

northern sentry

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WHATS INSIDE THIS WEEK:



RED FLAG 22-1

A7



ANNUAL AWARDS TOUR

B6-7



91ST MISSILE WING QUARTERLY AWARDS

C1

BTF EUROPE 22-2



B-52 Stratofortress aircraft, support equipment, and personnel from Minot Air Force Base, arrived at RAF Fairford, England, February 10 to execute a long-planned Bomber Task Force rotation. Occurring since 2018, bomber rotations are part of a U.S. European Command (EUCOM) and United States Strategic Command joint mission series focused on sustaining peace through deterrence. En route to RAF Fairford, U.S. bomber aircraft integrated with Royal Air Force Typhoon aircraft and Portuguese F-16s currently assigned to NATO's Icelandic Air Policing mission. See page A3 for more coverage.

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U.S. Air Force B-52 Stratofortress arrive at RAF Fairford for Bomber Task Force Europe 22-2

U.S. AIR FORCES IN EUROPE AND AIR FORCES AFRICA

ROYAL AIR FORCE FAIRFORD, England --

B-52 Stratofortress aircraft, support equipment, and personnel from the 5th Bomb Wing, Minot Air Force Base, North Dakota, arrived at RAF Fairford, England, February 10 to execute the long-planned Bomber Task Force mission, a regularly scheduled U.S. European Command and U.S. Strategic Command joint mission series.

En route to RAF Fairford, U.S. Bomber Aircraft integrated with British Typhoon aircraft and Portuguese F-16s currently assigned to NATO's Icelandic Air Policing mission. Bomber aircraft also integrated with British Joint Terminal Attack Controllers (JTAC) to conduct bilateral Close Air Support training. The mission focused on enhancing readiness and interoperability for the controllers responsible for coordinating airstrikes to support ground forces.

Regularly integrating with our allies improves our cooperation and operational capacity, capability and interoperability.

Occurring since 2018, bomber rotations through Europe maintain our readiness to execute a wide variety of missions across two continents, sustaining peace through deterrence.

"With an ever-changing global security environment, it's critical that our efforts with our allies and partners are unified," said Gen Jeff Harrigian, USAFE-AFAFRICA commander. "We're in Europe training and collaborating together, because consistent integration is how we strengthen our collective airpower."

Through their rotation the bombers will be operating from RAF Fairford to continue to integrate with our partners and allies.

Bomber rotations reinforce the U.S. commitment to NATO allies and coalition partners to maintain our collective safety and sovereignty.

Coverage of the BTF deployment will be continuously available on the Defense Visual Information Distribution Service at: <https://www.dvidshub.net/feature/bombertaskforceeurope>



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UPSIDE DOWN UNDER
MARVIN BAKER

The world of communications is constantly changing and most of it runs parallel to the changes in technology. And for those of us who work in communications, it's sometimes been a difficult transformation.

As an example in each of the past three years, North Dakota has lost three weekly newspapers in the Dunn County Herald in Killdeer (2019), the Walhalla Mountaineer (2020) and the Cavalier County Republican in Langdon (2021).

In addition, nearly every daily newspaper in North Dakota has made changes to accommodate the changes in technology, most notably the Dickinson Press moving from a six-day daily to a weekly newspaper.

Those of us in communications are quick to blame social media for forcing some of the changes newspapers have had to endure. However, that's not always the

case. The owner of the Mountaineer wanted to sell, nobody wanted to buy, so the paper ceased publication. In Langdon's case, it was the issue of finding enough employees to keep the newspaper operating.

There are also examples of success in these changing times. They include the McKenzie County Farmer in Watford City and the Adams County Record in Hettinger. The Record is a paper that was set to close in 2019, but was saved by Jill Friesz of Elgin, who now operates four papers including Carson, Elgin, and New England.

Countless other newspapers in North Dakota are holding their own or doing well because of large subscription lists, savvy management, and just plain popularity among readers and advertisers.

There's also a new "newspaper" in North Dakota that is beginning to catch the attention of a lot of people across the state. It's called The Dakotan. It's an internet only publication based in Minot, and it has a daily presence for the convenience of its readers.

The Dakotan can be considered an experiment, at least in North Dakota, that appears to be working. Tracking data shows

Swinging the pendulum

some pretty impressive numbers which translates to a lot of eyes seeing the advertising which in turn, means a better bottom line.

This new launch, for the 21st Century, is like a once popular paper that started in North Dakota more than 100 years ago called the Non Partisan Leader. It was time for a change, and the Leader led that change for a number of years starting in 1915.

There have been digital newspapers in other states, but many haven't risen to the equivalent level of a strong daily because of specific focus on politics, sports, entertainment, or medicine. Thus if a digital, such as The Dakotan, is to succeed, it needs to cover all those bases and that's what it is working hard on accomplishing.

The first few days it was Minot only. Then reporters began branching out to Williston, Rugby, Bismarck. Soon there will be a state capitol reporter and correspondents across the state in communities

like Fargo, Grand Forks, Devils Lake, and Jamestown.

Press releases, sports, opinion, and numerous other aspects of a traditional daily newspaper have been added to satisfy a statewide audience. It's an exciting new way to sit at your kitchen table in your robe Sunday morning reading your newspaper on your iPad and sipping on a cup of coffee.

It's certainly worth a look and many will take a second look and a third because of the quality of the content. It may be found at (www.mydakotan.com). The Dakotan doesn't exist to replace any newspaper period. It is however, considered a complement to the traditional newspaper such as newspaper and TV have been for the past 70 years across North Dakota.

Many of us who have been around a while still believe we have ink in our veins and we love the smell of a paper coming off the press. That will never change. It will always be a fond memory for

just about every journalist. What is changing is how we present the news to the reading public.

Nearly all newspapers have included online versions in some capacity that are slowly but surely gaining readership. It eases the cost of press runs, slow mail delivery that has gone downhill over the last 20 years, and it presents the reader with breaking news.

Do yourself a favor. Take a look at The Dakotan. I think you'll like it. In no way, shape or form is The Dakotan on the internet to replace any existing newspapers. It's here to complement them and bring notoriety to every corner of our state; from Pembina to Bowman, from Crosby to Hankinson.

The motto of The Dakotan is "Real, Honest, Local News." And after meeting with the management on Feb. 4, I strongly believe that. It's here to present the news in a professional manner, to remain objective, and to gain the trust of the public at large.

marvin.baker@mydakotan.com

Eight Seconds of Glory...

northern sentry

A VIEW FROM OUR SIDE
ROD WILSON, NORTHERN SENTRY



A sell-out crowd of over 70,000 fans in So Fi stadium were waiting for the kick-off to Super Bowl XVI between the LA Rams, and the Cincinnati Bengals.

On the canopy covering the field there were four demo team members listening for the National Anthem to end and guiding the Heritage Flight consisting of a P-51 Mustang, a 110 Warthog, F-22 Raptor, a F-16 Fighting Falcon and a F-35 Lightning. The goal? To have them fly over So Fi Stadium as the last note of the National Anthem was sung.

It's a great moment for the U.S. Air Force. However, it was an even greater moment for Katie Spencer, Sports Outreach Program manager and Aerial Events coordinator for the Secretary of the Air Force Public Affairs Office.

From her office in the Pentagon, Spencer orchestrates the many flyovers and appearances by military aircraft all across the United States and around the world. Flyovers over parades, college football games and other special events take a lot of planning, down to the last second that was directed from the canopy high over the stadium. The results? Spencer would post on her Facebook page, along with a photo of the official Heritage Flight patch for Super Bowl XVI. "We got eight seconds of

during the Super Bowl. You know how much ad value that is?" asks Spencer "A lot. How much did we pay? Nothing" she adds.

And now my friends, the rest of the story. A few of us in Minot and at Minot Air Force Base were fortunate to meet Capt. Katie Spencer last summer when in her job as a reservist, she would lead the 5th Bomb Wing Public Affairs for about three months during their transition from Maj. Natasha Cherne, to Maj. Christopher Mesnard.

During that time Capt. Spencer shared the details of the Super Bowl LV flyover on February



Captain Katie Spencer

7, 2021. For those who may not remember, Air Force Global Strike Command supplied a B-1B Lancer, a B-2 Spirit and a B-52 Stratofortress for the flyover. The B-52 would be from Minot Air Force Base. It is with a lot of pride that we share this story with you, because for those of us who met Capt. Spencer last summer, we have a new-found respect for the amount of coordination it takes to pull off the perfect flyover, especially on Super Bowl Sunday, in front of a crowd of millions. Go Katie!

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SHE'S NOT FROM AROUND HERE
AMY ALLENDER

A casseroler's take on life in hot dish territory

"Wow, look at all those shades of brown." The comment was delivered with faux awe from my passenger seat. Her sarcasm was friendly, not fiery. We both laughed.

"Now, now — don't be judgmental. Look," I said while pointing out the windshield. "Right there. Val's Cyclery — it's bright green. Fun fact, it's also where I take my skates to be sharpened in the winter."

We were driving south on 3rd Street, straight through town. My friend had just flown in from California to spend five, glorious, fall days with my husband and me in Minot. Her jokes about the lack of color and trees were lighthearted. She knew I had fallen in love with this town. A town I never knew existed until my husband got military orders to Minot Air Force Base. A town she never knew existed until she got my "change of address" card in the mail. I was a proud transplant, taking root in my new, proverbial pot.

As a military spouse, I've called many different zip codes "home." None, however, has ever captured my heart and imagination quite like Minot. Putting my finger on exactly why I like it here is tricky. It's a complicated combination of both tangible and impalpable qualities and quirks. I can't always describe it, but I always know it when I see it.

Like how locals describe location based on the location of something else — even if the latter has been closed for years. Example, "It's in the plaza where the old Tutti Frutti used to be." Or how Dizzy the Clown is a really big deal — and once you meet him, you start to get it. Or how if a destination is more than fifteen minutes away I start to question if it's really worth the trip.

As an outsider, a foreigner, a transplant — I love to sit back and watch life unfold in this place so unlike any other. I find it utterly fascinating and have made it my business to become well-versed in all things Minot. A self-titled "Minot Guru."

But let's get back to my drive through town with a friend who was visiting. There is a vast difference between coming to Minot for a visit and living in Minot. Those who come to visit may remark on the blandness and remoteness, but those who live here will look at those same "bland" buildings and see something remarkable. While I have come to love this place deeply, I won't claim it's something it's not. You'll never hear me tell someone with no connection to Minot that this is a must-see tourist hub. This is not a town bursting at the seams with traditional vacation fare. Be that as it may, I'll always reassure those who move to town that Minot is a great place to come home to.

Sure, anyone can have a great time here, but you'll have an even better time if you come visit someone. A visitor with no connection to town cannot expect to understand what makes the Magic City so magical. It's not about the Dala horse in the park

or the waterpark attached to the mall. Minot's magic is held in the spaces a passerby may overlook. It's the rough hands of a seasoned rancher holding a door open. It's a chorus of children laughing and singing with Ms. Kristy at Main Street Books' story time—the best you'll ever go to. It's losing track of time because the sun never seems to set in the summer, and the glamor of a field of sunflowers that stretches to the horizon. It's all the small ways this community cheers on good ideas and helps them take flight.

That's the difference between arriving in Minot as a visitor versus deciding to live here. As a transplant, this may be my most valuable lesson learned, my most sage advice: when you move to Minot, don't approach life here as a visitor—expecting the fun to always be obvious and aggressive. Instead, relocate with the mindset of someone ready to live here. When you live here, really live here, you'll find charm, oddities and a community dazzling with dimension.

I know there are many who are not bewitched with life here. There are many who think I'm crazy for seeing this small city — and North Dakota — with the light of an artist's muse. That's okay. I'm just one transplant of many. But maybe, just maybe these ramblings will cause you to look around with new eyes. Just be warned, like me, you may become enamored and addicted to watching life unfold up here in Hot Dish Territory.

Do you have an observation that is uniquely Dakotan or Minot? I'd love to hear from you. Reach me on Instagram @amy_allender or by email at amyallender@gmail.com.

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Volunteers make Quilts of Valor for Service Members and Veterans

JASAH D STEWART

MINOT — After enjoying a warm meal together on Saturday morning, a dozen women from the Minot Quilts of Valor Foundation (QOVF) and the Quilters Guild worked steadily at sewing special quilts for those touched by war.

February 5 marks the national Quilts of Valor Sewing day, a day in which volunteers exercise their gifts in cutting, sewing, and quilt making to bless nominated service members and veterans.

“Quilts of Valor is an organization that started in 2003 by Catherine Roberts from Iowa,” explained Lynn Heald, group leader for the QOV in the Minot area.

Roberts started the organization after she had a vivid dream of a soldier in despair who then wrapped himself in a quilt, and it changed his demeanor to one of hope and wellbeing. Mother of a son who served time in Iraq, Roberts was compelled to provide quilts of “healing” for service members and veterans to sooth their physical and emotional scars from war.

Nearly two decades have passed since she began the QOVF, and nearly 300,000 quilts have been awarded to service members and veterans. Roberts alone could not make all these quilts, hence the caring touch from thousands of

volunteers around the country has helped bring her vision to life.

“The reason I joined the Quilts of Valor is I, myself, am a veteran too but haven’t served towards any wars,” explained Jackie Slagle, longtime member of the QOVF. “But those who have, I have so much respect for those people who have given so much to us. Quilting is my love, and it is just a way to give back.”

Slagle said she also battled breast cancer in the past and being given a quilt helped comfort her during that time in her life. “When I was going through treatment and would use that quilt, I could feel the love from the people who gave it to me, so I can’t imagine that the veterans we are giving these to don’t get that same feeling,” she said.

Judi Green, an initial charter member of QOV group in Minot, has a husband and two sons who have served in the military. She said she is honored to participate in this program.

“Today is my 50th wedding anniversary,” Green said while holding back tears as her and others poured their hearts into making the quilts, “and I thought today was a good day to honor that.”

Currently, the women have

several quilts ready to give to recommended recipients through the program. Richard Pederson (retired Army Corporal) and Frank Senn (retired Air Force Chief Master Sgt.) are next to receive Quilts of Valor.

The reward ceremonies are scheduled at the convenience of the recipient and are held at churches, special locations, or in the comfort of one’s home around this time of year.

Each quilt requires approximately 40 hours of labor and about \$300 in materials to make.

If you would like to donate, volunteer, or recommend a service member or veteran touched by war, contact Lynn at peaceandhonorqov@gmail.com or visit qovf.org for more information.



Jackie Slagle, Sharleen Larson, Luanne Duchsherer, and Judi Green assemble pieces for a quilt of valor.



Alicia Cross, Meredythe Lester, and Jan Kallestad enjoy comradery around the table while quilting. JASAH D STEWART PHOTO



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Red Flag 22-1

SENIOR AIRMAN CALEB S. KIMMELL
5TH BOMB WING PUBLIC AFFAIRS

Maintaining strategic deterrence through multiple avenues, including intercontinental ballistic missiles and a bomber presence that is unmatched, Air Force Global Strike Command's mission is the cornerstone of the United States' defense. To maintain force readiness AFGSC and several other major commands throughout the U. S. Air Force participate in a multi-national training exercise called Red Flag.

This year's Red Flag 22-1 began Jan. 24 at Nellis Air Force Base, Nevada, on the Nevada Test and Training Range, the U.S. Air Force's flagship military training area. There, the U.S. Air Force and the nation's allies have enough space to freely operate any aircraft, ground vehicle or troop movement in a controlled environment.

Red Flag is held three times annually, providing training in preparation for realistic combat scenarios, increasing pilots' combat effectiveness in different airframes and their interoperability with other aircraft. The 414th Combat Training Squadron conducts Red Flag exercises, providing Airmen the experience of various intensive air combat sorties in the safety of a training environment.

AFGSC's role in Red Flag 22-1 is to demonstrate the lethality of the 5th Bomb Wing's B-52H Stratofortress, Whiteman AFB's B-2 Spirit Bomber's flexibility, and how they work with the rest of the Air Force to provide support and strategic deterrence on a world-wide scale.

Red Flag Nellis 22-1 has multiple units from across the joint

force, including the U.S. Air Force, Navy, Marines, Space Force, Air National Guard and U.S. Air Force Reserves. The Royal Air Force (UK) and the Royal Australian Air Force also participate, bringing the total number of personnel involved at around 2,900. While the 388th Fighter Wing from Hill Air Force Base, Utah, is the lead wing for the exercise, over 100 aircraft participate in the exercise; ranging from strategic and stealth bombers, search and rescue aircraft, close air support, air refuelers, drones and tactical fighters all participate to sharpen their skills.

"The training prioritizes 'first timers' combat missions, mission commander upgrades and flag unique experiences that contribute most to readiness and partnering," said Col. Jared Hutchinson, commander of the 414 CTS. "Participants will engage with 57th Wing professional aggressors, integrate with other units in the execution of the U.S. Air Force's core functions of air superiority, intelligence, surveillance and reconnaissance, rapid global mobility, global strike and command and control, and learn in the world's best combat debrief, while writing themselves into the next chapter of the Air Force's heritage."

The exercise enables AFGSC to train with other MAJCOMs and foreign allies, creating a stronger bond and unity to help maintain the competitive advantage necessary to defend the nation and enhance global security.

"Allies attending Red Flag 22-1 will perform the same



Airmen with the 5th Aircraft Maintenance Squadron perform B-52H Stratofortress preflight procedures during Red Flag-Nellis 22-1 on Jan. 26, 2022, at Nellis Air Force Base, Nevada. The 5 AMXS is one of 32 units from across the U.S. joint forces, United Kingdom (Royal Air Force) and Australia (Royal Australian Air Force) participating in Red Flag-Nellis 22-1.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN MICHAEL A. RICHMOND

roles as our U.S. participants," said Col. Hutchinson. "They will be mission commanders and functional leaders. They will brief and debrief missions, and they will be responsible for the myriad of leadership tasks required to generate modern air power. By training together, the U.S. and these allies ensure smooth integration and common understanding, should we be called upon to fight together in the future. The U.S.'s strong alliances are a major strategic strength that not only lends capability but also legitimacy to our international stance."

Minot AFB's role in Red Flag 22-1 is to provide strategic air support by way of the B-52H Stratofortress. The 5th BW's B-52

is a long-range, heavy bomber that can perform a variety of missions. The bomber is capable of flying at high subsonic speeds at altitudes up to 50,000 feet (15,166.6 meters) and can carry nuclear or precision guided conventional ordnance with worldwide precision navigation capability.

The 5 BW's culture of innovation enables Airmen and assets to operate and perform B-52H operations with unmatched skill compared to near-peer adversaries. Exercises like Red Flag enhance command and control priorities, demonstrate strength and enables personnel to retain skills.

Whiteman AFB's B-2 Spirit Bombers and the 5 BW's B-52s provide Red Flag with a unique

set of abilities. Their joint training goal is to enhance how bombers and all of the various AFGSC mission sets, fit into the Department of Defense's vision of deterrence and defense.

AFGSC is the foundation of long-range precision strike not only for the U.S., but also the entire free world. The Airmen of AFGSC must be prepared for tomorrow's high-end and high-tech operational environment where they will be stressed and tested in unprecedented ways. Collectively, the wings and units that make up AFGSC are focused on modernizing and sustaining today's fleet for tomorrow's flight, in order to compete, deter, and win against near-peer competitors.

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Congratulations to the Air Force Global Strike Command winners for the 2022 General Wilma Vaught Visionary Leadership Award:

**CAPT ANGELICA G. PHILLIPS,
740TH MISSILE SQUADRON,
91ST MISSILE WING, MINOT AFB, ND**

**MSGT ADRIAN G. GALCIK,
91ST MISSILE SECURITY FORCES SQUADRON,
91ST MISSILE WING, MINOT AFB, ND**

This award is presented to an officer, enlisted and civilian who exhibit those attributes of character--innovation, commitment and a selfless spirit of service to others--that Brigadier General Vaught demonstrated and inspired in others and whose personal, innovative efforts have inspired others and significantly improved the integration and opportunities for women in the Air Force.



Congratulations to the Air Force Global Strike Command winner of the 2022 Joan Orr AF Spouse of the Year:

**KELAH N. PROSS
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SQUADRON, 91ST MISSILE WING, MINOT AFB, ND**

This award recognizes the significant contributions made by non-military spouses of Air Force military members.

BABY ANNOUNCEMENTS

BABY GIRL BORN ON TUESDAY, FEBRUARY 08, 2022 TO: PAYTON AND ZACHARY PIERCE MAFB, ND

TWIN BABY BOYS BORN ON THURSDAY, FEBRUARY 10, 2022 TO: MEGAN AND RYAN WISSBRÖD CROSBY, ND

BABY GIRL BORN ON FRIDAY, FEBRUARY 11, 2022 TO: MARIA FARIAS AND KAREL CASTRO MINOT, ND

BABY BOY BORN ON SUNDAY, FEBRUARY 13, 2022 TO: CHRISTINA AND CLAYTON GOOLSBY MAFB, ND

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Dorm Airmen receive love from FBS on Valentine's Day

ABIGAIL KINDER, NORTHERN SENTRY

On Feb. 14, 2022, local animal rescue For Belle's Sake brought the dorm Airmen some Valentine's Day love in the form of furry faces. Several cats and dogs were brought from their Sawyer, N.D., facility to play, cuddle, and brighten what may have otherwise been a normal day for the young men and women.

FBS is run by Master Sgt. Christian Bird and Tech. Sgt. Shelby Bird, Carla Albertson, and a team of dedicated volunteers who rescue, rehabilitate, and adopt out about 100-200 animals per year. They have rescued every animal from dogs and cats to lizards, donkeys, and more, with many coming in as strays, owner surrenders, or court ordered surrenders due to neglect or abuse.

The idea for the nonprofit organization began in 2012 when a military veteran was forced to surrender his 75 animals and refused to give them to anyone but the Bird family due to their military affiliation and reputation in the community. That same year they found Belle, a dog who was suffering and dying in a field after being hit by a car in Sumter, S.C., and held her as she passed away in their home. With their years of experience in animal rescue and in honor of Belle, the Birds founded FBS to fully support the animal welfare needs of the communities they serve and save as many lives as possible.

The Birds decided to continue their rescue mission after PCSing to Minot AFB and used their unique situation to bring joy to the Airmen in their charge through Pet Days. "Anxiety, depression, PTSD, missing home, long weeks at work, etc., are all very common experiences that our Airmen go through. Shelby and Christian are advocates for their community in more than just animal welfare and after a Pet Day at work, noticed a visible and immediate shift in the attitudes and mental health of their Airmen. Knowing that petting and playing with animals reduces stress-related hormones, anxiety and depression as well as eases loneliness... Shelby decided to approach the dorm manager with the idea of hosting an event to bring those benefits to the Airmen who couldn't have pets."

The most recent "Dorm Pawty" was coordinated by FBS and Airman 1st Class Janette Nowak, 5th Communications Squadron COMSEC Accountant and Dorm Liaison. Nowak mentioned the overwhelming support that the event garners each time it is held,

and believes that dorm events are a key part in maintaining the wellbeing of Minot's single Airmen.

"Being in Minot, it can be hard to get out. Everyone's in their rooms and not many of us go out so it's really nice to do those events," said Nowak. "[For Belle's Sake] likes to bring their animals to interact with people because some of them have been in the shelter for a while, so they come onto base, we meet them at the dorms, and people just come by and play with them. It's been proven that Airmen like this event more than many others that we do, because who doesn't love petting animals? It always seems to brighten everybody's day."

Nowak and several volunteers set up Valentine's themed decorations, cookies, and helped to manage the animals in the foyer of Dorm 221. Because dorm Airmen are not permitted to have dogs and cats in the dorms, events like this allow them to interact with pets that they may not get to see on a daily basis. "A lot of the Airmen have their own pets at home. They create strong bonds with their puppies, their old dogs, their 20 year old cats, and a lot of people like me miss those bonds that we used to have. Animals create a different relationship with you than any other human could. People want that connection that

they may not be able to have with their peers," she continued.

Not only are the parties beneficial to Airmen but the animals involved as well. "They go back to the rescue so tired and content," said FBS. "They get individual attention and lots of extra love. It is a great time for them to socialize with new people and build their confidence as well."

In the past, they have also facilitated petting zoos and school visits for the Minot AFB community to expand outreach and educational opportunities. "It's events like this that we would love to see expanded and continued," they said. "The more people that can be reached about animal welfare, the less need there are for rescues like FBS."

Because the Birds are also Active Duty, their volunteer team plays a vital role in continuing their mission. FBS is always in need of volunteers to help with their operations and outreach events. They also hold designated volunteer days and recruit individuals who are interested in volunteering from home to perform website updating, application processing, grant writing, fundraising, and more. To learn more about the rescue and its volunteer opportunities, visit www.forbellessake.org or go to the For Belle's Sake - Rescue/Rehabilitation Facebook page.



Local animal rescue For Belle's Sake brought several dogs and cats to visit the dorms at Minot Air Force Base for a Valentine's Day "Dorm Pawty." In previous animal events held by FBS at Minot AFB, directors MSgt. Christian Bird and Tsgt. Shelby Bird have personally witnessed the benefits of human-animal interactions in the increased morale and mental wellness of the Airmen as well as the animals in their care.

NORTHERN SENTRY PHOTOS | ABIGAIL KINDER



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Back Talk

Preventative care is key

ROD WILSON, NORTHERN SENTRY

When you get up in years you tend to look back on your life and ponder what you would have done differently. I should have spent more time with my kids when they were younger. I should have taken up another hobby. I should have spent more time... well you know how the story goes.

Dr. Matt & Dr. Willy are advocates for maintaining a healthy lifestyle. Eat right, exercise regularly and get regular chiropractic care. Seems fairly simple. But too many of us wait until we are suffering a lot of pain to seek out chiropractic care. Of course, we have heard many, many times that preventive health care is so very important. But too often we ignore the pain, and in most cases the situation gets worse.

As I look back on my life I am sorry that I waited so long to seek out chiropractic care. So take a few moments and if you haven't do so yet, schedule an appointment at Cornerstone Chiropractic. It will be worth your time well being.

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US B-52 brings region together through first Middle East presence patrol of 2022

NINTH AIR FORCE (AIR FORCES CENTRAL)

SOUTHWEST ASIA -- Regional and coalition air forces joined a U.S. Air Force B-52H Stratofortress and two U.S. Marine Corps F/A-18 Hornets on a presence patrol mission across the U.S. Central Command area of responsibility Feb. 14.

The bombers' flight originated at Royal Air Force Fairford, England, and flew over the East Mediterranean, Arabian Peninsula, and Red Sea before departing the Middle East.

"Today's B-52-led

demonstration of joint, coalition, and partner nation combat airpower was a powerful projection of our combined strength across the Middle East," said Lt. Gen. Greg Guillot, 9th Air Force (AFCENT) commander. "By originating outside the CENTCOM AOR, the mission also exemplified the U.S. Air Force's ability to deliver combat airpower seamlessly across multiple combatant commands."

The mission, flown by aircrews assigned to the Minot Air Force

Base, N.D.-headquartered 5th Bomb Wing, was the first presence patrol of 2022.

U.S. Central Command, through 9th Air Force (AFCENT), facilitated six bomber task force missions throughout 2021 as a demonstration of the U.S.-led coalition's commitment to promoting regional stability. The last bomber-led mission across the Central Region involved two B-1B Lancers on Nov. 11, 2021.



A U.S. Air Force KC-10 Extender, deployed to Al Dhafra Air Base, United Arab Emirates refuels a B-52 Stratofortress, above the U.S. Central Command area of responsibility, Feb. 14, 2022. The B-52 can deliver large payloads of precision nuclear or conventional ordnance over extreme distances and provides the ability to rapidly project military power around the globe.

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN DANIEL HERNANDEZ



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A DARK SIDE

Patricia Stockdill

They glistened like hidden treasures awaiting discovery. Lying in the bottom of a coulee, they beckoned to be released them from their fate, which, granted would probably have provided food and nourishment for a happy rodent.

The sheds were precious, they begged to be appreciated because, given their size, they probably were this bull's most valuable set of antlers. They meant he survived his first winter on the North Dakota prairie.

That little set of moose sheds now lay nestled on an end table. Perhaps that's an indication they're not exactly the biggest moose antlers when they fit neatly on a piece of furniture. That's OK; they're a matched set of antlers, shed side-by-side by a bull moose.

That's what makes shed hunting such an amazing activity.

Well, that and other things.

Things like being able to get outside after winter breaks, getting exercise, and watching spring peek its release from winter's grasp.

It's taking the dogs along so they get exercise, hoping they don't find too much mud and icky things to roll in on their own personal treasure hunt.

It's the opportunity to marvel at creatures that each year grow and shed antlers. Think about the energy and nutrients needed for a bull moose or elk to grow antlers of any size in a matter of a few months. Even growing those little sheds on that table put demands on that young bull. It's not a minor feat for deer to grow antlers, either.

There is an art to shed hunting. It involves knowing and understanding deer, elk, and moose movements in winter; knowing what to look for – things like game trails or perhaps across from a fence should antlers pop off as a deer lands, for example.

Yet there can – and sadly, is – a deep, dark, disgusting side to shed hunting.

While the true art of shed hunting is doing it properly, appreciating nature and wildlife, there are those who drag shed hunting into an ugly pit.

This year wildlife across many areas of North Dakota came into winter in less than ideal health condition. The state's drought often meant less available nutrition for

creatures dependent on Mother Nature for their grocery store. Add an epizootic hemorrhagic disease outbreak in areas where it's never been documented, and those survivors joined an already stressed group of wildlife.

Some shed hunters show no regard to the stress cold temperatures and snow place on all animals as they struggle to move through snowdrifts, scratch and paw ice-crusting snow for food, and are pushed from valuable winter shelter providing much needed thermal cover in brutally cold temperatures and wind.

Perhaps worst of all are those who scout areas where deer and elk congregate, even pushing animals so they can be present when antlers drop.

All those people are looking for are the dollars attached to a detached antler.

There is a reason the Wyoming Game and Fish Department closed some Hunter Management Areas (HMA) to all public access in the winter. Similar to N.D. Game and Fish Department Wildlife Management Areas, several Wyoming HMAs play a critical role in providing essential big game wintering habitat.

Those vital areas congregate wildlife where they can survive a Wyoming winter. But they also drew countless shed hunters, innocent and unscrupulous alike, pushing some wildlife to the brink of death and beyond.

While North Dakota's Wildlife Management Areas still allow public access in the winter, activities such as snowmobiling and things that could harass and push wildlife are illegal.

Other public lands are closed to the taking of sheds any time of year, including all U.S. Fish and Wildlife Service lands, whether it's a National Wildlife Refuge or Waterfowl Production Area. Find out what is and isn't allowed on other public land, including shed hunting – U.S. Forest Service National Grasslands, U.S. Army Corps of Engineers land along Lake Sakakawea and Lake Audubon, or Bureau of Reclamation areas, for example.

It's true shed hunting can be a great spring activity and a chance to reconnect with nature.

But it's equally true the dark side of shed hunting is all too common – and can be deadly for wildlife whether it has antlers or not.

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Through with Chew Week is February 20-26

FIRST DISTRICT HEALTH UNIT

Through with Chew week is February 20 – 26. This week is set aside to bring awareness to the health risks of smokeless tobacco. It also serves to educate smokeless tobacco users on lifesaving screening information and creates inspiration for chewers to start their quit.

During Through with Chew week, First District Health Unit will offer free individual consultations with Certified Tobacco Treatment Specialist Bonnie Riely. During these consultations, tobacco users will learn about medication options, get free nicotine replacement products, and even receive a free oral screening kit. To get started or for more information, please contact Bonnie at 701-837-5171 or bfrliely@nd.gov.

Smokeless tobacco can be as addictive and difficult to kick as smoking. The average dose of smokeless tobacco yields an average of 4.5 mgs of nicotine; the average cigarette provides 1mg of nicotine. Smokeless tobacco users tend to have somewhat higher blood levels of nicotine in the body for longer periods of time than smokers. While the relationship between smoking and diseases has been more extensively studied than smokeless tobacco use, the diseases associated with smokeless tobacco can be more painful, disfiguring, and lethal. Diseases such as leukoplakia (hard, white lesions which can be pre-cancerous); oral cancer in cheeks, gums, lips, tongue, and throat; stomach cancer and cancer of the voice box; heart attack; stroke; high blood pressure; gum disease; and black hairy tongue have all been associated with smokeless tobacco use. Muscle weakness, dizziness, and decreased physical performance can also be effects of smokeless tobacco use.

Current smokeless tobacco users are encouraged to see their dentists regularly along with doing self-screening. Monthly checks should be done to spot early warning signs of cancer. As deadly as mouth cancer is, chances of surviving are much better if found early. To begin, find a mirror and good lighting. Then check the following:

1. Face and neck: Do both sides of your face feel and look the same? Gently press your jawbone to feel for lumps.

2. Check lips and gums: Pull down your lower lip. Are there white and red patches or sores that bleed easily? Look very carefully at where you place your tobacco. Do you see changes in color or rough areas? Squeeze your lip and check between your fingers. Are there bumps or soreness?

3. Roof of the mouth: Tilt your head back and open your mouth wide to look for any lumps and see if the color is different from usual. Touch the roof of your mouth to feel for lumps.

4. Floor of the mouth: Put the tip of your tongue on the roof of your mouth. With one finger, press around the floor of your mouth. Do you feel sores, bumps or swelling?

5. Tongue: Stick your tongue out. Grab it with a piece of gauze or paper towel. Move your tongue from side to side. Look for any color changes or bumps.

If you see discolored skin, feel any bumps or soreness, or have a sore in your mouth that does not heal within 2 weeks, see a doctor. If you have trouble chewing, swallowing, or moving your tongue or jaw, see a doctor right away.

Smokeless tobacco can be as addictive and as difficult to quit as smoking. Taking some time to get ready can increase your chance of success.

1. Set a date: This gives you time to prepare for your quit.

2. Make a list: Write down all the reasons you want to quit. Continue to add items to this list and put the list where you can see it.

3. Find your triggers: Learn the things that trigger your tobacco use.

4. Learn about medications: Many of the medications used for smoking cessation can be used for smokeless tobacco. To learn about the best medication options for you, visit with a Certified Tobacco Treatment Specialist.

5. Find support: When you have support, your chances of quitting increase. NDQuits offers free support. Call 1-800-784-8669 or visit <https://ndquits.health.nd.gov>

6. Develop a plan: Plan for substitutes, clear your home of all tobacco products, and decide how you plan to change your routine.

Upcoming Events

19 FEB **SHEELS HOSTS SVAS PET ADOPTION EVENT**
11:00 AM - 3:00 PM
 Scheels
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Scheels is hosting Souris Valley Animal Shelter for a Pet Adoption Event from 11am- 3pm! They will be bringing adoptable dogs and cats along that you can visit in front of our Scheels "New Store" wall. Applications must be submitted BEFORE the event to take home your new family member that day. Go to the link below to apply. <https://svaspets.com/adoption> 20% off pet supplies for anyone who adopts the day of the event at Scheels OR at the shelter!

For more information:
 Facebook Event / Souris Valley Animal Shelter

22 FEB **AXE LEAGUE NIGHTS**
6:30 PM - 8:00 PM
 Up Your Axe
 21 Central Ave W, Suite 102, Minot

As seen on ESPN, the sport of axe throwing has grown into a national sensation. Every Tuesday night from Jan. 25th to March 15th, we will be hosting axe throwing leagues at Up Your Axe – Axe Throwing & Bar. Stop by to watch our local competitors match up each week against one another for chance to be crowned Minot's first axe throwing champion! We will have cold beer on tap and hot food ready to order! Learn more about how league nights function here: <https://upyouraxe.bar/leagues/>

For more information:
 Facebook Event / Axe League Nights / Up Your Axe

24 FEB **ASPIRE CREDIT UNION FAMILY MOVIE NIGHT**
8:00 AM - 6:00 PM
 Oak Park Theater
 1500 4th Ave NW, Minot

Aspire Credit Union has partnered with Oak Park Theater in Minot to present Encanto, Disney's latest family-friendly film taking the world by storm. The film will be shown at Oak Park Theater in Minot at 6PM on February 24th. Tickets are FREE and include a small popcorn. Beverages will be available for purchase at the concession stand. Tickets will be available for Aspire Credit Union Members starting Monday, January 24, and available to non-members Monday, January 31, 2022, on our teller line. The tickets are first come first serve and will be required for entry into the film. There is a 5 ticket limit to allow for many families to enjoy the film.

For more information:
 Facebook Event / Aspire Credit Union

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For more information:
 Facebook Event / Mardi Gras / The Spot

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- Tuesday \$4 ND Breweries (all day)
- Wednesday ½ Price Wine by the glass/bottle (all day)
- Thursday \$1 up for all Tall Taps (all day)
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OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, Feb. 14: 1,827.76 feet above mean sea level (MSL); 16,000 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,447.24 feet above mean sea level (MSL).

Stump Lake elevation: 1,447.2 MSL.

•N.D. Game & Fish Dept. game wardens: East end of Lake Sakakawea remains slow. Access and moving around on area lakes is generally improving as snow settles. No reports from Devils Lake or north-central area lakes.

•Devils Lake, Ed's Bait Shop, Devils Lake: No new reports.

•Devils Lake, Woodland Resort, Devils Lake: Generally slow and scattered walleye and perch success.

•Lake Darling, Karma C-Store, Ruthville: Lake Darling remains slow for walleye. Lake Audubon producing occasional walleye

•Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: Wind and warmer weather settling snow on Lake Darling so access and ability to move around on the lake improved. Fair for small walleye with best success about 1/2-hour before sunset. Most anglers are walleye fishing with only a few spearing for pike

•Lake Metigoshe, Four Seasons, Bottineau: Look for continued bluegill success with occasional small walleye.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Not many reports from the east end of the Lake Sakakawea but some anglers are finding occasional walleye from Douglas and Steinke bays. Lots of anglers on the west end of Lake Audubon with good access of the Totten Trail boat ramp. Spotty walleye success, however.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Somewhat improving pike success on the east end of Lake Sakakawea. Walleye remain slow. Weather permitting, look for occasional walleye from the Missouri River tailrace. Lake

•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. 18 - 21: Great Backyard Bird Count. Go to (www.birdcount.org) for details.

•Feb. 19: Spring light goose season opens.

•Feb. 19: Little Missouri Rocky Mtn. Elk Foundation banquet, Roughrider Center, Watford City, 5 p.m.

•Feb. 25: West Dakota Waterfowlers Delta Waterfowl chapter banquet, Grand Hotel, Minot, 5 p.m.

•Feb. 25 - 27: N.D. Taxidermy Assoc. Show, Ramkota Inn, Bismarck.

•Feb. 28: Tree squirrel season closes.

TOURNAMENTS:

•Feb. 19: Lake Audubon.

Audubon slow and spotty for walleye.

•Lake Sakakawea, New Town: Good numbers of anglers on the Van Hook Arm. Look for some walleye success.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Better walleye success on the east end of Lake Sakakawea is around Beulah and Beaver bays. Overall success slow remains slow on both Lake Sakakawea and Lake Audubon, however. No Missouri River tailrace reports.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Upper end of Lake Sakakawea somewhat improving for walleye. Try around Lund's Landing with better numbers of 4- to 6-pound fish using jigs and minnows in deeper water. Increasing spearing success in some of the back bay areas of White Earthy and Little Knife bays. Missouri and Yellowstone rivers continue producing a mix of sauger and walleye. Kota-Ray Dam fair for largemouth bass with a mix of other panfish.

•Lonetree WMA area lakes, Harvey:

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Freeman Lake producing pike. Not many reports from other area lakes.

•Turtle Mtn. area lakes, Coast-2-Coast, Rolla: Poor weather and wind limiting activity throughout

area lakes.

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

•Cross Ranch, Hensler: Trails open but in poor condition with patchy open areas and ice.

•Fort Stevenson, Garrison: Poor conditions with ice and patchy areas.

•Lake Metigoshe, Bottineau: No new updates.

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

•Big Sky Resort, Big Sky, Mont., (800) 548-4486: 23- to 43-inch base with 30 lifts and carpets and 258 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. Season closes March 13.

•Huff Hills Ski Area, Mandan, (701) 663-6421: 12- to 28-inch machine groomed base with 2 lifts, 1 tow, and 8 runs open. Table tops and rail jump terrain features open on Green Lift area.

•Terry Peak, Lead, S.D.: 18- to 30-inch base with 5 lifts and 18 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.

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SUNDAY SUPPER BEEF ROAST

INGREDIENTS

- 1 (3 TO 3-1/2 LB) BEEF TOP ROUND, RUMP OR SIRLOIN TIP ROAST
- 3 TABLESPOON VEGETABLE OIL OR EXTRA-VIRGIN OLIVE OIL
- 1 Tbsp TRAEGER PRIME RIB RUB
- 2 CUP BEEF BROTH
- 1 LARGE RUSSET POTATO, PEELED AND CUT INTO 1 INCH PIECES
- 2 CARROTS, PEELED AND CUT INTO 1 INCH PIECES
- 2 CELERY STALKS, CUT INTO 1 INCH PIECES
- 1 SMALL ONION, CUT INTO 1 INCH PIECES
- 2 FRESH THYME SPRIGS

Rub the roast on all sides with the vegetable oil and place on a rack in a roasting pan or Dutch oven, fat-side up.

Season well with Traeger Prime Rib Rub. Pour the beef broth into the bottom of the pan. When ready to cook, set the Traeger temperature to 500°F and preheat with the lid closed for 15 minutes.

Insert the probe into the thickest part of the roast. Place the Dutch oven on the grill grates, close the lid, and cook the roast for 25-30 minutes, or until the outside is seared.

Reduce the Traeger temperature to 225°F. Add the potatoes, carrots, celery, onion, and thyme to the Dutch oven around the roast. Cover the Dutch oven with foil and continue cooking with the lid closed until the internal temperature of the roast reaches 135°F for medium-rare, 2-3 hours.

Add more broth as needed. Remove the Dutch oven from the grill and let the roast rest for 10 minutes before thinly slicing against the grain.

Serve the roast with the pan drippings and vegetables. Enjoy!

Ryan Davy - GM Minot

www.HofE.com/BBQHQ



ANNUAL AWARDS TOUR FEBRUARY 2022

Colonel Michael Walters, Commander of the 5th Bomb Wing delivers annual awards at Minot Air Force Base, Feb 8, 2022. Col. Walters traveled from squadron to squadron to hand-deliver annual awards to their winners in a more personable setting.

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Saturday: 5:30 a.m. - Noon



Some of the wonderful 5BW key spouses and commanders sat down for lunch and a chat with Col Walters and Command Chief Weiser and their lovely wives to discuss some hard hitting concerns here on Minot AFB. Great conversation and discussion was had!

MINOT AFB AIRMAN & FAMILY READINESS CENTER PHOTO



SrA Lugo/S3T stands at a safe distance as she directs TSgt Kozak and A1C Taylor during Proficiency Firing...TSgt Trapp, SSgt Deeds, SrA Lugo and SrA Wesoja ensure our 791 MSFS Dark Horse Defenders stay ready to defend Air Force Global Strike Command assets.

791ST MISSILE SECURITY FORCES SQUADRON PHOTO



Thank you to the Codes Flight for preparing ICBM code components and providing missile combat crews and missile maintainer teams with training to ensure positive control and asset surety for the wing.

U.S. AIR FORCE PHOTO | MINOT AFB PA

NOTES ON BEING SAFE

OKAY I'M STUCK. NOW WHAT?



ROD KRAUSE
5TH BOMB WING
SAFETY & OCCUPATIONAL
HEALTH MANAGER



North Dakota winters have a tendency to be severe, and bad weather came 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 you're stranded during a blizzard!

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A LOOK BACK
THIS WEEK IN USAF HISTORY

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

On February 22, 1978, the United States Air Force launched its first Global Positioning System satellite into orbit. Known as NAVSTAR 1 or OPS 5111, the satellite was launched at 23:44 Coordinated Universal Time from Vandenberg AFB, California, and was the first of eleven test satellites that would be launched in the coming years. The Block I satellites were a precursor to the modern GPS constellation that provides accurate 3D location, velocity, and time information. Originally, GPS was envisioned as a military system, but over the years it has evolved to have a variety of uses for not only the military, but millions of civilians nationwide. NAVSTAR 1 was retired from service on July 17, 1985, and the Block I satellites were replaced with fully operational Block II satellites, many of which are still operational today.

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

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

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91ST MISSILE WING QUARTERLY AWARDS

Leadership from the 91st Missile Wing presented awards for the fourth quarter of 2021, Feb. 10, 2022.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS SAOMY SABOURNIN



Senior Airman Trenton Pierce was recognized as Airman of the Quarter.



Staff Sergeant Mikelle Bailey was recognized as NCO of the Quarter.



An award was accepted on behalf of Master Sergeant David Boley who was recognized as SNCO of the Quarter.



Major Andrea Lauser was recognized as FGO of the Quarter.



1st Lt. Temon Reed was recognized as Ft. Commander of the Quarter.



1st Lt. Wyatt Huff was recognized as CGO of the Quarter.



An award was accepted on behalf of the LCC Generation Team who were recognized as Pro Team of the Year.



Jennifer Black was recognized as Key Spouse of the Quarter.



Mandy Sanders was recognized as Civilian Cat I of the Quarter.



Lynn Heald was recognized as Civilian Cat II of the Quarter.



An award was accepted on behalf of Technical Sergeant Juan Gonzalez who was recognized as Volunteer of the Quarter.



Jennifer Black accepted an award for the Key Spouse Program of the Quarter.



CROSSWORD PUZZLE

1	2	3	4
		5	
6			7
		8	
9			

- ACROSS**
- Part of a bird's face
 - Consume
 - Look for
 - Opposite of "off"
 - Gloomy
- DOWN**
- Food for birds
 - Love deeply
 - Food rewards
 - Oily or greasy substance
 - Solely

Answers: Across 1. Beak 3. Eat 6. Seek 8. On 9. Deary Down 1. Birdseed 2. Adore 4. Treats 5. Eat 7. Only

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

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YOUTH IN ACTION

MAFB School Board

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



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works alongside Minot Public School Board #1 with the mission of "Empowering all learners to succeed in a changing world". Both school boards consist of five board members, each member serves a three year term. For the Minot Air Force Base School Board there are three position requirements for members: 1. Member must reside on the installation 2. Member may be active duty enlisted, a reservist, or a dependent family member. Officers are not eligible to serve as school board members pursuant DoDD 1344.10, Para

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

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2021-2022 MINOT PUBLIC SCHOOLS CALENDAR

IMPORTANT UPCOMING DATES

- February 18**
Early Release Day
- February 21**
P/T Comp Day - No School
- March 9**
Vacation Day - No School
- March 10 & 11**
Spring Break - No School

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						

March 2022							20 days
S	M	T	W	T	F	S	
		1	2	3	4	5	
6	7	8	9	10	11	12	
13	14	15	16	17	18	19	
20	21	22	23	24	25	26	
27	28	29	30	31			

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



GOT MUSICAL TALENT?

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

INTERESTED?

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MINOT AFB

SCHOOL BOARD POSITIONS NOW OPEN!

CURRENTLY ACCEPTING APPLICATIONS

For more information or to receive an application contact the School Liaison at 701-240-2380 or send an email to racquel.labadie.1@us.af.mil

POSITION REQUIREMENTS:

- 1- Must reside on the installation.
- 2- Active duty enlisted, reservists & family members are eligible*
- 3- Cannot be an employee of Minot Public Schools

*Pursuant to DoDD 1344.10 Para 4.2.4.2 Officers are not eligible to serve on the Minot AFB School board as it is not an independent school district.

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Brass Band of Minot "Something for Everyone" concert this weekend

THE BRASS BAND OF MINOT

The Brass Band of Minot presents a concert titled "Something for Everyone" at 4:00 PM on Sunday, February 20th at Minot State University's Ann Nicole Nelson Hall.

The concert includes a variety of musical styles and tastes, starting with that perennial favorite British march, Kenneth J. Alford's "Colonel Bogey." The name comes from a golf term, but audiences may recognize it as the iconic song whistled by prisoners in the World War II epic, "Bridge over the River Kwai" or from any of a number of other popular films and commercials. The concert will continue with a special feature: an arrangement of Arthur Pryor's challenging "Blue Bells of Scotland: Air and Variations" featuring Trombone soloist Michael HarriSon. Next, the band will turn to epic movie music with the exciting "Robin Hood: Prince of Thieves," enchanting music from the classic musical "West Side Story," and a beautiful rendition of the song "You'll Never Walk Alone" from the musical "Carousel." Then, the band will swing into jazz and Dixieland with John Palmer's arrangement of the great gospel

hymn, "Just a Closer Walk with Thee." With one last style change, the concert will include with a rousing arrangement of the early rock and roll classic, "Rock Around the Clock."

As North Dakota's only British-style brass band, the Brass Band of Minot has been bringing music to North Dakota since 1994 when it was created by a group of Minot area brass musicians. Some of the founders still play with the band today, joined by musicians of a variety of ages and backgrounds from Minot and the surrounding communities and lead by Gordon Troxel, a farmer, businessman, and retired music educator from Berthold.

What is a "British-style brass band, and what makes it special? In addition to trombones, euphoniums, baritones, B-flat tubas, and percussion, which are familiar from concert bands, British-style brass bands also include cornets, flugel horns, alto horns, and E-flat tubas (they are a little smaller and higher-pitched than standard B-flat tubas). Except for the trombones, all the band's brass instruments have a conical bore which means that the brass

tubes they are made of gradually get larger from the mouthpiece to the bell, resulting in a sound that is darker, richer, and more mellow than the bright sound associated with trumpets. There are also some technical differences in how British-style brass band music is written and played that provide extra challenges to the players, but the appeal to an audience is the flexibility of that darker, richer, sound that allows the British-style brass band to play a colorful variety of music and musical styles even though the band consists of only two types of instruments: brass and percussion.

"Something for Everyone" will be the third of this season's concerts for the Brass Band of Minot. Their season will round off with another concert on April 10th. Both performances will be at 4:00 PM at Ann Nicole Nelson Hall. Brass Band of Minot concerts are free and open to the public though cash and check donations are very welcome.

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.



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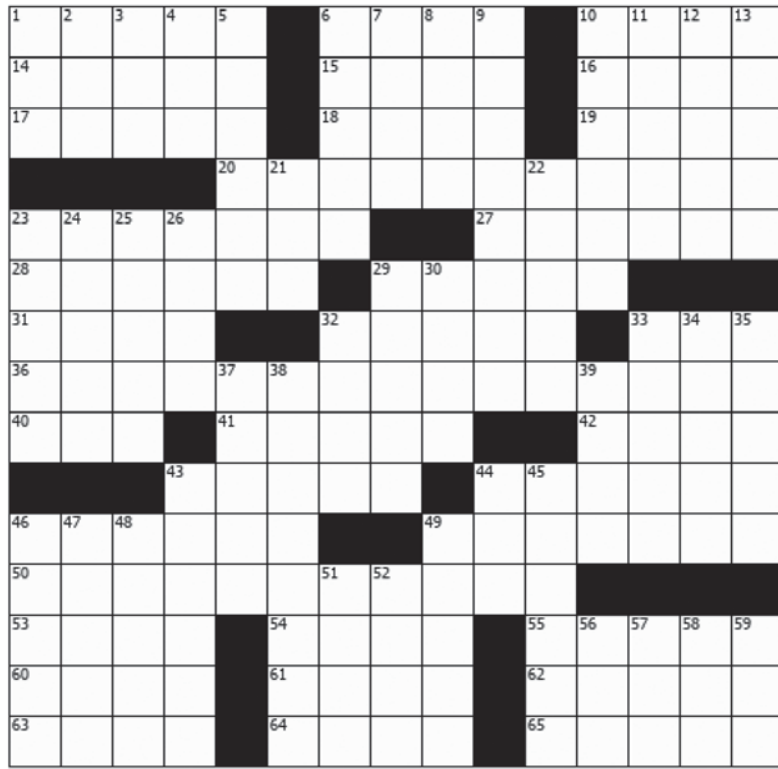
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Across

- 1. Pursue furtively
- 6. Played for a sucker
- 10. Bruins' letters
- 14. Drive in Beverly Hills
- 15. African antelope
- 16. Punxsutawney celeb
- 17. Non-studio film, for short
- 18. Completes a cupcake
- 19. Munro by another name
- 20. Part of a Boy Scout's uniform
- 23. Hungarian goulash ingredient
- 27. Richard III's request
- 28. Pleistocene Epoch
- 29. Part of a holiday phrase
- 31. A lot of pizzazz?
- 32. Pungent pepper
- 33. Museum curator's deg., perhaps
- 36. Bill Griffith comic strip
- 40. Reply to a ques.
- 41. Demagnetize, as a tape
- 42. Kett of old comics
- 43. Recipe direction, perhaps
- 44. Lament
- 46. Most angry
- 49. Well-known sci-fi movie hero
- 50. New hire's question
- 53. Geographic area
- 54. Big expense for truckers
- 55. At pique's peak
- 60. Lake, city or canal
- 61. Egg on
- 62. Artificially created human, in Jewish folklore
- 63. Huff and puff
- 64. Forfeiture
- 65. Base negotiating amounts



Down

- 1. ___ Lanka
- 2. Exporting unit, sometimes
- 3. Supplement
- 4. Muumuu accessory
- 5. "Star Trek" actor
- 6. It's in central New York
- 7. "Pow!"
- 8. Fencer's choice
- 9. Prime minister before Gladstone
- 10. Net result
- 11. Preside over
- 12. Has warm and fuzzy feelings toward
- 13. "___ Less Ordinary" (1997 film)
- 21. Duke's monogram
- 22. Type of reaction
- 23. Italian pie
- 24. ___ the hole
- 25. Sounds from a brood
- 26. Blacksmith's tool
- 29. "With friends like ___, who ..."
- 30. Mature
- 32. Friendly talk
- 33. Tagalong's words
- 34. Deadly
- 35. Bell town of fiction
- 37. Matzoh's lack
- 38. Honest
- 39. Turns a maxi into a mini, e.g.
- 43. Six-line poem
- 44. ___-relief sculpture
- 45. Naval rank above warrant officer
- 46. Win all games in a series
- 47. "Butterfield 8" author
- 48. Violinist's aid
- 49. Moths' calling cards?
- 51. Certain currency
- 52. Asks for alms
- 56. Lobster eggs, e.g.
- 57. Public house mainstay
- 58. WJM's Baxter
- 59. Typesetting units

SUDOKU

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

Solution to puzzle on page C7



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CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

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

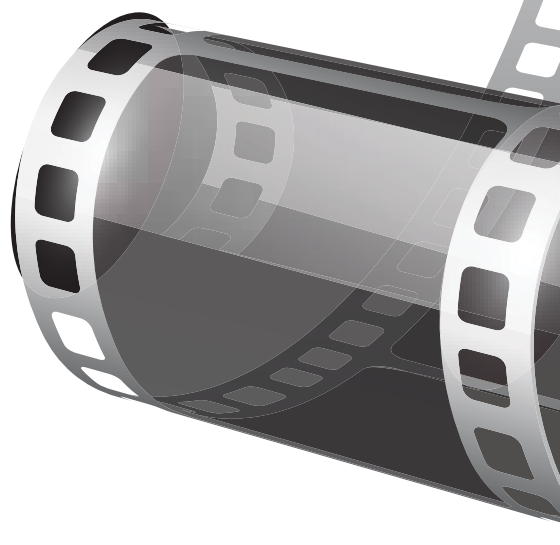
FRI., FEBRUARY 18 1800
 SUN., FEBRUARY 19 1800
 SAT., FEBRUARY 20 1500

UNCHARTED (PG-13)
 FIRST RUN

REEL TIME THEATER MOVIE SCHEDULE







CHURCH DIRECTORY

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

<p>Chapel Services at MAFB Protestant (North Plains Chapel in Base Housing) Sunday Community Service 1030 a.m. (Holy Communion 1st Sunday) Children's Church during school year</p> <p>Catholic Mass (Northern Lights Chapel across from Rockers) Sunday 1000 Daily Monday-Thursday at 1200</p>	<p>St. Peter The Aleut Eastern Orthodox Church</p> <p> 109 6th St. SE Minot • 838-3094</p> <p>Saturday, February 19 Vespers, 5PM</p> <p>Sunday, February 20 Divine Liturgy, 10AM</p> <p>V. Rev. Fr. Paul Hodge</p>	<p> Break Forth BIBLE CHURCH</p> <p>Wednesdays 7:00pm and Sundays 10:30am</p> <p>1821 W Burdick Expressway For More Information: 701.353.9337 www.bfbc.tv</p>	<p> An Evangelical Free Church 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p>Sunday School & Fellowship 9:00 a.m. Worship 10:30 a.m.</p> <p>www.trinitychurchminot.org</p>	<p> Worship Service at 10:45am Sundays Sunday School at 9:45am</p> <p>1720 4th Ave NW, Minot 838-0916 MinotBibleFellowship.org</p>
<p> Faith United Methodist Church</p> <p>5900 Highway 83 N, Minot www.faithumcminot.com</p> <p>Pastor Ken Mund 701-838-1540</p> <p>Sunday School (All Ages): 9:45 a.m. Sunday Coffee Fellowship: 10:30 a.m. Worship Services: Sunday 11 a.m.</p>	<p> Christ Reformed Church</p> <p>Worship 11:00 a.m. Sunday 234 14th Ave SE www.christreformedchurchminot.com</p>	<p>Cornerstone Presbyterian Church</p> <p>1000 NE 3rd Street 852-0315</p> <p>Sunday Schedule Contemporary Worship 9:00am Sunday School (All Ages) 10:00am Traditional Worship 11:00am</p> <p>Wednesday Evening Schedule Community Dinner 5:30-6:30pm Contemporary Worship 6:30pm Youth Group & Small Groups.. 7:15pm All are Welcome! www.ecominot.org</p>	<p> OUR SAVIOR LUTHERAN CHURCH 3705 11th St. SW Minot, ND 58701 701-852-6404 www.oslcminot.com</p> <p>Rev. Heath Trampe Rev. Brian Doel</p> <p>SUNDAY MORNING Worship Services 8:15, 9:30, & 11:30 am Sunday School Age 4 - Grade 12 9:30 am (Sept-May) Adult Bible Study 9:30 am</p>	<p> St. Mark's Lutheran Church Missouri Synod</p> <p>Sunday Worship 9:30 AM</p> <p>2209 4th Avenue NW Minot, ND 839-4663</p> <p>Reverend Philip Beyersdorf www.minotstmarks.com Join us on facebook</p>
<p> Immanuel Baptist Church</p> <p>1615 2nd St. SE, Minot 701-839-3694</p> <p>Sundays: 9:00 am Fellowship 9:15 am Sunday School 10:30 am Worship</p> <p>Wednesdays: 11:30 am Soup Kitchen 5:30 pm Family Supper 6:30 pm Preschool/Kids' Club/ABY 6:30 pm Adult Bible Study</p> <p>www.ibcminot.org e-mail: immanuel@srt.com</p>	<p>Minot Baptist Church</p> <p>Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Evening Worship 6:00 p.m. Wednesday Evening 7:00 p.m.</p> <p><i>Independent/Fundamental/KJV</i> 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p>St. John the Apostle Catholic Church</p> <p>2600 West Central Ave • Minot, ND 58701 839-7076</p> <p>Daily Mass Schedule: Tuesday 5:15 p.m. Wednesday - Friday 7:00 a.m. Saturday 5:00 p.m. Sunday 8:00 & 10:30 a.m.</p> <p><i>Fr. David A. Richter, Pastor</i> Parish website: www.stjohnminot.com</p>	<p> First Lutheran Church - ELCA 120 5th Ave. NW 852-4853</p> <p>Sunday Worship 9:30 am</p> <p>www.firstlutheran.tv (Live Stream & Recorded) Radio Broadcast KRRZ 1390AM Sunday 9:30 am www.flcminot.com</p> <p>Pastor Brandy Gerjets • Pastor Ellery Dykeman</p>	<p> Gospel Tabernacle Community Church</p> <p>9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson</p> <p>Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday</p> <p>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.</p>
<p> JOURNEYCHURCH ASSEMBLY OF GOD</p> <p>1805 2nd St. SE 838-1111</p> <p>Sunday Services 8:30 AM 10:00 AM 11:30 AM</p> <p>Wednesday 6:30 PM</p>	<p>Apostolic Faith Church, UPCI</p> <p>2929 19th Ave NW • Minot Located off Hwy 83 Bypass West (701) 838-0609</p> <p>Saturday School 2:00 p.m. Sunday Worship 3:30 p.m. Wednesday Bible Study 7:30 p.m.</p> <p>Jesse Starr, Pastor</p>	<p> Cross Roads Baptist</p> <p>Southern Baptist Convention</p> <p>Sunday School (all ages) 9:45 a.m. Sunday Worship 11 a.m. & 6:30 p.m. Wednesdays (Prayer & Missions) ... 6:30 p.m.</p> <p>www.minotcrbc.org email: minotcrbc@gmail.com Dr. Bob Farmer- Pastor</p> <p>415 28th Ave SE (Behind Menards) 838-1873</p>	<p> West Minot Church of God Family Worship Center</p> <p>1105 16th St. NW • 839-1407</p> <p>Sunday School 9:30 a.m. Sunday Worship 10:30 a.m. Children's Church & Nursery Wednesday Family Training Hour Meal 5:30 p.m. Classes for All Ages 6:30 p.m. Youth Center, Friday 7:00 - 11:00 p.m. ABC Child Care Center 852-6352</p> <p>westminot.com facebook.com/westminot</p>	<p>Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday</p> <p>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.</p>

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Children's Church 11:05 a.m.
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Fridays, Celebrate Recovery 7:00 p.m.

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Rev. Barry Seifert, Associate Pastor
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MINOT AFB ANNOUNCEMENTS

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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

BUSINESSES & SERVICES



SUDOKU SOLUTION

PUZZLE ON PAGE C8

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

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WHAT'S GOING ON MAFB

FRIDAY 18

- AFGSC Family Day
- For full listing Presidents Day holiday facility hours, visit 5thforcesupport.com
- Cycle & Strength, 0530, Fitness Center
- TAP (DoL) – Employment Workshop, 0800-1600, A&FRC
- Family Zumba, 1000, Turf, hosted by the Fitness Center
- Tactical Fit, 1130, Fitness Center
- Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill
- Cycle, 1630, Fitness Center
- Game Night Series: Board Games, 1700, ESC
- Swerk, 1830, Fitness Center
- Karaoke Night, 2000, Rockers Bar & Grill

SATURDAY 19

- For full listing Presidents Day holiday facility hours, visit 5thforcesupport.com
- Cycle, 0900, Fitness Center
- Barre Strength, 1000, Fitness Center
- Warhammer 40,000 Casual Game Day, 1500, ESC

SUNDAY 20

- For full listing Presidents Day holiday facility hours, visit 5thforcesupport.com
- Zumba, 1400, Fitness Center

MONDAY 21

- For full listing Presidents Day holiday facility hours, visit 5thforcesupport.com
- Presidents Day Special Lunch, 1030-1330, Dakota Inn Dining Facility



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.

TUESDAY 22

- Registration Opens: Dog Sledding Adventure to Superior National Forest at Outdoor Recreation
- Game Day, 1000-1930, Minot AFB Library
- Tactical Fit, 1130, Fitness Center
- Epoxy Cutting Board Class, 1800-2000, Arts & Crafts Center
- Wine & Paint Class, 1800-2000, Arts & Crafts Center

WEDNESDAY 23

- HIIT Strength & Conditioning, 0530, Fitness Center
- Right Start, 0800-1030, Jimmy Doolittle Event Center, hosted by A&FRC
- Pre-Deployment/Remote Readiness Training, 1000-1100, A&FRC, Zoom Meeting
- Story Time, 1030, Minot AFB Library
- Fit to Fight, 1130, Fitness Center
- Yoga, 1200, Fitness Center
- Supplemental Sponsorship Training, 1300-1500, A&FRC
- Swerk, 1730, Fitness Center
- Fighting Game Night, 1800, A&FRC
- Yoga, 1830, Fitness Center

THURSDAY 24

- Initial Counseling Tier II, 0730, A&FRC
- Pre-Separation Counseling, 0830, A&FRC
- Short Notice Pre-Separation Counseling, 0930-1130, A&FRC
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Tactical Fit, 1130, Fitness Center
- Kids' Night, 1530-2030, Bomber Bistro
- Zumba, 1830, Fitness Center
- Yoga, 1930, Fitness Center

FRIDAY 25

- Registration Ends: B52 Basketball Camp at the Youth Center
- Registration Ends: Ski/Snowboard Trip to Bottineau, ND at Outdoor Recreation
- Cycle & Strength, 0530, Fitness Center
- Family Zumba, 1000, Turf, hosted by the Fitness Center
- Tactical Fit, 1130, Fitness Center
- Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill
- Throwback Skate Night, 1800-2000, ESC
- Swerk, 1830, Fitness Center
- Karaoke Night, 2000, Rockers Bar & Grill

SATURDAY 26

- Barre Strength, 1000, Fitness Center
- Magic The Gathering Kamigawa: Neon Dynasty Booster Draft, 1700, ESC

FEBRUARY SPECIALS

Bomber Bistro • Booker Special
Pick up this tasty sandwich featuring meatballs, mozzarella cheese, and marinara sauce on an Italian hoagie. Served with chips and a drink for \$9.75!

The B-Fifty Brew • Tasty Refreshers
Start your day with a thirst-quenching Refresher! Available in Strawberry Acai, Mango Dragon Fruit, and Pink Drink flavors!
Tall \$3.85 • Grande \$4.35 • Venti \$4.85

Rockers Bar & Grill • Classic Cheeseburger
Try this 1/4 lbs seasoned burger with American cheese, served with a side of crispy fries and a drink! Grab this tasty combo for \$7.50!

Celebrate PRESIDENTS DAY

Monday, 21 February 2022
10:30AM - 1:30PM
Dakota Inn Dining Facility

Special Lunch Featuring:
Herb Baked Chicken
Grilled Steak
Mashed Potatoes
Golden Rice Pilaf
Brown Gravy
Sautéed Mushrooms & Zucchini
Roasted Corn Succotash
Senate Bean Soup

For more information, call the Dakota Inn Dining Facility at 723-2359

Skiing & Snowboarding Trip
at Bottineau Winter Park with Outdoor Recreation
March 5th
Register: 17th - 25th of February
Join us for a day of skiing & snowboarding!
Price includes transportation, rentals, & lift tickets.

723-3648

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