

2022-2023

NORTH DAKOTA

Winter

GUIDE



**northern
sentry**

MINOT AIR FORCE BASE NEWSPAPER
WWW.NORTHERNSENTRY.COM

YOUR OASIS FOR FUN!

- North Dakota's first-ever Vegas-style sports book for high-flying sports betting
- Gaming areas with slots, table games and more
- New gaming riverboat, River Willow
- Bison Room Restaurant
- Outdoor water park with three slides, kids splash pad and lazy river
- Nearby golf courses
- Luxury lodge accommodations
- Modern RV park
- Full-service marina with lake access for world class fishing, including the Casino Cup Walleye Circuit
- New convenience store with car wash and liquor store
- Ultra modern event center
- Meeting and event spaces



NEW GAMING RIVERBOAT



800.294.5454
4bearscasino.com

WELCOME TO NORTH DAKOTA

WE'LL KEEP YOU BUSY...

Thank for picking up the 2023 Minot Air Force Base Winter Adventure Guide. Take a few minutes to review the many articles about how to enjoy winter activities, and the many merchants who support outdoor, and indoor, winter activities.

Keep this Winter Adventure Guide handy and don't be afraid to try a few new winter activities. Whether you are spending your first winter in North Dakota, or are a veteran of many, this Winter Adventure Guide is full of valuable information.

Never been curling. Well now is your opportunity. Never strapped on a set of cross country skis. Nothing compares to the sights and sound of a new fallen snow underneath your skis, and the quite surroundings as you push your way through several wooded areas with cross country trails.

Some of the new activities include fat tire bike riding or dark house spearing on an ice covered lake. Snowmobiling, hockey snowboarding, tubing, you may have trouble fitting it all in.

We ask you to support the merchants who have purchased ads in The Winter Adventure Guide, and of course the Northern Sentry.

The staff of the Northern Sentry are proud to bring you the 2022-2023 Winter Adventure Guide. Thank you for taking the time to review the information that is gathered for your convenience.

Happy Winter Adventures!!

- **northern**sentry

SUPPLEMENT PRODUCED BY:
NORTHERN SENTRY
315 South Main Street,
Suite 202, Minot, ND 58701
701-839-0946

SALES & MARKETING
Ted Bolton and Rod Wilson
CREATIVE SERVICES
Nikki Greening

PUBLISHED BY:
**BOLTON ADVERTISING
GROUP LLC.**
109 Main Street South, Minot, ND 58701

Advertisements contained herein do not constitute an endorsement by the Department of Defense, Department of the Air Force or Minot Air Force Base. Everything advertised is available without regard to race, color, religion, sex or other non merit factor of the purchaser, user or patron.

Table of CONTENTS

- | | | | |
|----|---|----|---|
| 5 | • NINE THINGS TO DO ON BASE
(DURING THE WINTER) | 21 | • SNOW SHOVELING SAFETY |
| 6 | • BE PREPARED FOR WINTER...
BEFORE IT SETTLES IN | 22 | • TIPS FOR A SAFER HOLIDAY SEASON |
| 7 | • FAMILY-FRIENDLY WINTER ACTIVITIES
• CROSS COUNTRY TRAILS & RENTALS | 25 | • BLACK ICE - A DANGEROUS WINTERTIME
ROAD HAZARD |
| 9 | • ICE SAFETY
• ICE FISHING | 26 | • ALWAYS BE PREPARED FOR WINTER
WEATHER CONDITIONS |
| 11 | • MAKE THIS SEASON ON THE SLOPES
SAFE & SUCCESSFUL | 27 | • SURVIVAL KIT FOR WINTER DRIVING |
| 12 | • PREPARE FOR A SLEDDING ADVENTURE | 28 | • KNOW THESE WINTER TERMS |
| 13 | • FASCINATING LANDSCAPE:
ABANDONED BUILDINGS | 30 | • SLOW DOWN, AND BE CAREFUL |
| 14 | • HUNTING SEASON
• OK I'M STUCK, NOW WHAT? | 31 | • GETTING READY FOR ANOTHER COLD MORNING |
| 15 | • SNOWBLOWER SAFETY | 32 | • RECOGNIZE THE SIGNS OF HYPOTHERMIA
• WINTERTIME CAN BE 'SNOW' MUCH FUN TO DISCOVER |
| 16 | • COLD WEATHER VEHICLE STORAGE TIPS | 34 | • SNOWMOBILE SAFETY |
| 17 | • SNOW SHOEING
• STAYING WARM IN THE WINTER | 35 | • ND SNOWMOBILE TRAILS |
| 19 | • COLD WEATHER WORKOUT TIPS | 36 | • DINING OUT WITH CHILDREN |
| 20 | • ORIGINS OF POPULAR WINTER SPORTS
• SKATING RINKS | 37 | • IT'S YOUR NIGHT OUT! |
| | | 38 | • DON'T FORGET ABOUT YOUR PETS! |

northernsentry

Your

**MINOT AFB COMMUNITY
NEWSPAPER!**



NORTHERNSENTRY.COM

**PICK UP
YOUR FREE
COPY
TODAY!**

**SEE WHAT'S
HAPPENING**

- At *Your* Base
- At *Your* Schools
- At *Your* Work

NINE THINGS TO DO ON BASE (During the Winter)

ERIN BEENE, NORTHERN SENTRY

While the City of Minot offers a surprisingly large amount of activities for people of all ages -despite the season- sometimes the drive to town can be just plain exhausting. If you've got little kids who just need an hour or two of play time out of the house, or maybe you're still working on your winter driving skills and driving on a blustery Highway 83 doesn't seem like too much fun. Either way, here are a few of the fun places to go right here on MAFB all winter long!

1. Bowl at **ROUGH RIDER LANES**- The bowling alley on base is open, and perfect for ALL ages. They have bumpers for the littles and offer fun night events for the adults too. It is a perfect way to fill up a weekend out of the house this winter.

Open Thurs 4- 9pm & Fri/Sat 5- 9pm.

2. Have a meal at **THE BOMBER BISTRO**- This food service marks the restaurant itself, but within the building is a coffee shop, the B-Fifty-Brew, and a play area, Little Riders. The play area is filled with a playscape, crawling areas and large soft building blocks. This area is geared for kids under 10, but all ages enjoy a great time. Plus, Little Riders is open whenever the Bistro is, so take a weekday lunch or dinner and enjoy a meal that you didn't have to cook while the kids run around.

Also inside this building is the Minot AFB ESC which is a location for Airmen to take in a movie, do some gaming and enjoy company.

3. Run around **THE TURF**- Basically, this is a very large space, open 24-hours, where anyone can go to kick around a soccer ball, hang with friends or bring scooters and skates for the kids to roll around at any time. It is located adjacent to the Northern Lights Chapel, seen from Missile Ave. The Turf is available to rent for large events and there once was a sign on the door giving instructions about how to reserve. Although Beware: you may show up at any time, but there is not a good system in place to determine when the space is reserved, so you may show up only to have to leave because it has been rented, which is always a bummer for the kiddos. It doesn't happen too much, but look out for it on busy weekends.

4. Splash at the **HOUSING OFFICE PLAY AREA & SPLASH PAD**- Although temporarily closed for an undisclosed amount of the time, the MAFB Homes has a neat little facility that hosts an enclosed indoor playground for younger kids and a separate space for the indoor splash pad, which is fun for all ages. Hopefully it will be open again soon.

5. Have Lunch at **ROCKERS**- This one is geared a little bit more towards adults, but they are open for lunch for all M-F 11-2pm for all ages.

On Thursday nights from 5 pm -9 pm they have the bar and kitchen open for football viewing, but hope to remain open at this time even after football season ends and instead have fun theme nights for the base to enjoy.

6. Find a good read at the **BASE LIBRARY**- The winter is a perfect time to expand the mind and escape to an imaginary warm location. Books can do just that! Stop by the base library to find a new read, take a class or participate in their multitude of games and activities offered.



Ms. Julie Reiten, MAFB Library Director, and her team put on weekly activities at the Base Library!



Bowling at Rough Rider Lanes will be open weekends during the wintertime.



The McAdoo Fitness and Sports Center hosts exercise classes, lots of gym space and the indoor pool which just expanded their hours!

7. Take a Fitness Class at **THE MCADOO FITNESS AND SPORTS CENTER**- The gym on base offers a wide range of classes open to AD and dependents. To find out what is happening when go to their website>>> <https://5thforcesupport.com/calendar/>

8. Swim at the **INDOOR POOL**- The hours seem to change often, so keep an eye out for those exact hours on the Minot AFB Outdoor Recreation FB Page. The indoor pool is located in the rear of the McAdoo Fitness and Sports Center and is open to lap swimming and families too. They have some toys, small floats and even a small slide.

9. Learn a New Skill at **ARTS & CRAFTS**- They have all sorts of classes including epoxy classes, acrylic painting and more! There are even specials sometimes for single Airmen or deployed spouses. Check out the website to inquire about classes today! <https://5thforcesupport.com/arts-crafts/>

★ THE PERFECT CURE ★

for Cabin Fever

HEATED
SALT WATER
POOL &
HOT TUB

POOLSIDE
ROOMS
WITH
MILITARY
DISCOUNT

★ Hotel ★

REVEL

MUSIC • ART • COFFEE • BEER • WINE

== MINOT, ND ==

- Full Hot Breakfast
- PAC-MAN Arcade Machine for Free Use
- Late Check Out - Up to 3:00pm upon request
- Mention Kenny the Duck to receive Snack and Soda Swag/Welcome Gift
- *Based on Availability

701-852-4300
800-735-5868
 1510 26th Ave SW
 Next to the Dakota Square Mall
www.revelnd.com

BE PREPARED FOR WINTER... before it settles in

ROD KRAUSE

5TH BOMB WING SAFETY AND OCCUPATIONAL HEALTH MANAGER

From chilling temperatures to slippery sidewalks, winter is a season that brings unique safety concerns. Here are some important safety tips to keep your family cozy and safe this winter.

To start with, winter comes with a few hazards for homeowners, however there are plenty of things you can do to protect your property and your family.

HOME HEATING INSPECTION

The fact that your central heating unit, space heater, or fireplace was working properly at the end of last season does not mean it's ready for this winter. Before the frigid temperatures set in, advise to hire a professional to conduct a safety inspection of your heating units, as well as your fireplace's flue and chimney. If any potential hazards are found, act immediately to remedy them. If you'll be using space heaters, make sure your rooms have proper ventilation and that the units are not placed near anything flammable. Using unsafe heating systems can result in fire, injuries, or carbon monoxide poisoning.

BE AWARE OF CARBON MONOXIDE POISONING

When is the last time you have replaced your carbon monoxide (CO) detector? CO detectors usually wear out in 5-7 years. Replace them with a "fuel-cell electro-chemical" sensor type and with a "peak" level memory to alert you to the highest level of CO present. According to the Centers for Disease Control and Prevention (CDC), more than 400 people die annually of carbon monoxide poisoning. Carbon monoxide is a colorless, odorless vapor that is sometimes produced by gas furnaces and space heaters. Symptoms of carbon monoxide poisoning include nausea, dizziness, severe headache, confusion, and unconsciousness. If you notice these symptoms in yourself or a family member, go to the emergency room right away.

CLEAR SNOW AND REMOVE ICE

According to the CDC, falls are the number one cause of injuries to adults. Many of these falls happen when sidewalks, driveways, and walkways are covered in snow and ice. Make sure any of these surfaces around your home are shoveled regularly and free from debris. Keep in mind that simply clearing the snow may not be enough to keep the area safe; ice is always a concern during the winter. Your regular routine for keeping access to your home clear should include adding sand or rock salt to slippery spots. Pay particular attention to stairs, since they can be hazardous and icy in colder months.

Always be careful when clearing snow and ice around your home, and keep a few snow removal safety tips in mind.

PREPARE FOR WINTER STORMS

If you live in an area prone to winter storms, it's important to plan for them early in the season. Stock up on the following supplies:

- Battery-powered radio
- Flashlights and lanterns, with spare batteries
- Drinking water
- Non-perishable food that doesn't require cooking
- Baby food and formula, if needed
- Pet food
- Prescription medications
- First aid kit

WINTER ACTIVITY SAFETY TIPS

In addition to making sure that your home is prepared and stocked to deal with the winter weather situations that you can expect as the days get shorter and the temperatures drop, it's also important to consider winter safety tips for the activities that you and the other members of your family are likely to participate in this time of year.

KNOW THE SIGNS OF HYPOTHERMIA

According to the National Institute of Health, anyone who spends extended periods outside in cold winter temperatures is at risk for hypothermia. Hypothermia can happen when your body temperature

drops from its usual 98.6 degrees. It is a medical emergency if a person's temperature is 95 degrees or less.

In addition to the lowered temperature, someone experiencing hypothermia may have the following symptoms:

- Confusion
- Dizziness and drowsiness
- Shivering
- Weak pulse and slow breathing
- Clumsiness and stumbling
- Apathetic mental state
- Slurred speech

DRESS APPROPRIATELY

When heading outdoors to participate in wintertime activities, whether you'll be hiking, skiing, shoveling snow from your driveway, or any other outdoor activity, make sure that you dress warmly. It's wise to dress in layers when you'll be exerting yourself in frigid temperatures so that you can start out properly insulated and then shed layers as your body temperature starts to rise as a result of your level of activity.

Make a point of wearing clothing made from synthetic materials to help conserve body heat. Avoid wearing clothing made from cotton fibers. If cotton gets wet, it takes some time to dry and during that time, you run the risk of becoming severely chilled and losing much-needed body heat.

USE CAUTION ON FROZEN LAKES AND RIVERS

According to the Minnesota Department of Natural Resources, it can be very difficult to tell whether ice is solid just from looking at it. The color or thickness of the ice will not necessarily tell you how much weight it can support. In general, new ice, which has formed in the last couple of weeks, is stronger than ice that has been there for months. Ice on moving water, such as rivers, is generally weaker than ice on lakes.

Always consult your local DNR about ice safety before heading out on the lake for ice fishing, ice skating, or other sports.

USE PROPER EQUIPMENT

Skiing and snowboarding can be enjoyable winter pastimes, but you still need to keep personal safety in mind when you venture out onto the slopes. Wearing a helmet will help to prevent head injuries. If you don't own the right equipment, rent it from the ski resort.

Many winter sports require specific equipment. Make sure that your equipment is in good condition and properly maintained. For example, snow skis need to be properly waxed, ice skate blades need to be sharpened, and snowmobiles should be serviced at the beginning of each season. It's also important to make sure that sized items, such as snow ski boots and ice skates, are properly fitted. Because children grow so rapidly, there's a good chance they'll need a larger size each season.

TAKE REGULAR BREAKS

Taking breaks at regular intervals is a good idea when you are enjoying the great outdoors in the winter. Go inside to warm up and get a snack and something to drink. While it may be tempting to go on one more run as the day winds down, a safer choice may be not to push yourself if you are already tired.

TELL SOMEONE ABOUT YOUR PLANS

Before you head out in the snow, tell someone where you are going and what time you will be coming back. That way, if you are overdue, someone can alert authorities to start searching for you.

It's also important to stay on well-marked trails. Take a trail map with you and keep track of where you are while snowmobiling or skiing.

WINTER DRIVING SAFETY

Winter also comes with driving hazards. Before you head out on the road this season, read up on winter driving safety tips. From choosing the right tires to controlling your car on ice, it's important to keep these items in mind.

STAY SAFE ALL SEASON LONG

These are just a few of the many important safety tips that need to be observed to enjoy a safe, healthy and enjoyable winter season.



Family-Friendly WINTER ACTIVITIES

Many people may run indoors when the temperatures outside approach or dip below freezing. But the truly adventurous see no reason why a little cold weather should keep them cooped up indoors for months at a time.

Sports and other physical activities can provide the perfect respite from the cabin fever that can settle in during long winters. Families looking to get some quality time outdoors together this winter can enjoy a host of activities in the great outdoors, even if the temperatures are a tad on the chilly side.

- **Sledding:** Sledding may remind adults of their childhoods and turn kids' snow days into fun afternoons they will never forget. Kids can seemingly ride their sleds and toboggans down snowy hills all day long, but even parents get a kick out of racing kids downhill or sharing a sled with their youngsters. While older kids can typically handle sleds on their own, parents should ride along with toddlers to prevent falls and handle steering duties. When sledding, keep a close eye for any signs that suggest kids might be getting too cold, such as shivering or clothes that are soaked through.

- **Snowshoeing:** Parents may not know that many retailers sell snowshoes for children. While snowshoeing can be physically demanding, it's also a fun way for families that like family walks to continue those traditions even if there are a few inches of snow on the ground. Make sure kids are bundled up, paying extra attention to their footwear. Kids will enjoy snowshoeing more if their boots are both comfortable and capable of keeping their feet warm.

- **Snowman building:** Perhaps no outdoor winter activity is more conducive to family fun than building a snowman. The season's first substantial snowfall provides the perfect opportunity for parents and their children to start building some snowmen. While "snowman building" is unlikely to find its way onto any gym schedules, building a snowman provides a great workout. Lifting snow is great strength training, while pushing snow to form Frosty's body is a great way to get in some cardiovascular exercise.

- **Skiing and snowboarding:** The earlier youngsters start skiing and/or snowboarding, the more likely such activities will prove second nature. Many resorts offer skiing and snowboarding lessons to kids and adults, so parents can book weekend getaways for the family to nearby resorts and foster a love of winter sports in youngsters.

While it's tempting to huddle up indoors when winter hits full swing, families who embrace the great outdoors when the temperatures dip can avoid cabin fever and enjoy one another's company along the way.

CROSS COUNTRY TRAILS

FORT STEVENSON STATE PARK

1252A 41st Ave NW,
Garrison, ND
3 miles (Groomed)

LAKE SAKAKAWEA STATE PARK

781 42 1/2 Ave NW,
Hazen, ND
3 miles (Not Groomed)

CROSS RANCH STATE PARK

1403 River Rd,
Center, ND
10 miles (Groomed)

FORT RANSOM STATE PARK

5981 Walt Hjelle Pkwy,
Fort Ransom, ND
6.5 miles (Groomed)

ICELANDIC STATE PARK 13571 ND-5

Cavalier, ND
3 miles (Groomed)

LAKE METIGOSHE STATE PARK

2nd St E, Bottineau, ND
8.5 miles (Groomed)

Visit parkrec.nd.gov for more cross country skiing trails.

BISON PLANT TRAIL

7801 54th Ave SE,
Minot, ND
3.1 miles

OAK PARK

1300 4th Ave NW,
Minot, ND

WOODLAND TRAIL

Souris Valley Golf Course
Minot, ND

ROOSEVELT PARK

1215 E Burdick Expy,
Minot, ND

RENTALS

Cross Country Skis are available to rent at the Corbett Field warming house starting December 15th.

Monday, Tuesday, Thursday, Friday

4:00-9:30pm

Saturday and Sunday

2:00-9:30pm

Wednesday

Closed

Located at 13th Street SE & East Burdick Expy (behind Corbett Field).

The cost for rental skis is \$7.

Rental Skis are to be used on

Minot Park District Property

only. Trails are groomed at

the Souris Valley Golf Course, Oak

Park and the Bison Plant when snow

conditions allow.



**SOCIAL DISTANCING IS EASY
IN OUR WIDE OPEN SPACES...
AND THE PERCH ARE CALLING!**



**COME SEE WHAT EVERYONE IS TALKING ABOUT.
DEVILSLAKEND.COM | 800.233.8048**

    /devilslakend

devils lake
devilslakend.com

ICE SAFETY

NORTH DAKOTA GAME AND FISH DEPARTMENT

Before going onto a frozen lake, pond or river, it's important to take safety precautions to reduce the risk of falling through the ice.

Knowing how to judge ice conditions will also help you make more informed decisions while enjoying your outing. Look for clear blue ice. New ice is stronger than old ice. Remember you take a risk anytime you go onto the ice. Ice thickness is not consistent. Beware of ice around partially submerged objects such as trees, brush, embankments or structures. Ice will not form as quickly where water is shallow or where objects may absorb sunlight. When ice fishing, it is always a good idea to drill test holes or use an ice chisel as you venture onto a lake to help judge the thickness and character of the ice.

The general rule of thumb for ice: 2 inches - STAY OFF

- 4 inches of good ice for a walking individual
- 6 inches of good ice for a snowmobile or ATV
- 8-12 inches of good ice for a car or small pickup
- 12-15 inches of good ice for a medium pickup truck.

Beware of ice covered with snow. Snow acts much like a blanket, insulating thin ice and preventing the formation of clear, blue ice. Snow can also hide cracked, weak and open water. Daily changes in temperature cause ice to expand and contract, creating cracks and possibly pressure ridges which can affect ice strength.

Traveling in a vehicle early or late in the season is an "accident waiting to happen". Do not drive across ice at night or when it is snowing. You can easily become disoriented and end up in areas of the lake you never intended to be.

Carry a safety kit that includes:

- Ice chisel that you can check the thickness of the ice as you move out onto the ice.
- Ice picks or set of screwdrivers that you can use to pull yourself back on the ice.
- A cell phone to call for assistance.

What To Do If You Fall In

- Try not to panic.
- Turn toward the direction you came. The safest place to pull yourself back up on the ice is the last place you stepped before you went through the ice.
- Place your hands and arms on the unbroken surface of the ice.
- Work your way up by kicking your feet.
- Use your ice picks to assist in pulling yourself onto the ice.
- Once you are lying on the ice, roll away from the weak or broken ice, don't attempt to stand up.

What To Do If a Companion Falls In

- Keep calm, have a plan. Do not run out to assist the victim. You can go from rescuer to victim in a short second.
- REACH the victim with a long pole, board, rope, blanket or cables.
- THROW the victim a life jacket, empty water jug, or other buoyant object.
- Build a human chain in which rescuers lie on the ice with each person grasping the feet of the person in front.
 - Treat hypothermia victim by removing wet clothing and replacing it with dry clothing. Get medical assistance—people who have been in cold water may seem fine at first but may suffer potential life threatening effects when the cold blood starts to circulate through the body from the extremities.



ICE FISHING

DEVIL'S LAKE

Your number one place to go ice fishing in North Dakota houses large perch, walleye, northern pike, and white bass. There are also a couple places for lodging if you want to fish multiple days. The rooms do cost money to rent, though. But with over 16,000 acres to fish at, you can't pass this opportunity up.

LAKE METIGOSHE

This lake is located north east of Bottineau and holds tons of walleye, perch, and northern pike. You also have the option of renting a cabin or other accommodations. This park does have an entry fee and fees for staying overnight, though.

LAKE SAKAKAWEA

This lake a reservoir in the Missouri River basin in central North Dakota. It houses salmon, trout, perch, walleye, crappie, and northern pike and is located in Garrison. There's also a couple locations to lodge – one being a cabin.

LAKE AUDUBON

This lake is filled with smallmouth bass, perch, and walleye and has great lodging options if you want to stay for a couple nights. Head north from Coleharbor (about 20 minutes from Garrison) to find this lake.

LAKE DARLING

This lake is a reservoir located 16 miles north and 13 miles west of Minot. Fishermen will find a variety of fish including walleye, perch and northern pike here. Ice fishing on the refuge is accessible by car or truck from the Lake Darling Dam North to Dam 41 by designated access points only.

DARKHOUSE SPEARFISHING

Spearfishing is legal from December 1 through March 15. All waters open to hook and line fishing are open to darkhouse spearfishing EXCEPT the following waters:

- Braun Lake, Logan County
- East Park Lake, McLean County
- Heckers Lake, Sheridan County
- Lake Audubon, McLean County
- McClusky Canal
- New Johns Lake, Burleigh County
- Red and Bois de Sioux rivers
- Red Willow Lake, Griggs County
- Sweet Briar Dam, Morton County
- West Park Lake, McLean County

In addition to possessing a valid fishing license, all darkhouse spearfishing participants must first register on the North Dakota Game and Fish Department website, gf.nd.gov, or through any Game and Fish office.

Ski the Jewel above the Prairie!



Established in 1969
**BOTTINEAU
WINTER PARK**



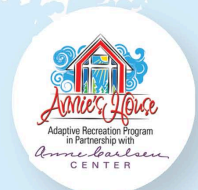
*The thrill & adventure of fantastic skiing,
snowboarding, and tubing just 80 miles
North of Minot in the Turtle Mountains!*

For additional information, group rates and seasonal ticket prices contact us!

1 Winter Park Road, Bottineau, N.D.

701-263-4556 • 800-305-8079

 www.skibwp.com



Make this season on the slopes

SAFE AND SUCCESSFUL

Skiing and snowboarding remain very popular among athletes and outdoor enthusiasts who refuse to be relegated to the couch upon the arrival of winter weather. For the millions of men, women and children who can't wait to hit the slopes each winter, the thrill of racing down snow-covered mountainsides is a feeling unlike any other.

While skiing and snowboarding are popular recreational activities, they can still be dangerous. As a result, it's imperative that anyone who plans to hit the slopes this winter takes steps to ensure this winter sports season is as safe and successful as it is thrilling.

- **Start exercising.** If it's been awhile since you hit the gym or broke a sweat, it's best to start exercising before you hit the slopes. Your risk of injury is greater if you are out of shape upon returning to the slopes, so start exercising as the season approaches so you can regain any flexibility you might have lost since you last slipped on your skis or strapped into your snowboard. Some strength training exercises can reduce your risk of broken bones should you fall while on the mountain, and the better shape you're in the more energy you will have to stay on the slopes.

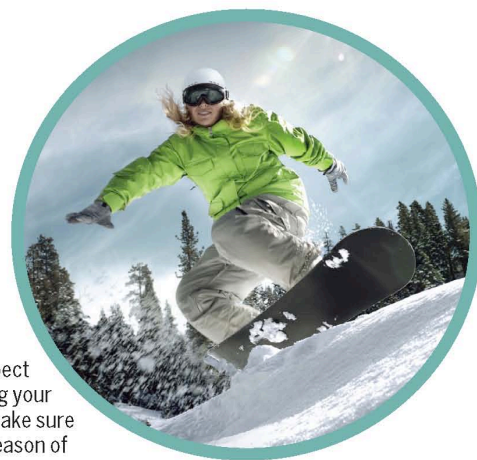
- **Reassess your gear.** Before your first skiing or snowboarding trip, reexamine your gear to make sure it does not need to be replaced. If your gear has a bit too much wear and tear, the National Ski Areas Association recommends choosing gear that is resistant to wind and water and wearing gear that protects you from the sun, which can still do damage by reflecting

off the snow and causing sunburn. In addition, inspect your equipment, including your skis and snowboard, to make sure they are up for another season of hitting the slopes.

- **Take lessons.** Novice skiers and snow boarders might want to take a refresher course at the onset of each ski and snowboarding season. Qualified instructors can reacquaint you with techniques you might have forgotten since last winter, and such instruction can reduce your risk of injury.

- **Ease yourself back in.** While it can be tempting to pick up where you left off last season, going too hard on your first trip can increase your risk of injury. Ease yourself back in on your first few trips down the mountain, warming up on easier slopes until you once again get the hang of things and feel comfortable tackling more difficult trails. If you do find yourself struggling on a slope, the NSAA advises that you always leave your skis and snowboard on and side step down the slope.

Many athletes and outdoor enthusiasts anxiously anticipate the day when they can return to the slopes to ski or snowboard. But it's important that skiers and snow boarders of all skill levels exercise caution so their winter sports season starts off on the right foot.



LOCATED 16 MILES SOUTH OF MANDAN, ND
WWW.HUFFHILLS.COM

COME
SKI FOR
YOURSELF



5455 COUNTY ROAD 80 | MANDAN, ND | 701-663-6421

Prepare for a **SLEDDING ADVENTURE**

Dashing through the snow in a one-horse open sleigh.

Winter holidays are made all the more merry with the addition of some outdoor recreation. Sleighs and sleds are par for the Christmas course, especially when a bounty of snow is in the forecast.

Sledding has been part of snowy celebrations for ages. Sledding is a fun-filled activity, but it can be made an even better time, and a little safer, if revelers learn a little more about it.

SLED STYLES

Sleds come in many different styles, each with its own advantages. Sleds with metal blades will work like ice skates, balancing riders' weight on two metal runners. These sleds can work well during icy conditions or with hard-packed snow. Toboggans can fit multiple people, which can increase the fun factor and downhill speeds. Saucer-style sleds are good for one or two people. Foam liners on some saucers can absorb shock for riders, making those downhill bumps a little easier on the backside. Keep in mind that sleds with steering mechanisms are easier to control, which can equate to safer sledding.

LAYER UP

It is best to dress in layers when going sledding. Even if it seems warm at home, it may be colder and windier at the top of hills. Sweating when it's cold out can increase a person's risk for hypothermia. According to experts at Timberline Trails, a person who works up a sweat and comes in

contact with ambient air when taking a break will feel an immediate chill. This is called evaporative danger, and can be remedied by dressing in layers and trying to stay dry.

INVEST IN A HELMET

Sledding requires the use of a helmet. At high speeds, a blow to the head can cause a concussion or worse.

LET OTHERS GO FIRST

Wait until some sledders have already gone downhill, allowing them to compact the snow, which should make for a smooth ride.

Choose safe hills, such as those that are free of bare spots, holes, trees, and obstructions, and do not end abruptly at a road. Hills with a long, flat areas at the end make for easy, safe stopping.

SAFETY FIRST

Put safety first when sledding. Sled during the daytime so visibility is better. Keep arms and legs on the sled, and only sled feet-first, advises the National Safety Council.

By keeping these guidelines in mind, sledders can make sure this popular winter activity is as safe as it is fun.



NO DREAMS

ONESTOPHIPPIESHOP

- Cigars & Smoking Accessories
- Hookahs & Accessories
- Humidors • Tapestries
- Incense • Candles

Hours 11 AM to 7 PM Monday-Saturday
1933 South Broadway, Suite C
701-214-5655

North Dakota's Most Fascinating Landscape:

ABANDONED BUILDINGS

ERIN BEENE
NORTHERN SENTRY

There are many standout weather features that make North Dakota a curiosity to the newcomer. The bone-chilling, drastic winds; the never-ending sunlight in summer; and the expansive, seemingly endless sky are all features that make North Dakota life so captivating, albeit sometimes intimidating. While gazing across the horizon in this state, it is almost impossible not to notice another unique feature in the landscape: abandoned buildings and structures. While not entirely unique to North Dakota, the curious amount of decrepit, abandoned structures and houses left to fall to ruin by exposure are certainly very noticeable. Meteorologist and photographer Zachary Hargrove came to this discovery and decided that the abandoned building through the state makes a perfect backdrop for his weather photography tour.

Zachary Hargrove's book, entitled *Abandoned North Dakota, Weathered by Time*, is a captivating collection of photographs depicting extreme weather with abandoned buildings throughout the state of North Dakota. As a meteorologist, Hargrove was known to snap photos of clouds and extreme weather situations. He quickly realized that the stark contrast of North Dakota's abandoned building made for very interesting photographs. Thus, he began to actively hunt for buildings to photograph which led to his book of buildings. Hargrove traveled the state to find completely off the beaten path locations and abandoned buildings and sometimes entire abandoned towns to photograph.

He came across many interesting places on his travels, but he said the most fascinating was the San Haven Sanatorium in the Turtle Mountains. As a former tuberculosis recovery

center, this haunting massive building has been left to complete decay and nature has taken over. When asked why there seemed to be such a large amount of abandoned buildings in this state, Hargrove mentioned that he doesn't think there are vastly more here than elsewhere, but only that since there are hardly any wild-grown forests or trees, they are much more visible. To explain why so many places are abandoned in the first place, Hargrove said, "The biggest reason is probably the railroad. There were little junction towns that popped up and then suddenly weren't needed when the railroad changed courses. When there was nothing coming in, whole towns were just dissolved. Also, the Dust Bowl and Great Depression hit the area hard and many farmers just packed up and left their farmers and house behind, having no use for them anymore." Hargrove noted that photographing and remembering abandoned buildings is important because capturing this small glimpse of history before succumbing to time and exposure is instrumental in helping us remember the past. He said, "People had lives and memories in these places. Taking a picture keeps that memory alive for just a little bit longer."

Any Minot AFB resident is sure to have noticed a specific abandoned building. Known by many names and often gossiped about is the long with-standing leaning barn on Highway 83 between the city and the base. This almost-collapsed building near Ruthville is often the center of conjecture among base residents. As the building is drastically noticeable, residents can't help but wonder: when will it finally fall over? After every major wind storm, the question in the air is to wonder if it still stands. As this story goes to press, the leaning

Last remaining structure in the lost community known as Lonetree.



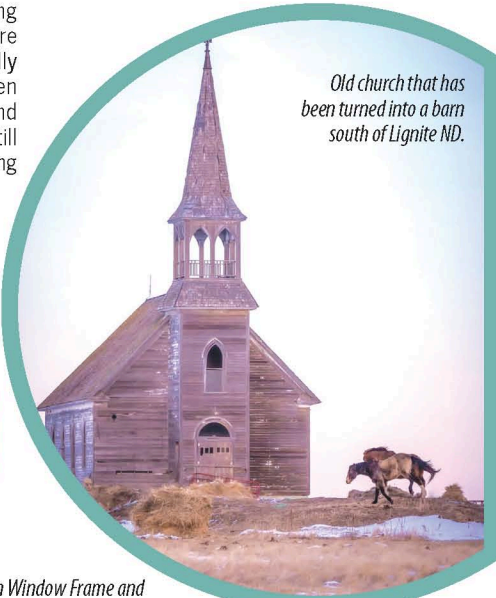
Mystery leaning barn on HWY 83.



barn is indeed still standing! The Northern SENTRY wanted to get some more information on the history of the building, but after some research and digging the property of the land on which the building sits was found, unfortunately all methods to establish communication were unsuccessful. So the mystery of the leaning barn remains a mystery. It is anyone's guess as to when it was built, for what purpose and when it will finally collapse into the earth.

Abandoned buildings are a part of the North Dakota landscape that blends in to those who live here but are fascinating eye sores to the newcomer. While Mr. Hargrove was able to uncover some of the mystery surrounding some of these buildings, there are dozens and maybe hundreds more that remain lost to history.

Old church that has been turned into a barn south of Lignite ND.



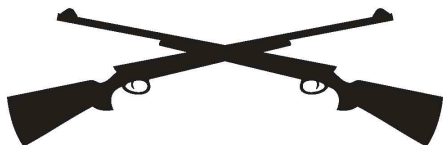
Deserted home in Hesper with intimidating claw-like finger icicles.



Broken Window Frame and deserted barn southwest of Mandan ND.

Zachary Hargrove Photos

WINTER HUNTING SEASONS



WEASEL
NOV 21 - MAR 15

MINK

NOV 21 - MAY 10



MUSKRAT
NOV 21 - MAY 10

PHEASANT
OCT 8 - JAN 1



WILD TURKEY
OCT 8 - JAN 1

**WHITE-TAILED
DEER**
SEPT 2 - JAN 1



FOR SEASON SPECIFICATIONS
AND MORE INFO VISIT

ND GAME & FISH
GF.ND.GOV/HUNTING



OKAY I'M STUCK, NOW WHAT?

ROD KRAUSE
5TH BOMB WING SAFETY AND OCCUPATIONAL HEALTH MANAGER

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

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

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

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

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

Beware of carbon monoxide poisoning. Run the engine sparingly. Keep a window open for ventilation, and ensure the vehicle's exhaust pipe isn't blocked with snow.

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

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

Make use of your winter survival kit. That is why you packed it in your vehicle in the first place, to make use of it. Remember if you have used it, replaced used items as soon as possible!

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

USING A SNOW BLOWER SAFELY

SSGT CHAS POTEAT
5TH BOMB WING OCCUPATIONAL SAFETY

Every year snowblowers are one landscaping tool that seem to virtually fly off the shelves; particularly as heavy snowfalls begin to land. While snowblowers may be a popular tool; ranging from light duty all the way up to heavy duty machines capable of clearing small parking lots, one consideration that many prospective snowblower owners do not take into consideration is safety. As the snow gets deeper, the number of snowblower-related injuries increases. Snowblowers are potentially dangerous machines that need to be used carefully and with respect for their moving parts.

There are two basic types of snowblowers. A single-stage blower whirls the gathering/blowing auger at a very high speed. The slower-moving gathering auger of the two-stage blower has more power. When a hand or foot is caught in any part of the snowblower, serious injury is likely. Keep all shields in place and keep hands and feet away from all moving parts.

The snowblower operator must be responsible for everything that comes out of the machine's chute, including the snow discharge and any object the blower may pick up. Objects other than snow will usually be thrown farther than the snow discharge, so be alert to where the discharge chute is directed. If a snowfall is predicted, inspect the area to be cleared of snow and remove objects that may cause personal injury, property damage or damage to the machine. Check the area again before

operating the blower.

The small engine that powers a snowblower is also a source of risk. It is powerful enough to inflict serious injury, it produces toxic fumes that can be fatal, and the fuel presents a fire hazard.

Electric snowblowers have their own hazards. The electric motor is powerful enough to cause injury, and the addition of electricity is another potential hazard. Always know where the cord is when using an electric snowblower. If the electric cord becomes caught in the machine and is severed, severe shock or electrocution can result.

To ensure optimum and safe performance, keep the snowblower in good condition. Check the engine oil level before starting. Check the adjustment and operation of the clutch, blower system, and chute positioning before each operating session. Even the tires need proper inflation for good performance. Be sure that the power cord of an electric snowblower is in good condition. Know how to stop the machine quickly and shut the engine off.

Before allowing a youngster to handle snow removal, carefully consider the young person's age and maturity. Physical ability to handle the machine is important, but so are maturity and the ability to make good judgment decisions. Personal injury and property damage can easily result from errors in judgment.



DAKOTA OUTERWEAR CO.
MILITARY OIL FIELD

UNDER NEW MANAGEMENT
100% VETERAN OWNED

**WE PROVIDE BERRY COMPLIANT
-TAA COMPLIANT-USA MADE**

203 72ND AVE NE, HWY 83N MINOT, ND 58703
Email: mary@dakotaouterwear.com
Phone: 800-252-8455 or 701-839-8455 | Fax: 701-852-1996

- OCP RAINSUITS
- 2452 SOCKS
- LEATHER FLIGHT JACKET
- OCP APECS JACKET
- WAFFLE THERMALS 499 TAN

- 499 T-SHIRTS
- MIDWEIGHT 499 THERMALS
- DEPLOYMENT GEAR
- LEVEL 7
- HATS

- OCP COVERALLS
- OCP BIBS
- OCP PARKAS
- FLEECE
- UNDERWEAR

- APECS
- OCP PONCHOS
- UNDER ARMOUR
- MORALE SHIRTS
- OAKLEY

- GEN III LVL 3 FLEECE
- BOOTS
- GLOVES
- SOCKS

Winter Vehicle STORAGE TIPS

GEORGE MASTERS
PRESIDENT, DAKOTA CRUISERS CAR CLUB OF MINOT

How many of you buy magazine subscriptions by the dozens and never even have time to read 2 of them? Sometimes I fall into that category, however, yesterday I had the opportunity to take some time and actually read a few that I subscribe to. One article in particular caught my eye. It was in the Nov 2011 issue of Car and Driver magazine....HOW TO STORE A CAR FOR THE WINTER. Now, I usually write something along these lines each year for people as a reminder. In the past, I have written these tips of mine from my own experience, however, this article added a few items of interest that I thought might help some of you out. I'll highlight some of these article suggestions and add a few comments of my own. Here we go: (in no particular order)

1. Drive the car and bring all fluids up to the normal operating temperature. This will burn off any water condensation from the engine, transmission and drive train as a whole. Good idea to change the oil at this point too. Now everything is warm.
2. If you are going to store your car in extreme cold and have it in storage for more than 3 or 4 months, you will probably want to add a fuel conditioner such as Sta-Bil or another brand to keep the gasoline fresh. Top off your gas tank to full. A full tank will prevent air from getting in the void area. Voids contain air which translates into water vapor which will condense into liquid. Over time, the water can contaminate the gasoline and corrode the fuel system.
3. This next step is new to me, but it makes perfect sense if your car has a carburetor. Disconnect and plug the fuel source. Now run the car until all of the fuel is out of the carburetor. A dry carburetor will prevent fuel deposits from gumming up or clogging.
4. Never thought of this either: Spray a light mist of WD-40 or other penetrating oil into the intake while cranking the engine. Doing so will give the cylinders and intake valves some corrosion protection.

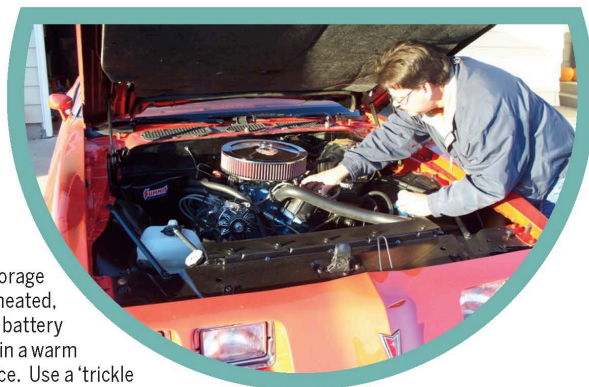
5. If your storage area is not heated, remove the battery and keep it in a warm and dry place. Use a 'trickle charger' to keep the battery topped off because a discharged battery will be destroyed by exposure to freezing temperatures. You can get rid of the notion that a battery stored on concrete will discharge---it won't! If you have multiple batteries from your collection, you do not need to buy a 'trickle charger' for each battery unless money is no object. Just have the trickle charger rotated each week or every two weeks to the different batteries. This will do the job.

6. Flush the coolant out of the system. Old coolant can corrode your engine, cooling system and the heater core. Now add the proper mixture to your system.

7. Next is the 'rodent protection' tip. Tape off your exhaust system to deter mice from climbing in and building nests. Moth balls will deter, Bounce dryer sheets, rodent poisonings, and good 'ol mouse traps work wonders. When I did use mouse traps, I would set them on a rubber mat of some sort (self explanatory).

8. My last step is to wax the car. Make sure it is good and clean and apply a good coat of wax that has 'carnuba' in it. This is especially useful for cars painted with base/clear coat paint jobs. Some people will place their vehicles on jack stands to prevent tire 'flat spotting' of the tires. This is your call. And if you have a really nice paint job, cover your car with a nice car cover.

When it comes time for spring, you will be all set. Put the battery in, hook up the fuel line and you will be glad you took the previous actions for a fun summer of automotive enjoyment.





SWING INTO

ALLEY'S

Repair & Alignment Inc.

COOLING & HEATING
SPECIALISTS!

OPEN
M-F 8-5:30








2635 Valley Street, Minot, ND • 701-839-7112 • alleys@srt.com
Serving Minot, MAFB & Surrounding Areas Since 1976

Let **ALLEY'S** take the **OOPS** out of your vehicles!

- | | | | |
|--|---|---|--|
| <ul style="list-style-type: none"> Fuel Injection System Electronic Diagnostics Cooling System Specialists MotorVac Carbon Clean | <ul style="list-style-type: none"> 4 WDs Struts Shocks Alignments | <ul style="list-style-type: none"> Tire Balancing Suspension Tires Tune-ups | <ul style="list-style-type: none"> All General Repair Brakes Full Vehicle Inspections Heating System Specialists |
|--|---|---|--|

BFGoodrich
TAKE CONTROL

GENERAL TIRE

NAPA
AUTOCARE
CENTER

GOODYEAR

BRIDGESTONE
Firestone

Complete Auto Repair • Over 100 Years Combined Experience!



SNOW SHOEING

Snowshoeing is a great way to discover North Dakota State Parks during the winter months. It is inexpensive and easy to learn, providing easy access to areas covered in snow. It's a great cardiovascular exercise for adults and children and can be an entertaining group activity.

Without the dense foliage, it's easier to explore the parks and view the wildlife which is often hidden by the brush and trees. Park scenery is much different in the winter covered in a blanket of snow.

Snowshoes allow hikers to enjoy a stroll through the park without having to worry about the deep snow. Lake Metigoshe state park provides snowshoe rentals and occasionally provides guided tours.

Those wearing snowshoes in North Dakota State Parks are asked to refrain from using groomed cross-country ski trails, another popular winter activity. The snowshoes break up the ski trails making them difficult and even dangerous for skiers to traverse.

All North Dakota State Parks charge a daily vehicle entrance fee. 100 percent of entrance fees are used to fund the operation and maintenance of North State Parks. All trails are for non-motorized use. For more information on what winter activities are available at a state park near you, call the park directly. The park can usually provide trail maps which can guide snowshoeing enthusiasts during their excursions.

Trail use in State Forests, Recreation Areas and Natural Areas North Dakota's State Forests, Recreation Areas and Natural Areas also offer many opportunities for trail users.

Snowshoeing opportunities may be found at the following parks:

- Beaver Lake State Park
- Cross Ranch State Park
- Fort Abraham Lincoln State Park
- Fort Ransom State Park
- Fort Stevenson State Park
- Icelandic State Park
- Lake Metigoshe State Park
- Lake Sakakawea State Park
- Lewis and Clark State Park
- Little Missouri State Park
- Turtle River State Park



STAYING WARM IN THE WINTER

ROD KRAUSE
5TH BOMB WING SAFETY AND OCCUPATIONAL HEALTH
MANAGER

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.

*The Best Fitness
Studio in Minot!*



SPECTRUM FITNESS



Whether you are new to exercise or an experienced athlete, Spectrum Fitness is the right place for you. We are a diverse community with a culture focused on fun and hard work. At Spectrum, we believe in only the highest standards of physical fitness training. Our mission is to provide life-changing fitness opportunities in a non-threatening environment, where our members will never be alone!

Here are just a few things that we offer:

- Massage School
- Massage Therapy
- Group Fitness
- Personal Training
- CPR
- Brazilian Jiu Jitsu
- Kyokushin Karate
- Edged Weapon Training
- Self Defense
- Bleed Stop Trauma Control
- Couples Dance Classes
- Hoola Hoop Lessons
- Aerial Silk Parties

Adults/Kids

Adults/Kids

And More!



To View Our Class Schedule or to Join a Class Visit

www.spectrumfitnessminot.com

📍 1915 N Broadway, Minot 📞 (701) 509-2260



COLD-WEATHER WORKOUT TIPS

Workouts are a part of many people's daily routines. Some look forward to their exercise sessions, while others only commit after finding ways to make them as enjoyable as possible. For people who don't enjoy working out indoors, finding ways to exercise in the great outdoors can provide the incentives necessary to commit to daily workouts.

Exercising outdoors is a great way to get some fresh air, but what about those days when the weather isn't so inviting? Lengthy periods of cold or inclement weather, which is common in fall and winter in many parts of the world, can interrupt daily routines and derail one's fitness goals. However, there are ways to overcome inclement weather so outdoor workouts can be enjoyed year-round.

- **Warm up for longer periods of time.** Muscles typically require more time to warm up in cold weather than they do in warm weather. The Canadian Chiropractic Association™ notes that many people feel as though their muscles are noticeably stiffer in cold weather than in warm weather. This can make people who exercise in such weather more vulnerable to musculoskeletal injuries. One way to reduce that risk is to warm up for longer periods of time than you might in warm weather. For example, runners might want to walk slowly outdoors for several minutes before they begin jogging. Doing so can loosen and warm up muscles that are naturally stiff in cold weather.

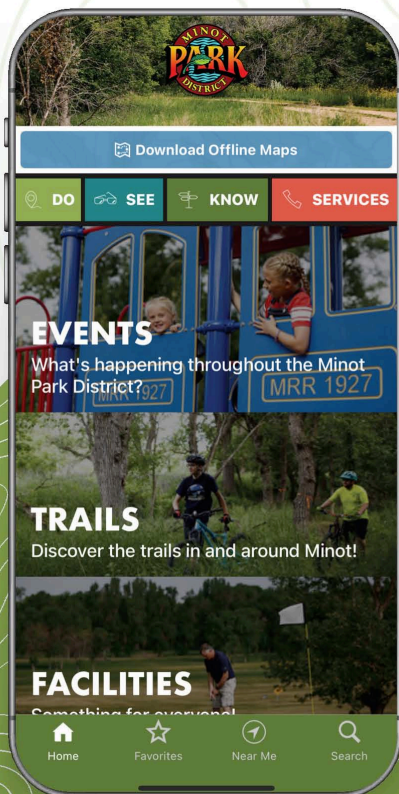
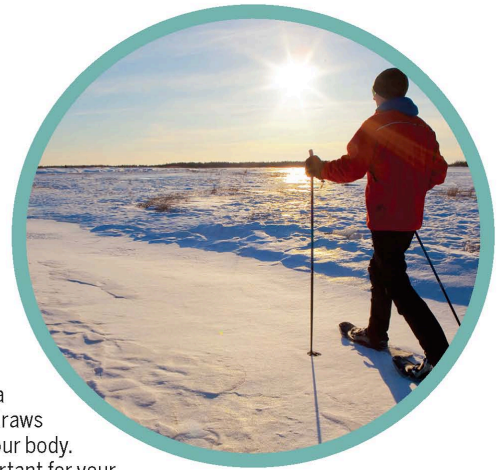
- **Dress appropriately.** The gear outdoor exercise enthusiasts wear can go a long way toward making cold weather workouts more enjoyable and safe. Layering clothing during cold weather workouts allows people to

maintain steady body temperatures throughout a workout by removing layers as they heat up if they need to. Even though it's cold, your body will still sweat, so look for a wicking material that draws moisture away from your body.

This is especially important for your core, as the outdoor recreation retailer The North Face® notes that blood pulls toward the chest and abdominal area, making this the warmest part of your body. Focus on keeping the extremities, including fingers, toes and nose, warm with materials like gloves and tall socks. Face masks can be helpful to cover the nose and neck, but make sure they're made from breathable materials that won't hold moisture.

- **Reconsider your footwear and other support to improve balance.** Frozen ground is not as easy to traverse as unfrozen ground, so look for footwear that provides added traction. Winter running shoes that come with studded soles might be necessary. Trekking poles also can help hikers gain traction on frozen or snow-covered trails.

Outdoor workouts don't have to end when the weather gets cold. A few simple tricks can help people exercise outdoors throughout the year.



THE MINOT PARKS APP

Download the FREE Minot Parks Mobile App today, in the Apple App Store or Google Play

WWW.MINOTPARKS.COM



The Origins of Popular WINTER SPORTS

Many people spend winter huddled indoors. For winter sports enthusiasts, however, the arrival of snow and chilly temperatures means the start of a season of outdoor fun. Those who see winter as a time to embrace their love of sport may appreciate learning more about some of the sports that are most popular during the colder months of the year.

ICE HOCKEY

Hockey is one of the most popular winter sports. In 1994, Parliament passed the Canada's National Sport Act, which declared hockey the official national winter sport of Canada. The origins of ice hockey are somewhat uncertain, though some historians claim the first set of rules to govern the sport were written by students at Montreal's McGill University in the 1870s.

DOWNHILL (ALPINE) SKIING

SnowSports Industries America indicates that, in the 2014-2015 season, more than nine million American Alpine skiers took to the slopes, and the sport continues to attract new devotees each year.

Historians state that skiing evolved as a method to cross the landscape in the winter when marshlands froze over. Cave drawings suggest that man used skis during the last Ice Age in the Palaeolithic period. Yet the birth of modern downhill skiing is often traced to the 1850s when Norwegian legend Sondre Norheim popularized skis with curved sides and made skiing a sport instead of just a mode of transport. Skiing ultimately became quite popular in Russia, Finland, Sweden, and Norway. Today there are various types of downhill skiing, including mountain skiing, extreme cat skiing and heli skiing.

CURLING

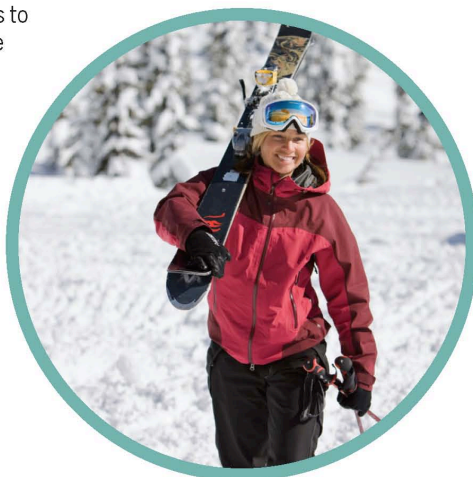
Curling may now be seen as a largely Canadian sport, but it is widely believed to be one of the world's oldest team sports, tracing its origins to Great Britain. The World Curling Federation states paintings by the 16th Century Flemish artist Pieter Bruegel portrayed an activity similar to curling being played on Scotland's frozen ponds. The earliest known curling stones came from the Scottish regions of Stirling and Perth, dating all the way back to 1511.

ICE SKATING

Speed skating and figure skating are derivatives of early ice skating, which is believed to have started in Finland more than 3,000 years ago. Skates were sharpened, flattened bone strapped to the bottom of a shoe and glided on top of the ice.

The Dutch added edges to steel blades around the 13th or 14th centuries. Eventually, skating was brought to England from the Netherlands.

Winter sports draw millions of participants each year, giving people a reason to leave the house even when temperatures dip below freezing.



SKATING RINKS

OUTDOOR RINKS

Get on the ice, outside! The Minot Park District maintains 4 outdoor rinks. Whether it be skating, hockey, or just learning; outdoor rinks are the perfect winter activity.

ROOSEVELT SCHOOL

619 9th St NE
Minot, ND
701-852-1283

Hockey + Leisure Rinks
A place to be with friends play hockey, just ice skate or keep warm with card games. You can buy food and drinks and on weekends there is a special menu.

POLARIS PARK

712 26th Ave NW
Minot, ND
701-852-1081

Hockey + Leisure Rinks

CORBETT FIELD

600 13th St SE
Minot, ND

Leisure Rink Only

PERKETT SCHOOL

2000 5th Ave SW
Minot, ND

Hockey Rink Only. When school is in session, rinks will be open: 4:00-9:30pm Monday, Tuesday, Thursday and Friday. 2:00-9:30pm Saturday and Sunday. Closed Wednesday.

INDOOR RINKS

MAYSA ARENA

2501 W Burdick Expy
Minot, ND
701-857-1544

ALL SEASONS ARENA

2005 Burdick Expy E
Minot, ND
701-857-7620

SNOW SHOVELING SAFETY TIPS

ROD KRAUSE
5TH BOMB WING SAFETY AND OCCUPATIONAL HEALTH MANAGER

Shoveling snow... Everybody probably loves doing it as much as me right! Not really, however it is one of those "things" the majority of us need to encounter at least one winter season here at Minot. Every winter people hurt themselves shoveling snow, ranging from minor ache and pulled muscles particularly in the back and shoulders to fatal heart attacks. What people often fail to realize is that shoveling is more than just a chore. It puts a lot of stress on the body in a short period of time.

While shoveling snow can be good exercise, it can also be dangerous for optimistic shovelers who take on more than they can handle. The National Safety Council offers the following tips to help you get a handle on safe shoveling:

Individuals over the age of 40, or those who are relatively inactive, should be especially careful. If you have a history of heart trouble, do not shovel without a doctor's permission.

Do not shovel after eating or while smoking.

Take it slow! Shoveling (like lifting weights) can raise your heart rate and blood pressure dramatically; so pace yourself. Be sure to stretch out and warm up before taking on the task.

Shovel only fresh snow. Freshly fallen, powdery snow is easier to

shovel than the wet, packed-down variety.

Push the snow as you shovel. It's easier on your back than lifting the snow out of the way.

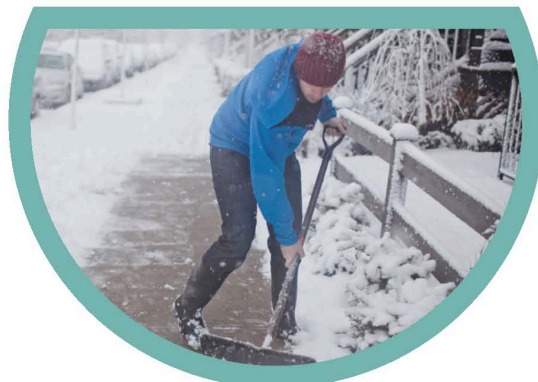
Don't pick up too much at once. Use a small shovel, or fill only one-fourth or one-half of a large one.

Lift with your legs bent, not your back. Keep your back straight. By bending and "sitting" into the movement, you'll keep your spine upright and less stressed. Your shoulders, torso and thighs can do the work for you.

Do not work to the point of exhaustion. If you run out of breath, take a break. If you feel tightness in your chest, stop immediately.

Dress warmly. Remember that extremities, such as the nose, ears, hands and feet, need extra attention during winter's cold. Wear a turtleneck sweater, cap, scarf, face protection, mittens, wool socks and waterproof boots.

If you fear you're unable to tackle this tiring task, look into spending a few bucks and having a neighborhood kid shovel after a storm; or having a contractor plow it when heavy snow falls. It's probably money well spent.





X-TREME BOWLING

FRIDAY & SATURDAY

**OPEN BOWLING
DAY & NIGHT
EVERYDAY!**

**X-TREME BOWLING HOURS:
FRIDAY & SATURDAY
9:15 PM 6:00 PM**

CELEBRATE WITH US!

WE DO BIRTHDAY PARTIES

FOR ALL AGES!

★ Military Discounts Available ★

**1901 NORTH BROADWAY, MINOT, ND
852-4108
WWW.NORTHHILLBOWL.COM**



HighAir Ground

• TRAMPOLINE PARK •





With over 10,000 sq. ft. of wall-to-wall trampolines, arcade games & four private party rooms, HighAir Ground is the ideal venue for your next birthday party, team party and/or group event.

1210 4th Ave NW | Minot, ND 58703

701-837-JUMP

WWW.HIGHAIRGROUND.COM

Tips for a **SAFER HOLIDAY SEASON**

ROD KRAUSE
5TH BOMB WING SAFETY AND OCCUPATIONAL HEALTH MANAGER

The holidays provide a wonderful opportunity for family and friends to gather and celebrate. It is also a time of continuous activity, with errands to run and scheduled activities that demand attention and time. It's also a time when busy people can become careless and vulnerable to theft and other holiday crime. The following tips can help you be more careful, prepared and aware during the holiday season.

Already this holiday season there have been tragic incidents around the country; so it's a good time to remind everyone of the dangers that lurk out there if you don't follow some simple safety rules. Obviously, some crimes occur in busy areas during broad daylight, but thieves usually prefer more secluded areas that aren't well-lit. Many thefts occur because we're not paying attention to business. Women's purses are especially easy targets when they are left in a shopping cart. Thieves rely on the trust that good people place in others. Some people go Christmas shopping and get very intrigued by items on the lower shelf. A person might never think that an older woman would steal something from them when their eyes are diverted for just a moment, but this type of theft occurs more often than people realize it does. Thieves can take on any type of personality and have any type of body style.

Here are some holidays shopping safety tips from various websites our office would like to pass along:

Stay alert at all times and pay attention to your surroundings.

Park in well-lit spaces, always lock your car, roll up the windows, and hide packages in the trunk or under a blanket.

Don't overload yourself with packages, have your car keys in hand before heading to the parking lot.

Do not leave your purse unattended, avoid carrying large amounts of cash. Whenever possible, use credit cards or checks instead. Carry only the credit cards you need.

When using public rest rooms, be cautious; avoid putting your purse on the floor.

Keep receipts separate from the packages; this will make it harder for the thief to refund the stolen items.

Remain alert in parking lots; don't carry so many packages that you aren't aware of your surroundings and personal safety and shop during the daytime, if possible.

Walk confidently, with your head up, and stay in well-lighted and well-traveled areas, and have your vehicle key in hand and ready when walking to your car.

Visually check the backseat before opening the door, and lock your doors immediately when inside, when loading your purchases into your vehicle, place your purse in the vehicle first, so it's not in the cart while your back is turned.

Shopping with Children:

Teach your children to go to a store clerk or security guard if they get separated from you in a shopping mall.

Keep children under age 4 in a stroller or supervise them closely.

If you place your child in a shopping cart, always use the safety belt, and stay close to the cart and never let your child stand in or push a shopping cart.

Toy Safety:

Make sure the toys you give children are safe for them. Read the package labels and follow age recommendation.

Do not give children under the age of 3 toys that contain small or metal

parts or toys that break easily and can be swallowed.

Do not give children under the age of 8 toys that have sharp edges, points, or heating elements.

Include helmets and other protective gear (such as elbow, knee, and wrist pads) when giving bicycles, skates, or skateboards as gifts.

Dispose of toy packaging properly (do not burn in fireplace). Keep packaging materials away from children because they can become a choking or suffocation hazard.

Keep batteries away from children. They are toxic if swallowed.

We realize this alert might put a damper on your holiday spirit, but being safe is much better than being sorry. By taking a few prevention measures can help keep your holiday season joyous!





Gift Cards
**AVAILABLE
FOR YOUR
CHEF**

FOR MORE INFORMATION
www.gchef.com

 **Gourmet
Chef**

122 South Main - Minot, ND
701.839.8928 



**OPEN
YEAR
ROUND**

WINTER SEASON

**OCTOBER - APRIL
MONDAY-SATURDAY
10AM-3PM**

PRICES

**Adults: \$6.00
Military: \$5.00
Kids: \$4.00
2 & under: Free**

2023 ZOO MEMBERSHIPS

**Family: \$85
Single: \$50**

**GIFT SHOP
IS OPEN!**

ANIMALS WHO HAVE ADAPTATIONS FOR THE COLD:

**Tiger, Otter, Panda,
Bison, Wolf, Camel, Leopard**

WINTER VIEWING OPTIONS:

Okapi, Lion & Tiger



INDOOR (warm your hands) SPACES

- Aviary
- Discovery Barn
- Children's Zoo Barn

**FOLLOW US
ON FACEBOOK**

**1219 BURDICK EXPY EAST MINOT, ND
WWW.RPZ.COM • 701-857-4166**



What We Do



Vehicle Collision Repair



RV Body Repair



Boat & Fiberglass Repair



Vehicle Detailing



Semi-Tractor Body Work



Nationwide Lifetime Warranty

Don't Settle for Less, Choose Jerome's

 (701) 852-5126 | (800) 761-1160 | **Fax:** (701) 839-4488

2705 North Broadway, Minot, ND 58703

 Connect with us! jeromescollision.com

BLACK ICE

A Dangerous Wintertime Hazard

ROD KRAUSE

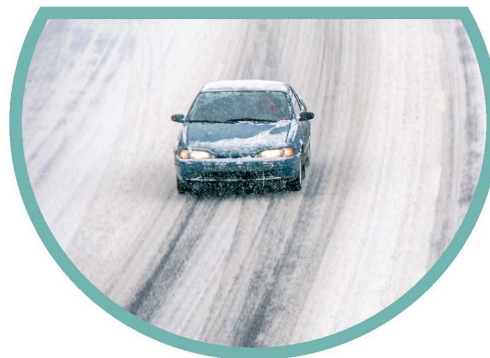
5TH BOMB WING SAFETY AND OCCUPATIONAL HEALTH MANAGER

Black Ice -- It is not the name of the latest rap group. What it really is, is an age-old winter phenomenon that has sent many a driver skidding and sliding down what looked like a dry road. Black ice can appear to be a spot of moisture on a road, or may have a slight glisten on black asphalt. Do not be mistaken: this thin ice is very slick, and your car can skid rapidly on it. Drive carefully on roads where snow banks have melted throughout the day, and exercise caution when driving under bridges and overpasses. If your car starts to skid, do not slam on your brakes unless your vehicle is equipped with an anti-lock braking system.

WHAT CAN A PERSON DO TO PREPARE FOR BLACK ICE?

Look for signs of ice other than on the roadway. That means looking for ice on windshield wipers or side view mirrors, on road signs, trees or fences along the highway. If ice is forming on any of those things, it's possible that it may be on the road as well.

Then again, ice may not have formed on anything but the road. For example, it may have been a warm day during which the snow melted and then froze as ice after the temperature dropped at night. In other cases there will be ice in shaded areas, such as cuts through hills and



along banks, before there will be ice on the open roads. If you suspect there could be black ice on the pavement, you may want to test for it by gently wiggling the car a little bit or by applying the brakes lightly to see if there's any change in the feel of the road.

Another good tip for winter driving is to listen to the radio for reports on the temperature outside. When the roads have been wet and the temperature drops below freezing, ice can form quickly. If you are a person who must drive frequently in winter weather, it is a good idea to install an outdoor thermometer in the car, allowing you to monitor the outside temperature.

This is also the type of weather when it is especially important to watch for those signs that remind drivers that bridges freeze before roads. These signs tell you there is a bridge ahead and give you time to slow down so you have better control just in case there is ice on the bridge pavement.

If you live in an area where frost occurs, black ice is always a possibility. Use extreme caution when driving on cold mornings where there is evidence of frozen moisture on the roadway.

**DON
BESSETTE
MOTORS**

**SERVICE
DEPARTMENT**

**WE HAVE WHAT IT TAKES
TO KEEP YOUR VEHICLE
RUNNING
SMOOTH**

Super service at your SUPERSTORE

**FREE
CAR WASH**
with all service appointments
**+ ADDITIONAL
\$500 BONUS**
towards purchase or lease
For Active Duty, Reservist/National Guard,
Veteran, and Retired U.S. Military Personnel

**10% MILITARY
DISCOUNT***
*Maximum Discount on Services
shall not exceed \$250.00
WITH COUPON EXPIRES 12/31/23
DON BESSETTE MOTORS | SERVICE DEPARTMENT

**\$10.00 OFF
NEW
BATTERY**
WITH COUPON EXPIRES 12/31/23
DON BESSETTE MOTORS | SERVICE DEPARTMENT

COOLANT FLUSH
Starting at **\$159⁹⁵**
WITH COUPON EXPIRES 12/31/23
DON BESSETTE MOTORS | SERVICE DEPARTMENT

OIL PAN HEATER
Parts & Installation **\$219⁹⁵**
WITH COUPON EXPIRES 12/31/23
DON BESSETTE MOTORS | SERVICE DEPARTMENT

WWW.DONBESSETTEMOTORS.COM

1715 N BROADWAY MINOT, ND
701-852-3300



**Maximum Discount on Services shall not exceed \$250.00

Always Be Prepared For **WINTER WEATHER CONDITIONS**

ROD KRAUSE
5TH BOMB WING SAFETY AND OCCUPATIONAL HEALTH MANAGER

While killer blizzards are rare in North Dakota, the state does get its fair share of smaller storms and blizzards. In some cases, these storms could cut off electricity to the base and local communities for hours or maybe days.

As we face another North Dakota winter, it's important to plan ahead and start storing emergency food and water supplies for the family before a crisis happens.

It's a good idea to store at least a two-week supply of water — about a gallon for each member of the family per day. Water is a necessity and it should be a priority when preparing for an emergency. We should also consider each person's age, physical condition, activity and diet, when storing water.

Children, nursing mothers and ill people have special needs and often need additional water for food preparation and hygiene. Don't forget to include pets.

PREPARE AN EMERGENCY STOCKPILE

Healthy people can survive on half their usual food intake for an extended period and without any food for many days, as long as they cut back on their normal activity. Unlike water, people may safely ration food for most adults, although children and pregnant women may still need their regular intake.

Avoid foods high in fat and protein, and don't stock salty foods since they make people thirsty. People should switch to salt-free crackers, whole grain cereals and canned foods with high liquid content.

You don't need to buy unfamiliar foods for emergency supplies. Instead, stock canned foods, dry mixes and other staples already on their cupboard shelves. In fact, familiar foods are important because they can lift morale and renew people's sense of security during stressful situations. Also, canned foods don't need cooking, water or special preparation.

The following are some recommended food storage plans:

STORAGE TIPS

- Keep food in the driest and coolest spot in the house – a dark place if possible.
- Keep food covered at all times.
- Open food boxes or cans carefully so you can close them tightly after each use.
- Wrap cookies and crackers in plastic bags and keep them in tight containers.
- Empty opened packages of sugar, dried fruits and nuts into screw-top jars or air-tight cans to keep pests out.
- Inspect all food containers for signs of spoilage before use.

WHAT TO STOCK

Though it's unlikely an emergency would cut off our food supply for days or weeks, it's a good idea to prepare supplies to last that long.

A two-week supply can relieve a great deal of inconvenience and uncertainty until services are restored.

An easy way to develop a two-week stockpile is increase the amount of basic foods people normally keep on their shelves. We should compensate for the amount we eat from other sources, including restaurants.

Those who already keep a two-week supply of food on hand should rotate their supply once or twice a year.

SPECIAL CONSIDERATIONS TO REMEMBER

When stocking food, consider your family's unique needs and tastes and include foods everyone enjoys that are also high in calories and nutrition.

Foods requiring no refrigeration, preparation or cooking work best.



Make sure you have a can opener and disposable utensils.

People with special diets and allergies as well as babies, toddlers and the elderly need special attention. Nursing mothers may need liquid formula in case they are unable to nurse. Canned dietetic foods, juices and soups may be helpful for the ill or elderly. Don't forget nonperishable foods for pets.

COOKING WITHOUT POWER

In an emergency, use a charcoal grill or camp stove to heat up your food. Candle warmers, chafing dishes and fondue pots are also handy food warmers, but people who chose to heat food right from the can should open it and remove the label first.

 **Verendrye
Electric
Cooperative**

A Touchstone Energy® Cooperative



**Contact Us
For All Your
Electric Needs!**

Minot - Velva
701-852-0406
800-472-2141
www.verendrye.com

Know These WINTER TERMS

ROD KRAUSE
5TH BOMB WING SAFETY AND OCCUPATIONAL HEALTH MANAGER

Watches and warnings for hazardous winter weather are issued by the National Weather Service. These weather statements should be listened to carefully since the weather affects all of us.

WINTER STORM WATCH

Hazardous winter weather is expected in the form of heavy snow, heavy freezing rain, or heavy sleet. Issued 12 to 24 hours before the event is expected to begin.

WINTER STORM OUTLOOK

Issued prior to a Winter Storm Watch, usually 3 to 5 days in advance of a possible winter storm.

WINTER STORM WARNING

This is issued when a dangerous combination of heavy snow, with sleet and/or freezing rain, will occur or has a high probability of occurring within the next 12 hours.

BLIZZARD WARNING

Issued for sustained or gusty winds of 35 mph or more, and falling or blowing snow creating visibilities at or below ¼ mile; these conditions should persist at least 3 hours.

WINDCHILL WARNING

Issued when windchill temperatures are expected to be hazardous to life within several minutes of exposure.

WINDCHILL ADVISORY

Issued when windchill temperatures are expected to be a significant inconvenience to life with prolonged exposure, and, if caution is not exercised, could lead to hazardous exposure.

HIGH WIND WARNING

Winds of at least 40 miles per hour are expected to last for at least one hour. In some areas, this means strong, gusty winds occurring in shorter time periods.

WINTER WEATHER ADVISORIES

Issued for accumulations of snow, freezing rain, freezing drizzle, and sleet which will cause significant inconveniences and, if caution is not exercised, could lead to life-threatening situations.



DENSE FOG ADVISORY

Issued when fog will reduce visibility to ¼ mile or less over a widespread area.

SNOW FLURRIES

Light snow falling for short durations. No accumulation or light dusting is all that is expected.

SNOW SHOWERS

Snow falling at varying intensities for brief periods of time. Some accumulation is possible.

SNOW SQUALLS

Brief, intense snow showers accompanied by strong, gusty winds. Accumulation may be significant. Snow squalls are best known in the Great Lakes region.

BLOWING SNOW

Wind-driven snow that reduces visibility and causes significant drifting. Blowing snow may be snow that is falling and/or loose snow on the ground picked up by the wind.

SLEET

Rain drops that freeze into ice pellets before reaching the ground. Sleet usually bounces when hitting a surface and does not stick to objects. However, it can accumulate like snow and cause a hazard to motorists.

FREEZING RAIN

Rain that falls onto a surface with a temperature below freezing. This causes it to freeze to surfaces, such as trees, cars, and roads, forming a coating or glaze of ice. Even small accumulations of ice can cause a significant hazard.

When bad weather is predicted, it is only common sense to take precautions. If you must travel, plan carefully and notify people of your plans. Otherwise, postpone the trip or delay your trip enroute and stay secure in a town along the way. Let others know of your plans when you decide to stop for the storm to prevent possibly life threatening searches for you.

IS YOUR VEHICLE WINTER READY?



\$40 OFF

**ON ANY SET
OF 4 TIRES**

*CANNOT BE COMBINED WITH OTHER OFFERS

Offer expires February 28, 2023

1301 20th Ave SW
Minot, ND 58701
(701) 837-1301

61 Missile Ave
MAFB, ND 58704
(701) 727-4141



\$15 OFF

**Your purchase of a
INTERSTATE
BATTERY**

Offer expires February 28, 2023

1301 20th Ave SW
Minot, ND 58701
(701) 837-1301

61 Missile Ave
MAFB, ND 58704
(701) 727-4141



**SCHEDULED
MAINTENANCE**

10% OFF WITH ANY
2 SERVICE

15% OFF WITH ANY
3 SERVICE

20% OFF WITH ANY
4 SERVICE

Offer expires February 28, 2023

1301 20th Ave SW
Minot, ND 58701
(701) 837-1301

61 Missile Ave
MAFB, ND 58704
(701) 727-4141



THINKING TIRES? THINK TIRES PLUS

**Located on base
at the shopette for
your convenience**

**61 Missile Ave
MAFB, ND 58705
(701) 727-4141**

SLOW DOWN, AND BE CAREFUL

ROD KRAUSE
5TH BOMB WING SAFETY AND OCCUPATIONAL HEALTH MANAGER

Although it may seem a bit intimidating at first, it doesn't take much time for first-time winter drivers to learn to properly tackle snow-packed and icy roads in the local area. Patience is key when heading out on winter roads for the first time, many people end up in accidents each year because they drive too fast for the conditions. The following are things drivers should remember when the snow and ice starts to fall.

For maximum power when starting cars in cold temperatures, turn off all accessories, including the radio and heater, before turning the ignition key. For carbureted cars, depress the accelerator once and release it. For fuel-injected vehicles, don't touch the pedal. Turn the key and hold it for about 20 seconds. Don't over grind the starter; it can damage it. Let the engine run for at least a minute before driving. Don't accelerate too quickly for at least a mile or two.

Not all vehicles handle in winter weather conditions the same, and it's important for people to know how to handle their vehicle in demanding winter weather. It's a good idea for people to carefully practice slow-speed maneuvers on an empty snow- or ice-covered parking lot. The vehicle owner's manual also outlines handling characteristics.

Front-wheel-drive vehicles generally handle better than rear-wheel-drive vehicles on slippery roads because the engine's weight rests on the drive wheels to improve traction. The back end of rear-wheel drive vehicles, especially pick-up trucks, tends to slide from side to side when turning on icy roads. To compensate, people with rear-wheel drive should add weight in the trunk or truck bed to give the wheels more grip.

Even a little bit of ice and snow can turn a 2,000-pound car into an unguided bobsled. To avoid accidents, drivers should pay special attention when approaching intersections.

Slow down before approaching an intersection. Scan left, then right, then left again for pedestrians and vehicles cars on cross streets. If you're having trouble stopping, they probably will too. Prepare for drivers sliding into intersections from the side, then decide if you can safely get through the intersection or stop to avoid hitting an oncoming vehicle. After stopping, press the accelerator slowly to get going again. Vehicles with manual transmissions should start in second gear to keep the wheels from spinning.

When approaching an icy hill, find a path with the best traction. Watch the cars ahead of you, and steer clear of spots where people are spinning their wheels or sliding backward. Try driving on unpacked snow; it sometimes offers better traction.

Build speed gradually while you're still on level ground. If you have shift-on-the-fly four-wheel drive, shift into it before you reach the hill.

When you reach the crest, begin to decelerate slowly, shifting into a lower gear to allow engine drag versus your brakes to cut your speed.

Slow down before you enter an icy curve. Any sudden acceleration or deceleration in a turn could send you into a skid.

Controlled speed and smooth steering and braking helps prevent skids. If your wheels lose grip, gradually release the pressure from the pedal you're using. Smoothly steer in the direction you want the car to go.



People who get stuck in snow, ice or mud often do the wrong thing and stomp on the gas pedal and end up spinning their wheels and digging in deeper. To free your vehicle, try turning the steering wheel gently from side to side and use light foot pressure on the accelerator. Then rock the vehicle forward and backward while pointing the front wheels straight ahead. It's a good idea to check the owner's manual first because this procedure can damage the transmission on some cars. If you're still stuck, stay with your vehicle and make use of your winter survival kit until assistance arrives!



LET'S MEET IN THE *center*

On your way...
Whether East to
Devils Lake for ice fishing
-or-
North to recreation
in the Turtle Mountains

STOP IN RUGY FOR
• FOOD • GAS • GEAR &
• SHOPPING





RUGBY

GEOGRAPHICAL CENTER OF NORTH AMERICA
NORTH DAKOTA

www.rugbynorthdakota.com
701.776.5846 • rugbychamber@gondtc.com



Getting ready for **ANOTHER COLD MORNING**

ROD KRAUSE

5TH BOMB WING SAFETY AND OCCUPATIONAL HEALTH MANAGER

Winter driving can be trying on both the vehicle and its pilot. As with many other things in life, preparation is the key to success. A few cold-weather parts and preparatory procedures can make the difference between being stuck in a drift and making it home.

Routine vehicle care is the best way to keep from being left out in the cold. This includes tune-ups and inspection and replacement of worn belts and hoses. Cold weather makes pliable materials stiffer and more brittle. It also makes fluids thicker. With this in mind, people who live in extreme climates often use light-viscosity synthetic lubricants, which work across a wider temperature range than conventional oil. Those who don't want the added expense sometimes use lighter-weight oils in the winter, such as 5W30.

Antifreeze should be kept at approximately a 60:40 coolant-to-water ratio. In extreme conditions, too little antifreeze in the mix can allow the coolant to freeze and crack the engine block. Installing a higher-temperature thermostat, say 195 degrees, will help heater performance and help the engine burn off condensation.

Battery maintenance will also improve cold-weather performance. For batteries that require maintenance, make sure that all cells are full of water. Keep all battery terminals and cable ends clean, and make sure the battery is well grounded.

Several engine-block heating systems are available, both on the OE level and from the aftermarket. Most new vehicles sold in cold country come with factory-installed block heaters that replace one of the engine's freeze plugs or connect to the heater hose.

PRE-FLIGHT CHECK

Perform a general check of brakes, lights, defroster/heater, fluid

levels, belts, hoses and exhaust system.

Check the condition of wiper blades and consider upgrading to winter/snow blades. Always "park" blades before turning off the vehicle to minimize chances of sticking to the glass. Better yet, lift blades off the glass overnight.

Check the coolant level and make sure that the radiator has the proper mixture of antifreeze and water.

Check tire inflation to verify optimal tire contact with the road.

Keep the gas tank at least half full. This limits the amount of condensation that can enter the fuel system and also can improve traction, especially in rear-wheel-drive vehicles, by adding weight. Adding gasoline antifreeze to the fuel tank will help protect against fuel-line freezing.

Consider adding weight to the trunk or pickup bed in rear-wheel drive vehicles. Bags of sand both add traction-improving weight and can be dumped on ice to improve traction further. Make sure to secure the extra weight to the vehicle with motorcycle straps or other suitable restraints.

Before departing, scrape ice and snow from the roof in addition to every window, mirror and light. Never splash hot water on glass to melt ice.

Lube door locks and latches and coat weather stripping with silicone spray to help keep doors from freezing shut.

Prepare for the worst. Put extra winter clothes, blankets and even a sleeping bag in the trunk, take water and food (such as energy bars), pack a flashlight, extra batteries, matches and a first-aid kit. Take along a cell phone if possible.

Adventure starts here



**North Star CCU is here to help you enjoy all four
adventure filled seasons that North Dakota has to offer!**

**We provide financing options for RVs, campers, golf carts,
ATVs, ice houses, motorcycles, mopeds, boats, jet skis and snowmobiles.**

Maddock | Rugby | Bottineau | Cavalier | Grafton | Tolna | Minot | Minot AFB | Velva | Willow City | Butte | Devils Lake



nsccu.com



Recognize THE SIGNS OF HYPOTHERMIA

The arrival of cold weather provides opportunities to romp in the snow, ski the slopes or enjoy an afternoon ice skating on a frozen pond. But spending time outdoors in the cold or even in an indoor space that is not adequately warmed can result in a serious health condition known as hypothermia.

Hypothermia is defined as a potentially dangerous decrease in body temperature that is usually caused by prolonged exposure to cold conditions. Outdoors enthusiasts' risk for hypothermia increases as winter progresses and temperatures drop even further. However, hypothermia can occur other times of the year if the body is chilled. For example, hypothermia can occur when boats capsize and boaters are suddenly tossed into a body of water, or when hikers get caught in the rain during evening hikes. WebMD says normal body temperature is 98.6 F, and hypothermia begins when body temperature falls below 95 F.

When the body reaches lower temperatures, this can affect the heart, nervous system and certain organs, advises The Mayo Clinic. If left untreated, hypothermia may lead to cardiac and respiratory arrest.

Early symptoms of hypothermia include shivering, fast breathing, cold and pale skin, tiredness, confusion, and slurred speech. As body temperatures drop, shivering may stop and a person may faint.

Hypothermia frequently develops when people are exposed to the cold without warm and dry clothing for protection. Hypothermia also may develop when people get wet or are caught unaware of changes in weather. Wind removes body heat effectively, and direct contact with cold surfaces also can bring on hypothermia more quickly.

Infants and the elderly may be at a higher risk of hypothermia because their bodies aren't attuned to regulating temperature. Older adults may suffer hypothermia, for example, after spending several hours in a house with no heat during a power outage. The Mayo Clinic adds that certain medical conditions affect the body's ability to regulate body temperature, and certain medications may elevate risk as well.

To prevent hypothermia, health experts advise remembering the acronym COLD: Cover, Overexertion, Layers, Dry.

- Cover: Wear protective coverings, including mittens and hats, to prevent body heat from escaping through the extremities.
- Overexertion: Avoid activities that cause sweating. Together, wet clothing and perspiration can cause the body to lose heat more quickly.
- Layers: Loose-fitting, layered clothing can offer protection from the cold and wind. Wool, silk or polypropylene insulate more effectively than cotton.
- Dry: Remaining as dry as possible is essential. This includes getting out of wet clothing promptly.

Children and the elderly may need to wear an extra layer or two than healthy adults would wear in the same conditions. Drivers should bring along blankets and emergency supplies in the event a car breaks down in cold weather.

Hypothermia is a risk any time of the year, but particularly when the weather grows chilly. Taking precautions to stay warm and dry, and knowing the signs of a drop in body temperature, can help individuals stay safe.

Wintertime can be 'SNOW' MUCH FUN TO DISCOVER

Winter storms are on the way. While many people are anxious to see landscapes covered in white, others already are counting down the days to spring blooms. Weather can be awe-inspiring and interesting, and learning the secrets about snow is no exception.

Snow forms when water vapor in the atmosphere freezes into ice crystals. Snow falls as snowflakes, which come in a variety of shapes. However, according to Mental Floss, snow also can precipitate as graupel or sleet. Graupel are pellets of opaque ice particles that fall through freezing cloud droplets. They are not the same as sleet, which are drops of rain that freeze into small, translucent balls of ice.

Snowflakes are generally small and accumulate to form visible snow coverings. However, snowflakes can be large. The largest snowflake on record was reported to be 15 inches across and eight inches thick. According to "The Guinness Book of World Records," this giant snowflake was discovered at Fort Keogh, Montana, on January 28, 1887.

Although it appears white, snow is actually clear and colorless. The National Snow and Ice Data Center says the complex structure and many facets of snow crystals results in visible light being reflected. Light is absorbed uniformly over the wavelengths of visible light, which gives snow its white appearance.

Even though snow is more common in northern elevations and cold regions, snowfall is not exclusive to frigid climates. In the United

States, snow has fallen in cities most often associated with sun and warmth, such as San Diego, Miami and Hawaii. The southern Italy town of Capracotta received 100 inches of snow in 18 hours on March 5, 2015. In spite of its location, Capracotta has been known to receive enormous one-day snowfalls.

While snow can fall even in warm climates, the world record holder for the most snow belongs to a northern area. Mt. Baker ski resort in Washington state experienced 1,140 inches in the 1998/1999 winter season.

Snow can fall at temperatures well above freezing. According to ScienceBits.com, snow can still fall at temperatures as warm as 46 F. For snow to fall when temperatures are warm, humidity has to be very low.

Even though there's a common perception that no two snowflakes are alike, this isn't completely accurate. A scientist at the National Center for Atmospheric Research found two identical snow crystals in 1988. Also, similar results have been produced in laboratories.

Snow is an interesting form of precipitation. It can be scarce or plentiful, form in the north or the south, and may feature tiny snowflakes or extremely large ones. Snow also may take on the color of its surrounding environment.



TIRE SERVICE, INC.

5250 7th Ave SW, Minot ND
 ¾ Mile West of Flying J Truck Stop
 www.pomptire.com
 701-852-3385

"The Tire & Service Professionals"
 Since 1939

SAVE

Tire Special

\$10 OFF Any Set of Two Tires
 OR
\$25 OFF Any Set of Four Tires

Must present coupon to get this offer. Savings off regular price. Most vehicles. No other discounts apply. Will be deducted from participating retailer's price at the time of purchase. Additional charge for shop supplies may be added. No carryouts. Redeem at a participating Pump's location. Offer ends 4/30/23.

FREE VEHICLE INSPECTION with any Tire or Service purchase!

Pomp's New Credit Card Bonus

\$20 Instant Rebate*

***\$20 Instant Rebate off ANY purchase when NEW Pump's credit card used**

First-Time Use Only • No Change Tendered



Brake Special

\$25 OFF Per Axle (ABS)

Any Brake Service of \$100 or More
 (If inspection reveals the need for service.)

Come see us if...
 • Your brake warning light is on
 • You hear grinding or squealing
 • You notice a change in braking pressure

Must present coupon to get this offer. Savings off regular price. Most vehicles. No other discounts apply. Will be deducted from participating retailer's price at the time of purchase. Additional charges for shop supplies may be added. Redeem at a participating Pump's location. See store for complete details. Offer ends 4/30/23.

Computerized Alignment

\$10 OFF Regular Price
\$15 OFF Regular Price With Purchase of Four Tires

Includes:
 • Front caster, camber & toe set to manufacturer's specifications, where applicable
 • Reference & compensation, or adjustment of thrust line, depending on alignment type

(Many front wheel drive vehicles today require rear wheel adjustment at an additional cost.)
 Must present coupon to get this offer. Savings off regular price. Most vehicles. No other discounts apply. Excludes some 4-wheel drive vehicles. Front wheel drive vehicles may require rear wheel adjustment at an additional cost. Vehicles with Electronic Stability Control may be extra. Will be deducted from participating retailer's price at the time of purchase. Additional charges for shop supplies may be added. Redeem at a participating Pump's location. See store for complete details. Offer ends 4/30/23.

"Sliding Scale" Service Coupon

SAVE!

SERVICE TOTALS:	RECEIVE DISCOUNT:
\$ 50.00 - 99.99	\$10.00 OFF
\$ 100.00 - 199.99	\$20.00 OFF
\$ 200.00 - 299.99	\$30.00 OFF
\$ 300.00 - 499.99	\$40.00 OFF
\$ 500.00 or MORE	\$50.00 OFF

Must present coupon to get this offer. Savings off regular price. Will be deducted from participating retailer's price at the time of purchase. Excludes tires. Additional charge for shop supplies may be added. No other discounts apply. Redeem at a participating Pump's location. Offer ends 4/30/23.

Diagnostic Computer Scan

\$10 OFF Regular Price



Must present coupon to get this offer. Savings off regular price. Most vehicles. No other discounts apply. Will be deducted from participating retailer's price at the time of purchase. Additional charge for shop supplies may be added. No carryouts. Redeem at a participating Pump's location. Offer ends 4/30/23.

Oil Change

\$5 OFF Regular Price



Regular or Synthetic Oil Change

Must present coupon to get this offer. Savings off regular price. Most vehicles. One coupon per customer per vehicle. No other discounts apply. Will be deducted from participating retailer's price at the time of purchase. Additional charge for shop supplies may be added. Redeem at a participating Pump's location. Offer ends 4/30/23.

All Batteries

\$10 OFF Regular Price



Brands may vary by location.

Must present coupon to get this offer. Savings off regular price. Most vehicles. No other discounts apply. Will be deducted from participating retailer's price at the time of purchase. Additional charge for shop supplies may be added. Redeem at a participating Pump's location. Offer ends 4/30/23.

SNOW MOBILING SAFETY

Simple Rules for a Safety Adventure



SSGT STACEY EVANITUS 5TH BOMB WING OCCUPATIONAL SAFETY

Riding a snowmobile is an exciting recreational sport for the whole family to enjoy. It's been one of the most popular things to do during winter and its fun. However, accidents are bound to happen. The main factors proven to contribute to snowmobile mishaps and fatalities are:

- Impaired riding
- Excessive speeds
- Riding on highways/roads
- Riding on ice/unfamiliar terrain
- Riding after dark

Never consume alcoholic beverages or drugs of any kind before riding. These things can impair your judgment and slow reaction time. Alcohol also causes the body temperature to drop at an accelerated rate, which increases the likelihood of hypothermia.

Excessive speed is a contributing factor in all fatal snowmobile mishaps. Slow down especially if you don't know the trail. Stay at a comfortable speed enough for you to react appropriately for any situation. Always remember to drive defensively, especially after sun down.

When riding off base, it's highly recommended that you ride only on the trails meant for snowmobiles. Stay in the ditches or a marked trail. When crossing a road to get back to your trail, watch out for vehicles. Be alert of fences, tree stumps, and wire fences that may be concealed by the snow or blend in with the environment. Try to avoid riding on bodies of water when you are unsure of the thickness of ice. Especially running water and unpredictable weather as it changes all the time. They may affect the thickness and strength on lakes and ponds. Riding in the dark can also be a contributing factor to accidents. It can impair your vision and if you are unfamiliar with the environment, the snowmobile and the area it may be fatal. It's also highly recommended to carry a first aid kit. You never know when and where you'll need it.

In accordance with MAFB Instruction 31-116, a snowmobile may be operated to/from the operating area using the most direct route using the field area or within the right of way of any street or roadway on Minot AFB. Snowmobiles shall travel in the same direction as the direction of motor vehicles traveling on the side of the roadway immediately adjacent to the side of the right of way when conditions are such that no damage will be caused to seeded areas.

To operate a snowmobile on Minot AFB owners/operators must meet the following:

They must have an operational headlight and taillight, which must be illuminated while in operation and an operational brake light. Vehicles must have a properly installed muffler in good working order and a functional engine "kill" switch.

This is a list of required safety equipment for on-road use:

Headgear and impact resistant eye protection. Helmets will meet the standards of Snell Memorial Foundation (SMF), The American National Standards Institute (ANSI) or Department of Transportation (DOT).

Full finger gloves, long sleeve shirt or jacket, long pants, over-the-ankle boots.

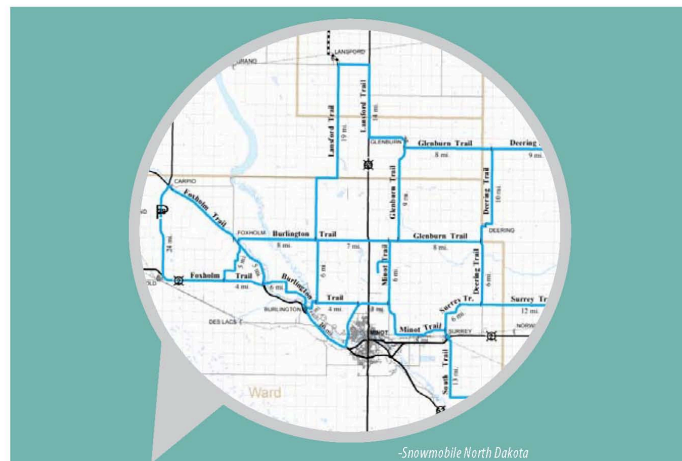
Operators and passengers will wear brightly colored clothing or reflective and/or retro-reflective materials.

Operators must possess a valid drivers license or permit, carry

military identification, maintain current state registration, and vehicle insurance.

Operators under 16 years of age (YOA), but at least 12 (YOA), who do not possess a valid driver's license or permit, will not operate a snow mobile on Minot AFB unless the person has completed a state-sponsored safety training course as prescribed by the Director of the North Dakota State Parks and Recreation Department. The operator must then carry on their person and exhibit, upon demand to any law enforcement or safety official, the certificate of training. These persons must have adult supervision while operating the off-road vehicle

Snowmobiling is a fun and healthy recreation for people of all ages. Remember to follow and teach these tips to your children and be sure to have a safe and exciting time.



North Dakota has 14 state snowmobile trails, totaling just over 2800 miles, that are maintained by members of Snowmobile North Dakota. Trails are open to snowmobiling enthusiasts from December 1 through April 1, providing that the trail has a minimum of four inches of packed snow.

Many of the trails are on trail easements through private land. Snowmobilers are reminded to respect private property and remain on marked trail segments.

Snowmobile trail maps can be obtained at the following:

- Snowmobile North Dakota—Website information on snowmobiling in North Dakota that includes a North Dakota snowmobile trail map and trail locations.
- North Dakota GIS Hub Snowmobile Trail Map—GIS layered mapping of all state snowmobile trails.

All snowmobiles operated on public land must be registered. Snowmobile registration is handled by the ND Department of Transportation at any licensing office statewide. The registration fee is \$40 for a two-year period. This fee is categorized into a \$5 registration fee and a \$35 trail tax fee and is used to properly maintain the state trail system. The fee must be paid in odd-numbered years.



North Dakota SNOWMOBILE TRAILS

PEACE GARDEN TRAIL

Bottineau, ND
198 Miles

Includes Bottineau and Rolette counties. In the north-central part of the state, trail runs through the Turtle Mountains, creating a beautiful scenic ride. This trail system connects with the Canadian trail system at Carbury Port and at the International Peace Garden. The International Peace Garden and the Lake Metigoshe State Park are located on the trail system.

NORTH CENTRAL TRAIL

Rugby, ND
183 Miles

Includes Benson, McHenry, Pierce, Ramsey and Towner counties. The riding is 80% cross country with the other 20% ditch riding. The trail gives the rider a great cross section of terrain that North Dakota has to offer.

LAKE REGION TRAIL

Devils Lake, ND
216 Miles

Includes Nelson and Ramsey counties. The trail system is centered on the city of Devils Lake in the northeast part of the state. A day of riding may include tight twisting trails, wide open lake runs and long straight sections of country road ditches. Heated and lighted warming houses are located in strategic points on the trail system.

NORTHEAST TRAIL

Walhalla, ND
476 Miles

Includes Cavalier, Pembina and Walsh counties. Known as the Pembina Gorge Trail, it is located in the northeast corner of the state. The Gorge itself is a must-see natural phenomenon. This system ties into the Canadian trail at three major points and also ties into two major Minnesota trails. This trail offers miles of riding and usually has very good snow.

RED RIVER NORTH TRAIL

Grafton, ND
146 Miles

Includes Pembina and Walsh counties. The western half is mainly ditch and shelter belt riding and the eastern half follows the Red River and the woods from Park River to Hoople. This trail association provides many places to stay for travelers on a snowmobile trip. The Red River North Trail system has a lot to offer snowmobilers who are looking for fun and relaxing snowmobile trips with the variety of riding and many miles of trail.

RED RIVER SOUTH TRAIL

Fordville, ND
193 Miles

Includes Grand Forks and Walsh Counties. The Red River South Trail Association grooms miles of marked snowmobile trails in the northeastern part of North Dakota.

CAT TAIL TRAIL

Hope, ND
91 Miles

Includes Barnes, Cass, Steele and Traill counties. The Cattail Trail offers trail traveling through field, woods, lakes, prairie trails, sloughs and ditches. There are also fuel stops, restaurants and bed and breakfasts.

EAST CENTRAL VALLEY TRAIL

Fargo, ND
200 Miles

Includes Cass and Richland counties. The trail system is in the southeast portion of North Dakota and primarily covers Cass County. It is about 20 miles from two different points on the Mayville-Portland Trail System (21 miles from Hillsboro and 17 miles from Galesburg). This trail also connects to two Minnesota trail systems managed by the Clay County Trail Blazers and Felton Roughriders.

SOUTHERN VALLEY TRAIL

Wahpeton, ND
136 Miles

Includes Richland County. It has miles of groomed snowmobile trail kinking nearly every city in Richland County.

SARGENT COUNTY TRAIL

Milnor, ND
90 Miles

Includes Richland and Sargent counties. The trail offers miles of riding in the southeastern portion of the state. Each community has restaurants, gas stations, motels, grocery stores and snowmobile repair shops.

SHEYENNE VALLEY TRAIL

Lisbon, ND
286 Miles

The Sheyenne Valley Trail system includes Barnes, Dickey, LaMoure, Ransom and Stutsman counties. The Sheyenne Valley Trail is located south of Jamestown and Valley City. There is a wide variety of riding in this system. The trail follows the Sheyenne River bottom and the James River. It also has ditch riding, shelter belts, and wide open fields. This takes you through the Fort Ransom State Park and also a park called Little Yellowstone. Several other stops are located along the way.

MISSOURI VALLEY TRAIL

Linton, ND
213 Miles

The Missouri Valley Trail includes Emmons and Burleigh counties. The trailhead is located 1.5 miles south of I-94's Exit 61 on Bismarck Expressway. This trail runs east 22 miles along Highway 10 to Sterling, where food and gas are available. The trail then turns south to Moffit 10 miles south of Sterling along Highway 83. South of Moffit are the towns of Hazelton (15 miles) and Linton (20 miles) which have gas, food and lodging available. The trailhead is 60 miles north of Beaver Bay.

DINING OUT WITH CHILDREN

Dining out at restaurants can be an enjoyable activity and a break from kitchen duties at home. Many people in both the United States and Canada dine out at least once a week. According to a Rasmussen Reports national telephone survey, 58 percent of American adults say they visit a restaurant during the week. The Canadian Restaurant Food Association has found around 23 percent of Canadians dine out once a week.

Even busy families want to indulge. However, parents of young children may avoid restaurants because of apprehension about the experience. Getting ready for the restaurant excursion can help families avoid some of the common pitfalls. Patience and planning can help dining out with the family go smoothly.

INFANTS

New parents often need a respite from the near-constant demands of infants. Dining out can be one of those breaks. When a babysitter is unavailable or if you're not yet comfortable leaving a little one with someone else, bringing baby along may be possible.

First, find a family-friendly restaurant or try an establishment that has outdoor seating where you can quickly distance yourself from other diners if need be. Time dining out around the baby's feeding and sleeping schedule. Babies sated by a recent feeding and a relaxing car ride may be more inclined to sleep through your restaurant meal. Just in case, pack an extra bottle or prepare to breastfeed to keep your baby happy.

TODDLERS AND SCHOOL AGE

Active children can learn table manners and restaurant behavior early on through practice. These lessons can open children up to new food experiences and help them grow accustomed to social settings.

Do not set your child up to fail by selecting a restaurant that is too fancy or quiet. Save those restaurants for when your company is adults only. A place that is used to noise (and moderate mess) is better.

A restaurant that has interesting decor, such as an aquarium, can keep toddlers occupied. But bring along some games, toys and other trinkets to keep their attention. Try playing games, such as counting the packets of sugar or finding people wearing red shirts.

Avoid dining out with a tired child, and be prompt in selecting meals and eating. This is not a time to linger, as youngsters' attention spans and willingness to sit still tend to be minimal. Be prepared to leave with a to-go box if a child proves unruly.

OLDER CHILDREN

Part of the challenge of dining out with older children is holding their attention, but meals can facilitate family conversation and be good for the parent-child dynamic. Set a device-free rule at the table and use the opportunity to converse. Try exotic cuisine or new dining experiences so it is an adventure for all involved.

Dining out with children requires different strategies depending on youngsters' ages.





Local Cravings

Restaurant Guide

Applebee's Grill & Bar

2302 15th St SW, Minot
Phone: 701.839.2130
www.applebees.com

Badlands Restaurant & Bar

1400 31st Ave SW, Minot
Phone: 701.852.7335
www.blgrill.com

Bone's BBQ Smokehouse & Grill

1412 2nd Ave SW, Minot
Phone: 701.838.9140
www.bonesbbqminot.com

28 Tastes & Taps

1603 35th Ave SW Minot
Phone: 701.838.2828
FB: 28 Tastes & Taps

Culver's Restaurant

3000 S Broadway, Minot
Phone: 701.852.4800
www.culvers.com

Ironhorse Kitchen + Bar

21 E Central Avenue, Minot
Phone: 701.852.8183
FB: Ironhorse Kitchen + Bar Minot

Jamaican Vybz Kitchen

Suite 200 315 Main Street S Minot
Phone: 701.441.9309
FB: Jamaican Vybz Kitchen

Pink's Bar & Grill

102 128th Ave NW Minot
Phone: 701.852.2385
FB: PinksBarGrill

Prairie Sky Breads

3 1st St. SE, Minot
Phone: 701.858.0612
www.prairieskybreads.com

Noodles & Company

304 4th Ave NW Minot
701.491.9103
www.noodles.com

Mi Mexico

3816 South Broadway Minot
Phone: 701.858.0777
www.mimexicominoind.com

Primo Restaurant

1505 N Broadway, Minot
Phone: 701.838.7746
www.primominot.com

Souris River Brewing

32 3rd St NE Minot
Phone: 701.837.1884
www.sourisriverbrewing.com

The Starving Rooster

30 1st St. NE, Minot
Phone: 701.838.3030
www.starvingrooster.com

Whiskey Nine

109 Central Ave, Minot
Phone: 701.837.1090
www.whiskeyninen.com



IT'S YOUR NIGHT OUT!

ROD KRAUSE
5TH BOMB WING SAFETY AND OCCUPATIONAL HEALTH MANAGER

It's 1:00 a.m. and you've got to be up and at 'em at 7:00 a.m. The problem is you're toasted. Uh huh, you've had the time of your life and enough alcohol to drink to keep you happy until 10:00 a.m. the next day! Somewhere in the fog reality strikes. You've got to get home. You look around. Your friends are toasted too. You draw sticks and hope for the best. Darn, you "won." You're thinking it's only a couple of "clicks" to the front gate and you don't feel THAT drunk. You toss a stick of chewing gum in your mouth and off you go. As you approach the gate you fumble for your ID. You're thinking if you could just get through the gate you'd be home free! You're hoping for that quickie ID check and a friendly wave to proceed. As you hand the guard your ID card he's observing your every move. He noticed the way you approached the gate - weaving (because you were fumbling for your ID card, of course). He notices your glossy pupils and the way your eyes fail to focus. He notices the slur of your speech when he asks you how you're doing this nice Okinawan evening. But all of your actions tell him to check you out a little closer. He can smell the alcohol emanating from your breath. He knows there's no such thing as Juicy Fruit alcohol-flavored gum. You're busted!

This is the scene over and over again. Night after night people are caught drinking and driving. Why? Because they fail to plan. They fail to assess the risks associated with drinking and driving. If you

take a minute or two to plan the evening you can save yourself great embarrassment, you can save your career, and most importantly, you can live to enjoy another of those great nights out.

While many of us have heard of Operational Risk Management, or ORM, many of us don't use it when we're off-duty. This common misconception is worth exploring. Let's see how we can apply ORM to the scenario above. The Air Force has a six-step process:

ORM - DRINKING & DRIVING	
1 Identify the Hazard	Drinking alcohol and operating a motor vehicle is a hazard!
2 Assess the Risk	- I could get caught, end up in jail, and destroy my career - I could get into an accident and kill myself or someone else
3 Analyze the Control Measures	- I could walk - I could take a taxi - I could find a designated driver (hint: one who won't drink alcohol)
4 Make Control Decisions	- Walk is too far. - Taxi costs money, but we could all pitch in and lower the cost. - Hey, Ken's ugly and can't get a date, but he's reliable. Let's see if he'll be our <i>designated driver</i> (but don't tell him he's ugly, okay?)
5 Risk Control Implementation	Ken's the choice! He's free and reliable.
6 Supervise and Review	Once you're sober. Evaluate how well your activity went. Adjust as needed and start the process again!

There are alternatives to drinking and driving. Just take a moment out and apply the ORM process. Drinking and driving is a choice. Don't you make the wrong one!



The Grand Hotel is located high on top of Minot's scenic north hill, is known for its renowned elegance and superior service.

Free 24 Hour Shuttle Service
 On-Site Restaurant
 Free Wi-Fi
 Minot's Largest Indoor Heated Pool
 225 Spacious Sleeping Rooms

17,000 Sq. Feet of Meeting Space
 24 Hour Fitness Center
 Room Service
 Business Ready Services
 On-Site Luxe Lounge

1505 North Broadway, Minot, ND
 (701) 436-2999
grandhotelminot.com

DON'T FORGET ABOUT YOUR PETS!



ROD KRAUSE
5TH BOMB WING SAFETY AND OCCUPATIONAL HEALTH MANAGER

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

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

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

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

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

HAZARDOUS SUBSTANCES

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

ROCK SALT UNDERFOOT

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

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

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

Own a short-haired breed? Consider getting him a coat or sweater with a high collar or turtleneck that covers the dog from the base of the tail on top to the belly underneath. While this may seem like a

luxury, it is a necessity for many dogs.

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

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



explore,
experience,
discover

Bring out your
inner artist!

MARGIE'S



Gift Shop • Coffee & Smoothie Bar • Ceramic & Glass Studio

margiesartglass.com

109 South Main St. Minot
701.837.8555

No
Appointments
Necessary!



YOUR ICE FISHING & WINTER GEAR HEADQUARTERS

WE HAVE THE TOOLS TO HELP YOU ENJOY YOUR TIME ON THE ICE



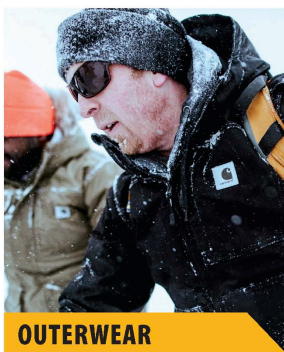
POP UP ICE SHELTERS



OUTERWEAR



ICE AUGERS



OUTERWEAR



MOST LOVED BOOT IN NORTH DAKOTA



ICE FISHING GEAR

MON-THURS 8:00AM-8:00PM
FRI-SAT 8:00AM-6:00PM
SUN: 12:00-5:00PM

107 20TH AVE SW, MINOT, ND
(701) 852-2537

HOMEOFECONOMY.COM

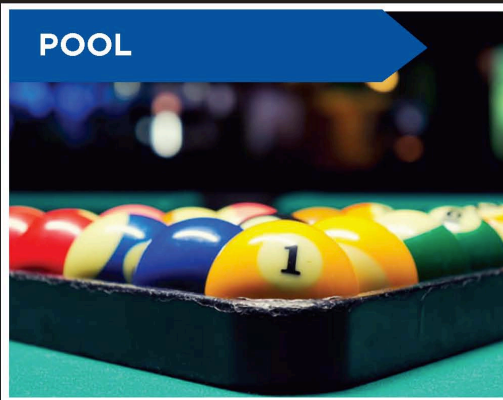
DON'T SIT AROUND THIS
WINTER, JOIN US AT

the
SPOT

CORNHOLE



POOL



DARTS



MONDAY - THURSDAY: 11AM - 1AM
FRIDAY - SATURDAY: 11AM - 2AM
SUNDAY: CLOSED

6 2ND STREET NE, MINOT
701-852-7768
(**SPOT**)