

## WHATS INSIDE THIS WEEK:



NINE THINGS TO DO ON BASE (DURING THE WINTER)

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UNDERSTANDING LICENSE AND REGISTRATION LAWS

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JR. JOURNALISM PROGRAM: GO TO THE PRAIRIE VILLAGE

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# 20 AF LEADERSHIP VISITS TEAM MINOT



Maj. Gen. Mike Lutton, commander of the 20th Air Force and Chief Master Sgt. Rudy Gamez, command chief of the 20th Air Force, visited defenders from the 91st Security Forces Group at Minot Air Force Base, North Dakota, Jan. 6, 2023. Lutton and Gamez visited Minot AFB to familiarize the new command chief with the 91st Missile Wing's mission capabilities. See page B1 for more photos from the visit.

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# 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, 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 at **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**- 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. Although temporarily closed for repairs, a Resident Council Member said that they are fixing some issues but hope to get it re-opened before the end of winter 2023.

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.

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



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!

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.

7. Take a Fitness Class at the **MCADOO FITNESS 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 indoor pool is located in the rear of the McAdoo Fitness Center and is open to lap swimming and families too. They have some toys, small floats and even a small slide. They just extended their hours and

as of Jan 6, 2023 the hours are: M/W/F 6am-6pm | T/Th 8am-6pm | Sat 10-2pm. The current hours allow the pool to be open even when the building is unmanned, but each adult will need an access card to get inside. The pool is closed outside of the set hours.

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/>



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

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# Remember to not just celebrate but act

MASTER SGT. ADONIS CABARLE, 5TH BOMB WING EQUAL OPPORTUNITY

MINOT AIR FORCE BASE, N.D. (AFNS) -- In 1983, President Ronald Reagan signed Public Law 98-144, creating a federal holiday honoring the birthday of Martin Luther King Jr. Later, Congress designated the Martin Luther King Jr. Day federal holiday as a national day of service in 1994.

The day is observed on the third Monday of January each year, which is around the time of King's birthday on Jan. 15. This year, Martin Luther King Jr. Day will be recognized on Jan. 16. One day may not be enough to fully appreciate his legacy but there is one way we all can reflect.

King once said, "Life's most persistent and urgent question is: What are you doing for others?" In honor of him, we must answer that question by coming together on this holiday to serve our neighbors and communities. Many of us have indirectly answered King's question and joined the military.

It is so easy to lose focus of the big picture and directly attribute our reasons for joining the military to secure a better future, get a college degree with 100 percent tuition assistance or ultimately climb a higher economic status than what we've previously had. Give yourself a pat on the back and be proud that you signed on the dotted line for the U.S. Air Force.

But wait ... let's not stop there. Do not forget the deployments, countless volunteer hours and numerous military obligations

that we all have to fulfill in our careers. All these things equate to what the Martin Luther King Jr. day of service is all about. What does that really mean? In addition to securing a better future, how do our collective efforts as Airmen lead to profound and measurable results?

It was around January 1990 when my grandfather, Armando Cabarle, announced that our immigration papers were approved and that we will be moving from the Philippine Islands to the United States. It took years before the papers were approved, but it was my grandfather who got us there. He worked as a gas pump attendant for Army and Air Force Exchange Service at Clark Air Base, Philippines, for 35 years. During that time, he didn't miss a day of work and always came in on time. He earned enough money to purchase a moped, but was involved in an accident while commuting to work. He got back up and still made it to work on time by foot. He was a stellar employee and received countless awards and letters of appreciation from numerous commanders.

My grandfather passed away in 2002, but left a lasting legacy. Before he passed, he shared the reason he worked so hard and dedicated so much of his time to America, as he would always say, it's due to a dream that one day his family would move to the United States. Back in 1987, while working, he found a wallet that belonged to the base

commander. The wallet contained the commander's military ID and approximately \$200. Two-hundred dollars in the Philippines is a large amount of money, especially back in 1987. However, my grandfather didn't keep the wallet. My grandfather received another award, but the recognition was different from any other. The base commander wrote a letter of recommendation with "special immigration" papers which gave my family the opportunity to move to the United States. By July 1990, we seized the opportunity and settled in San Bernardino, California.

My grandfather served the Clark AB community for years, but I think about what Clark AB, the Air Force and ultimately what the United States did for my family. As active-duty members, we are expected to deploy at a moment's notice, volunteer and meet a unique mission set on the frigid, gusty plains of North Dakota. All while attempting to maintain a harmonious household when we are off duty. You may not see it, but in all that we do as active-duty military members there are lasting effects to other cultures that we may come across.

When we serve with honor, we make a difference just as King did. Sure we shouldn't compare ourselves to anyone, let alone King, however, a dream is only a dream unless you pursue it with reverence and motivation for it to become a reality.

The theme every year for the



## MARTIN LUTHER KING JR. DAY

★ ★ ★ ★ ★  
I HAVE A DREAM

Martin Luther King Jr. Day is, "Remember! Celebrate! Act! A Day On ... Not a Day Off." Remember what the Air Force did for me and my family, celebrate your achievements, act with honor, and remember that Jan. 16 is a day to commemorate a hero while reflecting back to our past as heroes of the U.S. Air Force.

*Editors Note: This article was originally published January 2016 and has been updated for 2023.*

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- The Snow Leopard's long, thick tail helps them keep their balance and acts as a scarf to help warm the cat's body during the long, cold nights.

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**A VIEW FROM  
OUR SIDE**

ROD WILSON, NORTHERN SENTRY

Over the weekend my wife and I were watching a local weather report, which of course is one of the most popular forms of entertainment on television, second only to Wheel of Fortune or Jeopardy; and as we always do on Sunday night, pay particular attention to the long range forecast so we have something to talk about when we arrive at work on Monday morning.

The meteorologist on this particular evening was a gentleman who I have met on several occasions, and I guess I trust his predictions more than some of the others who offer weather guesses on the other stations. As he unveiled his seven day forecast, our eyes were drawn in particular to Saturday & Sunday of January 14 & 15. The temperature



**UPSIDE DOWN  
UNDER**

MARVIN BAKER

During the 1860s the Civil War took priority for nearly all Americans. It tore the nation apart for the better part of four years and left wounds that lasted for decades.

But the Civil War wasn't the only history happening at that time. Dakota Territory was established in 1861 with scattered military forts to protect settlers and the Great Sioux Uprising took place in 1862.

More than a decade later, on June 25, 1876, the Battle of the Little Bighorn unfolded, which remains one of the most analyzed battles in American military history.

About a year after wandering around Montana following the Battle of Little Bighorn, Sitting Bull and 5,000 of his followers crossed the 49th Parallel, setting up camps at Cyprus Hills, near present day Medicine Hat, Alberta, and Wood Mountain, halfway between present day Glasgow, Montana and

predictions were above freezing, albeit not much above freezing, but still when you are trying to have a positive attitude about the weather, having a 32 above zero without wind chill in the middle of January does a lot for your psyche.

Both Sue and I offered a cheer, "Wow! Could it be true? Above freezing! Yes!"

Remember if you will a few months ago, say October, when we were all watching weather aps and local reports for the day that the temperature drifted below freezing. Followed just a month later when the prediction was for below zero temps, and much below wind chills, like in the -20 degree range. "Why do we live up here? This is certainly going to be brutal."

Shortly after that we hit the two weeks from heck, with snow & wind that was followed by seven days when the temperature was not going to get above zero, for a high. This was certainly good news.

On Sunday night we were going to turn off the TV and head for bed on a high note when my friend brought a smile to our faces. He said "I can't see any below zero temps for the next two weeks. All of those below zero temps, well they were before Christmas. I think we are headed into a more temperate cycle, with the mercury well above zero, and I don't see a lot of snow on the horizon. In

general, enjoy the weather the next two weeks."

So, what am I saying. Well, my friend John had just talked us off the edge of the cliff. Less than two weeks ago we were not very happy campers. "Dang, it was cold! Who lives us hear?" Christmas cards from many of our friends arrived with shots of their winter homes, swimming pools, beach trips...well you get the idea.

Thirty-two degree temps in January gives us hope. Of course, there will be more below zero days, and we are not done with snow shoveling yet, but we can take it in stride. We may not have to use our car starters on every occasion. I think the word John, my meteorologist friend used was "climatized". Thirty-two degrees seems warm, right? I even caught myself noting in an email to my son who lives in California that it has warmed up. On that particular day it was 80 degrees and he and his wife were headed to Disneyland, and they were wearing shorts. He was quick to point out their choice of apparel for the day, noting that we probably would still be wearing winter coats.

But who cares! In California they won't experience the beauty of frosted trees after a foggy winter morning, or the spectacular northern lights on an evening when the sky is absolutely crystal clear. Heck, it's only two weeks until we turn the calendar to February and

have a real chance at temperatures that melt the snow.

If I sound like a recorded message for Visit Minot, please understand that over the years we have found a tolerance for cold temps, even though we don't like them. We have come in from shoveling snow and remarked how it is keeping us in shape.

Winter in North Dakota? I really believe there are more good days, than bad. A weekend with above freezing temps. We'll take it. And as my dad used to tell me, "It's all in your head, son. It's how you look at things. Is the glass half empty, or half full, of ice?"

## BEST KEPT SECRETS

The Roosevelt Park Zoo is open all through the winter months, and there is still a lot to see. I will agree that summer is indeed a better time to visit RPZ, but if you have kids who are stir crazy and need somewhere to vent some energy, give Roosevelt Park Zoo a try. Winter hours are 10 AM to 3 PM daily.

## TODAY'S CHUCKLE

For some people, life is an enchanted dance close to the flame; for others, it's the hokey-pokey next to the heating pad.

## THAT'S LIFE

I keep having issues with the WiFi in my home. Why? Because my computer keeps locking onto the WiFi created by the neighbor's refrigerator. Seriously, do refrigerators need WiFi?

## The forgotten Sioux tribes...

Moose Jaw, Saskatchewan.

Sitting Bull's people were destitute and hungry and they became the responsibility of the Canadian government. The Northwest Mounted Police closely watched both encampments.

By 1881, however, Sitting Bull and 187 of his followers returned to the United States and surrendered "at Fort Buford, Montana." This is a mistake in some history books. The surrender took place at Ford Buford, which was in Dakota Territory, near Williston, not Montana. It is within walking distance of the Montana state line, but is located in present-day North Dakota.

In 1895, Sitting Bull was killed by Indian police on the Standing Rock Reservation near Fort Yates, but many of his followers remained in Canada. During the same time period, many of the Minnesota Sioux fled across the border and settled just west of Fort Garry, which is now Winnipeg's west end, as well as at Portage La Prairie.

College courses, books, including "The Last Days of the Sioux Nation, and lectures have all examined the Sioux tribes and their plight against the United States government. But little is known, even in Canada, about the Sioux tribal members who remained there after Sitting Bull's surrender and subsequent death.

In fact, Canada's National History Society describes Canadian Sioux today as the least studied of all Sioux groups.

The reason may or may not be legitimate, but perhaps has to do with population. There are approximately 40,000 Sioux living in North Dakota, South Dakota, Minnesota and Iowa, with approximately another 40,000 scattered throughout the United States.

Statistics Canada points out there are approximately 10,000 Sioux in Canada and nearly all, descendants of Sitting Bull's tribe and the Minnesota Sioux, live on eight reserves in Manitoba and Saskatchewan.

The Four Sioux reservations (called reserves in Canada) in Saskatchewan today include:

1.) Round Plain is near Prince Albert. This reserve is populated by all four tribes of Dakota Sioux, but is predominately Sisseton.

2.) White Cap, formerly called Moose Woods, is near Dundurn. This reserve is populated by the Sisseton and is located approximately 30 miles south of Saskatoon.

3.) Standing Buffalo is near Fort Qu'Appelle. And like White Cap, the reserve is predominately Sisseton, but there are some Wahpekute as well.

4.) Wood Mountain is near the community of Wood Mountain,

which is between Moose Jaw and the U.S. border. The majority of Sioux on this reserve are direct descendents of Sitting Bull's Hunkpapa Sioux.

The Four Sioux reserves in Manitoba today include:

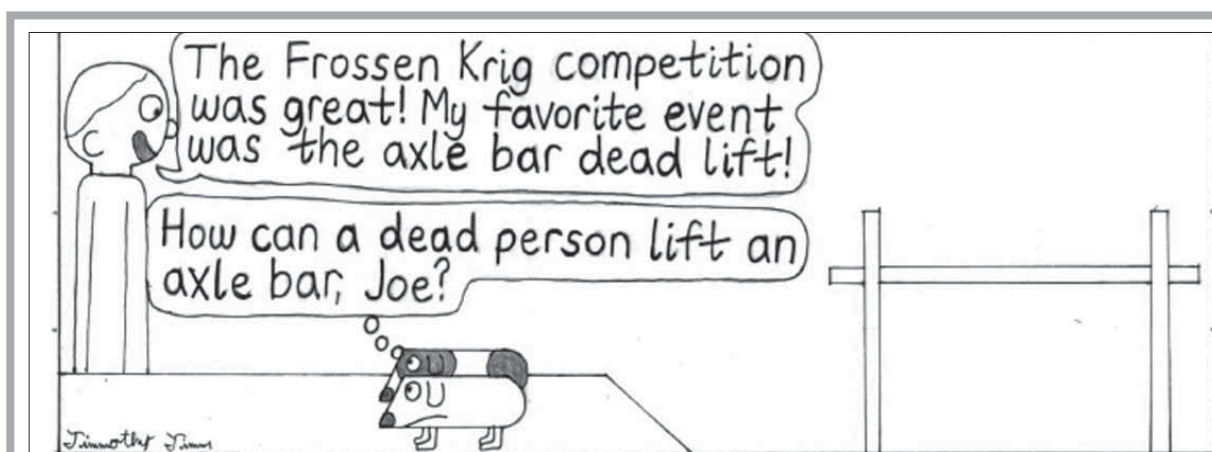
1.) Birdtail is near the town of Birtle, near Minnedosa. The majority of Sioux on this reserve are Mdewakantons, but there are also a few Yanktonai.

2.) Sioux Valley (formerly Oak River) is near the town of Oak Lake, 30 miles west of Brandon. This reserve is mostly populated by Sisseton and Wahpeton but there are many Mdewakantons as well.

3.) Oak Lake is near Pipestone. The reserve is predominately Yanktonai. Birdtail and Oak Lake are the only two populated by Yanktonai.

4.) Long Plain is near the city of Portage La Prairie. This reserve is not solely Sioux, but is mostly made up of Sisseton and Wahpeton.

This tribal migration northward actually began following the War of 1812 when many Sioux sought protection with the British government. It continued back and forth until about the time of World War I when most had settled down and became farmers and ranchers on the Canadian prairie.



TIMOTHY TIMM

## TITUS &amp; PHILEMON

Everyday adventures of Titus and Philemon and their owner Joe.

Timothy Timm of Minot currently attends Minot State University, is a Minot High School graduate, artist, cartoonist, author and illustrator. Timm has also created other works of art that are on display in his art studio downtown located at 201 Main St. S. in Minot.



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

Tears of self-pity leaked slowly from my eyes, down my cheek, and onto my pillow. Just a few days after Christmas, I found myself curled up in a tight ball on my bed in the middle of the afternoon—trying to hide from “one of those days.”

Little things, like a morning gone awry, a misplaced curling iron, spices toppling out of the cabinet, a toddler refusing to nap, and a birthday leaving me feeling old and unaccomplished seemed to stack up into one big thing. All those little things, combined with the fact that in the rush of the holidays, I hadn't taken time to make birthday plans—created a mountain of mess and caused my usually-positive mindset to topple.

The self-pity was just about to swallow me up when my phone rang.

It was my neighbor. She had an actual problem.

She and her two, teenage children were preparing for a cross country move. All of their possessions were in boxes, and this was the day movers were supposed to come load the trailer. Except, they arrived late, then claimed the sidewalk was too icy, then said they shouldn't even start because it would be getting dark soon, anyway. Then, they left.

Now what? They needed some extra hands and muscle. Did I know anyone who could help?

There's nothing quite the opportunity to help someone in need to snap the little things back into perspective.

In ten minutes, I was standing amid boxes, assessing the scope of the job. While I thought about who I might be able to call, I carried boxes to the moving trailer. It was the middle of a weekday in the hazy space between Christmas and New Year. Most people I knew were traveling for the holidays, or working.

While I didn't know exactly who to call, I knew this problem would be resolved. I said with confidence, “We're going to get things loaded up. You'll be ready when the driver comes tomorrow. This will be okay.” And I knew it was true.

Many people think of Minot

# Northern Hospitality



AMY ALLENDER PHOTO

as a small town. Compared to many places, I suppose it is. But I find that people are usually surprised to discover Minot has a population nearing 50,000 residents. Not exactly a tiny.

Minot seems small because more than anything else, this is a community. It's not just a city, it's not just a place to live (or a place to watch the clock tick until your next military or work assignment). It's a place that can offer love, support, and comradery if you open yourself up to that possibility, and invest in taking part in the community yourself.

I knew we'd find enough help because I know Minot. This is not a place whose residents are so blinded by their own problems that they cannot step out to help when someone else is in need.

My favorite illustration of Minot's collective attitude toward others is seen in the response to the devastating 2011 flood. Water surged through neighborhoods, destroying homes, displacing 11,000 residents (according to the City of Minot website's flood chronology.)

Yet, with all of those who were displaced, an emergency shelter was never used. Residents with dry homes offered up every spare inch they could muster so their neighbors would be cared for.

This is a place that rallies when it's big, and rallies when it's small.

It's not about knowing everyone. It's not about solving the problem all by yourself. It's not even about being a local, or being a transplant. Just as little things going wrong can start to seem overwhelmingly large—little

helps done in love eventually culminate into a force strong enough to carry even a massive burden.

I contacted a men's group at our church. My neighbor called a few friends. People showed up. Boxes were moved one by one. Piece by piece furniture was carried and loaded. The hardship and the stress were still there. But things were okay. The truck was loaded when the driver arrived the next day.

It's no secret that some people dread moving to Minot. I get it. It's easy to be blinded by the stories of harsh winters and Decembers swallowed up by hours of darkness. Don't be.

Those things are fleeting. Winter faithfully gives way to spring. Short days will always melt away into days of disorienting amounts of light. The constant here is the neighborly love exhibited by this community, the willingness to help one another—no matter the season, the human kindness that never waivers. It's northern hospitality at its best.

No, this isn't a perfect place. Yes, there are also acts of unkindness. But overall, this is a good place. It's a good place when you look for the good, and I count myself blessed to be another year older, and living in Hot Dish Land.

To hear more stories from my Not From Around Here life, or learn about the small things that can make a big difference in maintaining a positive mindset, join me on Instagram (@amy\_allender), Facebook (@amyallenderblog), or at my website amyallender.com.

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 1/2 CUP MAYONNAISE  
 1/2 CUP SOUR CREAM  
 1/2 TABLESPOON SALT TO TASTE  
 BLACK PEPPER  
 2 TABLESPOON DILL SEED  
 1 TABLESPOON SUGAR  
 2 TABLESPOON SRIRACHA  
 2 TABLESPOON WHITE WINE VINEGAR  
 1 HEAD CABBAGE, SHREDDED  
 1 LARGE CARROT, PEELED, SHAVED THIN AS NEEDED  
 EXTRA-VIRGIN OLIVE OIL  
 1 1/2 POUND HALIBUT  
 1/2 CUP ALL-PURPOSE FLOUR  
 1 1/2 TEASPOON SALT  
 1 TEASPOON BLACK PEPPER  
 2 LARGE EGGS  
 1 1/2 CUP PANKO BREADCRUMBS  
 2 TABLESPOON PARSLEY, DRIED  
 1 TEASPOON DILL WEED, DRIED

Add mayonnaise, sour cream, salt, pepper, dill seed, sugar, sriracha, and vinegar to a small bowl and whisk to combine.

In a medium bowl, combine cabbage and carrots and fold in the mayonnaise mixture until the cabbage and carrots are coated. Set aside until ready to eat.

When ready to cook, set temperature to High and preheat, lid closed for 15 minutes.

Place a dutch oven inside the grill to preheat (about 10 minutes) with enough olive oil to fry fish.

Rinse all fish fillets and pat dry. Cut fillets into 1" strips.

In one bowl combine the all purpose flour, salt and pepper.

In a separate bowl, beat eggs.

In a third bowl, combine the panko, parsley and dill.

Dip fish fillets first in the flour mixture, then the eggs and then the panko mixture.

Place fish sticks in oil and fry for about 3 to 4 minutes, or until they reach an internal temperature of 140°. Enjoy!

**Ryan Davy - GM Minot**  
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# License and Registration Please

ERIN BEENE, NORTHERN SENTRY



There is a lot of confusion out there about whether military members and spouses need to change driver's licenses and residencies when PCSing to another base. Laws and installation policies can be difficult to find, confusing or seem complicated. Hopefully the *Northern Sentry* can help clear things up relative to Minot AFB.

*\*Every state is slightly different so please make sure and look into new state laws if/when you PCS out of North Dakota*

**Do I need to update my driver's license when I move to North Dakota?**

*Maybe, but probably not.*  
**For Active Duty Members:** Your residency state driver's license is valid as long as it is not beyond its expiration date. There is no need to get one in North Dakota, unless yours is expired or you decide to change your residency to the state, but we'll cover that more later.

**For Spouses:** Yours is a little trickier, according to the Servicemembers Civil Relief Act (SCRA) and its add-on Military Spouse Residency Relief Act (MSRRA), spouses **cannot** be forced to give up their state of residency because of Permanent Change of Station (PCS) out of that state.

However, here's the kicker: it only applies if you have the same state of residency as your AD spouse.

So, if you and your spouse have the same state of residency (your declared domicile) and driver's license then you therefore DO NOT have to give up your previous state driver's license to

get a new one in North Dakota, same as the AD member.

Your current driver's license is valid for as long as it states on the license itself, despite what North Dakota state law says about requiring new residents to get a ND driver's license once living in the state for 90 days. You are exempt from this because the federal mandate supersedes the North Dakota state one, and you cannot be compelled to give up your state of residency. And if you did get a North Dakota's drivers license you would therefore become a ND state resident and give up your previous state of residence.

**\*If you do NOT have the same state residency/driver's license as your AD spouse, then this exception does NOT apply and you will need to become a North Dakota state resident by acquiring a North Dakota State drivers license after living in the state for more than 90 days.** <https://www.dot.nd.gov/divisions/driverslicense/dlrequirements.htm>. So, Spouses: If this is the case, be prepared to get a new driver's license every time you PCS to a new state.

David Finely, Assistant Communication Director of North Dakota Department of Transportation said, "North Dakota residency status does not require that a military dependent obtain a North Dakota driver's license. That would be assuming the state of legal residence allows them to keep a valid driver's license while living in North Dakota."

To get more information about this policy check out <https://www.militaryonesource.mil/financial-legal/legal/military-spouses-residency-relief-act/>

**What do I do if my out of state driver's license expires?**

Some states allow you to renew online and will even mail it to an out-of-state address, but some do not. It also may depend on how long it has been since you last renewed and if you can prove residency in the previous state as well. This differs by state.

So, you'll need to check out the state Department of Public Safety (DPS), Department of Motor Vehicles (DMV), or equivalent office in the state where your license originates, **not** North Dakota.

Many states have policies that grant AD and mil spouses an automatic renewal when living out of state. For example, if a military member or spouse of a Texas driver's license is expired -and cannot be renewed online- it is still legal for up to 2 years unless that person revisits Texas, in which case it must be renewed in-person within a few days. The Texas DPS website states, "If you are an active duty military member, spouse or dependent, and you are stationed outside the state of Texas, the expiration date of your Texas driver license or identification card is automatically extended unless your driver license has been suspended, canceled, or revoked."

Many other states have similar policies, but not all, so please verify with your state of license before driving with an expired drivers license. (North Dakota for example does not extend

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their expired driver's license exemption policy to mil spouses). This Driver's License Handout is a good resource for checking out the rules within your state of license.

[https://www.jag.navy.mil/legal\\_services/documents/HANDOUT\\_04\\_AUTO\\_DRIVERS\\_LICENSE\\_SEP\\_2015.pdf](https://www.jag.navy.mil/legal_services/documents/HANDOUT_04_AUTO_DRIVERS_LICENSE_SEP_2015.pdf)

State regulations aside, the base also has guidelines for driving regulations. The Minot AFB Instruction 31-116: Motor Vehicle Traffic Supervision para 2.6.1 states "Persons operating a motor vehicle on Minot AFB must have in their possession a valid driver's license. Upon request, drivers must produce their driver's license to any law enforcement or security official."

However, the 5th Security Forces Squadron here on Minot AFB says they will adhere to expired out of state drivers license exemption policies as long as you also have a **non-expired Military ID and a copy of your state's license policy about expired license for AD or Dependents**. If proper other identification is shown, then an out of state expired driver's license will still be considered valid and therefore maintain the proper guidelines within driving on Minot AFB, according to TSgt Gonzales, 5 SFS NCOIC of Police Services.

North Dakota also agrees to other states extensions by saying on dot.nd.gov, "North Dakota honors military extensions from other states; however, you must verify your state has an extension and obey all the requirements of it. If your state does not have a military extension, or you do not have the required information to be eligible for it, you will be required to retest both the knowledge test and the road."

So, when driving with an expired out of state drivers license, it is important to keep the policy and your military ID with you at all times for verification.

**What about car registration? Does that need to be updated when I move states?**

Maybe.



According to the same note in the SCRA, military members and spouses have to keep an updated vehicle registration on all vehicles at all times. But similar to before, the vehicle may be either registered in the state of domicile (residency)- if that state allows it- or the current state where one lives, in this case, North Dakota.

However, the stipulation remains in the hands of the state of registration and domicile, not that state of currently living in. And all states are different, so if you keep your vehicle registered in your home state (domicile) then you need to check that state's policy about how to renew out of state. However, even if you do need to register your vehicle in North Dakota it does **not** mean you need to change your driver's license or residency to North Dakota, pending you follow the previously mentioned stipulations.

**Example:** An AD and Spouse are both legal residents of Texas and maintain driver's license and a car in the state when they got married. Then, the couple gets stationed in Louisiana, where they move and purchase a second car. That second car has to be registered in Louisiana because that is the purchase place. Their first car was purchased and registered in Texas and can keep Texas registration because Texas is a state that allows out of state registration and online payments every year. A few years later, the couple gets transferred

to North Dakota. They drive both vehicles to the new state. The car from Louisiana will need to be re-registered in the state of North Dakota, because Louisiana is neither the state of domicile nor the state where they currently live, but the car registered in Texas can stay registered in Texas because Texas allows it and the couple will keep their Texas driver's licenses and state residency as well.

Additionally, some states require vehicles be inspected in-state, and if you are unable to bring your vehicle to that state for inspection -thus not having your registration up to date- you will need to re-register your vehicle in North Dakota. The SCRA does not cover vehicle registration extensions for the military, similar to the driver's license one, but check with your state of registration to determine what they allow for military exceptions.

Please verify your state's laws before driving with expired registration vehicles, which can get you in a lot of trouble.

As a side note: Military Members and Dependents need to update their car insurance when moving to a new state very soon after arriving. Each state will have different prices and stipulations for car insurance, and this is really important to keep updated after every PCS. Car insurance has nothing to do with state residency or place of driver's license.

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# A LOOK BACK

## THIS WEEK IN USAF HISTORY

### OPERATION POWER FLITE PUTS B-52 BOMBERS IN THE RECORD BOOK

JANUARY 16, 1957

After a disheartening string of crashes in the 1950s, USAF Strategic Air Command wanted to re-ignite public confidence in the B-52 bomber and reiterate their powerful capabilities to the world. SAC initiated Operation Power Flite, in which three B-52B Stratofortresses and their crews circumnavigated the globe in a historic flight that took 45 hours and 19 minutes. The original five planes, which were stationed with the 93rd Bomb Wing, departed from Castle AFB, California at 1:00 PM on January 16, 1957. Two of the bombers experienced equipment malfunctions and had to land in the USA and England for maintenance. Each plane held the normal six man crew, as well as an extra pilot, navigator, and the crew chief of each plane. Nearly 100 KC-97s from air bases all over the world took part in the operation, providing essential air refueling for the B-52s. The planes landed at March AFB, CA on the morning of January 18 and became the first jet powered planes to circumnavigate the globe without landing to refuel.

The three B-52s that completed Operation Power Flite, grounded at March, AFB, CA. (USAF Photo)

Information courtesy of: [afgsc.af.mil](http://afgsc.af.mil)

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Friday: 7:30am – 4:30pm  
Saturday: 2 a month by appt  
Sunday: Closed

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# DOD Releases Memo Expanding Military Parental Leave Program

JIM GARAMONE, DOD NEWS

The Defense Department has released guidelines for the expansion of the military parental leave policy.

The memo — released January 4, 2023 — is signed by Gilbert R. Cisneros, Jr., the undersecretary of defense for personnel and readiness.

The memo applies to all service members and is effective as of January 4, 2023.

“It is important for the development of military families that members be able to care for their newborn, adopted or placed child or children,” Cisneros says in the memo.

The memo further says that commanders must balance the needs of their units versus the needs of service members to use parental leave.

The memo specifically says that service members who give birth “will be authorized 12 weeks of parental leave following a period of convalescence to care for the child.” Service members who are the non-birth parent will also be authorized 12 weeks of leave to care for the child.

The memo explains that

convalescent leave may be authorized for the recovery of the mother from giving birth if a doctor recommends it to address a specific medical condition and it is approved by the unit commander.

Service members who adopt a child or who have long-term foster care children placed with them will also be authorized 12 weeks of parental leave to care for the child.

Members who were on maternity convalescent leave or who had unused caregiver leave when the new policy went into effect will transition to the new policy without any loss of benefit and will receive the expanded benefit.

The twelve weeks of parental leave may be taken in the first year of the child’s life. “Parental leave may not be transferred to create a shared benefit, even between members of a dual military couple,” according to the memo.

“Members will be afforded the opportunity to take full advantage of the Military Parental Leave Program consistent with their desires [and the] operational requirements and training workloads of their unit,” Cisneros wrote.

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# NORTHERN CELEBRATIONS

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## WINTER BYWAYS AND BACKWAYS

Patricia Stockdill

Cruising around the countryside and exploring the open spaces of North Dakota somehow seems like a summer thing to do.

Well, it kind of, sort of, is a summer thing but given the fact that we have a distinct portion of the year that isn't 80 to 100 degrees and sunny with gentle breezes, it really isn't a bad idea to explore during the winter.

Besides, it gets a person out of enclosed spaces, even though exploring open spaces means driving from Point A to Point B in chillier, snowier weather.

But that's beside the point...it's really about getting out during a time of year when a person might not typically think it's worthwhile. There is something refreshing about breathing in crisp winter air on a sunny day with the gentle crunch of snow beneath ones' feet – or snowshoes and cross-country skis.

Like most states, North Dakota has a Scenic Byways and Backways program encouraging people to do just that – explore the state in areas where one might not imagine.

And like most states, North Dakota even has some earning National Scenic Byway designations.

While any and all of the Byways and Backways can be enjoyed throughout the year a couple are well worth checking out in the winter.

North Dakota lacks rugged, grandiose mountains but that's what happens when you're located in an area once laden with glaciers. They created rolling hills, flat glacial lake bottoms, and wetlands in the wake of their receding edges. Regions untouched by humongous glaciers left rough bentonite clay buttes.

The Rendezvous Region Scenic Backway in northeast North Dakota is a unique area worthy of a winter drive. Technically the designated Backway route extends 33.5 miles, beginning at Cavalier before heading west on N.D. Highway 32 and N.D. Highway 55 at Vang, N.D. But flip it around and it equally works well going west-to-east from Vang to Cavalier.

Along the route, Icelandic State Park near Cavalier is a mix of history and recreation. Like Metigoshe State Park north of Bottineau, Icelandic State Park offers several miles of cross-country ski trails meandering through the park and portions of the Gunlogson Nature Preserve, North Dakota's first designated nature preserve.

Icelandic State Park also has kick-sleds available for rent, as well and a trail is available for snowshoeing.

The Rendezvous Region is part of Snowmobile North Dakota's trail system. The Northeast Trail in the Rendezvous Region connects with multiple adjacent trails – even into Minnesota and opens Dec. 1 or when snow conditions permit, which is certainly the case this winter.

The Region earned its nickname because of its historic significance to the state. It's there where the first Europeans - French-Canadian trappers and traders - rendezvoused with local American Indian tribes to barter furs and goods.

Icelandic State Park's name pays tribute to area's early settlers from Iceland.

The region is a blend of history and the outdoors anytime of the year.

Contact information and more details are available on Rendezvous Region's website, ([www.rendezvousregion.com](http://www.rendezvousregion.com)).

Head west for another winter Scenic Byway that is also a great year-around destination – Theodore Roosevelt National Park North Unit.

While Theodore Roosevelt National Park South Unit garners more attention, the North Unit is an opportunity to truly feel a sense of the Badlands and its solitude. It's the area untouched by glaciers and offers a stark contrast to the rolling hills and flatlands of glaciated North Dakota.

Winter brings almost a surreal peacefulness to the rugged clay buttes rising above the Little Missouri River. Massive bison with their deep, dark coats of fur and a bull's foreboding horns roam the park just about any time of day. Their presence provides a stark contrast to snowy earthen-hued buttes. Mule deer tend to be more active around dawn and dusk but they, too, might make an appearance during the day. And sharp-eyed observers might get a treasured glimpse of a bighorn sheep blending ever-so-subtle among steep clay-laden buttes and edges.

Depending on snow conditions, the road through the park may be closed at the Caprock Coulee Trailhead, however. Contact the park's visitor center, (701) 842-2333, for road condition updates. The entire Scenic Byway through the park treks 13.7 miles. The North Unit is 15 miles south of Watford City on U.S. Highway 85.

More information about North Dakota's state and national Scenic Byways and Backways is available on the N.D. Tourism website, ([ndtourism.com/bywaysbackways](http://ndtourism.com/bywaysbackways)).



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**MAJ. GEN. LUTTON AND CHIEF MASTER SGT. GAMEZ VISIT MINOT AIR FORCE BASE**

Maj. Gen. Mike Lutton, commander of the 20th Air Force and Chief Master Sgt. Rudy Gamez, command chief of the 20th Air Force, visited defenders from the 91st Security Forces Group at Minot Air Force Base, North Dakota, Jan. 6, 2023. Lutton and Gamez visited Minot AFB to familiarize the new command chief with the 91st Missile Wing's mission capabilities.

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN ZACHARY WRIGHT

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

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

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

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

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

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

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

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

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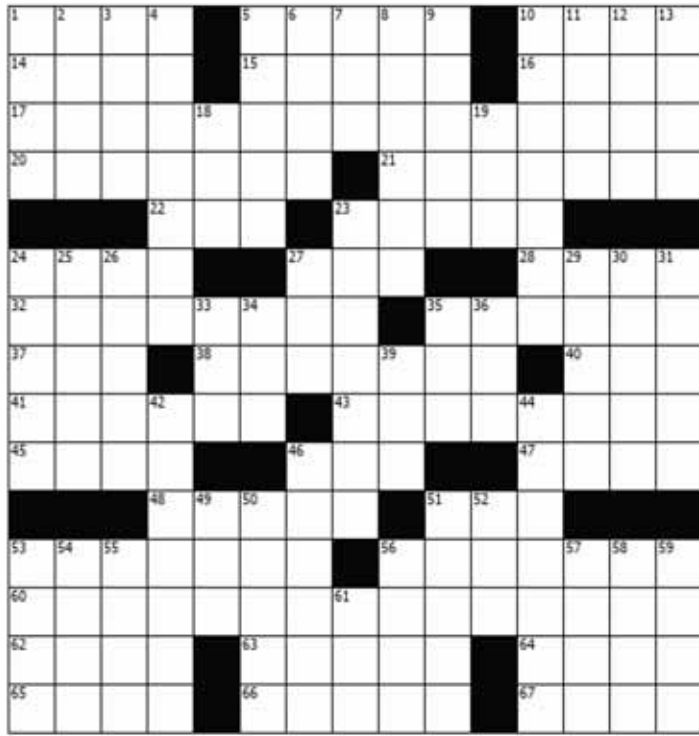
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NCUA MEMBER

# CROSSWORD PUZZLE

**Across**

- 1. Western saloon action
- 5. Fall guys
- 10. Stable newbie
- 14. Swiss Rhine feeder
- 15. Magnificence
- 16. Gathering dust
- 17. Treasure
- 20. Bony
- 21. Rich's ensemble
- 22. Clothing flaw
- 23. Rubbed the wrong way
- 24. Eighteen-wheeler
- 27. No matter which
- 28. Iridescent gem
- 32. Idolize (with 43-Across)
- 35. Firebird cousin
- 37. Helping hand
- 38. Report from a barrel
- 40. Put in stitches
- 41. Fixed part of an electric motor
- 43. See 32-Across
- 45. Interoffice note
- 46. Wally of "Mr. Peepers"
- 47. Nothing to it
- 48. Gather into folds
- 51. Sault \_\_\_ Marie
- 53. Racks for a buck
- 56. Use inelegant language
- 60. Adore
- 62. Memorable chunks of history
- 63. Begot
- 64. First family grandson
- 65. 35-Across and others
- 66. Govt. obligation
- 67. Hoover and Boulder, e.g.

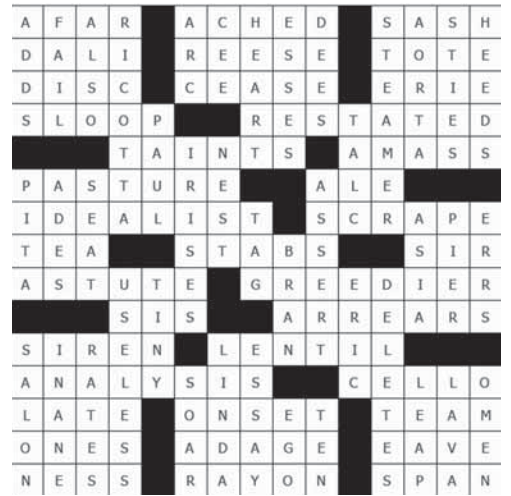


**Down**

- 1. Prime minister Eisaku of Japan
- 2. Crib cries
- 3. Bearded bloomer
- 4. Nonproprietary
- 5. Partner of go
- 6. Phil of folk music
- 7. Amber brew
- 8. Showy and cheap
- 9. Symbol of childbirth
- 10. The screen world
- 11. Line at the OTB
- 12. Sunburn soother
- 13. Portside
- 18. Japanese carp
- 19. Be sorry for
- 23. On thin ice
- 24. Involuntary contraction
- 25. Crème de la crème
- 26. Lady of the house
- 27. Raggedy doll
- 29. Ravioli or rigatoni
- 30. Parts of a house
- 31. Humble
- 33. Teamwork deterrent
- 34. "\_\_\_ Day Will Come"
- 35. Hook-shaped NE Cape
- 36. Supped
- 39. Jinx
- 42. Like open convertibles
- 44. Is infuriated
- 46. Milk protein
- 49. Novelist Tolstoy
- 50. Surrealist Max
- 51. Like blue shoes of song
- 52. Refrain syllable
- 53. Obi-Wan portrayer
- 54. Screenwriter Ephron
- 55. Bygone autocrat
- 56. Huntley or Atkins
- 57. Sicilian volcano
- 58. Molecular component
- 59. Light throw
- 61. Packed-house letters

## CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.



## SUDOKU Solution to puzzle on page B11

1		2				3		
3	4		1			5	6	7
		8			9			4
	3		2		4			
7								1
			8		5		9	
5			3			9		
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## MAGIC KINGDOM

— wordsearch puzzle —



Find objects in the puzzle and discover the hidden word

- CASTLE
- KING
- QUEEN
- PRINCESS
- KNIGHT
- CARRIAGE
- CROWN
- PRINCE
- BUFFON

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



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## WARBIRD LEADERSHIP CONDUCTS ALL-CALL

Col. Daniel Hoadley, 5th Bomb Wing commander, speaks at a 5 BW all-call Jan. 3, 2022 at Minot Air Force Base, North Dakota. Hoadley also informed Airmen of current and upcoming wing events and exercises, while also answering questions from the audience.

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN EVAN LICHTENHAN



Chief Master Sgt. Tori Jones, 5th Bomb Wing command chief, speaks at a 5th Bomb Wing all-call Jan. 3, 2022 at Minot Air Force Base, North Dakota. Jones briefed the People line of effort and addressed the issues that the Warbird force has voiced during the all-call abd throughout the year.

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### HOURS

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Saturday	January 14	10am-5pm
Sunday	January 15	10am-5pm
Monday	January 16	10am-5pm

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## Vehicle maintenance tasks drivers don't want to overlook

Savvy drivers recognize that maintenance is essential to keeping their vehicles running strong for years on end. Such maintenance ensures vehicles are safe to take out on the road, and basic upkeep also protects drivers' financial investments in their cars and trucks.

Drivers who are not mechanically inclined tend to put their vehicles in the hands of a trusted mechanic to perform routine maintenance like oil changes. But there's a host of simpler vehicle maintenance tasks that drivers don't want to overlook, some of which can be performed without visiting the auto body shop.

• **Brake inspections:** Brake inspections are best left to the professionals, who can check the thickness of brake pads and look for other indicators of excessive wear. The automotive resource Cars.com recommends having brakes inspected during routine

tire rotations, which many automotive professionals suggest should be done every six months.

• **Car wash:** Car washes might not be the first task drivers associate with vehicle maintenance, but they can prevent long-term damage to cars and trucks. Damage from bird droppings and road salt and ice melt products in the winter can damage a vehicle's paint job and its undercarriage. Wash the car on your own at home or visit a professional car wash to perform this simple yet vital maintenance at regular intervals and whenever you notice significant buildup of dirt and grime on the car's exterior.

• **Air filter:** The air filter on a car or truck prevents debris, dirt and other contaminants from getting into the engine. The auto insurance experts at Allstate® advise drivers to inspect their vehicle air filters once a year.

Air filters in need of replacement may appear dirty, and reduced fuel economy, unusual engine sounds and reduced horsepower are some other potential indicators that an air filter needs to be replaced.

• **Windshield wipers:** Windshield wiper blades are easily overlooked, but various automotive experts recommend replacing wiper blades every six to 12 months. Old wiper blades won't perform at peak capacity, dramatically reducing visibility during heavy rain and snowstorms. Anyone can replace their own windshield wiper blades in a matter of minutes, and new blades won't break the bank.

Vehicle maintenance is not exclusive to tending to what's under the hood. Keeping a car running smoothly for years involves routine tasks that many drivers can perform without professional assistance.

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# Watch the Big Game on a New Big-Screen TV with the Exchange's Mars Sweepstakes

ARMY & AIR FORCE EXCHANGE SERVICE PUBLIC AFFAIRS

MINOT AIR FORCE BASE – Minot Air Force Base shoppers have a chance to catch every tackle, touchdown and toe-tapping catch of the big game on a brand-new big-screen TV, thanks to the Army & Air Force Exchange Service's worldwide Mars sweepstakes.

Through Feb. 3, authorized Minot AFB Exchange shoppers can enter at [ShopMyExchange.com/sweepstakes](http://ShopMyExchange.com/sweepstakes) for a chance to win one of three big-screen TVs. Each prize will be awarded as a \$1,500

Exchange gift card.

"Whether enjoying your favorite shows, streaming movies or cheering on your team, it's more fun on a big-screen TV," said Minot BX General Manager Brian Read. "Three lucky winners will get the chance to unwind with these great prizes."

No purchase is necessary to enter or win. Honorably discharged Veterans and Department of Defense civilians and retirees are also eligible to enter.



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**JANUARY MAC LUNCH**

Maj. Gen. Michael Lutton, 20th Air Force commander, and members of Team Minot leadership have lunch with the Military Affairs Committee and with community leaders at Minot Air Force Base, North Dakota, Jan. 5, 2023. This meeting allows community leaders and base leadership to engage and discuss important topics that are happening on Minot Air Force Base and in the City of Minot.

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS ALEXANDER NOTTINGHAM




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# Neighborhood Safety: Winter Driving



RACQUEL LABADIE, GS-12, USAF  
 PRIVATIZED HOUSING RESIDENT ADVOCATE  
 5TH BOMB WING



Due to Minot's difficult weather conditions and having the presence of large equipment, safe driving techniques are essential for traveling the winter landscape both on and off-base. In addition to harsh elements, drivers also need to be on the lookout for snow removal equipment. It is best for drivers to be patient and keep a bit of distance when following the plows. If needing to pass snow equipment do so cautiously and try to make sure the operator can see your vehicle. In housing, main roads are cleared first in priority one, followed by side roads, sidewalks, then driveways. Patience is key when heading out on winter roads. Many accidents occur each year simply due to driving too fast for the conditions. The most important thing to remember when driving in winter conditions is to go slow and drive within you and your vehicle's capabilities. The Resident Council and Resident Advocate have a number to tips for safe driving and vehicle operation: 1. Have a winter survival kit in your vehicle. These typically include at least battery cables, ice scraper, small shovel, light source, first aid kit, portable charger, water/long lasting food,

and additional warm clothing/blankets. 2. Though housing and other intersections are de-iced, they can still be slippery. Slow down before approaching an intersection then scan left, then right, then left again for pedestrians and vehicles on cross streets. 3. If your vehicle becomes stuck, don't hold down the gas pedal as it will cause the wheels to dig in deeper. Instead, keep the wheel straight and alternate between drive and reverse to "rock" the vehicle free. 4. Avoid packed snow on hills, take curves slowly, and don't accelerate or decelerate abruptly. 5. Do not 'warm up' vehicles in the garage, even with the door open. Carbon monoxide can be pushed back into the home or linger in the garage presenting a dangerous situation to loved ones and pets. Emissions can linger for as long as ten hours. For more information regarding neighborhood safety initiatives and concerns residents can attend the monthly Resident Council meeting held the first Wednesday of the month at 1800 at the Welcome Center. Previous meeting minutes are posted online, a link can be found on Facebook @minotresidentadvocate.



## Upcoming Events

**14 JAN** **KINDNESS KNIGHTS**  
 1:00 PM - 2:00 PM  
 Souris Valley Animal Shelter  
 1935 20th Ave SE, Minot

We will help our community together and learn how to be Kindness Knights. During this program, we will meet at the Souris Valley Animal Shelter to play with the animals. Kindness Knights is for children grades 2-6, on the second Saturday of the month at 1:00 pm.



For more information:  
 Facebook / Minot Public Library / Events

**14 JAN** **FAMILY STORY TIME**  
 10:30 AM - 11:15 AM  
 Minot Public Library  
 516 2nd Ave SW, Minot

Everyone is welcome! We will read books, sing songs, and do a craft with a community helper. We are hoping this story time will help start great conversations for families. This month, we welcome the Minot Fire Department!!



For more information:  
 Facebook/Minot Public Library/Events

**15 JAN** **MINOT BRIDAL SHOWCASE**  
 12:00 PM - 3:00 PM  
 Clarion Hotel  
 2200 Burdick Expy E, Minot

Please join us at the 17th Annual Minot Bridal Showcase at the Clarion Hotel and Convention Center Sunday January 15, 2023. Shop and visit with vendors to help plan your dream wedding!



For more information:  
 Facebook/Minot Bridal Showcase

**15 JAN** **SKATE PARTY**  
 5:30 PM - 8:30 PM  
 Roosevelt Rink  
 619 9th St NE, Minot

All ages and abilities are invited to our Winter 22-23 Skate Party Tour. Sharpen your ice skates and throw on a themed outfit to come enjoy our beautiful ice rinks located all around Minot. On this Skate Party Tour we will make stops at Perrett School, Corbett Field, Roosevelt School, and Polaris Park ice rinks. Lights will be hung at each location and themed music will be played creating a fun and family friendly environment. At this time, no rental skates are available at our outdoor rinks. Make sure to bring your own skates and come have a blast with us! All skate parties from 5:30 - 8:30 pm January 15th- Roosevelt Rink, Cowboys and Rodeo Theme



For more information:  
 www.minotparks.com

**20 JAN** **FIGHT THE FROST INFLATABLE CARNIVAL!**  
 3:00 PM - 8:00 PM  
 North Dakota State Fair Center  
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Games Galore is hosting an inflatable carnival in the North Dakota State Fair Center ALL WEEKEND!  
 Fri, Jan 20, 3-8pm  
 Sat, Jan 21, 9am-8pm  
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## On Base

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For more events visit our online Community Calendar at [www.northernentry.com/calendar/](http://www.northernentry.com/calendar/)

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# Major Heather Sealover selected to represent Air Force at Invictus Games 2023

SENIOR AIRMAN SHELBY THURMAN, AIR FORCE GLOBAL STRIKE COMMAND PUBLIC AFFAIRS

Barksdale Air Force Base, La. -- Maj. Heather Sealover, branch chief of the Sentinel Weapon Systems Team at Barksdale Air Force Base, Louisiana, is one of 12 Warrior Games team members chosen to represent the Air Force at the 2023 Invictus Games in Dusseldorf, Germany.

Sealover was first introduced to adaptive sports through the Air Force Wounded Warrior (AFW2) Program in 2021 following unanticipated surgical injuries and other associated medical issues that were exacerbated by pandemic-driven isolation.

"Having been an avid athlete and distance runner, I was devastated by all the things I could no longer do," said Sealover. "I kept sinking into a perpetual circle of problems both physically and mentally until my AFW2 mentor, Dr. Lee Kuxhaus, Maj (ret), USAF, took me to an injured military camp in June of 2021 with Dare2Tri. There I was introduced to paratriathlon, which completely changed my life and gave me a new purpose."

The AFW2 Program works in tandem with the Air Force Survivor Assistance Program, Military

Family Readiness Centers, and the Air Force Medical Service to provide concentrated non-medical care and support for seriously or very seriously wounded, ill and injured Airmen, Guardians, caregivers and their families as they recover and transition back to duty or into civilian life. This recovery includes an introduction to adaptive sports.

"These sports create opportunities to enhance recovery and overall quality of life, regardless of visible or invisible wounds," said Sealover.

After attending an adaptive sport training event, the AFW2 offers service members a developmental track to focus on their newfound skills and prepare to apply to the Department of Defense Warrior Games. This path can also lead towards the Invictus Games, and potentially even further beyond to the U.S. Paralympics.

Founded by John Wordin and U.S. Army Gen. Gary Cheek, the DoD Warrior Games allow approximately 300 wounded, ill and injured service members and veterans to participate in Paralympic-style competition, and include athletes from international

partner nations.

The Warrior Games feature 13 sports: Archery, cycling, track, field, shooting, sitting volleyball, swimming, wheelchair basketball, rowing, powerlifting, wheelchair tennis, wheelchair rugby and archery.

Sealover was selected for the Air Force Warrior Games Team in August 2022, where she participated in swimming, cycling, rowing, and wheelchair track and field. Of the 15 different events she competed in, she secured eight personal bests, set new game records, was coined by the U.S. Army Training Doctrine and Command commander, and brought home 16 gold medals.

After her outstanding performance at the Warrior Games, it was announced on Dec. 14, 2022, that Sealover had been chosen to represent the U.S. Air Force on the international stage at the 2023 Invictus Games. The Invictus Games were founded by Prince Harry, Duke of Sussex, after visiting the 2013 Warrior Games in the U.S.

The word 'invictus,' meaning 'unconquered,' embodies the



Major Heather Sealover, Sentinel Weapon Systems Team branch chief at Barksdale Air Force Base, participates in the wheelchair track portion of the 2022 Warrior Games Aug. 25, 2022, at the ESPN World of Sports Complex in Orlando, Florida. Sealover was chosen to represent the U.S. Air Force at the 2023 Invictus Games in Germany because of her outstanding performance at the 2022 Warrior Games where she secured eight personal bests, set new game records, was coined by the U.S. Army Training Doctrine and Command commander, and brought home 16 gold medals.

COURTESY PHOTO

fighting spirit of the wounded, injured and sick service members and "personifies what these tenacious men and women can achieve post injury."

The paralympic-style competitive event showcases the unconquerable spirit of wounded, ill and injured service men and women. The team for the United States is comprised of service members from the Army, Navy, Air Force and Marines.

In addition to being chosen for the Invictus Games, Sealover was

recently selected to compete as part of the Dare2Tri's Developmental Team for 2022, where almost all U.S. Paralympic triathletes get their start. She is also a newly certified U.S. Triathlon Paratriathlon coach.

"I am looking forward to representing the United States on the international stage in September of 2023 in Dusseldorf, Germany," said Sealover. "I hope to help others discover what is possible!"

## Local Cravings Restaurant Guide

<p><b>Applebee's Grill &amp; Bar</b> 2302 15th St SW, Minot Phone: 701.839.2130 www.applebees.com</p> <hr/> <p><b>Bone's BBQ Smokehouse &amp; Grill</b> 1412 2nd Ave SW, Minot Phone: 701.838.9140 www.bonesbbqminot.com</p> <hr/> <p><b>Culver's Restaurant</b> 3000 S Broadway, Minot Phone: 701.852.4800 www.culvers.com</p> <hr/> <p><b>Jamaican Vybz Kitchen</b> Suite 200 315 Main Street S Minot Phone: 701-441-9309 FB: Jamaican Vybz Kitchen</p> <hr/> <p><b>Prairie Sky Breads</b> 3 1st St. SE, Minot Phone: 701.858.0612 www.prairieskybreads.com</p> <hr/> <p><b>Mi Mexico</b> 3816 South Broadway Minot Phone: 701.858.0777 www.mimexicomintnd.com</p> <hr/> <p><b>Souris River Brewing</b> 32 3rd St NE Minot Phone: 701.837.1884 www.sourisriverbrewing.com</p> <hr/> <p><b>Whiskey Nine</b> 109 Central Ave, Minot Phone: 701.837.1090 www.whiskeyninemd.com</p>	<p><b>Badlands Restaurant &amp; Bar</b> 1400 31st Ave SW, Minot Phone: 701.852.7335 www.blgrill.com</p> <hr/> <p><b>28 Tastes &amp; Taps</b> 1603 35th Ave SW Minot Phone: 701.838.2828 FB: 28 Tastes &amp; Taps</p> <hr/> <p><b>Ironhorse Kitchen + Bar</b> 21 E Central Avenue, Minot Phone: 701.852.8183 FB: Ironhorse Kitchen + Bar Minot</p> <hr/> <p><b>Pink's Bar &amp; Grill</b> 102 128th Ave NW Minot Phone: 701.852-2385 FB: PinksBarGrill</p> <hr/> <p><b>Noodles &amp; Company</b> 304 4th Ave NW Minot 701.491.9103 www.noodles.com</p> <hr/> <p><b>Primo Restaurant</b> 1505 N Broadway, Minot Phone: 701.838.7746 www.primominot.com</p> <hr/> <p><b>The Starving Rooster</b> 30 1st St. NE, Minot Phone: 701.838.3030 www.starvingrooster.com</p>
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# VOLUNTEER OPPORTUNITIES

<p><b>Base Library Volunteers</b> (January 14) The Base Library is looking for volunteers to help with a kid's program. When: Saturday, Jan. 14th at 1300 Where: Base Library What: Helping with crafts and activities including lightsaber training Volunteers can wear family-friendly costumes, if desired. <b>POC:</b> Julie.ReitenSupervisory Librarian, Minot AFB Library Julie.Reiten@us.af.mil</p> <p><b>Operation Hero Winter Edition Event Volunteers</b> (January 20-22) Operations Heroes, a fun, kid-friendly event for children to interact and experience a little bit of what military life is like. Friday, January 20th, from 1600-2000 at The Turf Unit POCs: These volunteers will rally their unit for participants &amp; craft a fun, kid-friendly interactive experience showcasing their career. Requesting unit POCs notify MSgt Bird (see contact info below) by Nov 7th to start planning meetings. Set-up: January 19 &amp; 20, as needed. Setup will depend on the extent of each unit's involvement/imagination. Tear down: January 20th-22nd, as needed. NOTE: this will be a strictly indoor event. Want to volunteer, call or email <b>POC:</b> MSgt Christian Bird at 723-6605 or christian.bird@us.af.mil. Comm (M&amp;FRC): 701-723-3950</p> <p><b>North Dakota State Fair Volunteers</b> (July 21-29) The North Dakota State Fair is North Dakota's largest annual event with traditionally over 300,000 attendees. We need volunteers to help with various community groups performing services or leading projects during the annual North Dakota State Fair event held on July 21 -29. Projects involved might include working concerts, shuttling golf carts, cleaning stalls, security, grounds clean-up, or gate attendants. <b>POC:</b> Daryl Fry at 701.857.7620 ex 803 or daryl@ndstatefair.com</p> <p><b>Month of the Military Child Volunteers</b> The Month of the Military Child (MOMC) occurs in April and underscores military connected students' selflessness and sacrifice as they serve our country as part of a military family. The MAFB School Liaison Office is forming a committee for MOMC. The committee will plan, organize, coordinate, and execute meaningful local/statewide efforts in support of military connected children in April 2023. If interested in volunteering to serve on this committee, please email mafb.school.liaison@us.af.mil and expect an email in January with info on the 1st meeting. <b>POC:</b> Joy-Nicole Smith, GS-11, MAT, DAF, School Liaison Program Manager Comm- 701-723-1447 • DSN- 453-1447</p>	<p><b>Caring Edge Hospice Volunteers</b> Caring Edge Hospice is looking for volunteers to assist with a wide-range of support. It's an honor to be part of our patients' and their families' journeys. Making connections with our amazing hospice team is just one of the many personal and professional rewards you will experience through the gift of volunteering. Our team and our community would like to offer that gift to the Airmen at Minot Air Force Base. <b>POC:</b> Shelby Stuckey, Volunteer Coordinator (888) 223-4287 shelby.stuckey@caringedge.com</p> <p><b>Minot ND Men's Winter Refuge Volunteers</b> (until April 30) The Men's Winter Refuge, is a non-profit homeless shelter that is looking for volunteers to assist with a wide-range of support. Our shelter provides assistance as well as a safe place for men in need during the coldest months. We now have a facility that features 12 beds in 4 bedrooms with 2 full bathrooms and large kitchen/dining and living room area. We provide support and assistance like transportation, clothing, and of course, lodging. We would like to humbly ask the Minot Air Force Base community to share with us their time by volunteering. We're in urgent and dire need of overnight attendants (7pm-5am). Bring a friend or colleague to volunteer, make connections, inspire and encourage people in the facility. <b>POC:</b> Mike Zimmer, Executive Director winterrefuge@srt.com • (701) 822-2585</p> <p><b>Minot Minotauros Game Volunteers</b> HERE'S A SWEET DEAL... Volunteers will receive a FREE dinner, FREE entry tickets for you and your families and FREE flex tickets for future home games too for volunteering a bit of your time! • Where: Maysa Arena Pepsi Rink • When: at 6:00 pm Home Game Nights. Doors open at 6:35 pm. (<a href="https://www.minotauroshockey.com/printable-schedule">https://www.minotauroshockey.com/printable-schedule</a>) • Puck Drop is 7:05. We're asking volunteers to be here by 5:30 PM. • Check-in using the QR Coded Poster in the Volunteer Room. (Located below the concourse at the rink level). In order to get credit for volunteering, you must sign in. • Wear the designated security blue coats. • Enforce the Minotauro Community Standards. (<a href="https://www.minotauroshockey.com/community-standards">https://www.minotauroshockey.com/community-standards</a>) • Remain on post until 15 min. after the end of the game. Doors must be manned until the rink is empty of fans. No alcoholic beverages may leave the Pepsi Rink. <b>POC:</b> V. Conner, Digital Content Manager, Minot Minotauros Hockey Club Cell: 302.682.1575, Office: 701.852.0101</p>
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**To have your volunteer opportunity posted, please contact Military & Family Readiness Center (M&FRC)**  
5fss.family.support@us.af.mil

# 50 Years Later: Remembering Operation Linebacker II

SENIOR AIRMAN SHELBY THURMAN, AIR FORCE GLOBAL STRIKE COMMAND PUBLIC AFFAIRS

BARKSDALE AIR FORCE BASE, La. --

December 18th commemorated the 50th anniversary of the start of the largest operation of heavy bomber strikes launched by the United States Air Force since World War II. Operation Linebacker II was intended to bring an end to the US's involvement in the Vietnam War. The ceremony at Barksdale Air Force Base, Louisiana, on Dec. 19, 2022, was held to commemorate the sacrifice and dedication of the crews who flew and maintained the B-52 Stratofortress fleet, and the US Navy partners during Operation Linebacker II over North Vietnam in 1972.

With the U.S. involvement in the Vietnam War pushing into its eighth year, the aircrews selected for this mission understood the gravity of the situation. Pictures from the first mission brief for the operation depict their grave expressions.

"That picture truly encapsulates the stress and anxiety that those aircrew members were feeling when they revealed the target," said Air Force Global Strike Command senior historian Shawn Bohannon. "That is when it dawned on them that they would be going into the absolute heart of one of the most defended environments in the world."

On the night of Dec. 18, 1972, 87 B-52s and their crews who launched from Andersen Air Force Base, Guam. Over the next 11 days, 730 sorties were conducted. The crews, in conjunction with US Navy carrier-based tactical aircraft, focused their attacks on the command and control operations at the North Vietnamese capital of Hanoi and on the war-sustaining complexes in the port city of Haiphong.

As an immediate result of the 11 days of heavy bombing- the treatment of the 591 American prisoners of war who were being held by the North Vietnamese was drastically improved.

The North Vietnamese were also willing to return to Paris for peace talks upon the conclusion of the operation. The cease-fire agreement was signed on January 27, 1973, where it immediately went into effect. All POWs were released that same day, following the signing of the agreement.

"That air campaign was successful in that there was a conclusion to war," said Bohannon. "But it was born on the backs of the extraordinarily brave crew members who had to face those

“

The magnitude and selflessness of Airmen who served on those missions 50 years ago is a testament to the will of each warrior that fought for freedom, and they deserve to be honored and remembered. We will continue to carry on their legacy and continue to defend our country in their name. Their commitment and sacrifice helped pave the way for the world's greatest Air Force

MAJ. GEN. ANDREW GEBARA, 8TH AIR FORCE AND JOINT-GLOBAL STRIKE OPERATIONS CENTER COMMANDER

”

kinds of threats night after night.

Overall, during the bombing raids, US Air Force and US Navy aircraft encountered intense enemy defensive actions that resulted in the loss of 26 aircraft. Even 50 years later and the events of the war over, the sacrifice of those killed or lost will not be forgotten.

Airmen at 8th Air Force commemorated the anniversary of the historical raid during a ceremony at Barksdale AFB, 19 Dec. 2022, paying respect for the lives lost.

"Operation Linebacker II is an important part of Eighth Air Force and our nation's history," said Maj. Gen. Andrew Gebara, 8th Air Force and Joint-Global Strike Operations Center commander. "The magnitude and selflessness of Airmen who served on those missions 50 years ago is a testament to the will of each

warrior that fought for freedom, and they deserve to be honored and remembered. We will continue to carry on their legacy and continue to defend our country in their name. Their commitment and sacrifice helped pave the way for the world's greatest Air Force."

While the brave aircrew members from the past may no longer be in the ranks of the Air Force, the B-52 Stratofortress continues to serve to this day.

"There is a famous quote that goes something like, 'Join the Air Force and fly the aircraft your grandfather flew,'" said Bohannon. "Generations of aircrew have flown those B-52s and gone on to retire multiple times over. The B-52 is an eternal testament to such a great product that Boeing built. We went from flying them World War II-style in Linebacker II and will continue to fly on missions yet to be conceived of."



B-52 Stratofortress aircrew members are briefed on Operation Linebacker II for the first time Dec. 1972. They would go on to fly B-52 out of Andersen Air Force Base, Guam to conduct what would become the largest operation of heavy bomber strikes launched by the United States Air Force since World War II.

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# Know your Survivor Benefit Plan options before you retire

DERRICK HARRIS, ARNOLD AFB SURVIVOR BENEFIT PLAN COUNSELOR, ARNOLD AFB

ARNOLD AIR FORCE BASE, Tenn. --

The Survivor Benefit Plan is a voluntary program that provides the survivors of participating military retirees a monthly income that starts when the member dies and retired pay stops.

Although you may not be aware of it, automatic SBP spouse coverage became effective Sept. 10, 2001, under the National Defense Authorization Act of 2002. While on active duty, the government provides this protection at no cost to your spouse. Before retiring from the Air Force, however, you must decide whether or not to continue the SBP.

By law, spouses and eligible dependents are protected by maximum SBP coverage after retirement unless you, with your spouse's concurrence, decline SBP coverage, elect "Child Only" SBP coverage or elect coverage at a reduced level. However, once you retire SBP financial protection is no longer free. If you choose to enroll in the SBP, a monthly premium will be deducted from your Air Force retired pay.

The premium cost is 6.5% of covered retired pay, or less for some lower levels of coverage. The monthly cost is subject to cost-of-living adjustments, or COLAs, but the percentage does not increase. The cost for the coverage is deducted from retired pay until the retiree's death.

The SBP annuity amount a spouse receives at the time of the retiree's death depends on the level of coverage elected prior to retirement. The level of coverage

or base amount may be as low as \$300, but cannot exceed full retired pay. The surviving spouse receives 55% of the base amount. The value of the annuity increases by COLAs before and after the retiree's death, keeping up with the effects of inflation.

SBP allows the member to exclude the spouse and elect child-only coverage. Although child-only coverage costs less than SBP coverage for the spouse, a child's eligibility is limited to age 22, unless incapable of self-support. If the retiree dies after the children are age 22, the spouse will not be entitled to receive any payments. The only way to ensure spouse coverage is to elect spouse coverage.

Because your family's finances could be significantly affected by your SBP decision, it is important that you understand the program. The Air Force strongly encourages you to attend the SBP briefing with your spouse.

The SBP briefing is mandatory for the member, and completing the DD 2656 form is a mandatory checklist item for final out-processing.

You will not have an opportunity to enroll in the SBP after retiring; your decision before retirement will be final.

Once again, retired pay stops when the retiree dies. The only way the survivor can receive a monthly check from the Air Force is through the SBP. The Air Force urges you and your spouse to carefully weigh the many advantages of the SBP before making a decision. Contact your local servicing agency for further information.

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# EAP offers free benefits for civilian employees

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KIRTLAND AIR FORCE BASE, N.M. --

Are you an Air Force or Space Force civilian employee searching for resources and services to help make life easier? Then the Employee Assistance Program may be the right program for you!

The Employee Assistance Program (EAP) is a free benefit for Air and Space Force civilian employees that offers a wide range of services to support and meet the various needs of employee's lives. The EAP is available for employees and their spouses, dependent children, domestic partners, household members and students.

"The great part about this program is that it is available for civilian employees and any dependents living in their home", said Laura Swofford, EAP field consultant. "For example, EAP could be used for an older college student or an elderly parent being cared for as long as they live in the home."

The core EAP services are counseling, coaching and online programs that include resources like

lifestyle coaching, legal assistance, financial-wellness coaching, online trainings, management support and much more.

"It's little things about this program that make it so beneficial like free first aid kits, discounts, school supplies, or just extra support through counseling or recommendations for services to help make life easier", said Swofford. "I've seen someone who was having landlord issues use this program to access legal services to help them."

EAP also offers managers and supervisors virtual trainings focused on services that can help leaders support their civilian employees. Managers can also request an in-person or virtual EAP consultant to provide an orientation or specific program presentation to employees.

Employees can find more information or access 24/7 EAP services by calling 866-580-9078 or through the website at <https://www.afpc.af.mil/Airman-and-Family/Personal-and-Work-Life/>.



# OUTDOOR

REPORT

## OUTDOOR NOTES:



PATRICIA STOCKDILL

### Fishing:

Lake Sakakawea elevation, Jan. 9: 1,829.79 feet above mean sea level (MSL); 23,100 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.37 feet above mean sea level (MSL).

Stump Lake elevation: 1,449.32 MSL.

•N.D. Game & Fish Dept. game wardens: Activity remains light on north-central lakes unless using tracked vehicles. No Missouri River System reports.

•Devils Lake, Ed's Bait Shop, Devils Lake: Improving access on Devils Lake in some areas, including Creel Bay. Tracked vehicles needed on Lake Irvine but anglers finding nice walleye success.

•Devils Lake, Woodland Resort, Devils Lake: Strong perch bite in the eastern third of Devils Lake, including East Bay. Western end also has success at times. The key is tracked vehicles and the ability to move and locate fish. Fair to good walleye success with better activity in the morning and evening low light hours. Creel Bay has a good trail system with plans to expand, weather permitting.

•Lake Darling, Karma C-Store, Ruthville: Lake Darling producing nice walleye success with activity on Lake Audubon and a few anglers trying Buffalo Lodge Lake for pike and walleye.

•Lake Metigoshe, Four Seasons, Bottineau: Mix of walleye and bluegill with some keepers coming in. Access limited to tracked vehicles yet. Slush still remains beneath the top layer of ice. Pickups not recommended.

•Reminder that it's illegal to chase, harass, or pursue any wildlife species with motorized vehicle.

•Ice is never completely safe. Avoid areas with vegetation, moving water, pressure ridges, and springs. Check conditions as you go along on the ice and don't move around at night.

•Jan. 14: Coteau Hills Rocky Mtn. Elk Foundation banquet, Grand Hotel, 5 p.m.

•Jan. 21: Berthold Sportsmen Club annual banquet and fundraiser, 5 p.m.

•Jan. 21: Flakes of Fury fat tire bike race, Fort Stevenson State Park, Garrison. Registration begins at 10 a.m. Contact the park, (701 337-5576) for more information.

### TOURNAMENTS:

•Jan. 14: Lake Darling, Makoti Lake, Lake Sakakawea (Lewis & Clark State Park).

•Jan. 21: Lake Sakakawea, (Tobacco Garden).

•Jan. 28: Devils Lake, 6-Mile Bay.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Lake Audubon spotty for walleye with access off East Totten boat ramp. Moving on the lake is difficult unless on a trail, especially along the south shore, without tracked vehicles. Try Centennial or Douglas bays for walleye on the east end of Lake Sakakawea but moving around also difficult.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Some activity on the east end of Lake Sakakawea off Centennial Bay. No reports on success, however, and use caution with hard snowdrifts on the ice. Moving around on Lake Audubon difficult without tracked vehicles but anglers are accessing off East Totten boat ramp. Tracked vehicles also needed between Velva Point and Old Church Bay but look for some walleye success.

•Lake Sakakawea, New Town: A few anglers accessing off the Van Hook Arm boat ramp but no reports on success. Anglers are going farther up river accessing off the south point of 4 Bears and fishing Sanish Bay for walleye.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Little activity on the Missouri River tailrace. Wolf Creek on the south shore of Lake Sakakawea producing occasional walleye at night but use extreme caution with heavy snow on the ice.

•Lake Sakakawea/northwest N.D.

lakes, Scenic Sports, Williston: Lots of activity with most anglers still working the north side of the upper end of Lake Sakakawea. Try the Guard Camp by Williston with buckshots and minnows. Kota-Ray Dam continues producing small trout and some perch. Look for a mix of species from Blacktail Dam, including a fair pike bite. Yellowstone River remains fair for walleye and sauger.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Buffalo Lodge Lake producing walleye and pike. Tracked vehicles recommended.

### Downhill skiing:

•Big Sky Ski Resort, Big Sky, Mont.: 45- to 48-inch packed powder base with 34 lifts and 279 runs open.

•Bottineau Winter Park, Bottineau: 12- to 24-inch base with good conditions. 2 Magic Carpets and 1 lift, 3 runs, and tubing park open.

•Frostfire Ski Area, Walhalla: Closed for season.

•Huff Hills Ski Area, Mandan: 20- to 35-inch machine groomed, hard packed base with all runs, lifts, and Green Lift Terrain Park open.

•Terry Peak, Leads, S.D.: 22- to 32-inch base. All trails and lifts open.

### Numbers to know:

•N.D. Game and Fish Dept., main Bismarck office: (701) 328-6300, website: (<http://gf.nd.gov>).

•Report All Poachers: (701) 328-9921.

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# 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.




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The Commock Family

found a \$45 Golden Ticket in the paper right on their door step. Caitlyn says she would like join the Northern Sentry delivery team to earn some extra money!

# Go to the Prairie Village

JORDYN LAWYER, AGE 7

Families should go to the Prairie Village. There are old buildings that show how people in the olden day lived. The Prairie Village is in Rugby, North Dakota and you have to drive an hour to get there. The buildings are cool. There is a church, a general store, a bank, a dining cart, a dress shop, a barn, a jail, a school house, two houses, an old cabin, and a dentist.

I like to play in the buildings. I like to pretend to play school in the school house and sit in the desk. I like to pretend to shop in the general store and I like to run in and out of all the buildings. My favorite building is the Train Station. There are suitcases that you can carry. There is a train outside that you can go on and some chairs you can sit in. Also, there is a ticket place where you can get your tickets. There is a park across the street. You have to go through the Welcome Center to get to the buildings, but there is a gift shop in the Welcome Center.

You should really go there, it is really pretty.



This is a drawing I sat and drew while we were there once. It's the church.



We are on the train car.



This is the olden day General Store.



These are all the building in the museum.

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## MAFB School Liaison Office Education Working Group (EWG)



JOY-NICOLE SMITH  
SCHOOL LIAISON PROGRAM MANAGER, GS-11  
DEPARTMENT OF THE AIR FORCE SCHOOL LIAISON PROGRAM



Navigating the K-12 education space across the United States of America can often be challenging and difficult to navigate. The systems and services in each state, county and/or city will vary. At times, this can be a matrix and if information is shared, it is dense, complex, and disconnected.

However, our greatest resource is our community! We can serve as “funds of knowledge” for one another. “Funds of knowledge” is a concept based on the premise that people are competent and have knowledge, and their life experiences provide knowledge and insight.

As a result, the Minot AFB

School Liaison Office is forming an “Education Working Group” (EWG) to provide families with tangible support and resources while navigating education in North Dakota. The focus of the group is to serve as a venue for questions to be answered with ample resources provided. In addition, this group will serve as advocacy group to affect change at the local, state, and national levels.

If you are interested in joining the EWG, please send an email to [MAFB.school.liaison@us.af.mil](mailto:MAFB.school.liaison@us.af.mil) or follow the Minot AFB School Liaison Page on Facebook. We look forward to seeing you soon!

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# CHURCH DIRECTORY

<p><b>Chapel Services at MAFB</b></p> <p><i>North Plains Chapel in Base Housing</i></p> <p><i>Protestant Liturgical Service</i></p> <p><b>Christ Chapel</b> 0900</p> <p><i>Protestant</i></p> <p><b>Sunday Community Service</b> 1030</p> <p>(Holy Communion 1st Sunday) Children's Church during school year</p> <p><i>Wicca, Pagan, and Neopagan Services</i></p> <p><b>Open Circle</b> 1000 on the 1st and 3rd Saturdays of every month</p> <p><i>Northern Lights Chapel across from Rockers</i></p> <p><b>Catholic Mass</b></p> <p>Sunday ..... 1000 Daily ..... Monday-Thursday at 1200</p>	<p><b>St. Peter The Aleut Eastern Orthodox Church</b></p>  <p><b>109 6th St. SE Minot • 838-3094</b></p> <p><b>Saturday, January 14</b> 5 PM, No Vespers</p> <p><b>Sunday, January 15</b> 10AM, Congregational Prayer Service</p>	 <p><b>Break Forth BIBLE CHURCH</b></p> <p>Wednesdays 7:00pm and Sundays 10:30am</p> <p><b>1821 W Burdick Expressway</b></p> <p>For More Information: 701.353.9337   <a href="http://www.bfbc.tv">www.bfbc.tv</a></p>	 <p><b>An Evangelical Free Church</b> 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p>Sunday School &amp; Fellowship ..... 9:00 a.m. Worship ..... 10:30 a.m.</p> <p><a href="http://www.trinitychurchminot.org">www.trinitychurchminot.org</a></p>	 <p>Worship Service at 10:45am Sundays Sunday School at 9:45am</p> <p><b>1720 4th Ave NW, Minot</b> <b>838-0916</b></p> <p><a href="http://MinotBibleFellowship.org">MinotBibleFellowship.org</a></p>
<p><b>Faith United Methodist Church</b></p>  <p><b>5900 Highway 83 N, Minot</b> <a href="http://www.faithumcminot.com">www.faithumcminot.com</a></p> <p><b>Pastor Ken Mund</b> 701-838-1540</p> <p>Sunday School (All Ages): 9:45 a.m. Sunday Coffee Fellowship: 10:30 a.m. Worship Services: Sunday 11 a.m.</p>	<p><b>Cornerstone Presbyterian Church</b></p> <p><b>1000 NE 3rd Street</b> <b>852-0315</b></p> <p><b>Sunday Schedule</b></p> <p>Contemporary Worship ..... 9:00am Sunday School (All Ages) ..... 10:00am Traditional Worship ..... 11:00am</p> <p><b>Wednesday Evening Schedule</b></p> <p>Community Dinner ..... 5:30-6:30pm Contemporary Worship ..... 6:30pm Youth Group &amp; Small Groups.. 7:15pm</p> <p><b>All are Welcome!</b> <a href="http://www.cornerstoneminot.com">www.cornerstoneminot.com</a></p>	<p><b>To Advertise your Church on this page,</b></p> <p><b>Call 839-0946</b></p> <p><b>Only \$9.00 a space / per week</b></p>	<p><b>St. Mark's Lutheran Church</b> <i>Missouri Synod</i></p> <p><b>Sunday Worship</b> <b>9:30 AM</b></p> <p><b>2209 4th Avenue NW</b> <b>Minot, ND</b> <b>839-4663</b></p> <p><b>Reverend Philip Beyersdorf</b> <a href="http://www.minotstmarks.com">www.minotstmarks.com</a> <i>Join us on facebook</i></p>	
<p><b>Immanuel Baptist Church</b></p> <p><b>1615 2nd St. SE • <a href="http://www.ibcminot.org">www.ibcminot.org</a></b> <b>701-839-3694</b></p>  <p><b>SUNDAYS:</b> 9:00 AM FELLOWSHIP 9:15 AM SUNDAY SCHOOL 10:30 AM WORSHIP</p> <p><b>WEDNESDAYS:</b> 11:30 AM SOUP KITCHEN 5:30 PM FAMILY SUPPER 6:30 PM PRE-K/KIDS' CLUB / ABY &amp; ADULT BIBLE STUDY</p>	 <p><b>Christ Reformed Church</b></p> <p>Worship 11:00 a.m. Sunday 234 14th Ave SE <a href="http://www.christreformedchurchminot.com">www.christreformedchurchminot.com</a></p>	<p><b>St. John the Apostle Catholic Church</b></p>  <p>2600 West Central Ave • Minot, ND 58701 <b>839-7076</b></p> <p>Daily Mass Schedule:</p> <p>Tuesday ..... 5:15 p.m. Wednesday - Friday ..... 7:00 a.m. Saturday ..... 5:00 p.m. Sunday ..... 8:00 &amp; 10:30 a.m.</p> <p><i>Fr. David A. Richter, Pastor</i> Parish website: <a href="http://www.stjohnminot.com">www.stjohnminot.com</a></p>	 <p><b>First Lutheran Church - ELCA</b> 120 5th Ave. NW 852-4853</p> <p>Sunday Worship 9:30 am</p> <p><a href="http://www.firstlutheran.tv">www.firstlutheran.tv</a> (Live Stream &amp; Recorded) Radio Broadcast KRRZ 1390AM Sunday 9:30 am <a href="http://www.flcminot.com">www.flcminot.com</a></p> <p>Pastor Brandy Gerjets • Pastor Ellery Dykeman</p>	 <p><b>Gospel Tabernacle Community Church</b></p> <p>9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson</p> <p><b>Church: 701-838-4492</b> <b>Home: 701-838-5759</b> <b>KHRT 1320: 9 a.m. Sunday</b></p> <p><b>Sunday School ..... 9:45 a.m.</b> <b>Adult/Children Worship.. 11 a.m.</b> <b>Family Hour ..... 6:30 p.m.</b> <b>Evening Worship ..... 7:30 p.m.</b> <b>Bible Study/Child-Adult</b> <b>Children Worship (Wed).... 7 p.m.</b> <b>Prayer (Friday) ..... 7 P.m.</b></p>
 <p><b>JOURNEYCHURCH</b> ASSEMBLY OF GOD</p> <p><b>1805 2nd St. SE</b> <b>838-1111</b></p> <p><b>Sunday Services</b> 9:00 AM &amp; 11:00 AM</p> <p><b>Wednesday</b> 6:30 PM</p>	<p><b>Minot Baptist Church</b></p> <p>Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School ..... 9:45 a.m. Morning Worship .... 11:00 a.m. Evening Worship ..... 6:00 p.m. Wednesday Evening..... 7:00 p.m.</p> <p><i>Independent/Fundamental/KJV</i> <b>500 46th Ave NE • 839-1351</b> Pastor David Miller</p>	<p><b>Cross Roads Baptist</b></p> <p><b>Southern Baptist Convention</b></p> <p>Sunday School (all ages) ..... 9:45 a.m. Sunday Worship ..... 11 a.m. &amp; 6:30 p.m. Wednesdays (Prayer &amp; Missions) .. 6:30 p.m.</p> <p><a href="http://www.minotcrbc.org">www.minotcrbc.org</a> email: <a href="mailto:minotcrbc@gmail.com">minotcrbc@gmail.com</a> <b>Dr. Bob Farmer- Pastor</b></p> <p><b>415 28th Ave SE (Behind Menards)</b> <b>838-1873</b></p>	 <p><b>West Minot Church of God</b> <i>Family Worship Center</i></p> <p><b>1105 16th St. NW • 839-1407</b></p> <p>Sunday School ..... 9:30 a.m. Sunday Worship ..... 10:30 a.m. Children's Church &amp; Nursery Wednesday Family Training Hour Meal..... 5:30p.m. Classes for All Ages ..... 6:30 p.m. Youth Center, Friday..... 7:00 - 11:00 p.m. ABC Child Care Center ..... 852-6352</p> <p><a href="http://westminot.com">westminot.com</a> <a href="https://facebook.com/westminot">facebook.com/westminot</a></p>	<p><b>To Advertise your Church on this page,</b></p> <p><b>Call 839-0946</b></p> <p><b>Only \$9.00 a space / per week</b></p>
<p><b>First Baptist Church</b></p>  <p><b>200 3rd St. SW • 852-4533</b> <a href="http://www.fbcminot.org">www.fbcminot.org</a></p> <p>Classic Worship Service..... 8:30 a.m. Sunday School (All Ages)..... 9:45 a.m. Contemporary Worship Service..... 9:50 a.m. Adult Sunday School ..... 11:00 a.m. Contemporary Worship Service..... 11:05 a.m. Children's Church ..... 11:05 a.m. Wed. AWANA (Sept. to May) ..... 6:30 p.m. Fridays, Celebrate Recovery ..... 7:00 p.m.</p> <p><b>Rev. Kent Hinkel, Senior Pastor</b> <b>Elaine Carlson, Children's Ministry Director</b></p>	<p><b>Apostolic Faith Church, UPCI</b></p> <p><b>2929 19th Ave NW • Minot</b> Located off Hwy 83 Bypass West <b>(701) 838-0609</b></p> <p>Saturday School ..... 2:00 p.m. Sunday Worship ..... 3:30 p.m. Wednesday Bible Study ..... 7:30 p.m.</p> <p><b>Jesse Starr, Pastor</b></p>	 <p><b>Grace Baptist CHURCH OF MINOT</b> <i>A Reformed Baptist Church</i></p> <p><b>Sunday Service: 4:00 p.m.</b> <b>Wed. Prayer: 5:30 p.m.</b> at Living Word Lutheran bldg 710 46th Ave NE, Minot</p> <p><b>Web: <a href="http://gracebaptistminot.com">gracebaptistminot.com</a></b> <b>E-mail: <a href="mailto:gbcminot@gmail.com">gbcminot@gmail.com</a></b></p> <p><b>RADIO BROADCAST</b> KFLK 95.9 LPFM 8:30 a.m./p.m. Sat/Sun</p>	 <p><b>OUR SAVIOR LUTHERAN CHURCH</b> 3705 11th St. SW Minot, ND 58701 701-852-6404 <a href="http://www.oslcminot.com">www.oslcminot.com</a></p> <p><b>Rev. Heath Trampe</b> <b>Rev. Brian Doel</b></p> <p><b>Sunday Worship</b> 8:15am Traditional Service 9:30am Contemporary (w/ livestream) 9:30am Sunday School &amp; Adult Bible study 11:00am Contemporary Service</p> <p><b>Wednesdays 6-7pm</b> Adult Choir OSKids (age 4-5th gr.) Bible Class (6th gr.) High School Youth Group (6-8pm)</p>	<p><b>To Advertise your Church on this page,</b></p> <p><b>Call 839-0946</b></p> <p><b>Only \$9.00 a space / per week</b></p>



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*A Church of the Lutheran Brethren*

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[www.orcsknights.org](http://www.orcsknights.org)

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Website: [www.orcsknights.org](http://www.orcsknights.org)

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## MINOT AFB ANNOUNCEMENTS

### EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

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### COLUMBIA COLLEGE

For nearly fifty years Columbia College has offered educational opportunities to the military and is proud to establish our newest location here, at Minot AFB. Founded in 1851, Columbia College is a private, nonprofit liberal arts and sciences college that serves approximately 18,000 students annually and is proudly recognized by numerous organizations as a Military Friendly institution of higher education. Check out our website ([ccis.edu](http://ccis.edu)) for the list of organizations that recognize the hard work the college puts in to serve those who serve our country and their families. With 29 online degrees the college is working to offer classes this summer on the installation. In the meantime you can choose your mode of education from strictly online classes to in-person ZOOM synchronous classes. Chose from the many associate, bachelor, or master's degree programs available and know your degree can be completed at Minot or anywhere you have internet connectivity or explore in-seat opportunities if you re-locate near one of our 30 locations nationwide. Fully accredited by the Higher Learning Commission (HLC) we are delighted to establish this location at Minot. Come talk to us at the education center and explore your options for your next step down the path to your educational goal. We are located in Room 219 or call 701-714-0000.

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### MINOT STATE UNIVERSITY

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

# BUSINESSES & SERVICES



### SUDOKU SOLUTION PUZZLE ON PAGE C2

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

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# WHAT'S GOING ON MAFB

## FRIDAY 13

- AFGSC Family Day
- For a full listing of Martin Luther King Day holiday facility hours, visit [5thforcesupport.com](http://5thforcesupport.com)
- HIIT Strength & Conditioning, 0500, Fitness Center
- Friday Night Mixed No Tap League, 1800, Rough Rider Lanes

## SATURDAY 14

- For a full listing of Martin Luther King Day holiday facility hours, visit [5thforcesupport.com](http://5thforcesupport.com)
- Cycle & Strength, 0900, Fitness Center
- Star Wars Spectacular, 1300, Minot AFB Library
- Youth Bowling League, 1400, Rough Rider Lanes

## SUNDAY 15

- For a full listing of Martin Luther King Day holiday facility hours, visit [5thforcesupport.com](http://5thforcesupport.com)
- Zumba, 1400, Fitness Center

## MONDAY 16

- Martin Luther King Day
- For a full listing of Martin Luther King Day holiday facility hours, visit [5thforcesupport.com](http://5thforcesupport.com)
- Martin Luther King Day Special Lunch, 1030-1330, Dakota Inn Dining Facility

## TUESDAY 17

- Green Belt Preparatory Class, 0800-1500, Atomic Spark Innovation • Lab at Arts & Crafts Center, hosted by Manpower
- Moving Out of the Dorms Budget Class, 0900-1030, M&FRC
- Game Day, 1000-1930, Minot AFB Library
- Magic The Gathering Commander Night, 1800, ESC
- Zumba, 1830, Fitness Center

## WEDNESDAY 18

- Green Belt Preparatory Class, 0800-1500, Atomic Spark Innovation Lab at Arts & Crafts Center, hosted by Manpower
- Bundles for Babies, 0900-1030, M&FRC
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- Storytime, 1030, Minot AFB Library
- Cycle, 1200, Fitness Center
- Swerk, 1730, Fitness Center
- Epoxy Wine Caddy Class, 1730-1930, Arts & Crafts Center
- Yoga for Fitness, 1830, Fitness Center

## THURSDAY 19

- Green Belt Preparatory Class, 0800-1500, Atomic Spark Innovation Lab at Arts & Crafts Center, hosted by Manpower
- Pre-Separation Counseling, 0830, M&FRC
- Family Zumba, 1000, Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Bootcamp, 1200, Fitness Center
- Immersion, 1400, M&FRC
- Extramural Bowling, 1730, Rough Rider Lanes

## FRIDAY 20

- HIIT Strength & Conditioning, 0500, Fitness Center
- UVAO Training, 0900, M&FRC
- Operation Hero, 1600-2000, The Turf, hosted by M&FRC
- Ice Cream Social, 1700-1900, Bomber Bistro
- Epoxy Cutting Board Class, 1730-1930, Arts & Crafts Center
- Friday Night Mixed No Tap League, 1800, Rough Rider Lanes
- Dorm Pajama Party, 2000-0100, Rockers Bar & Grill

## SATURDAY 21

- Youth Bowling League, 1400, Rough Rider Lanes

## JAN. SPECIALS

**Bomber Bistro • Chicken Caesar Salad**  
Grilled chicken, romaine lettuce, croutons, parmesan cheese, and Caesar dressing!

**The B-Fifty Brew • Mug Club**  
Join the Mug Club for only \$25 and your first drip coffee is free. Also, save \$0.50 on coffee drinks, excluding smoothies!

**Rockers Bar & Grill • Buffalo Chicken Wrap**  
Savory flame-broiled chicken, shredded lettuce, diced tomatoes, cheddar cheese, and ranch in a garlic herb tortilla.

**DORM PAJAMA PARTY!**  
ROCKERS BAR & GRILL  
JANUARY 20TH • 8:00PM - 1:00AM  
**NEW DATE!**  
ALL NIGHT PAJAMA PARTY FOR AIRMEN! (E-4 & BELOW)  
LIVE DJ, BAR GAMES, & DRINK SPECIALS!  
COST \$10  
INCLUDES ALL YOU CAN EAT BUFFET!  
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**DIY Rope Coaster Class**  
Arts & Crafts Center  
January 24th • 5:30pm - 7:00pm  
Learn how to create your own fun set of 4 coasters in our guided class!  
Cost \$18.00  
Save your spot today, call 723-3640  
5THFORCESUPPORT.COM

**OPERATION HERO**  
20 JANUARY 2023  
4PM-8PM • TURF  
Register by 16 January 2023  
At Operation Hero, kids will learn about various careers and how they support the 5 BW & 91 MW mission.  
Registration is required for kids to receive personalized ID cards and other gear!  
Kids under 12 must be accompanied by a parent or guardian.  
For more details or to register, contact the Military & Family Readiness Center at 723-3950 or [5fas.family.support@us.af.mil](mailto:5fas.family.support@us.af.mil)  
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