

# northern sentry

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## WHATS INSIDE THIS WEEK:



LIVE,  
LAUGH,  
MAF

A7



5TH FSS  
EXPANDS  
HIRING  
INCENTIVES,  
WORKS TO  
REBUILD  
WORKFORCE

B2



DAKOTA  
OLYMPICS  
2022

C3



Security forces Airmen and Gen. Anthony Cotton, Air Force Global Strike Command commander and Chief Master Sergeant Melvina Smith AFGSC command chief, stand for a photo at Minot Air Force Base, North Dakota, Feb 24, 2022. While touring, Gen. Cotton learned about the many programs Airmen and spouses at Minot AFB have organized to foster a relationship between Airmen, and how the command could continue to support them. More coverage on page A2 & A3.

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DETAILS ON PAGE B5



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Team Minot Airmen meet with Gen. Anthony Cotton, Air Force Global Strike Command commander and Chief Master Sergeant Melvina Smith, AFGSC command chief at Minot Air Force Base, North Dakota, Feb 24, 2022. Gen. Cotton examined the capabilities and readiness of both the 5th Bomb Wing and the 91st Missile Wing, to include maintenance, medical and operational facilities.



Gen. Anthony Cotton, Air Force Global Strike Command commander and Chief Master Sergeant Melvina Smith, AFGSC command chief, learns about the HVAC systems in the missile alert facilities and launch facilities at Minot Air Force Base, North Dakota, Feb 24, 2022.



91st Missile Wing Airmen stand for a photo with Gen. Anthony Cotton, Air Force Global Strike Command commander and Chief Master Sergeant Melvina Smith, AFGSC command chief, after receiving coins from Gen. Cotton at Minot Air Force Base, North Dakota, Feb 24, 2022. Gen. Cotton and his team recognized outstanding Airmen and spouses who have done great work for Team Minot.



Gen. Anthony Cotton, Air Force Global Strike Command commander and Chief Master Sergeant Melvina Smith AFGSC command chief, visits with security forces Airmen at Minot Air Force Base, North Dakota, Feb 24, 2022. While touring, Gen. Cotton and Chief Smith discussed the many programs spouses at Minot AFB have organized to foster a relationship between Airmen, and how the command could continue to support them



Security forces Airmen and Gen. Anthony Cotton, Air Force Global Strike Command commander and Chief Master Sergeant Melvina Smith, AFGSC command chief, view the Defender Memorial Wall at Minot Air Force Base, North Dakota Feb 24, 2022.



Gen. Anthony Cotton, Air Force Global Strike Command commander, talks with 5th Security Forces Squadron airmen as he receives a tour of the firing range at Minot Air Force Base, North Dakota, Feb 23, 2022. AFGSC is responsible for the nation's intercontinental ballistic missile programs and the Air Force's entire bomber force, to include B-52, B-1 and B-2 wings.

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# Air Force Global Strike Command Team Visits Team Minot

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MINOT AIR FORCE BASE, N.D. --

General Anthony Cotton, Air Force Global Strike Command commander, and Chief Master Sergeant Melvina Smith, AFGSC command chief, visited here Thursday and Friday. While here, the command team toured the Base, hearing first-hand experiences from Airmen and families about their day-to-day support and impact for the nation's long-range strike and nuclear strategic deterrence mission.

With two wings on base, each independently supporting the B-52H Stratofortress and Minuteman III ICBM missions at Minot Air Force Base, the installation is the only one in the Department of Defense which hosts two components of the nation's nuclear triad.

Gen. Cotton and Chief Smith used their visit to discuss the importance of the mission Striker airmen support day in and out, 24 hours a day, 365 days a year.

"Our strategic vision is composed of four lines of effort and we want to make it so the youngest airman and the oldest officer could understand it and succinctly apply that to their day-to-day support to the Striker mission," said Gen. Cotton.

Gen. Cotton and Chief Smith lead AFGSC, the United States Air Forces lead proponent for global strike capabilities which support Department of Defense and U.S. Strategic Command objectives. The AFGSC mission includes responsibility for the nation's intercontinental ballistic missile, bomber force, and Nuclear Command, Control, and Communications.

They took time to discuss the command priorities with Airmen and families on base. Some of the topics included creating a foundation of people who take care of each other, ensuring Airmen remain prepared and ready, efforts underway for modernization of the bomber and ICBM fleets, and engaging with communities who

support the Global Strike mission. "Everyone here at Team Minot is collaborating to take care of our families and our military members," said Chief Smith. "We've allowed them to embed themselves within the units and organize events to allow them to come together and get that support they need."

Gen. Cotton and Chief Smith also took time to converse with airmen and leaders about their experiences in protecting and maintaining the nation's strategic force of the current generation taking the mantle from them to continue the mission for Global Strike Command, the Air Force and the Nation.

"I want to make absolutely sure that we are taking the steps to develop a 21st century Airman to take care of 21st century issues, utilizing 21st century weapons systems," said Gen. Cotton. "To be able to do that is talent management, and quality of life. Air Force Global Strike Command doesn't just represent the Air Force

in long range strike, it represents the entire world."

Gen. Cotton and Chief Smith said today's leaders need to think of today's junior airmen and officers in terms of the leaders the Air Force needs in 2032 and work toward talent management initiatives which build toward that vision.

According to Gen. Cotton and Chief Smith, Minot AFB and the people who support the base remain key to ensuring the nation's defense requirements, now and into the future. When discussing the importance of the bomber fleet and strategic deterrence for the American people as well as America's allies and partners, Gen. Cotton stated, "Nobody else has strategic bomber capabilities. Nobody else has land-based intercontinental ballistic missiles. It's Global Strike Command. It's incredibly important for our men and women to understand the role we play in the security of this nation and our allies and partners."



Gen. Anthony Cotton, Air Force Global Strike Command commander, answers a question from Tech. Sgt. Christopher Moore 91st Security Forces Group defender, at an all call at Minot Air Force Base, North Dakota, Feb 23, 2022. While visiting Minot Air Force Base, Gen. Cotton conversed with airmen and leaders about their experiences protecting, interacting and maintaining assets in order to make informed integrated decisions for modernization programs.



Team Minot Airmen stand with Gen. Anthony Cotton, Air Force Global Strike Command commander and Chief Master Sergeant Melvina Smith, AFGSC command chief at Minot Air Force Base, North Dakota, Feb 24, 2022.

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

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**SHE'S NOT FROM AROUND HERE**  
AMY ALLENDER

Since moving to North Dakota I've had many moments that leave me thinking I must have stepped into an alternate universe. However, few compare to my experiences at North Dakotan airports.

Though locals may not bat an eye at the Hot Dish airport experience, to those of us who aren't from around here, it's really something else. Among out-of-state friends or family, I like to spin tales of NoDak airports late into the night. The tales are tall, and only slightly embellished. They've become some of my favorites, because in so many ways, the airport is a microcosm of life here.

On a summer night in 2012, I walked off an airplane into the old Minot International Airport for the very first time. Not only was this my first experience at the Minot airport – this was my first impression of Minot itself. This was the day I moved to Minot.

I'd left Shreveport, LA alone, early that day with a small backpack and a disgruntled cat as carry-on luggage. At the time, I thought I was well versed in the ways of small towns. Now, just imagine my surprise when I stepped into the airport to discover I could see the whole airport from where I stood.

My feet froze to the spot. I'd never seen anything like this. I didn't know places like this actually existed. Without moving I could see all three gates – or was it four – each with a cluster of chairs in front of them. Through a pane of glass I could see the security checkpoint. I could even see baggage claim.

Where was I? Was this place for real?

Although my cat was starting to yowl in her duffel, I pulled out my phone and snapped a photo. This was a story I needed to tell.

To everyone else this was commonplace. This was home – or home-for-now. And now it would be my home too.

As time passed, I observed other things unique to North Dakotan airports. Like the snack bar's menu – carefully spelled out with plastic letters to include Hot

# Hot Dish Airports

Dawg. That menu item stayed up for years – until the airport was demolished and the new airport opened.

Or the time someone dropped their keys in the gate area. An agent found them, then walked to the center of the room – in view of everyone traveling, from all gates. Without using an intercom – there was no need in a space so small – she held them up and loudly said, "Somebody dropped their keys. If these look like yours, I've got them up here at the desk."

Moments later, a man walked up to claim them. The rest of us exhaled a collective sigh of relief. Mutters of, "Good thing she found those," and "Lucky you found them before your flight," filled the terminal.

Take it from someone who isn't from around here: This kind of thing doesn't happen anywhere else.

Another time, I accidentally left my laptop near baggage claim. There'd been a hold up with our luggage, so I pulled my computer out to work for a while. Somehow it got left. As soon as my husband and I arrived home, I realized my mistake. He immediately returned to the airport, where he was greeted by a TSA agent, "Looking

for a laptop?" he said.

He had put it aside and was watching the door for a panicked looking person to come and retrieve it. My husband thanked him and brought it home safe and sound. The whole ordeal took no more than 15 minutes.

The Hot Dish flying experience is all these intangibles and many others combined. It's hearing slightly exaggerated "Ooo" sounds in casual conversation. It's knowing there's a good possibility you'll see someone you know on your flight. It's how the Bismarck airport leaves TV remotes out on end tables, so you can watch whatever you want while you wait to take off.

I love all of these things. I love how I seem to be the only one noticing them. Most of all, I love returning to Minot after a trip. As I approach the gate for my final connection, I can spot other Minotians from afar. There's an aura in the cadence of friendly greetings, flannel, well-worn work boots, and mentions of the wind. It looks like home. It looks familiar and safe, and I'm so glad I get to be one of the few who name Minot as their final destination.

There's really nothing like it. amy.allender@mydakotan.com



AMY ALLENDER PHOTOS



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# A Hug Made All The Difference

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A VIEW FROM OUR SIDE  
ROD WILSON, NORTHERN SENTRY



A couple of weeks back Abigail Kinder shared her experience as a guest teacher with The Junior Achievement program sponsored by The Minot Area Chamber of Commerce/EDC. When Carla Dolan of the chamber approached me to be a volunteer...well how hard can this be?

My Junior Achievement packet arrived before Christmas and I kind of chuckled when the information tag informed me that I would be teaching first graders at Dakota Elementary. The classroom teacher was Mrs. Lawson. Communications by text would establish a schedule, every other week, 2:25 to 3:25 p.m. on Tuesdays. There are a total of five sessions. "OK, Mr. Wilson, you will be done by late April" I told myself.

A quick review of the JA packet and teacher's guide got me started. "Holy Cow!" How do we get this all done in 1 hour? Efficiency, I told myself. But what I forgot to factor in was that in a class of 19 first graders, well efficiency is a bit of an oxymoron...at least for a Grandfather who is long past the homework days for my kids.

## CLASS DAY

I arrived 10 minutes early and was escorted to the classroom. We had to learn a bit about the rules of the classroom. Mrs. Lawson has the patience of Job. With a very calm voice she organized the class, helped me explain the work packets, kept order, and well...she made an amateur look good. We got through the class, with four minutes to spare. I am excited to return for the next four class sessions, and hey, I even called a few kids by their first names. (Memory at my age is not always so sharp.)

As I was putting away my packet I was mentally preparing for the next session. All of a sudden, I felt a tug on my jacket. I turned around to see one of the girls holding up her hands. She said "Mr. Wilson, can I give you a hug?" I wish I could have said \_\_\_\_\_ (name here), of course you can. But I gave her a nod, and she gave me a hug. Next class I will make it a point, by whatever memory method it takes, to learn as many names as I can.

By the way, I also answer to Grandpa Wilson very well, as I have four grandchildren.



Jr. Achievement with Mr. Rod Wilson. Mrs. Lawson's class learned about communities and how they all make up and play a part in the community.

DAKOTA ELEMENTARY PHOTO

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Melissa Andreasen, MSN, FNP-C

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Melissa earned her Bachelor of Science in Nursing from Minot State University. She joined Trinity Health's nursing staff where she gained extensive experience caring for patients in the addiction services, intensive care, and same day surgery units. She completed a Master of Science in Family Nurse Practice from the University of Cincinnati. While working on her master's she served as a clinical nurse instructor with Dakota College at Bottineau. Since becoming a nurse practitioner, Melissa has practiced locally, providing primary care to pediatric, adult, and geriatric patients. A member of the National Association of Pediatric Nurse Practitioners, she has two children.

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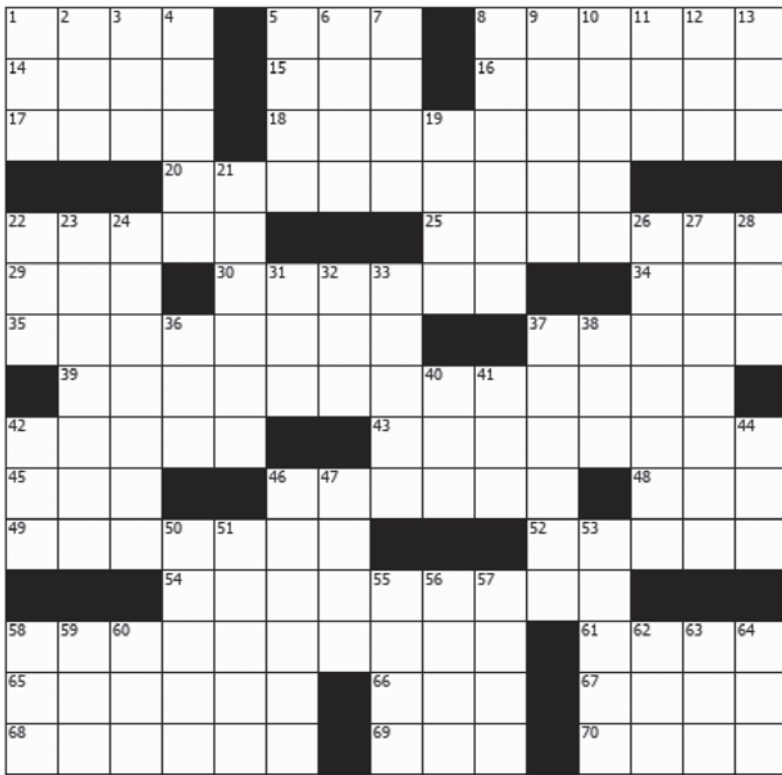
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# CROSSWORD PUZZLE

**Across**

- 1. Grad
- 5. Outdoor parking area
- 8. Sorting devices
- 14. Bewildered state
- 15. Eisenhower nickname
- 16. Where Noah landed
- 17. Earth
- 18. One up at the crack of dawn
- 20. Peter Fonda biker film
- 22. Examined before a heist
- 25. Assimilates
- 29. WWW destination
- 30. Funeral car
- 34. Also
- 35. Fame
- 37. Notes played together
- 39. Ambulance destination
- 42. Nasty, as a remark
- 43. Chaos
- 45. Defy a Commandment
- 46. Cellist Pablo
- 48. Auntie's man
- 49. Wrestling duo
- 52. Nasal dividers
- 54. Pioneer pollster
- 58. They determine a pitcher's "average"
- 61. Indian prince
- 65. Lorne of "Bonanza"
- 66. "\_\_\_ a Wonderful Life"
- 67. Draft animals
- 68. Potatoes au \_\_\_
- 69. "That's \_\_\_ funny!"
- 70. Salacious



**Down**

- 1. Commercials
- 2. Philosopher \_\_\_-tzu
- 3. Israeli submachine gun
- 4. Confused fight
- 5. Falsehoods
- 6. Just adequate
- 7. Guam, e.g.: Abbr.
- 8. Never \_\_\_: keep trying
- 9. Type of vb.
- 10. Former name of Congo
- 11. What five puzzle answers are, initially
- 12. Actress \_\_\_ Dawn Chong
- 13. Orch. section
- 19. Jar covers
- 21. Stick like glue
- 22. Billiards stick
- 23. Turkey neighbor
- 24. Covering with goo, &#2092;a kids' shows
- 26. Got to one's feet
- 27. Harry
- 28. Chunk of lawn
- 31. Chang's twin
- 32. Highest card
- 33. Tears apart
- 36. Actor Beatty
- 37. Game stick with a netted pocket
- 38. Opposite of vert.
- 40. Espionage gp.
- 41. Haute couture inits.
- 42. Plane that no longer flies
- 44. "His Master's Voice" org.
- 46. New Jersey city near Philly
- 47. Cupid
- 50. Church principle
- 51. 1985 Kate Nelligan film
- 53. Actor Flynn
- 55. Wrack's partner
- 56. Aware of
- 57. "Hey!," in a library
- 58. Over-easy item
- 59. LAX posting
- 60. "In Dreams" actor Stephen
- 62. Bunyan's tool
- 63. Wandering \_\_\_: plant
- 64. "In addition..."

# SUDOKU

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

Solution to puzzle on page C6



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# CROSSWORD SOLUTION


Solution to last week's Crossword puzzle.

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


REEL TIME THEATER

MOVIE SCHEDULE

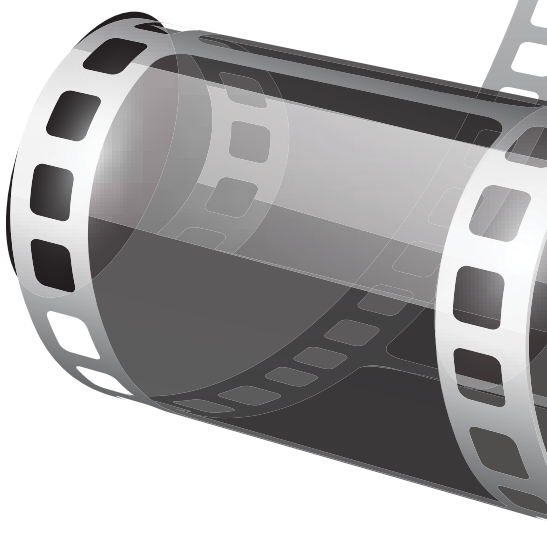




FRIDAY MARCH 4 1800  
SATURDAY MARCH 5 1800  
**JACKASS FOREVER (R)**



SUNDAY MARCH 6 1500  
**MOONFALL (PG-13)**



# Live, Laugh, MAF

AIRMAN 1ST CLASS EVAN LICHTENHAN, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

The 91st Missile Wing (MW), like any wing, is akin to an orchestra composed of a variety of different instruments and musicians. Without the musician's capability to play their instruments in a well-managed facility, the audience could never fully appreciate the symphony.

From chefs and missileers, defenders to medical personnel, this orchestra in support of the nation's ICBM mission requires a vast array of Airmen with diverse skill sets to operate effectively. One such section, the facility manager (FM), serves as both a vital player in the orchestra in addition to someone who directs the day-to-day maintenance and upkeep of the missile alert facilities (MAFs).

While the FM's primary responsibility involves general upkeep and functionality of the MAF, the true impact comes in the form of ensuring the quality of life and mission for Airmen deployed to the missile fields. The FMs keep everyone on their A-Game.

Additionally, the FM serves as the squadron commander's primary representative while on duty at the MAF.

Tech. Sgt. Andrea Butler, 740th Missile Squadron MAF facility manager, recently switched sites from MAF Kilo-01 to Oscar-01. Butler, one of three FMs assigned to Oscar-01, rotates out to her MAF once every three weeks, as a part of the 91st MW deployment model, gaining responsibility of what's referred to as the top-side mission.

"It looks like it's going to be a really good site," said Butler prior to taking over at Oscar-01. "It seems that all three FMs are going to be on the same page and that we are going to mesh together really well."

Butler's role as the Oscar-01

FM means more than ensuring the mission readiness of her teammates. Due to the facility's proximity to the main installation, when senior leaders from off-station visit the missile fields to gain better understanding of day-to-day operations at Minot, Oscar-01 typically makes a prime opportunity for a deep-dive into the ICBM community.

Butler plays a vital role in telling the Air Force's story, informing a variety of senior leaders and guests on the mission of the 740th Missile Squadron.

Not only does Butler guarantee senior leaders have timely awareness of the day-to-day operations in the 91st MW, but she also ensures the Airmen in the missile field remain fully aware of the critical role they play in supporting the nation's nuclear enterprise.

Butler understands Airmen are the key to the readiness and security of the 91st MW. Because of this, she takes time to talk with Airmen about how what they do matters.

"It's always important to know your Airmen," said Butler. "It's not just here [at the MAF] as a facility manager, but it's even more important given the environment we are in and the mission set that we do."

Her passion for mentoring and listening to Airmen helps her help others to improve their careers and personal lives. Butler stated that on multiple occasions Airmen came to her asking for more private conversations requiring one-on-one coaching. After seeing that those around her feel comfortable enough to come talk with her, Butler stated she is grateful to have earned their trust and respect, but recognizes she must always continue to work for it.

One of the Airmen she's had the opportunity to work with, Airman 1st Class Ralph Luna, a

Defender in an Alarm Response Team for the 891st Security Forces Squadron, recently tripped out to Oscar-01 with Butler.

"I do enjoy coming out here," said Luna. "It really depends who I'm going out with, who's the FM and the chef."

Taking the impact she can have on other Airmen's experience at the MAF into account, as soon as people arrive on site, the first thing Butler does is talk to them and get to know how they think, act and operate.

"I sit down and I talk to them. I find out where they're from, what they like to do, their hobbies, how long they've been here, and then I tell them my expectations on what I expect them to do," said Butler.

Butler said keeping the morale high as well as maintaining a friendly and social environment is important for not only the Airmen's health but also mission readiness.

"As long as we have fun and



Airmen in the 91st Missile Wing playing games at a missile alert Facility at Minot Air Force Base, North Dakota, Jan 22, 2022.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS EVAN LICHTENHAN

keep it upbeat, then the seven days go by just like that. But if you're miserable, the food is horrible, or you're uncomfortable in your room, then it makes for a rough week. A lot of people are used to embracing the suck... but why? Say something!" said Butler.

Maintaining a missile alert facility is not only about making sure it is fully operational, but also making sure that the Airmen are in a comfortable, welcoming environment. It is not an easy job, but for Butler, it is certainly rewarding.



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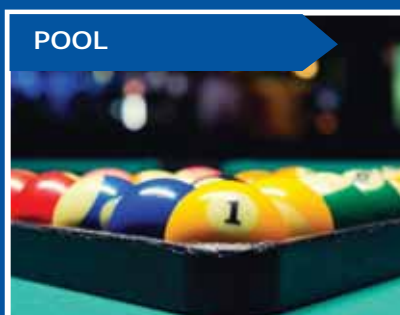
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Provider of the Month Feature

MARCH 2022



NAKYA EDWARDS

What do you enjoy most about being an FCC Provider?

I enjoy getting to see the kiddo's grow each & every day. Seeing them hit milestones and getting to teach them important life skills literally lights up my world, and seeing them use those skills they have been taught makes me even happier.

What are your interests/hobbies? I love to travel and try new restaurants with my husband. I consider myself a foodie, so expanding my palate is super fun to me.

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

The best advice that I can give new providers/those interested in becoming an FCC Provider is to march to the beat of your own drum. Look to other providers for advice but don't compare yourself to them. Do your own thing and you will eventually find a routine that works for you. Also, adjust adjust! Don't feel bad for adjusting things to better yourself and your program whether it's your curriculum or schedule. Do what's best for your kiddos don't just follow the path of others.

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

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0815-0915	HERO CHALLENGE	ALPHA RIG
0830 - 1030	VOLLEYBALL	COURT C
0830-0930	2V2 WALLEYBALL	WALLYBALL COURT
0830-0930	ALPHA WARRIOR	ALPHA RIG
0830-0900	4 MAN RELAY	UPSTAIRS TRACK
0900-1015	2V2 RACQUETBALL	RACQUETBALL COURT
0900-1000	7V7 DODGEBALL	COURT B
1000 - 1200	3V3 SOCCER	TURF
1000-1300	HALO COMPETITION	ESC
1030-1430	2V2 CORNHOLE COMPETITION	COURT B
1100-1200	TABLE TENNIS	AEROBICS ROOM
1200 - 1330	DEADLIFT COMPETITION	COURT A
1200-1400	3V3 BASKETBALL	COURT B
1230-1430	5V5 FLAG FOOTBALL	TURF
1430-1500	CLOSING CEREMONY	COURT B



### LET THE GAMES BEGIN!

Members of the 5th Force Support Squadron and 5th Maintenance Squadron compete against each other in a volleyball match during the 2018 Winter Games at Minot Air Force Base, N.D., March 9, 2018. Airmen from various squadrons around base came together to participate in the fourth annual Winter Games.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS JONATHAN MCELDERRY



Airmen compete in a dodgeball competition during the Winter Games at Minot Air Force Base N.D., March 9, 2018. The Winter Games is an annual event in which Airmen on base compete in various physical activities and sporting events to win the commanders cup.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS DILLON J. AUDIT

# Roosevelt Park Zoo opens up summer job opportunities

ABIGAIL KINDER, NORTHERN SENTRY

If you are looking for a one-of-a-kind summer work opportunity, Roosevelt Park Zoo is the place to go! The zoo is currently searching for motivated individuals to fill seasonal positions in admissions, the gift shop, concession stands, and more.

Jennifer Kleen, Executive Director of the Greater Minot Zoological Society, notes the rewarding experiences that the zoo has to offer guests and employees alike. "Our guests who are coming to the zoo are wanting to have a great day with their families. Everybody's already happy to be here which makes customer service easier, but you also have an opportunity to add to their already wonderful, memory making day," she said. "We have a lot of employees who enjoy it because it's a relaxing place to be, and an easy place to be happy while you're working."

And who wouldn't want to work right next to some mischievous lemurs or feed giraffes on their lunch break? Whether you are looking for a foot in the door, volunteer hours, or simply a meaningful summer job, RPZ has something for you.

Customer service positions at the zoo require basic money handling skills, problem solving, teamwork, and a great attitude. Working in concessions involves food preparation skills and communication in a fast paced environment. Gain valuable work experience or use it as a steppingstone to other paths, such as food service, the park district, or even zoos. Kleen said, "It's nice being a part of the park district. If you really enjoy that position and you are looking for something similar, there are other entities within the park district who are busier in the wintertime," meaning that employees could potentially find year-round work in other areas as well.

"If you don't plan to spend your career in Minot, maybe you plan to spend your career in zoos or in animal care. Working at the zoo is a good step off point for that as well. We actually have two zookeepers on staff right now who started out as ZooTeens. They did volunteer work when they were younger and then they moved into a guest services position, and they've slowly moved up with their zookeeping skills."

Their summer jobs are perfect for students, military spouses, and anyone looking for something fun to do this summer. Can't fully commit to a job but you still want to make a difference at the zoo? Kleen says there are a variety of volunteer opportunities available as well to fit every lifestyle and interest.

Youth ages 13 and up can volunteer with ZooTeens and help with younger classes, gain experience, and move up. "As they put in their volunteer hours with the kids at camp, then they start getting more responsibilities out on grounds. Our teams last year were helping with the giraffe feeding station. They take on some more conservation related roles and duties so that they can make the guest experience more informative," she said. Not only can youth gain work experience and practice responsibility, but volunteering at RPZ is also a

valuable learning opportunity.

For adults, volunteering is flexible and fun. Clearing debris and cleaning up exhibits, supervising children in the goat enclosure, event volunteering, and animal diet preparation are just a few of the endless possibilities available for individuals or groups with any expertise.

Foster your passions, gain experience, and have fun this spring and summer at Roosevelt

Park Zoo. Kleen said, "Those warm fuzzies are around every corner. If you work at a zoo then you love animals and you believe in the conservation of our planet, and it doesn't take much of a walk to realize that it's working. It feels good to work here!"

Jobs at RPZ start at \$10-\$10.50 per hour. To learn more about careers and volunteer opportunities at Roosevelt Park Zoo, visit [www.rpzoo.com](http://www.rpzoo.com).



Roosevelt Park Zoo is searching for motivated individuals to join their team this summer! Whether it is volunteering your time or working one of the many summer jobs available, you can foster your passions and make a difference today!

ROOSEVELT PARK ZOO PHOTOS



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**MYTH: "Once You Start Going to a Chiropractor, You Must Keep Going!"**

**The Research Says...**

A popular myth once deterred people receiving the countless benefits of Chiropractic care. The myth involved the assertion that once a person engaged with Chiropractic care, they became forever bound to continue or risk a detrimental outcome. Nothing could be further from the truth!



Americans champion their freedom. Health care represents one of the many ways in which people embrace freedom of choice in the form of doctors, treatments, diets, and supplements. Even people with specific insurance plans maintain the freedom to pursue health outside the limits and bounds of insurance offerings. Chiropractic care also offers the freedom to pursue short term or long-term care.

The misconception regarding Chiropractic revolved ironically around the reality of positive results within the nervous system. Meditation, exercise, and vitamins all represent health choices which become increasingly beneficial through regularity. Lifestyle choices impact health. A person choosing Chiropractic care or other form of lifestyle choice intended for long term health improvement noticed results over a period of time and consistency. Those benefits naturally revert and deteriorate when someone chooses to step away from that lifestyle choice, whether it be exercise, a healthy diet, or Chiropractic care.

Groundbreaking research published in one of the world's most prestigious medical journals showed the value and benefits of regular Chiropractic adjustments. The study randomly divided a group of sixty patients with back pain. The first group received placebo adjustments throughout the trial. The second group received three real adjustments per week for four weeks with no follow up care. The third group received three real adjustments per week for four weeks with one additional adjustment every two weeks for the following nine months.

Results declared what most Chiropractors witness on a regular basis. The groups receiving real

adjustments reported significant relief and improved function compared to the group receiving placebo adjustments. Further evidence revealed that participants who received on-going adjustments every two weeks achieved the highest level of function, comfort, mobility, and life quality. The group who received positive initial results with real adjustments before reverting to a previous lifestyle experienced diminished results over time. The reality of the study reflects in other arenas of health care. People maintain the freedom to make lifestyle choices which produce positive outcomes over a period of consistency and regularity. People also lose progress when they revert to a previous, less healthy lifestyle.

Chiropractic care provides maintenance and healing within the body. Evidence-based research proved long ago that adjustments create improved health and function within the body. Someone acclimated to better health will experience a deterioration of their health when they choose to no longer care for their nervous system. A similar outcome would occur in someone who exercises and maintains a healthy diet but chooses to become sedentary and eat foods high in fat.

A consistent approach to proactive health care empowers entire families to better function and life quality. Chiropractic patients experience genuine improvement in health and performance by unlocking potential within the body. Regular adjustments ensure that optimal health for the entire family remains a never-ending pursuit.

All the best to you and yours in great health,



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# 5th FSS expands hiring incentives, works to rebuild workforce

ABIGAIL KINDER, NORTHERN SENTRY

On Jan. 30, 2022, a \$15 per hour minimum wage for federal civilian employees was implemented, a progressive change that would affect over 56,000 Department of Defense employees according to the Office of Personnel Management. As stated in a fact sheet released by the White House in April 2021, the previous minimum wage remained at \$10.95 per hour with a \$7.65 per hour tipped minimum. The 5th Force Support Squadron at Minot Air Force Base hopes that the new minimum wage, in conjunction with their other hiring incentives and broad employment opportunities, will attract civilians back into the work force and allow the squadron to expand quality of life programs and services to the entire base.

Matthew Balas, 5th FSS Deputy Director, explained, "For our workforce and our base community this is extremely positive. What it does is raise the minimum to \$15 an hour which also corresponds to changes in the total pay scale. So it's not just going to be our folks who are below the \$15 minimum who are going to get a raise, it's also going to be anyone else within those pay scales." Leadership is currently determining the wage adjustments to be made for those employees who are already above the \$15 an hour minimum, and any new hires will begin at \$15 or more as of January 30.

The 5th FSS coordinates a wide range of base operations from recreation to food service to childcare. Like other employers nationwide, they have faced unprecedented staffing challenges due to COVID-19. "Childcare and food service were some of the hardest hit industries when it came to trying to keep facilities open and staffed. For some workplaces, the \$15 per hour minimum is catching up to what some of their off-base competitors have already been at, for others it will put us a little bit ahead," said Balas.

Along with the competitive wage, the 5th FSS is also offering up to \$1000 sign-on bonuses for new Nonappropriated Fund (NAF) hires and has implemented a \$250 recruitment bonus for current employees. "We know how important word of mouth is and to also be able to incentivize those current employees that we have, because it means that much to us. We don't want to have those facilities close or be at half capacity, but truly it is a challenge. With the \$15 an hour minimum wage, the sign on bonuses, the referral bonuses, retention bonuses, and some of the other benefits that are offered—we have tuition assistance, we have medical, those types of things—hopefully it can incentivize people."

Balas believes that the new minimum wage is a step in the right direction to more fully supporting the base community. Not only will the employees be making more money to support their families, but with additional staff, the FSS hopes to bring normalcy back to Minot AFB through expanded events and services. "We're really excited to be planning and doing activities post-Covid and getting back to what we do best, which is providing services for the families and men and women connected to Minot AFB. But we know that in order to do everything we'd like to do, we need staff," he continued.

While the 5th FSS hires qualified individuals from all walks of life, their employees primarily come from the pool of military families, especially spouses, at Minot AFB. Job opportunities in recreation, food service, childcare, lodging, and more are currently available and according to Balas, even those as young as 16 years old are eligible to work in certain professions. The civilian workforce, no matter who they are or where they come from, plays an essential role in the FSS mission and supporting the wide range of amenities that the base is able to offer.

To streamline the application process, the 5th FSS has recently developed an online JotForm that allows applicants to easily find jobs that align with their interests and lifestyle, and then provides step-by-step guidance through the USA Jobs procedures. "We know for some folks who are entering the workforce that USA Jobs is not an easy site to navigate. Now, all they have to do is fill out the JotForm, we get their contact information, we make the connection, and walk them through the process," said Balas.

With all of these changes and new opportunities, the 5th FSS has high hopes for rebuilding the workforce at Minot AFB. "We are excited for these changes and we are also looking forward to bringing back a lot of different programming this spring and summer, but also understand that there are going to be some changes to some of the current programs and services that we offer. Our teams are looking at the data every day and making sure that we are as efficient as possible and making sure that we are postured for this \$15 an hour minimum while still providing these services for the Airmen and families."

To learn more about hiring opportunities in the 5th Force Support Squadron, visit [www.5thforcesupport.com](http://www.5thforcesupport.com) or call NAF Human Resources at 701-723-2812.

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Saturday: 5:30 a.m. - Noon

# Minot Toastmasters Host Open House

*Event is free to the public*

MINOT TOASTMASTERS

Minot Toastmasters invites residents to its open house to meet members and watch a Toastmasters meeting for themselves. Atiana Beck, Division C Director will be giving an Ice Breaker speech. Come listen to her speak about how she got her unusual name and get to know the Minot Toastmasters members.

“Minot Toastmasters provides a supportive and positive environment where members have the opportunity to develop their communication and leadership skills,” says, Trygve Hammer Vice President of Membership for Minot Toastmasters.

After hearing from Division C Director, Atiana Beck, members and guests will enjoy a regular Toastmasters meeting that will include, Table Topics™ (impromptu speeches) and evaluations.

Minot Toastmasters Open House

Date: March 7, 2022,  
Location: Zoom Online  
<https://zoom.us/j/96784546780?pwd=TG81S1hPU1grbW5RTk4xM2FYV3dmUT09>

Meeting ID: 967 8454 6780  
Passcode: 6gzWi@  
Time: 6:30-7 pm Social, 7-8 pm Meeting

For more information, email Atiana Beck at [divisiondirector@d78Toastmasters.org](mailto:divisiondirector@d78Toastmasters.org).

## ABOUT TOASTMASTERS INTERNATIONAL

Toastmasters International is a worldwide nonprofit educational organization that empowers individuals to become more effective communicators and leaders. Headquartered in Englewood, Colo., the organization's membership exceeds 300,000 in more than 15,800 clubs in 149 countries. Since 1924, Toastmasters International has helped people from diverse backgrounds become more confident speakers, communicators, and leaders. For information about local Toastmasters clubs, please visit [www.toastmasters.org](http://www.toastmasters.org). Follow @Toastmasters on Twitter.



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# NORTHERN CELEBRATIONS

EMBRACING OUR NORTH DAKOTA LIFESTYLE

## FINICKY MARCH

Patricia Stockdill

A person probably doesn't want to think back through the past month of February and the number of days the thermometer dipped below the zero mark.

For that matter, there's no need to mention the number of days it didn't even get above zero for daytime highs.

Instead, let's reminisce about those beautiful days last month, those warm days that melted snow and the occasional day when the wind wasn't blowing higher than 20 miles an hour. Those days allowed folks to enjoy a day on the lake ice fishing. Plus, it was still possible to get out and cross-country ski or snowshoe in many areas.

With February behind us, North Dakota should be on the downward side of the winter of 2021-2022 - maybe.

Now it's March, the ever-so-finicky month of March. It's the month that spring officially arrives. It's the month that North Dakotans can already think hunting and apply for their elk, moose, or even bighorn sheep license. It's the month that new 2022 hunting, fishing, and trapping licenses become available from the N.D. Game and Fish Department.

It's a month that tends to offer up some wonderful late season ice-fishing opportunities. Pike are getting into their spawning mode and can be more active. And, perch, well, late season perch fishing can be amazing.

But March, being that ever-so-finicky month that it is can also be pretty nasty. From an ice-fishing perspective, late season ice can be especially dangerous, particularly on reservoirs like Lake Sakakawea that are drawn down in the winter. There's the issue of slumping shoreline ice, for example.

And then there is the issue of water on the ice with the higher angle of the sun as longer days approach with the coming of spring. Granted, there could be more than a foot of good ice beneath the thin (and sometimes not-so-thin) layer of water but that can deteriorate in just a matter of a few days as ice begins to honeycomb and weaken.

Even though anglers have until March 15 to get

their portable and permanent fish houses off the state's lakes, now is the time to pay close attention to any house that isn't pulled off a lake when an angler leaves for the day. Warmer days can create pools of water around the house and colder nights can freeze it back in. The mid-February warm spell followed by the cold and blustery spell prompted some Game and Fish Department game wardens to caution anglers to check their houses, making certain they could get them off without having too many problems as days moved towards March.

That was good advice then and it's even better advice now. Make sure everything is in place to move it off without having to do some last minute scrambling should March turn angelic and offer up an early spring thaw to pop crocuses and spring flowers into bloom.

Or there is the flip side and March weather could bring some major snow events making it difficult to get onto and move around on lakes again, let alone get a house off the ice. March is typically when North Dakota begins experiencing an upswing in precipitation but the big question is whether it's in the form of rain, snow, sleet, or ice. Granted, after coming off a major drought in 2021, an upswing in precipitation might not seem realistic.

But this is the Northern Great Plains and weather extremes tend to be the norm rather than the exception.

As winter and winter ice fishing winds down, don't give up on catching fish before the open water season begins. It's just that it's sometimes all too easy for longtime winter anglers and beginners alike to forget about safety, whether it's getting on and off the ice or moving around on the ice. The same ice safety rules apply now as they did throughout the winter. Stay off gray or dark ice, it's likely honeycombing and weakened. Don't drive on a lake at night or drive through water - it might just be water on top of ice or it could open water.

Above all, remember it's the finicky month of March - be prepared to deal with emergencies.



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# Soup It Up!

TAUBE MUSEUM

Ready for a night of great local art and food? Soup it Up will be held March 5, (new date!) 5-8pm at the Taube Museum of Art. This evening social will include a silent auction featuring local artists, food from local vendors, and a gift card raffle featuring the Starving Rooster, Grand Hotel, Off the Vine, the Blue Rider, Ebenezer's and more!. The first 80 attendees will receive a handmade ceramic bowl from the Minot State University Art Department! Participating businesses include but are not limited to: Kroll's, Souris River Brewing, Cookies for You, Minot Daily Bread, Atypical Brewery, Thai Hot, and Guilty Sweets!

During this wonderful evening of art and food, the Taube will have a special exhibition on display. The Members Only exhibition is comprised of 30 local artists, including works from: Susana Amundarain, Jay Gaare, Randall Lakoduk, Walter Piehl, Avis Veikley, Carol Fielhaber, Jamis Rose, Hannah Auer, Nancy Walter, Erica Jespersen, Karen Davidson, Conrad Davidson, Doug Pfliger,

Rich Solberg, Leah Olson, Evalynn Boren, Jen Reichle, Susan Brekke, Nick Graham, Aili Davidson Smith, Koi the Creatrix, Rhonda Weninger, Charlie Lee, Linda Olson, Roxi Mathis, E.J. Rose, Amanda Schlieman, and Denise Walker.

Prices are \$20 for non-members and \$17 for members. Sign up for a new membership or renew an expired one and receive a \$10 ticket! Tickets can be purchased online through the Facebook event "Soup it Up! 2022," over the phone, or in person. Direct ticket link: <https://www.eventbrite.com/e/soup-it-up-2022-tickets-251598607207?aff=ebdssbcitybrowse>

Museum and Gift Shop hours: Tues - Fri 10:30 - 5:30 pm, Sat 11:00 am - 4:00 pm or by special appointment. There is no charge for admission, but contributions are accepted to help the Taube Museum fulfill their mission of enriching lives through the visual arts.

For more information contact 701-838-4445: Rachel Alfaro, Executive Director

## BABY ANNOUNCEMENTS

**BABY BOY BORN ON MONDAY, FEBRUARY 21, 2022 TO: SARA GOODVOICELK NEW TOWN, ND**

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

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## Upcoming Events

**5-6 MAR** **MINOT FLEA MARKET**  
8:00 AM - 4:00 PM  
North Dakota State Fair  
2005 Burdick Expy E, Minot

We are more than just your average flea market! We have something for EVERYONE! We have something we know you will find to take home! From junk to new products we are sure this is the place you will want to be! We are open one weekend a month for the months of February, March, April, May, September, October, and November and December.  
Saturdays 8 a.m. - 4 p.m. CT  
Sundays 10 a.m. - 3 p.m. CT  
Location: 4-H Hall at the All Seasons Arena in Minot, ND.  
Ticket Price: \$2; children 10 & under are free  
Email [minotflea@srt.com](mailto:minotflea@srt.com) for more information.



For more information:  
[Facebook Event / Dakota Flea Market](#)

**8 MAR** **LEGO CLUB**  
7:00 PM - 8:00 PM  
Minot Public Library  
516 2nd Ave SW, Minot

The LEGO Club will meet on the second & fourth Tuesday of the month at 7:00 pm in the Imagination Station of the Minot Public Library. Children ages 5 to Grade 5 and parents interested in building are encouraged to attend. Children will have the opportunity to create different structures and vehicles with LEGOs.



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

**9 MAR** **STORYTIME WITH THE MINOT MINOTAUROS**  
5:00 PM - 6:00 PM  
Main Street Books  
8 Main St S, Minot

Let's give a warm welcome to the Minotauros as they give us a hockey-themed storytime that's sure to be action-packed! We'll have snacks and a special surprise as well! (did someone say...autographs?)



For more information:  
[Facebook Event / Main Street Books](#)

**10-12 MAR** **SUCCULENT BAR AT THE MARKET**  
12:00 PM - 6:00 PM  
The Market on 4th  
1900 4th Ave NW, Minot

Join us for a fun event for all ages. Use your creativity in planting your own succulent garden. We will have a variety of pots, containers, succulents and houseplants that are all priced separately. Each pot planted will have a \$3-\$7 planting fee which includes potting soil, moss and rocks to personalize your own creation. Have your own pot? No problem! Just bring it with and fill it with succulents at the shop! No need to sign up, just show up with your friends and start planting!!  
Thursday, March 10th - 12pm to 6pm  
Friday, March 11th - 10am to 4pm  
Saturday, March 12th - 10am to 3pm



For more information:  
[Facebook Event / Succulent Bar at the Market](#)

**11-13 MAR** **KX SPORT SHOW**  
SEE BELOW FOR HOURS  
North Dakota State Fair Center  
2005 Burdick Expy E, Minot

This spring show promotes all things pertaining to the great outdoors of beautiful North Dakota and surrounding states and provinces. Make plans to join us at the Minot State Fair Center for the 2022 KX Sport Show March 11, 12 and 13.  
Friday: 1 p.m. - 7 p.m. CST  
Saturday: 10 a.m. - 6 p.m. CST  
Sunday: 11 a.m. - 4 p.m. CST  
Daily admission: Adults: \$10  
17 and under: FREE



For more information:  
[Website / www.kxnet.com/kx-sport-show/](http://www.kxnet.com/kx-sport-show/)

## On Base

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## OUTDOOR NOTES:

PATRICIA STOCKDILL

**Fishing:**

Lake Sakakawea elevation, Feb. 28: 1,827.76 feet above mean sea level (MSL); 14,400 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,447.21 feet above mean sea level (MSL).  
Stump Lake elevation: 1,447.19 MSL.

•N.D. Game & Fish Dept. game wardens A few more walleye starting to show up in shallower waters on the east end of Lake Audubon. No Lake Sakakawea reports. Devils Lake also slow for walleye with scattered success throughout some areas of the lake. Try 6-Mile or Fort Totten bays. North-central area lakes generally quiet.:

•Devils Lake, Ed's Bait Shop, Devils Lake: Try East Devils Lake or Creel Bay for improving perch success in 22 feet with wax worms.

•Devils Lake, Woodland Resort, Devils Lake: Still somewhat slow but look for the best walleye activity around sunup and sundown in about 10 to 15 feet. Try 20 to 25 feet for perch. Some activity but the best late season bite hasn't started. Anglers can move around throughout most of the lake.

•Lake Darling, Karma C-Store, Ruthville: Occasional walleye and pike from Lake Audubon with Lake Darling producing a few walleye.

•Lake Metigoshe, Four Seasons, Bottineau: Continued fair to good bluegill success with some walleye mixed in. Improving pike activity with some nice-sized fish being taken.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: East end of Lake Sakakawea producing a little more pike success with a few more walleye showing up on Lake Audubon.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Pike on the move on the east end of Lake Sakakawea with improving success. Try Steinke, Centennial, or Douglas bays for with more numbers now showing up in Garrison Bay. Lake Audubon still slow on the west end by Totten Trail but occasional walleye on the east end.

•Lake Sakakawea, New Town:

•Check icehouses with the 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.

•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.

•March 12: Spring crow season opens.

•March 12: Lonetree Rocky Mtn. Elk Foundation banquet, Harvey, 5:30 p.m.

•March 15: Ice houses must be removed from all state lakes and rivers but can be used if they're removed daily.

•March 17: Fort Stevenson State Park Leprechaun's Geocache, Garrison. Call the park, (701) 337-5576 or go to their Facebook page for details.

•March 18: Pheasants for the Future banquet, All Seasons Arena, N.D. State Fair Center, Minot, 4 p.m.

Spotty walleye success but anglers willing to put in their time are finding a few fish. Move around on the Van Hook Arm. Try jigs and minnows or tip-ups.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Limited angler numbers on the Missouri River tailrace and success remains slow. East end of Lake Sakakawea slow for walleye with limited pike spearing success.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Try Lund's Landing to Little Beaver Bay on the west end of Lake Sakakawea in a variety of depths using jigging Raps or jigging style lures with a somewhat improving, aggressive walleye bite. Try White Earth Bay or Tobacco Garden for pike with fish starting to move into a little shallower water. White Earth to the east has clearer water for pike spearing than farther west on the lake. Lewis and Clark State Park and Long Creek have low water levels. Missouri and Yellowstone rivers continue producing a mix of walleye and sauger.

•Lonetree WMA area lakes, Harvey: Area lakes slow with poor access yet.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Area lakes generally remain quiet but look for some

pre-spawn activity on pike lakes soon.

•Turtle Mtn. area lakes, Coast-2-Coast, Rolla: Area lakes generally remain quiet.

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

•Trails generally in poor to fair condition with ice.

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

•Big Sky Resort, Big Sky, Mont., (800) 548-4486: 27- to 48-inch base with 34 lifts and carpets and 274 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: Ski area closes March 13 for the season.

•Huff Hills Ski Area, Mandan, (701) 663-6421: 12- to 28-inch machine groomed base with 1 lift, 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 21 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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# Allied and Partner JTACS Train with Bomber Task Force

ALLIED AIR COMMAND PUBLIC AFFAIRS OFFICE

RAMSTEIN AIR BASE, Germany – Allied Joint Terminal Attack Controllers from Denmark and Partner JTACs from Sweden worked out air-land integration training with B-52 Stratofortress aircraft over the North Sea.

Aircraft and personnel from the U.K., 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.

The level of quality and precision that we bring to our

exercises ensure our success in collective readiness

“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 throughout Europe.



A U.S. B-52 is escorted by Swedish fighters during a Bomber Task Force mission.

PHOTO COURTESY OF SWEDISH AIR FORCE.

# U.S. integrates with Norway and U.K.

USAFE-AFRAFICA PUBLIC AFFAIRS

RAMSTEIN AIR BASE, Germany --

On February 15, 2022, a B-52 Stratofortress aircraft from the 5th Bomb Wing, Minot Air Force Base, North Dakota, joined Norwegian and British F-35 Lightning II aircraft over the North Sea, as part of a Bomber Task Force Europe integration and deterrence mission.

The bombers and fighters executed an Allied targeting mission controlled by Norwegian Joint Terminal Attack Controllers. This mission focused on the integration of a fifth generation platform and its ability to support legacy bomber aircraft.

The bombers also integrated with Norwegian Air Force and

Navy for dynamic targeting and counter sea missions.

“As we continue to integrate generations of technology across the theatre, we need to ensure that we have the flexibility to operate with each other in any domain at any time.” said Gen. Jeff Harrigan, U.S. Air Forces in Europe – Air Forces Africa commander. “Building muscle memory through this type of training ensures we are ready.”

British integration focused on close air support and bomber aircraft escort maneuvers.

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Maintaining tires is an important component of safe driving. Tires are some of the hardest working parts on a car or truck and are subjected to wear and tear every time rubber meets the road.

Tires affect many components of driving, including handling, braking and the comfort of the ride. Maintaining tires makes driving safe not only for drivers and their passengers, but also for fellow motorists.

The National Highway Traffic Safety Administration says that, in 2017, 738 fatalities occurred because of tire-related crashes. Many of those crashes were no doubt preventable, and that only highlights the importance of maintaining tires and monitoring their performance. Poor tire maintenance can lead to premature wear and potentially result in a blowout. The automotive group AAA notes it is important to visually inspect tires as often as possible. Drivers should look for overall tread wear. Pay special attention to tread wear on one edge of the tires, which could indicate poor alignment. Erratic tread wear may mean tires are out of balance.

Drivers also should pay attention to how their cars drive and sounds. Unusual vibration or thumping noises suggest issues with the tires. A car that pulls in one direction also may be experiencing tire problems.

Vehicle owners should be aware of the routine maintenance steps that can keep them safe and improve the life expectancy of tires.

- Tire pressure: The NHTSA says only 19 percent of consumers properly check and inflate their tires. Keeping tires properly inflated is one of the most important steps to maintaining them. Tires lose around 1 psi per month, and underinflated or overinflated tires can contribute to unusual wear, blowouts and even excessive fuel consumption.

- Rotation: Check the owner’s manual or recommendations from the tire manufacturer, but know that most mechanics advise having tires rotated every 5,000 to 8,000 miles. Rotation helps distribute wear more evenly on tires.

- Balancing: AAA says balancing also helps minimize uneven wear and tear. Balanced tires are achieved by using small weights attached to the wheels to limit vibration of the tire and wheels as they turn. New tires should be balanced, and tires also should be balanced after one or more is removed to repair a puncture.

- Alignment: Vehicles have wheel alignment measurements that pertain to manufacturers’ specifications. Alignment that falls outside of the range can impact handling, fuel economy and tread wear. A drift or pull suggests alignment problems and should be addressed.

Vehicle owners should keep tire inspection and maintenance in mind as part of their overall car care plan.

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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>

## NOTES ON BEING SAFE

### STAYING WARM IN THE WINTER



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Did you know that cold stress or "hypothermia" could occur any time of the year? In fact, most cases of cold stress develop in air temperatures between 30 and 50 degrees Fahrenheit. People who are exposed to lower temperatures are at risk for injuries ranging from frostbite to serious loss of body heat to which could result in brain damage or death.

Knowing how to dress and keeping dry are the first steps to being prepared. Dress warm and in layers. Choose fabrics such as cotton and wool to which will insulate but also allow sweat to evaporate. Cover the head because over half of your body heat can get lost through it. Your limbs are especially important to protect since they're the furthest things from your heart. Keep extra clothing around in case you get wet, especially for your feet.

Take breaks frequently especially during strenuous activities. If you become fatigued during physical activity, your body loses its ability to properly retain heat. This causes rapid cooling to which can quickly lead to cold stress. During your rest period, it would be wise to replenish your body with liquids or food. Eating a healthy diet provides your body with the right nutrients it needs to withstand cold stress.

The buddy system in work or play should be used. Look out for one another and know what to look for. A person with hypothermia might not be aware they have it. The first signs of hypothermia are uncontrollable shivering and the sensation of cold. The heartbeat slows down and may become irregular and the pulse weakens. Severe shaking and rigid muscles may be evident and that would be the second sign that the

condition is worsening. The victim may slur their speech, the memory lapses and may feel drowsy. Exhaustion, cool skin, slow, irregular breathing occur as the body temperature drops even lower. Immediate medical attention is needed.

With all of the cold winds we have here at Minot, frostbite can occur at any time especially if we're not paying attention to the time limit we are spending outside. Frostbite can happen without hypothermia present. Frostbite is a serious condition where the fluids around the affected area freeze. It can be an irreversible tissue damaging affect and requires attention immediately. The most vulnerable parts are the

face, ears, hands and toes. Symptoms of this condition include coldness and tingling in the affected area, followed by numbness. The skin color may change to white or grayish-yellow. Pain may also occur in the affected area as the condition worsens and possibly blisters.

Whether you're working out on the flightline, riding an ATV or snowmobile, or just simply building a snowman, stay alert for the possibility of cold stress. Monitor your coworkers or your children, whatever applies to your situation and remember what to look for. Take these steps to protect yourself and others.

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- FRESH CILANTRO, FOR SERVING
- SOUR CREAM, FOR SERVING

When ready to cook, set the Traeger temperature to 350°F. Rub olive oil over chicken and season with salt and pepper. Place the chicken directly on grill grates, close the lid and cook until the internal temperature reaches 165°F, 1 hour. Remove the chicken from the grill and let rest. Using a fork, shred the chicken off of the bone, and set aside. In large skillet over medium-high heat, warm the oil. Add onion and sauté for 3 minutes. Add the green chilies, season with salt and pepper, and sauté for 6-8 minutes, stirring occasionally. Remove from heat and combine shredded chicken to mixture. Grease a 9 x 13-inch baking dish. Set up an assembly line including: tortillas, enchilada sauce, beans, chicken mixture, and cheese. Lay out a tortilla and spread two tablespoons of sauce over the surface of the tortilla. Add the beans in a line down the middle of the tortilla, then add a spoonful of the chicken mixture and sprinkle with 1/3 cup cheese. Roll up the tortilla and place seam-side-down in the baking dish. Repeat with the remaining ingredients. Spread the remaining enchilada sauce on top of the tortillas, then sprinkle on remaining shredded cheese. Place the dish on the grill grates and cook uncovered, until the cheese and sauce is bubbling, and the enchiladas are warmed through, 20 minutes. Remove from the grill and serve immediately. Garnish with sour cream and chopped fresh cilantro. Enjoy!



Ryan Davy - GM  
Minot

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## A LOOK BACK THIS WEEK IN USAF HISTORY

### FIRST BLACK AVIATORS GRADUATE FROM ARMY AIR SCHOOL AT TUSKEGEE, ALABAMA

MARCH 6, 1942



First 5 African American pilots (USAF Photo) In the early 1940s, the United States War Department began training black pilots at Tuskegee Army Airfield in Tuskegee, Alabama. While the center was treated with hostility from many people at the time, it marked an important milestone for African Americans in the military. The first class at the school included 13 cadets of various experience. In the end, only five of those cadets would go on to graduate on March 6, 1942, making history as the first black Army Air Corps pilots. Those five pilots were:

- Capt. Benjamin O. Davis Jr., who would go on to become the Air Force's first black general and played a key role in the desegregation of the USAF
- 2nd Lt. Lemuel R. Custis, who became Hartford, Connecticut's first African American police officer in 1939
- 2nd Lt. Charles H. DeBow Jr., who commanded the 301st Fighter Squadron in Italy and flew 52 combat missions in the European Theater
- 2nd Lt. George S. Roberts, who became the first black officer to command a racially mixed unit at Langley AFB, VA
- 2nd Lt. Mac Ross, who became Group Operations Officer for the 100th Squadron

The desegregation of the Air Force didn't come about until 1949, but even in the face of hardships, these five pilots set an important precedent for future generations of African American pilots.

Information courtesy of: [afhistory.org](http://afhistory.org) / [cafriaseabove.org](http://cafriaseabove.org) / [pioneersofflight.si.edu](http://pioneersofflight.si.edu) / [media.defense.gov](http://media.defense.gov)

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## 501ST CSW FAMILIARIZATION FLIGHT WITH 69TH EXPEDITIONARY BOMB SQUADRON



A U.S. Air Force B-52H Stratofortress pilot, right, assigned to the 69th Expeditionary Bomb Squadron, conducts a tour at RAF Fairford, England, Feb. 21, 2022. The tour was meant to give representatives from allied nations insights into the capabilities and operations of U.S. Air Forces in the United Kingdom.



U.S. Air Force Col. Brian Filler, 501st Combat Support Wing commander, prepares for takeoff at RAF Fairford, England, Feb. 22, 2022. Filler completed several pre-flight requirements prior to boarding a B-52H Stratofortress for a familiarization flight.



U.S. Air Force Airmen and distinguished dignitaries and guests stand for a group photo at RAF Fairford, England, Feb. 21, 2022. The tour these dignitaries and guests were on was meant to give representatives from allied nations insights into the capabilities and operations of U.S. Air Forces in the United Kingdom.



A U.S. Air Force B-52H Stratofortress pilot, left, assigned to the 69th Expeditionary Bomb Squadron, conducts an pre-flight inspection with Col. Brian Filler, center, 501st Combat Support Wing commander, at RAF Fairford, England, Feb. 22, 2022. Filler completed several pre-flight requirements prior to boarding a B-52H Stratofortress for a familiarization flight.



U.S. Air Force Staff Sgt. Joseph Burner, right, 69th Expeditionary Bomb Squadron weather Airman, conducts a pre-flight brief at RAF Fairford, England, Feb. 22, 2022. Col. Brian Filler, center, 501st Combat Support Wing commander, completed several pre-flight requirements prior to boarding a B-52H Stratofortress for a familiarization flight.



U.S. Air Force Airman 1st Class Sandra Felix, left, 69th Expeditionary Bomb Squadron aircrew flight equipment, assists Col. Brian Filler, right, 501st Combat Support Wing commander, with donning flight gear at RAF Fairford, England, Feb. 21, 2022. Filler completed several pre-flight requirements prior to boarding a B-52H Stratofortress for a familiarization flight.



U.S. Air Force Col. Charles Metrolis, center left, U.S. Embassy U.S. Defense Air Attaché, greets Baroness Annabel MacNicoll Goldie DL, U.K. Minister of State at the Ministry of Defence, at RAF Fairford, England, Feb. 21, 2022. The tour these dignitaries and guests were on was meant to give representatives from allied nations insights into the capabilities and operations of U.S. Air Forces in the United Kingdom.



U.S. AIR FORCE PHOTOS | SENIOR AIRMAN JENNIFER ZIMA

### UNDERWATER WORD FIND

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

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- CRAB
- DIVE
- FISH
- GILLS
- LOBSTER
- MOLLUSK
- OCEAN
- SALTWATER
- SEA
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- WAVES

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# YOUTH IN ACTION

## PCS & MIC3

As you prepare to PCS with your K-12 military-connected student, one of the available resources to smooth the transition is the Military Interstate Children's Compact. The Compact addresses the challenges of the military child and their frequent relocations. It allows for uniform treatment as military children transfer between school districts in member states. The Compact only applies to public schools. The Compact covers the following students: active duty members of the uniformed services, including members of the National Guard and Reserve on active duty orders (Title 10), members or veterans who are medically discharged or retired for one year, members who die on active duty, for a period of one year after death, and uniformed members of the Commissioned Corps of the National Oceanic and Atmospheric Administration (NOAA), and United States Public Health Services (USPHS).



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



Some of the areas covered by the Compact are: enrollment, educational records, immunization requirements, kindergarten & first grade entrance age, placement & attendance, course & educational program placement, special education services, placement flexibility, absences related to deployment activities, graduation related course waivers, flexibility in accepting state exit or end-of-course exams, national achievement tests, or alternative testing in lieu of testing

requirements for graduation in the receiving state, and allowing a student to receive a diploma from the sending school instead of the receiving school. If you are due to PCS this summer and have concerns about your student's transition now is the time to contact a School Liaison! For more information on the Compact, visit mic3.net or contact the Minot AFB School Liaison at [atmafb.school.liaison@us.af.mil](mailto:atmafb.school.liaison@us.af.mil) or 701-723-1447.

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- **Nodakords**
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## 2021-2022 MINOT PUBLIC SCHOOLS CALENDAR

### IMPORTANT UPCOMING DATES

- March 9**  
Vacation Day - No School
- March 10 & 11**  
Spring Break - No School
- April 15**  
Good Friday - No School
- April 18**  
Vacation - No School

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				

April 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	29	30		

- 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

## Dakota Olympics 2022

ABIGAIL KINDER, NORTHERN SENTRY

Dakota Elementary brought a touch of culture to their classrooms during the 2022 Beijing Winter Olympics. The idea, which was started by Kindergarten teacher Allison Torbit, included a variety of fun games, lighthearted competition, and relevant lessons to give students a better understanding of the world's most prestigious sporting event.

To start the festivities, each class at Dakota Elementary picked a country to represent them. Teachers had the freedom to choose their lessons and activities based on the country and their students. "Some of them did research on the country, some of them learned a few words of the language, my class looked at the flag," said Torbit.

The classes also followed their respective countries through the Olympic games, counting the medals won in real life and charting them on a display in the school's main hallway. Every student made a cutout handprint for the Olympic rings also displayed in the hallway alongside the countries' flags hanging from the ceiling.

"We were also able to order some books about the Olympics," Torbit continued. "We talked about some of the different athletes and their backstories. 2nd grade is doing Black History Month so they tied in the story of Surya Bonaly, the ice skater who does all the flips."

Along with learning about the Olympics, the athletes, and their countries, students were able to participate in some friendly competition, such as the "Bucket Challenge" relay race in gym. Teachers also focused one competition on personal accomplishments, giving students "Eagle Bucks" when they walked nicely in the hallway, performed acts of kindness, and displayed other good behaviors. Kindergarten through 2nd grade and 3rd through 5th grade competed for the most Eagle Bucks to receive gold, silver, and bronze medals.

All of these activities and lessons offered students insight into not only the Olympic Games, but the cultures and traditions of the other countries involved. "I think it's a great way to bring in culture," Torbit explained. "Being our school, so

many kids have traveled to different places that a lot of other kids haven't. I can't speak to what the conversations are in other rooms, but it's kind of fun and gets that conversation going about other countries and cultures."

At the end of the Olympics, students were left with even more great school memories and a better understanding of the cultures and meaning behind them.



DAKOTA ELEMENTARY PHOTO



Dakota Elementary celebrated the 2022 Olympic Games with a variety of fun activities and some friendly competition! Teachers applied the Olympics to their lessons and students were able to learn about other countries, athletes, and history through immersive experiences.

NORTHERN SENTRY PHOTOS | ABIGAIL KINDER

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# Driving Under the Influence

5TH BOMB WING / STAFF JUDGE ADVOCATE

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

## LAW

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

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

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

## CONSEQUENCES

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

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

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

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

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

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

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

## CONCLUSION

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

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

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



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### Let's Plan Your Party!

# CHURCH DIRECTORY

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

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

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

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5	7	3	4	2	6	8	9	1
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## MINOT AFB ANNOUNCEMENTS

### EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

Embry-Riddle Aeronautical University is the world's pre-eminent university for aviation and aerospace education. However, our dynamic, hands-on programs will prepare you for careers well beyond the limits of the sky. Our Worldwide Campus has been working with U.S. military service members since 1970, helping them to earn a degree while on active duty or as veterans. And we do it at more than 90 military installations around the globe. The Embry-Riddle Minot Campus — located at Minot Air Force Base — offers associate, bachelor's, and master's degrees, as well as undergraduate and graduate certifications, that will help you whether you are an active-duty military service member, a veteran, or a civilian working at or around Minot Air Force Base, Embry-Riddle Worldwide is here to help you earn your college degree. A degree from Embry-Riddle Worldwide will help service members to become commissioned officers, will make veterans more desirable job candidates as they enter the civilian workforce, and will assist civilians with job advancement or career changes. Our modes of instruction are: Online, Eaglevision Home and Eaglevision Classroom. Our next term is: 21 Mar-22 May. For more information, please visit us in Room 223 located in the Base Education Center Building (2nd floor), email: minot@erau.edu or call office phone: 701-727-9007 and/or Teams phone: 904-513-9734.

### COLUMBIA COLLEGE

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### MINOT STATE UNIVERSITY

Minot State offering face-to-face classes at Minot Air Force Base. Minot State University is excited to again offer face-to-face classes at the Minot Air Force Base. The Spring 2022 semester begins Monday, January 10, 2022. There is no application fee for active-duty military personnel. Military personnel can complete their Community College of the Air Force (CCAF) degree and earn a bachelor's degree from Minot State. For more information, contact Brigitte Mikula at 701-727-9044 or by email at Brigitte.mikula@minotstateu.edu



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# WHAT'S GOING ON MAFB

## FRIDAY 04

- Registration Ends: Dog Sledding Trip with Outdoor Recreation
- Family Zumba, 1000, Turf, hosted by the Fitness Center
- Tactical Fit, 1130, Fitness Center
- Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill
- Cycle, 1700, Fitness Center
- Mafia Movie Madness, 1800, ESC
- Swerk, 1830, Fitness Center
- Karaoke Night, 2000, Rockers Bar & Grill

## TUESDAY 08

- Registration Begins: Single Airmen Laser Tag at the Turf with Outdoor Recreation
- Game Day, 1000, Library
- Tactical Fit, 1130, Fitness Center
- Valorant Intramural League, 1800, ESC inside Bomber Bistro
- Wine & Paint Class, 1800, Arts & Crafts Center
- Yoga, 1830, Fitness Center

## FRIDAY 11

- Registration Ends: Winter Games at the Fitness Center
- Cycle & Strength, 0530, Fitness Center
- Guest Speaker: Marine Corps Veteran, Amos Benjamin, 0930, Jimmy Doolittle Event Center
- Family Zumba, 1000, Turf hosted by Fitness Center
- Tactical Fit, 1130, Fitness Center
- Friday Fun Members Buffet, 1630, Rockers Bar & Grill
- Game Night Series: Mordhau, 1800, ESC inside Bomber Bistro
- Swerk, 1830, Fitness Center
- Karaoke Night, 2000, Rockers Bar & Grill

## SATURDAY 05

- Cycle, 0900, Fitness Center
- 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

## WEDNESDAY 09

- HIIT Strength & Conditioning, 0530, Fitness Center
- Moving Out of the Dorms Budget Class, 0900, A&FRC
- Pre-Deployment/Remote Readiness Training, 1000, A&FRC, Zoom Meeting
- Story Time, 1030, Minot AFB Library
- Fit to Fight, 1130, Fitness Center Track
- LinkedIn Workshop & Networking, 1730, A&FRC
- Swerk, 1730, Fitness Center
- Fighting Game Night, 1800, ESC inside Bomber Bistro
- Yoga, 1830, Fitness Center

## SATURDAY 12

- Barre Strength, 1000, Fitness Center
- Dr. Seuss Day, 1300, Minot AFB Library Facebook Page: @minotairforcebaselibrary

## SUNDAY 06

- Zumba, 1400, Fitness Center

## THURSDAY 10

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

## MARCH SPECIALS

**Bomber Bistro • Chicken Pesto Pasta**  
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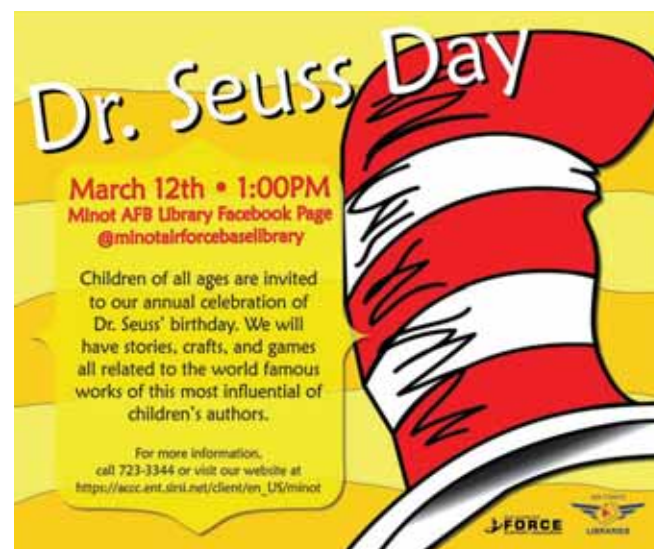
**Rockers Bar & Grill • Tender Basket**  
Tasty tenders served with our famous fries, your choice of dipping sauce, and a drink! Grab this tasty combo for \$7.00!

## MONDAY 07

- HIIT Strength & Conditioning, 0530, Fitness Center
- Family Fit Bootcamp, 1000, Turf hosted by Fitness Center
- Reintegration Briefing, 1000, A&FRC, Zoom Meeting
- Fit to Fight, 1130, Fitness Center Track
- Cycle, 1630, Fitness Center
- Swerk, 1730, Fitness Center
- Yoga, 1930, Fitness Center

## ONGOING

- The status and location of Minot Air Force Base events are subject to change due to base restrictions.
- FCC Pre-Orientation: One-on-One Appointments: Family Child Care – Call to schedule an appointment.





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