

WHATS INSIDE THIS WEEK:



BOMBER
TASK FORCE
EUROPE

A3



91MW
MEDALLION
CEREMONY

B6-7



JUNIOR
ACHIEVEMENT:
EMPOWERING
THE YOUTH OF
MINOT

C3

91MW ANNUAL AWARDS 2021



The winners of the 91st Missile Wing Annual Awards pose with 91MW leadership during the award ceremony at Minot Air Force Base, Feb. 11, 2022. The winners were recognized for the work that they have contributed to the mission over during 2021. More photos on page B1.

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



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CHIEF'S GROUP PRESENTS AWARDS
The Chief's Group presented awards to outstanding Airmen on Feb. 18, 2022, at Minot Air Force Base, North Dakota.

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

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RAMSTEIN AIR BASE, Germany --

The 5th Bomb Wing's B-52 Stratofortress aircraft operating out of RAF Fairford, United Kingdom, flew over Europe on an integration mission to conduct bilateral and theater familiarization, February 21, 2022.

The bomber aircraft landed in the Czech Republic to practice quick-turn sortie regeneration, where the aircraft shuts off its

engines, repacks its parachute and refuels in preparation for another mission. Performing these preflight maneuvers from different locations enables our crews and aircraft to be quickly launched from a variety of partner and allied airfields, extending our range of operations.

Fighter aircraft from the Czech Republic also joined the bombers in the air and executed a range of maneuvers to support

flying training objectives and interoperability between Allies and Partners.

"Operations like these truly enhance our interoperability with our Allies and Partners," said Gen. Jeff Harrigan, commander of U.S. Air Forces in Europe – Air Forces Africa and NATO's Allied Air Command. "We're baking-in the necessary skills to it increases our combined capabilities and readiness while allowing flexible and agile

options for our bombers to respond to any changes in the operational environment."

Bomber Task Force missions enhance the readiness and training necessary to respond to any potential crisis or challenge across the globe. BTF mission offer unique opportunities for allies and partners to strengthen collective deterrence and security throughout the region.

B-52s train over the North Sea

USAFE-AFAFRICA PUBLIC AFFAIRS

RAMSTEIN AIR BASE, Germany --

The 5th Bomb Wing's B-52 Stratofortress aircraft flew a mission over the North Sea and integrated with NATO and regional partners.

Aircraft and personnel from Denmark and Sweden integrated with B-52 bombers to refine interoperability procedures over the North Sea. The use of the bomber aircraft signals the U.S.' commitment to international treaties and allies concerns while maintaining real world capabilities at the heart of our exercises.

"The level of quality and precision that we bring to our exercises ensure our success in collective readiness," said Lt Gen. Steven L. Basham, U.S. Air Forces in Europe – Air Forces Africa deputy commander. "All aircraft that we train in this theater promote deterrence through regional and global security."

The Bomber Task Force Europe series of missions prove and reinforce our interoperability and maintains our common air and maritime domain awareness in EUCOM AOR.



The bomber aircraft landed in the Czech Republic to practice quick-turn sortie regeneration, where the aircraft shuts off its engines, repacks its parachute and refuels in preparation for another mission on February 21, 2022.

CZECH MINISTRY OF DEFENCE PHOTO

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

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A VIEW FROM OUR SIDE
ROD WILSON, NORTHERN SENTRY



Mark your calendars for April 2, 5:30 p.m. at the Clarion Convention Center as the excitement and fun begins on Prairie Warrior Auction 2022. It's an evening of fun as those in attendance will be lucky enough to bid on several items donated by area businesses, with the proceeds going to support our military! The Prairie Warrior Auction supports competition teams, squadron activities, annual awards banquets, and Operation Warmheart, a year round program to provide essentials to those service members and their families in need. The auction has raised \$680,000 since it began. Gather a group of friends and arrive in time for a preview of merchandise with hors d'oeuvres and refreshments beginning at 5:30 p.m. The real excitement begins at 6:30 p.m. with a silent auction, bid high-bid often, and live auction ending around 10:00 p.m. Tickets to the Prairie Warrior Auction are just \$25.00, and will be available at the door. Every year there are a myriad of different items on the auction block. The

evening event is sponsored by the Military Affairs Committee of the Minot Chamber/EDC, and the Prairie Warrior Association.

It's an evening of shared comraderies between Minot AFB, and the city of Minot. We'll see you there, and make sure to bring a friend.

A LITTLE CHUCKLE

The other day on my way out of The Bistro, I heard two Airmen talking in front of me. One Airmen was waiting while the other bundled up, head to toe, to greet the below zero temps outside. As they were just about to break through the door and take on the elements, the bundled up Airmen asked his friend, "Man this is cold, it's indescribable cold, is it always this bad?" To which came the reply, "No man, it's usually worse!" Can't quite give you an accurate description of the look on the bundled up face of the questioning Airmen...because all I could see was his eyes. Have a great weekend!



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SHE'S NOT FROM AROUND HERE
AMY ALLENDER

Talk Like a Local

discussing your home with a new friend.)

Was that after the flood?

Oh, I s'pose: Use this phrase to express consent, agreement, resignation, approximation, or a general I-wash-my-hands-of-this attitude. For example,

Person A: Are you coming to the church potluck?

Person B: Oh, I s'pose.

Child: Can I have more lefse?

Parent: Oh, I s'pose.

Person A: We should really get a remote starter on the car.

Person B: Oh, I s'pose.

Lefse: To locals, lefse is a delicacy. To outsiders—like me—it's a tortilla made of potatoes. The tortilla is then slathered with butter and sometimes sprinkled with sugar, before being rolled up like a taquito and eaten cold. It doesn't taste bad, but it's not nearly as delightful as locals will lead you to believe.

Don't get me wrong—I love lefse. I love the process of making it and I love seeing my local friends light up when they talk about it. If you're new here, do yourself a favor and get on board with lefse.

Hot Dish: To the rest of the world, this is a casserole. There are a lot of complicated systems around here to describe what separates a casserole from a hot dish. Something about cream of mushroom soup and if it includes ground beef. I've never been able

to understand the barrier. When in doubt, just replace the word "casserole" with "hot dish."

Bars: While this might describe an establishment that serves alcohol, more likely the speaker is referring to any cookie-type dessert baked in a pan and cut into squares. For instance, you may be asked to "Bring a plate of bars," to a school function. Cookie bars, brownies, and especially scotcheroos all fit the bill.

Ope: A lesser version of oops. Used when an accident takes place or especially if you bump into someone. Example, "Ope, excuse me, I'm just gonna squeeze past you."

Welp: Pronounced "whelllllp." Used to signal the end of a visit or conversation. If someone slaps their knees and says "Welp..." you know it's time to wrap up conversation and head toward the door where the goodbyes will continue for another 15 minutes or so.

Give it some time and soon, you'll be using these words and phrases flawlessly. And remember—if you don't know what to say, just talk about the wind.

What's a Hot Dish Territory word or phrase you use in daily conversation—or one that surprised you when you moved here? I'd love to hear your NoDak-isms. Find me on Instagram @amy_allender.

When you move to a new place it's common to feel like an outsider. Obviously, you expect it to take some time to find your stride and your people—but that stage of relocation is never fun.

I've never felt so foreign in a place than when I moved to Minot. Things are different here. From the weather to the shockingly low driving age—life can seem alien to a new transplant. Even the words used in casual conversation can seem strange.

Today, let's decode ten common words and phrases you'll hear around Hot Dish Territory. Master these, and you'll be on your way to talking like a local.

The wind: To everyone else wind is simply the movement of air across a landscape. In Minot, wind is everything. The wind will dictate if a day is pleasant or uncomfortable, what you wear, and sometimes even your mood. The wind is always a safe small talk topic. If you don't know what to say, comment on the wind. And don't forget everyone's favorite windism, "It wouldn't be so bad if it wasn't for the wind."

Oh for...: Pronounced, "Ō fer." This mild interjection precedes a sentiment—especially sadness and glee—when responding to news that evokes a strong response. For example, you may say, "Oh, for sad," when learning that a friend will need to attend a funeral. If a friend tells you they'll be going to Arizona for a week in February you may say, "Oh, for fun!"

I've found that saying "Oh, for sad" and "Oh, for fun" are the primary uses. However one may also say "Oh, for gross," "Oh, for dumb," or another adjective as conversation deems necessary.

The Cities: This always refers to Minneapolis and St. Paul. If someone tells you they are going to the cities, it is always appropriate to respond with, "Oh, for fun!"

The Flood: In reference to the devastating flood of 2011. This has now become a mark of time used by locals. For instance,

Did you move here before the flood?

Was your house flooded? (When



AMY ALLENDER PHOTO

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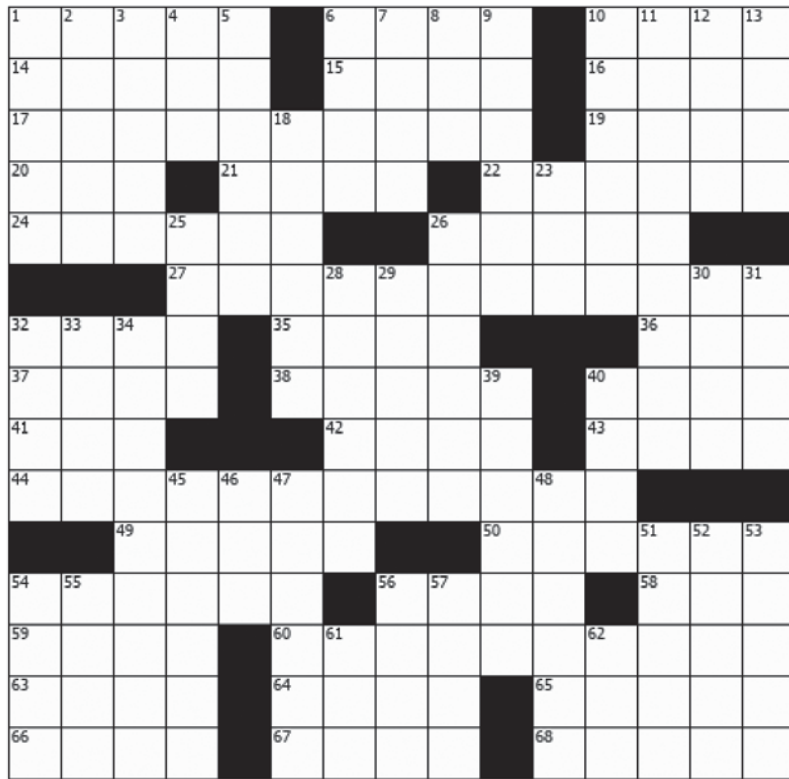
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CROSSWORD PUZZLE

Across

- 1. Browning's Ben Ezra, e.g.
- 6. Epps, the actor
- 10. Sgt. Preston's grp.
- 14. With force
- 15. "Aida" backdrop
- 16. Author Wiesel
- 17. Book protection
- 19. Parent's warning
- 20. Invite
- 21. Peter Fonda role of '97
- 22. Debate subjects
- 24. Hilton Head Island, for one
- 26. Put to the test
- 27. Be in control
- 32. Church part
- 35. ___ avis
- 36. Fury
- 37. Parts of mins.
- 38. Some are blind
- 40. "There's ___ day dawning . . ."
- 41. Debate side
- 42. Rash reaction?
- 43. Famed fed
- 44. Pompous person
- 49. Stadium levels
- 50. Deceived
- 54. Secret information
- 56. Dark, poetically
- 58. Bullring "Bravo!"
- 59. Printer's blue-green
- 60. Metier
- 63. Cleopatra's love Antony
- 64. Beanery offering
- 65. Become allied
- 66. In ___ (existing)
- 67. Metal-stamping tools
- 68. Conundrum



Down

- 1. Detecting device
- 2. Tickle one's funny bone
- 3. Soaks up sun
- 4. Byte fraction
- 5. Wound
- 6. "For ___ in My Life" (Stevie Wonder)
- 7. Nichols or Wallace
- 8. Pub staple
- 9. Go on a pension
- 10. View from Jidda
- 11. Seventh heaven
- 12. Selfish one's exclamation
- 13. They may be collared
- 18. They have crosses to bear
- 23. Take tea
- 25. Hasn't ponied up
- 26. Island roof material
- 28. Fast waters
- 29. Harness races
- 30. Spanish crowd?
- 31. Keeps folks in stitches
- 32. Egyptian cobras
- 33. Feeling one's oats
- 34. Army reconnaissance transports
- 39. Israel's Peres
- 40. Garden soldiers
- 45. Ring bearer?
- 46. Swampland
- 47. Videotaped over
- 48. Register a sale?
- 51. Heavyweight champ from 1937-49
- 52. Ins
- 53. A way to discourage
- 54. Vertex
- 55. Certain thick-piled rugs
- 56. Noted Harper's Bazaar illustrator
- 57. Nickname for Springsteen
- 61. Mai ___ cocktail
- 62. ___-cone (summer treat)

SUDOKU

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Solution to puzzle on page C7



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CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

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MOVIE SCHEDULE









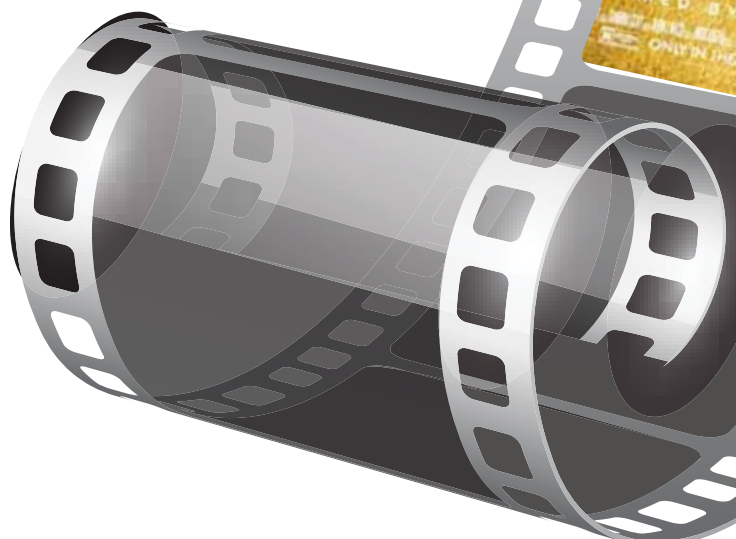
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UNCHARTED (PG-13)
FIRST RUN

SUN., FEBRUARY 26 1800
SAT., FEBRUARY 27 1500
HOUSE OF GUCCI (R)

FRIDAY FEBRUARY 25
Uncharted (PG-13) 1800 First Run

SATURDAY FEBRUARY 26
(R) 1800

SUNDAY FEBRUARY 27
House Of Gucci (R) 1500



Passion to serve, stories to share

1ST LT EMILY SEATON, 20TH AIR FORCE

F.E. WARREN AIR FORCE BASE, Wyo. --

As 2021 came to an end, 20th Air Force welcomed Col. Mark Richey to the leadership team as the new mobilization assistant to the 20th Air Force commander. This interview just scratches the surface of Col. Richey's experiences in the civilian, active duty and reserve realms.

Q. Where do you call home?

A. I was born and raised in Chico, California.

Q. Can you please share a little bit about your family?

A. I have two children, ages 5 and 7.

Q. What inspired you to join the Air Force and go to Officer Training School?

A. I had a wonderful corporate job before I joined the Air Force. I was on a business trip in Jakarta, Indonesia and had an epiphany: we are so fortunate to live in this amazing country of ours. I had always had a strong sense of patriotism, and love of country, with Grandparents who were immigrants. This epiphany led me to go right to the recruiter's office when I came back from that trip. The odds were greatly stacked against me getting a pilot slot, so I also spoke to the Army recruiter and had him prepare a package for me to be a tank commander, in the likely event I did not get selected. I was just bursting at the seams with a desire to serve, and it was going to happen, no matter the job, service, location, etc. I am thankful it worked out the way it did.

Q. How did you choose the Reserves?

A. I was active duty special operations for ten years. I had an amazing active duty career, and wouldn't change it for anything. I had some desires to pursue business opportunities outside of active duty, but still had the

internal requirement to continue to serve. The guard/reserves offered me the opportunity to do both. To this day, my service to country is still what I'm most passionate about, despite being blessed with a fantastic civilian career that I am very thankful for.

Q. What is the best experience or opportunity you have had through the Air Force?

A. I couldn't have scripted my career any better, in terms of feeling like I was making an impact in the defense of my country. There are so many experiences that I would consider remarkable, through ten combat deployments in support of OPERATION ENDURING FREEDOM, OPERATION IRAQI FREEDOM, and OPERATION NORTHERN WATCH. I would say that one particular mission stands out as something that I consider to be extremely meaningful in a sea of meaningful experiences. While in Special Ops, I was able to lead my crew through a rather harrowing rescue mission where we were given official credit for saving 14 lives. The details of the mission were surreal, but I'll save that for anytime anyone would like to have a beverage at the end of the day and discuss it.

Q. What is your civilian career?

A. I am an airline captain at Southwest Airlines.

Q. What is the role of a mobilization assistant?

A. There are a lot of different definitions floating around for what a mobilization assistant does. My goal is to be the "reinforcement" for Maj. Gen. Luton. Specifically, my efforts will be focused on developing the skills, acumen and awareness to be able to be a backstop, or surge suppressor, for him. The desired steady state of

my presence is that I can step in where he needs additional capabilities to accomplish the no-fail, vital mission of 20 AF and the wings within. All of this, while maintaining a lower-cost solution by being available for full-time efforts if needed, but operating under a part-time budget during periods of lower need.

Q. What are you most excited for as you join the 20th Air Force team?

A. I am most excited about the mission, and the team who executes it. I've had the opportunity to train, exercise and posture for nuclear deterrence at the strategic level, as I was a Command Center Director at North American Aerospace Defense Command-U.S. Northern Command. Being able to work at the operational level in this realm is an opportunity that I couldn't have even dreamed up. I am personally thankful to all the



Col. Mark Richey and Col. Chris Clay in front of a C-130 for Richey's final, or "fini," flight. Richey has more than 4,500 flight hours including 675 combat sorties.

PHOTO PROVIDED BY COL. MARK RICHEY

nuclear deterrence warriors for what they do for our country, and more specifically my family. To be able to be a part of this mission and work with the folks

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2021 AFGSC Outstanding Security Forces Unit

MAJ. GEN. ANDREW J. GEBARA,
COMMANDER, EIGHTH AIR FORCE

“Chief Cenov and I are pleased to announce the following units have been selected as the 2021 Air Force Global Strike Command Outstanding Security Forces Unit Award winners. This award recognizes the extraordinary contributions our Defenders have made to our Air Force’s ability to enable and secure our nation’s airpower and nuclear enterprise. This comes at a time when our Defenders are now, more than ever, standing on the front lines and ensuring the safety of our families, resources and missions.

The competition was tough as the finest Defenders in the enterprise reside right here in Striker Nation.”

- Congratulations!
- 5th Security Forces Squadron at Minot Air Force Base named Outstanding Active Duty Large Security Forces Unit Award and
 - 28th Security Forces Squadron at Ellsworth Air Force Base named Outstanding Active Duty Medium Security Forces Unit Award

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providers and those affiliated with the media. Learn more about available services and eligibility requirements.

Are you a service provider or leader? There are products visible to you only when you log in, such as pocket folders, mouse pads, belt clips and brochures. With a Military OneSource account you can order the products you need for the people you support.

You can also use your Military OneSource login on other websites and applications within the Military OneSource platform, including Plan My Move, MilLife Learning and EFMP & Me.

BABY ANNOUNCEMENTS

BABY BOY BORN ON MONDAY, FEBRUARY 14, 2022 TO: KELSEY AND RYAN FROZENE MAFB, ND

BABY BOY BORN ON TUESDAY, FEBRUARY 15, 2022 TO: CHARLAINE HILT MINOT, ND

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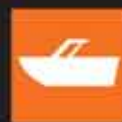


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91MW ANNUAL AWARDS 2021

The winners of the 91st Missile Wing Annual Awards pose with 91MW leadership during the award ceremony at Minot Air Force Base, Feb. 11, 2022. The winners were recognized for the work that they have contributed to the mission over during 2021.

U.S. AIR FORCE PHOTOS
AIRMAN 1ST CLASS SAOMY SABOURNIN



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Barksdale first to implement upgrade to nuclear enterprise 'in more than 30 years'

KEEFER PATTERSON, 2ND BOMB WING PUBLIC AFFAIRS

BARKSDALE AIR FORCE BASE, Louisiana --

Air Force Global Strike Command is modernizing older infrastructure by implementing the largest upgrade to its Nuclear Command, Control and Communication systems in more than 30 years.

In January, Barksdale Air Force Base, Louisiana, became the first, of two AFGSC bases, to receive and implement the Global Aircrew Strategic Network Terminal—a new, innovative NC3 system that provides assured, survivable, fixed and transportable communications to wing command posts, munitions support squadrons and mobile support teams. Global ASNT provides the nuclear enterprise a new two-way reliable, redundant and robust communication path capable of connecting forces anytime, anywhere—allowing AFGSC greater agility and lethality than ever before.

"This system streamlines our NC3 capabilities and allows our team to deliver winning combat power," said Senior Master Sgt. Katrina Strother, 2nd Bomb Wing Command Post senior enlisted leader. "It virtually provides commanders a standardized 'command post in a box,' replacing a single use system with a multi-use communication package that can talk on a multitude of networks and provides a modular design for future upgrades as opposed to costly replacements. Additionally, Global ASNT is survivable in Chemical, Biological, Radiological, Nuclear and High Yield Explosives; and High-altitude Electromagnetic Pulse environments—allowing operators the ability to work through a conflict without fail."

UPGRADING NC3

NC3 refers to an integrated weapons system comprised of facilities, equipment, communications, procedures and personnel. Ultimately, NC3 is what the National Military Command System uses to exercise and conduct continuous, survivable and secure Nuclear Command and Control.

Given the demands of a new era of command and control technology and processes, Global ASNT provides a new wave of capabilities to meet those modern demands head on.

"Global ASNT is a transformational new system that replaces Cold War era communications equipment with the intent of enhancing the warfighters capability as we transition to the command post of the future," said Capt. Tony Scott, AFGSC Command Post NC3 ground requirements

manager.

The acquisition of Global ASNT brings to bear years of research, planning and development.

"This acquisition is comparable to rolling out the new KC-46 or B-21 Raider," said Chief Master Sgt. O'Shea Rhodes, AFGSC Command and Control Operations functional manager. "Similar to the KC-46 or B-21, this new weapons system increases force lethality and nuclear command and control capabilities. The idea is that all these acquisitions are designed to be interoperable—an important feat given the demands of today's strategic environment."

The new system, with acquisition costs in development and procurement ranging nearly \$1.3 billion, will roll out across active duty, guard and reserve units in phased increments. The first phase

ventilation and air conditioning units. However, Global ASNT transcends beyond the AFGSC mission and is forecasted for installation at 43 locations, across seven commands, in seven countries, on three continents, to include four Major Commands and the U.S. Space Force.

The introduction of Global ASNT is a high priority for the NC3 community. Directly getting after Department of Defense priorities with the aim of building a more lethal force and modernizing and recapitalizing NC3, the new terminal will equip forces with the needed tools to address future challenges in an era of strategic competition.

"This is a huge victory for the Department of the Air Force and AFGSC as we continue to modernize key NC3 systems critical to the successful management of the nuclear force at the tactical level," Scott said.



Recently installed Global Aircrew Strategic Network Terminal equipment powers up in the command post at Barksdale Air Force Base, Louisiana, Jan. 13, 2021. This equipment is the first of its kind and the first to be installed at Barksdale.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS CHASE SULLIVAN

consists of development, upgrading and installation; and the second phase consists of implementation. Specifically, the system implementation includes terminal replacement and providing communications for aircrew alert.

Total costs also factor in an estimated \$82 million in enterprise-wide facility preparations, to include facility power modifications and upgrades to heating,

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Polar Plunge® in Minot for Special Olympics North Dakota

Public encouraged to support Special Olympics North Dakota by "Freezin' for a Reason"

SPECIAL OLYMPICS NORTH DAKOTA

MINOT, N.D. – Special Olympics North Dakota (SOND) welcomes you to be "freezin' for a reason" at the Polar Plunge in support of Special Olympics North Dakota! This year's event is Saturday, March 12, at Sleep Inn Hotel, 5906 2400 10th St SW, Minot. Registration starts 30 minutes before your plunge time. The plunge begins at 12:30 p.m.

"The Polar Plunge is a fun opportunity to support local Special Olympics athletes and bring the community together," said Nancy Hanson, President/CEO of Special Olympics North Dakota. "Your contribution and involvement help athletes return to activities, rent facilities for training and competition and have a sense of inclusion in the community. If you are unable to take the Plunge, we welcome you to still come out and show your support!"

Community participation is encouraged, and plungers can participate as an individual or as a team of friends, co-workers, or classmates. Everyone plunging must raise a minimum of \$75 to "take the plunge" into the icy waters. Plungers may also be able to compete for prizes for:

- Best costume
- Best belly flop

- Youngest plunger
- Most money raised by a law enforcement team
- Most money raised by a team
- Most money raised by an individual

The Polar Plunge in Minot is organized by community volunteers along with local law enforcement who participate in the Law Enforcement Torch Run® for Special Olympics as "Guardians of the Flame." These events, along with similar events in communities across the state, help support the more than 1,000 people served by Special Olympics North Dakota, who train and compete year-round in 15 Olympic-type sports.

To get involved, for more information or to register, visit www.specialolympicsnd.org or call 701-746-0331.

People may register the day of the event. Volunteer opportunities also are available.

About the Polar Plunge

The Polar Plunge is a unique opportunity for individuals, organizations, and businesses to support Special Olympics North Dakota. All proceeds benefit programming for Special Olympics athletes across the state. Since it began, thousands of plungers have shown their

bravery by taking the plunge for Special Olympics. Other plunges occur in Grand Forks, Fargo, Williston, and Bismarck.

About Special Olympics North Dakota

Special Olympics North Dakota is part of a worldwide movement that unleashes the human spirit through the transformative power and joy of sports every day around the world. Through work in sports, health education and community building, Special Olympics is addressing inactivity, injustice, intolerance, and social isolation by encouraging and empowering people with intellectual disabilities which leads to a more welcoming and inclusive society. Every year more than 1,000 Special Olympics athletes are served in North Dakota and have an opportunity to take part in any of the 15 sports offered. With the support of more than 150 coaches, 1,300 statewide volunteers can deliver nearly 85 statewide competitions and events throughout the year. Learn more about Special Olympics North Dakota at www.SpecialOlympicsND.org and follow us on Facebook at [facebook.com/SpecialOlympicsND](https://www.facebook.com/SpecialOlympicsND), Twitter @SONorthDakota and Instagram @specialolympicsnd.



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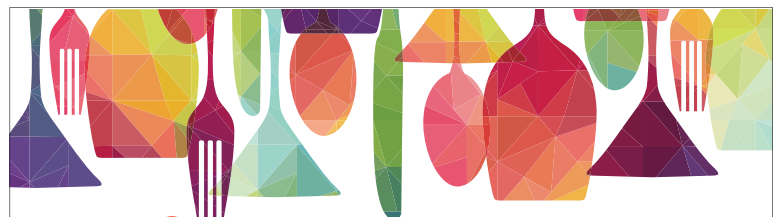
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Respite Care available for EFMP families

LAUREN RUSSELL
66TH AIR BASE GROUP PUBLIC AFFAIRS

HANSCOM AIR FORCE BASE, Mass. (AFNS) --

Families enrolled in the Exceptional Family Member Program are eligible for additional support through the Air Force Respite Care program.

The program provides active duty Air Force families with short-term, specialized childcare to reduce the stressors associated with caring for a child with exceptional needs. It is exclusively connected to EFMP families coded for moderate and severe needs.

“For anyone in the position of being a caregiver, being able to step away to run errands, go to the gym, or just take a break is a huge help and benefit for their family,” said Robin Morris, 66th Force Support Squadron community childcare coordinator.

Morris emphasized that the Respite Care program is not a replacement for everyday childcare. The program allows up to 40 hours of care per month for both EFMP children and their siblings up to 13 years old at no cost to families.

“It can be so difficult to find, retain and afford reliable care for your children, especially when

there are special needs and you’re working around deployments and permanent change of station moves,” said Kristy Anderson, an EFMP family member with two children. “The respite program does a lot of good for so many military families.”

While the Air Force runs the Respite Care program, providers are not Department of Defense employees, rather, independent caregivers.

“This program gives providers the option to work around other jobs, as long as the schedules don’t overlap,” Morris said. “You could be a DoD employee and offer this care to families on nights and weekends. There’s so much flexibility, and it can be so rewarding.”

Providers must be 18 or older and certified in first aid and CPR, as well as trained in special needs inclusion and child abuse prevention. Additional training may be required based on the exceptional needs of the family, including physical, mental, developmental or sensory needs.

Additional information on EFMP Respite Care can be found at <https://www.dafchildand youth.com/expanded-child-care>

Back Talk

RESEARCH REVEALS THE RELEVANCE: Maintaining A Healthy Future Requires Maintenance

Fruitful gardens, well-functioning cars, strong relationships, and healthy spines all share something in common: Maintenance. Consistent care represents a key aspect in producing a worthwhile return in any relationship. The spine represents one of the most valuable investments available! Some believe the spine exists for the simple sake of movement and posture. Nothing could be further from the truth. The health and maintenance of the spine impacts the very well-being of the entire body and all its essential organs.

The benefits of Chiropractic extend well beyond back and neck pain relief. Many symptoms seemingly unrelated to the spine improve through Chiropractic care because of the spine’s intimate relationship with the central nervous system. The essential piece of Chiropractic exists in the relational interaction between a healthy spine and the long-term healing of pain and symptoms.

A 2019 study showed that patients who used Chiropractic care on a regular basis following an intensive initial care plan experienced fewer days with pain and disability compared to those who only utilized Chiropractic during periods of pain. The study further proves what other research and millions of Chiropractic patients understand from over five decades of data collection. A relationship between Chiropractic and the nervous system provides a foundational basis for achieving greater levels of long-term whole-body health.

The benefits of Chiropractic care begin with maximizing the mobility and functionality of the spine. When optimum performance becomes established in the nervous system, the body experiences both a reduction in joint degeneration and an environment of healing and restoration. The body maintains a tremendous capacity for healing and recovery. The hindrance tends to be a lack of communication between the body and brain. The spine serves as the bottle neck for both structure and function in the body. Chiropractic adjustments improve the health of the spine to ensure better overall function regardless of the presence of symptoms and pain. The overall goal always focuses on healing and long-term freedom from pain.

Most Chiropractic patients begin receiving adjustments without being in a state of pain or discomfort. They understand that the body works in relationship with the structure and systems which produce health and longevity. Waiting until pain arises mirrors waiting until cavities form or a car breaks down. Maintenance proactively preserves most valuable relationships. Caring for the spine through regular checkups and adjustments provides a greater quality of life. Chiropractors offer a pain free avenue of health care that ensures a brighter future and vibrant health for all men, women, and children.

All the best to you and yours in great health,

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Dr. Willy Fielhaber



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SPRING HUNTING

Patricia Stockdill

Oops, just in case anyone missed it North Dakota is already almost a week into hunting season.

And, oh by the way, another hunting season closes in a few days.

The state’s hardy tree squirrel hunters have to hang it up for another year on Feb. 28.

However, that doesn’t mean hunters have to wait until March 12 for the spring crow season to open until they can hunt (yes, that’s correct, there is a legal crow season in the Great State of North Dakota).

Plus it doesn’t mean hunters have to wait until spring turkey season opens April 9 – if they applied and got drawn for a tag.

No, North Dakota’s Light Goose Conservation Order opened Feb. 19.

Granted, scattered splotches of snowdrifts and snow still dot frozen ground across the prairie landscape and lakes and wetlands look like large, amazing ice cubes. Plus, any sheet water from melting snow or ice is likely to harden rapidly because this is North Dakota and winter can last well into...well, it can last into April and May depending on Mother Nature.

However, that being said, should any brave, hardy light goose decide it wants to test the elements and head north for an early start on Arctic nesting activity, hunters can head afield to try to find them.

It’s likely any and all light geese – snows, blues, and Ross’s – are still languishing along their southern wintering grounds. They’re soaking up the sun and warmth, feeding, and putting on weight in preparation for their lengthy 1,500-mile journey.

Depending on when Mother Nature decides to shift from winter mode to spring, light geese probably won’t be anywhere in the state until enough snow melts, allowing for sheet water in fields and open water in wetlands for birds to feed and rest.

Don’t expect that anytime soon, although this is North Dakota and anything can happen.

There is a reason the Conservation Order opens so early: It allows ample time for harvest opportunities should any light geese be in the state. That philosophy also applies to the fact that it doesn’t end until May 10. By that time, a vast majority have long settled into their Arctic summer homes, although some juveniles may have missed the note to board their flight.

North Dakota isn’t a large player in harvest totals during the light goose conservation order largely because of weather. When they start making their northward move light geese tend to languish more so in South Dakota, resting on sheet water covered fields and feeding.

When it comes to North Dakota the state typically needs a snow line or adverse weather and shallow sheet water in fields and temporary wetlands to hold them so they can rest. Otherwise, most tend to view North Dakota from the air. The peak light goose migration across the state centers around April 1 – a week on either side of that date.

Another reason North Dakota isn’t a major player in harvest is that it can be challenging to get into position to harvest spring birds. For starters, there are thousands – tens of thousands and more – of them flying in large flocks. That’s a whole lot of eyes in the air. Those adults are pretty suspicious when it comes to identifying potential dangers even when flying high in the sky.

In other words, they’re darn smart birds and they’re darn hard to decoy.

Plus, muddy fields abound by the time they’re moving through in late March and early April. Access is difficult and it’s imperative to get permission – even if fields aren’t posted, whether electronically or with physical signs – because landowners don’t appreciate muddy fields torn up by hunters.

Another challenge in the spring is light geese tend to move rapidly once they’re near North Dakota. They typically need a storm to hold them in the state after staging in South Dakota. Otherwise, they can be in one location one day and well into Canada by daybreak if they decide to take flight.

However, generous regulations during the light goose conservation order allow for a larger harvest and make it a little easier to be successful. It’s still worth checking out for more information on license requirements, regulations, and other details.

Besides, it’s a wondrous sight and sound as they journey over the state – and worth watching.

Go to the N.D. Game and Fish Department website, (gf.nd.gov) for details.

And don’t forget crow season opening March 12.



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Minot Public Library Children's Library Upcoming Events

MINOT PUBLIC LIBRARY

READ DOGS (Tuesday March 1 from 4:00-5:00 pm): Come to the children's library on the first Tuesday of every month to practice your reading skills with our READ Dogs! This program is for all ages. Patrons can read to the dogs for 15 minutes on a first come, first served basis.

LEGO CLUB (Tuesdays March 8 and March 22 from 7:00-8:00 pm): Patrons aged 4 and older are encouraged to come create awesome LEGO structures which will be displayed in the children's library. Children 8 and under must be with an adult.

FAMILY STORY TIME (Saturday March 12 from 10:30-11:00 am): Everyone is welcome to this story time! We will be reading books, singing songs, and doing a craft with a community helper. We are hoping this story time will help start great conversations for families.

KINDNESS KNIGHTS (Saturday March 12 from 1:00-2:00 pm): This program is for children in grades 2-6 to learn different ways they can help and give back around their community. This month we'll be meeting at the Souris Valley Animal Shelter to help care for the pets there. All participants will need to sign a waiver (or have a guardian sign) before they can take part.

STUFFY SLEEPOVER (Drop Off: Saturday, March 12 from 2:00-5:00 pm, Pick Up: Sunday, March 13 from 1:00-3:00 pm.): Archie, our Library monkey, feels a bit lonely, so he wanted to invite the kids' stuffies to come and have a sleepover at the Minot Public Library. Stuffies will have a lot to

do throughout the evening, but so will the kids who sign them up! When they drop their stuffy off, kids will receive a craft to do and a book to read at home. Limit of one stuffy per child. Please no accessories, just the stuffy. Pre-registration required- limited to 25 spots.

MAKER MONDAY (Mondays March 14, 21, 28 from 10:00-10:30 am): Maker Mondays, a story/activity program for independent children ages 3-6, will be held in the Imagination Station of the Minot Public Library.

MOVIE MATINEE (Monday March 23 at 2:00 pm): We will show a family friendly movie since school is out early. Children 5 and under must be with an adult. Snacks will not be provided, but you can bring your own. Drinks must have lids. This time we are showing The Mitchells vs the Machines.

TAKE & MAKE KITS (New kit out every Monday morning): Every Monday we will offer a new take & make craft and activity kits for children. These kits can be picked up all week in the children's library or in the box outside by the book drop.

VIRTUAL ART (New craft every week): Every Monday we will offer a new craft kit, and the video explaining the kit and the featured artist will be posted the following Thursday on the MPL's Facebook page. Supplies are limited, but can be picked up anytime throughout the week that we are open.

Masks are strongly encouraged for in-person programs.



26 FEB

2022 CHAMPAGNE AND ICE GALA
6:00 PM - 11:45 PM
Grand Hotel
1505 N Broadway, Minot

Please join us for our 12th annual Champagne and Ice Gala! All proceeds from this event help the Northern Plains Children's Advocacy Center provide a compassionate and effective way to bring services to children victimized by sexual abuse and other crimes. Share this event and invite your friends. The night of the gala will begin Saturday, February 26th at 6pm with a cocktail hour and the silent auction will continue throughout the evening. Jenna Quinn, author of "Pure in Heart," TED speaker and namesake of Jenna's Law, will present followed by our live auction and raffle for a diamond piece from Knowles Jewelry of Minot. Tickets are \$50/person which includes admission, hors d'oeuvres, and champagne.

For more information:
Website / www.npcac.cbo.io



27 FEB

THE BRUNCH EXPERIENCE @ HIGH THIRD
10:00 AM - 3:00 PM
Minot Municipal Auditorium
420 3rd Ave SW, Minot

Every Sunday from 10AM - 2PM come join us for the berries of buffet brunches including: Rainbow FlapJacks, Sunshiner and Nooner (Breakfast and Lunch Style Smorgasbord), inclusive drinks, but not including the Endless Sassy Suds (Bottomless Mimosas) and Caesars!
Adults: \$21
Seniors (60+): \$14
Kids: \$7, Kids 3 & Under: Free
Endless Sassy Suds (Bottomless Mimosas) and Caesars: \$10 separate charge
Price is all inclusive except alcoholic beverages

For more information:
Website / www.highthirdminot.com/the-brunch-experience



3 MAR

HAMMER TIME AT MARGIE'S ART GLASS
6:00 PM
Margie's Art Glass Studio
109 Main St South, Minot

Each of these adorable mushrooms are just over 6" in size. Let us show you how to make mushroom caps using a hammer to break the glass, resulting in an interesting and unique pattern. Class size is limited, no experience needed.



For more information:
Facebook Event / Margie's Art Glass Studio

3 MAR

BOOKS 'N BREWS
7:00 PM - 8:30 PM
Off The Vine
15 Main St South, Minot

March's Books 'n Brews will be held at Off The Vine. Call or stop by the library to pick up your copy of our next book club pick. For the month of March we will be reading, Where the Crawdads Sing by Delia Owens. Call or stop by to pick up your copy!

For more information:
Website / www.minotlibrary.org



5 MAR

MINOT HOME & GARDEN SHOW
12:00 PM - 7:00 PM
North Dakota State Fair Center
2005 Burdick Expy E., Minot

The Minot Association of Builders are proud to present the Home and Garden Show! Mark your calendars for March 4th and 5th, 2022 so you don't miss a thing! The doors will be open on Friday, March 4th from 12 PM to 7 PM and Saturday, March 5th from 10 AM to 4 PM. Come out and shop from over 100 booths of home builders, contractors, real estate companies, decor, garden, flowers, and much much more all under one roof! Tickets are available at the door the day of the event only! \$5.00 for adults, Kids 12 and under are free!

For more information:
Website / www.minotab.com/homeshow



EVERYDAY HAPPY HOUR - 3PM - 6PM
\$2 off All Apps
\$3 House Wine & Domestic Pints
Bavarian Pretzels with Beer Cheese Sauce
\$4 Rail Drinks, ND Brewery Pints & 22oz Domestic Taps, 4 Lettuce Cups
\$5 Moscow Mule
\$6 Specialty Cocktails, Martinis & 22oz ND Breweries Taps
1/2 Flat Bread Pizza

DAILY SPECIALS
Monday \$5 Moscow Mules (all day)
Tuesday \$4 ND Breweries (all day)
Wednesday 1/2 Price Wine by the glass/bottle (all day)
Thursday \$1 up for all Tall Taps (all day)
BRUNCH (11am-2pm)
Sunday \$7 TSR Bloody Mary & Caesars
\$12 Bottomless Mimosas
\$6 Breakfast Shots

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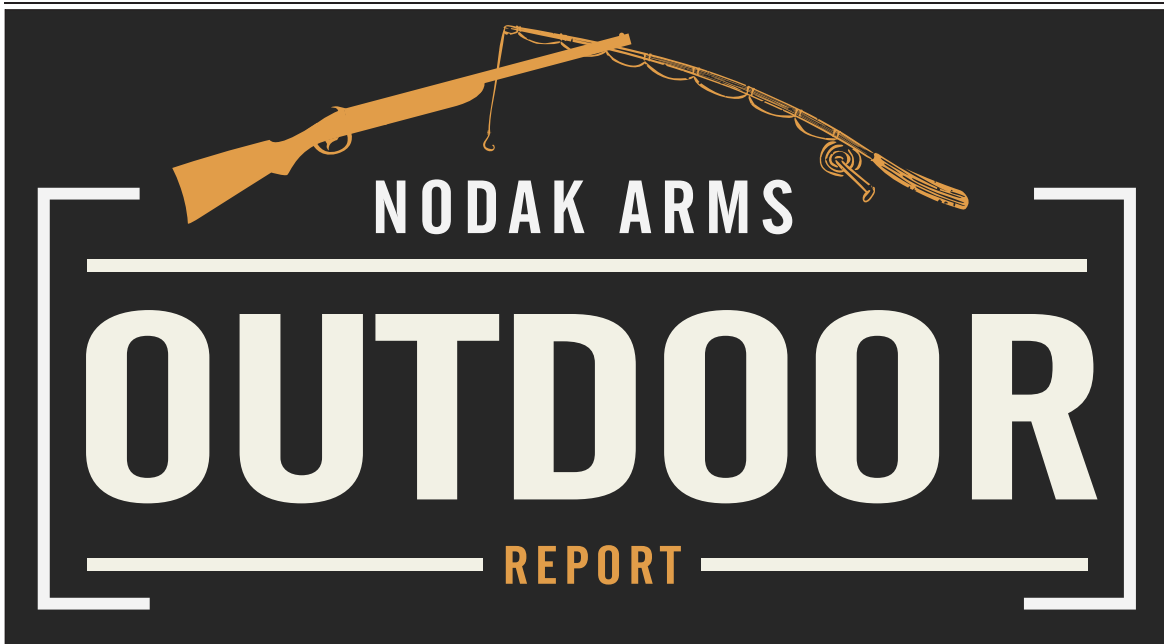
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OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, Feb. 21: 1,827.74 feet above mean sea level (MSL); 15,400 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: 1,447.19 MSL.

•N.D. Game & Fish Dept. game wardens: Lake Sakakawea ice conditions deteriorating so use caution. New Town area slow to fair for walleye but inconsistent. Van Hook Arm slow. No reports from Devils Lake or north-central area lakes.

•Devils Lake, Ed's Bait Shop, Devils Lake: Overall success remains slow.

•Devils Lake, Woodland Resort, Devils Lake: Walleye and perch remain slow. Access deteriorated after recent weather fronts and storms.

•Lake Darling, Karma C-Store, Ruthville: No new reports from Lake Darling or Lake Audubon.

•Lake Metigoshe, Four Seasons, Bottineau: OK walleye success in the evening. Fair to good bluegill success using wax worms.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Lake Audubon producing occasional nice walleye late in the evening or early morning using plain hook and minnow. Try pike spearing from Steinke or Douglas bays for some nice-sized fish on the east end of Lake Sakakawea.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Nice pike bite from the east end of Lake Sakakawea. Try Centennial, Steinke, or Douglas bays. Lake Audubon slow and spotty for walleye.

•Lake Sakakawea, New Town: Fair walleye success with most activity in the morning or evening from the Van Hook Arm.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Use caution on Lake Sakakawea with warm weather potentially creating frozen slush pockets and poor ice in some areas. Limited reports. Missouri River remains quiet.

•Check icehouses after last week's warm spell so it's not iced in and can be removed before the March 15 deadline.

•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. 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.

•March 4: Souris Valley Mule Deer Foundation banquet, Sports on Tap, Minot, 5 p.m.

•March 5: Coteau Hills Rocky Mtn. Elk Foundation banquet, Grand Hotel, Minot, 5 p.m.



•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Walleye congregating around the Lund's Landing to Red Mike area on the upper end of Lake Sakakawea. Look for improving pike success in the bays and edges of deep water into bays, as well. Missouri and Yellowstone rivers remain fair for sauger and walleye. Trenton Lake fair for crappie.

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

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: No new reports from area lakes.

•Turtle Mtn. area lakes, Coast-2-Coast, Rolla: Weather creating poor access conditions and could make it difficult to get houses off. Anglers should consider moving them sooner to avoid issues.

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

•Cross Ranch, Hensler: Snow covering icy base on trails.

•Fort Stevenson, Garrison: Trails icy underneath new snow. Use caution.

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

after recent snow.

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

•Big Sky Resort, Big Sky, Mont., (800) 548-4486: 29- to 52-inch base with 30 lifts and carpets and 266 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 powder, packed powder 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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U.S. AIR FORCE PHOTOS | MINOT AFB PA



A LOOK BACK THIS WEEK IN USAF HISTORY

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



Maj. Gen. Jeanne Holm
(USAF Photo)

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

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

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Invisible Wounds Initiative helps build a supportive culture for Airmen, Guardians, and families through focused leadership

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

ARLINGTON, Va. (AFNS) -- As part of the ongoing Invisible Wounds Initiative Command Team Campaign launched by Gen. Charles Q. Brown, Jr., Chief of Staff of the Air Force, and Gen. John W. "Jay" Raymond, Chief of Space Operations, the service is working to improve the perception of invisible wounds, remove barriers to care, enhance the continuum of care process, and provide an equitable and supportive environment for those living with invisible wounds.

The campaign, launched in October 2021, calls on each command team to act - to lead, support, and engage Airmen and Guardians living with invisible wounds.

An invisible wound is a cognitive, emotional, or behavioral condition that can be associated with trauma or serious adverse life events. Examples of possible diagnoses are major depressive disorder, post-traumatic stress disorder and traumatic brain injury. Awareness and support from leadership significantly influence conversations about mental health and show Airmen and Guardians that seeking care is a sign of strength.

The Command Team Campaign is a communications effort to increase knowledge and enable command

teams to build connectedness, trust, and openness to tough conversations. CSAF and CSO have asked commanders to implement the campaign strategies and use the resources that have been proven successful in pilots at Joint Base Langley-Eustis, Virginia, and Joint Base Andrews, Maryland. To enable command teams, the IWI developed the Invisible Wounds Command Team Guide and Toolkit, designed to help commanders engage their teams, build knowledge and understanding of invisible wounds, and continue to make substantive changes to address mental health openly and honestly.

The guide and toolkit provide command teams with all the information and materials needed to implement the campaign and drive positive change. Command teams can leverage consistent internal communication channels to share information through email, all-hands, and newsletters, as well as spread messages to a wider audience using wing and squadron-level social media platforms. Fact sheets and informational resources are included for leaders at all levels to use in their daily conversations with Airmen and Guardians. The guide and toolkit also contain print resources to catch the attention of

Airmen and Guardians in high traffic areas with visual content on posters, table tents, and other materials.

"Leaders drive culture and enable Airmen, Guardians, and families to perform at their best, both at work and home," said Lt. Col. Michael Shick, director of Warrior Wellness and Policy Integration, Secretary of the Air Force/Manpower and Reserve Affairs.

The Command Team Campaign was developed as a result of two successful culture change pilot programs to improve the awareness, communication, and help-seeking behavior around invisible wounds. The IWI piloted these culture change efforts at Joint Base Langley-Eustis and Joint Base Andrews using digital and physical communication products to promote awareness and engagement, as well as by embedding invisible wound topics into training courses.

In addition to communications and culture change activities, the IWI has implemented numerous solutions that drive timely, proactive case handling, engaged leadership, supportive environments, and accessible, effective care delivery. The program established an Invisible Wounds Clinic that significantly improved identifying, diagnosing,

treating, and reintegrating Airmen and Guardians with TBI and/or PTSD. Additionally, the team has integrated invisible wound concepts into the Basic Military Training, Leadership Development Course for Squadron Command, and Office of Disability Council curricula, including the development of self-paced IWI training videos. Another program initiative was to develop validation criteria and the process to identify policy barriers, which has been completed, as the team continues to evaluate initially identified policy items and recommend solutions for mental health barriers.

"With the Invisible Wounds Initiative, I feel like we're moving in the right direction. It's the natural progression in our understanding for how to best care for our service members," says Maj. David Schonberg, director of Manpower & Personnel, Headquarters, District of Columbia Air National Guard. "From 'shell shock' in WWII, to PTSD and TBI, we've learned so much about the warning signs and

symptoms of invisible wounds. This initiative provides our teammates with simple yet meaningful tools and resources so that together, we become a powerful safety net to help look out for one another."

The IWI was established in 2016, as a DAF enterprise-wide effort to engage Airmen, Guardians, families, care providers, and leadership to improve the perception of invisible wounds, remove barriers to care, enhance continuum of care processes, and provide an equitable environment for those with invisible wounds. The IWI encourages help-seeking behaviors by providing leaders, Airmen, Guardians, and their families with the knowledge to make the best decisions about their mental health and well-being.

"Candid conversations about personal challenges and providing access to support resources help to fight stigma and reduce barriers to help-seeking," Shick said. "It is essential that leaders foster supportive environments for everyone and in particular, those living with invisible wounds."

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 can 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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SOUR CREAM BLUEBERRY MUFFINS



INGREDIENTS

- 2 CUP FLOUR
- 1/2 TEASPOON SALT
- 1/2 TEASPOON BAKING SODA
- 1/2 CUP BUTTER
- 3/4 CUP SUGAR, PLUS MORE FOR MUFFIN TOPS
- 2 LARGE EGGS
- 3/4 CUP SOUR CREAM
- 1 1/2 TEASPOON VANILLA EXTRACT
- 1 1/2 CUP BLUEBERRIES, FRESH OR THAWED

In a small mixing bowl, whisk together the flour, salt and baking soda. In another bowl, using a wooden spoon or a mixer, beat the butter and sugar until light-colored and fluffy. Beat in the eggs, one at a time. Stir in sour cream and vanilla. Add the flour mixture gradually and mix just until incorporated. Using a rubber spatula, gently fold in the blueberries.

Line a 12-cup muffin tin with the cupcake liners. Using an ice cream scoop or spoon, fill each muffin cup two-thirds full with the batter. Sprinkle sugar evenly over the top of each muffin. When ready to cook, set the Traeger temperature to 375°F and preheat with the lid closed for 15 minutes.

Bake the muffins 25 to 30 minutes, or until a toothpick inserted comes out clean. Serve warm and with butter.



Ryan Davy - GM
Minot

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YOUTH IN ACTION

EFMP PCS Tips

Moving with school-aged children can be stressful, but planning ahead can allow for a smoother transition. If your child is enrolled in EFMP, extra steps should be taken. Consider the following tips as you plan your move with a school-aged child enrolled in EFMP:

1- Update the Individual Education Program (IEP) with your IEP team at the school where child attends or the 504 with designated school staff. Although the 504 is not transferrable, it is important to have possible accommodations and modifications listed so you may share ideas that have worked in the past.

2- Request and obtain copy of educational records from your current school or district office, prior to your move.

3- Contact the Minot AFB



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



School Liaison for transition support (mafb.school.liason@us.af.mil).

4- Research possible gaining schools so you are aware of the options available for your family. Connect with your gaining installation's School Liaison for assistance <https://installations.militaryonesource.mil/>.

5- Visit Military One Source Plan My Move: <https://planmymove.militaryonesource.mil/>

6- Contact the Exceptional Family Member Program (EFMP) to ensure enrollment within the program is current.

7- Contact Pathfinder Services of North Dakota (701-857-7500) and ask them to connect you with the Parent Center in the state to which you are moving.

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- **Nodakords**
 - o Men's Barbershop Chorus
 - Meets Mondays at 7 PM



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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



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YOUTH IN ACTION

Junior Achievement: Empowering the youth of Minot

ABIGAIL KINDER, NORTHERN SENTRY

When my co-worker asked me if I was interested in a volunteer opportunity at one of the on-base schools, I had no idea what to expect. I had never really worked around children before, but it sounded like a great opportunity to help the community.

Fast forward to December of 2021 and I found myself standing in the headquarters of the Minot Area Chamber Economic Development Corporation (EDC). Carla Dolan, Chamber EDC Vice President, handed me a bag labeled "Junior Achievement" that contained all the resources necessary for the five week course that I would be teaching to a class of first graders at Dakota Elementary.

Teaching? I was a journalist and graphic designer; teaching children wasn't exactly my expertise. Keeping an open mind as I looked through the guide, I realized that Junior Achievement had provided everything I would need to teach these children an important, age-appropriate lesson on money, jobs, and entrepreneurship. I didn't have to have experience, I just had to be willing and passionate!

So each Wednesday after finishing my Northern Sentry work and before heading off to my second job in town, I dropped by the school to teach Junior Achievement to Catherine Szabo's first grade class. The students were excited to see my face pop through the door, and each week that we have worked together we continue to not only learn, but have fun together.

What is Junior Achievement? "Junior Achievement is a national program founded in 1919 to bring role models into the classroom so kids can learn firsthand about the free enterprise system, entrepreneurship, careers and educational opportunities," said Dolan. Minot's JA began in 1997 as a pilot project with 25 classes based in one school, thanks to a grant from Xcel Energy. "Once it caught on, it expanded to include both public and private schools and has grown to 150 classrooms," she continued. Nationwide, the organization reaches over three million students per year with the help of over 150,000 volunteers from all walks of life.

"The outside expertise is

vital to students as they learn about money management, city planning, and assembly work among other topics. The program was started because its message is to teach about the free enterprise system... a message we at the Chamber EDC feel is important for young people," said Dolan.

In an ever-evolving world, JA students are able to get a head start on learning the basics of economy that have been proven successful in a number of areas, according to independent evaluators gauging the program's efficacy.

"All 12 Minot Public elementary schools participate, which includes Minot Air Force Base, as well as Bishop Ryan and Our Redeemer's Christian School. With 116 classrooms this year, we have 97 volunteers. We still have 7 classes that need a volunteer," Dolan said. These classrooms range from K-5, and volunteers are recruited from local businesses, nonprofit organizations, parent groups, and more. JA is offered at no cost to local schools, with all of their resources being provided by donations and grants from area businesses.

The program in action

The JA program is designed to be easy to understand and follow Common Core standards for early elementary grade students. Provided with a step-by-step guide as well as teaching materials, volunteers visit their classrooms weekly for five one-hour sessions. Each session provides interactive lessons with vocabulary words, demonstrations, open discussions, and fun activities for students to learn and apply the topics to their everyday lives.

Catherine Szabo, first grade teacher at Dakota Elementary, has participated in Junior Achievement for seven years and continues to notice the impact that it has in her classroom. "I think the Junior Achievement curriculum is well written at a level the students can understand. It actually closely follows some of our social studies standards, so it is relevant to what the students are learning in class. The activities that the students complete are hands on and very interesting to them. The students also get to meet and interact with a new adult in an instructional setting which they very much enjoy," she said.

"It is good for them to have that positive experience with an adult from their community. I enjoy getting to know the volunteer as well. I also enjoy being able to observe the students participating while someone else is providing instruction. It sometimes gives me a new perspective to how they learn."

JA is beneficial not only for the students, but for the teachers, volunteers, and the community as a whole. Walking into Ms. Szabo's class five weeks ago, I didn't realize quite how much I would enjoy going through each lesson with them. They are smart, intuitive, passionate, and creative. I have had the opportunity to watch these kids use their gifts and apply themselves to the lessons in ways that not even I thought of walking into it.

For more information on Junior Achievement in the area or to volunteer, visit www.janorth.org/volunteer/. Together, we can make a difference and empower the next generation to be successful.



Volunteer instructor Abigail Kinder visits Catherine Szabo's first grade class at Dakota Elementary weekly to teach students about the free enterprise system through Junior Achievement, a nationally recognized organization dedicated to providing youth with the tools they need to be successful. Coordinated by the Minot Area Chamber EDC, JA programs are taught in 150 K-5 classrooms in Minot with the help of donations from local businesses and dedicated volunteers.

CATHERINE SZABO PHOTOS

All About Pets

Teaching cooperative care



Cooperative care involves training animals to tolerate and even become willing participants in their own care procedures. Training pets in cooperative care is an effective way to make life easier and less stressful when it comes to vet visits, grooming, and other handling. When animals are put in situations where they are uncomfortable or fearful, it is not only traumatizing for the pet but it can be a dangerous situation for the humans involved. Here are some ways you can begin to teach your pet cooperative care!

- Pick an activity that your pet may not be fond of: this could include brushing, baths, handling paws, nail trimming, etc. As an example, many dog owners know how difficult nail trimming can be for certain dogs, so this is something they may want to work on. Dogs can be sedated or medicated to trim nails, and some may think it's easier for humans to just trim their nails and "get it over with", but if you can work with your dog to desensitize them and counter-condition (change a negative emotional response to a positive one) those reactions, then why not give it a try for their emotional wellbeing?

- Give your pet the opportunity to say no: many pets have different fear thresholds, meaning that there is a certain amount of exposure to their triggers that they can handle before it becomes too much. In the example of nail trimming, be sure to start desensitizing slowly with indirect motions, like touching your dog's paw or having your pet hold their paw still in your hand. If you leap right into the triggered activity, it can put your pet over threshold very quickly and without the option to stop, it can set back your training progress. If your pet is showing signs of discomfort (pulling back a paw, yawning, lip licking, running away), stop the activity and try again later or find a less stressful way to begin. You can also teach your pet a "start button" cue, such as laying down on a mat in order to be brushed or offering a paw for nail trimming. Because we want our animals to offer consent and feel comfortable with these activities, training is often a lengthy process. You may only be able to train for 4 minutes before your pet is ready to be done for the day, but with time and persistence, you can work your way up.

- Mark the successful moments: high value rewards are KEY to cooperative care! When your pet performs even one action, such as offering a chin rest or sniffing the nail clippers that they may be scared of, mark the behavior with a clicker or a "yes" and give them a reward. I prefer to use hot dogs or freeze

dried treats for triggers, because they are the highest value to my dogs. But some animals are motivated by praise, others by toys. Find out what your pet likes best and reward them for even the smallest success.

- Be consistent: for some animals, cooperative care training is not an easy process. It may take months for your animal to make progress, especially if they already have prior negative experiences with the activities you are training for. Do not give up! Practice daily, and continue to mark their success even after they make significant progress. Also, practicing outside of the context of necessary situations is an important part of cooperative care. Train your pet to feel comfortable with the movements of an ear exam or putting on a muzzle so that when those become necessary, everyone is prepared.

While cooperative care actually has a list of guidelines and even a certification course developed by Deborah Jones, Ph.D, I like to use it on a broader scale. For my dogs and I, cooperative care goes hand in hand with basic training. Teaching my dogs to get in and out of the bathtub when it's time for grooming is just as important and stress-reducing as training for the actual grooming itself. Teaching an "up" command for our couch or any raised platform helps my dogs get up on vet tables and on the scale to be weighed. From there, we work on the actual cooperative care essentials:

- 1) Chin Rest (or Bucket Game)
- 2) Lie on Side
- 3) Restraint
- 4) Wear a Muzzle
- 5) Foot Handling
- 6) Mouth Handling
- 7) Taking Medication
- 8) Injection or Blood Draw
- 9) Eye Exam
- 10) Ear Exam

www.whole-dog-journal.com/training/cooperative-care-giving-your-dog-choice-and-control/ is a great resource for learning about cooperative care, as well as www.cooperativecarecertificate.com for the actual course. While these resources are meant for dogs, cooperative care principles can be applied to all sorts of animals from tigers to elephants in zoo settings! Cooperative care is a great way to strengthen the bond with your pets through training and trust building, and offers a healthy alternative to more stressful practices.

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Deadline Approaches for PBS Kids Writers Contest

PRAIRIE PUBLIC BROADCASTING

The deadline is approaching for children to write and enter their stories before the February 28 deadline in Prairie Public's PBS KIDS Writers Contest. The contest promotes the advancement of children's reading skills through hands-on, active learning.

The contest encourages

children in grades K-3 to write and illustrate stories. Each story entered will be evaluated by Prairie Public staff and a team of local teachers and librarians until a first-place winner and three Red Ribbon Favorites are chosen for each grade level. Every child who enters the contest will receive a

certificate of achievement. First-place winners will receive prizes and have their stories featured on the Prairie Public website, as well as the chance to read their story aloud on Prairie Public's radio service.

Entry forms and complete rules are available from Prairie Public

at prairiepublic.org/writerscontest. The deadline to submit stories is February 28, 2022.

Prairie Public Broadcasting, headquartered in Fargo, is a non-profit member station of PBS and NPR that provides public television services throughout North Dakota, northwestern

Minnesota, southern Manitoba, and parts of Montana and South Dakota; public radio service to North Dakota; and educational and technological services to communities and individuals across its coverage area.

Minot State to host Red and Green Day

MINOT STATE UNIVERSITY

Minot State University Enrollment Services will host Red and Green Day, a flexible campus event for prospective students and their families, on Saturday, Feb. 26.

Running from 10 a.m. until 1 p.m., the open house event allows individuals to see if the University is the right fit for them by offering campus tours, opportunities to meet with current Minot State students, talk to enrollment services about the admission process, and learn about scholarships and awards.

"Red and Green Day is an opportunity to explore campus while meeting faculty, staff, and

current students," said Lexi Clark, admissions counselor. "It gives prospective students a chance to learn about our wide variety of programs while seeing if Minot State is the campus for them."

Red and Green Day offers three session times, slated to last approximately two hours each.

The sessions begin at 10 a.m., 10:30 a.m., and 11 a.m. and are limited to 20 total people. Those interested can register at askMSU.com/visit/ to secure their time.

For questions about Red and Green Day, contact Clark at lexi.clark@MinotStateU.edu.



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CHURCH DIRECTORY

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

<p>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 26 Vespers, 5PM</p> <p>Sunday, February 27 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> Bible Fellowship Church</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> OSLC where faith & life meet</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 <i>Join us on facebook</i></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><i>Sending the Glorious Light of Jesus Christ to a Dark and Needy World</i></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></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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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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PARK UNIVERSITY MINOT – Your degree, Your way. Open enrollment for the 2021/2022 year! Earn your CCAF credits, AU-ABC, and your Bachelor's degree with PARK. Let's maximize your military experience! Find how many credits you can get from your military experience by going to military.park.edu. and confirmed your credits Or Ask Alexa! Enable the Park University skill on your Alexa device and say "Alexa, ask Park, How many credit hours can I get from my military experience?" She'll even tell you your graduation date! Minot AFB @ the Education Center RM 222 | 844-884-8612 | mino@park.edu PARK. YOU

MINOT STATE UNIVERSITY

Minot State offering face-to-face classes at Minot Air Force Base. Minot State University is excited to again offer face-to-face classes at the Minot Air Force Base. 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



SUDOKU SOLUTION

PUZZLE ON PAGE A6

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

Contact Rod Wilson to get your business listed here!
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WHAT'S GOING ON MAFB

FRIDAY 25

- Registration Ends: B-52 Basketball Camp at the Youth Center
- Registration Ends: Ski/Snowboard Trip to Bottineau, ND with 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, Youth Center
- Swerk, 1830, Fitness Center
- Karaoke Night, 2000, Rockers Bar & Grill

TUESDAY 01

- Women's History Month and International Women's Day at the Dakota Inn Dining Facility
- Registration Opens: Kickoff to Summer Kickball at the Youth Center
- Submissions Open: Air Force Art Contest
- Winter Reading Program Ends at the Minot AFB Library
- Game Day, 1000-1930, Minot AFB Library
- Mardi Gras Special Lunch, 1030-1330, Dakota Inn Dining Facility
- Tactical Fit, 1130, Fitness Center
- Knitting Class, 1700-1900, Arts & Crafts Center
- Acrylic Paint Pouring Class, 1800-2000, Arts & Crafts Center
- Yoga, 1930, Fitness Center

FRIDAY 04

- Registration Ends: Dog Sledding Trip with Outdoor Recreation
- Registration Ends: Preteen & Teen Acrylic Paint Pouring Class at the Youth Center
- Family Zumba, 1000, Turf, hosted by the Fitness Center
- Tactical Fit, 1130, Fitness Center
- Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill
- Mafia Movie Madness, 1800, ESC
- Swerk, 1830, Fitness Center
- Karaoke Night, 2000, Rockers Bar & Grill

SATURDAY 05

- Barre Strength, 1000, Fitness Center
- Magic The Gathering Commander Tournament, 1700, ESC
- UFC 272 Covington vs Masvidal, doors open at 1830, prelims 1900, and main fight 2100, Rockers Bar & Grill

SATURDAY 26

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

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
- First Duty Station Officer Financial Course, 1400-1600, A&FRC
- Swerk, 1730, Fitness Center
- Fighting Game Night, 1800, 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!

SUNDAY 27

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

THURSDAY 03

- Family Fit Bootcamp, 1000, Turf, hosted by the Fitness Center
- 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
- Art Resin Charcuterie Board Class, 1800-2000, Arts & Crafts Center
- Zumba, 1830, Fitness Center
- Yoga, 1930, Fitness Center

MONDAY 28

- HIIT Strength & Conditioning, 0530, Fitness Center
- Family Fit Bootcamp, 1000, Turf hosted by the Fitness Center
- Reintegration Briefing, 1000-1100, A&FRC, Zoom Meeting
- Newbery Book Club, 1600, Minot AFB Library
- Swerk, 1730, Fitness Center
- Yoga, 1830, Fitness Center

ONGOING

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

2022 Air Force Art Contest

IMAGINE CREATE & WIN

1-31 March 2022

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

ARTS & CRAFTS

MARCH SPECIALS

- Bomber Bistro • Chicken Pesto Pasta**
Grilled chicken covered in a tasty pesto sauce and finished with parmesan cheese and Italian seasoning. Served with a breadstick and a drink for \$9.95!
- The B-Fifty Brew • Chai Tea Latte**
Black tea infused with cinnamon, clove, and other warming spices is combined with steamed milk and topped with foam for the perfect balance of sweet and spicy.
Tall \$3.60 • Grande \$4.10 • Venti \$4.60
- Rockers Bar & Grill • Tender Basket**
Tasty tenders served with our famous fries, your choice of dipping sauce, and a drink! Grab this tasty combo for \$7.00!

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