

# northern sentry

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## WHATS INSIDE THIS WEEK:



MINOT'S FLEA MARKET CHANGES HANDS

A5



SENIOR AIRMAN AMIR HUMPHREY AL-AMIN MEMORIAL

B5



AIR FORCE ARTS

C2

## 5BW JOINS

## RED FLAG 22-1



A B-52 Stratofortress assigned to the 5th Bomb Wing, Minot Air Force Base, North Dakota, lands at Nellis Air Force Base, Nevada, Jan. 20, 2022, for Red Flag 22-1. This iteration of Red Flag is focused on confidence under fire, integrated leadership and the warfighter culture. More coverage on page A3.

U.S. AIR FORCE PHOTO | WILLIAM R. LEWIS



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DETAILS ON PAGE B2



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# Driving Under the Influence

5TH BOMB WING / STAFF JUDGE ADVOCATE

In November 2021, 5 BW/JA provided a summary of military justice and adverse actions that occurred across Team Minot during the 3d quarter of 2021. Now we focus on Driving Under the Influence (DUI) offenses. This is done to provide greater overall transparency and education concerning the costs of DUI. The National Highway Traffic and Safety Administration reports that, in the United States, DUIs kill approximately 10,000 lives each year, have a negative financial impact of \$44 billion, and cost offenders upwards of \$10,000 in fines and legal fees. DUI is avoidable and has very real consequences.

## LAW

DUI, referred to as “Drunken Operation of a Vehicle,” is punishable under Article 113 of the Uniform Code of Military Justice (UCMJ), codified at 10 USC 913. Under Article 113, UCMJ, DUI occurs when a person operates or is in actual physical control of a vehicle while drunk or when their alcohol concentration is equal to or exceeds .08. “Drunk” is defined as “any intoxication which is sufficient to impair the rational and full exercise of the mental or physical faculties”; thus, “drunk” could be less than an alcohol concentration of .08 if mental or physical impairment is evident.

In North Dakota, DUI is punishable under North Dakota Century Code (NDCC) 39-08-01. Under NDCC 39-08-01, DUI occurs when a person drives or is in actual physical control of a vehicle while under the influence of intoxicating liquor or with an alcohol concentration of at least .08. Similar to Article 113, UCMJ, “under the influence of intoxicating liquor” means that a person can be DUI even though their alcohol concentration is below .08.

In North Dakota, to include on Minot AFB, a person who refuses to submit to a chemical test of blood, breath, or urine is guilty of DUI.

## CONSEQUENCES

Commanders retain full discretion over administrative, nonjudicial, and judicial action under the UCMJ and Air Force regulations.

DUI results in suspension/revocation of driving privileges. In accordance with AFI 31-218, *Motor Vehicle Traffic Supervision*, dated 22 May 06, para 2-4, installation driving privileges may be administratively suspended or revoked for cause. Specifically, para 2-4 and Table 5-1 provides that installation driving privileges shall be immediately suspended for a DUI offense, as well as refusal to consent to chemical tests. Additionally, Minot AFBI 31-

116, *Minot AFB Motor Vehicle Traffic Supervision*, dated 10 Dec 19, para 8.7.1, prescribes a one-year suspension of on-base driving privileges for DUI, as well as refusal to consent to chemical tests. In accordance with para 2-3 of AFI 31-218 and para 2.17 of MAFBI 31-116, operation of a vehicle on Minot AFB is considered implied consent to chemical tests of breath, blood, and urine.

AFI 36-2502, *Enlisted Airman Promotion and Demotion Programs*, dated 16 Apr 21, para 6.3.4, authorizes administrative demotion when Airmen fail to fulfill their responsibilities under AFH 36-2618, *The Enlisted Force Structure*, dated 5 Jul 18. AFH 36-2618 tasks Airmen with understanding, accepting, and embodying the Air Force Core Values; accepting, executing, and completing all duties, instructions, and lawful orders; and detecting and correcting conduct and behavior that places themselves or others at risk. DUI does not embody the Air Force Core Values, is a violation of duties, and is not detection and correction of conduct that places themselves and others at risk. Thus, administrative demotion is authorized for DUI.

Under Article 15 of the UCMJ, codified at 10 USC 815, a commander may impose nonjudicial punishment on

members of their command for violations of the UCMJ. Nonjudicial punishment provides commanders with an essential and prompt means of maintaining good order and discipline outside of the court-martial process. The nature of nonjudicial punishment depends on the rank of the commander and person being punished, but generally may include forfeiture of pay, reduction in grade, extra duties, restriction, and reprimand.

Under Article 113 of the UCMJ, drunken operation of a vehicle is punishable via a bad-conduct discharge, forfeiture of all pay and allowances, reduction to E-1, and confinement for 6 months. If personal injury results, then the maximum punishment increases to a dishonorable discharge, forfeiture of all pay and allowances, reduction to E-1, and confinement for 18 months. Under NDCC 39-08-01 and 12.1-32-01, DUI is punishable via driving suspension, 30 days imprisonment, and a fine of \$1.5K. Additional offenses of DUI increase the maximum punishment to 5 years imprisonment and a fine of \$10K.

## CONCLUSION

The seriousness, impact, and costs of DUI are real. In fiscal year 2021, 32 DUIs occurred across Team Minot. All resulted

in serious consequences: all 32 resulted in suspension/revocation of driving privileges, 9 resulted in nonjudicial punishment, 17 resulted in administrative demotion, and 9 resulted in administrative discharge. Often, military administrative and disciplinary action was in addition to civilian prosecution for DUI. Punishments included a combination of forfeiture of pay, reduction in grade/administrative demotion, extra duties, restriction to the installation, reprimands, and administrative discharge.

Thus, the costs of DUI are multifold. Not only does DUI kill 10,000 lives per year and \$44 billion, but it also carries significant costs for offenders, to include up to \$10,000 in financial penalties and the significant career implications of prosecution, nonjudicial punishment, administrative demotion, and administrative discharge. DUI is avoidable and resources are available to ensure Team Minot Airmen do not drive while under the influence of alcohol. Use your resources – phone a Wingman, call Airmen Against Drunk Driving (AADD – under Team Minot’s Directory on your AF Connect App), or use a car service. Don’t drink and drive.

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# Red Flag-Nellis 22-1 kicks off with allied forces

CHRISTIE VANOVER, 57TH WING PUBLIC AFFAIRS

NELLIS AIR FORCE BASE, Nev. --

Nearly 100 aircraft and 3,000 personnel have arrived at Nellis Air Force Base to participate in the first Red Flag exercise of 2022. Aimed at providing realistic training and increasing combat effectiveness, the exercise will run from Jan. 24 to Feb. 11. "Red Flag-Nellis 22-1 is America's premier air combat exercise focused on readiness and partnering through Air Expeditionary Wing-led strike ops," said Col. Jared Hutchinson, 414th Combat Training Squadron commander. "In its 47th year of execution, participants will build confidence under fire and integrated leadership and warfighter culture that will lead to victorious coalition fights.

"They will learn from each other face-to-face, so we'll all be better prepared and ready when we meet again in another region of the world," he added.

With the 388th Fighter Wing from Hill Air Force Base, Utah, at the lead wing position, this iteration will include participants from the U.S. Air Force, Navy, Marines, Space Force, Air National Guard, U.S. Air Force Reserves, the United Kingdom (Royal Air Force) and Australia (Royal Australian Air Force).

Aircraft participating include the A-10, B-2, B-52, E-3, E-7A,

E-8, EA-18G, EC-130, F-15E, F-16C, F-22, F-35, FGR4, HC-130, KC-135, MH-60, MQ-9, RC-135 and RQ-4.

"Red Flag 22-1 is a unique exercise, because it demonstrates the most cutting edge-tactical integration of air power from the U.S. and her primary allies, the U.K. and Australia," said Hutchinson. "Each flag pushes the state of the art to a new level by building on the efforts of previous Red Flags. There are many new and emerging real-world tactical problems that will be presented for the first time to the allied force."

Brig. Gen. Michael Drowley, 57th Wing commander, welcomed participants during a pre-brief Jan. 21. He advised units that the training they are about to receive has evolved over time and includes modern-day problem sets aimed to prepare them if they get the call to defend the nation.

During the exercise, red forces, led by the 57th Operations Group and supported by the Nevada Test and Training Range, will drive static, dynamic and adaptive threats, challenging participants.

"All eyes are on this Red Flag to see how you lead through the fog and friction of combat. Fight's on," said Drowley.



An F-16 Fighting Falcon assigned to the 148th Fighter Wing, Duluth Air National Guard Base, Minnesota, lands at Nellis Air Force Base, Nevada, Jan. 20, 2022, for Red Flag 22-1. The 414th Combat Training Squadron conducts Red Flag exercises to provide aircrews the experience of multiple, intensive air combat sorties in the safety of a training environment.



An E-7A Wedgetail assigned to RAAF Base, Williamtown, Australia, lands at Nellis Air Force Base, Nevada, Jan. 20, 2022, for Red Flag 22-1. The allied warfighters will gain a significant combat advantage by being exposed to realistic, representative, relevant and integrated tactical experiences at Red Flag.

U.S. AIR FORCE PHOTOS | WILLIAM R. LEWIS

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# MAC Lunches are an Important Bridge

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A VIEW FROM OUR SIDE  
ROD WILSON, NORTHERN SENTRY



A recent article written by Airman 1st Class Saomy Sabournin of 5th Bomb Wing Public Affairs gave information about the January MAC (Military Affairs Committee) meeting held at the International Inn. The topic of discussion was the new Trinity Health Medical Campus that is taking shape on the Southwest corner of Minot. Trinity Health Vice President Randy Schwan shared conception and construction photos of both the medical clinic and hospital facilities. It was hard not to get excited as Randy also shared a timeline that would have Trinity Health operating from the new campus by mid-2023. For Minot, it will be a tremendous recruitment tool for physicians and health care staff, as well as the other businesses tasked with attracting and maintaining employees. Another benefit that the new Trinity Health campus will have is attracting Minot Air Force Base personnel to remain

in Minot after their active duty has ended. Let's face it, good employees, whether it be in the military or private sector, are vital. A lot of what they are attracted to is world class health care, and the new Trinity Health campus will certainly be world class. If you want to know more, there is a lot of construction information on the Trinity Health web site.

I also want to thank those from the community who have been attending these MAC meetings and encouraging our friends from Minot AFB to mark these meetings on their calendars. The next MAC meeting is February 3 at Noon at The Sleep Inn. It's always a pleasure to share a table with a guest from Minot AFB. Getting to know more about the base is important for those of us "downtown." So, let's fill the seats on February 3, and invite a guest or two to share this very important time together.



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# Minot's flea market changes hands

ABIGAIL KINDER, NORTHERN SENTRY

Since 1978, North Dakota's largest flea market has brought together vendors and visitors from all over for a chance to bargain, sell, and make memories. Richard and Sylvia Timboe operated Magic City Flea market for 37 years before selling it to Lianne and Fabian Zeltinger in 2015. Now, the Minot Flea Market is changing hands once more and will be known as Dakota Flea Market, owned by the Wiedrich family.

Gar and Janelle Wiedrich of Rolla, N.D., have plans to expand the flea market with the help of their Minot-based daughters, Abbey and Grace. The Wiedrichs have experience both as vendors and developing flea markets in other local communities, and will bring that experience to Dakota Flea Market. They are currently working to broaden marketing capabilities and gather more vendors for the event, and Gar hopes to build a stronger relationship with the flea market's customers. "I'd like to get more direction from the visitors on what types of products they would like to see at the flea market. I'm an antiquer and a junker, but it's really become a hit and miss because not everyone who is 20 years old enjoys antiques. They have different tastes and preferences."

"Initially, there won't be too many changes to it though," said Gar, hoping to maintain the flea market dynamic built by his predecessors.

Dakota Flea Market connects thousands of attendees with over 80 vendors each month, providing a variety of wares

from homemade food to jewelry and even special interest goods such as antiques and refurbished furniture. Wiedrich even encourages everyday individuals to join in the event as "garage sale" vendors.

"When we walk into the flea market, we see the vendors selling antiques and beef jerky, but something we forget about is the person who just rents out a \$26 booth to sell some stuff that they had laying around their house. That's a big part

“

I'm hoping that we can continue to grow [Dakota Flea Market] and continue the legacy of the Zeltingers. It's a great opportunity, and I'm not doing it to make a living, but I'm sure going to have fun doing it."

GAR WIEDRICH

”

of what the flea market should be. For example, if you live on the Air Force base and you're being deployed elsewhere, there is nothing wrong with renting a spot and selling your wares there for a weekend," he said.

With all of the different products that cater to nearly every interest, Dakota Flea Market is an ideal weekend outing for all ages, families, and individuals. "There are also a lot of service members who attend on a monthly basis," said

Wiedrich. "That population is very, very necessary to support the event. It's amazing when you talk to them, it reminds them of home and something their mom and dad took them to. It's a great place to reminisce, kick back, and think of how things were when you were 10 or 12."

Dakota Flea Market is also a chance to support local vendors and stimulate Minot's economy. "There are some vendors who do that for a living. For me, it's a weekend gig. I get a kick out of talking to people and visiting with them, and talking about things they remember from their childhood. For some people, it's their bread and butter. We want to make sure that we provide the advertising to try and promote the flea market so that those people have a chance to try and sell their wares," explained Wiedrich.

Due to COVID-19 barriers, flea market visitation (especially from Canada) has dropped significantly in recent years. But Wiedrich hopes that as the world bounces back, so too will Dakota Flea Market. "I'm hoping that we can continue to grow [Dakota Flea Market] and continue the legacy of the Zeltingers. It's a great opportunity, and I'm not doing it to make a living, but I'm sure going to have fun doing it."

Dakota Flea Market will start on Feb. 12 and 13, 2022 at the North Dakota State Fair Center. For more information on booth rental, contact [dakotafleamarkets@gmail.com](mailto:dakotafleamarkets@gmail.com) or call 701-278-0866.



Dakota Flea Market, formerly known as the Minot Flea Market, is now owned and operated by the Wiedrich family—Grace, Gar, Janelle, and Abbey. The Wiedrichs hope to continue the legacy of the former flea market owners and create a fun, well-known event to support community interests and small town vendors.

SUPPLIED PHOTO



## And all of a Sudden, I Don't Feel Pain

ROD WILSON, NORTHERN SENTRY

For Jerry, getting up in the morning was a struggle with pain in his lower back and left shoulder. To lift and carry was almost impossible "but I just kept working at it" Jerry shared. It seemed like there was no good remedy for the pain, until he got word from a friend about SoftWave at Cornerstone Chiropractic. All patients at Cornerstone are evaluated prior to beginning their SoftWave treatments. "They wanted to see if I was a candidate, and after a few minutes Dr. Willie was pretty sure that SoftWave would be a big help for my pain, and he was right" according to Jerry.

For Jerry there have been six treatments so far and the "results are amazing" he continues. SoftWave, if this is your first time reading Back Talk, is a treatment that uses sound pulses to stimulate stem cell growth, which helps heal areas like lower backs, joints and many other areas of the body.

"I have now gotten to the point where all of a sudden, I don't feel pain" according to Jerry. For those of us who have experienced SoftWave treatments, this sensation is very real. Treated areas that have been painful for months, or even years, are relieved and general health and overall movement improves dramatically.

Is SoftWave for every patient? Like Jerry, it will take an initial evaluation to determine if you are a good candidate. Cornerstone Chiropractic (701) 852-2800.



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# B-52H bomber makes its way slowly to Oklahoma City, ready to fulfill mission

RON MULLAN, 72ND AIR BASE WING PUBLIC AFFAIRS

TINKER AIR FORCE BASE, Okla. --

After nearly 1,500 miles and a month on the road, the B-52H Stratofortress nicknamed "Damage Inc. II" has arrived in Oklahoma and is ready to start its new mission.

Unlike its predecessors "Ghost Rider" and "Wise Guy," which were also resurrected from the Arizona desert, this venerable aircraft will not be rejoining the active fleet, but still has an important mission to fulfill.

The aircraft, tail number 61-0009, was taken out of storage at the 309th Aerospace Maintenance and Regeneration Group's "boneyard" last spring and sent to the Pima Air & Space Museum where its wings, fuselage and horizontal stabilizer were removed.

The fuselage arrived at the Boeing facility near Tinker Air Force Base Jan. 22, 2022, where it will be reassembled with the left wing. The aircraft will then serve as an integration model to test how well new technologies and current and future modifications will integrate with B-52 aircraft.

The right wing and horizontal stabilizer were transported to McFarland Research and Development in Wichita, Kansas, to support structural integrity research for the B-52H Aircraft

Structural Integrity Program, or ASIP.

"We appreciate Boeing's partnership to revive Damage Inc. II in support of the B-52 modernization effort," said Col. Louis Ruscetta, the B-52 senior materiel leader with the Air Force Life Cycle Management Center's Bomber Directorate. "This is a great opportunity to reduce risk to the some of our development efforts and opens doors to bring other innovative capabilities to the fleet and keep this platform flying into 2050."

According to Bill Pogorzelski, the project lead for the mock-up effort, the Air Force funded the aircraft regeneration and transportation, while Boeing will provide the infrastructure to house the mock-up to allow for development and testing activities.

"The B-52 modernization is truly a Team Tinker effort, relying on program office and local industry and the sustainment center expertise," Pogorzelski said, adding that most of the installation work is planned to be done on Tinker by the Oklahoma City Air Logistics Complex.

The group within the B-52 Program Office working this is the Commercial Engine Replacement Program or CERP. Their mission is to replace the

aging Pratt & Whitney TF33 engines with modern commercial engines. The Air Force recently selected the Rolls-Royce F-130 engine as a replacement to the TF33.

Ruscetta said having the integration model nearby will be beneficial to the Air Force.

"As new technologies develop, we can use this mock-up to help speed integration and get capability to the field faster" he said.

Transporting such an outsized load required a lot of planning. The crew had to contend with traversing overpasses and turning through intersections where the margins measured in inches. The B-52 and its escorts took up two lanes of traffic requiring the convoy to pull over every few miles to let traffic pass. In all the journey from Arizona to Oklahoma took almost four weeks.

The B-52 is undergoing its biggest modernization effort in its history. In addition to new engines, the B-52 is also upgrading its 1960's core radar to a new Active Electronically Scanned Array system similar to those found in modern fighter aircraft. It also just completed a major communications upgrade and will soon get a new Tactical Data Link capability.



B-52 Stratofortress tail number 61-0009, nicknamed "Damage Inc. II," enters the homestretch of its nearly 1,500 mile month-long trip from Arizona to Oklahoma Jan. 22, 2022. The aircraft fuselage arrived at the Boeing facility near Tinker Air Force Base where it will be reassembled with the left wing and be used as a mock-up for Air Force-led modernization efforts on the B-52 fleet.

AIR FORCE PHOTO | APRIL MCDONALD



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## A LOOK BACK THIS WEEK IN USAF HISTORY

**B-52 STRATOFORTRESS CREW PERFORMS LAST SORTIE OF OPERATION ARC LIGHT**

January 28, 1973



A B-52 Stratofortress refuels en route to a target in Vietnam. (USAF Photo)

On January 28, 1973, a B-52 Stratofortress crew flew the last sortie of Operation Arc Light, bombing enemy targets in South Vietnam at 0628 hours local time. Operation Arc Light began on June 18, 1965 as 27 B-52F bombers from the 7th and 320th Bombardment Wings based in Guam attacked a Viet Cong jungle fortification. From its beginning to end, the operation was carried out by personnel from Strategic Air Command bases all over the United States and overseas facilities, who performed temporary duty rotations up to 179 days, with some Airmen serving over 1,000 days during intermittent tours on Arc Light. In 1967, U-Tapao Royal Thai Air Base was added to the roster to relieve over crowding in Guam and reduce flight times to Vietnam, and one year later, B-52s were flying out of Kadena Air Base, Okinawa, Japan. Overall, Operation Arc Light and the B-52 bombers flew over 126,000 sorties.

Information courtesy of: [media.defense.gov/](http://media.defense.gov/) / [airforcemag.com/](http://airforcemag.com/) / [afhstory.af.mil](http://afhstory.af.mil)

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# Air Force Heritage Flight flyover scheduled to support Super Bowl LVI in Los Angeles

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

ARLINGTON, Va. (AFNS) -- The Air Force Heritage Flight Foundation celebrates U.S. air power history by providing annual heritage flight demonstrations around the world. Heritage flights are flown at events ranging from open houses and air shows to sporting events, parades and funerals. (U.S. Air Force graphic)

The Air Force Heritage Flight Foundation celebrates U.S. air power history by providing annual heritage flight demonstrations around the world. Heritage flights are flown at events ranging from open houses and air shows to sporting events, parades and funerals.

Five aircraft representing the Air Force's 75 years as a service will conduct a first-of-its-kind flyover during the national anthem performance at Super Bowl LVI, Feb. 13, over SoFi Stadium in Inglewood,

California.

The Air Force Heritage Flight represents the service's ability to innovate, accelerate and thrive since its evolution from the U.S. Army Air Corps in 1947.



The Heritage Flight flyover will feature:

- P-51 Mustang from the Air Force Heritage Flight Foundation, Chino, California
- A-10 Thunderbolt from Davis-Monthan Air Force Base,

Arizona

- F-16 Fighting Falcon from Shaw AFB, South Carolina
- F-22 Raptor from Joint Base Langley-Eustis, Virginia
- F-35 Lightning from Hill AFB, Utah

There will be a live pre-game stream from the formation while they get into position in the sky and will include special interviews and segments. Viewers can tune in to the Air Force Facebook page at 6 p.m. ET for the broadcast.

The U.S. Air Force performs close to 1,000 flyovers a year, which serve as a way to showcase the capabilities of its aircraft while also inspiring patriotism and future generations of aviation enthusiasts. These flyovers are done at no additional cost to the taxpayer and serve as time-over-target training for Air Force pilots, aircrew and ground control teams.

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# Verendrye Electric Cooperative employee recognized for Community Service

NORTH DAKOTA ASSOCIATION OF RURAL ELECTRIC COOPERATIVES

BISMARCK, N.D. — The North Dakota Association of Rural Electric Cooperatives (NDAREC) recognized D.J. Randolph, a computer engineer at Verendrye Electric Cooperative, with the Community Service Award at its 79th annual meeting on Jan. 19.

“Randolph’s commitment to his community and passion for the great outdoors has made a difference in the lives of many and made our communities more inclusive,” says NDAREC General Manager and Executive Vice President Josh Kramer. “It is a true honor to present him with this award.”

An avid sportsman and unwavering volunteer, Randolph has used his leadership skills and volunteer spirit to help bring a first-class education center, shooting range and archery range to the Velva Wildlife Club. This facility not only draws people from Velva, but also many outlying areas as they provide educational experiences for outdoors enthusiasts.

Randolph also donates his time to Prairie Grit Adaptive Sports, a nonprofit organization that provides sports and recreational opportunities for people with disabilities. Randolph has been instrumental in the establishment and success of the organization’s adaptive hunting program.

“DJ has spent countless hours teaching and making hunting experiences accessible for all types of hunters over the past few years. He guides practices on the range, fabricates accessible blinds, and spends hours in all types of weather waiting for the just-right shot,” says Krystal

Butgereit, Prairie Grit Adaptive Sports executive director. “DJ doesn’t just show up. He comes to the table with ideas to advance the adaptive hunting program and does so with enthusiasm that is contagious. DJ’s enthusiasm, positive can-do attitude, passion and expertise have provided our athletes with top-notch hunting experiences and memories that will last a lifetime.”

North Dakota’s electric cooperatives congratulate Randolph on receiving this recognition and thank him for his years of service to his cooperative and community.

Every year, NDAREC recognizes individuals for their generous contributions to North Dakota’s electric cooperatives and the communities they serve. An eight-member committee of the NDAREC board of directors selects award recipients from nominations submitted by NDAREC’s members, which includes 16 electric distribution cooperatives and five generation and transmission cooperatives.

NDAREC is the statewide trade association for 16 electric distribution cooperatives and five generation and transmission cooperatives operating in North Dakota. The distribution cooperatives provide electricity to nearly 250,000 North Dakotans. NDAREC services include legislative advocacy, lineworker safety training, professional development, cooperative business development and communication services, including publication of the North Dakota Living magazine.

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# 377th ABW commander speaks on the importance of mentors

JOHN COCHRAN, 377TH AIR BASE WING PUBLIC AFFAIRS

KIRTLAND AIR FORCE BASE, N.M. --

Mentorship happens when a more-experienced person guides a less-experienced person toward professional and personal growth, achievement, and success. Colonel Jason Vattioni, 377th Air Base Wing commander at Kirtland AFB, New Mexico, recently spoke about the influence his first Air Force mentor had, and still has, on him.

Question 1: Who was your first mentor in the Air Force, and why were they an important mentor for you?

Answer 1: In early 1991, as an Airman Basic, I arrived at Ellsworth AFB, South Dakota. There was a heavy influx of a lot of us Airmen at that time to that base -- my entire tech school class -- all five of us went there.

Staff Sergeant Bob Ogurek was assigned as my Team Chief, as well as my supervisor. He trained us on all of our tasks and led us through certifications, as nuclear weapons technicians. For team members, we had a Senior Airman with experience from overseas, a one-striper just a few months ahead of me, and me, a zero-striper. We trained hard, passing all of our certifications, and became certified technicians. That was the technical thing that brought us together.

At the time, I'm not sure if I knew Sergeant Ogurek was a mentor. He was my supervisor and my Team Chief. It wasn't until some reflection, some time working with him, and when he was subsequently promoted and moved into Quality Assurance. It left a void, an absence in my life, of somebody who was a great leader and a positive influence in my very young career.

I wanted that influence and security -- that level of involvement. I knew that he was a 'safe' person to work with. You knew that he had your best interests at heart and that he was going to take care of you. That doesn't mean simply 'protect' -- he genuinely cared, set high expectations, and taught you. If you made a mistake, he would call you out on that mistake. If you weren't doing the best that he knew you could do, he called you out on that. Those are good things in a person's life -- that honest feedback. It was still kind, never belittling. It was honest; and although the sting hurt immediately, when you had time to reflect, you realized,

'He's right. I need to get my stuff together here.'

Q2: What did your mentor do that influenced you?

A2: Sergeant Ogurek genuinely cared about each of us on the team. At the onset, it didn't seem like caring, because he had high standards and he held us accountable to those standards. He didn't tell us answers -- he taught us how to find the answer. He was very critical of our quality of work -- he demanded the best that we could do. He was always paying attention to those details and then providing you feedback. Additionally, he was, what seemed at the time, invasive in our personal lives. He was always interested in what I was doing on the weekends, in the evening, what food I was eating ... those kinds of things -- just to make sure I was taking care of myself and that I wasn't taking unnecessary risks. I don't know if he saw in me the things that weren't so good with me, at the time. I was 18 years old, away from home ... although I was physically an adult, I was very immature. I had low self-confidence and I easily succumbed to peer pressure. Looking back, assessing my 18-year-old self, I needed somebody to be invasive in my life, to make sure that I didn't give in to those things.

At the time, it seemed immediately, like, 'Man, this guy is always asking about me and always in my life!' It was a balance -- a perfect balance. It wasn't like a parent -- it was more like an older brother or cousin -- someone you trusted. These things all developed over time. At first, I was very put off by it, and thought, 'OK, hopefully I can just survive Sergeant Ogurek.' Then, once I saw that I was certified in all my tasks before my peers, that I was being put on tasks that were big projects, and we were getting them done, it felt good to be trusted that way. We were a trusted team to get after those things. It wasn't because I was good, or the other team members were good -- I sincerely believe it was because he was really good at what he did and he developed us. He led, he mentored, and he developed us to be good at our craft and to expect that level of quality.

Q3: How was Sergeant Ogurek different from other mentors you may have had?

A3: What was different

about his mentorship was that it spanned the spectrum of leadership; from being directive to delegating. He had to take this young man out of technical school, who just had basic tool knowledge and the basics of Air Force professionalism and Core Values, and he had to shape that person, who had a lot of maybe not-so-great influence at the dorms after work hours. He had to take all of that and figure out how to set the standards early, very directive. 'Don't come to work if your boots aren't shined and your uniform isn't ironed and your hair isn't cut. There's no horse playing at work -- we are here to work.' But, by the time we made it through training and we had proven ourselves, it was less directive and more making sure we had what we needed to succeed -- making corrections on the margins, as we needed it. He built in me positive structures, for both my professional and personal life, that I still use today.

I don't want it to sound like, 'I came in the Air Force, and I was just this disheveled, undisciplined, on the edge of not being successful in his life' kind of thing. No, I have fantastic parents. Not knowing my biological father, and growing up for a number of years where it was just me, my mother, and my grandmother -- those were wonderful years -- I have nothing but positive memories of that. Then, enter Fred Vattioni into my life -- he married my mother and adopted me ... a fantastic upbringing I had with them and my grandmother, who were always there. They did everything they could to make sure I was prepared to be an adult in this life. Based on some of those unfortunate factors -- the low self-confidence and being easily influenced by peer pressure -- I needed a Bob Ogurek, at that time in my life, to continue what was instilled in me as a young person. That is exactly what Jason Vattioni needed -- that type of genuinely caring mentor that kept me on a positive path.

I hope there are other first-line supervisors out there who take that term and that responsibility as seriously as he did.

Q4: Have you "paid it forward" and mentored others the way Sergeant Ogurek mentored you?

CONTINUED ON PAGE B8

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# 91 SFG starts 2022 on high note

COLONEL THOMAS E. SEGARS JR, 91ST SECURITY FORCES GROUP COMMANDER

91 SFG! 2021 was another banner year for the Group, and it's now in the rearview mirror... yet again, you stepped up to the plate and hit a grand slam!!:

- Best AFGSC/IG NSI results for the SFG in 10+ years!!

- An eye-watering performance for the graded exercise

- 91 SFG awarded the most Superior Performers in the wing

- An AFGSC/IG Unit Effectiveness Inspection with, ahem, ZERO write-ups or observations!

- A 15% increase in Nuke Surety testing scores & pass rates, and improved pass rates and overall scores for DPEs across the SFG (91 MSFS with the highest!)

- Launched a highly successful Restricted Area Badge office--first ever in the 91 MW!

- CRF was recognized as the top team by the 90 GCTS during Road Warrior

- Supported the 5 BW weapons generations during exercise Global Thunder

- Opened the Tactical Development Group--turning recapture exercises into training opportunities

- Negated over NINE THOUSAND security events...the most in 20th Air Force!

- Fully launched QR code feedback tools, Defender Culture working groups...helping us cement "People" as our #1 focus area

- Bragging rights with #1 retention rate for First Term Airmen in all of 20th Air Force

- Averaged less than 2% of the group DNA due to disciplinary reasons

- Fully embraced onboard efforts...established top notch outreach programs for tech training and career Airmen with assignments to the SFG

- Reduced the previous 2 years' ('19 and '20) 40% assignment cancellation rates...down to an unprecedented 17% in 2021!!

- Actually took the squadron sponsorship and onboarding programs from meh--good, to WOWZER--GREAT!

- So much more!

YOU have made 91 SFG the place to be...where ONLY the best come North...we are easily the best daggumm SFG in the Air Force! We still have work to do in the area of infrastructure, communications in the complex,

and comms up and down the chain of command...but we're making good progress and moving in the right direction thanks to each of you.

Chief Sullivan and I cannot thank you enough for your dedication to duty, your desire and ability to stay healthy across all fronts, and your willingness to stay flexible and ready to fight (even in extreme temperatures!). Thanks again for being part of our amazing team, and many thanks to the supervisors who took time to nominate Defenders to compete in each category. While you all have proven that the SFG is a beacon of light in the wing...we would like to take this time to recognize a few of your peers and teams who have gone above and beyond.

To the award winners, a huge CONGRATS and a BEST OF LUCK at the next level!!

Please help us congratulate the 91 SFG 2021 4th Quarter and 91 SFG 2021 Annual Award winners!

91 SFG 2021 4th Quarter Award Winners:

AMN: SrA Zachary Wesoja, 791 MSFS

NCO: SSgt Joshua Howard, 91 MSFS

SNCO: MSgt Christopher Flavin, 91 SFG

CGO: 1st Lt Wyatt Huff, 91 MSFS

Flt CC: 1st Lt Temon Reed,

791 MSFS

Civilian Category I: Ms. Mandy Sanders, 91 MSOS

Key Spouse: Ms. Jessica Comacho, 891 MSFS

Key Spouse Program: 891 MSFS, Key Spouse Team

Volunteer: TSgt Juan Gonzalez, 791 MSFS

Professional Team: 91 MSFS, Operations Section

91 SFG 2021 Annual Award Winners:

AMN of the Year: SrA Abigail Rose, 91 SFG

NCO of the Year: TSgt Daren Marshall, 791 MSFS

SNCO of the Year: MSgt Ray Salvador, 91 MSOS

CGO of the Year: Captain Ryan Coker, 91 MSOS

FCO of the Yr: 2d Lt Christopher Delong, 891 MSFS

FGO of the Year: Major Matthew Coon, 91 SFG

Civ Cat I, of the Yr: Mr. Will J. McDougle, 91 MSOS

Civ Cat II, of the Year: Mr. Bill Haas, 91 MSOS

Key Spouse of the Year: Ms. Kelah Pross, 91 MSOS

Key Spouse tm of the Yr: 891 MSFS Key Spouse Tm

Volunteer of the Yr: TSgt Juan Gonzalez, 791 MSFS

First Sgt of the Yr: MSgt Adrian Galcik, 91 MSFS

Professional Team of the Year: 91 SFG/S3-5

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## TRAEGER BAKED CORN DOG BITES

**INGREDIENTS**

- 2 CUP SOUR CREAM
- 16 OUNCE REFRIED BEANS
- 2 CUP LEFTOVER BEEF BRISKET
- 2 CUP LEFTOVER PULLED PORK
- 10 FLOUR TORTILLAS
- 10 TACO SHELL, CRISP
- 3 GUACAMOLE
- 2 CUP SALSA, TOMATO
- 1 CUP RED ONION, DICED
- 1/2 CUP CILANTRO, FINELY CHOPPED
- 1 1/2 CUP CHEDDAR CHEESE

Combine milk, yeast and sugar in a bowl. Set aside for 5 minutes or until it starts to foam. Add all-purpose flour, corn meal, baking soda, mustard powder, oil, cayenne pepper and 1 teaspoon salt. Mix with a spoon until combined then use your hands to knead into a dough. Transfer dough to a bowl and cover with plastic wrap and set aside for about 45 minutes- until dough rises and doubles in size.

When ready to cook, set Traeger temperature to 375° F and preheat with the lid closed for 15 minutes. Remove dough from bowl and divide into 15 pieces. On a working surface dusted with flour, use a rolling pin to roll out each piece of dough into 3" x 3" pieces. Place each hot dog in the middle of the sheet of dough. Roll it in the dough and press edges to seal to make 15 mini corn dog bites.

Transfer corn dog bites onto a baking pan lined with parchment paper and brush each bite lightly with beaten egg. Sprinkle each bite with dried minced garlic and remaining salt. Place sheet tray directly on grill grate and bake until golden brown, about 30 mins. Serve with ketchup and mustard or dipping sauce of your choice. Enjoy!

Ryan Davy - GM Minot [www.Hoffe.com/BBQHQ](http://www.Hoffe.com/BBQHQ)

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OFFUTT AIR FORCE BASE, Neb. –

U.S. Strategic Command will commence Global Lightning 22 this week in coordination with U.S. Indo Pacific Command. This is an annual command post exercise designed to train Department of Defense forces and assess joint operational readiness across USSTRATCOM mission areas.

Global Lightning is an invaluable training opportunity that tests USSTRATCOM mission

areas to enhance readiness and creates the conditions for effective strategic deterrence against a variety of threats. This year's exercise will provide training opportunities for USSTRATCOM headquarters staff to integrate and synchronize efforts with USINDOPACOM headquarters and its component commands.

For more information, contact the USSTRATCOM Public Affairs Office at 402-912-0020 or USSTRATCOMPA@mail.mil or visit [www.stratcom.mil](http://www.stratcom.mil).

# A New You in 2022! Exchange Pumps Up BE FIT Hub with Latest Health, Wellness Tips

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"The beginning of the New Year is the perfect time to BE FIT," said Air Force Chief Master Sgt. Kevin Osby, the Exchange's senior enlisted advisor. "The Hub is ready to help every member of our military community crush their health resolutions this year."

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# Upcoming Events

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12:00 PM - 4:00 PM  
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Souris Valley Golf Course is located at 2400 14th Ave SW.  
See website for more details <https://minotparks.com/outdoor-rinks/>



For more information:  
Facebook Event / Tube Rentals at the Souris Valley Sledding Hill

**3 FEB** **LIVE ART BY LITTLE RED LIAR**  
7:00 PM  
Atypical Brewery & Barrelworks  
510 Central Ave East, Minot

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For more information:  
Facebook Event / Atypical Brewery & Barrelworks

**4 FEB** **SUN & MOON COUPLES ACRYLIC PAINTING AT THE SPOT**  
6:30 PM  
The Spot  
6 2nd St NE, Minot

The Spot for Sip & Paint Friday Night, Date Nights  
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Friday, Jan. 28th at 6:30pm Lock and Key (2) 11"x14" canvases  
Friday, Feb. 4th at 6:30pm Sun and Moon (2) 12"x24" canvases  
Friday, Feb. 18th at 6:30pm Lovers in the Park (2) 11"x14" canvases  
Also, Mama Mac's Kitchen will be at The Spot for some yummy food.  
Visit [www.naturesnooktoys.com](http://www.naturesnooktoys.com) classes and events page for tickets!



For more information:  
Facebook Event / Nature's Nook Children's Toys & Books

**5 FEB** **VALENTINE ARTVENTURE**  
10:30 AM - 11:30 AM  
Minot Municipal Auditorium  
420 3rd Ave SW, Minot

Our Valentine Artventure class will be on Saturday, February 5th from 10:30am - 11:30am at the Minot Municipal Auditorium-Community Room  
- Classes are \$5 each  
- Scholarships are available  
- Max 25 per class / first come first serve  
- Pre-registration only  
- Grades K - 5th  
- Registration deadline is the Friday before each class  
February Craft: Sock Love Bugs



For more information:  
Facebook Event / Valentine Artventure

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 U.S. AIR FORCE PHOTOS | SENIOR AIRMAN DILLON J. AUDIT

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# NORTHERN CELEBRATIONS

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## SKI-SHOEING ACROSS THE PRAIRIE

**Patricia Stockdill**

Minot's Glee Mayer loves cross-country skiing but that doesn't mean she spends all of her time swishing and gliding on groomed and tracked trails.

No, instead Mayer is honing a passion for ski-shoeing. Think of ski-shoeing as a cross between a traditional cross-country ski and a snowshoe. While that may seem contradictory because cross-country skis are even narrower than regular downhill skis, which is why they get nicknamed "skinny skis".

And snowshoes, well, they're shorter and wider than skis, downhill or cross-country. The user walks rather than glides like they would on skis.

Snowshoes and skis just don't seem to mesh well together. Oh, but they do, and Mayer loves encouraging others to try ski-shoeing: February marks her third year of teaching a popular ski-shoeing class at the Wild Outdoor Women workshop Lake Metigoshe State Park near Bottineau.

Ski-shoes are wider and shorter than traditional cross-country skis but narrower and longer than snowshoes. The width provides maneuverability in a variety of terrain and snow depth. "You just need about 3 inches of snow and you're out on the prairie if you want to be," Mayer described.

No groomed or tracked trails necessary. Just a bit of snow.

Users don't need a special boot. Simply wear good, insulated hiking or hunting boots to keep feet warm and dry with firm outsoles for support, Mayer advised. Bindings are adjustable to fit around whatever type of boot the ski-shoer wears.

The real beauty of ski-shoes lie in the "skin", a velvety surface on the bottom, allowing users to trek uphill with ease and glide as they go downhill with confidence. "The skin can be replaced as needed," Mayer added.

Ski-shoes are a little heavier than cross-country skis but they glide so smoothly the weight isn't noticeable. Mayer recommends purchasing ski-shoes known as "hoks", which are about 5 inches wide. Narrower ski-shoes could find the user going faster than they may intend.

Any type of ski pole is handy when ski-shoeing to provide stability and balance. While skiers typically use two poles, the website ([www.skishoeing.com](http://www.skishoeing.com)) teaches readers that ski-shoeing also works with a single pole, which is what most skiers used prior to the early 1900s.

Another fun aspect of the ski-shoe design is that its width combined with a higher tip and a forward mount of the bindings makes them more maneuverable in deeper, soft snow.

No fancy clothing is required for ski-shoeing, either, just dress as a person would when being active in the outdoors in the winter, Mayer described: Start with a quality moisture-wicking base layer topped with a comfortable layer that allows movement – maybe even something that partially or completely zips to help regulate one's body heat. A wind resistant outer layer allows ski-shoers to venture out even on North Dakota's not-so-calm days and still be comfortable.

In other words, that's a must when it comes to clothing, much like a good base layer.

Mayer recently discovered the added benefit of wearing quality winter goggles, helping shield a person's face from wind and glaring snow. She recommends getting an anti-fog style. There are also goggles that work well for people wearing glasses.

Lake Metigoshe State Park north of Bottineau has ski-shoes available for rent. Contact the park, (701) 263-4651, for details.

Go online and search retailers such as Altai Skis, ([www.altaiskis.com](http://www.altaiskis.com)), the originator of the modern hok skis or LL Bean, ([www.llbean.com](http://www.llbean.com)) for information about ski-shoeing and ski-shoes. Also peruse the blog, ([www.skishoeing.com](http://www.skishoeing.com)), which includes a fascinating history of ancient skiing and their use as a function of necessity.

Mayer and members of the Audubon Refuge Partners volunteer organization and the Central Flyway Chapter of the North Country Trail (NCT) are hosting a ski-shoe and snowshoe event Feb. 13 at the refuge, located a mile east of U.S. Highway 83 on the south side of Lake Audubon. The free event features a ski and hike beginning at 2 p.m. at refuge headquarters. Plus, it includes hot chocolate, Mayer added.

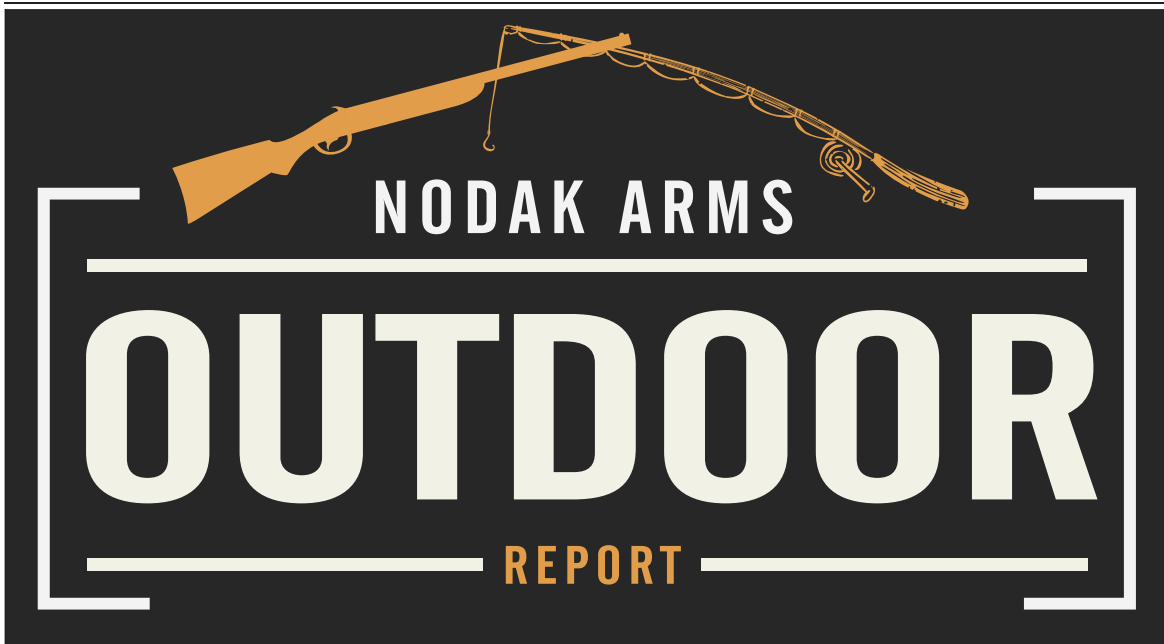
Event details will be posted on the NCT Central Flyway Chapter's Facebook page.



Two ski-shoers take to the snow. The design allows users to ski in a variety of snow conditions without the need for tracked and groomed trails.

GLEE MAYER PHOTOS, MINOT.

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## OUTDOOR NOTES:

PATRICIA STOCKDILL

### Fishing:

#### Fishing:

Lake Sakakawea elevation, Jan. 24: 1,827.83 feet above mean sea level (MSL); 16,100 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,447.21 feet above mean sea level (MSL).

Stump Lake elevation: 1,447.16 MSL.

•N.D. Game & Fish Dept. game wardens: Spotty walleye success on the east end of Lake Sakakawea. Devils Lake generally has decent access on East Bay and around the casino but can vary day-by-day in several areas. Walleye and perch success slowed and more inconsistent. Better activity west of the casino or south end of Creel Bay. No reports from north-central area lakes.

•Devils Lake, Ed's Bait Shop, Devils Lake: Lots of activity but tracked vehicles are a necessity with lots of snow on the ice. Try Creel Bay or Black Tiger Bay. Fair to good on Pelican Lake and Lake Irvine but access is extremely difficult.

•Devils Lake, Woodland Resort, Devils Lake: Continued fair walleye success. Try 25 to 30 feet for walleye; deeper for perch. Tracked vehicles needed if venturing off plowed trails.

•Lake Darling, Karma C-Store, Ruthville: Lake Audubon slowed for walleye. Limited reports from Lake Darling. Look for potential; access issues after blowing snow and rain.

•Lake Metigoshe, Four Seasons, Bottineau: Weather limited activity but those going continued finding fair to good bluegill success using wax worms. Occasional walleye mixed in.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Not many anglers on 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

•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.

•Feb. 12: Souris River Basin Longbeards Nat'l. Wild Turkey Federation banquet, Grand Hotel, Minot, 5 p.m.

•Feb. 13: Ski & Snowshoe the North Country Trail (NCT), Audubon Nat'l. Wildlife Refuge, 2 p.m., with free with hot chocolate served. Go to the Central Flyway NCT chapter Facebook page for details.

### TOURNAMENTS:

•Jan. 29: Devils Lake, 6-Mile Bay.

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

•Feb. 12: Stump Lake.

in those areas. OK access onto Audubon from the Totten Trail boat ramp and getting on around Wolf Creek on Sakakawea.

•Lake Sakakawea, New Town: Some activity in the Van Hook Arm but walleye success still somewhat slow.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace remains slow. Occasional walleye throughout the day with a little evening bite along Wolf Creek on the east end of Lake Sakakawea's south shore. Water clarity good for pike spearing on Wolf Creek.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Try around Lewis & Clark State Park along the west end of Lake Sakakawea or south shore of White Earth Bay for walleye. Water levels dirtier and higher on the Yellowstone and Missouri rivers with soft shoreline edges. Still fair for a mix of walleye and sauger, however. Try the confluence. Continued crappie success on Trenton Lake. Blacktail and Kota-Ray remain fair to good for panfish.

•Lonetree WMA area lakes, Harvey: No new reports.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Weather and snow continue limiting activity on area lakes.

•Turtle Mtn. area lakes, Coast-2-Coast, Rolla: Fair numbers of anglers throughout area lakes but limited reports on success.

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

•Cross Ranch, Hensler: Trails

could be icy in spots depending on temperatures.

•Fort Stevenson, Garrison: Trails groomed and in fair to good condition with some possible drifting in open areas. Conditions could be icy in areas depending on temperatures.

•Grahams Island, Devils Lake: No new reports.

•Lake Metigoshe, Bottineau: No new reports.

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

•Big Sky Resort, Big Sky, Mont., (800) 548-4486: 20- to 41-inch base with 36 lifts and carpets and 254 trails open.

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

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

•Huff Hills Ski Area, Mandan, (701) 663-6421: 12- to 28-inch machine groomed, packed powder 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.

•Terry Peak, Lead, S.D.: 16- to 22-inch base with 5 lifts and 10 runs open.

#### 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.

# 307th Bomb Wing one step closer to B-52 innovation

SENIOR MASTER SGT. TED DAIGLE, 307TH BOMB WING

BARKSDALE AIR FORCE BASE, La. --

Lt. Col. Warren Carroll and Maj. Brandon Wolf, two Reserve Citizen Airmen assigned to the 307th Bomb Wing, brought a proposed B-52 Stratofortress innovation one step closer to fruition here last week.

Engineers from the B-52 Stratofortress Systems Program Office followed up on the two Airmen's proposal to place combination USB port, LED maplight systems aboard the 60-plus-year-old bombers.

The idea gained traction during a StrikeTank competition last June when it won a "Golden Ticket" and \$15,000 to develop a prototype.

LR Werx, the AF Werx spark cell for the 307th BW, sponsored the project with the idea of increasing mission effectiveness and lethality.

"We carry electronic tablets on our missions and constantly reference them for checklists, technical orders, landing data, and other performance information needed to make in-flight calculations," said Carroll. "But the batteries on the tablets only last a few hours."

The long-range capability of the B-52 extends some missions beyond 30 hours. So, the short battery life of the tablets is a liability since they carry

information critical to mission success.

To compensate, aircrews carry several large lithium battery packs to ensure power to the tablets throughout long missions. However, those batteries are a potential fire hazard.

Carroll and Wolf's idea would mitigate the problem by eliminating the extra batteries brought on board.

"By having USB ports, we significantly reduce the chance of a fire potentially destroying a jet," said Carroll.

Kenneth Pistone, an engineer with the B-52 SPO at Wright Patterson Air Force Base, Ohio, was part of a team that came to assess the best way to install the ports and maplight.

Pistone gathered data to determine the best locations to place USB ports so all aircrew would have access.

"We could have preliminary tests complete in six to nine months providing there are no funding concerns," said Pistone.

Carroll said this latest innovation is unique among the LR Werx proposals.

"You see a lot of innovation efforts at the support function level, and those are great," said Carroll. "But this is the first one where our spark cell pushed a solution that can be used directly in combat."



U.S. Air Force Lt. Col. Warren Carroll, assigned to the 307th Bomb Wing, holds a maplight on a B-52 Stratofortress at Barksdale Air Force Base, Louisiana, Dec. 16, 2021. Carroll helped to spearhead a project to place new USB ports and maplights aboard the platform.

U.S. AIR FORCE PHOTO | SENIOR MASTER SGT. TED DAIGLE

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# Twist and Shout with MSO

MINOT SYMPHONY ORCHESTRA

The Minot Symphony Orchestra invites the whole family to its live performance, *Twist and Shout*, on Saturday, February 5th at 3:00 pm in Ann Nicole Nelson Hall located inside Old Main on the campus of Minot State University.

"Having the family concert at 3 in the afternoon encourages parents to bring their children, as it won't interfere with bedtime. It also encourages those who don't like to drive in the dark to come out and enjoy live music," said Executive Director Ellen Fenner.

The family concert will feature the winner of the annual MSO North Dakota High School Soloist Competition, Hayden Fredrickson. Fredrickson will perform the first movement of David Gillingham's Concerto No. 2 for Marimba and Orchestra. He is a junior at Minot's Magic City Campus and has been playing music for as long as he can remember. His first formal music education was at the Minot Children's Music Academy at the age of 3, where he learned how to play piano. Hayden has participated in the Northwest Festival of Music since 2017, is a member of the Minot City Band, the Brass Band of Minot, the Magic City Campus Varsity Winds Band, and the Magi Drumline.

"A competition like this requires a tremendous amount of preparation from performers. In working with Hayden, I have found that he is always up for a challenge, and when he tackles a big project, he goes at it 100%. Being chosen as the MSO soloist is quite an honor. I am so happy to see Hayden's enthusiasm and work ethic rewarded," says Avis Veikley, Associate Professor of Music, Division of Performing Arts, Minot State University.

This family concert will educate patrons of all ages with Benjamin Britten's famous, *Young Person's Guide to the Orchestra*. The symphony is thrilled to have as the guest narrator, Minot native and Miss North Dakota USA, Caitlyn Vogel. Caitlyn is pursuing her Bachelor of Science degree in nursing at Minot State University. Along with schooling and walking her two 60 lb. golden doodles, Caitlyn models locally and nationally with designers like Rachel Allan and Sherri Hill. In November, Caitlyn represented the great state of North Dakota at the national Miss USA pageant where she placed first runner up.

The performance will also feature several pieces that will have attendees dancing in their seat! Copland's *Four Dance Episodes* from *Rodeo* (*Buckaroo Holiday*, *Corral Nocturne*, *Saturday Night Waltz*, and *Hoe-Down*), Strauss *Die Fledermaus Overture*, Enesco *Rumanian Rhapsody*, Benjamin Jamaican

*Rumba*, Alfvén (arr. Bay Wright) *Swedish Polka*, Glière *The Red Poppy*; Russian *Sailor's Dance* and Márquez *Conga del Fuego Nuevo*.

Pre-concert activities including an Instrument Petting Zoo and a pre-concert talk will begin at 2pm. Eckroth Music of Minot will be on site and will offer an Instrument Petting Zoo which will allow concertgoers of all ages the opportunity to try out a variety of instruments an hour prior to the performance and again during intermission. The 30-minute pre-concert talk will provide an engaging overview of the works being performed, the story behind the music, the composer, and historical context will be presented one hour before the concert by Tim Baumann, Camp Director of the International Music Camp and member of the symphony.

The Minot Symphony Orchestra will follow current COVID-19 guidelines as mandated by Minot State University. Social distancing and masks are not required at this time but are strongly encouraged. This is subject to change as the COVID-19 pandemic changes. For patrons not comfortable attending a live performance, or are not able to travel, the performance will also be available via livestream.

Tickets start at \$25 for adults with senior and student discounts available. Individual tickets, and Flex Passes are available. A Flex Pass, which includes 6 concert tickets for the price of 5, can be used for multiple tickets to the same performance or spread out between performances. All tickets are available at [www.minotsymphony.com](http://www.minotsymphony.com) or through the box office at 701-858-4228. Patrons are encouraged to purchase tickets in advance.

The next performance of the Minot Symphony Orchestra is March 5 as they pay tribute to American composer, conductor and pianist John Williams' 90th birthday. The performance will include Williams' *Cowboy Overture*, *Theme from Jurassic Park*, *Harry Potter and the Sorcerer's Stone*, *The Star Wars Suite for Orchestra*, and more.

The MSO season will conclude on April 30 and will feature the Heartland Marimbas, the 2021 Young Composition Contest winner, and Mahler *Symphony No. 1*.

The Minot Symphony Orchestra is a unique blend of student, community, and professional musicians from the Minot area. The symphony is directed by Maestro Efraín Amaya, Associate Professor of Music at Minot State University.

This project is supported in part by a grant from the North Dakota Council on the Arts, which receives funding from the state legislature and the National Endowment for the Arts.



One of the most popular question asked by newcomers at Minot Air Force Base is how do I prepare my car for winter in North Dakota?

Even if it's summer time, it's never a bad idea to start preparing for the harsh winters and with the right gear, you can set yourself up for safety and success in the coming months.

1. Prepare an emergency kit--in the event of a car breakdown or roadside emergency in below freezing temperatures, it's best to have a kit prepared. Basics such as blankets, extra clothing layers, an ice scraper, jumper cables, first aid kit, flashlight, hand warmers, and cell phone charger are a few essentials that will help you out in the midst of an emergency. If you want to be extra ready, you can include a pair of heavy duty snow boots, flares, snacks, a multi-tool, matches, sand or cat litter, tow cables or chains, etc. Emergency kits are especially useful when taking long trips through remote areas.

2. Check your battery or get it replaced before the cold hits--if you're not sure how to check your car battery or replace it if necessary, you can always drop by Tires Plus for help! In the winter time, car batteries can suffer due to extremely cold temperatures, and your car won't be able to run without a functioning battery. A good rule of thumb is to have your car battery checked twice a year, and most batteries will last between three and five years before their performance starts to go downhill, especially if you don't drive your car for long periods of time.

3. Consider getting a block heater--when temperatures drop, your car's oil can thicken

and make it more difficult to start up your car and in turn increase wear and tear on your engine. Block heaters certainly aren't a necessity in winter, but they are helpful in warming your car's engine and the fluids inside to reduce stress on engine components and ensure a swifter start up.

4. Get some proper tires--investing in a quality pair of tires is worth it in the icy North Dakota winters. The team at Tires Plus can help you pick out the right type of tire to give you the best traction and control on slippery roads.

5. Inspect your brakes--before the snow hits, it's a great idea to check your brakes. Moisture, road salt, icy roads, and all of the other conditions that come with winter time can put extra strain on your brakes, which are obviously very important in reducing the risk of car crashes or sliding around on the roads.

5. Check your engine coolant/antifreeze level--again, if you're not familiar with how to check these, visit a professional who does! Engine coolant (which contains a mix of antifreeze and water) can prevent your engine's cooling system from freezing in cold temperatures. It also keeps your engine from overheating, which can cause serious damage.

Whether you're new to Minot or a seasoned resident, it's important to make sure your vehicle is prepared for winter. Not only can this potentially save you money on repairs in the event of a major weather-related catastrophe, but it can also keep you and your family safe. If you need more suggestions on how to prepare your car for winter, come on down to Tires Plus and talk with one of our specialists!

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# The Importance of Mentors

CONTINUED FROM PAGE 2  
 A4: Throughout my career, I've been able to use his example and pay it forward. Growing up myself in the Air Force, as an older Airman or as a young officer, I'm still finding my way, I think, as most adults do -- at least, that's how this adult did it.

It wasn't until I became a commander that I had to think about whatever influence I may or may not have on NCOs, the first-line supervisors, in our unit -- what examples am I going to have for them? I always go back to Sergeant Ogurek, when I think of NCOs. There are some basic principles that Bob Ogurek instilled in us that apply to not just the enlisted corps, but the officer corps, as well. As a commander, was the time in my career when I started to use the examples from my time with him. These stories mean something to me and maybe they'll mean something to those I share them with. Fast forward to now, as a wing commander, I have the opportunity to talk to all the different courses we offer Airmen and Guardians -- first-term enlisted center, leadership school, NCO and

SNCO professional education courses -- sessions where we put our enlisted leaders together. I share these stories with them about Sergeant Ogurek and I tell the brand new Airmen and Guardians, "Seek your own Sergeant Ogurek. Look for that NCO, whose job performance is something you want to emulate, their leadership is something you seek -- you want to be led that way. Their professionalism, the way that they conduct themselves -- seek that person -- and, latch onto them." I was fortunate to have had that person assigned to me, as my first supervisor. To those Airmen who are getting ready to be supervisors, in Airman Leadership School, I tell them, "Be the Bob Ogurek." And, for the NCOs and SNCOs, I share these stories with them to remind them how much their care and mentorship matters. I'm here, more than 31 years later, and I'm still talking about Bob Ogurek.

I also encourage young officers and squadron and group commanders now, 'If it seems there's a new, unique challenge every day, I think that's normal, because I felt that almost every day. I just did my best with

what the Air Force -- and key mentors, like Bob Ogurek -- had taught me. I tried to emulate positive influences in my life, when I was working through difficult situations.'

Q5: Are there any lessons others can derive from the way Sergeant Ogurek mentored you?

A5: The number one thing I would take away is, 'Never underestimate your impact on other people.' However small or big -- caring, being kind, being inclusive, and seeking to deliberately develop others, as well as yourself. Bob Ogurek was always modest. He always gave us credit, even though I knew we were as good as we were and successful at the things we were doing, only because of the structures that he built for us. He was never concerned about what was next for himself. He was always focused on the task at hand, while keeping an eye to the future. I always felt like it was more about our future than his. Stepping back, years later, I can see that he was able to strike a balance, a proportionality, that served him, his family, and all of us well. He exemplified why you need to eat well, get your rest -- you need all of those things in your life that are important to you, whatever they may be -- physical, mental, spiritual --

all of those things need to be serviced.

I never really knew what his dreams were -- I only knew that he cared about my concerns. At least, that's how he made me feel. He made me want to be better.

Q6: Do you stay in contact with your first mentor?

A6: Mr. Ogurek and I usually exchange an email a couple of times a year. Sometimes I'll have a really great session, where I'm talking with officers or the enlisted corps, giving them examples, and I'll feel really good about it, and I'll pop him a note: 'Hey, Bob -- talked about you again today -- used you as an example. I can't thank you enough for what you have done for me.' That is usually the sentiment of the email, every single time. His reply is normally just pride -- never acknowledging that he had any influence -- just proud of what I am doing in the Air Force and making sure I have what I need.

We had an interesting reunion after the 2007 Minot-Barksdale incident. He was working as a government civilian at Minot AFB. I was reassigned there, post-incident. As part of some of the changes that we made both locally and across the Air Force with the nuclear enterprise, he

found himself working with us as a Technical Advisor. I was told, 'We hired a tech advisor -- here's his name.' When I saw the name -- Robert Ogurek -- I had to do a double take. I then assured everyone, 'We are in good hands. Everything is going to be fine, from this point forward. If Mr. Ogurek is the Technical Advisor for our technicians, Team Chiefs, and Bay Chiefs, there is nothing we can't do.'

Ogurek went on to retire from the Air Force in 2005 as a senior master sergeant and entered civil service, where he now serves as the 5th Bomb Wing director of inspections at Minot AFB, North Dakota. He said this about his approach to mentoring:

"I have a simple philosophy: 'Do things the Air Force way -- by the book. Treat everyone fairly. Do the best you can.'"

Of his time with then-Airman Jason Vattioni, he said:

"As a young Airman, he had an outgoing personality that made him fun to work with. I could tell he would do good things. He's been successful as a commander because he's lived it, and understands what it's like to be a technician. It's humbling that he thinks so highly of me."



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## BABY ANNOUNCEMENTS



**BABY BOY BORN ON SUNDAY, JANUARY 24, 2022 TO: BECKY AND NATHAN SCHWEITZER VELVA, ND**



**BABY BOY BORN ON WEDNESDAY, JANUARY 19, 2022 TO: HAYLEY AND CORY BARAGIA MINOT AFB, ND**



**BABY BOY BORN ON MONDAY, JANUARY 17, 2022 TO: ERIN AND WYATT GRINDY MINOT, ND**



**BABY BOY BORN ON SATURDAY, DECEMBER 25, 2021 TO: MARY AND WESLEY KRAUSE MINOT AFB, ND**

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

## NOTES ON BEING SAFE

# OKAY I'M STUCK. NOW WHAT?

North Dakota winters have a tendency to be severe, and bad weather came come on very fast, with little or no warning!

Even the experienced and safest drivers can find themselves temporarily stranded on North Dakota roadways, whether they be interstates, highways, or county roads. The Safety Office offers the following life-saving tips drivers should remember if they're trapped in their vehicle during a blizzard or stranded on the road during severe cold weather.

Stay in the vehicle. Don't leave the vehicle to search for help. The highway patrol advises to stay put. It is very easy for people to get disoriented when battling blowing and drifting snow. Being lost in open country during a blizzard is extremely dangerous. In a vehicle, people have shelter from the elements and are most likely to be found a lot faster.

Be seen. Display a trouble sign on the vehicle. Hang a brightly colored cloth on the vehicle's radio antenna and raise the hood. Using the headlights also makes the vehicle more visible to emergency crews, but use them sparingly to avoid draining the battery.

Avoid overexertion and exposure. Overexertion from trying to push a vehicle out of a snow drift, shoveling heavy drifts and performing other difficult tasks during strong winds, blinding snow and bitter cold may lead to a heart attack -- even for people who are in good physical condition.

Beware of carbon monoxide poisoning. Run the engine sparingly. Keep a window open

for ventilation, and ensure the vehicle's exhaust pipe isn't blocked with snow.

Conserve your vehicle's fuel. Allow the vehicle to run only long enough for the interior to get warm.

Keep moving. Use minor exercises to keep up circulation and stay warm. Try not to stay in one position for too long.

Make us of your winter survival kit. That is why you packed it

in your vehicle in the first place, to make use of it. Remember if you have used it, replaced used items as soon as possible!

Always remember when traveling during winter months use risk management practices as you would on the job, a little common sense goes a long way, especially when your stranded during a blizzard!



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# The Tree of Life **Twist & Shout!** Family Concert February 5, 2022

\*3:00 pm\* Ann Nicole Nelson Hall - MSU  
2:00 pm - Pre-concert talk and Instrument Petting Zoo

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For the health and well-being of our musicians and patrons, masks are encouraged.



Hayden Fredrickson



Caitlyn Vogel  
Miss ND USA

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**Britten: Young People's Guide to the Orchestra**  
Narrated by Caitlyn Vogel, Miss ND USA  
**Gillingham: Concerto No. 2 for Marimba & Orchestra**  
Hayden Fredrickson, High School Soloist Competition winner  
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### CROSSWORD PUZZLE

1	2			3
4				
		5		
6				

**ACROSS**

1. Wrapped items
4. State again as fact
5. Brief appearance
6. Having good fortune

**DOWN**

1. Irish patron saint
2. Inexpensive
3. Clover

**HOURS:**  
MON-SAT: 10AM-3PM  
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# YOUTH IN ACTION

## Air Force Arts

Imagine, Create, & Win! The Air Force Art contest is designed to feature and celebrate works of art created by our Airmen, Guardians and their families. Artists may submit up to two (2) pieces of two-dimensional artwork (2D) beginning 1-31 March 2022. There are categories for adults and youth ages 6 to 17. Accepted media include: oil, watercolor, acrylic, pastel, and mixed media; however excluded media this year includes digital art, photography, and any three-dimensional pieces. Minot AFB has seen winners in adult and youth categories over the years to include Adult Novice in 2019 and Youth 13-17 in 2020. The Youth Center will be conducting programming for youth in February in support of the contest. For more information and contest rules visit: <https://5thforcesupport.com/events/submissions-open-air-force-art-contest/>, prizes include Amazon gift cards! All artwork entries must be submitted at <https://forcesupport.awardsplatform.com> by 31 March.



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IMAGINE, CREATE & WIN  
1-31 March 2022

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- Adult Accomplished
- Youth Teen Ages 13 to 17\*
- Youth Pre-Teen Ages 9 to 12\*
- Youth Child Ages 6 to 8\*

\*An entry must be accompanied by the youth participant.

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**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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# Air Force to Announce Working Group to Study Resilience, Mental Health

GREG HADLEY, AIR FORCE MAGAZINE

The Air Force is set to announce a new team in the coming weeks to study barriers to resilience and mental health, Chief Master Sgt. of the Air Force JoAnne S. Bass said Jan. 6.

Speaking during a "Coffee Talk" event streamed on Facebook, Bass said the new group, called the Fortify the Force Initiative Team, or FIT, will fall under the Air Force's Barrier Analysis Working Group, or BAWG. FIT will be officially unveiled early this year, "probably within the next few weeks," Bass added.

The BAWG has previously established seven subgroups to study specific barriers facing minorities in the service and to propose efforts to address those barriers. This new group will focus more broadly on the issue of resilience, Bass said, and will have advocates in herself and Chief Master Sgt. of the Space Force Roger A. Towberman.

"That's going to be a team of Airmen and Guardians, for Airmen and Guardians, to help identify lines of effort that we can do to get after resiliency, mental wellness, mental health—all of those things," Bass said. "And

the goodness of those BAWGs and the goodness of FIT that we'll have is myself [and] Chief Toberman will champion that and be able to provide a direct [contact] to our senior leaders so that we can actually kind of cut down the bureaucracy—to be able to get some solutions that you all see that we need to do when it comes to resiliency."

The focus on resilience, not just mental health, is deliberate, added Air Force Chief of Staff Gen. Charles Q. Brown Jr.—leaders' goal is to address resiliency "in different forms and fashions" before Airmen reach a crisis point.

"The key part here, and this is one of the areas that the CMSAF and I are working on, is we want to actually help provide our leaders with the tools to engage before a member has to go to see mental health," Brown said. "At the same time, we want to make sure that we have mental health capability available to all our Airmen, and [we are] really looking and paying attention to those high-stress career fields."

The Air Force's issues with mental health have become

increasingly prominent in the past few years. In July 2019, then-Chief of Staff Gen. David L. Goldfein ordered a one-day stand-down to address the rate of suicide in the ranks. The number of suicides among Active-duty and Reserve Air Force and Air National Guard members jumped from 80 in 2018 to 109 in 2019, then stayed there in 2020, according to Pentagon data.

And recently, Air Force Secretary Frank Kendall indicated that he believes the issue of mental health is tied to other issues such as racial disparities and interpersonal violence, which the department has studied in the past year or so.

"I think every one of these is in some way an institutional failure," Kendall said during a Facebook town hall in November. "It's a leadership job to make sure people are educated about the issues they face. It's a leadership job to make sure that people understand that when they do have a problem, that they can get help and that it's OK to do that."

Other Announcements Coming The establishment of the new BAWG subgroup isn't the only news that's set to arrive in early 2022, Brown and Bass said during their talk.

Most immediately, Brown said, will be a memo "in the coming days" addressing the ways Airmen express themselves online.

"We often talk about dignity and respect," Brown said. "We're doing so much more on the internet, through cyber means, through social media. The things that we would say in person are the same things we've got to pay attention to ... online. And I had a friend in college who said, 'Never throw a brick and hide your hand,' and I've always believed that—in the fact that ... if you can't say it to my face, don't put it online. And it's something that we've got to pay attention to as we go forward."

Beyond that, Bass said the service will make its new enlisted force development action plan, previously distributed to command teams, more widely available.

"It is going to be a framework that keeps us grounded on: How do we develop the Airmen that we need in the future with a whole bunch of objectives?" Bass said. "We put ourselves on a two-year time period on that, but every one of us has an opportunity to be part of that development on how we're developing the force of the future."

And finally, Brown said that by the end of January, he hoped to issue modifications to the four action orders he released in December 2020 to support his "Accelerate Change or Lose" strategic approach. Brown offered only a few details on how the action orders would change, saying one order focused on bureaucracy needing to be adjusted to "actually flatten communication [and] ... to increase collaboration."

The Veterans Crisis Hotline is available 24 hours a day, seven days a week, for veterans, service members, and their family members and friends who need help. Call 800-273-8255 and press 1, text 838255, or visit [www.veteranscrisisline.net](http://www.veteranscrisisline.net).

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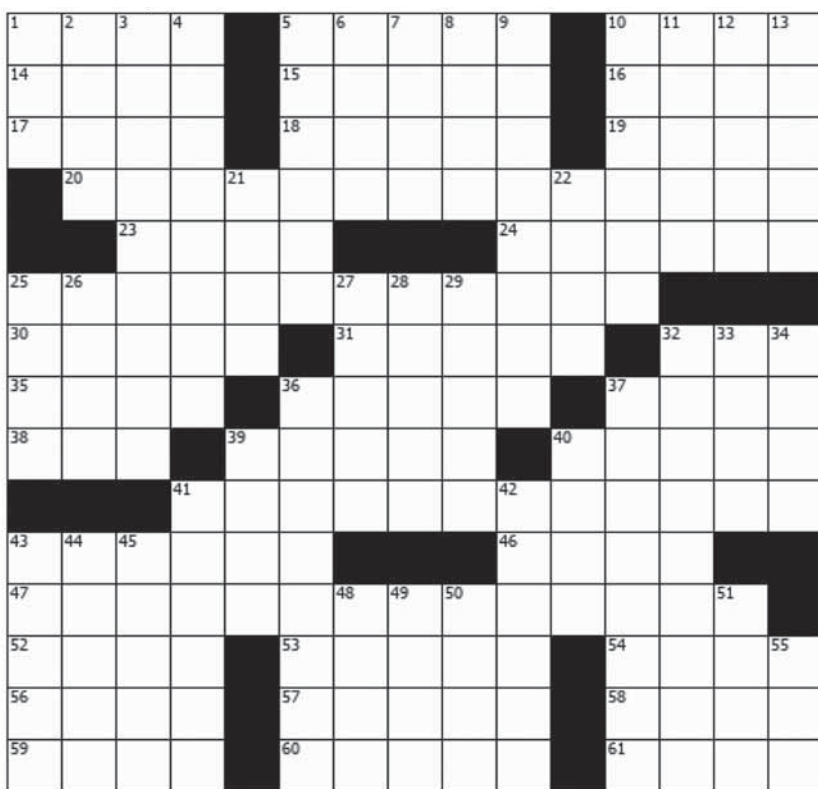
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# CROSSWORD PUZZLE

**Across**

- 1. Didn't hand off
- 5. Deadly African snake
- 10. Type of candy or cider
- 14. Repose
- 15. Classic video game name
- 16. Sailing 101 word
- 17. Standout testee, say
- 18. Gunpowder ingredient
- 19. Bona fide
- 20. Weatherperson's timepiece?
- 23. "The Aba \_\_\_ Honeymoon"
- 24. Conductor Antal
- 25. Weatherperson's greeting?
- 30. Major or Minor constellation
- 31. Transparent linen fabric
- 32. Coal container
- 35. \_\_\_ Mawr College
- 36. Start a tennis match
- 37. Martial art
- 38. Orange veggie
- 39. Historic ship to be remembered
- 40. Evans and Carnegie
- 41. Weatherperson's back street?
- 43. Professional obi-wearer
- 46. Wd. on a seasonal gift tag
- 47. Weatherperson's vessel?
- 52. Use an atomizer
- 53. Like Mork's spacecraft
- 54. Removed spud buds
- 56. Hot times on the Riviera
- 57. History or mystery, e.g.
- 58. Old Testament mountain
- 59. French jeweler Lalique
- 60. Expanses
- 61. Peak in the "Odyssey"

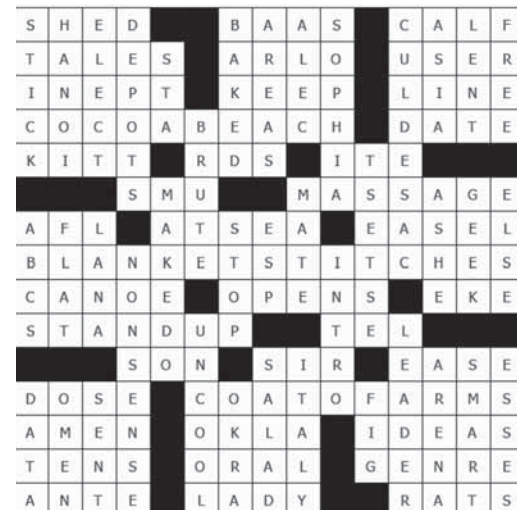


**Down**

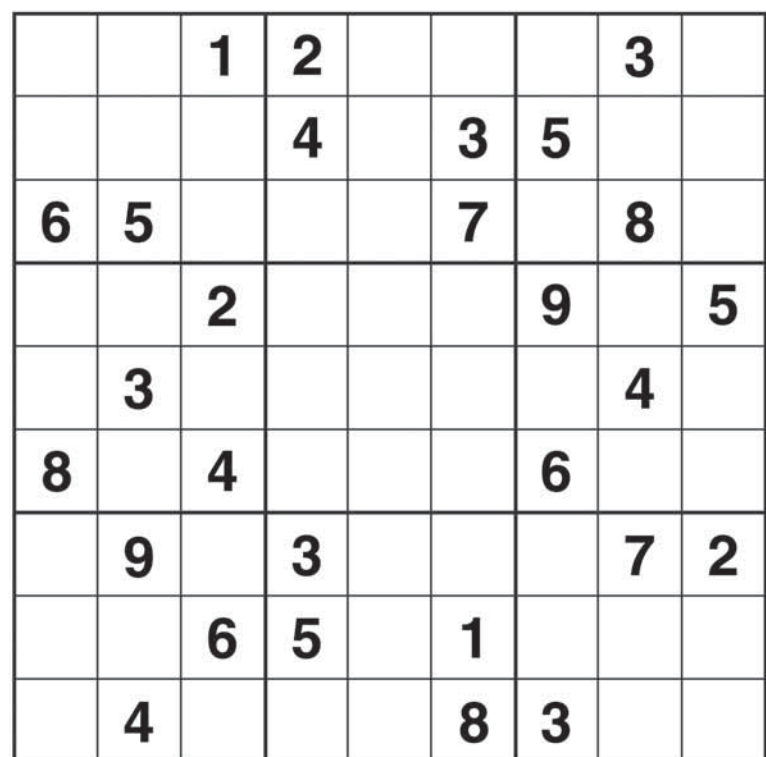
- 1. Mauna \_\_\_, Hawaii
- 2. Per person
- 3. Mark Twain, to Samuel Langhorne Clemens
- 4. Aquatic turtle
- 5. Song from "Flashdance"
- 6. Problem ender?
- 7. \_\_\_ Hari
- 8. Clip-fed submachine gun
- 9. Large terrier
- 10. Capital of Zimbabwe
- 11. Wife of Prince Valiant
- 12. Bounce back
- 13. Territory in northern India
- 21. Hank Aaron's 2,297
- 22. Used a loom
- 25. Frozen dessert chain
- 26. Word before avis
- 27. Cooked one's own goose?
- 28. Judy Garland's daughter
- 29. Took her hand in marriage
- 32. You aim for them
- 33. Notion in Normandy
- 34. Meddlesome, like certain neighbors
- 36. Jean Harlow's last film
- 37. It may heat up a dish
- 39. "Silent Night" writer Joseph
- 40. Not all wet
- 41. Dangerous African insect
- 42. Zinc and calcium
- 43. More courageous
- 44. Best of a group
- 45. "Hedda Gabler" playwright
- 48. Allege as fact
- 49. Fir feature
- 50. Italian currency, once
- 51. Yanks' opponents
- 55. Classic Edmond O'Brien film

## CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.



# SUDOKU

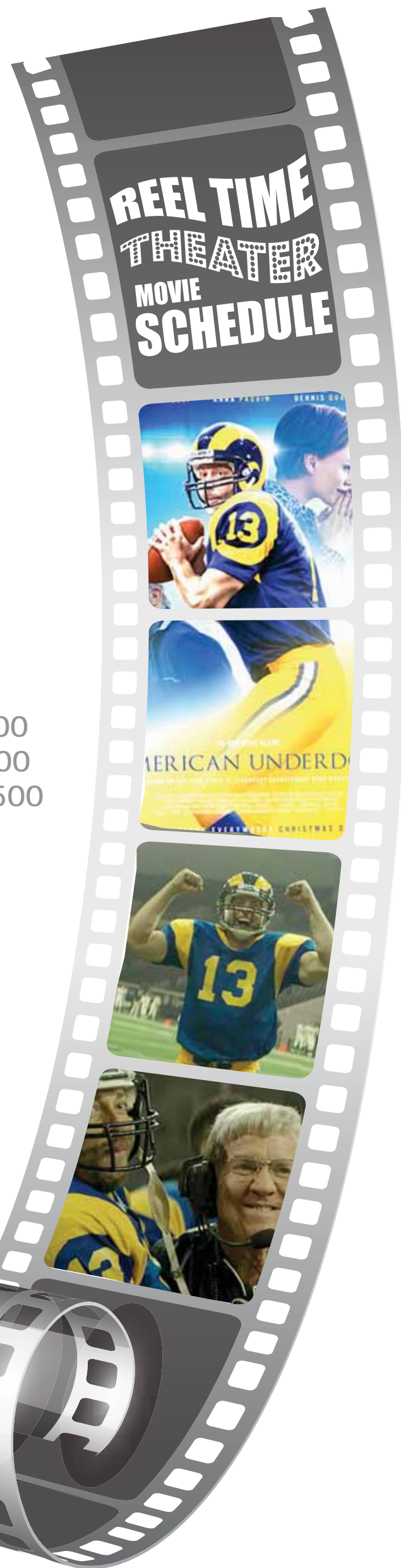


Solution to puzzle on page C6

FRI., JANUARY 28 1800  
 SAT., JANUARY 29 1800  
 SUN., JANUARY 30 1500

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**Chapel Services at MAFB**  
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 (North Plains Chapel in Base Housing)  
**Sunday Community Service**  
 1030 a.m.  
 (Holy Communion 1st Sunday)  
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*Catholic Mass (Northern Lights Chapel across from Rockers)*  
 Sunday ..... 1000  
 Daily ..... Monday-Thursday at 1200

**St. Peter The Aleut Eastern Orthodox Church**

**109 6th St. SE**  
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 5 PM, No Vespers

**Saturday, January 30**  
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**www.trinitychurchminot.org**

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 Sunday School at 9:45am

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**5900 Highway 83 N, Minot**  
**www.faithumcminot.com**

**Pastor Ken Mund**  
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 Traditional Worship ..... 11:00am

**Wednesday Evening Schedule**  
 Community Dinner ..... 5:30-6:30pm  
 Contemporary Worship ..... 6:30pm  
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 9:30 am

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 10:30 am.....Worship

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 5:30 pm.....Family Supper  
 6:30 pm..Preschool/Kids' Club/ABY  
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**839-7076**

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 Wednesday - Friday ..... 7:00 a.m.  
 Saturday ..... 5:00 p.m.  
 Sunday ..... 8:00 & 10:30 a.m.

*Fr. David A. Richter, Pastor*  
 Parish website: [www.stjohnminot.com](http://www.stjohnminot.com)

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 852-4853

Sunday Worship  
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 Sunday 9:30 am  
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**Anna B. Henderson**

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**Home: 701-838-5759**  
**KHRT 1320: 9 a.m. Sunday**

**Sunday School ..... 9:45 a.m.**  
**Adult/Children Worship.. 11 a.m.**  
**Family Hour .....6:30 p.m.**  
**Evening Worship .....7:30 p.m.**  
**Bible Study/Child-Adult**  
**Children Worship (Wed)....7 p.m.**  
**Prayer (Friday) .....7 P.m.**

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**Wednesday**  
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 Wednesday Bible Study ..... 7:30 p.m.

**Jesse Starr, Pastor**

**Cross Roads Baptist**

**Southern Baptist Convention**

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 Sunday Worship ..... 11 a.m. & 6:30 p.m.  
 Wednesdays (Prayer & Missions) ...6:30 p.m.

**www.minotcrbc.org**  
**email: minotcrbc@gmail.com**  
**Dr. Bob Farmer- Pastor**

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 Family Worship Center

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 Sunday Worship ..... 10:30 a.m.  
 Children's Church & Nursery  
 Wednesday Family Training Hour  
 Meal ..... 5:30p.m.  
 Classes for All Ages ..... 6:30 p.m.  
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 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.

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**www.orcsknights.org**

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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	4	7	5	9	6	2	3
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## SCHOOL BOARD MINUTES

### MINOT AIR FORCE BASE SCHOOL DISTRICT #160 REGULAR SCHOOL BOARD MEETING OCTOBER 13, 2021

Members Present: Lauren Vengels, Branda Tanner, Ellen Reed, Mark Nemish, Joy-Nicole Smith  
Members Absent:

The meeting was called to order by Board President Vengels at 5:00 P.M. Moved by Tanner, seconded by Nemish, to appoint Joy-Nicole Smith to the MAFB PSD#160 school board replacing Kristyn Kuehn. Roll Call: All members voted "Yes." MAFB School Liaison Officer Racquel Labadie reported to the board on the following:

- 1-Approximately 300 active duty members returned from Qatar in mid-September to Minot AFB! These families are now considered in the "Reintegration" or Post-Deployment phase which is the widely regarded as the post difficult phase of deployment. School staff are prepared to provide support to those affected families. The SLO has Anchored-4-Life "Welcome Home" kits available for families (for free) suitable for elementary aged students.
- 2-Yellowfin Winter Bus Townhall, 21 October at 1700 via Zoom. Will discuss rules/expectations and routes with Q&A at end.
- 3-Early Intervention Parent Workshop with Pathfinder Services & EFMP, 9 November at 1700 via Zoom and at AFRC. Discussion of 0-3 year old special services support.

Superintendent Dr. Mark Vollmer gave the board an enrollment report noting that compared to the same time (September 30) last year the MPSD#1 total enrollment was down 27 students. Dr. Vollmer updated the board on the upcoming bond referendum and proposed building projects to create two comprehensive 9-12 high school buildings and a third downtown middle school.

Assistance Superintendent Kim Slotsve reported to the board on the Virtual Academies offered in the MPSD#1. To-date 30 students are participating, using the Center For Distance Education for course offerings. Superintendent Vollmer gave the board an update on the Covid-19 numbers within the Minot Public Schools: 44 students and 17 staff members are currently out with Covid.

Moved by Smith, seconded by Nemish, to approve the MAFB PSD#160 school board meeting minutes of May 18, 2021. Roll Call: All members voted "Yes." Moved by Tanner, seconded by Smith, to approve the July and August, 2021 Financial Reports to include the accounts Payable of \$7,848.50 and \$95,970.50 respectively. Roll Call: All members voted "Yes."

The board was informed of the following resignations in school buildings which serve military connected students: Flora Edwards (Dakota) and Krista Lien (CC). Moved by Nemish, seconded by Tanner, to approve the 2020-2021 MAFB PSD#160 Business Manager's Financial Report as presented. Roll Call: All members voted "Yes."

Dr. Vollmer updated the board on the status of the Flyer Connect app. MPSD#1 School Board President and MPAF PSD#160 board liaison Jim Rostad gave the board a report on the recent NAFIS & MISA meetings and Capitol Hill visits he and Dr. Vollmer had attended in Washington D.C.

The next MAFB PSD# 160 School Board is scheduled for November 9, 2021. The meeting adjourned at 5:29 P.M. Scott Moum, Business Manager Branda Tanner, Vice-President

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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 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

## SUNDAY 30

- NFL Sunday Ticket, 1200-1900, Rockers Bar & Grill
- Sunday Escapes Book Club, 1330, Minot AFB Library
- Zumba, 1400, Fitness Center

## MONDAY 31

- Registration Opens: Ski/Snowboard Trip to Terry Peak, SD at Outdoor Recreation
- 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 01

- Black History Month Celebrations begin at the Dakota Inn Dining Facility
- Game Day, 1000-1930, Minot AFB Library
- Tactical Fit, 1130, Fitness Center
- Knitting Class, 1700-1900, Arts & Crafts Center
- Acrylic Paint Pouring Class, 1800-2000, Arts & Crafts Center

## WEDNESDAY 02

- Pre-Deployment/Remote Readiness Training, 1000-1100, A&FRC, Zoom Meeting
- Story Time, 1030, Minot AFB Library
- Fit to Fight, 1130, Fitness Center
- Yoga, 1200, Fitness Center
- First Duty Station Officer Financial Course, 1400-1630, A&FRC
- Yoga, 1830, Fitness Center

## THURSDAY 03

- Initial Counseling Tier II, 0730-0800, A&FRC
- Pre-Separation Counseling, 0830-1130, 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
- Tactical Fit, 1130, Fitness Center
- Kids' Night, 1530-2030, Bomber Bistro
- Art Resin Charcuterie Board Class, 1800-2000, Arts & Crafts Center
- Harry Potter Night, 1800, Minot AFB Library Facebook page
- 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.
- Harry Potter Escape Room Game: 5 February – 19 February, Minot AFB Library. Call to reserve a time slot.
- 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 04

- Registration Closes: Youth Basketball at the Youth Center
- Spouses Corner, 0900-1000, A&FRC, In-Person and Zoom Meeting
- Family Zumba, 1000, Turf, hosted by the Fitness Center
- Tactical Fit, 1130, Fitness Center
- Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill
- Game Night Series: StarCraft II, 1800, ESC
- Swerk, 1830, Fitness Center
- Karaoke Night, 2000, Rockers Bar & Grill

## SATURDAY 05

- Game Night Series: Star Wars Battlefront II, 1800, 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**  
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## FEBRUARY SPECIALS

**Bomber Bistro • Booker Special**  
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