check its feet. Remove ice balls between the animal's toes and wipe its feet with a damp towel, especially after walking on heavily salted pavement.

Never let your dog off the leash on snow or ice, especially during a snowstorm--dogs can lose their scent and easily become lost. More dogs are lost during the winter than during any other season, so make sure they always wear I.D. tags.

Thoroughly wipe off your dog's legs and stomach when he comes in out of the sleet, snow or ice. He can ingest salt, antifreeze or other chemicals while licking his paws, and his paw pads may also bleed from snow or encrusted ice.

Own a short-haired breed?

Consider getting him a coat or sweater with a high collar or turtleneck that covers the dog from the base of the tail on top to the belly underneath. While this may seem like a luxury, it is a necessity for many dogs.

Never leave your dog or cat alone in a car during cold weather. A car can act as a refrigerator in the winter, holding in the cold. The animal can freeze to death. If your dog is sensitive to the cold due to age, illness or breed type, take him outdoors only to relieve himself. Never shave your dog down to the skin in winter. Leave the coat longer for more warmth. When you bathe your dog, completely dry him before taking him out for a walk. Make sure your companion animal has a warm place to sleep away from all drafts and off the floor, such as in a dog or cat bed with a warm blanket or pillow in it.

Taking good care of your pets in winter and protecting them from the hazards of the season will bring a little warmth into the long, cold days of your own hibernation.

## BAKED GARLIC DUCHESS POTATOES



### INGREDIENTS

9 MEDIUM POTATOES, YUKON GOLD  
SALT  
3 3/4 LARGE EGG YOLK  
1 1/2 CLOVE GARLIC, MINCED  
7/8 CUP HEAVY CREAM  
5/8 CUP SOUR CREAM  
7 1/2 TABLESPOON BUTTER, MELTED  
BLACK PEPPER

Place potatoes in a large pot and fill with water. Season with salt. Bring to a boil over medium-high heat. Reduce heat and simmer until a paring knife easily slides through potatoes, about 25 to 35 minutes. Drain and let cool slightly. When ready to cook, set the Traeger to 450°F and preheat, lid closed for 15 minutes.

Whisk together egg yolks, garlic, cream, sour cream, butter, and pepper in a large bowl. Season with salt. Peel potatoes and push flesh through a ricer or a food mill directly into bowl with egg mixture. Fold in the egg mixture being careful not to overmix.

Transfer to a 3-quart baking dish and bake until golden brown and slightly puffed, about 30–40 minutes. Enjoy!



Ryan Davy - GM  
Minot

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**REGISTER: JAN 24 - FEB 4TH**

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### SOUTHERN GROUND HORNBILL

CREATURE FEATURES

- The Southern Ground Hornbill is the largest hornbill in the world. They are named for their habit of walking on the ground as it feeds.
- The call of the Southern Ground Hornbill is a very deep, reverberating booming sound that can be heard up to 3 miles.
- The Southern Ground Hornbill has acute eyesight.
- Their long eyelashes act as sunshades.
- As the Southern Ground Hornbill ages, their facial skin becomes entirely red.

Fact File	
Life Span	40 - 50 years
Male Weight	7 - 13 pounds
Female Weight	5 - 10 pounds
Body Length	35 - 50 inches
Wild Diet	Omnivore (Carnivore) Hornbills Arthropods, Amphibians, Lizards, Snakes, Small rodents

### word search

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

OCEAN  
SAND  
SEA  
SHELLS  
CORAL  
CRABS  
EXPLORE  
FISH  
SURF  
SWIMMING  
TIDE  
WAVES

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CLOSED SUNDAY

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## School Board Opening

School Boards are responsible for the education of local children and address a wide array of issues: setting spending priorities, approving budgets, adopting school calendars, approving staffing changes, responding to changes in education law, and advocating for the needs of students, families, teachers and staff. Members work closely with the district superintendent and other administration and are public figures who support and respond to the needs of their communities. For the Minot Air Force Base School Board #160 member duties include: using state and federal funds to ensure that the students on-base continue to receive the best education possible within the laws of the North Dakota Century Code, addressing concerns or questions from district families, and voting on matters that affect schools both on and off the installation. The Minot Air Force Base School



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



Board is a coterminous school board that works alongside Minot Public School Board #1 with the mission of "Empowering all learners to succeed in a changing world". Both school boards consist of five board members, each member serves a three year term. For the Minot Air Force Base School Board there are three position requirements for members: 1. Member must reside on the installation 2. Member may be active duty enlisted, a reservist, or a dependent family member. Officers are not eligible to serve as school board members

pursuant DoDD 1344.10, Para 4.2.2.4. 3. Members cannot be an employee of Minot Public Schools. The Minot AFB School Board often has to fill vacancies due to member resignations related to the military lifestyle. If a member of the board resigns that position is filled to serve out the remaining portion of that term. The Minot AFB School Board currently has an open position. Interested parties can contact the School Liaison at racquel.labadie.1@us.af.mil for more information and to receive an application.

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## 2021-2022 MPS CALENDAR

### IMPORTANT UPCOMING DATES

#### 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

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



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## OPEN HOUSES

FOR 2022-2023 SCHOOL YEAR

### PRE REGISTRATION OPEN HOUSE DATES

**FEB 13 • 2:30-3:30PM**

**FEB 14 • 12:00-1:00PM**

**FEB 15 • 12:00-1:00PM**

TOUR CLASSROOMS!  
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# How to Create a Family Care Plan for Caregivers

MILITARY ONESOURCE

Whether it's a deployment or training, sometimes our military careers take us away from loved ones and we leave them in the care of others. A family care plan is designed to guide caregivers, providing the important details about child care, school, medical care and family activities.

## KEY ELEMENTS OF A FAMILY CARE PLAN

Consider including additional information in the plan for your caregiver — especially if he or she does not have a military background and is unfamiliar with military life. Here are some tips to help you build your family care plan:

Outline arrangements for daily activities. Create a calendar of the week's events with the starting and ending times of the school day and any afterschool activities, bed times and upcoming special events.

Give details for the family routine. Let your caregiver know as much as possible about how your family life works. Write down specific details for housing, food, transportation and activities, such as religious services.

Provide medical information. List details about family physicians, medications and vitamins, allergies, hospitals and regular appointments.

List close contacts and other



resources. Provide names, addresses and telephone numbers of relatives, neighbors and friends, doctors and dentists, military and community resources, and the military unit and family readiness program points of contact.

Note locations of important documents. These include wills, insurance papers, birth certificates and powers of attorney.

Explain the importance of dependent ID cards. Check the expiration date on your family members' ID cards and make sure they are registered in the Defense Enrollment Eligibility Reporting System.

Explain how to use installation services and Military Treatment Facilities. Caregivers who do

not have a military ID card can still enter a military facility with their power of attorney and the eligible family member's ID card. They may shop for them at commissaries and exchanges with a letter of authorization signed by the installation's commanding officer where they'll be shopping. You may request this letter through the ID card office at the installation.

A family care plan is an important document. It helps ensure the safe and sensitive care of family members when you are away. You may want to invite the caregiver to spend some time observing your family before you leave to better understand your family's routine.

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- \$3 House Wine & Domestic Pints
- \$4 Rail Drinks, ND Brewery Pints & 22oz Domestic Taps, 4 Lettuce Cups
- \$5 Moscow Mule
- \$6 Specialty Cocktails, Martinis & 22oz ND Breweries Taps
- 1/2 Flat Bread Pizza

**DAILY SPECIALS**

Monday	\$5 Moscow Mules (all day)
Tuesday	\$4 ND Breweries (all day)
Wednesday	1/2 Price Wine by the glass/bottle (all day)
Thursday	\$1 up for all Tall Taps (all day)
Sunday	BRUNCH (11am-2pm)

- \$7 TSR Bloody Mary & Caesars
- \$12 Bottomless Mimosas
- \$6 Breakfast Shots

**FAMILY PACKS**

Monday	Pizza Pack Combo
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Wednesday	Chef Creation*
Thursday	Pasta Pack

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**Honor Roll**

2nd quarter 2022

**Highest Honors**

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**High Honors**

<b>8TH GRADE</b> Lilliana Fox Jaxon Hann Jonah Hawkins Angelita Mendez Ivy Middents Dominik St Andre Victoria Vadala Yuuki VanHoose Keylynn Wilson	<b>7TH GRADE</b> Taylor Doan Aiden Finney Alina Gascon Dylan Graham	Jayne Hayes Emily Hooper Layton Kelly Arianna Largaespada	Emma Nemish Gabriele Reed Lorix Starner Megan Watts	<b>6TH GRADE</b> Taliyah Braddy Lanaiya Edwards James Elizondo Kaitlyn Foley Brett Gorecki Jocelyn Isza Melanie Loving Frank Prebble Sophia Sirotkin Lilith Straut Atreyu Street
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**Honors**

<b>8TH GRADE</b> Elijah Baltazar Evan Berg John Cash Javan Gandalal Brooklyn Knox Taiylor Olson Faith Sirotkin Landyn Stanton Kouki VanHoose Lily Wilson	<b>7TH GRADE</b> Eva Blackmon Kaitlyn Dale Dylan Ewalt Glen Geyer Madilynn Knupp Hayden Lippolis Gabriel Montgomery Braivyn Patterson Elizabeth Patton Davinity Perez-Williams Samiya Shoemaker Jaydon Sikes Taylor Toro Alexis Wilson	<b>6TH GRADE</b> Fiona Burton Mason Culver Mason Foerster Alexander Gail Jay Gutierrez Aydan Jedziniak Jack-Tyler Karst Anthony King Ava Loucks	Luciana Mason Christian Mendoza Eithan Middleton William Rector Penelope Reed Tova Rogers Tenley Ward	Stella Prebble Trenten Rider Joshua Roberts Ryland Russell Aiden Skates Nicole Szabo Miles Wheeldon Olivia Workman
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## YOUTH IN ACTION

# North Dakota State Fair Foundation Offers Scholarships to High School Graduates

THE NORTH DAKOTA STATE FAIR FOUNDATION

Minot, ND – The North Dakota State Fair Foundation announces the availability of six \$1000 scholarships to North Dakota graduating high school seniors.

To be eligible for the scholarship a student must; be a citizen of North Dakota, have plans to enroll in an accredited post-secondary education institution or trade school, have exhibited and/or competed in 4-H and/or FFA at the North Dakota State Fair for a minimum of three years, and have been a member of 4-H and/or FFA for a minimum of four years.

All applicants meeting the scholarship criteria will be honored as the “North Dakota State Fair Graduating Class of 2022” at a presentation during the Fair at which time the names of all candidates

will be entered into a random drawing. Six \$1000 scholarships will be drawn for and awarded. Students must be present to win. The application deadline is June 13, 2022.

“We want to honor the graduating seniors who have



been an ongoing part of the North Dakota State Fair,” said Jerry Iverson, NDSF Foundation Board Member. “We recognize the education, skills, and work-ethic that these young people

have developed within 4-H and FFA through competitive experiences at the Fair.”

These six scholarships come in addition to the previously announced scholarships being offered by Hess Corporation through the North Dakota State Fair Foundation. The deadline for those applications is March 15, 2022.

All scholarship applications can be found on the North Dakota State Fair Foundation website, [www.ndstatefairfoundation.com](http://www.ndstatefairfoundation.com).

The North Dakota State Fair Foundation exists to develop lifelong relationships with donors to secure philanthropic gifts that will preserve and enhance the North Dakota State Fair, and all that it encompasses, for posterity. The 2022 North Dakota State Fair is July 22-30.

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- **Community Band of Minot**
  - o Community Band
    - Room For All Musicians
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- **Nodakords**
  - o Men's Barbershop Chorus
    - Meets Mondays at 7 PM



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# CHURCH DIRECTORY

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

<p><b>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 22</b> Vespers, 5PM</p> <p><b>Sunday, January 23</b> Divine Liturgy, 10AM</p> <p><b>V. Rev. Fr. Paul Hodge</b></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 ..... 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</p> <p><b>www.ibcminot.org</b> e-mail: immanuel@srt.com</p>	<p><b>Minot Baptist Church</b>  Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School ..... 9:45 a.m. Morning Worship .... 11:00 a.m. Evening Worship ..... 6:00 p.m. Wednesday Evening..... 7:00 p.m.</p> <p><i>Independent/Fundamental/KJV</i> <b>500 46th Ave NE • 839-1351</b> Pastor David Miller</p>	<p><b>St. John the Apostle Catholic Church</b>  2600 West Central Ave • Minot, ND 58701 <b>839-7076</b> Daily Mass Schedule:</p> <p>Tuesday ..... 5:15 p.m. Wednesday - Friday ..... 7:00 a.m. Saturday ..... 5:00 p.m. Sunday ..... 8:00 &amp; 10:30 a.m.</p> <p><i>Fr. David A. Richter, Pastor</i> Parish website: <a href="http://www.stjohnminot.com">www.stjohnminot.com</a></p>	<p> <b>First Lutheran Church - ELCA</b> 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></p> <p>Pastor Brandy Gerjets • Pastor Ellery Dykeman</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></p> <p><b>Church: 701-838-4492</b> <b>Home: 701-838-5759</b> <b>KHRT 1320: 9 a.m. Sunday</b></p> <p><b>Sunday School ..... 9:45 a.m.</b> <b>Adult/Children Worship.. 11 a.m.</b> <b>Family Hour ..... 6:30 p.m.</b> <b>Evening Worship ..... 7:30 p.m.</b> <b>Bible Study/Child-Adult</b> <b>Children Worship (Wed).... 7 p.m.</b> <b>Prayer (Friday) ..... 7 p.m.</b></p>
<p> <b>JOURNEYCHURCH</b> ASSEMBLY OF GOD</p> <p><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 <b>(701) 838-0609</b></p> <p>Saturday School ..... 2:00 p.m. Sunday Worship ..... 3:30 p.m. Wednesday Bible Study ..... 7:30 p.m.</p> <p><b>Jesse Starr, Pastor</b></p>	<p> <b>Cross Roads Baptist</b> <b>Southern Baptist Convention</b></p> <p>Sunday School (all ages) ..... 9:45 a.m. Sunday Worship ..... 11 a.m. &amp; 6:30 p.m. Wednesdays (Prayer &amp; Missions) ... 6:30 p.m.</p> <p><b>www.minotcrbc.org</b> <b>email: minotcrbc@gmail.com</b> <b>Dr. Bob Farmer- Pastor</b></p> <p><b>415 28th Ave SE (Behind Menards)</b> <b>838-1873</b></p>	<p> <b>West Minot</b> Church of God Family Worship Center</p> <p><b>1105 16th St. NW • 839-1407</b></p> <p>Sunday School ..... 9:30 a.m. Sunday Worship ..... 10:30 a.m. Children's Church &amp; Nursery Wednesday Family Training Hour Meal ..... 5:30p.m. Classes for All Ages ..... 6:30 p.m. Youth Center, Friday ..... 7:00 - 11:00 p.m. ABC Child Care Center ..... 852-6352</p> <p><b>westminot.com</b> <b>facebook.com/westminot</b></p>	<p><b>Gospel Tabernacle Community Church</b> 9999 27th St NE 4 miles south of MAFB <b>James W. Henderson</b> <b>Anna B. Henderson</b></p> <p><b>Church: 701-838-4492</b> <b>Home: 701-838-5759</b> <b>KHRT 1320: 9 a.m. Sunday</b></p> <p><b>Sunday School ..... 9:45 a.m.</b> <b>Adult/Children Worship.. 11 a.m.</b> <b>Family Hour ..... 6:30 p.m.</b> <b>Evening Worship ..... 7:30 p.m.</b> <b>Bible Study/Child-Adult</b> <b>Children Worship (Wed).... 7 p.m.</b> <b>Prayer (Friday) ..... 7 p.m.</b></p>

<p><b>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>First Baptist Church</b>  <b>200 3rd St. SW • 852-4533</b> <b>www.fbcminot.org</b></p> <p>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.</p> <p><b>Rev. Kent Hinkel, Senior Pastor</b> <b>Rev. Barry Seifert, Associate Pastor</b> <b>Pastor Sam Kautzmann, Student Ministries</b> <b>Elaine Carlson, Children's Ministry Director</b></p>	<p> <b>OUR REDEEMER'S CHURCH</b> <i>A Church of the Lutheran Brethren</i></p> <p><b>Sundays:</b> Worship..... 9:00 a.m. &amp; 11:00 a.m. <b>700 16th Ave SE • 701-838-0750</b></p> <p>For more information visit us on the web at: <b>www.ourredeemers.org</b></p> <p> <b>OUR REDEEMER'S CHRISTIAN SCHOOL</b> 700 16th Avenue SE Minot, ND 58701 <b>info@orcsknights.org • 701-839-0772</b> <b>www.orcsknights.org</b></p>	<p><b>ORCS Preschool</b></p> <p>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!</p> <p><b>NOW ACCEPTING REGISTRATIONS FOR THE 2021-2022 SCHOOL YEAR</b></p> <p><b>HIGHLIGHTS OF OUR PROGRAM</b></p> <ul style="list-style-type: none"> <li>Time-tested curriculum including STEM and Language Arts activities as well as Free Play</li> <li>2 and 3 day options available</li> <li>Kindergarten readiness skills practiced each session</li> <li>All teachers hold a North Dakota Professional Educator's License</li> <li>Christ-centered environment</li> </ul> <p>Please contact our school office or visit our website for more information. <b>701.839.0772</b> <b>Email: jschultz@orcsknights.org</b> <b>Website: www.orcsknights.org</b></p>
<p><b>ADVERTISE YOUR Church</b></p> <p><i>Advertise</i> FOR ONLY \$9 PER WEEK</p> <p><i>Revisions</i> MADE UPON NOTICE FROM THE CHURCH</p> <p><i>Deadline</i> TUESDAYS BY NOON WEEK OF PUBLICATION</p> <p><b>VIEW OUR PAPER ONLINE AT NORTHERNSENTRY.COM</b></p> <p><b>CONTACT US</b></p> <p><i>call</i> 701-839-0946</p> <p><i>email</i> NSADS@SRT.COM</p> <p><i>fax</i> 701-839-1867</p>		<p><b>we've got the church you've been looking for</b></p> <p><i>Your life matters to God!</i></p> <p></p>	



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## NOTICE

Minot AFB, N.D. – 2d Lt, Domenica Avila from the 891st Security Forces Squadron, has been appointed the Summary Court Officer (SCO) for the estate of **SRA AMIR HUMPHREY AL-AMIN JIBRI, 891ST SECURITY FORCES SQUADRON.** All claims for or against the estate of the deceased must be submitted to the SCO. For more information, 2d Lt, Domenica Avila at (701) 818-0088.

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

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**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.

**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](mailto:mmackey@kalixnd.org) 701-852-1014.

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## 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: 7 Feb-10 Apr. For more information, please visit us in Room 223 located in the Base Education Center Building (2nd floor), email: 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) 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.

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### 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. The Spring 2022 semester begins Monday, January 10, 2022. 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

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# WHAT'S GOING ON MAFB

## FRIDAY 21

- HIIT Strength & Conditioning, 0530, Fitness Center
- Spouses Corner, 0900-1000, A&FRC, In-Person and Zoom Meeting
- Family Zumba, 1000, Turf, hosted by the Fitness Center
- Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill
- Swerk, 1800, Fitness Center
- Game Night Series: Pokémon, 1800, ESC
- Karaoke Night, 2000, Rockers Bar & Grill

## SATURDAY 22

- New Year New You Fitness Sampler, 0900-1100, Fitness Center
- UFC 270: Ngannou vs Gane, doors open at 1900, main event begins at 2100, Rockers Bar & Grill

## SUNDAY 23

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

## MONDAY 24

- Registration Opens: Ice Fishing Trip 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
- Yoga, 1830, Fitness Center
- Swerk, 1930, Fitness Center

## TUESDAY 25

- TAP (VA), 0800-1600, A&FRC
- Game Day, 1000-1930, Minot AFB Library
- Newbery Book Club, 1600, Minot AFB Library
- Epoxy Cutting Board Class, 1800-2000, Arts & Crafts Center
- Wine & Paint Class, 1800-2000, Arts & Crafts Center
- Zumba, 1830, Fitness Center

## WEDNESDAY 26

- HIIT Strength & Conditioning, 0530, Fitness Center
- TAP (DoL) - Overview, 0730-1600, A&FRC
- Right Start, 0800-1030, Jimmy Doolittle Event Center, hosted by A&FRC
- Pre-Deployment/Remote Readiness Training, 1000-1100, A&FRC, Zoom Meeting
- Story Time, 1030, Minot AFB Library
- The ABCs of IEPs Lunch & Learn, 1130-1300, Youth Center
- Yoga, 1200, Fitness Center
- Cycle, 1700, Fitness Center
- Fighting Game Night, 1800, ESC
- Yoga, 1830, Fitness Center
- Swerk, 1930, Fitness Center

## THURSDAY 27

- 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
- Tie Blanket Class, 1700-1900, Arts & Crafts Center
- Magic The Gathering Modern League, 1800, ESC
- Zumba, 1830, Fitness Center
- Yoga, 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.

## FRIDAY 28

- Registration Closes: Ski/Snowboard Trip to Huff Hills at Outdoor Recreation
- Registration Closes: Winter Archery League at Outdoor Recreation
- Winter Archery League Begins at Outdoor Recreation
- HIIT Strength & Conditioning, 0530, Fitness Center
- TAP (DoL) — Employment Workshop, 0800-1600, A&FRC
- Spouses Corner, 0900-1000, A&FRC, In-Person and Zoom Meeting
- Family Zumba, 1000, Turf, hosted by the Fitness Center
- Home School Library Orientation, 1100, Minot AFB Library
- Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill
- Cycle, 1700, Fitness Center
- Game Night Series: League of Legends, 1800, ESC
- Swerk, 1800, Fitness Center
- Youth Programs Supers Smash Brothers Tournament, 1800-2000, Youth Center
- Karaoke Night, 2000, Rockers Bar & Grill

## SATURDAY 29

- Cycle, 0900, Fitness Center
- Warhammer 40,000 Casual Game Day, 1500, 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!

**YOUTH PROGRAMS  
SUPER SMASH BROTHERS  
TOURNAMENT**

Come have a SMASHing good time!

28 January 2022 • Youth Center  
6PM - 8PM • Ages 9+

Members: \$5 • Non-Members: \$10

Snack bar will be open and prizes will be awarded!

For more information, call the Youth Center at 723-2838

**LAKE METIGOSHIE  
ICE FISHING DAY TRIP**  
WITH OUTDOOR RECREATION

**FEBRUARY 12TH  
8:00AM - 5:00PM**

REGISTER: JAN 24 - FEB 4TH

JOIN US FOR AN ICE FISHING ADVENTURE WITH OUTDOOR REC'S PROFESSIONAL GUIDE!

**PRICE INCLUDES:**  
TRANSPORTATION, EQUIPMENT, LUNCH, & A DAY OF FUN!

PARTICIPANTS MUST BE AT LEAST 10 YRS OLD TO ATTEND.

CALL FOR PRICING OR TO REGISTER  
**723-3648**

**QUALITY HEALTHCARE  
FOR ALL**

Non-emergency walk-ins welcome Monday-Friday 1-4 p.m.

- Ob/Gyn Care
- Newborn Care
- Well Child Visits
- Pediatrics
- Free Pregnancy Tests
- Geriatric Care
- Preventive Healthcare
- Full Service Pharmacy

**Center for Family Medicine**

**UND SCHOOL OF MEDICINE & HEALTH SCIENCES**  
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